

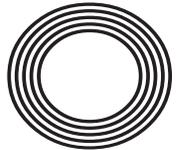
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**STOCK ROAD** £750,000

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**RIVER ROAD** £370,000

Situated on the sought after west side of Brentwood is this well presented FOUR bedroom town house within catchment area of St Peters School. Offering spacious accommodation throughout, centrally heated and double glazed, off street parking for two vehicles.



**46 BROOK ROAD** £695,000

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# Editor's notes...



Nik Allen, Editor

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

There's no denying that winter is well on its way, but the good news is that **VISION** is here to show you how to celebrate the cooler months in style.

With Christmas quickly approaching, **VISION** shows you the ultimate way to add some sparkle into the home. When it comes to weddings, we have it covered with everything from making your own decorations to the big day itself.

This month, we look at Ant and Dec's career from Byker Grove to hosting the Queen's 90th birthday. The new £5 note is put to the test and we show you exactly why a staycation is the new vacation this year.

The launch of the GoPro HERO 5, Session camera and Karma drone make the ultimate tech gifts for those interested in sports, meanwhile we look into the Brownlee brothers' dramatic end to the World Triathlon Series.

In local news, arrests have been made over the armed robbery of Bonds of Brentwood Jewellers and two mothers have joined forces to fight a derogatory definition of 'Essex Girl' which has been confirmed in dictionaries.

We're always looking for local news stories and events, so if you have something you'd like to share, you can email it to [holly@visionmag.co.uk](mailto:holly@visionmag.co.uk).

As always, let us know your thoughts, enjoy and happy reading.

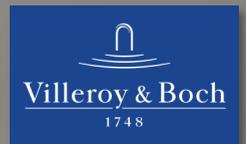
Nik

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HOME & DIY

# Recycling or Upcycling?

We all know the benefit of recycling, but have you ever stopped to consider that those old magazines may have another use? This is what upcycling is all about - taking something outdated and putting it to a new use. The options are seemingly endless - all you need is some old rubbish!

## BUNTING



This handy little haberdashery trick is guaranteed to perk up any room in the house, and it's amazingly easy to do. Just take your preferred fabric - be that old magazines, newspapers, wallpaper or even jeans - and cut them into triangles. Line up the fabric shapes with the inside facing out, and sew them together along the longest edges. Once complete, turn the sewn triangles the right way round, and push the tip out with a chopstick or similar instrument.

Repeat this process until you have the desired number of pendants, before getting your hands on some bias binding tape. Evenly space the flags along the bias binding tape, folding the shortest edge over and pin in place securely, ready to sew.

Sew on the pendants with a straight stitch, leaving at least 40cm of tape free from flags at each end, then simply hang your bunting proudly on display.

## PAINT SWATCH BOOKMARKS



Have you recently decorated a room or two and as a result keep finding an array of spare paint swatches littered about the place? Well, now you can make use of these excess card rectangles, and never lose your page again. Just

punch a hole in the top, slip a little coloured string through the middle of it, and use as a vibrant bookmark.

## CORK WORK SURFACE PROTECTOR



For all those struggling with multitasking, holding a hot, heavy pan in one hand whilst dishing up with the other can test even the most prolific of kitchen dwellers. Yet if you pop that pan down, there's a chance you'll ruin your worktop with an unsightly scorch mark.

Bottle corks represent some of the handiest and most versatile rubbish to upcycle. By cutting them in half and gluing them together, you can create a handy worktop protector. Just make sure they're at an even height, or you run the risk of some scalding spillage.

## DRAW DIVIDERS

Shoe boxes and food packaging are some of the first things to get chucked in the bin, but if you grab a pair of sharp scissors you can turn this shopping surplus into handy drawer dividers. Simply cut to the width or depth of the drawer, then put your balled up socks and other small items of clothing in their designated slots.



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# TECH UP YOUR KITCHEN



HOME & DIY

.....  
If you're feeling uninspired in the kitchen it may be time to liven up those worktops and invest in some swanky new gadgets. From Spiralizers to soup makers, you'll be cooking up a storm in no time.



**Salter Fruit and Vegetable Spiralizer, £29.99**

This nifty little gadget is a must have for vegetarians, but also handy for those of us trying to get a little more veg in our diets. Containing three interchangeable stainless steel blades, you can create curly noodles, spiral twists and pretty ribbons with your favourite fruit and vegetables.



**KitchenAid Artisan Mixer, £399.00**

Viewers of a certain baking show will recognise this premier stand mixer, which has become synonymous with serious cheffery.

With its powerful motor and 10 different power settings, this sturdy beast makes light work of whisking, kneading and creaming. Available in over two dozen vibrant colours, there are also a variety of add-on attachments, including a pasta roller, meat grinder and veg shredder.



**Tefal Easy Soup maker, £49.99**

This ingenious appliance does exactly what it says on the tin. Throw your chopped raw veg in (meat will need to be cooked beforehand), with the stock and water, choose a setting and leave for 25 minutes until the ping tells you it's time to eat. Incredibly easy to clean, it also comes with a recipe book. Souper!



**Tassimo T12 Vivy by Bosch £99.99**

This reasonably priced pod machine is surprisingly versatile, providing coffee shop quality drinks at home. With INTELLIBREW™ technology you can enjoy everything from a rich latte, hot chocolate or flavoured tea in a matter of minutes. It even has a handy self-cleaning function.



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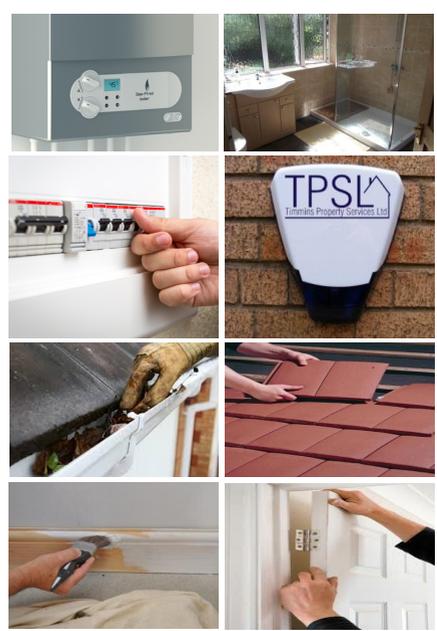
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# Glitter Grout

The dazzling DIY addition that will glam up your bathroom. It's cheap, easy to use and will keep your bathroom sparkling for years...it's glitter grout. You've heard of sparkly toilet brush holders, shimmering shower curtains and even snazzy shower gel, but glittery grout? Not a product known for its glamour, grout is literally the glue that holds your bathroom together, and if there was an opportunity to glitz it up a bit you're probably going to take it. Well, now, there is!

Available in an array of dazzling colours - red, silver and gold being the most popular - glitter grout can make even the dullest bathroom tiles look like they've jumped out of a photoshoot in Ideal Home. Easy to use and fulfilling, all the requirements of your bog-standard grout - resilient to colour fade, limescale, mould and, if used outside, impervious to frost - it can be used on everything from tap furnishings to the bathroom floor.

Whilst glitter grout hasn't quite made it to your local B&Q, you can buy it easily online. There are 10 brilliant colours that come as an additive (something you add to regular grout - handy if you only want a touch of shine) or as a ready-to-go product. Prices range from £6.99 to £29.99.

Having garnered an enormous following online, especially via Pinterest, this sparkly sealant really could be the next big thing in bathroom interiors. It is also surprisingly subtle despite catching the light, with silver in particular adding a 'barely there' sheen that is far from garish.

When it comes to choosing colour you can really let your imagination run wild. Grey tiles can be brightened up with silver or blue for a cool look, or if you're feeling bold, emerald tiles with gold or red glitter add a regal touch without breaking the bank.

For those who simply can't get enough of the sparkly stuff, you can even supplement the grout with sparkle glitter paint that can be layered over an existing colour, leaving a translucent sheen. The glitter additive too, can be added to cement, perfect for jazzing up dull brickwork.

And as for needing a qualification in wet room wizardry, well, unlike full retiling or painting, grouting is the kind of skill even the most reluctant DIYer can master.

1. Clean between the tiles to remove any loose or broken existing grout
2. Apply your glitter with a rubber spatula
3. Leave for 30 minutes, then wipe away excess

Three simple steps to sparkle!



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ADVERTORIAL

# 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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# THE NEW £5 NOTE FRIEND OR FOE?

The new £5 note featuring former Prime Minister Winston Churchill has come into circulation. This will be followed by the release of the new £10 note with Jane Austen next year, and the JMW Turner £20 note which is set to be released by 2020.

The Bank of England periodically replaces notes to introduce the latest security features, helping to stay ahead of counterfeiters while allowing new characters to feature on the notes.

So why Sir Winston Churchill?

The Bank of England Governor, Sir Mervyn King, explained the choice of Sir Winston Churchill appearing on the latest addition. He said: "Our banknotes acknowledge the life and work of great Britons. Sir Winston Churchill was a truly great British leader, orator and writer. Above that, he remains a hero of the entire free world. His energy, courage, eloquence, wit and public service are an inspiration to us all."

This marks the beginning of the bank's switch to polymer banknotes, which will end 320 years of paper money.

Manufactured from a plastic film, polymer banknotes are coated with an ink layer and come with numerous advantages, which the paper notes did not have.

While the clear 'window' in the note will protect

against counterfeits, the new waterproof notes are more environmentally friendly and will last up to two-and-a-half times longer. It is estimated that the durability of the new notes will offset the increased production costs and save £100million.

Collectors are already out in force, after one note with the serial number AK47 489327 sold on eBay for a whopping £50,000.

The new notes have faced criticism, after videos have appeared online of them shrivelling when exposed to heat, however the bank's laboratory tests showed that this only occurs when temperatures reach 120°C.

England join a growing list of more than 30 countries which already use polymer notes, which were introduced in Australia in 1988. These countries include New Zealand, Canada and Fiji.

Did you know...

In 2015, 21,835 notes were replaced due to damage.

- ▶ 10,761 torn/ part notes
- ▶ 5,364 chewed/ eaten
- ▶ 1,801 washed
- ▶ 2,912 contaminated
- ▶ 997 fire damaged



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# BACK TO BLACK

It's been a tricky few months of ups and downs when it comes to the weather, which has meant an early summer and the autumn/winter fashion setting in sooner than usual.

Hot for the autumn period in men's fashion, are dark colours and a casual smart look that teams jeans and trainers with smart jackets and t-shirts. It's all about being able to go from work to play with ease and also looking good whilst feeling comfortable.

The high streets are filled with bomber jackets and long line t-shirts, but it doesn't always need to be the outfit for popping to the shops. Swap your trainers for shoes to smarten up for the

evening and go for a motif emblazoned jacket or skinny trousers to take your look from day to night.

As the colder temperatures set in, it's all about minimalist fashion, layers and not being afraid to go dark with the colours. For the daytime, chinos, relaxed fit jeans team up with trainers, plain t-shirts and olive green bombers and hoodies. For the evening, change the hoodie for a floral print t-shirt and swap the sport shoes for suede shoes or boots, or leather trainers that can be worn smart.

Get the latest looks at River Island, Topman and Next.



**Bomber Jacket,**  
Next, £55



**Trousers,**  
Next, £29



**Embroidered Satin Bomber Jacket,**  
River Island, £55



**Black Lily Floral T-shirt,**  
Topman, £16



**Derby Shoes,**  
Next, £50

# Winter WEDDINGLAND

Some people go straight into festive mode the minute the temperature drops a few degrees. Others are planning the best day of their lives; no not Christmas day, their wedding.

With a winter wedding, things are slightly different. You still have to have the dream dress, a venue to die for, the cake with some character and a unique colour scheme or theme. But you also have to think about guests being cold, bridesmaids being well insulated and red noses in your photographs.

The most popular are Christmas or festive themes and the colour scheme tends to be red, gold, white or ice blue to create that wintry feel.

From rings and bridal jewellery, to gifts and décor for the reception room, there's a whole host of things that crop up in gearing up for the wedding day.

For some, it's all about being unique and doing a lot of DIY, ensuring their day is as original as possible. For others, it's all glitz and glamour; having the biggest train on the dress, a venue with the wow factor and of course, glitter and diamonds galore.

For a winter wedding to remember, check out these decorations, stationery and favour ideas to create a frozen fantasy:



### Silver Snowflake Bauble Place card Holder

[www.gingerray.com](http://www.gingerray.com)

Create a festive table with these chic white and silver Star Bauble Place Card Holders. They will not only ensure your guests are seated in the correct place seats, they are also a unique way to dress your table.

Each bauble has a white glitter snowflake design and is filled with white balls to give you the appearance of snow. Use the holders to add a touch of sparkle.



### Christmas Snowflake Pails

[www.neviti.com](http://www.neviti.com)

Personalise your favours with these decadent mini pails that come in white and silver. They'll add sparkle to your table and are a unique way to place some favours inside (sweets) and even your place cards.



### Wedding Umbrellas

[www.loveumbrellas.co.uk](http://www.loveumbrellas.co.uk)

When you are having a winter wedding in the UK, the weather can be unpredictable. Be prepared with these umbrellas that have been created to easily fit into an wedding theme. Available in a variety of colours, these will make sure your guests and you and your groom get to the venue(s) in tip top condition.

They also make for a great prop for the wedding photos and are wind resilient to stand the test of any Great British downpour!



### Wedding Stationery

[www.madewithlovedesigns.co.uk](http://www.madewithlovedesigns.co.uk)

There are a lot of wedding stationery companies out there and many department stores also offer an easy service.

But to make your winter wedding extra special, try the snowflake wedding stationery collection features a sparkly, crystal, snowflake cluster set on satin ribbon and trimmed with handmade, vintage Nottingham lace. Available in a variety of colours to match your theme.



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BEAUTY

# EXPRESS Nails

*have arrived*

Achieving salon standard nails is always a difficult one and doing them at home never quite gives you that professional finish. In the last two years, the nail industry has grown dramatically with sales reaching more than £6 billion.

There a number of reasons for the growth, including the introduction of the likes of Shellac nails and gels and gel polishes. Nail technicians are forever looking for quicker ways to provide a variety of different services and this is another reason for the rise in sales.

The latest nail extension system to hit the market is a semi-permanent nail that is applied to your own nails and lasts for up to three weeks. Starter kits can be found online, but salons are also starting to offer the service which is quicker than traditional extensions.

I.Nails Express are available in a variety of tips, sizes and lengths, as well as a huge range of colours and pre-designed finishes.

### Method

1. Ensure nails are clean and dry and file and push cuticles back where appropriate

2. Choose the correct nail size with a dry fitting
3. Apply a thin film of primer directly from the primer pen
4. Apply liquid acrylic to the top inside of the nail and put the tip on top
5. Press halfway down ensuring the cuticle is pushed back and the nail is pressed to the side walls
6. Make sure there are no air bubbles
7. Place the nail under an LED Beam Projector for 20 seconds
8. Lightly file any excess acrylic and repeat for remaining nails

### Tips available

- Short square | Long square | Extra long square
- Short rounded | Long rounded | Extra long rounded

### Benefits

- ▶ No need for infills
- ▶ They can be removed easily using nail wraps
- ▶ Available in 12 sizes
- ▶ Quicker to apply than traditional acrylic tips



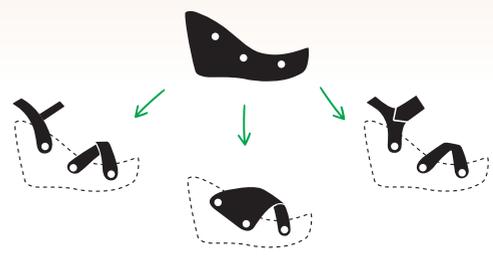
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# MENTAL HEALTH BENEFITS OF EXERCISE

As well as improving your fitness and physical health, exercise has been proven to be one of the most effective ways to also improve your mental health.

Combatting the likes of depression, anxiety and ADHD, there are a lot more hidden benefits to exercise than many of us realise.

While we cannot always see the positive effects of a workout, those who make a habit of exercising regularly often report a sense of well-being. They feel more energetic throughout the day and sleep more peacefully at night.

A natural anti-anxiety treatment, the release of endorphins which happen during exercise helps to relieve stress and boost energy.

Similarly, exercise promotes neural growth of the brain and reduces inflammation which can help to calm you during times of anxiety.

ADHD, also known as 'attention deficit hyperactivity disorder', is characterised by restless behaviour, lack of focus and sometimes poor social skills.

Exercise triggers a change in the brain's neurotransmitters, releasing dopamine. This chemical relates to your brain's attention span, and medication used to treat ADHD works by increasing dopamine too, creating the same effect as exercise.

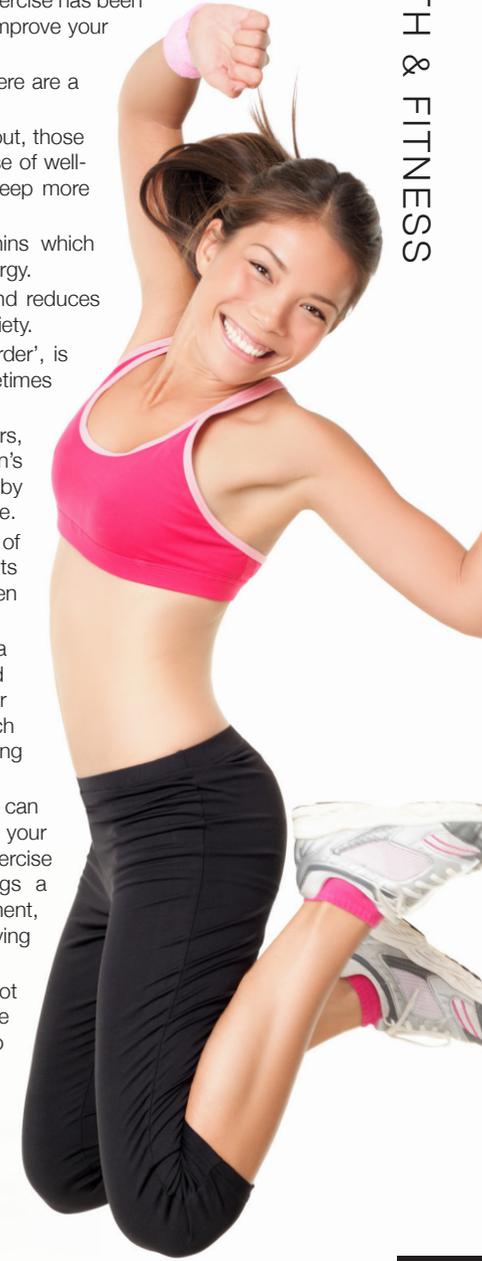
Numerous studies have highlighted the positive effects of exercise on those with ADHD, showing that children and adults showed improved attention spans and less impulsivity, even when taking no medication.

More obviously, exercise has the ability to get you into a routine which may take you away from everyday worries and stress. By taking a set time out of your daily routine, no matter how short, you can spend time focussing on things which calm you, enjoying the things around you and doing something different which can also improve self-esteem.

When exercise becomes a part of your daily routine, it can make you feel better about your appearance. Meeting exercise goals or targets brings a sense of achievement, once again improving self-esteem.

So what's not to enjoy? Give exercise a go and see what it can do for you.

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Dr Pragyan Sahu

Hello Brentwood residents,

So this is our third month & the response we have been receiving has been tremendous. As always I would love to answer all your queries. I can be contacted on [info@revivehairandskin.co.uk](mailto:info@revivehairandskin.co.uk) or 07572 634049.

I thought why not shed some light on vampire facials in this edition as this is something a lot of people have asked me about.

**PLATELET RICH PLASMA THERAPY**

Contrary to what the name suggests, it doesn't have anything to do with Vampires. The actual name of the procedure is Platelet Rich Plasma Therapy (PRP therapy).

It involves taking some blood in the same manner when you have a blood test done. The blood is then spun at a high speed to separate the blood into fractions. The fraction which is rich in platelet is injected back into the problem area.

PRP was historically used to treat skin ulcers & joint issues, the results were so promising that it started being used in Aesthetic treatments.

When used on skin, it triggers collagen & elastin production, in turn plumping and revolumising the skin. Skin gets a silky feel with results lasting upto 18-24 months after a course of treatments.

The following concerns can be addressed using PRP:

- Skin rejuvenation
- Stretch marks
- Enlarged pores
- Small lines and wrinkles
- Pigmentation
- Acne scars
- Hair loss

This is one of the few treatments which can be administered on the delicate eyelid area, right until the eyelash line. PRP can also be combined with microneedling (Dermaroller) treatment to increase the benefits.

We recommend 3-5 treatments depending on the area needing treatment. For more information or any questions, please get in touch.

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# SHAKE UP your diet

When it comes to protein and weight loss shakes there are mixed reviews and a lot of unanswered questions. But fear not, as **VISION** is here to explain the pros and cons of both types of shake.

## PROTEIN SHAKES

While protein shakes have been marketed as a way to not only gain muscle but to also lose weight, can they really help you drop the extra pounds?

Consisting of powdered proteins such as soy or whey, these flavoured protein powders tend to include around 20g of protein.

Women have a recommended daily intake of 46g of protein, while men have a suggested 64g intake. As well as increasing muscle mass when accompanied by resistance training, a protein-rich diet has been proven to reduce the level of hunger-stimulating hormone ghrelin.

Successfully suppressing the appetite, protein shakes are now advertised as an effective form of weight loss as opposed to the more common audience of those looking to gain muscle.

A common misconception is that you are able to diet with protein shakes alone. Without exercise, protein shakes are nothing but additional calories on top of your usual diet. Many shakes have excessive amounts of sugar and calories which can lead to weight gain, rather than weight loss.

It has also been argued that you can sustain an equally low-calorie, protein-rich and healthy diet with the same results, simply by planning ahead with meal preparation.

## MEAL REPLACEMENT SHAKES

Designed to be more filling than a protein shake, meal replacement shakes also tend to have a higher calorie count, however they still contain less calories than a regular meal.

Meal replacement shakes are portable and convenient to consume on the go. Filled with fibre, vitamins and other essential ingredients, they are more healthy than a number of snacks which are quick to prepare.

Easy to digest, those with digestive problems may find their body reacts well to meal replacement shakes, however the ease of digestion means that less calories are burnt by your body when absorbing them.

When used in combination with natural foods, meal replacement shakes can be the perfect tool for weight loss, however it is debatable whether or not they are a long-term alternative.

Long-term high protein diets have been suggested to be potentially harmful to the liver and kidneys, while studies show that once dieters stop drinking meal replacement shakes the weight can quickly come back.



# Call the Doctor!

*The Womens Edition*



**This month its all about the girls** - we talk about the menopause as a focus, and what you can do should you be going through the change. We also introduce our newest award winning treatment 'Dermalux Phototherapy'.

## Menopause Matters.

The menopause affects all women in their lives – The ovaries make the hormones oestrogen and progesterone as part of your menstrual cycle. As you approach the menopause, your body produces less of these hormones which can lead to a number of symptoms, and it affects them all differently. Damage to the ovaries caused by specific treatment such as chemotherapy or radiotherapy, or when the ovaries are removed, often at the time of a hysterectomy can also bring on the change.

### How will I know?

The average age of the natural menopause is 51 years but again, this can of course vary and happens usually between 40 and 58. Things to look out for can be anxiety and mood disturbance or feeling low, your periods becoming more heavy or stopping, night sweats, vaginal dryness, fatigue, thinning hair – all are signs that you could be approaching the menopause or are 'perimenopausal'

## How can I control it?

Hormone Replacement Therapy (HRT) aims to top up or restore the levels of these hormones.

You can take HRT in a number of different ways, depending on your medical history and your personal choice. These can include:

- Tablets to be swallowed
- Patches to apply on, or gel to be rubbed into your skin ("transdermal")
- A pessary (a small tablet that you put into your vagina) or a vaginal ring.

## What about Vaginal Atrophy?

The vaginal walls respond to the action of oestrogen and therefore reduction of oestrogen leads to the decline in health and condition of these tissues. This can lead to dryness, irritation, burning sensations and pain during sexual intercourse, affecting up to about 40% postmenopausal women.

To counter these effects, as well as to improve elasticity and condition of the vaginal walls, one option is to use the latest laser techniques such as CO2 laser.

**MonaLisa Touch®** is a functional vaginal rejuvenation treatment based on a special fractional CO2 laser, specifically created for the vaginal mucosa. **MonaLisa Touch®** prevents and resolves oestrogen reduction in the vaginal tissue (typically occurring during menopause or after childbirth) by re-activating the production of new collagen and re-establishing the conditions that the vaginal mucosa once had.



Edition 6, November 2016

Dr Kannan Athreya

**MonaLisa Touch®** is the most effective non-surgical and non-pharmacological solution for preventing and treating vaginal atrophy and its after-effects, which many women suffer from during menopause and after childbirth.

Essex Private Doctors were the first clinic in Essex to offer this specialist solution, and Dr Athreya was the first clinician in the world to demonstrate this treatment live to a conference audience.

## Beauty IS Skin Deep - It's time to see the light...

Dermalux™ LED Phototherapy instantly wakens a tired and dull complexion leaving your skin looking healthier and younger. Light therapy is also fantastic for boosting your mood and relieving the stresses and strains of everyday life... perfect if your suffering from the lows of menopause.

The visible effects can be immediate too, so just the job for a special occasion pick me up or just for a little 30 minute break from the world for YOU.

## Get in touch

As a GP I am here to advise you on the best methods and solutions for you as an individual, and give you all the information you need - we also offer testing to determine the stage of menopause or perimenopausal you are at and help you plan and manage things. Contact us to discuss your Menopause, Mona Lisa Touch and Dermalux LED at Essex Private Doctors.



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# LOCAL NEWS

from your neighbourhood



LOCAL NEWS



## One Grand Design

A former Brentwood School teacher overcame a cancer to build her dream home, which recently appeared on primetime television.

Michelle Parsons and her husband David found the perfect location in Norsey Wood for an impressive, yet time consuming, project which was recently featured on Grand Designs.

Over 12 months, the couple built their own three-bedroom house with an unusual appearance. The Channel 4 crew filmed their progress every three weeks, while architect David ensured the home was built to fit their specification.

The project, which cost £230,000 was clearly not to everybody's taste, with the show's presenter adding: "It looks like a bunker on the outside and

feels like a bunker on the inside at the moment."

Michelle and David's creation has no windows on one side, but has an entirely glass back of the house overlooking the woods. Michelle said: "The last house we had was a 70s house and, as lovely as it was, everyone coming to the front door could see straight through into the living room."

Despite a gas leak and fighting the elements during the build, the home was eventually complete.

Michelle added: "It's strange getting used to a new lifestyle. I have gone from busy working full-time in Brentwood, to working as a practicing artist living in the woods."

The one-of-a-kind home even has its own website. Visit [www.dapplehouse.co.uk](http://www.dapplehouse.co.uk) to find out more.

## Arrests made over Bonds armed robbery

Suspects have been arrested after locals have come forward with information regarding the armed robbery of a jewellers in Brentwood.

The incident, which happened at around 12.50pm on Tuesday, October 11, on Ingrave Road, saw £40,000 worth of watches being taken from the shop by axe-wielding men on mopeds.

The traumatic event has seen one 23-year-old man arrested and bailed until January 2017 and

people coming forward with further information.

One man told Nik Robinson, owner of Bonds of Brentwood, that he had allegedly phoned the police previously, reporting men on motorbikes driving around Brentwood carrying bags of axes.

Having since doubled security and installing indestructible glass, Nik said: "I was not expecting an arrest to be so quick. We are really happy and the local police have been great."

# ANT *and* DEC

*The one team out of Newcastle  
who are winning!*

Cheeky Geordie chappies Ant and Dec have come a long way since they first appeared on screen together in children's series *Byker Grove* 27 years ago.

And the double act will be back on our screens again this month hosting the 16th series of *I'm a Celebrity – Get Me Out of Here*.

In fact they are so busy in the next few months that they have had to ditch presenting the Brit Awards in January.

The new series of the Australian jungle based show returns with a whole host of celebrities rumoured to appear to take on the gruelling bush tucker trials.

Ant – always the one on the left – and Dec have got the whole world at their feet.

They are already kings of the National TV Awards and have a chance to take home the Best TV Presenter trophy for the 16th year in a row in the nominations for January's event.

But to win the category yet again they will have to see off competition from *Great British Bake Off*'s Mel and Sue, *Match of the Day*'s Gary Lineker, Claire Balding for her Olympic hosting duties and *The Last Leg*'s Adam Hills.

Ant and Dec also line up in the Talent Show category with *Britain's Got Talent* up against *The X Factor* and *Strictly Come Dancing* and in Entertainment Programme with *Ant and Dec's Saturday night Takeaway*. The competition is tough, however, as they take on *The Graham Norton Show* and *Celebrity Juice*.

Not bad for two gawky Geordie boys who during



their *Byker Grove* days had a pop hit with *Let's Get Ready to Rumble* as PJ and Duncan – their characters in the show.

It is hard to believe that the pair didn't get along at first but it was their joint love for football and in particular their local team, Newcastle United that bonded the pair together. According to reports Ant invited Dec along to Newcastle's Boxing Day match in 1990 and the rest is history.

There is no doubt they have worked hard to become the undisputed kings of Saturday night TV and estimates say they are each worth around £62 million! It means they can easily choose what they want to do and what they don't want to do. After hosting the Brit Awards for two years they have announced they are stepping down, handing over the reigns to singer Michael Buble.

But they just couldn't fit it in. After *I'm a Celebrity*, the beginning of the year will see the boys, both 41, busy with the auditions of *Britain's Got Talent* and *Saturday Night Takeaway*.

They are very close friends, which is just as well. They are both now married - Ant to Lisa Armstrong since 2006 and Dec to Ali Astall, last year.



But the couples live three doors away from each other in an upmarket estate in Chiswick, West London, and have holiday homes next to each other in Portugal.

Also earlier this year the duo, full names Anthony McPartlin and Declan Donnelly, were awarded OBEs in the Queen's Birthday Honours list.

They were also involved in two high profile TV programmes this year on the royals.

Ant and Dec got unprecedented access to Prince Charles for the documentary *When Ant and Dec Met the Prince: 40 Years of the Prince's Trust*.

The 90-minute special saw the boys granted a real insight into the work of The Prince's Trust as they accompanied the Prince on a number of engagements.

And to celebrate the Queen's official 90th Birthday, Ant and Dec hosted *The Queen's 90th Birthday* live on ITV from the private grounds of Windsor Castle.

## Mum wing walks in memory of daughter



A brave mother who lost her daughter has raised thousands to help others by taking to the skies.

Dee Anderson, from Brentwood, took part in a sponsored wing walk in aid of Little Havens Hospice in Thundersley, where her terminally-ill daughter was cared for.

Katie was diagnosed with neurofibromatosis at only 18 months old, which caused numerous growths to grow along her nerves. Despite chemotherapy and radiotherapy, Katie was unable to recover from a growth at the top of her spinal cord, and sadly died in August, 2015.

Dee, who tragically lost her daughter Katie at the age of 13, said: "Although my heart is breaking every day since Katie left this earth, I embarked on a journey that has raised more than £2,000 for Little Havens.

"In Katie's final days, they didn't just look after her, they looked after me and all my family."

To find out more about taking part in Haven Hospice's next wing walk which will take place next year on Saturday, June 10, visit [www.havenshospices.org.uk/events](http://www.havenshospices.org.uk/events).

## Brentwood mothers fight dictionary definition



Two Brentwood mothers have launched a campaign to fight a certain definition which has caused widespread offence.

Natasha Sawkins, 34, and Juliet Thomas, 32, are

campaigning to have the derogatory definition of 'Essex Girl' removed from dictionaries.

The definition, which describes an 'Essex Girl' as 'unintelligent', 'materialistic', 'sexually promiscuous' and 'devoid of taste' caused outrage, and for Natasha and Juliet this was something they set out to change immediately.

Gaining an enormous amount of support, the pair said: "We want more Boadicea and less of this invented 'Essex Girl'".

"It doesn't define the mothers, the sisters, the daughters of this county and we sure as hell won't let it define us. People can argue that it's a bit of harmless fun to be taken in jest, but it's naïve to say stereotypes are harmless, especially derogatory ones."

The campaign has collected more than 3,500 signatures to date, with a goal of 5,000 in a bid to have the definitions removed.

Juliet and Natasha added: "We need to let the world know that it doesn't signify anything other than a girl who lives in Essex. Who she chooses to be beyond that is entirely up to her."

## A royally good time



Three Brentwood Centre apprentices were given the honour of meeting Prince Harry at a world-famous venue.

Mikaela Kennedy, Harrison Barrett and Jake Watson travelled to the Lord's Cricket Club Ground to meet the Prince in celebration of the Coach Core apprenticeship scheme launch.

The scheme was launched by the Royal Foundation of the Duke and Duchess of Cambridge and Prince Harry in 2012. The scheme works in partnership with Active Essex with the aim to support young people in further education and employment in sport.

Each of the new apprentices enjoyed their royal meeting and enjoyed having a kickaround with the Prince during their visit.

Harrison, 18, said: "It was great to be at Lord's as part of the Coach Core programme. Prince Harry was very down to earth and was there to have a bit of fun."

# WHEN IT'S COLD OUTSIDE

It's goodbye to eating al fresco, no more drinks in the beer garden and gone are the days of barbecues into the late hours. The days are getting shorter and the mornings darker, so what better time to start entertaining with a twist. You need something to warm your cockles, a drink that can be enjoyed with and without alcohol, without the need for a dressing gown and slippers and is easy enough to make for a dinner party as it is you and your girlfriend.

Warm cocktails are the perfect partner to your fireworks display and or hog roast evening in the garden or around a fire. They keep your hands warm and tend to be made using some of the spicier liqueurs and those known to have medicinal properties such as brandy and spiced rums.

Here are some cocktails that are best served warm and are perfect as the nights get colder.

### Hot Apple Bite

**Ingredients:** 50ml Smirnoff Gold, 200ml Apple Juice, 2 tsp brown sugar, 1 tsp apple pure, slices of apple.

#### Method

1. Place all ingredients (except the slices of apple) in a saucepan
2. Warm the mixture and stir
3. Simmer on a low heat until all of the ingredients are combined, stirring with a spoon
4. Once all of the ingredients have combined and the liquid is warmed through, pour into a glass (make sure it's heatproof)

**Top tip:** Garnish with optional slices of apple or a sprinkling of crushed biscuit



### Huntress Cocktail

**Ingredients:** Whisky, cherry brandy, cherries and lime (for garnish)

#### Method

1. Get an old fashioned tumbler
2. Pour 40ml of whisky and 14ml of cherry brandy into the glass
3. Top with a cherry, or add a slice of lime for a fruity twist



### Mulled Spice Sennacherib

**Ingredients:** Cherry juice, bourbon, cinnamon, nutmeg, beetroot, allspice, orange slices

#### Method

1. Put all of the ingredients into a saucepan (excluding the cinnamon stick and orange slices)
2. Heat through on a medium heat until the liquid begins to simmer
3. Heat up some coffee cups or glasses in the microwave
4. Pour the cocktail into the cups
5. Garnish with orange slices and a cinnamon stick





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Any restaurant boasting awards such as The Anchor is enough to excite the taste buds of any diner and our head chef Daniel Watkins is certainly leading the way in Essex gastronomy. His menus reflect the seasons wonderfully, with each dish perfectly balanced in both flavour and texture, whilst some of the techniques used in the kitchen at The Anchor are rarely seen outside of London. Combine this with a clear eye for detail and it is no wonder that each dish resembles a work of art.



With a picture-perfect location, relaxing bar and atmospheric dining room, we like to think The Anchor makes the perfect venue for a taste of exceptional, award-winning food.

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**CHRISTMAS MENU**

**Starters**  
Homemade roast parsnip soup - apple - chestnut - cheddar & thyme bread (v)  
Classic cocktail - poached prawns - cocktail sauce - lettuce - lemon dressing  
Buttered chicken liver pate - onion chutney - toasted brioche  
Whipped goats cheese - roast squash & pumpkin seeds - pumpkin jam (v)

**Mains**  
Roast turkey - chestnut & sage stuffing - swede purée - buttered sprouts - watercress - roast potatoes & turkey gravy  
Roast Dingley Dell pork belly - caramelised swede - bubble & squeak - apple - crackling  
Tempura cod - Indian spices - sweet potato dhal - peanut Bombay crumb - masala mayonnaise  
BBQ duck 'cottage pie' - roasted winter vegetables - cheddar mash  
Chestnut mushroom & Nordic cheese risotto (v)

**Desserts**  
Chocolate & baileys crèmeux - coffee cracker & syrup  
Gingerbread brûlée - cranberry sorbet - BBQ clementine  
Christmas pudding - brandy custard - boozy fruits & nuts  
Classic sherry trifle - almonds - custard - sherry jelly  
British cheeses - grapes - red wine jelly - biscuits (£2.50 supplement)

**Lunch:** 2 courses £17.95, 3 courses £19.95 •  
**Evening:** 2 courses £20.95, 3 courses £22.95

Our delicious Christmas set menu is still available to book, running from Monday to Friday during December 1st to Christmas Eve. Make sure to reserve your place now!

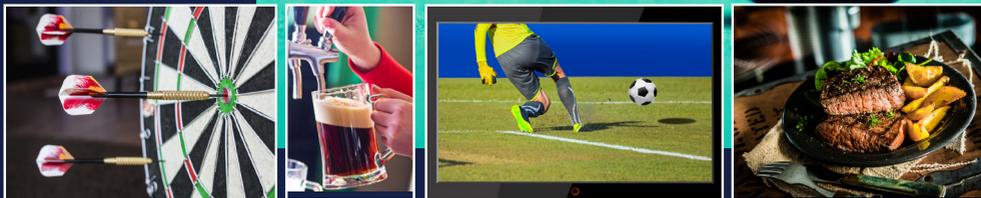
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*We highly recommend. Thank you Nik!*

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Pivaz, a family run business, have been serving delicious fresh and healthy Mediterranean food from their Hackney Restaurant, recently expanding out of London to Essex, opening a luxurious new location in Epping with a further location due to open soon in Brentwood. The restaurant's highly experience team of chefs specialise in Turkish cuisine.

Walking through the entrance of their Epping Branch you are greeted by the friendly hostess and almost straight away notice the eclectic decor, an almost 1960s London feel with a Mediterranean twist, the perfect environment for larger groups to gather or couples to share an intimate meal.

As you are guided to your table, the bar to your left, serving up an extensive cocktail and wine menu, including our recommended Istanbul and the House Lychee Bellini (to die for!), the aromas of the food being served around you can only begin to prepare you for the tantalising taste experience to come.

The relaxed yet attentive service provides for the perfect evening of food and drink, with the buzz of chatter from

surrounding tables, and the mood lighting, creating the perfect setting for the evening.

With fresh ingredients throughout, the Pivaz Main Menu caters for all tastes and appetites, from a meaty mixed grill, seafood casserole to a vegetable moussaka, there is literally something for everyone! With plenty of sides on offer too, you won't be left feeling hungry. We recommend the Mixed Mezze to start (a small is plenty for two to share!), an old favourite - Chicken Shish, served with rice and a delightful salad topped with pomegranate, giving it a mouth watering fruity crunch. For something special, give the Iskender a try - a taste sensation! If your still feeling hungry we recommend trying Pivaz's Orange Creme Brulee, an amazing spin on the original flavours.

The evening coming to an end, you can continue to enjoy the great atmosphere of Pivaz at their bar and try out more of their extensive Cocktails and Fine Wines.

The Epping restaurant is now taking bookings for Christmas, and with the Brentwood restaurant opening soon, Pivaz is set to be a popular spot for local diners every night of the week.

BRENTWOOD RESTAURANT OPENING SOON

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# UK STAYCATION



TRAVEL

With an endless array of rich and exotic destinations the world has on offer, most families are looking to jet off to a far-flung foreign country come holiday season (and with the UK's erratic weather, who can blame them?).

Yet Great Britain is home to a bevy of stunning natural surrounds, each perfect for holidays of all descriptions, whether you're getting away with the family, having a romantic break, or a weekend treat away with friends.

In recent years us Brits have mastered the art of the 'staycation' as a trendy way to grab a welcome escape from the hectic hullabaloo of modern life. And unlike heading to mainland Europe, you can be back in time for Eggheads!

Located in County Antrim, the Giant's Causeway is regularly voted the UK's greatest natural wonder, and is deeply ingrained in Irish folklore as part of the enduring legend of Finn MacCool.

## THE NEW FOREST



One of the gems of the South, this huge swathe of untouched and undeveloped heathland and forest covers an area stretching from Hampshire to the edges of Dorset. Its eclectic mix of rural habitats means it's a great place to spot all kinds of flora and fauna, from all three native snake species to even polecats and mink.

Ponies, cattle, donkeys and pigs wander freely throughout the forest, and may even provide a welcome wildlife surprise over your morning cup of tea!

## ALNWICK CASTLE



This picturesque castle and stately home is located in Northumberland. Surrounded by sprawling gardens and the burbling River Aln, this castle and its ornate interior has been the setting for a number of huge Hollywood films, including 1991's *Robin Hood: Prince of Thieves*, starring Kevin Costner, Morgan Freeman and Alan Rickman, and the first two films in the record-breaking Harry Potter franchise.

## TRESCO ABBEY GARDENS



Located on Tresco in the Isles of Scilly, these bountiful gardens cover 17 acres and are home to an abundance of flowers, including 20,000 species of plants from over 80 countries, from Burma and Brazil to New Zealand and Norway. Even in winter solstice, you'll be able to find over 300 plants still in flower.

## THE GIANT'S CAUSEWAY



Northern Ireland's only UNESCO World Heritage Site, the incredible Giant's Causeway is an area of 40,000 interlocking basalt columns that can reach up to 12 metres high - they are the lasting result of an ancient volcanic eruption.

Alongside this incredible range of plant life is the Valhalla Museum, which exhibits a collection of over 30 figureheads from shipwrecked vessels, dating back as far as the 17th century.

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KIDS

# Get CRAFTY for Autumn

With winter nights closing in and rainy days capable of dampening spirits it can be difficult to keep cooped-up kids entertained. That's why we've come up with some inspiring and fun autumn-themed crafts, so your little ones can spend less time glued to their screens and more time getting creative and crafty.



## Leaf Bowl

**REQUIRED:** Clear glue paste, leaves and a balloon

After gathering an array of fallen leaves (the thinner the better), blow up a balloon and, starting from the bottom, begin to paste your leaves, layering up until you have an even bowl shape. Once your bowl is completely dry, pop your balloon, carefully peeling it away from any stuck leaves. Delightfully simple with a spectacular result.



## Pine Cone Owls

**REQUIRED:** Pine cones, various colour felt, scissors and a glue gun (or glue dots).

Not only do these cute critters require a jaunt outside to collect the pine cones, they also make lovely gifts for your little ones to offer to friends and family.

Firstly, draw all the shapes onto your felts and carefully cut them out. Next, using either a glue gun or dots (dots are more child friendly) to dab your glue onto the pine cone and apply felt, making sure the first layer is dry to before adding the next. Feathers, beads and googly eyes can be used instead of felt.



## Chinese Paper Lantern

**REQUIRED:** A4 paper card, scissors, stapler

Cut a strip of paper off the narrow edge for the lantern handle, then fold the paper in half lengthways. Cut incisions about an inch apart from the fold, almost up to the top, all along the card.

Open out and roll the card the other way so the paper fans out, then staple it securely at both ends. Now staple your strip on either side of the lantern to create a handle.

Make several lanterns in different colours and hang on a string across your child's bedroom for a gorgeous and festive decoration.



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# LOVE THY WORM



GARDENING

They're squirmy, slimy, and it's difficult to discern one end from the other, but why should we care about protecting our garden's worm population? The answer is because these little pink critters make up an unseen, yet crucial, part of our soil's ecosystem, and play an important role when it comes to the recycling and redistributing of organic waste and nutrients underground.

Every time one of these underrated organisms burrows its wiggly way through your soil, it's allowing more oxygen and water to get in amongst the plant roots near the surface. Studies show that these so-called 'ecosystem engineers' can increase the pore space in soil by 75-100 per cent, and when a worm is done and dusted with its burrow, the criss-crossing mucus lined corridors are the perfect environment to encourage the expansion of healthy root systems. The loose soil they leave in their wormy wake is perfect for plants to penetrate deeper into the ground, allowing them to access more natural resources and grow bigger and healthier.

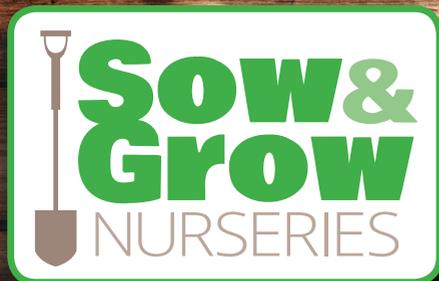
Worms also create a natural fertiliser in their 'castings'. If we surmise that an acre of soil can contain around 5,000 worms, their casting will amount to around 50 tons – and they are also an

excellent source of nutrients for plants to thrive upon.

On the other hand, while worms may cause favourable flora to flourish, they also lend a helping hand in the fight against weeds. Not only do they like to eat weed seeds, the relationship between worm and plant means that weeds are outmuscled in the underground fight for valuable nutrients and resources.

The best way to promote a healthy worm population in your garden is to make a host of organic edibles available for them to snack upon. Grass clippings, leaf litter and other naturally compostable items – pesticide free, of course – are perfect for a worm's lunch, and will ensure that your little fellas are not only happy and healthy, but also generate large amounts of castings for your plants to subsequently feed upon.

And if one area of your garden is looking worryingly worm-free, fear not! Just scoop up some of the eco-friendly invertebrates on a shovel and deposit them as you please. In no time at all, you'll have a fully-functioning 'crew' at your disposal, ready to work hard beneath the surface in order to keep your garden in the pink, and worm their way into your hearts.



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# REMEMBER REMEMBER THE 5<sup>TH</sup> OF NOVEMBER

So why do we throw a dummy on a bonfire and burn him every year on November 5?

It marks the failure of one of the most audacious assassination attempts ever – The Gunpowder Plot in November 1605 to blow up the King and the Houses of Parliament by a gang of Roman Catholic activists.

Robert Catesby led the 13 plotters, but the best known of them was Guy Fawkes, who became Britain's most famous traitor.

When Protestant King James I acceded to the throne, English Catholics had hoped that the persecution they had felt for over 45 years under Queen Elizabeth I would finally end. When this didn't happen, a group of conspirators resolved to assassinate the King and his ministers by blowing up the Palace of Westminster during the state opening of Parliament.

Guy Fawkes, who had earned the name Guido while fighting for the Spanish, smuggled 36 barrels of gunpowder into a cellar of the House of Lords, alongside his fellow conspirators.

The scheme began to unravel when an anonymous letter was sent to William Parker, the 4th Baron Monteagle, warning him to avoid the House of Lords, alerting him of the plot.

Explosives expert Fawkes, who had been left in the cellars to set off the fuse, was subsequently caught when a group of guards discovered him at

the last moment.

Fawkes was arrested, sent to the Tower of London and tortured until he gave up the names of his fellow plotters.

The conspirators were all either killed, resisting capture or - like Fawkes - tried, convicted, and executed.

The traditional death for traitors in 17th century England was to be hanged, drawn and quartered in public. But this proved not to be the 35-year-old Fawkes's fate.

As he awaited his punishment on the gallows, Fawkes leapt off the platform to avoid having his testicles cut off, at which point his stomach opened and his guts spilled out before his eyes.

Mercifully for him, he died from a broken neck but his body was subsequently quartered, and his remains were sent to "the four corners of the kingdom" as a warning to others.

Following the failed plot, Parliament declared November 5 a national day of thanksgiving, and the first celebration of it took place in 1606. It became known as Bonfire Night and burning effigies of Guy Fawkes became commonplace.

The Houses of Parliament are still searched by the Yeomen of the Guard before the state opening. The idea is to ensure no modern-day Guy Fawkes is hiding in the cellars with a bomb, although it is more ceremonial than serious.



HISTORY





# FOXY KNOXY AND THE QUESTION OF GUILT

It is nine years this month since the murder of Meredith Kercher, a British student who was butchered in a flat in Perugia, Italy.

The case has been headline news for all that time, not least of all because 21-year-old Meredith's flat mate, American Amanda Knox – nicknamed Foxy Knoxy – was convicted of her killing, but later cleared on appeal.

Meredith had her throat slit and she was left semi-naked on the floor of the bedroom, covered by just a duvet.

Now millions of people around the world are able to relive the case again watching a sensational new Netflix documentary.

Amanda is portrayed as a fresh faced young American college student who found herself helplessly trapped in the minefield of the Italian legal system.

The documentary includes extensive interviews with those close to the case, including Knox and her former Italian lover Raffaele Sollecito, who was also convicted and acquitted on appeal.

But one of the people who will not be watching the programme is Meredith Kercher's sister Stephanie.

For Stephanie, the memories of November 1, 2007 - the day her 'best friend' was knifed to death in a shared student apartment - are still too painful to bear.

Instead, she and her family will mark the anniversary of their beloved 'Mez's' death as they

always do, lighting a candle and remembering the laughter and joy Meredith brought to their lives.

Nine years later the Kercher family are still struggling to deal with unanswered questions surrounding the case that gripped the world - and to learn to live without Meredith in the face of constant publicity.

Stephanie has told how it's difficult to see yet another 'unnecessary' film about what happened and she opens up about the hurt her family is still experiencing, how the documentary still doesn't answer key questions in the case and how her family is in an agonizing 'limbo' over Meredith's death.

It also frustrates her that once again a film has been produced that largely ignores the most important element of this case - the victim.

A lengthy legal process in the Italian court system meant the case dragged on for eight years in total - finally concluding in March last year.

In 2009, two years after Meredith died, Knox was sentenced to 26 years in prison for the murder and sexual assault, while Sollecito got 25 years.

Another man, drifter Rudy Guede, was jailed for 30 years – cut to 16 on appeal.

But then in 2011, both Knox and Sollecito were controversially cleared and freed after the prosecution's key evidence collapsed.

Guede is now the only convicted murderer, but the big question still remains: who else was also responsible?

# THE PREMATURE BIRTH THAT GAVE BBC TV A KICK START

A new fangled invention was carefully planned to be launched 80 years ago this month (November) to just 100 people who had a big box in the corner of their rooms able to receive the first "radio pictures".

The summer of 1936 saw a hive of activity as everyone worked frantically towards the official opening date of early November - but all that was about to change.

The 1936 Radio Show at Olympia was scheduled for the end of August. RadiOlympia was an annual exhibition put on by the Radio Manufacturers' Association, and a number of the exhibitors were displaying new television sets. Concerned that there would be no programmes to display on them at the show, the BBC came under pressure to provide demonstration transmissions during August. A variety show was quickly put together called 'Here's Looking At You', and it went out twice a day for two weeks, with two competing television systems alternating on a daily basis.

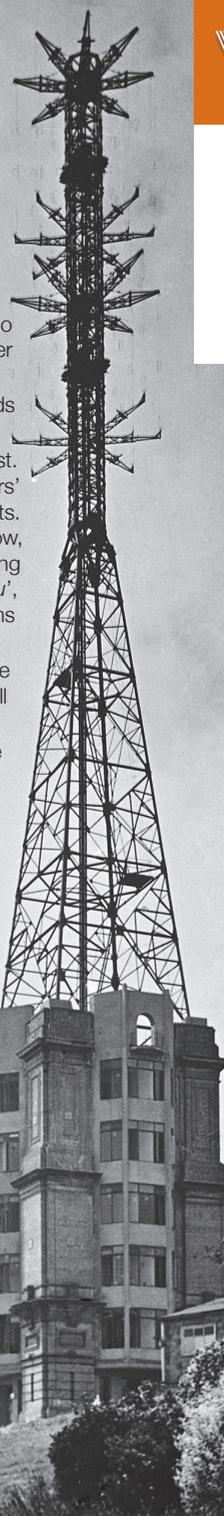
In front of camera was to be experienced Movietone News commentator, Leslie Mitchell, and female announcers Jasmine Bligh (below) and Elizabeth Cowell were chosen from thousands of hopefuls who had applied for the job.

It was Mitchell who had been given the then daunting task of uttering the first words ever spoken – and seen – on television: "Good afternoon, ladies and gentlemen. It is with great pleasure that I introduce you to the magic of television..."

Ronnie Hill wrote a song for Helen McKay to sing called *Here's Looking at You*, which also became the title of the show. Acts booked to appear were a performing horse named 'Pogo', The Griffith Brothers and Miss Lutie, The Three Admirals and the Television Orchestra, which had been hurriedly put together. Baird and Marconi-EMI transmitted the show from the studios to Olympia on alternate days. An estimated 123,000 visitors got their first glimpse of television in the viewing area at the show.

On November 2, 1936, The BBC began transmitting from Alexandra Palace for two hours every day (except Sunday's). The Baird System was eventually dumped in favour of the superior Marconi-EMI system.

The first programme following the official opening was a bulletin of British Movietone News. Other programmes transmitted on that day included variety pieces and the first TV documentary, *Television Comes to London*.





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# WHAT'S ON in your area

WHAT'S ON

**Ingrave Johnstone School Fireworks Display**  
 Button Common, CM13 3PN  
 Sunday, November 6



Ingrave Johnstone School are holding their annual family firework display at Button Common. Gates open at 4.30pm with the bonfire lit at 5.30pm and fireworks beginning at 6pm. With a BBQ, hot food, tea tent, novelties and music, there is something for everyone to enjoy. Strictly no sparklers are allowed and limited parking is available in surrounding areas and at Herongate Athletic football club on Billericay Road. Adults cost £5. Children and OAPs cost £3 and under 2's go free. For more information, contact IngravePA@yahoo.co.uk.

**Exhibition of Dolls Houses and Models**  
 W I Hall, St Edith's Lane, CM12 9BU  
 Saturday, November 12

Come along to the W I Hall to see an incredible display of houses and room boxes in various scales including the new harbour scene 'Cockleshell Bay'. Open from 10.30am - 4pm, admission is free and donations will go to the Essex Air Ambulance. For more information, call 01277 622297.

**Family Campfire and Night Ramble**  
 Weald Country Park, CM14 5QS  
 Saturday, November 19

Would you like to explore the park after dark? Join rangers on a night time walk, spotting wildlife before warming up around a campfire, listening to stories, sipping hot chocolate and toasting marshmallows. Dress for a chilly night and bring your own torch for an evening with a great atmosphere. This event is ideal for families with children aged 6+ as there will be around a 20 minute stroll and the paths are unsuitable for buggies. Tickets cost £7 per person and walks begin at 4.30pm and 6pm. For bookings

and more information, visit [www.visitparks.co.uk](http://www.visitparks.co.uk) or call 01277 261343.

**Art Event**  
 West Horndon Village Hall, CM13 3TP  
 Saturday, November 19

West Horndon Art Group is running its art event between midday and 4pm. Entrance is free and all are welcome to take a chance to discover their hidden artistic talents. As well as over 100 paintings by members, many of which are for sale, there is a 'have-a-go' stand for people aged between 5 and 105. Enjoy painting demonstrations with various techniques as well as gift stalls, a raffle and refreshments. For more information, visit [www.westhorndonartgroup.org.uk](http://www.westhorndonartgroup.org.uk).

**Championship Boxing**  
 Brentwood Centre, CM15 9NN  
 Friday, November 25



Following the withdrawal of Brentwood's English Middleweight title challenger Joe Mullender from his rematch with Romford champion Lee Markham, Bradley Skeete (24-1 10KOs) will now make the first defence of his British Welterweight title against Manchester's Shayne Singleton (23-1 8KOs) at the Brentwood Centre. Tickets are available online on Ticketmaster for £40 per person.

**Lighting Up Brentwood**  
 Brentwood High Street  
 Saturday, November 26

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](mailto:mellowmoments@btinternet.com)



# THE BRADY Bunch

## How *The Apprentice's* Karren Brady has led the line for women in business.

Seeing Karren Brady back on our TV screens is a pleasure for so many reasons – she’s a prolific business brain, a cornerstone for the elevation of women in the workplace, and as one of Sir Alan’s aides on *The Apprentice*, the owner of a selection of the most cursory glances towards investment hopefuls in “the process”.

Her elevation to the top rung of women in business – alongside the likes of Mary Portas, Alex Polizzi, Deborah Meaden and others – is no fluke though. It’s been years of graft, commitment and battling the preconceptions of an unforgiving industry.

“I think my experience in business, as a woman, is not too different to that of others,” she begins. “I’ve had to overcome all those judgements, all that chauvinistic behaviour, to get to where I am, but I’ve always said, if you can prove yourself at a football club, you can probably do it anywhere!”

Referring there to her time at Birmingham City, where Brady became the game’s first ever female managing director, and at the age of just 23, she is now vice-chairman at West Ham United, was awarded the CBE for services to entrepreneurship and business in 2014, and has forged involvement with brands such as Arcadia, Syco, Mothercare and Barclays.

“For me it’s about innovation and hunger,” she continues. “I’ve always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned.”

“I think there is a perception these days that everyone has thought of all the good suggestions, but people were saying that 10, 20, 30 years ago. Technology has moved us on a great deal, but there are still many gems to be had.”

Brady admits time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back within a month of a potentially fatal cerebral aneurysm.

“The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process and every year sense something special, and that’s what makes it such great television, and such a great industry to be involved in.”

Photo Credits: PA Images



# PATENT PENDING

Do we tend to take our technology for granted? When it comes to business, innovation is key to our being able to safely send large quantities of our hard earned cash across the world without a second thought – but when did humanity ditch the abacus in favour of coveting the calculator? And who were the brainboxes behind the incredible inventions that seem so commonplace today?

## THE CALCULATOR

It might seem ridiculous to even suggest a time when no-one had a calculator in their pocket by virtue of owning a mobile phone, but it wasn’t until 1886 that the first commercially successful machine designed for addition and subtraction was created by William Seward Burroughs.

The first hand-held calculator was only invented in 1966, and by 1978, they were down to the size of a credit card. Nowadays, the calculator is deemed to be the least exciting of a new smartphone’s futuristic features, but imagining a world without them – where businesses were forced to keep on top of figures through sheer hand-written arithmetic alone – is nigh on impossible.

## THE FAX MACHINE

You’ve probably never heard of Alexander Bain, but between the years of 1843 and 1846 he was

able to synchronise the movement of two pendulums through a clock in order to scan a message on a line by line basis. This was the invention upon which the modern fax machine was founded, with the twin pendulums being replaced in turn by rotating cylinders and wires, before eventually the 20th century saw the fax machine go wireless via the use of radio signals.

The success of this bit of kit was short-lived however. These days it’s considered as archaic as the telegram, and yet is still used by football clubs during transfer periods – especially on the Deadline Day, when the fax machine actually provides a faster alternative to scanning pages and sending them as an email.

## BANK TRANSFER

In the modern world, where paying with your phone is all the rage, we tend to forget that ability to transfer sums of money from one spot to another is actually quite a mind-boggling invention in itself. In 1872, Western Union started sending trades using their existing telegraph system – an idea that came to be known as a wire transfer. Though the financial sector has moved this practice online as the internet has expanded exponentially, the idea set the precedent for all forms of bank transfer since.





# GOPRO LAUNCH GAME-CHANGING ADDITIONS

## HERO5 Black

GoPro have introduced a new line of HERO5 cameras, cloud-based software, and even a drone with a difference during their recent live broadcast of the launch.

The HERO5 Black camera has become simplified, while boasting new features bound to excite any filming enthusiast. With a touch display and the ability to record video in ultra HD, users can now film in 4K at an incredible 30 frames per second as well as taking professional quality 12MP photos.

Allowing GoPro fans to take the camera up to 10m underwater without the need for a housing, it can be taken to new extremes with its stereo audio recording, advanced wind noise reduction and professional-grade electronic video stabilisation. Not to mention, this camera is fully compatible with existing GoPro mounts, including Karma.

Cloud-connected, the HERO5 is able to automatically upload photos and videos to the cloud while charging, as well as being user friendly with voice control and inbuilt GPS.

In terms of quality, the GoPro HERO5 is like no other and is available for £349.99.

## HERO5 Session

The Hero5 Session shares the same small design



Karma with Hero5 Black attached

HERO5 Session

Karma controller

and convenience of the original HERO Session camera but benefits from significant performance upgrades.

While it is adapted to film in the same quality as the HERO5 Black, the Session takes 10MP photos, and does not have inbuilt GPS or advanced wind noise reduction. Available for £249.99.

## Karma

Last, but certainly not least, GoPro have launched their all-new drone, Karma. Designed to fit in a small backpack and including a stabilisation grip which can be handheld or attached to mounts, Karma makes it easy for anyone to capture amazingly smooth, stabilised video during almost any activity.

Described as "much more than a drone" and a "game-changing experience" by GoPro's founder and CEO, Nicholas Woodman, the Karma is set to revolutionise filming as users are able to fly their drone to gain a whole new perspective on footage.

Including a game-style controller with integrated touch display, the Karma is fun, fast and easy to fly. Arriving in a comfortable, specialised backpack, Karma is designed to be just as easy and painless to carry around as it is to fly. Available for £719.99 on its own, or £999.99 with a HERO5 Black.

# PUZZLES & TRIVIA

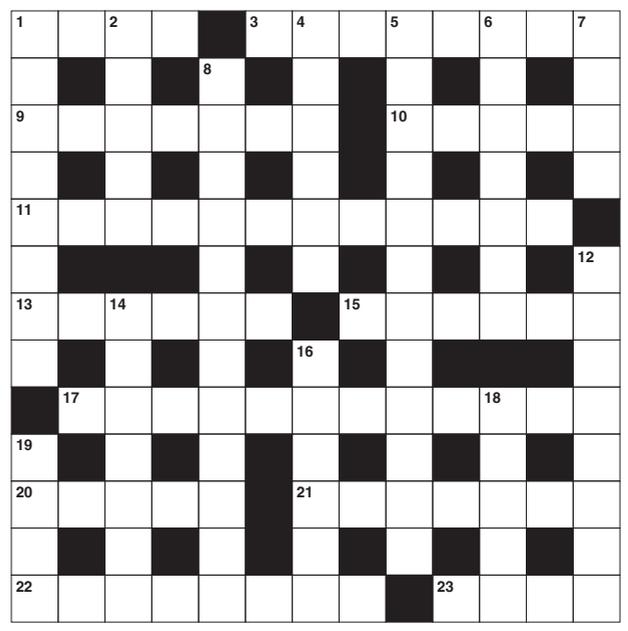


## ACROSS

- 1. Digestive juice (4)
- 3. Wishing for (8)
- 9. Protective layers (7)
- 10. Military vehicles (5)
- 11. Major type of food nutrient (12)
- 13. Weird (6)
- 15. Quick sleep (6)
- 17. The proprietor of an eating establishment (12)
- 20. Ascend (5)
- 21. Recording on tape (7)
- 22. Not proper (of behaviour) (8)
- 23. Small freshwater duck (4)

## DOWN

- 1. Device that regulates water flow (8)
- 2. Pertaining to the moon (5)
- 4. Pieces of writing (6)
- 5. Unending (12)
- 6. Sets fire to (7)
- 7. Lesion (4)
- 8. Unfriendly (12)



- 12. Song for several voices (8)
- 14. Foes (7)
- 16. Expressing regret (6)
- 18. Expulsion from a country (5)
- 9. Beige colour (4)

## DID YOU KNOW

- ▶ If you lift a kangaroo's tail off the ground it can't hop.
- ▶ Recycling one glass jar saves enough energy to watch TV for 3 hours.
- ▶ The Titanic was the first ship to use the SOS signal.
- ▶ Hewlett-Packard's name was decided in a coin toss.
- ▶ Paraskavedekatriphobia is the fear of Friday the 13th.
- ▶ In 1895, Hampshire police handed out the first ever speeding ticket, fining a man for doing 6mph.
- ▶ After reading this post you will not recognize that the brain doesn't recognize the second 'the'.
- ▶ Nepal is the only country that doesn't have a rectangular flag.

## SUDOKU

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



MOTORING

# Paint IT BLACK

Are you thinking of splashing out on a new set of wheels, but can't quite decide between a blue Beamer or a silver SUV? Well, recent studies suggest your choice of car colour could be saying a lot more about your personality than you may think...

## RED

This classic car colour is usually associated with boy racers and other speedy scoundrels – and perhaps rightly so. Driving a red car is said to show you have high energy and an outgoing personality. With that in mind, it's little wonder red has long been the colour of choice for vibrant Italian vehicles such as the Ferrari.

## BLUE

Owning a blue car doesn't mean you're a downbeat person – instead, it signifies that you like to promote an optimistic and stable image to the world. You might not be flamboyant enough to go for a red or orange roadster, for example, but you're willing to find common ground with your more outlandish automotive associates.

## GREEN

It's easy to assume that driving a green car hints at an environmentally friendly outlook, and whilst it is suggested that those in green will be less inclined to fill up their tank with toxic nasties, the real reason behind picking an emerald automobile is that it reflects a gentle and patient nature. Either that, or

you've just purchased a vintage Jag in beautiful British Racing Green – the iconic motor racing colour commonly associated with the UK.

## SILVER

Silver gives off a light air of wealth, taste and prestige, while the neutrality of the colour and its ability to camouflage dirt points to a busy, work-heavy lifestyle. As of this year, silver is the most common car colour in the UK, with over 22 per cent of British road users opting for an aluminium automobile.

## BLACK

Whether it's an LBD or tuxedo reception, black has long been synonymous with sophistication and luxury. And when it comes to car colour, it tends to suggest in its driver a dignified personality that eschews over-exuberant displays of wealth, whilst still wanting to signal authority to fellow motorists. And just like the Men in Black, you don't mind a bit of mystery in your life, either.

## ORANGE

You don't see many orange cars, and that's exactly why a carrot-coloured four-wheeler is representative of a driver who does their best to stand out from the crowd. If you're artistic, eccentric, fun-loving or trendy, an orange car is sure to turn heads... which is maybe why it's more commonly seen adorning futuristic supercars such as Lotuses or Lamborghinis.



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# HE AIN'T HEAVY, HE'S MY BROTHER



When the video went viral of Alistair Brownlee hauling his heat-stricken younger brother, Jonny across the finishing line at the World Triathlon Series they became overnight heroes. But the incredible Brownlee brothers have long been two of Britain's great white hopes.

"I just remember Ali grabbing me and pulling forward," said Jonny Brownlee after the fateful race in October. "I was in really big trouble; I just tried to keep going but I could barely stand up." On track to win his first World Championship title, the 26-year-

old triathlete ran into trouble when he began suffering from heat exhaustion in the sweltering 33°C Mexican sunshine. Having swum 1,500m, cycled for 40km and run for almost 10km, he suddenly began staggering drunkenly across the track. Just 700 metres from the finish line it fell to older brother Alistair to step in and save his sibling, scuppering his own chances of winning in the process.

Whilst it's easy to romanticise the situation and make sweeping statements about the lads from Leeds being the ultimate symbol of brotherly love, Alistair, 28, insists that he acted out of safety rather than chivalry. "It was actually a really dangerous situation; I just acted on instinct and decided it would be quicker to get him some help myself."

It's not the first time Alistair has stepped up for Jonny during a race. At the London 2012 Olympics when Jonny was hit with a 15-second penalty for mounting his bike a fraction too early, Alistair, who was in the lead, pushed hard on the run in a bid to exhaust former world champion Javier Gomez and open up a gap over the fourth-placed athletes. The strategy worked with Alistair grabbing gold, and Jonny clinging on to bronze.

At the very top of global triathlon competition and with an already impressive rollcall of success, the Brownlees are almost as famous for their

humility as they are their athletic prowess. They still live in Yorkshire - Bramhope, just outside Leeds - near to where they grew up, and train together every day. They're happy to offer advice to others interested in taking up arguably the ultimate endurance event.

"For people looking to get into triathlon I think the most important thing is to build it up slowly," says Alistair.

"From there, and if you decide you like it, you might want to take it a bit more seriously by getting involved with a coach or joining a club."

The Brownlees are self-confessed best friends and bitter rivals too, spurring each other on since childhood with their fiercely competitive spirits. "When we were kids we couldn't even get through a board game with it ending up across the room," confesses Jonny.

"It has been a lot of work - we do about 35 hours a week. That's okay now but was tough going when I was studying at university."

At Rio, the pair eased their way to gold and silver with Alistair grabbing top honours, and there is nothing to suggest they won't still be at the top of their game for Tokyo 2020. But the question of exactly who will be taking gold by then remains unknown.

#### FOUR MORE SPORTING SIBLINGS:

**Venus and Serena Williams:** The indisputable Golden Girls of women's tennis, Venus boasts seven Grand Slam wins, and her younger sister Serena has a record-breaking 22 top-level titles.

**Andy and Jamie Murray:** Jamie Murray is a three-time Grand Slam and Davis Cup winner, as well as being the world number three doubles player. His younger brother Andy is the second best ranked men's singles player in the world and the current Olympic gold medalist.

**Gary and Phil Neville:** Having both broken into the first team during Manchester United's incredible 'Class of 92' era, Phil and Gary Neville went on to make a combined 623 appearances for the Red Devils, as well as featuring regularly for England.

**Michael and Ralf Schumacher:** While Michael's Ferrari-era domination of Formula One and seven Championship wins cemented his place as one of the sport's greatest ever drivers, he and his younger brother Ralf remain the only two siblings to win an F1 race.



SPORT

2006

Commonwealth Games Heptathlon

2009

World Championships Heptathlon

2010

European Championships Heptathlon  
World Indoor Championships Pentathlon

# SPORTING LEGEND... JESSICA ENNIS-HILL

Jessica Ennis-Hill, one of the UK's most popular ever athletes ever retired last month prompting an outpouring of love, respect and affection from fans, colleagues and the media.

Jessica Ennis Hill's sporting career will be remembered for many things.

A double gold medalist at the World Championships including 2015 just a year after giving birth to her son. Add that to European glory and British records.

But it was the London Olympics in 2012 which saw her gracefully steal the nation's hearts by winning heptathlon gold to set off the chain of success dubbed Super Saturday, which is now part of UK athletic folklore.

With the pressure squarely on her shoulders to deliver the gold the nation craved - the golden girl lived up to her billing and rather than buckle under expectation rose above and beyond it.

The reaction to her decision to retire after winning a silver medal at this year's Rio Olympics shows that not only is she a supremely gifted athlete but a humble, generous and fittingly for a heptathlete an all round lovely person.

One of the people who know her best, Toni Minichiello, her long time coach, said: "She's humble, she grafts, she pushes herself hard and she never ever gives up. She's funny. Despite all the fame and money she's never forgotten where she's come from - most of her friends she's had from school days.

"There's a competitive streak too. And it's driven by not wanting to let anyone down, including herself. She'll go down as one of the greatest UK athletes ever."

Long jumper Greg Rutherford, who won Olympic gold with Ennis-Hill on Super Saturday in 2012, wrote on Twitter: "You're an inspiration to everyone young and old. It's been a pleasure to be one of your team mates."

Jessica's legacy is a massive one which will live on through the legions of young girls who now see athletics, and sport in general, as a way of staying fit, healthy and happy thanks to her inspiring performances.

On behalf of the entire nation, thanks for the magical memories Jessica and good luck in the future.



2011

World Championships Heptathlon

2012

Olympic Games Heptathlon

2015

World Championships Heptathlon

2016

Olympic Games Heptathlon

World Indoor Championships Pentathlon

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