

iPhone 7 release

The best or
worst Apple
product yet?

DAVID CAMERON

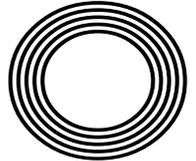
What next after 10
Downing Street?

HALLOWEEN

fun for kids and adults

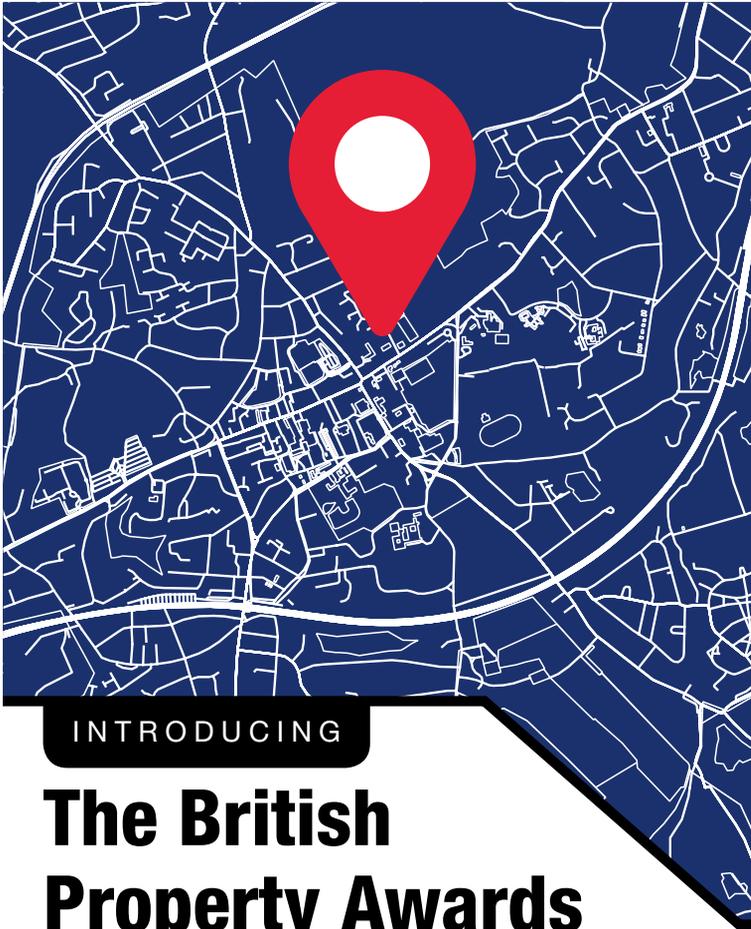
VICTORIA BECKHAM

Insecurities, setbacks and Spice Girls



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Editor's notes...



Nik Allen, Editor

Hello and welcome to the fifth edition of **VISION** Brentwood.

Autumn is well under way as the trees have shed most of their leaves and there is a fresh chill in the air.

This month we look at the Great Fire of London, which took place in October 1666, as well as the origin of Halloween.

Following the Halloween theme, we have everything from children's pumpkin carving to Halloween cocktails and cupcakes to get any party started.

VISION looks into the pros and cons of the controversial launch of the iPhone 7 and its disappearing headphone jack, as well as 'Big Sam's' quick stint as England manager.

For those who enjoy a little diy around the home, we have it covered with crafty additions you can make, as well as yarn lanterns to brighten any home, whether it is for Diwali or simply decorative purposes.

As skiing season approaches, **VISION** brings you the ultimate exercises to prepare yourself for an injury-free winter break.

In local news, Amy Childs welcomed a youngster with cerebral palsy to her Brentwood salon for a day of pampering and a local man was arrested following a police chase which ended in a collision with two police vehicles.

As always, I'd love to hear your thoughts about this issue, so please do get in touch.

Happy reading, and until next month,

Nik

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TIMELINE ...Sunday 2 September, 1666

THE GREAT FIRE OF LONDON

The Great Fire of London was caused by a baker's oven 350 years ago – but it was Catholics who wrongly got the blame.

Baker Thomas Farynor's maid cleaned out the ovens at his shop in Pudding Lane, near London Bridge, at the end of a busy day. The household then went to bed not realising that dying embers had reignited.

The heat created by the ovens caused sparks to ignite the wooden home of the baker. In her panic, the maid tried to climb out of the building, but failed. She was one of the six victims of the fire.

It was the second tragedy to hit London in the space of 12 months. Just as it was recovering from the Great Plague, which had killed 68,000 people in the previous two years, London was engulfed in the Great Fire.

Over four days, the small blaze dramatically spread leaving 436 acres completely destroyed.

Farynor, who was King Charles II's baker, managed to get all his family to safety.

There were around 13,200 houses and 84 churches destroyed, as well as 400 streets and 44 livery halls. As many as 100,000 people were left homeless, many forced to live in temporary shacks in surrounding fields for up to eight years.

Many lived in cramped wooden houses built very close together. In such an overcrowded area, the flames spread quickly. There had also been a hot and dry spell for the previous 10 days and to compound





everything, a strong wind from the east propelled the flames across town.

The famous diarist Samuel Pepys, who lived nearby, described the chaos as “ten thousand houses all in one flame, the noise and cracking and thunder of people, the fall of towers, houses, and churches, was like a hideous storm.

“The air all about so hot and inflamed that at last one was not able to approach it.”

He realised that those in authority were not doing enough quickly to contain the blaze and he personally went to see the King with an idea of blowing up buildings, which would remove a trail for the fire to follow. It may well have prevented countless deaths.

Farynor insisted that he was not to blame, and a parliamentary committee set up to investigate the fire was as widely believed as much as the Warren Report was into the 1963 assassination of US president John F Kennedy. The cause of the fire became the grassy knoll of late 17th Century conspiracy theorists, mainly blaming Catholics.

This was fuelled following decades of political and religious upheaval, the restoration in 1660 of the Protestant Charles II ensured that suspicion lingered around republicans and Catholics alike. With the country also at war with the French and Dutch, paranoid xenophobia - a familiar English trait of the period - was rife.

It was not until 1831 that the inscription on the fire's commemorative Monument, blaming “the treachery and malice of the Popish faction”, was removed. An inferno caused by a forgetful baker, fuelled by a strong wind and indecisive leadership, was blamed on Catholics for over 150 years.

There were some positives that emerged from the devastation; the fire wiped out the filthy areas impoverished masses had inhabited. The open sewers and slums were burned away.

Following the fire, stone started being used in the capital as a building material and an organised fire service and insurance industry were established.

The architect Sir Christopher Wren oversaw a huge rebuilding project to restore the city, including the reconstruction of St Paul's Cathedral, an iconic part of London's skyline to this day.

To mark the Great Fire of London's 350th anniversary, a 120 metre long wooden replica of the London skyline was created and set ablaze on the River Thames in memory of the inferno which ripped through the City of London.

Photo Credits: PA Images & Ron Ellis/Shutterstock.com





THE HISTORY OF HALLOWEEN

Every year, pumpkins are carved into lanterns and children go trick-or-treating around the neighbourhood in costume as we celebrate Halloween.

Despite many complaints that it has become Americanised in Britain, the celebration which takes place on October 31 actually has its roots in a Scottish pagan holiday.

Beginning as a festival called Samhain, meaning summer's end, Halloween was celebrated by the Celts. The word Halloween derives from 'Hallowed evening', and is the day before All Hallows Day - also known as All Saints' Day.

When Christianity moved North of the border, it took over the pagan celebration and began honouring the dead.

Trick-or-treating and carrying lanterns are seen as very American celebrations, but they too can be traced back to Scotland, specifically the poem *Halloween* by Scottish poet Robert Burns.

In the 16th Century trick-or-treating and dressing up were recorded in Scotland, Ireland and Wales where people went door-to-door in costume asking for food in exchange for a poem or song.

Many believed that they were able to protect themselves from spirits by impersonating them.

By the 11th Century, this had been adapted by the Church into a tradition called 'souling', which is seen as being the origin of trick-or-treating. Children go door-

to-door, asking for soul cakes in exchange for praying for the souls of friends and relatives. They went dressed up as angels, demons or saints.

In the 19th Century, 'souling' gave way to guising or mumming, when children would offer songs, poetry and jokes - instead of prayer - in exchange for fruit or money.

It was Scottish and Irish immigrants who took the celebration with them when they moved to America.

The phrase trick-or-treat was first used in America in 1927. Guising gave way to threatening pranks in exchange for sweets.

Every year police forces in the UK issue warnings that trick-or-treating should not involve anything that could be seen as vandalism if households refuse to give out sweets.

Halloween isn't just spooky fun for children, it's big business:

- £283 million: predicted sales of Halloween-based products in the UK
- £5.1 billion: total Halloween consumer spending in the US
- £1.5 billion: total amount expected to be spent in the US on candy
- Three million: number of pumpkins Tesco expects to sell this Halloween
- 1,054 kilograms: the weight of the world's heaviest pumpkin



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crafty additions to the home

We all love to decorate cost-effectively, but what better way to make a place your own, than to make some of the decorations yourself? Take a peek at this idea to add a little something unique to your home, using yarn and recycled jars.

Yarn Wrapped Tea-lights

YOU WILL NEED:

- Clean jars with labels removed
- Yarn or string to create desired line width
- A can of white spray paint
- A protective sheet to spray paint the jars on

Follow these simple steps to create stylish tea-light holders for your home:

1. Wrap yarn or string around the jar tightly criss-crossing and overlapping.
2. When you're happy with the design, tie a knot at the end and cut off excess.
3. Place jars onto a covered surface and spray paint evenly with two to three coats, allowing them to dry in between.
4. Once paint is fully dry, cut the string and unwrap.
5. Place a tea-light inside your new tea-light holders.

Mix it up by using different coloured spray paint to create a more eye-catching tea-light holder for your home.



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Make your own yarn lanterns

Here is a simple project to create a completely unique set of lanterns for the home, whether it's for decorative purposes, to celebrate Diwali, or simply to brighten the house.

You will need:

- 2-3 Cotton yarn of chosen colour
- Small balloons
- Large pot of PVA glue
- Water
- Fairy lights

Here's how to do it in ten simple steps:

1. Cover your work surfaces to prevent spillage and place your balloon or ball into a bowl, to stop it rolling away.
2. Draw a circle at the bottom of the balloon or ball, the size you wish the opening of the lantern to be. This will be where your cord comes through.
3. Pour your PVA glue into a container big enough to fit the yarn ball. Add water to dilute the glue, usually around a 50/50 mix and stir well.
4. Place the ball of yarn into the container of PVA glue.

Cover all yarn in glue mixture.

5. Leaving your yarn sitting in glue, pull the end and begin wrapping the yarn around the ball or balloon, being sure to not cover the circle you drew. If you accidentally go over the circle, do not panic – you can still move the yarn out of the way while it is wet.
6. Continue to wrap yarn around, overlapping until you run out of yarn. Tuck the last bit underneath to hold it in place. Going right up to those circles you drew will increase the strength of your lanterns.
7. Manipulate the yarn to not cover the circles, and then pour the remaining PVA glue all over your masterpiece. Do not worry if the yarn appears a lighter colour. Once dry, it will return to its original colour.
8. Leave your yarn globe to dry for two days, ensuring that the bowl is not touching the yarn. Move to a smaller bowl if necessary.
9. Once dry, pop the balloon, gently pulling it away and removing from the yarn lantern.
10. Attach each globe to a fairy light bulb and then hang your yarn lanterns decoratively.

Top tip: To make a lampshade, use a larger ball and draw two circles at opposite ends, avoiding this when sticking down your yarn. This will form the hole at the bottom of the lampshade, and a gap at the top for your wiring to come through.





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SPELLBOUND

INGREDIENTS

- One shot of Sourz Apple Liqueur
- Two shots of apple juice
- One shot of vanilla vodka
- A splash of Champagne
- Orange and black sprinkles

METHOD

1. Place the Sourz Apple Liqueur, vanilla vodka and apple juice in a cocktail shaker filled with ice.
2. Shake for around 20 seconds, until cold, before straining into your cocktail glass.
3. Fill to the top with Champagne, to create a 'magic potion' appearance.

TOP TIP

Dampen the rim of the glass and dip in a shallow layer of coloured sprinkles. Light corn syrup can be used to help your sprinkles hold.

SPICE UP YOUR HALLOWEEN

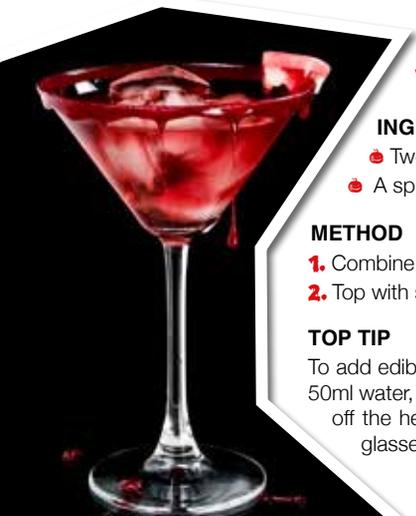
Just in time for Halloween, Baileys have released their delicious new flavour. Limited edition Baileys Pumpkin Spice combines the luxurious taste of Baileys Original Irish Cream with a unique, aromatic blend of autumnal spices.

INGREDIENTS

- 2 shots Baileys Pumpkin Spice
- Brewed coffee
- A dash of milk

METHOD

1. Pour freshly brewed coffee into a glass, adding two shots of Baileys Pumpkin Spice
2. Top with whipped cream, a cinnamon stick for flavour and sprinkle with cinnamon powder.



VAMPIRE KISS

INGREDIENTS

- Two shots of Zing red velvet vodka
- Three shots cranberry juice
- A splash of soda water

METHOD

1. Combine the vodka and cranberry juice in a glass filled with ice.
2. Top with soda water

TOP TIP

To add edible fake blood to the rim of the glass, combine 100g sugar, 50ml corn syrup and 50ml water, bringing to the boil in a saucepan without stirring. Once the liquid has boiled turn off the heat and add a few drops of red food colouring before stirring and dipping your glasses. Decorate with gummy vampire teeth sweets.



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THE GREAT BRITISH Spook-Off

Whether you're throwing a Halloween party, or simply looking for a fun project the children can help with, these Halloween-themed cupcakes and cookies are bound to put a smile on anyone's face.

CREEPY CUPCAKES

Ingredients

- 100g butter, softened
- 110g caster sugar
- 110g plain flour
- 20g cocoa powder
- 2 tsp baking powder
- ¼ tsp salt
- 2 medium eggs
- 1 tsp vanilla extract

Method

1. Preheat the oven to 180°C/ 350°F/ Gas mark 4.
2. Line a muffin tin with paper cases.
3. Put the butter and sugar in a bowl and whisk until pale and fluffy.
4. Sift the flour, baking powder, cocoa powder and salt into the bowl.
5. Beat the eggs and vanilla and add to the bowl, beating until combined.
6. Spoon the mixture into the paper cases.
7. Bake for 18 to 20 minutes until risen, golden and firm to the touch.
8. Cool cupcakes in the tin for 10 minutes, before transferring to a wire rack to cool completely.

SPOOKY SHORTBREAD

Ingredients

- 125g butter
- 55g caster sugar
- 180g plain flour

Method

1. Heat the oven to 190°C/ 375°F/ Gas mark 5.
2. Heat the butter and sugar together until smooth.
3. Stir in the flour to get a smooth paste.
4. Turn mixture on to a work surface and gently roll out until the paste is 1cm thick.
5. Using Halloween shaped cutters, or a knife if you are feeling more creative, create the desired spooky shape and place onto a baking tray.
6. Chill in the fridge for 20 minutes.
7. Once chilled, take out of the fridge and bake in the oven for 15-20 minutes, or until pale golden-brown before setting aside to cool on a wire rack.

Get creative

Using coloured fondant icing, writing icing, sprinkles and cocktail sticks, decorate your cupcakes and shortbread to make your own spooky creations. See picture, below for a couple of ideas.



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CARVE YOUR OWN PUMPKIN

From toddlers to teens, and even big children, we all love to carve a pumpkin and proudly decorate the home with our handiwork.

To get in the Halloween spirit, why not visit a Pumpkin Patch and choose your own pumpkin. This also doubles up as the perfect activity to help children understand where and how pumpkins are grown.

Follow these simple steps to carve the perfect pumpkin.

1. Choose your perfect shape and size of pumpkin at a local shop, market or pumpkin patch. Look for a pumpkin with consistent colour all the way around, free of nicks, bruises and cuts as well as one with a stem which doesn't feel too bendable.

2. Lay down sheets of newspaper to protect work surfaces.

3. Design your pumpkin with marker pens. Use Dry-wipe pens for changeable designs, marking out the areas to cut. Pumpkin carving kits are ideal for providing all the necessary tools, and stencils may help younger children design their pumpkins.

4. Cut out a lid around the stem of the pumpkin. Point the cutting tool towards the centre of the pumpkin at a 45 degree angle, to prevent the lid from falling inside. (Children make sure you have an adult to help you with this).

5. Cut off the inside of the lid to remove any excess pumpkin.

6. Use a large spoon to scrape the contents out of the pumpkin. Children may enjoy using their hands to remove the strands and seeds as a sensory activity.

7. Once hollow, you can level the bottom of the pumpkin by slicing small slivers from the bottom until it sits stably.

8. Begin carving your design, preferably using a serrated tool designed for pumpkin carving with a gentle back and forth motion. Remember you can peel the skin off and leave the pulp for a faint light to shine through.

9. Put your tea-light or LED light inside the pumpkin, and enjoy your hard work.

Top Tips

- Thread pumpkin seeds to make your own necklace, or even plant them next spring to grow your own pumpkin.
- If you knock on the pumpkin skin and hear a hollow sound, your pumpkin is ripe.
- Carved pumpkins last longer if soaked in water for one hour before drying again.



DAVID CAMERON

life after 10 Downing Street



There was a picture published recently of a barefoot man sitting on a car park wall at Polzeath, Cornwall eating fish and chips out of a polystyrene box.

His wife is also with him. Around them are other holidaymakers apparently unaware that they are “dining” with former Prime Minister David Cameron and his wife Samantha.

They say a week is a long time in politics, but since winning – some say a surprise victory – the General Election in 2015, he has had a roller coaster ride.

It came to a shuddering halt, hitting the buffers in the controversial Brexit campaign with Mr Cameron the most high-profile victim.

It is widely accepted that he fought a bad campaign to persuade British people to remain in Europe.

The morning of the Brexit result, Mr Cameron resigned and immediately started dusting off his CV that reads— as well as Eton College and a first from Oxford — Prime Minister of the United Kingdom.

After his time in office, Harold Macmillan went back to run his publishing empire; Harold Wilson went to the Isles of Scilly and Ted Heath spent his post-ministerial years yachting.

“In the years before them, political leaders just retired to their estates,” points out one MP.

But Cameron — at 49 — is still young.

The former PM made a crucial decision to quit as MP for Witney, despite being expected to stay until 2020. Cameron’s departure will enable him to focus on writing his memoirs and assess top level job offers without Parliamentary conflict.

Many believe he quit because there would be damaging clashes with new PM Theresa May over grammar schools and the UK’s post-Brexit relationship with the EU.

Triggering a by-election in the safe seat of Witney, he hinted at the differences: “Obviously, I have my own views about certain issues. That’s the point, I want Witney to have an MP that can play a full role in Parliament and political life in a way I would find very difficult, if not impossible.”

Friends expect him to emulate former prime minister John Major, taking on a couple of low-key, but lucrative non-executive corporate roles, and maybe a job on the international stage.

One thing’s for sure, PR savvy Cameron looks unlikely to follow the path of Tony Blair, who has attracted huge criticism for his global money making.

Technically, he’s in pole position to pick up a big-money consultancy — for some politicians this is a post-office ambition in itself. It’s understood that before his holiday, Mr Cameron has been schmoozing public figures around London, including a City property developer.

But his options are many. He could go into journalism or television.

Mr Cameron has been invited to take part in the satirical television programme *Have I Got News For You*, the same show that helped launch the career of his former friend and Brexit rival, Boris Johnson.

And what does the future hold for Samantha? After a long and highly successful stint with luxury leather goods company Smythson, she is said to be planning to launch her own fashion label with her aide and stylist Isabel Spearman, who was given an OBE in Mr Cameron’s controversial resignation honours list.

Her first collection could be out as early as next year.

After years of having to look the part of a premier’s wife, she will be delighted to step out in edgier designs in keeping with the discreet dolphin tattoo on her ankle.

The Camerons have already served notice on the tenants in their beloved £3.6million Notting Hill home, where they raised their late firstborn, Ivan.

Until they move out, the couple have moved into a luxury townhouse in west London with their three children, Nancy, 12, Elwen, 10, and Florence, five.

Their friends, PR mogul Sir Alan Parker and his wife, Lady Jane Hermione, own the £16.5m Holland Park property, which has seven bedrooms, six bathrooms and three reception rooms.



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Quirky

PLANT POTS

When it comes to gardening, there is nothing quite like putting your own stamp on your patio, flower beds or even on your driveway.

Container gardening is the idea that any container can be turned into an attractive centrepiece, or eye-catching addition to the garden.

Giving you the opportunity to be creative, **VISION** is here to show you how to recycle any unwanted items in your home, and transform them into one-of-a-kind plant pots.

You will need:

- Your choice of container, e.g. a shoe
- Cloth
- Outdoor acrylic sealant
- Paintbrush
- Drill, screwdriver, or hammer and nail
- Well-draining potting soil
- Seedlings or plants

Directions

1. Collect any old shoes, boots, teapots, wellies, toy trucks or any other potential container which you would like to turn into your own quirky plant pot.
2. Clean the object you will be using. If you are using a perishable object such as a shoe, you can apply two or three coats of outdoor acrylic sealant using a paintbrush to help protect it. If you would prefer a more weathered look, there is no need to coat the object.
3. Drill holes in the bottom of your new plant pot for drainage. Space holes about one inch apart. You can use a screwdriver, or hammer and nail if a drill is not available.
4. Pour soil into the opening of your container, filling up to around half an inch from the top. A well-draining peat or soil which contains bark or perlite is ideal for optimal drainage.
5. Plant seedlings or small plants in your container, gently firming the soil and watering to moisten.

As easily as that, you have created your own quirky plant pot. So get creative, and get making.

Top tips

- Have a clear-out and see what you find which could add a personal touch to your existing plant pots.
- Head to your local charity shop to pick up an affordable pair of old boots or wellies.
- If your container is too large or weight is an issue, stuff the bottom layers with Styrofoam, or empty plastic bottles before covering with soil.
- To improve drainage, include a base layer or gravel inside your plant pot.
- For a colourful plant pot, decorate with permanent markers before coating with clear acrylic sealant.





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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Pastor Pete treks 70 miles

A local pastor recently completed a 70-mile journey on foot to raise vital funds for a new community facility in the heart of Brentwood.

The challenge which took senior minister Peter Jordan three days followed the Crossrail route between Heathrow and Shenfield, even taking Mr Jordan through some of the London Underground's tunnels.

Also known as Pastor Pete, the inspirational local set a fundraising target of £50,000, adding to the current £700,000 raised by fellow members of Sawyers Church, who have held a number of events to help foot the bill for the new £2.7million church.

Mr Jordan said: "We want to raise money for a new

building in Brentwood that will be a community hub and where people from different ages, cultures and backgrounds can find support, encouragement and reach their full potential in life.

"I did this challenge because as a former police officer in London, I have seen how communities change and often the vulnerable in our society can be forgotten and community can break down."

The church, which will measure 15,300 sq ft, is expected to be completed by late 2018, coinciding with the completion of Crossrail. The project incorporates a 500-seat auditorium, open-plan café, children's facilities, seminar rooms and offices.



Child with cerebral palsy welcomed to Amy Childs' salon

Former *The Only Way is Essex* star, Amy Childs, recently invited a young girl with cerebral palsy to her salon in Brentwood for a day of pampering.

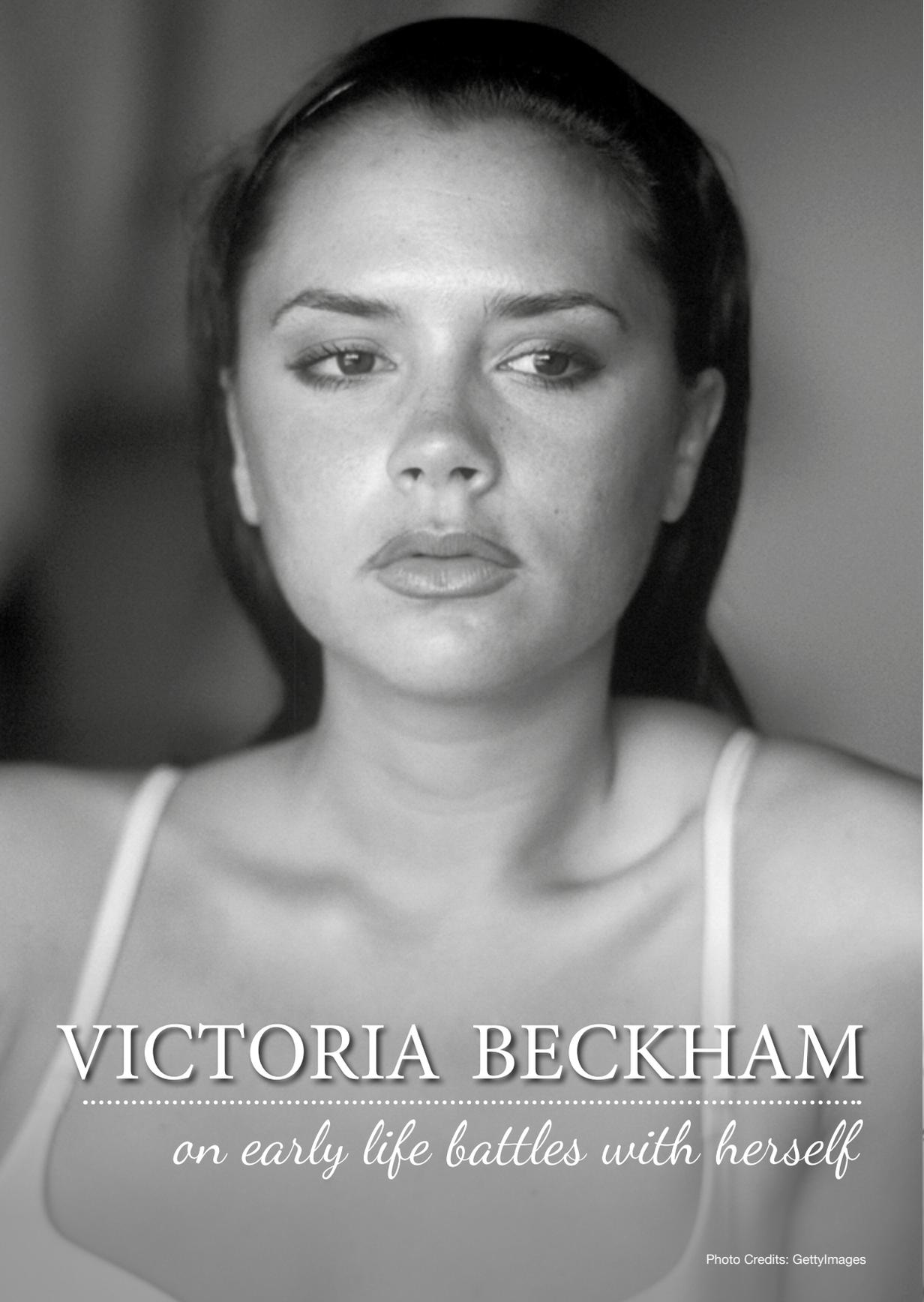
Eight-year-old Amber Triggs, of Straight Road, Harold Hill, had her nails done by the TV personality, to raise her spirits as she recovered from a life-changing operation.

Amber had selective dorsal rhizotomy at Great Ormond Street Hospital earlier in the year in a bid to help her to walk independently, reducing muscle stiffness.

The Triggs family have raised thousands of pounds to fund Amber's operation and aftercare, and continue to raise money to aid her progress.

Amber's father, Russell, said: "Amber is doing really well and her physio is very pleased with her progress. Amber loves her physio and can take a few steps unaided.

"She still has a long way to go, but we are so proud of Amber."



VICTORIA BECKHAM

on early life battles with herself

Posh Spice Victoria Beckham has given advice to young girls – through her teenage self – hoping to bag a superstar footballer like her husband David.

In a note she says: “Learn more about football, especially the offside rule.”

The wise words are part of a letter she writes to her 18-year-old self when she was just plain and simple Victoria Adams giving advice about her struggles with weight, acne and boys.

Today, she is the multi-millionaire wife of David Beckham, has four beautiful children, owns fabulous properties around the world and has a lucrative high-end fashion label.

But in 1992, she was crippled by insecurities believing she was a fat, spotty, ugly teenager whose dreams of fame would never happen.

Now she is on the cover of British *Vogue*'s October issue and the touching letter, which accompanies a photo shoot, covers the traumas faced by many teenagers.

Victoria, 42, sets out to reassure her that life will turn out well, in spite of her anxieties.

She writes: “I know you are struggling right now. You are not the prettiest, or the thinnest, or the best at dancing at the Laine Theatre Arts College.

“You have never properly fitted in, although you are sharing your Surrey school digs with really nice girls.

“You have bad acne. You think the principal has put you at the back of the end-of-year show (in a humiliatingly bright purple Lycra leotard) because you are too plump to go at the front. (This may or may not be true).”

Following years of ‘complete hell’ at the hands of bullies at secondary school, where she was teased relentlessly for her ‘ski jump nose’, acne and the wealthy family who dropped her at the gates each morning in a Rolls-Royce, by 18, Victoria has said

she felt a “complete wreck”.

She was 20 when she joined Touch, the band that would later rebrand as the Spice Girls.

But at 18, the ‘wannabe’ had just been through a tough year at theatre school.

While failing to shine in her lessons, she had also failed to connect with her classmates, and was rejected from several modelling jobs, knocking her confidence even more.

Of her time studying tap, ballet and jazz dance, Victoria has admitted: “It wasn’t easy because I wouldn’t say that I have natural talent. I was never picked for auditions.

“Some teachers used to say to me, ‘You’ll never make it,’ or ‘You’re too fat,’ or ‘You don’t look right’.

“It was because I didn’t have long legs, blonde hair and natural acting ability.”

Victoria writes a touching account of the first time she met her future husband: “And yes, love at first sight does exist. It will happen to you in the Manchester United players’ lounge – although you will get a little drunk, so exact details are hazy.”

She continues: “While the other football players stand at the bar drinking with their mates, you will see David standing aside with his family. (He’s not even in the first team at this stage – you are the famous one.) And he has such a cute smile.

“You, too, are close to your family, and you will think how similar he feels to you. He’s going to ask for your number. (He still has the London-to-Manchester plane ticket on which you wrote it.)”

Days later, he called, arranged a date at a Chinese restaurant in Chingford, Essex, and the rest is history.

While the couple have had hiccups, they have now been married for 17 years, and are parents to Brooklyn, 17, Romeo, 13, Cruz, 11, and five-year-old Harper.

“
I know you are struggling
right now. You are not the
prettiest, or the thinnest,
or the best at dancing
”



Local man arrested following police chase

A Brentwood man has been arrested following a 25-mile police chase which resulted in two damaged police vehicles on Wednesday, September 14.

Officers of Suffolk Constabulary followed a silver Vauxhall Astra after the driver, a 58-year-old man, refused to stop on the A140. He drove southbound on the A140 before continuing onto the A14 and A12.

The male driver was halted by police after re-joining the A12 and being involved in a collision with two police cars.

A Suffolk Constabulary spokesman said: "He was arrested on suspicion of dangerous driving, failing to stop, driving with excess drugs and having no vehicle insurance.

"The driver has sustained minor injuries and no police officers were injured during the incident."

WANTED Men regarding robbery



Police have issued CCTV images of two men they would like to speak to in connection with a post office robbery.

McColls post office and shop on Ongar Road was robbed of more than £10,000 on Thursday, July 28.

Two men were said to have waited until staff arrived, forcing the manager to open the safe before making a getaway with the cash. They were reported to have possibly had a vehicle waiting for them.

The manager was treated by paramedics for face injuries before being taken to hospital for further assessments.

Witnesses or anybody who recognises the men pictured should contact Brentwood Police on 101, or alternatively call Crimestoppers anonymously on 0800 555 111.

Recycling Week repeats success

Brentwood Council is urging locals to recycle 'the Unusual suspects' on an ongoing basis, following the success of Recycling Week 2016.

This year's theme, which ran from September 12 to September 18, was to think about all the items which are often forgotten when recycling.

While many households regularly recycle kitchen items such as cereal boxes, jam jars and plastic bottles, other recyclable items around the house are often forgotten and placed in general waste.

If everybody in the UK recycled one toothpaste box, it would save enough energy to run a fridge in over 2,000 homes for a year. Brentwood Council is reminding residents that washing up bottles, soap dispensers and bleach bottles are also recyclable.

Brentwood Borough Council's chairman of the environment and housing management committee, councillor Chris Hossack, said: "We want to thank Brentwood residents for their recycling efforts. What they are recycling makes a huge difference, so we'd encourage residents to think what other items in other rooms could also be recycled."

SNAP tenth annual event

Brentwood charity Special Needs and Parents (SNAP) hosted its tenth annual SIBS4FUN event, helping supportive siblings and young carers to take part in fun activities away from any difficulties they may face at home when having a sibling with special needs.

The event took place over four days and gave children the opportunity to enjoy movie-themed fun, including learning circus skills, African drumming and taking part in 'clubbercise' classes and silly sports.

Manager at SNAP, Karen Boath, said: "Siblings can experience challenges that other children do not and regularly find themselves in situations which can be difficult to manage. SIBS4FUN provides a chance for those attending to meet and connect with others their own age growing up in a similar situation."

She added: "It provides them with a much-deserved break from their role, giving the family the opportunity to spend quality time individually with their child with special needs."

Blues unbeaten run came to a halt



Brentwood Town FC's four-match unbeaten run came to an end in Cambridgeshire this month against Soham.

The blues struggled to cope with Soham's two tall centre backs, who between them scored all the home side's goals, with headers following corner kicks.

Soham took the lead only two minutes before half-time, falling further behind as Soham found the back of the net a second time in the 51st minute.

Brentwood's fate was sealed as a third goal came in the 64th minute from a close range header.

Reynolds came back to score from a free-kick, curling the ball over the wall and into the net off the post, but the Blues could not come back from being three goals down, as the game ended.

Full-time score: Soham Town Rangers 3 – 1 Brentwood Town.

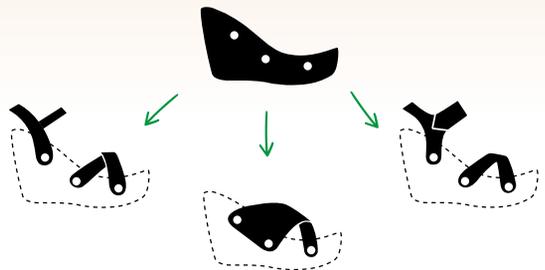


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MEN'S TRENDS THIS AUTUMN

As autumn sets in and the weather begins to cool down, the hottest trends of the season have been unveiled. From colour palettes to textures, **VISION** is about to share October's top fashion tips.

The autumnal navies, blacks, greys and dark greens have made a comeback this season, while copper brings a rich colour with a difference to this season's fashion.

No coat is more popular this season than the duffle coat. With multiple tweaks to the original design, catwalks have seen lengthened, shortened and even a sleeveless version by French luxury designer Maison Margiela.

High shine fabric has been showcased at the majority of autumn/winter shows. With Stuart Vevers at Coach creating a jacket from plasticised material, silk has proven to be one of the most popular materials this season. With a

simple silk shirt bringing a fashionable touch to any suit, the more daring may even wish to venture out wearing leather trousers as winter approaches.

The ever-popular rollneck shows no signs of dying off any time soon, instead being joined by funnel or lower turtle necks in both zip-up and slip-over form. Combine with a coat and jeans for best effect.

In other news, shoes are bigger and better than ever this season. Soles are looking thick and rubberised, as hiking boots are expected to become a seasonal essential. From loafers to laced-up designs, stacked shoes have been well-represented on the catwalks so far this autumn.

With so many stylish additions to the autumn wardrobe, there's no time to waste in finding your perfect seasonal look. What are you waiting for?



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FACE MASKS

for a fiver

With the market full of pre-made face masks, it may be easy to pick one up, but do you really know what you're putting on your skin? For an all homemade skin cleanse which you can alter to fit your skin type, take a look at these face masks which will cost you less than a fiver.

Fragrant 'n' fruity *for spot-prone skin*

This nutrient-filled face mask brings endless benefits to your skin. With honey and strawberries working to reduce spots and keep them at bay, this face mask is packed with antioxidants and moisturising qualities.

Ingredients: 10 fresh strawberries, ¼ cup bee pollen (sold at health-food shops), 3 tbsp raw honey, 1 tbsp olive oil mayonnaise, two drops lavender essential oil.

Directions: Combine ingredients, mixing together in a bowl and apply to face. Leave on for 20 minutes before removing.

Chocolate heaven *for all skin types*

A delicious chocolate face mask, ideal for all skin types. Perfect to rejuvenate tired looking skin, this recipe will leave your face feeling smooth, soft and glowing. Chocolate is known to relieve stress, with its scent and properties elevating levels of serotonin, making it a natural antidepressant. Oatmeal works to exfoliate any dry skin, while also providing relief to any sensitive or irritated skin.

Ingredients: 1/3 cup cocoa powder, 1/4 cup honey, 2 tbsp thick cream, 3 tbsp oatmeal powder.

Directions: Using a small bowl and spoon, mix all ingredients until well combined. Apply to face using a clean brush or fingers, gently massaging into the skin. Relax for 15 to 20 minutes before rinsing off with lukewarm water.

Calming coconut and citrus *for oily skin and rehydration*

If you have combination skin, look no further than this facemask. Rich in nutrients and full of skin benefits, this mask will not only remove excess oil, but rehydrate your skin afterwards. Aloe vera is known to fight skin conditions, including sun burn, as well as helping to reduce acne and moisturise at the same time.

Ingredients: 2 tbsp coconut oil, 2 tbsp cornflour, 2 drops squeezed lemon juice, 2 tbsp aloe vera gel, 2 drops honey, 1/4 cup plain yoghurt, 1/4 tsp turmeric powder.

Directions: Mix all ingredients in a bowl before immediately applying to the face. Leave on for 15 minutes before rinsing with warm water.



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Dr. Masuthu

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Me and Dr Sahu will be talking about various skin and hair concerns in this column and we would love to answer your queries regarding the same. We can be contacted on info@revivehairandskin.co.uk

Let's talk about a commonly occurring skin condition.

ROSACEA

A common but poorly understood chronic inflammatory skin condition. It affects the cheeks, chin, nose, and/ or forehead. Mostly occurs in fair skinned people over the age of 30, but people of all skin colours and ages can get rosacea.

Symptoms include one or more of the following:

Frequent flushing of your face, similar to blushing.

Redness (erythema) of face which can look like sunburn.

Small lumpy red spots (papules) and small cysts (pustules) which look similar to acne.

Tiny blood vessels (telangiectasia).

Eye symptoms (also called ocular rosacea) include burning, dry eyes, eyelid irritation.

Thickening of the skin/nose (called rhinophyma).

Experts don't know the causes but the immune system, genetics and day to day triggers may play a role.

Common rosacea triggers are

sun exposure, extreme temperatures, spicy food, hot and alcoholic drinks, strenuous exercises, stress etc.

Treatments

Flushing/Erythema: A new treatment gel is now available which helps reduce the redness associated with rosacea. The effects last for 8-12 hours. Most people find this very effective and it can work very quickly (especially for parties and similar outings!)

Spots and cysts

Oral antibiotics usually reduce inflammation in the skin as well as killing bacteria.

Topical antibiotic: Metronidazole is used if you have few small spots. Topical Azelaic acid is another alternative to treat mild-to-moderate spots.

Newer treatment: Ivermectin cream is used particularly for antibiotic resistant Rosacea.

Are you struggling with any of these skin symptoms? There are newer treatments for rosacea especially with the troublesome symptoms of flushing and spots (and if you are already on oral antibiotics). Book a consultation for further discussion.

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SHAPE UP FOR THE SKI SEASON

If you have a ski trip planned anytime soon, now is the time to prepare your body for the slopes

We've all done it, woken up on the second day of our annual ski trip with aching legs, sore hips and realise we haven't done much exercise all year, even though we vowed to do so last year when we got back from our last trip.

Personal trainer Alison Smith, of Sunshine Fitness, based in Rickmansworth, said: "If you have a few weeks to go until you hit the slopes, there is still time to work on some key strength exercises and prepare yourself for multiple squats down the red runs.

"The main muscles used in skiing are your quadriceps (thighs), and being the largest muscle group in the body, the good news is that they are easy to strengthen."

Alison recommends trying the following five simple exercises five times a week before your trip and you will notice the difference:

Simple squat x15

Feet firmly planted on the floor, bend your knees and lower your bottom as if about to sit on the loo. Keep your chest lifted and your hands behind your head. Lower as far as you can without your heels lifting and stand up again, squeezing your butt cheeks on the way up. If you can do this easily enough, with a straight back, heels on the ground and thighs just below horizontal, its time to start adding light weights.

Step ups x 12 each leg

Find a step that is high enough so that when you place your foot on it, your thigh is horizontal. Keep one foot on the step, and step up. Keep the same foot on the step and slowly, lightly step down. Repeat 15 on one leg then repeat with the other leg. Add weights when it gets easy.

Plank - core

A strong core is essential for supporting your body whilst skiing, protecting your back and maintaining good posture. Plank is achieved in the prone position, lifting feet off ground, supporting the body on the forearms with bent elbows and keeping the hips in line with the feet and shoulders. Bum should be tight, as should the thighs. Hold for up to a minute. If you can hold longer, start to vary the position by lifting a foot off the ground, doing a side plank, raising the feet.

Jumping squat x20

This is a progression from the squat, and adds power and intensity. Here, you squat down then jump up as high as you can, before landing with both feet on the ground and immediately entering another squat. DO NOT do this if you have an ongoing injury or haven't first mastered the squat.

Glute bridge x15

Lying with supine on the floor with your knees bent and feet flat on the floor, lift your hips off the ground as high as you can, by pushing with the legs and squeezing the bum. The aim is to get your hips in line with your knees. Once this is comfortable, try it with one leg off the ground.

Once you have all of the above once, go through and do it two or three more times. It should take you no more than 20 to 30 minutes.

If you want to see videos of these exercises, visit www.sunshine-hf.com, and if you can get someone to check your posture and form, even better.



Simple squat



Step Up



Plank - core



Jumping squat



Glute bridge



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60 Seconds with the doctor!

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Essex Private Doctors, Brentwood.

This month we wanted to do something different, so I'll go straight into my recent interview session '60 Seconds with the Doctor'...

1. With the internet playing such a huge part of daily life – what are the reliable and trustworthy websites can patients go to seek advice on their health or symptoms?

I would always start with the NHS.uk for clear relevant UK advice. Other useful sites are Patient.info and, if you like a little more detail, emedicine.medscape.com. Labtestsonline.org.uk is a great site to get information on blood tests you may have had and dermnetz.org is a superb site for advice on skin.

2. What do you think is the biggest health concern/fear of your patients in 2016?

I think the biggest concern is too much access to confusing information on websites and hearsay, but too little access to doctors with this information to be able to make sense of it all in an unhurried and calm atmosphere.

3. If you had one tip, or piece of advice for our readers for best practise of good health, what would it be?

Eat well, sleep well, play well.

4. What does a private GP Practise offer than an NHS surgery cannot?

I have great respect for my NHS colleagues who work extremely hard in difficult circumstances. However, being a private clinic, our flexibility and ease of access allow the **same** expertise but with reliable continuity of care with their Doctor, giving a valued, patient-centred experience.

5. What is the biggest local health concern of parents within Brentwood

I think patients have great trust in doctors, but little faith within the systems that they work in. Difficulty getting appointments, seeing different doctors and a return to long wait times for hospital care is what my patients frequently tell me is the reason to see a Private GP.

6. What services does your private practise offer that our readers may not know about?

Aside from most of the services that one can get from a NHS practise, patients are most pleased with on-site blood tests with rapid results, the efficiency that a private service can provide in terms of diagnosis and treatment planning, and the ease of access and reassuring familiarity with an experienced GP. This coupled with the procedures we undertake on site, from minor surgery, cardiac investigations and advanced skin care to name but a few, ensures a fabulous, local, "one-stop-shop" from their private clinic.



Dr Kannan Athreya MBBS DRCOG DipDerm (Distinction) - local family GP and lead practitioner at Essex Private Doctors Surgery, Shenfield.

7. Do you think adults feel nervous, or are shy about seeking advice on their sexual health – and what advice do you have for this issue?

Some adults may be, especially the older patient. We live in an age where it is not unusual to have different partners at a later age and this can lead to some concern regarding sexual health. Our confidential and attentive care of such, and indeed, every patient with more intimate problems allows such matters to be discussed frankly and professionally. In many cases, reassurance is all that is needed.

8. You also offer Aesthetics – is this something that is on the up in the area? And what tends to be the most popular treatment?

Aesthetics is gathering a lot of interest and enquiries at the clinic, and we do offer very advanced treatments at Essex Private Doctors. Aside from well known procedures as wrinkle reducing injections and facial fillers, we also offer, on site, facial and body treatments with threadlifts, skin peels, laser, body contouring and enriched blood treatments

9. The menopause is something women are talking about a lot – do you any advise for those who are going through this, or approaching this stage of life?

It is not unreasonable to say that there has been both patient and doctor anxiety with HRT treatments over the last decade, leading to a generation of women who unnecessarily suffer with treatable symptoms of menopause. New guidelines confirm the safety of HRT used appropriately, and this coupled with exclusive treatments such as the Mona Lisa Touch for intimate physical changes that women may suffer from can dramatically improve the quality of life for those women affected. We will talk more about this next month.

10. Vaccinations – which do you recommend as a must?

ALL children should follow the routine NHS vaccination schedule as a must. Recently we have very successfully filled in the need for the Meningitis B vaccinations for younger children that have missed the NHS cut-off. I also would suggest the Chicken Pox vaccination, routine in many countries but not in the UK, to prevent the onset of this infection that can be severe in some children. In addition, we are able to offer a selection of travel vaccines on request.

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Travel Vietnam *in style*

Vietnam was once a favourite with backpackers trying to see the best of south east Asia on a shoestring. The good news for those who don't fancy sharing dorms, is that this fascinating country now caters for tourists of all ages and budgets.

While there is still plenty of scope for travellers watching their pennies, those wanting a few more creature comforts can now choose from a plethora of gorgeous resorts and boutique hotels in which to stay.

Most trips to Vietnam usually comprise of two components: time in the bustling cities of Hanoi and/ or Ho Chi Minh (formerly known as Saigon); and a stint soaking up the country's exceptional natural beauty – Vietnam boasts beautiful beaches and the breath-taking Halong Bay.

The first thing any western traveller will discover when they arrive at one of Vietnam's major cities is that the locals love their motorbikes. The roads are overrun with them and it can take a while to get the hang of crossing the road, as the flow of bikes seems never ending. But don't let this put you off – the bustle of Hanoi and Ho Chi Minh are part of their charm. Stick to the pavements and take in the cities by foot to enjoy the nation's rich south east Asian, Chinese and French influences.

In Hanoi, the narrow streets of the Old Quarter are a must to visit. Take your time and soak up the atmosphere, enjoying the great food and Vietnamese coffee. Wander down to the French Quarter, where the streets are wider

and you will find a host of majestic buildings and hotels built during the French occupation in the early 19th century. If you want to understand more about Vietnam's complicated history make your way to Hoa Lo Prison. It was built by the French in the 1880s and housed Vietnamese political prisoners and US POWs during the American/Vietnam War (hence its nickname the Hanoi Hilton).

Ho Chi Minh City offers much the same mix of culture, history and bustle but on a bolder and brasher scale. The restaurants and shopping are great and, as with most of Vietnam, history is always around the corner. Visit the War Remnants Museum, to see the American/Vietnam War through Vietnamese eyes, and the Cu Chi Tunnels, an intricate network of tunnels used as the Viet Cong's base during the conflict.

Once you've had your dose of culture, head to one of Vietnam's beautiful beaches to relax. Nha Trang, Hue, Hoi An and Danang all promise white sands and clear waters. These areas are well established tourist hotspots so there are plenty of hotels and resorts to cater for all tastes.

Make sure, though, you save time to visit the beautiful Halong Bay – no visit to Vietnam would be complete without seeing this World Heritage site. The name translates as "where the dragon descends into the sea" and there is something very magical about the collection of islands dotted with caves set in emerald waters. Take a boat cruise around this spectacular area.





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WHAT'S ON

in your area

Fungi Walk

Weald Country Park, CM14 5QS
Sunday, October 16

Families are invited to join the expert Mary Smith in a fun and educational hunt for fungi and mushrooms in the park between 2.30pm and 4.30pm. Learn your jelly fungus from your fly agaric and more in this interactive event, packed with fascinating facts. Younger children are very welcome, but not all paths are suitable for buggies. Please no dogs. Dress for a walk in the park whatever the weather.

Tickets cost £4 per person. For more information, call 01277 261343

Country Music Club: Country Bourne, Tennessee Rebel Brentwood Theatre, CM15 8AG
Sunday, October 23

Come along to Brentwood Theatre this month to experience country music at its best, on your doorstep. Meet fellow country music fans and listen to nearly three hours of live music starting at 7pm, accompanied by a bar which is open from 6pm. Tickets cost £10 per person, and are available online at www.brentwood-theatre.co.uk

Pumpkin Carving at Weald Country Park
Weald Country Park, CM14 5QS
Wednesday, October 26



This ever-popular Halloween event returns bigger and better than ever. Children carve out and decorate their own locally grown pumpkin using all the cutters, design templates and scoops provided. Adults get a complementary tea or coffee while their small people are busy carving. Leave with your own unique pumpkin, ready to decorate your house for Halloween. Please dress to get messy and bring a jacket as the workshop will be an open barn. Tickets cost £10 per child and workshops begin at 10am, midday and 2pm. For more information, call 01277 261343.

Toddler Sense Spooky Wooky Party
Harlequin Hall, Bryant Avenue, RM3 0AP
Sunday, October 30



Don't miss a trick this Halloween. Bring your little pumpkins to the Toddler Sense Super Spooky Wooky party. Starting in an exciting adventure play area before enjoying a spooky sensory session, all children will become ghostbusters, catching bats, enjoying shadows and even taking part in a pumpkin parade. With fabulous music and bubbles, everyone is bound to have a spooktacular time. Tickets are £10 per child, and more information can be found by calling 07513 733731.

November Brewery Open Day
Calcott Hall Farm, CM15 9HS
Saturday, November 5



Brentwood Brewery is set to open its doors to share exactly how it created its beverages. Tours cost only £10. Beginning at 11am and 1pm, tours include a pint of beer and a free gift. Two draught real ales will be on tap in the Brewery Shop and there is an enormous selection of bottles for you to browse, buy and enjoy and home.

Masquerade Charity Ball
Orsett Hall Hotel, RM16 3HS
Saturday, November 12, 7pm

Attend the Masquerade Charity Ball in aid of Brainwave, Carers Trust and Sawyers Church; a black-tie event at Orsett Hall Hotel. A great evening including a three course meal, wine and a DJ. Carriages arrive at 1am. For more information, contact Sheila Moses on mellowmoments@btinternet.com



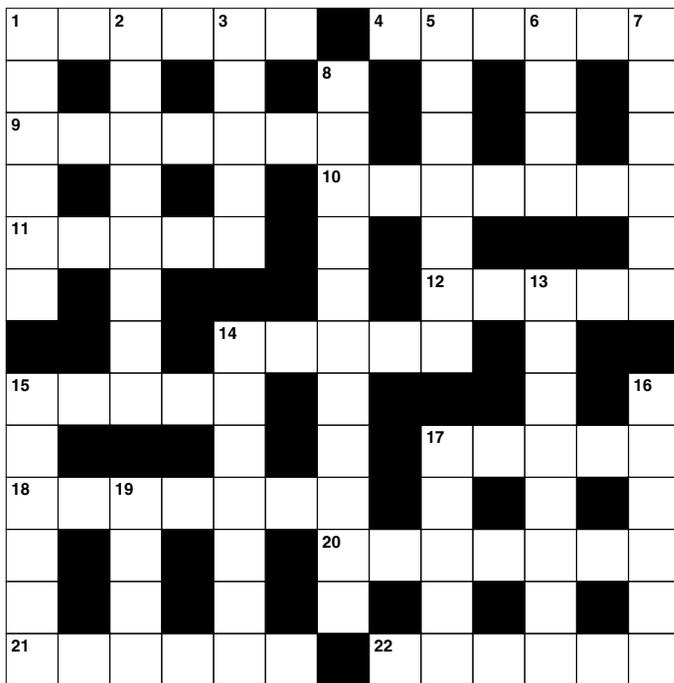
PUZZLES & TRIVIA

ACROSS

- 1. Botch (4,2)
- 4. Freshwater cod (6)
- 9. Cyclone (7)
- 10. Extract (7)
- 11. Egg shaped (5)
- 12. Firearm (5)
- 14. Warning noise from an emergency vehicle (5)
- 15. Brief burst of bright light (5)
- 17. Plant spike (5)
- 18. Aromatic herb (7)
- 20. Acknowledgement of payment (7)
- 21. Opposite of winners (6)
- 22. Stagnation or inactivity (6)

DOWN

- 1. Shooting star (6)
- 2. Formerly Ceylon (3,5)
- 3. Undo a knot (5)
- 5. Imaginary creature (7)
- 6. Ill-mannered person (4)
- 7. Large marine reptile (6)
- 8. Introductory (11)
- 13. Crimes (8)
- 14. Treason (anag.) (7)
- 15. Consisting of flowers (6)
- 16. Joins together (6)
- 17. Implied (5)
- 19. Makes a mistake (4)



DID YOU KNOW

- ▶ When you are talking to someone face to face, your pupils dilate to match theirs.
- ▶ Two tablespoons of dry basil contain the same amount of calcium as a glass of milk.
- ▶ Hawaii consumes more Spam than the 49 other US states combined.
- ▶ In hot weather, the Eiffel Tower grows six inches.
- ▶ Baby turtles call out to each other while they are still in their shells so they all hatch at the same time.
- ▶ There is an Irish pub Guantanamo Bay.
- ▶ Apple Inc. was founded on April Fools' Day.
- ▶ Winston Churchill enshrined the tea break into law.

SUDOKU

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

Cloudy2Clear Announce Trusted Trader Partnership



Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted ‘Which Trusted Trader’ status after going through a rigorous accreditation process entirely focussed on customer service.

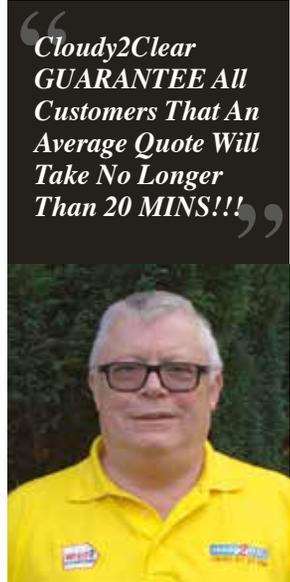
Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear’s long standing company policy of delivering the

highest standards possible at all times. ‘Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it’s not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don’t focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service Billericay, Brentwood, Shenfield, Hutton Mount, Ingatestone,

Ingrave & Herongate and manager Chris Miller agrees that this approach is a major factor in his success. ‘The truth is that it’s not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I’ve done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.’

So, if your windows are steamed up, broken or damaged give Chris a call for a free quotation on **0800 61 21 118** and he’ll be happy to help!



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iPhone 7...

The world's most advanced smartphone?

This month, Apple released the most advanced iPhone yet. Including breakthrough new camera systems, improved battery life, and both water and dust resistance, the new features are bound to delight Apple users.

Packed with unique innovations which improve the way the iPhone is used every day, the phone comes in two beautiful new finishes and was made available in more than 25 countries from Friday, September 16.

Apple's senior vice president of worldwide marketing, Philip Schiller, said: "iPhone 7 and iPhone 7 Plus dramatically improve every aspect of the iPhone experience, reaching a new level of innovation and precision to make this the best iPhone we have ever made."

"The completely redesigned cameras shoot incredible

photos and videos day or night, the A10 Fusion chip is the most powerful chip on any smartphone while delivering the best battery life ever in an iPhone, and an entirely new stereo speaker system provides twice the sound."

While all of this is available within Apple's first water and dust resistant iPhone, many have criticised the company for one enormous change: the removal of the headphone jack.

The option to insert an aux cable has been removed, as Apple has replaced it with the Lightning connector in order to make space inside the phone for various improvements. While the new phone will come with a pair of Lightning connector headphones and an adaptor, enabling users to use their old headphones with their new iPhone 7, many have been left asking if this was really necessary. iPhone fans throughout the world have turned to social media to question what they are expected to do when wanting to charge their phone at the same time as listening to music.

Criticism aside, the iPhone 7 is available in silver, gold, rose gold and two all-new black finishes.

The anodised matte black appearance is joined by an innovative jet black finish with a deep, high-gloss look. The phone also boasts the option of 32GB, 128GB or 256GB models, having removed the previous options of 16GB and 64GB.

The iPhone 7 was perfectly timed to be released at the same time as iOS 10, the world's most advanced mobile operating system. Alongside an update to Messages, which delivers more expressive and animated ways for users to message friends and family, the release of iOS 10 has allowed customers to do more than ever with the apps they love to use.



iPhone 7 left, iPhone 7 Plus right

Photo Credits: Apple

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WHAM, BAM, NO THANK YOU SAM BEEN AND GONE IN 67 DAYS



Sam Allardyce's reign as England football manager was the shortest lived in the FA's history.

We look at how Big Sam's dream job turned out to be a nightmare for all involved.

"It's the job I've always wanted ever since I became a manager. I can't stop smiling," said Sam Allardyce speaking on July 22 to celebrate his appointment as the England manager.

Fast forward 67 days later.

"On reflection it was a silly thing to do. I was helping out someone who I have known for 30 years and unfortunately it was an error in judgement on my behalf and I paid the consequences. Entrapment has won on this occasion," said the now ex-England boss, speaking outside his home on September 28 after leaving his role as the England manager.

By now we all know the story which led to Big Sam being brought down to earth with a crash.

Undercover journalists, promises of large payments and some indiscreet comments about circumnavigating player transfer rules.

It beggars belief how stupid Allardyce and his advisers were. But as the old saying goes: 'greed does strange things to people.'

His appointment was met with a lukewarm response. At the time many thought, 'Let's face it, he couldn't turn out worse than Roy Hodgson, could he...?'

Oh yes he could. And the manner in which his tenure came to an abrupt end speaks volumes about the state of the beautiful game at the money drenched



elite level.

Why would a man on a £3m-a-year contract, having earned millions in the past, risk it all for £400,000 to fly first class to the Far East and give a presentation in front of 'investors'?

Simple. One word. Greed.

Former players including Rio Ferdinand, Alan Shearer and Gary Lineker could barely believe it.

When both Shearer and Ferdinand said it made English football the 'laughing stock of the world,' they were not wrong.

What next for the FA? With a new team headed up, the organisation they acted swiftly and decisively.

At the time of writing Gareth Southgate has been put in charge for the foreseeable future. Safe, sensible and stain free – off the field he seems

a good fit. He has done a decent job with the Under 21s and may well bring through the next generation of England players.

But he's untried at the top level and the pressure on him will be immense.

We've sunk so low as a footballing nation that he'll be deemed successful as long as he can stay out of trouble and not drag the game's name through the mud.

Let's wish Gareth luck. He's going to need it.

And as for Big 'sorrowful' Sam...football works in funny ways. By the time you read this there's a good chance he'll be working again in the Premier League, on a multi-million pound a year contract but with the stain and sham of being the shortest serving England manager blotting his CV.

Shortest managerial reigns in English Football History:

- ▶ **COLIN TODD** – Derby: **98 days**, 2001/02
- ▶ **HENNING BERG** - Blackburn: **57 days**, 2012
- ▶ **BRIAN CLOUGH** – Leeds United: **44 days**, 1974
- ▶ **LES REED** – Charlton: **41 days**, 2006
- ▶ **ALEX MCLEISH** – Nottingham Forreest: **40 days**, 2012-13
- ▶ **STEVE COPPELL** – Manchester City: **33 days**, 1996
- ▶ **PAUL HART** – QPR: **28 days**, 2009/10
- ▶ **KEVIN CULLIS & MICKY ADAMS** – Swansea: **7 & 13 days**, 1996 and '97
- ▶ **MARTIN LING** – Cambridge United: **9 days**, 2009
- ▶ **DAVE BASSETT** – Crystal Palace: **4 days**, 1984
- ▶ **LEROY ROSENIOR** – Torquay: **10 minutes**, 2007



Photo Credit: PA Images & GettyImages



SPORTING LEGEND... SIR STIRLING MOSS

Sir Stirling Moss' decades-long career in motorsports makes him a worthy addition for our **VISION** Sporting Legends series.

Here we look back at the life of a man whose name is engraved deeply in the nation's sporting psyche.

"Who do you think you are? Stirling Moss?"

Growing up in the seventies and eighties the above questions were often heard in our family car when my mum thought my dad was going a wee bit too fast. I know from overhearing other adults at the time that this wasn't an isolated incident and not an uncommon response.

When you thought of speed one name sprang to mind - Sir Stirling Moss.

The word icon is bandied around all too easily nowadays. Sportspeople are dubbed a legend often for winning a single race or scoring a couple of decent goals.

But Sir Stirling Moss OBE is, without the slightest

sliver of doubt, one of our country's sporting gods.

Born in 1929, his racing career began when he was just 18-years-old and spanned 527 races.

His win ratio wasn't half bad either, topping the podium on 212 occasions for some of F1's most famous teams, including Mercedes-Benz, Maserati, Lotus and Ferrari.

His stats for the prancing red horse team were staggering – 14 races. He failed to finish in two, but the 12 races where he did cross the line he finished in first place. A 100 per cent win record.

It's hard not to think of motorsport without thinking of Sir Stirling who added a knighthood to his OBE in 2000.

Both his mother and father were involved in motor racing and it's said young Stirling sat behind the wheel of a racing car for the first time when he was just nine-years-old.

His love for motorsport remains even though he is well into his eighties and he continues to demonstrate the classic cars he raced and takes part in car rallies.



Photo Credits: PA Images



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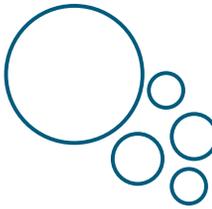
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