

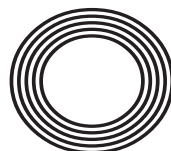
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HOWZAT
England win nail-biting
Cricket World Cup

POP THE PROSECCO
Recipes to help celebrate Prosecco Day

Dame **MAGGIE SMITH**

The actress still in the limelight at 84



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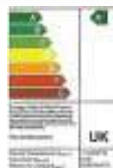


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August 2019

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Vision Magazine Essex

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Editor's notes...



Nik Allen, Editor

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

We now publish magazines in six areas across Essex. All the areas have their own characteristics, but all are facing the same

challenge - the battle to save the local high street and shopping centres from extinction.

The problems that the high street is facing were brought home to me when I was visiting a business in one of our areas. A great little store, with very good products and fantastic service.

The family told me their landlord was trying to increase their rent by £4,000 a year - effectively the increase will force this shop to close.

I really don't understand what landlords gain by increasing rent. Surely, they don't want empty units? From the outside looking in, it seems like commercial suicide for landlords.

The demise of the high street isn't solely down to greedy landlords in my opinion. I think that shops may need to look at their opening hours - perhaps adopting a more continental approach of opening later and staying open longer.

It certainly isn't all doom and gloom out there as daily I come across retail businesses doing really well and they tend to be excellent at customer service and have a loyal, local client base.

I'm unashamedly pro-small businesses. They are the heartbeat of our towns and villages and without them we'd all lose something.

Nik

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"there's a

WICKET

at the cricket..."

HOW ENGLAND'S INCREDIBLE DEBUT WORLD CUP TRIUMPH WILL GALVANISE OUR YOUNG CRICKETERS OF THE FUTURE

To put England's brilliant cricketing success into perspective, consider this fact – the last time we won a World Cup on home soil in a major sport was way back in 1966 when the men's football side were triumphant.

During that tournament, BBC Sport commentator David Coleman was astounded by a little genius player from Portugal, Eusebio, saying: "Oh my word, have you ever seen anything quite like that?"

Well, the watching audience may have been muttering the very same words on that balmy mid-July Sunday afternoon at Lord's, after an unbelievable climax to a match which reinforced cricket's reputation as a sport that combines docile, statistical nerdery with power-packed nerve-jangling edge-of-seat drama.

And what made this showpiece event a true celebration for the nation was the decision to make the final free-to-air on Channel 4 after a deal was struck with host broadcaster Sky. That meant that all those fans – both young and old – who may normally only have been able to listen to coverage on the radio or catch highlights later on, were able to witness the action unfold, from start to finish.

It swelled the viewing figures to 7.9million in the UK, and while in the short-term the immediate effect will be a surge in interest in the upcoming Ashes series against Australia – which starts on August 1 – the longer-term impact is certainly the more profound, with the success of the Three Lions certain to inspire more youngsters to pick up bat and ball.

The unfolding of events and the lifting of the trophy in final-ball super-over drama will also quieten those whose impression of cricket is stuck somewhere in the W.G. Grace era. Cricket, these days, is a fiercely competitive, modern, fashionable sport. While that familiar clack of leather on willow is a traditional sound that we'll always come back to, there is a drive towards technology that football is only just catching up with.

ICC CRICKET WORLD CUP 2019

100 years of WOMEN POLICE OFFICERS

This year marks a century since women police officers were allowed to join the Met, and it's safe to say the force hasn't looked back since.

While many assume it was the capital city that led the way in changing perceptions and levelling inequality as regards the gender of police officers, by the time the Metropolitan Police were assembling their Women Police Officers (WPOs) for duty, the Grantham constabulary had been sending a woman out on the beat for four years.

Edith Smith is officially titled the first female police constable in the UK, and was given her role in August 1915. She had been part of a group called the Women Police Volunteers (WPV), who took it upon themselves to protect the large number of prostitutes who had congregated in the Lincolnshire town, attracted there by the nearby army base.

Duties involved any cases where women, or children were involved, and news of the success of her work quickly spread to London,



where the Met were keen to replicate the positive results.

Smith had to combine police work with duties as a matron nurse in a care home and eventually left the WPV through exhaustion in 1919. Five years later, aged just 44, she was dead from a morphine overdose.

Regardless, her legacy lives on nationwide, and the Met's centenary celebrations have unearthed a number of gems from the archives; notably, a photo from February 1919 showing the first female police officers assembled on Clive Steps in Westminster.

The Met decided to replicate that original image, including recreating the outfits worn by those pioneering ladies. The project took six months to complete, with researchers and modern-day designers needing to use protective gloves when handling the fragile uniforms.

Today, there are almost 8,000 policewomen in the Met, and 40,000 nationally; many still encouraged and inspired by those women who broke the mould 100 years ago.



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UNDERSTANDING THE OLIVER BURNS WAY



HOME & DIY



The complex, sometimes convoluted language used by interior designers can often result in a reader running for the hills... which rather defeats the object.

So while design house Oliver Burns aren't bereft of overdone adjectives when it comes to offering their clients a taste of ambition and opulence, they are at least fixed in the MO of their craft – namely when you employ these most talked about interior experts, you will get an end product that echoes art, luxury, originality and detail.

The team work with a cross-section of international clients, which itself poses its own problems... after all, the tastes of an LA rap star are quite different from that of a Middle Eastern Sheikh. But in combined ethical design, expert sourcing of materials, and working within a property's shape and image in complementing interior to exterior, the agency have become renowned as one of the very best in their field.

The good news for those of us who are more television set than jet set is that the classic Oliver Burns look is more than achievable, and on a rather more modest budget. Here are five Oliver Burns ideas you might want to consider...



- 1 Mix contemporary finishes with splashes of colour – Walnut wood plus accents of yellow and turquoise offer incredible transition
- 2 Lighting should come from all around – Spread direction of light and use dimmers to create a mellow glow to your room, hiding away extreme brightness or desperate darkness
- 3 Combine textures and be brave – A polished desk will work brilliantly next to a fluffy sofa
- 4 Double stack – A small painting on a unit in front of a large wall print can create a brilliant contrast of emotions and visuals
- 5 Go against convention – A regal table in a modern kitchen can create an effect that is resplendent and rebellious





We've all cleared out coat hangers from the backs of our wardrobe - some, virtual antiques given the length of time they've been there.

But before you throw them away, consider what other uses they may have...

ANTI-STATIC STUNNER

Too much static in that jumper? Just slide it through the body of a wire coat hanger. The metal discharges the electricity in the garment and the static is no longer.

SUPERB SHOES

Hang not just clothes, but shoes. For this, you will require pliers to snip the bottom, horizontal part of the wire. Then, create a loop in each of the two remaining ends and bend them upwards. Each shoe can then rest on the peaks with the hanger being placed on a rail.

BIG BUBBLES, NO TROUBLE

Make a homemade bubble wand. Using a set of needle nose pliers, you need to straighten out and untwist your wire hanger, then work it into a

desired shape. Something circular usually offers the best effect, and consider too it needs to be able to fit into a bucket or flat tray which will hold the bubble mixture.

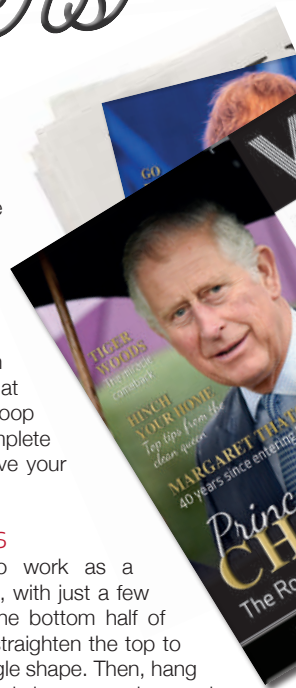
Then, cut a 20-inch piece of twine and wrap that around the edge of the loop to assist absorption. Complete with a handle and you have your bubble wand.

MAGNIFICENT MAGAZINES

A coat hanger can also work as a magazine rack on the wall, with just a few bends and a nail. Twist the bottom half of the hanger upwards and straighten the top to match it, creating a rectangle shape. Then, hang the hook part on the wall and place magazines and newspapers in the middle.

JEWEL OF THE NAIL

Finally, wooden coat hangers are great for presenting your jewellery. You can use the horizontal wooden rod to wrap over items such as necklaces and bracelets. Then, just pop a nail in the wall to display your treasured accessories for all to see.



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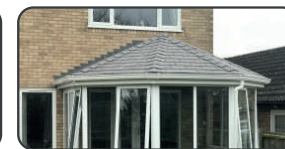
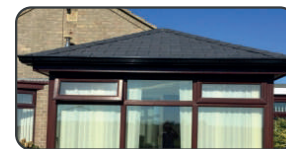


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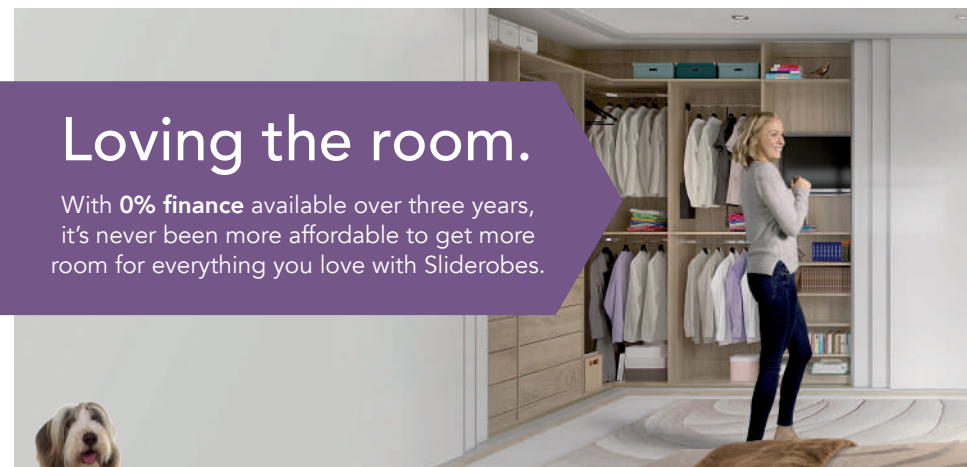
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ANIMAL MAGIC



HOME & DIY



If the phrase 'animal print' evokes images of Scary Spice dancing around in leopard-patterned lycra, you may feel some reluctance in embracing the very forward-thinking trend of using this sort of art around your home. But think again, for a tease of zebra stripes or a hint of python scales can really scream 'luxury' in a sea of dull beige and grey colour schemes.

But how do you end up with a home that looks tasteful and inviting, as opposed to one used as a set in *Ace Ventura: Pet Detective*?

The answer is to keep your main palette neutral, while indulging in some pretty wild flourishes of colour. In short, less is more.

Think more in terms of accessories, rather than the main event - a lion rug for example, cheetah print upholstery, or a zebra print bedspread. Another tip is to surround your animal-themed items with materials that hold the natural aesthetics. A leopard print throw teamed with pink velvet curtains is perhaps a step too far, but that same throw surrounded by wood, leather and bamboo creates a sophisticated and luxurious atmosphere.

Animal lovers wishing to embrace this trend need not fret, for no one is expecting you to head out on safari to score any rare skins. Many high-end brands do quality animal print fabric which is entirely synthetic. Though if you would like something more realistic, you can also find cow rawhide which has been printed with another animal's livery.

It goes without saying, this trend is not for the faint of heart, but for those who want to be the king or queen of the jungle, follow your animal instinct.



COLOUR *me content*

Colours have a clever way of making you feel different emotions. That is why it is so important that you pick the right shades when decorating your home.

The Kitchen

Depending on what you want for this communal space, you can either go with warm or cool tones. Reds and oranges are ideal for those

who want this room to be a hub of conversation and laughter whereas blues and whites are more suited to those wanting a clean and calm space.

The Living Room

Clearly this is a room that you want to feel warm and inviting so earth tones are ideal. Think brown, beige or orange shades that will make people feel welcome and relaxed.

The Bathroom

The most obvious requirement for a bathroom is that it looks clean and fresh so cool colours are recommended. Try painting the walls white but to avoid the space feeling sterile, inject some colour by using a turquoise shade for your accessories.

The Bedroom

This is the one room where you want to be able to feel the most relaxed but in a different way to the living room as you also want to be able to feel rejuvenated in the morning when you wake up. Go for calming lavender or pale blues.

The Dining Room

A space where you want to entertain perhaps? Or simply share your day with your loved ones. Warm tones are essential for this space as colours like red actively stimulate conversation and make people feel relaxed and ready to eat.

The Study/ Home Office

Working from home can be extremely challenging as the urge to simply kick back can become overwhelming. Psychologically, green is the go-to colour for those wanting a space to concentrate in as it is known to boost productivity and creativity.



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Style and taste

Brushed concrete walls, clean lines and elegant lighting bring an atmosphere of calm and reflection to this stunning space, mirroring that of a high end Mayfair gallery.



It is clear that attention to detail and ensuring the customer 'an experience' was not lost on collectors, entrepreneurs and founders of Piece Gallery, Grant and Stacey Fernley. But what truly sets Piece apart from other galleries is the warm welcome that greets you at the door. Staff are informed and accommodating and whether you are searching for inspiration, a new addition to your home or simply having a post brunch browse, the vibe is relaxed and friendly. The art is a mixture of globally sourced, cutting edge contemporary art, with a nod to the more traditional masters.



The vision behind Piece Gallery was to bring art from across the globe to seasoned and first-time collectors, interior designers and those with a desire to bring expressive pieces into their home. The works of Piece speak to you regardless of your style or taste.

The additional allure of the gallery is not only the visual pleasure provided by the artwork, but also a unique collection of exquisite homeware accessories.

Firm favourite, Emily Crook, marries nostalgia, fashion and fun with cartoon icons. Asian artist Klinkulab looks at life through a lens with his illusionist pieces of the great artists, musicians and sirens of the silver screen. Amy Louise brings some humorous furry folk to the party, while Chaiya's Blossom (featured right) celebrates femininity with striking colour and technique.

Whether you are searching for a gift as special as your friend or something sentimental for a family member, Piece will help with your selection and package it beautifully.

The team will happily assist with a commission, so you can add a personal touch to any piece. Pop up evenings will feature existing and local artists and works are on rotation, so there is always a reason to stop by. What was once reserved for a trip to London or overseas can now be found on your very own doorstep.

With an open invitation to browse or buy... come and see us and you might just find your piece for life.



"Art is too important not to share"

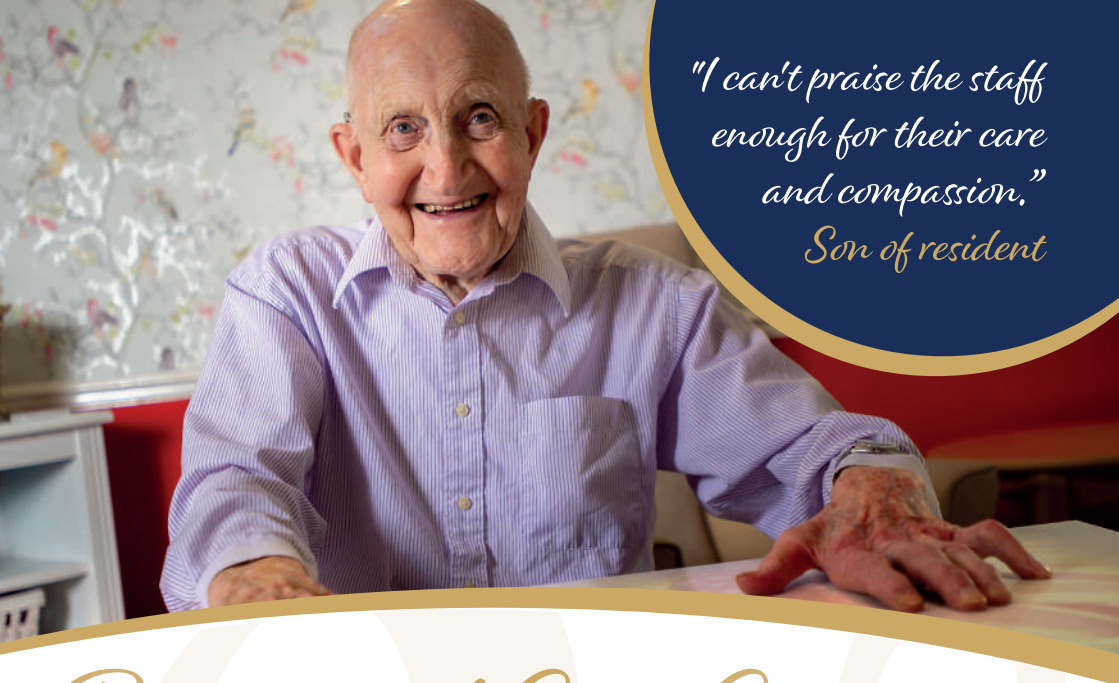
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BRENTWOOD



Mental health campaigner to hold charity ball in November

A woman from Brentwood is holding a charity ball later this year to help young people suffering with mental health.

Darcie Ginger will be holding the first Free Your Mind Ball on November 2 at the Hallmark Hotel in Chigwell to raise money for Young Minds Trust.

The 23-year-old has suffered with her mental health since the age of 11, repeatedly self-harming as a form of escape.

She said: "I was severely bullied and I'm not a person to take violence out on other people. When I got angry at things, I used to think I was the problem."

"I didn't have a form of escape. I spent a lot of my time taking things out on myself. It was the only thing I felt in control of."

After years of suffering, at the age of 14, Darcie attempted to commit suicide.

She continued: "One night I trashed my room. I sat hanging out my bedroom window and said to myself that I was ready to go. I had nothing left to give."

"I was taken to Basildon Hospital where they gave me assessments and said they'd keep me in as I was at risk. They eventually sent me home and it continued

to get worse. As I got older it was more intense and I was self-harming every day."

One evening, Darcie broke down in tears and promised herself that she would stop.

She explained: "I didn't want to tell anyone in case I let them down, but I never did it again after that."

Darcie decided to organise the ball to raise money for the mental health charity as she believes that people need to look after their mental health as well as look after their physical health.

She said: "Young Minds are one of the leading mental health charities that focus on the challenges faced by young people."

"I believe if we can get people to look after their mental health from an early age then they can live a happy and fulfilled life. I've set the target at £5,000 but I'd love to reach the £10,000 mark. There will be a dinner, a raffle and an auction."

Darcie is currently asking for donations of raffle and auction prizes.

To donate a prize, email darcieginger@hotmail.com or to donate money, visit www.justgiving.com/fundraising/freeyourmindball



Karting team become most successful in history

A trio of karters from Brentwood School have become the most successful team in the history of the British Schools' Karting Championship competition.

Adam Harding, Adam Richards and Iaroslav Kovalev beat 24 opposing crews to win the title for a record-breaking fourth time in succession at the national final in Whilton Mill.

Adam Harding, 14, was also the highest placed MSUK licence holder securing a place in the Ginetta Junior Scholarship shootout.

Proud mum and team manager, Jo-Anne Harding,

said: "The way in which they represented the school, by conducting themselves both on and off track in a very professional way on one of most intense days I have experienced would have made the school very proud I'm sure.

"Brentwood School is very much the elite in both performance and conduct and I have absolutely loved every single minute of being involved with this dream team."

As well as the champions' trophy, the karters will also enjoy gate and hospitality tickets to a British Touring Car race event of their choice.

Pub re-opens after licence suspension lifted

A pub has had its licence suspension lifted and is now trading as normal.

The Swan, in Brentwood High Street, had its licence suspended temporarily on June 21 after concerns were raised about alleged drug activity.

In agreement with Essex Police, Greene King was able to go back before the licensing committee and ask them to lift the suspension. Following the hearing, the suspension was lifted on Thursday, July 4.

Chief inspector Lewis Basford, district commander for Brentwood and Epping, said: "Greene King have

worked with us to implement key changes, including the introduction of a Clubscan ID system and a full upgrade of the CCTV coverage throughout the pub."

Greene King operations manager Alan Trapp said:

"As soon as we were made aware of Essex Police's enquiry in the wider Brentwood area, we worked with them to support the investigation.

"We are pleased to have a positive and ongoing relationship with Essex Police and are grateful to have their support for our reopening following this brief closure."



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Photo credit: Brentwood School



Teen attacked outside school

A teenager was attacked and knocked unconscious outside Brentwood School by a man who jumped out of a car.

The incident happened on June 21 at around 10pm. The victim, an 18-year-old, was on Ingrave Road outside Brentwood School when a vehicle suddenly pulled up behind him.

A person then got out of the vehicle and the teenager

was struck over the head with a bottle.

The victim lost consciousness and he was subsequently treated for concussion.

Essex Police are urging anyone who saw anything or has CCTV or dashcam footage to call 101 quoting the crime reference number 42/97829/19 or Crimestoppers anonymously on 0800 555 111.

Bags of charity shop donations thrown away

A woman from Brentwood has warned the community after a bag of donations she gave to a charity shop was thrown away.

Elizabeth Edwards gave a bag including clothes and toys to the Dogs Trust on High Street last month, but when she returned to donate another bag she found her items in the bins.

She said: "I donated some stuff there, decent stuff like clothes and toys as we are moving. I just went to drop off another bag and all of my stuff is in one of those big bins outside."

"I spoke to a man there and he said the shop is having a new floor and people keep donating so it all goes to the tip until the shop opens again."

"There is no sign at the drop off point to say not to donate, just a skip and two bins full of people's donations all off to the tip."

"I'm so annoyed. I could've donated them to a refuge, but to do that now I have to fish through the bins. So cross."

"I feel bad because the charity itself is brilliant."

A Dogs Trust spokesperson said: "We would never intentionally throw away donations and would like to thank the member of the public who alerted us to this situation."

"Our Brentwood shop has been closed for repairs and we had a sign on the door asking people not to leave donations so we're now investigating what happened."

"Dogs Trust Brentwood is a thriving part of the community and we'll do our best to reopen as quickly as possible."

"In the meantime, if members of the local community would like to give their donations to the nearest Dogs Trust charity shop to Brentwood, they can visit our Dogs Trust Rayleigh charity shop."

"Alternatively, if supporters would like to log their details to be alerted when our Brentwood shop reopens, they can email charityshops@dogstrust.org. uk or call 0207 812 5255."

Photo credit: Diane Matthews



Town Twinning Association to make its 40th visit to Roth

Members of Brentwood Town Twinning Association will be making their 40th visit to Roth this month. Around 30 members from Brentwood and Roth are anticipating a great celebration at the meeting on August 29.

A spokesperson from Brentwood Twinning Club said: "Our hosts value enormously the link with Brentwood. In alternate years, the Germans travel here to stay with us and we organise trips for them to enjoy Essex beauty spots and hospitality.

"To fund visits, we organise many social events throughout the year."

The annual Bierfest will be hosted by Brentwood

Brewery on September 28, with master brewers from Roth offering beers for all to sample with German sausages.

The spokesperson continued: "We always welcome new members to strengthen the links between our two countries.

"If you are interested in enjoying social events with an international flavour, staying with a German family to experience their way of life and offering hospitality in return, what about joining us? It is not necessary to speak German to become involved."

For enquiries, call Jane Winter on 01277 353830 or email jane.winter64@gmail.com

Man dies from injuries following crash on A12

A 43-year-old man has died from his injuries after he was hit by a car on the A12 on Saturday, July 14. Police were called to reports of a collision involving a car and a pedestrian on the westbound carriageway of the A12 at around 8.55pm.

It is believed that John McCarthy, 43, stepped into the carriageway and was moving towards the central reservation when he was hit.

Metropolitan Police attended with the London Ambulance Service and the London Fire Brigade.

The driver of the car, a man in his 50s, stopped at the scene and was not arrested.

Flowers, banners, balloons and tributes have since been left at the scene of the fatal crash.

Detectives from the Met's Serious Collision Investigation Unit are appealing for any witnesses or those with dashcam footage to contact them.

Contact the team on 020 8597 4874, call 101 with the crime reference CAD 7572/14 July, or alternatively you can tweet @MetCC.

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Muddy Mayhem raises £3,500 in vital funding

A muddy event held in Brentwood helped to raise £3,500 for a local hospice recently.

St Clare Hospice partnered with Nuclear Races on July 7 to host the Muddy Mayhem event to raise vital funding for its local care and support services.

Around 40 hospice supporters took part in the event, raising thousands of pounds.

Emma Broadbent, challenges and events fundraiser at St Clare Hospice, said: "Muddy Mayhem was our second mud-run event that we've hosted with Nuclear Races, and included all the renowned Nuclear obstacles like the zip wire and slide – totalling around

40 obstacles overall.

"This year, we almost tripled our profits compared to last year's event, with five times as many people signing up to have some fun in the mud.

"We'd like to thank each and every person who made Muddy Mayhem such a resounding success. It's thanks to our generous and loyal St Clare supporters that we are able to provide our specialist, palliative care and support to local people and families who need us in the community."

For more events, please visit stclarehospice.org.uk/events

Illegal traveller encampment moved on

Travellers set up camp on the playing fields by Hutton Poplars on Saturday, July 6.

A number of caravans and accompanying vehicles began arriving at the site at around 2pm.

Brentwood Borough Council confirmed they were aware of the group's arrival on their social media pages.

They wrote: "Brentwood Borough Council is aware of an unauthorised incursion at Hutton Poplars. Leader councillor Chris Hossack and Essex Police

have visited those concerned to discuss a resolution."

Speaking to **VISION**, cllr Hossack said: "I visited the site and spoke with the travellers. The incursion has since ended, and they were gone in three days using Section 61 powers."

On July 9, Brentwood Council tweeted: "The unauthorised incursion at Hutton Poplars is due to end by 10am when our street clean team will be cleaning and clearing the site."



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



In the last few weeks I've been getting a flavour of the extraordinary skills and courage shown by our emergency services on their day-to-day work.

Essex Police took me with them when they made a series of raids on properties in the constituency using carefully gathered intelligence to target locations linked with drug supply and use. It was just after 4am when I found myself packed into a briefing room with some of Essex's toughest police officers.

I've seen drugs raids on TV, and they are every bit as well planned, effective and loud in real life. A number of people were arrested and charged on suspicion of dealing drugs in the Brentwood area and are now waiting for their time in court.

My visit to Brentwood Fire Station to talk to Green Watch was a rather quieter affair, with the team providing me with a welcoming cup of tea in the kitchen while we discussed call outs, fire cover and a pilot scheme using fire officers as first responders to medical emergencies, like cardiac arrest. The idea makes excellent use of the fire officers' training, but they are concerned about the effect of trauma calls on

their mental health and wellbeing. I have brought their concerns to the attention of the Essex Police, Fire and Crime Commissioner Roger Hirst.

Dealing with trauma and medical emergencies on a day-to-day basis can lead to burn out and issues about which the doctors and paramedics of the Essex and Herts Air Ambulance Service are all too well aware. Recently I was invited to visit their HQ to see how this team of medics, pilots, fundraisers and support staff run and fund this £9million a year operation. The medics are some of the most highly skilled in their field and can undertake operations, amputations and critical care procedures by the side of a road if that's what it takes to save someone's life. Their time with the helicopter teams is limited because emotional burn-out is all too easy to suffer, although there is nothing but thanks for them from the patients and families they help.

We are fortunate in having such strong teams of emergency workers in our midst, keeping us safe and picking us up when things go wrong. They deserve our deepest gratitude and support.

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Photo credit: Richard Burch

Charity receives Queen's Award for Voluntary Service

A charity that provides counselling to bereaved children across Brentwood and Havering held an event recently to celebrate its 30th anniversary.

During the evening, HBBS Counselling (also known as Havering and Brentwood Bereavement Service) was awarded the Queen's Award for Voluntary Service (QAVS) - the highest accolade for voluntary organisations.

Sue Newth-Gibbs, chair of trustees at HBBS Counselling, said: "We were one of only nine voluntary organisations in Essex to receive the QAVS. It is a great honour and testimony to the hours of selfless work volunteers have given to our charity.

"It is also recognition of the many thousands of adults and children we have been able to support through

the grieving process since we began in 1989 and the demand for our services is now higher than ever. But as a charity, of course, we must find the funds to pay for it."

The charity made an appeal at the fundraising event, held at Ingatestone Hall on July 5, to seek partnerships with local businesses to help fund its counselling programmes for children in primary and secondary schools going forward.

At time of publication the event had raised £5,300, which equates to specialist counselling for another ten children at HBBS counselling.

If you own or work for a business who would be interested in working with HBBS Counselling contact louise.mundy@hbbscounselling.org

Council crack down on illegal advertising

A prosecution that led to fines and costs of more than £10,000 has been successfully carried out by Havering Council's planning enforcement team.

Leslie Jones was fined £6,000 for three offences of putting up billboard style adverts on trailers, which are illegal advertisements, in front of Grove Farm, a site on the A12/M25 junction in Brentwood.

At Barkingside Magistrates Court, he was also ordered to pay costs of £3,985.04 and a victim surcharge of £170, bringing the total amount to £10,155.04. In addition, Mr Jones received a criminal conviction for the offences.

The council receives around 800 allegations a year for the planning enforcement team to investigate. As well as illegal advertisements, they also look into

unauthorised changes of use or building development, non-compliance with plans or conditions and unauthorised traveller encampments.

Councillor Damian White, leader of Havering Council, said: "Illegal advertisements are an eyesore on our roadsides and we will take the strongest action against those who breach the advertisement regulations.

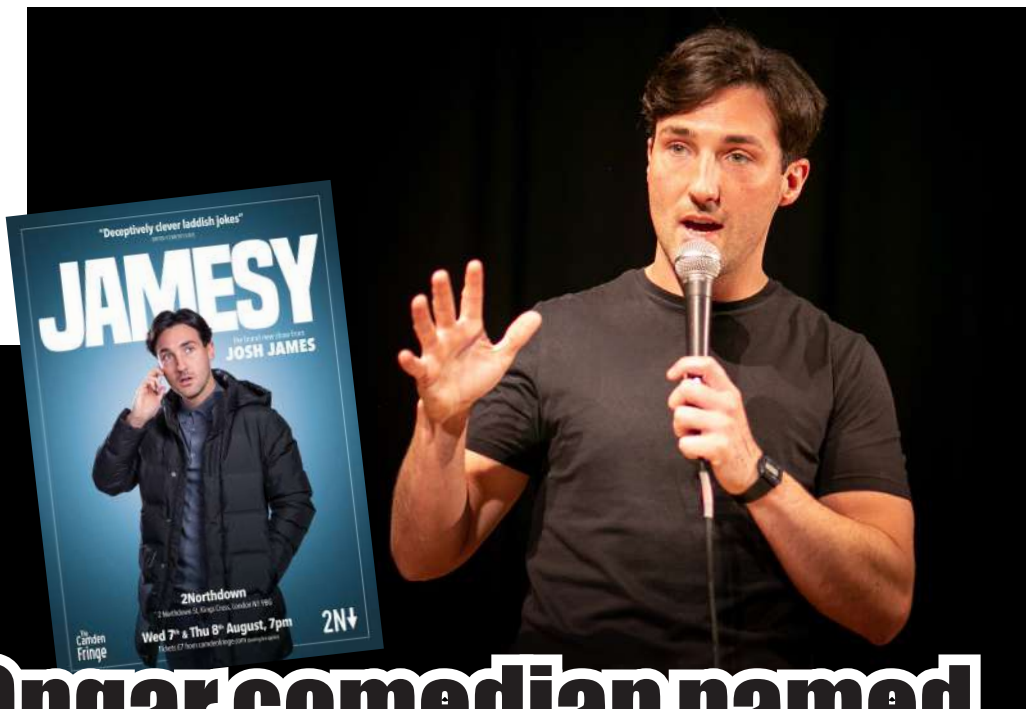
"As in this case, not complying with the rules will lead to prosecution, a heavy fine and a criminal conviction.

"We ask that residents help us to keep the look and feel of the borough welcoming and smart, by reporting to us anything they see that doesn't look right."

For more information, visit www.havering.gov.uk/planningenforcement or email planning_enforcement@havering.gov.uk

LOCAL NEWS

from your neighbourhood



Ongar comedian named Essex Comedian of the Year

A comedian from Ongar was crowned the winner of a comedy festival recently.

Josh James entered the annual Fling Festival's Essex Comedian of the Year 2019 competition which was held at Hylands Park in Chelmsford on July 6.

Speaking about winning the title, he said: "It's good to win awards to get you a bit of attention, but you have to take them with a pinch of salt.

"They're good to have on your CV but they don't make you any better."

Following his recent success, Josh hopes to continue touring.

He said: "I'm not really bothered about being rich and famous. I just want people to come out and

watch my shows.

"I want it to be my living and continue to get up on stage and perform."

Later this month, Josh will be performing *Jamesy*, a brand new 45-minute show, at 2Northdown in Kings Cross on August 7 and August 8.

The 28-year-old said: "I've been working towards this show for a few months and I'm really looking forward to it.

"We've nearly sold out on the Thursday night. It will be great to have everyone come and watch me perform."

To find out more about Josh James and his gigs, visit www.joshjamescomedy.com

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Events galore for railway

The regular steam locomotive at Epping Ongar Railway went on an outing on the London Underground recently.

It signified the last time a heritage steam train will travel in central London on the underground due to the installation of a new signalling system on the lines, including the District Line.

A spokesperson from Epping Ongar Railway said: "The heritage, 0-4-4T locomotive partnered Sarah Siddons, the famous vintage electric locomotive, in top and tailing a Victorian-style train running between Ealing Broadway and High Street Kensington over the weekend of June 22 to June 23."

This month, there will be a Vintage Steam Weekend, with a great collection of steam traction engines, big and small, a Family Fun Day with steam trains and

vintage buses, and towards the end of the month, the Gruffalo visits the railway.

Epping Ongar Railway is still seeking additional volunteers to join its professional team across all departments, including catering, station staff and building repairs.

A spokesperson said: "After gaining experience in these departments volunteers often move on to positions such as guards, signallers and drivers."

"Adult membership costs just £20 per year and all society members receive complimentary copies of our quarterly magazine *Mixed Traffic*, normally priced at £3."

Further details regarding membership and all upcoming events are available on the website. Visit www.eorailway.co.uk

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Football Club hoping to raise funds for defibrillator



Photo credit: Peter Fleming/Shutterstock.com

Ongar Junior Football Club has set up a GoFundMe page to raise money to buy a defibrillator and mounted wall cabinet.

The life-saving equipment will be mounted within the playing fields area at the Ongar Academy with easy access.

Posting on the fundraising page, Steve Ojfc and Heidi Collins, who are organising the fundraiser wrote: "This defibrillator will be available to all who use The Ongar Academy facilities, including children of the school, teachers, visitors and other clubs such as Ongar Netball Club. Hopefully it's never used.

"We thank you in advance for your donation and help to make our ground at The Ongar Academy a safer place for all who use and visit."

Ongar Juniors are hoping to raise £1,428 to fund the equipment and at the time of writing had raised £305.

To donate, visit www.gofundme.com/f/defibrillator-and-mounted-cabinet

Essex-based experienced reporter needed

Are you a journalist with an eye for a story? Are you a good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essex-based journalist we are looking for.

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To be considered for this Essex-based position, drop me an email at nik@visionmag.co.uk including your CV.

Essex Young Musician of the Year

The Essex Young Musician of the Year competition rolled around once again this year and saw winner, Michael Lafferty from Southend wow the judges in Budworth Hall in Ongar on Sunday, July 7.

Southend-born Michael Lafferty delighted a packed Budworth Hall with his excellent choice of programme and mellifluous baritone voice, showing great technical skill and musicianship.

Michael won £1,000 as part of the John Harrop Memorial Prize, the John Lill Awards Trophy and will give a professional recital engagement within the next 12 months for Ongar Music Club.

Chairman Jane Webster said: "The panel of adjudicators had a very tough job this year choosing five finalists from the 15 who were heard earlier today.

"The final was a feast of musical talent of the highest standard and quality and was enjoyed by a very substantial audience in Budworth Hall. We look forward to hearing great things of all the young musicians as they make their way into the profession."

Established in 1984, the Essex Young Musician of the Year competition aims to support and encourage young Essex musicians of talent and potential.

For more information, visit www.ongarmusicclub.org.uk



Photo credit: Wendy & Martin Leach CPAGB



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MAGNIFICENT *Maggie*



NAME Maggie Smith's place as a British drama institution is unquestionable, and her return as Violet Crawley in this year's *Downton Abbey* movie, at the ripe old age of 84, will give her box office acclaim she has perhaps never before experienced.

.....

And yet away from the red carpets, the flashbulbs and the seemingly endless press junkets, this is someone ill at ease with the demands of fame, as **VISION** discovers.

"I really don't like to watch myself," she begins, with typical bruising honesty.

"You are helpless to do anything to stop it once it's out there, and that has always terrified me.

"In the theatre things are a little different because you can say to yourself 'I'll have another go at that tomorrow night... I'll change that, alter that...', but with cinema it is there forever.

"Sometimes you are forced to see yourself at a premiere, and you think, 'Why on earth did I do it like that?'. You would suppose that after all this time I might have got used to it, but I haven't".

Twice-married Smith's working life has a longevity that's difficult to fathom. First stepping into the spotlight in 1952 under the auspices of the Oxford University Dramatic Society, she appeared as Viola in *Twelfth Night* at the Oxford Playhouse.

Switching between theatre and film – from a first Oscar nomination in 1965 opposite Laurence Olivier in *Othello*, to an Academy Award for Best Actress for the title role in 1969 film *The Prime of Miss Jean Brodie* – her work has only ever disappointed one person... herself.

"People have said I am too hard on myself, but it just goes with the territory.

"The truth is I'm critical of everything because I care and worry too much. I'd love to be more relaxed, but after all this time I don't think I'm going to change now."

From intense drama to rich comedy, Smith has circumnavigated a cross section of work that diversifies from *Hook* and *Sister Act* in the 1990s through to the *Harry Potter* movies over the past two decades. And while many saw her place in *Downton Abbey* as being perhaps a gentle sojourn into retirement every bit as decorated as the lady herself, the popularity of Highclere Castle and all those who reside in and around it has seen her star glide higher than ever before.

"It's ridiculous - I was able to live a somewhat normal life until I started doing *Downton Abbey*," she laughs.

"I know that sounds funny, but I am serious. Before that I could go to all the places I wanted and see all of the things that I like, but now I can't, which I find incredibly awful... flattering, but awful."

Smith admits she has never watched a single episode of *Downton Abbey* – "and I don't plan on starting now" – but is thrilled something as traditional as a period drama has engaged a watching audience that might otherwise be distracted by CGI, green screens and special effects so readily used by today's studios.

"It's very easy to get carried away by the technology that's available these days, but when people can invest in the honesty and simplicity of great scriptwriting, it restores your faith in what it is we do."



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1 GARLIC CLOVES

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2 APPLE CIDER VINEGAR

If weeds are driving you to despair, try dousing them in apple cider vinegar. Vinegar contains acetic acid which can help prevent weeds from growing but without the chemicals that can harm the quality of your soil.

3 ASPIRIN

Use this method sporadically, but by dissolving two aspirin into a watering can of water and sprinkling over your grass, you can help your lawn fight off bacteria and also insect infestations.

4 RUSTY NAILS

Just like us, grass needs iron in order to thrive, and a few

old rusty nails are the perfect solution for any deficiency your lawn may have. Just add a few nails to a full watering can and sprinkle liberally.

5 COPPER COINS

Grass is prone to infections which can affect its health and overall appearance. A simple trick to boost your lawn's immunity is to bury a few copper coins in the ground.

6 GRASS

Next time you mow your lawn, make sure that you leave the clippings on the surface rather than throwing them away as they will act as a natural fertiliser.

7 URINE

Unfortunately for animal owners, this has to be human urine and it has to be diluted as to not kill the grass, but it is a very effective and completely free remedy. Simply mix one part urine with ten parts water and apply directly across your whole lawn.





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Not only does a wild area enable you to create your own little spray of colour, it is also fast-growing, meaning that any patch of land you have can be germinated in a matter of months. That means you could be gazing out over a carpet of poppies, cornflowers, daisies, cowslips and bluebells as summer draws to a close.

As a rule, perennial flowers will flourish in uncultivated soil, whereas cornfield flowers will do

better in richer earth. You can buy ready-mixed seeds which will be tailored to certain variables such as soil containing heavy clay, boggy land by the pond's edge, or even seeds that are specifically combined to provide the maximum nourishment to bees – these include pollinators such as sunflowers, borage, evening primrose and corn marigold.

To prepare, make sure you thoroughly weed the soil before scattering your seeds – you need 1g per square metre of pure wildflower seeds and 5g per square metre of grass and wildflower meadow seeds – and ensure the earth remains consistently moist thereafter.

Once your meadow starts to bloom, you will need to spend the odd afternoon clearing away dead plants and weeds to allow new seeds to sow. You also may need to add more seeds the following year or two, but rest assured that once your wildflower meadow is established it will provide joy for years to come... to you, to passers-by, and to the humble bumble bees.

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 A circular inset image showing a large, well-maintained lawn in front of a brick house.

 A circular inset image showing a garden with a lawn and a small building.

 The logo for The Association of Professional Landscapers, featuring a green leaf.

 The logo for HTA (Horticultural Trade Association) Member, featuring a green leaf.

 The logo for BALI (British Association of Landscape Installers), featuring a green leaf.

 The logo for TRUST MARK, featuring a red and blue shield.

 The logo for The London Decking Company, featuring the company name in a white box.

TRANSFORMING YOUR OUTDOOR SPACE

 A circular inset image showing a modern, multi-level deck with a glass railing.

 A circular inset image showing a wooden deck with a glass railing.

 A circular inset image showing a wooden deck with a glass railing.

 A large image of a wooden deck with a glass railing, showing the deck's structure and the railing.

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 The logo for CHAS (Construction Health and Safety), featuring the letters 'CHAS' in a stylized font.

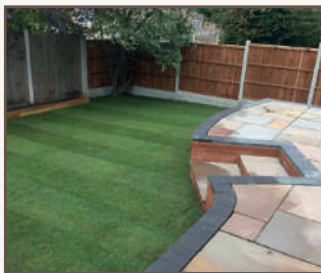
 The logo for TRUST MARK, featuring a red and blue shield.

 The logo for BALI (British Association of Landscape Installers), featuring a green leaf.

 The logo for millboard, featuring the word 'millboard' in a stylized font.

 The logo for Professional Landscapers Accredited Member, featuring a green leaf.

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goat for it

The advantages of keeping a pet goat



PETS

A bit of land, a passion for animals and the world's cheapest lawnmower, but surely there must be more to it than just that when it comes to keeping a goat?

A key factor in nurturing these inquisitive, largely friendly animals is to consider the fact it needs to exist in what resembles its natural habitat. That means room to roam – around 200sqft per goat – plentiful natural food supplies and fresh air. If you can provide that, you're halfway there.

Consider too whether the goat you're thinking of bringing into the family likes to be in a herd, or does it seem contented being independent? The chances are it will require company, so perhaps your solitary pet has already turned into a pair.

It (or they) will require adequate shelter from the elements, as well as a constant supply of clean water. When it comes to food, you might want

to add to what's on offer in fields by supplying a mix of grains. While these aren't essential for the survival of your pet, they will add vitamins, minerals and protein into your four-legged friend's diet.

Veterinary bills are rarely cheap and you'll also need to consider hoof trimming, deworming and a few other animal care elements to preserve a happy homestead.

But in return, your animal's manure can act as a brilliant fertiliser, and if you're not afraid to extend your reach, mating will not only add new faces, but can provide you with a supply of milk up to a year after giving birth.

More than that though, goats are characterful, affectionate, unusual and a lot of fun. They require attention, patience and love, but will give back as much as you give them.





We brush our hair to make it look appear glossier. We brush our teeth to make them look whiter. So why shouldn't we also brush our skin to make it look better? Well, apparently, we should be.

How to dry brush your skin

1. Invest in a firm and natural bristle brush
2. Make time for dry brushing in the morning before you shower
3. Start at one knee as this is where your lymph nodes are
4. Apply pressure to the area but not so much that it causes pain
5. Brush upwards towards your heart in small, circular motions
6. Be quick and fairly vigorous
7. Move onto your thigh, then your calf and finally your buttock area
8. Repeat on the other side
9. Shower to wash away any impurities
10. Finally, moisturise as you usual for soft skin

Why is it good for your skin?

Dry brushing helps to stimulate circulation as well as acting as an exfoliant by removing any dead skin cells. It can also help give your skin a natural glow and can even tone your legs and bum area. Plus, it is extremely effective at removing ingrown hairs.

How often do you need to do it?

For optimal results, spend five minutes dry brushing your skin at least two days a week. If you are wanting to try dry brushing in preparation for a holiday or special event, start at least 30 days prior to the occasion for the most noticeable difference.

And the most important question, can it get rid of cellulite?

Although the verdict is still out, many fans of dry brushing swear by its effectiveness in reducing cellulite. Most likely due to the fact that regular brushing can help boost circulation and lymphatic drainage.

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FIT

at



Even with the best of intentions day-to-day life can get in the way of sticking to a fitness routine. The good news is that it is never too late to get back on the saddle, whatever your age. All you need is determination.

MAKE A COMMITMENT

Whether that be 10 minutes a day or an hour; make a commitment that suits your current lifestyle and stick to it. It can be less daunting to commit to a smaller daily workout than one long mammoth session weekly.

JOG YOUR MUSCLE MEMORY

Start back at the beginning. You may have previously been able to lift a very heavy weight or run a very long distance, but your body is no longer used to this level of activity or strenuousness. Set your ego aside and start small.

BE REALISTIC

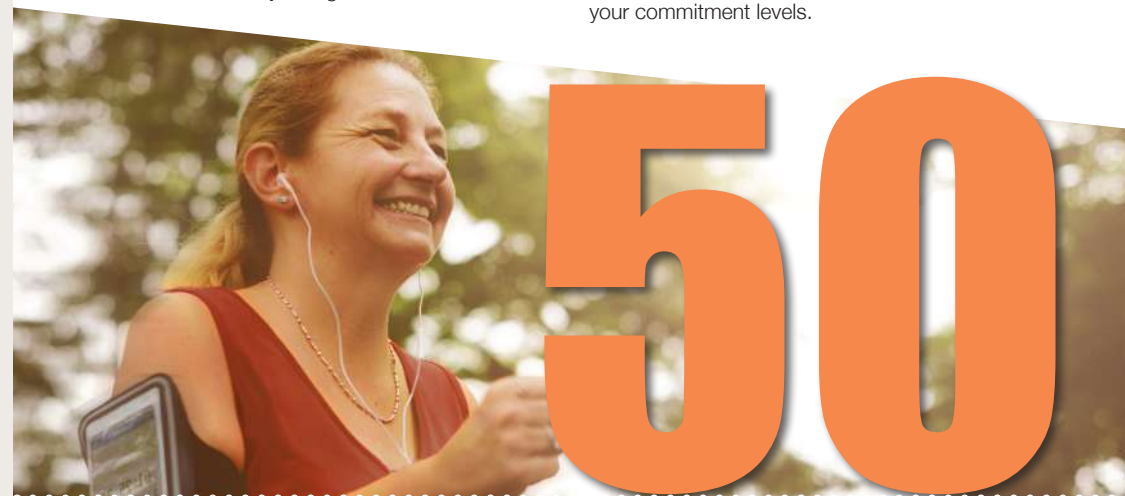
Once you hit 50, it can be a lot harder to stay fit and if you have not trained for more than three years then it is unlikely that you will be able to achieve the same level of fitness that you previously had due to muscle and mobility deterioration. That being said, that doesn't mean you can't get results.

CONSIDER AN EXERCISE BUDDY

If you struggle with motivation, working out with a friend or trainer can work wonders for keeping you on track. Try and find someone who shares the same fitness goals as yourself.

SET UP A ONE MONTH CHALLENGE

There is nothing like a challenge to kick start a new fitness routine and setting a monthly target can seem more manageable if you are worried about your commitment levels.





Live long & prosper

Did you know that the average life expectancy in Japan is 84.2 years old? The highest of any country. In the UK the average for men is 79.2 and for women 82.9.

So, what can we learn from this long-living nation?

1. THE PERFECT PORTION

You will never see a Japanese person pile their plate high with food. A Japanese meal is as much about the socialising and sharing of one's day as it is about the actual eating. They eat slowly and use smaller plates so that their brain has time to recognise that they are full.

2. FANCY A CUPPA?

Japanese really love drinking tea, and Matcha tea in particular which is full of antioxidants and other nutritional valuable properties. And unlike us, they don't add milk, two sugars and half a packet of digestive biscuits.

3. NO SKIPPING BREAKFAST

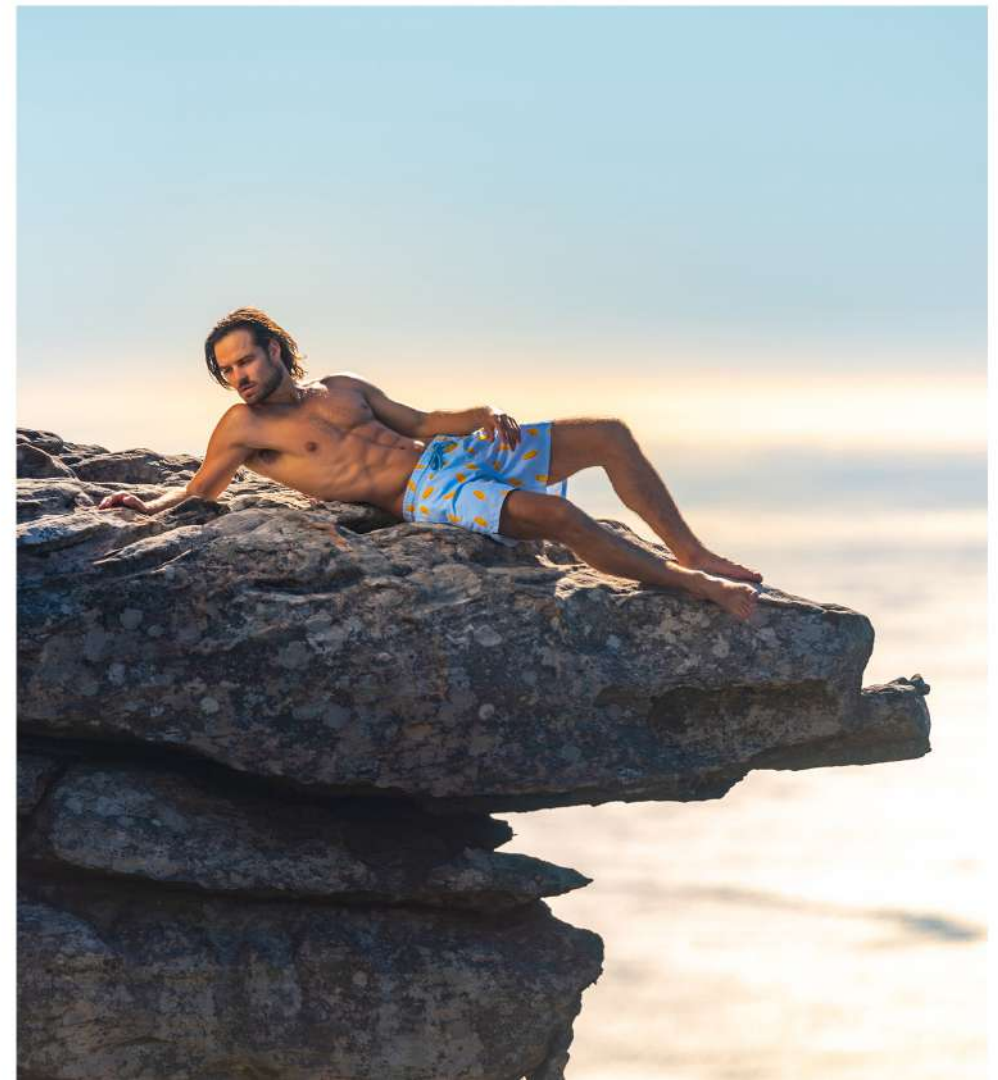
We've heard this one before, but breakfast really is the most important meal of the day, at least to the Japanese it is. But no sugar laden cereal for them. Instead, they are more likely to tuck into Okayu (rice porridge), Gohan (steamed rice) and broiled fish.

4. CRASH DIETS ARE OFF THE MENU

This nation is definitely not a fan of dieting, not that they need to if their waist lines are anything to go by. Their typical diet includes plenty of rice, fish and pickled vegetables combined with plenty of exercise.

5. CLEANLINESS IS NEXT TO GODLINESS

If you think you are hygienic because you carry a hand sanitiser with you, then you are in for a shock if you visit Japan. Japanese people are obsessed with cleanliness and they are extremely disciplined with keeping themselves clean and healthy.



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THE PERFECT TEE

Is there anything worse than taking your favourite T-shirt out of the washing machine to find that it has been completely ruined? Oh no not our beloved Hard Rock Café one. How can we stop this from ever happening again?

AVOID WASHING TEES WITH OTHER ITEMS

Keep one wash cycle purely for your delicate and much-loved T-shirts as washing them with other fabrics can cause permanent damage. Particularly avoid any items with zips or buttons that could catch onto your tees.

BEWARE THE BOBBLE

You know that dreaded bumpy effect that appears on your clothes once you have washed them too many times? Counteract this T-shirt destroyer by turning your tees inside out before washing. This will also help them retain their original colour for longer.

KNOW YOUR COLOURS

Dark coloured tees should be washed at lower temperatures as this will help them retain their colour, whereas whites benefit from higher degrees in order to stay stain free.

SHIRK THE SHRINK

If you want to avoid shrinking your favourite T-shirts then the tumble dryer should be avoided at all costs, as should drip-drying. Instead, lay your tees out on a dry towel, roll and then squeeze out any excess moisture. Leave to air dry on a flat surface.

NEVER USE HANGERS

These metal contraptions can be the death of the T-shirt; stretching the material and leaving the item out of shape. Ideally you should keep your tees neatly folded their own drawer, separate from other items.

PUT THEM ON WITH CARE

Probably the simplest rule, if you want your T-shirts to last then treat them well. Do not pull your T-shirt off by the neck but remove it by gently taking the hem and pulling the tee over your head.

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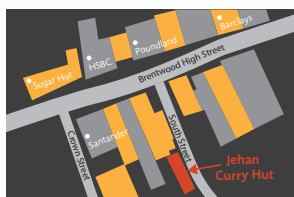
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FOOD & DRINK

REFILL STATIONS

Food refill stations are being introduced in supermarkets in an attempt to reconfigure our approach to shopping.

In recent years, use of sustainable packaging has been cited as a huge step forward in our attempts to better protect the environment. As a nation, we are switched on to the wastage contained in the use of bottles, boxes, wrapping and, of course, plastic bags. But while we've made tremendous strides in reducing everyday excesses, recent moves to eradicate one-time use packaging altogether has been met with genuine excitement.

What food refill stations offer is the dispensing of certain types of products to any sorts of reusable containers, which you can bring from home.

Termed 'zero waste stores', the perception is now moving away from these places just being the domain of lentil-loving hippies. Instead, they are thriving dispensaries for a huge variety of foods, from lentils to dried fruit, pasta to homewares, tea and coffee.

While the presentation of these stores is usually rustic, raw and brilliant on the eye, there is a

cost benefit too – namely that without excess packaging, the cost price of goods is kept to its bare minimum, and they are savings that can be passed on to the consumer.

What's more, where previously the refill station concept was that of the independent, organic, back-to-basics store, major supermarket brands are now taking notice.

In a sense, the move towards refill stations is merely an example of consumers driving change by their actions. In our homes, we are dedicated, resourceful and smart when it comes to recycling, but food and goods producers have been slow to respond despite there being a clear desire for simpler, stripped back, more efficient packaging.

Refill stations are very much the 'ground zero' of buying goods, and there is of course an echo here back to the way we'd fill our cupboards and larders some 100 years ago; but in the current climate, perhaps the saying 'backwards to move forwards' is a perfect mantra to have.

Pop the PROSECCO

Prosecco lovers rejoice for National Prosecco Day takes place this month on August 13. Yes, it falls on a Tuesday which isn't ideal, but that doesn't mean you can't celebrate this fabulous fizz with a few sensational seasonal cocktails.

PEARSECCO

YOU WILL NEED: 1 tbsp caster sugar 🍏 Pear juice
½ tsp ground cinnamon 🍏 1 tsp ginger syrup 🍏 Prosecco

HOW TO MAKE:

- 🍏 Mix the sugar and cinnamon in a small dish
- 🍏 Take a prosecco flute, dip the rim in water then dip in the sugar mixture
- 🍏 Pour the ginger syrup into the bottom of the glass
- 🍏 Top with equal amounts of pear juice and prosecco

SOUR FLOWER POWER PUNCH

YOU WILL NEED: 100ml pink grapefruit juice 🍷 100ml prosecco
50ml elderflower cordial 🍷 25ml pink gin (regular gin is fine too)

HOW TO MAKE:

- 🍷 Mix together the pink grapefruit juice, gin and cordial in a glass
- 🍷 Add a few cubes of ice (you can make elderflower ice cubes)
- 🍷 Top with prosecco

STRAWBERRY SLUSH

YOU WILL NEED: 1½ cups frozen strawberries 🍓 300ml prosecco
1 tbsp honey

HOW TO MAKE:

- 🍓 Simply place all the ingredients in a blender and blitz until smooth
- 🍓 Serve in a frosted cocktail glass and garnish with a fresh strawberry

BERRY PROSECCO ICE LOLLY

YOU WILL NEED: One bottle of prosecco 🍷 Fresh strawberries and raspberries
½ lemon 🍷 1 tbsp caster sugar 🍷 Lolly moulds

HOW TO MAKE:

- 🍷 Open the prosecco and leave to stand for 1-2 hours
- 🍷 Chop the berries into small pieces
- 🍷 Mix the prosecco, sugar and juice of the lemon in a jug
 - 🍷 Pour the liquid into the moulds until around two thirds full
 - 🍷 Add a few pieces of fruit to each mould
 - 🍷 Add the lolly handles and leave to freeze for 24 hours

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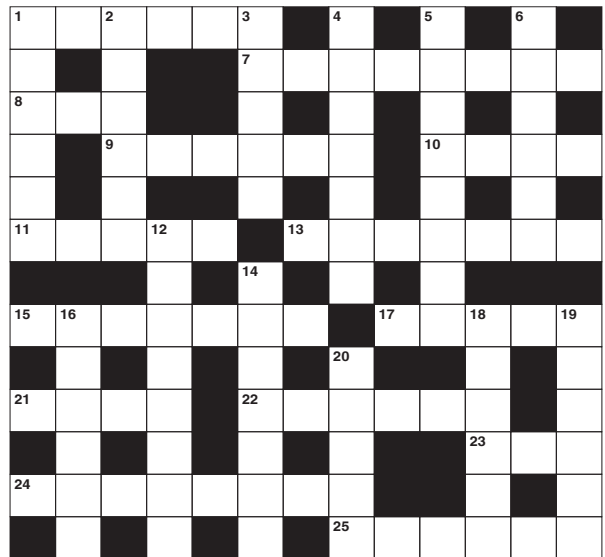
PUZZLES & TRIVIA

ACROSS

1. Mete out (6)
7. Come before in time (8)
8. ____ Thurman: actress (3)
9. Remould; allocate parts to different actors (6)
10. Flightless birds (4)
11. Harsh and serious in manner (5)
13. Angled; biased (7)
15. Terrible (7)
17. Allow in (5)
21. Link a town with another (4)
22. Country in N Europe (6)
23. ____ Thumb: folklore hero (3)
24. Highly seasoned smoked beef (8)
25. Browns bread (6)

DOWN

1. Mature people (6)
2. Deprive of food (6)
3. Pertaining to warships (5)
4. Majestic (7)
5. Showed a TV show (8)
6. Advance evidence for (6)



12. Evoke memories (8)
14. Motor-driven revolving cylinder (7)
16. Archer (6)
18. Eg. March and May (6)
19. Outdoes (6)
20. A sum owed (5)

DID YOU KNOW?

- There are more stars in the universe than there are grains of sand on all the beaches on Earth
- You would not be able to walk on Jupiter, Saturn, Uranus or Neptune as they are 'gas giants'
- Comets are bits of solar system material that date back to the formation of the Sun and the planets
- Over one million Earths could fit inside the Sun if they were squashed in, or around 960,000 if it kept its shape
- It took New Horizons, the fastest spacecraft to leave Earth, nine and a half years to reach Pluto

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

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Sleep Tight:

Weird and wonderful hotels to visit

Many of us crave the thrill of going away on holiday simply to sample the style, character and culture of a new city, town or wilderness. Yet more and more these days, hotels are becoming just as much of a draw as the places they serve.

Here are four weird and wonderful hotels ready to invite you in:

The Big Idaho Potato Hotel

You may suppose starchy bedsheets are a guarantee with this curious hotel based in Idaho. You'll be chipping in for a decent night's sleep inside this terrifically tuberous crop (in everything but its colossal size).

This voluptuous vegetable once travelled the states promoting the Idaho Potato Commission, but now has taken root back in its homeland.



Jumbo Stay Hostel

If jetting away takes your fancy then head to Stockholm where you can spend the night... in a jet. This converted Boeing 747 has two suites, each offering natural night-time views over the city's Arlanda airport... just don't get too close to the controls or your experience may take off in a way you hadn't planned.



Hotel de Glace

While ice hotels are nothing new, the Hotel de Glace in Quebec has shimmering, frosty elegance in abundance. In fact, the only things not made of ice or snow are your duvet and pillows. Hairdryers are strictly banned.



Crane Hotel

Popping out for a loaf of bread isn't an option at the Crane Hotel in Amsterdam, for the principal reason that you're 50ft up in the air. This converted piece of industrial elegance contains three suites, includes an outdoor jacuzzi and even has a bungee jump. And unlike the view from your window, the prices aren't sky high.



Photo credit: Otto Krieger/AP Images for Idaho Potato Commission, @JuRousseau

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You have just started to settle in to the summer holidays, enjoying the flexibility that they bring and then all of a sudden, it's nearly September.

Panic sets in. As does the dread of getting the kids back into a set routine.

START A CONVERSATION

The best way to ease your child back into a school routine is to start off by talking to them about it. This is especially important if your child is starting a new school or a new year that will require them to do something new or unknown, whether that be joining a breakfast club or having someone else pick them up.

GRADUALLY START REELING IN BEDTIME

More than likely you have relaxed with your attitude to bedtime, and you may find your child is going to bed several hours later than normal. At least a week

prior to them going back to school, more if their bedtime has become really late, start sending them to bed 10-15 minutes earlier each night so that they can gradually adjust.

GET BACK INTO SET MEALTIMES

We all know that in the holidays our children seem to be hungry every five minutes, and this can result in a grazing style of eating with little or no set mealtimes. Start getting them used to structured mealtimes again as the holidays draw to an end.

ENCOURAGE INDEPENDENCE

The end of the summer is the ideal time to start a set of new routines with your child; whether that be allowing them to make their own packed lunch, clearing away after breakfast or laying their school clothes out for the next day. Not only will this encourage independence, but also make the morning routine easier for you as a parent.



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A We're Coversure Brentwood, one of Essex's leading independent insurance brokers. We opened in 2013 and since then have helped hundreds of residents and businesses in Brentwood and the surrounding areas. Director Neal Brezina has over 25 years of insurance experience, so you know you're in safe hands.

Q What Can Coversure Brentwood Help With?

A With our wide suite of insurance products, it'd be easier to list what we can't help you with! Whether it's insurance protection for your house, your business or even your van, we can help you find the cover you need for less.

Q Why Should You Use Coversure Brentwood?

A We pride ourselves on our exceptional customer service. No risk is the same and we'll take the time to truly understand your needs before recommending a product that's tailored to you. We have access to some of the UK's biggest and best insurers, meaning that you get the strong customer service of a local broker with the insurance policies of a national chain.

Q How Can Insurance Protect You?

A Depending on what kind of cover you're after, insurance can provide a safety net against a variety of risks you face on a daily business. Insurance can be the difference between your business running smoothly or going under. The difference between your delivery vehicle being off the road for months or days.



Q How Can You Save Money On Your Insurance?

A Whether combining multiple risks on to a single policy or simply looking at your cover levels, there's plenty of ways you could save money on your insurance. Why not get in touch with us and see if we can save you money?

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HOW TO GET SOMEONE TO INVEST IN YOUR BIG IDEA

ORIGINALITY

While having a new idea isn't essential – you may just want to improve on an existing product or service in the market – having an edge, or a USP (unique selling point) will certainly lead your investor to believing there is a gap to be exploited.

ENERGY

Investors love to see energy, enthusiasm and a willingness to go the extra mile. Many are investing in the person rather than specifically the idea. Subsequently, that's where organisation and ambition will succeed, while bolshiness, arrogance or ignorance will quickly see you turned away.

TRACK RECORD

While showing a track record isn't always possible – for instance, if your business is a start-up – most investors will want to see evidence that the idea works. It may be that you have to go it alone, prove your market exists, then go back in looking to scale up. If that's the case, having had an initial

conversation should guarantee you getting back through the door further along the line.

KNOW YOUR NUMBERS

It's been the downfall of so many budding young entrepreneurs – see any episode of *Dragons' Den* as evidence – but if you don't know the nuts and bolts of your own business, how can an investor be expected to put their cash forward? In addition, know the size of your market, the strength of your competitors and how conditions will evolve over the years to come. You should be able to reel these statistics and projections off in your sleep – if you can't, don't even step foot inside an investor's office.

DON'T GIVE UP

Sometimes an investor won't reach for their wallet simply because their portfolio is too big or the proposal isn't in their sphere of interest. That doesn't mean your idea is a bad one, it's just pitched to the wrong person.

GOAL-BASED INVESTING EXPLAINED

Although it might be tempting to think that investing is just about getting the best possible return on one pot of money, goal-based investing, structuring your investment around your specific financial aims, has become a widely used way of helping people plan their financial futures.

THINKING THINGS THROUGH

One of the most significant benefits to a goal-based approach is that it encourages us to think about what we want our money to achieve in a tangible way, across a range of time horizons. No two investors have the same financial aims, and meeting different goals means using a variety of investment strategies.

This approach starts with the investor defining their objectives such as saving for school fees, a child's wedding, a deposit on a home or a comfortable retirement. These goals then become the building blocks of an investment plan. The information gathered is used to define the right level of savings and the most appropriate mix of funds to meet the investor's goals and will also take account of all available annual allowances and employ taxation-saving strategies too.

For instance, a retired couple might typically want

an income stream now to boost their pension, but also want to invest some of their capital to fund the likelihood of care costs later in life. In this instance, a portfolio can be tailored to meet each specific goal.

A younger investor may want to structure their investments to cover school fees from nursery to graduation for their children, whilst at the same time building up a substantial pension pot for retirement.

GAUGING YOUR ATTITUDE TO RISK

Being clear about your goals will make it easier for us to tailor your risk profile to different investments. Each goal may have its own risk tolerance and time horizon. Naturally, over time your goals may change as your life and circumstances change, and your attitude to risk may alter too, that's why we always recommend regular Reviews

As part of the service at DGS, we take the time to understand our client's unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current financial situation, please contact Andy Costin on 01277 654153.

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CLEAN-UP CREW



The gadgets that clean so you don't have to

We all remember Alesha Dixon and her constant claims that "the boy does nothing". He didn't wash up, he didn't clean up; he couldn't even be bothered to brush up. Well, Alesha, the good news is that now you don't have to either, providing your song royalties will stretch as far as picking up some of these incredible gadgets.

IROBOT BRAAVA JET 240 ROBOT MOP

If you have wooden floors then the constant challenge of picking up dust is akin to painting the Forth Bridge, yet with iRobot's natty motorised mop, this little bod will zip about the place, spraying and sparkling the floor as it goes.

LITTER ROBOT III OPEN AIR AUTOMATIC SELF CLEANING LITTER BOX

In the grand scheme of things, remembering to empty out your cat's litter tray shouldn't be one of the week's most arduous tasks, but the reality is we all lead busy lives, and if there's a robot that can separate out the, erm, 'clumps', neatly storing away your feline's little presents in a carbon-filtered drawer, then you should probably let the computerised colossus have its day in the sun, or bin.

GERMGUARDIAN 3-IN-1 AIR PURIFIER

This one won't win any prizes for innovation, but in capturing 99.97 per cent of dust and allergens, as well as beaming out UV-C light to kill airborne germs, this is a cleaning genius that keeps you in tip-top condition.

ALFAWISE MAGNETIC WINDOW CLEANING ROBOT

It's convenient, it's frustrating (think 'smears') and at times it can be downright dangerous, so let this little window cleaning wizard do the hazardous stuff as, via remote control, you instruct it to get into those parts you just can't reach... or can't be bothered to reach. Same difference.

SONICSCRUBBER

It's a toothbrush for tiles, cooker-tops and hard-to-reach areas where elbow grease just doesn't make the grade. With five different brush heads, there's a scrubber for every surface.



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MOTORING

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MAXIMUM CHARGE FOR MINI COOPER

Will electric vehicles ever fully catch on? Well, one of the most iconic car brands in Britain certainly hopes so as they release their most eco motor yet.

As little as five years ago, there were no new plans for a totally electric Mini. The company had declared combustion engines were the way to go after a largely underwhelming experiment with the BMW-envisioned test car, the Mini E.

They also experimented with the plug-in electric-petrol hybrid Countryman, but the technology necessitated a reduction both in boot space and in the number of seats (the rears were gone), plus hardware needed to run the vehicles swelled the car's weight by a third of a tonne.

But plans for a totally electric Mini Cooper SE kicked off again in 2015, and the iconic British brand believe they have found the sweet spot with drastic

improvements in performance, reduced costs and better efficiencies. The weight distribution, for instance, is only a third of the previous increase, added to better acceleration and braking.

If you charge overnight – around 12 hours – on a domestic three-pin socket, that will get you 80 per cent battery, while it will only take a quarter of the time to do the same using an 11.2kW AC charger. If you can locate a 50kW DC version, it will take just 40 minutes.

Mini are taking orders now for what will surely be the most efficient run-around on the market. You'll need to hand over the best part of £30,000 for your new set of wheels, though a government grant will see you reimbursed for £3,500 of that figure. Delivery is expected in March 2020, meaning you'll be the talk – and the eco-toast – of the town by Easter next year.



SPORT

SUPER SIX

AT SILVERSTONE FOR LEWIS

Double boost for British F1 fans as hero Hamilton toasts Silverstone's secured future

Lewis Hamilton's sixth British Grand Prix win was great news for home racing fans, as smart in-race management – in taking advantage of a safety car intervention – enabled him to cruise to victory on July 14, by a winning margin of almost half a minute.

Hamilton's seemingly irrepressible cruise towards another driver's championship perhaps wasn't the biggest 'win' of the Silverstone weekend, however. Instead, champagne corks were being popped following the finalisation of talks between Silverstone and F1 supremoes in the week leading up to the race – the outcome of which is a new deal for the Northamptonshire circuit, protecting until 2024 its status as one of the sport's jewels in the crown.

The news brought to an end the worries that the racetrack – which first hosted the British Grand Prix in 1950 and has been present on the F1 calendar

since – would lose its title due to rising costs.

Negotiations had gone on almost two years as Silverstone cited the running costs as unsustainable. To demonstrate this fact, 2018's crowd of 140,500 spectators on race day was a record for the track, but organisers only just broke even.

Before the new deal, fees for hosting the race were steadily rising and would have reached £25m by 2026. That forced the British Racing Driver's Club – the company which own Silverstone – to threaten to pull the plug on what is an iconic sporting event; but common sense has prevailed and the 3.7mile circuit's legacy has been preserved.

Hamilton himself had earlier vowed to fight for the future of the event and it seems that his influence was valuable. He promptly celebrated by becoming the only driver to taste victory in the race six times.

Photo credit: Phil Duncan/ProSports/Shutterstock



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WHAT'S ON

in your area

Brentwood Wine Society

Shenfield Parish Hall, 60 Hutton Road,
Brentwood, CM15 8LB
Second Tuesday of the month,
8pm – 10pm

The society's aim is to help members improve their experience, understanding and enjoyment of wine. Invited wine experts present samples of wines from a country or region of the winemaking world. Through these tastings, we have a broadened interest which has led to a deeper knowledge and love of wine. If you would like to come along in the first instance for a free tasting contact us on enquiries@brentwoodwinesociety.co.uk

ARTS! Festival

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Ghost Hunt!

Kelvedon Hatch Secret Nuclear Bunker,
Brentwood, CM15 0LA
August 17, 8.30pm – 1am



Photo credit: Google Maps

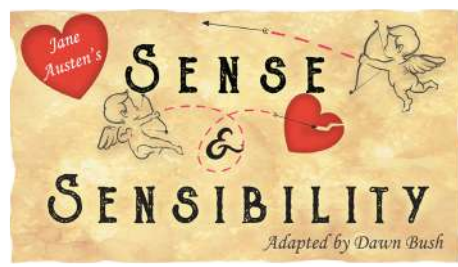
125 feet under the group and with no natural light you will be immersed in pitch darkness, but what will you encounter?

Held at the Kelvedon Hatch Secret Nuclear Bunker, this atmospheric venue has been featured on TV shows including *Most Haunted* and *Great British Ghosts* and now it's your chance to experience it for yourselves.

For more information, visit secretnuclearbunker.com

Sense and Sensibility

Brentwood Theatre, 15 Shenfield Road,
Brentwood, CM15 8AG
September 8, 8pm



Professional touring theatre company DOT Productions presents Jane Austen's *Sense & Sensibility*. A cast of five actors and DOTs renowned comedic style make this comedy of manners a production not to be missed. For more information, visit brentwood-theatre.co.uk/event/sense-sensibility/

Radio Ga Ga

Brentwood Centre, Doddinghurst Road,
Brentwood, CM15 9NN
September 27, 8pm – 10pm

Radio Ga Ga celebrates the royalty of rock music, a night of timeless classics that are treasured by millions across the globe and the recreation of the most majestic, inspiring and entertaining bands of all time – Queen. For more information or for tickets, visit www.brentwood-live.co.uk/radio-gaga



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- Range of Buffets available (Hot and Cold)
own catering is allowed
- Fully Licenced Bar till 12 Midnight
- Capacity (seated on round traditional style tables) 60/70
- Casual (with a few tables) 90/100
- Lots of parking

Call Sue Phillips or Jenni Brown
to discuss and arrange a viewing
01277-375101

Please note: room dressing arranged separately

Network type meetings and general business meetings catered for

- Fully air conditioned (cold and hot)
- Room can be accessed during the day for decoration etc

Only 10 minutes from Collier Row and only 5 minutes from Brentwood

Please note it is compulsory at every function that Registered Security is in attendance. *we supply security @ £150 (2 people)*

Contact Sue Phillips **01277-375101**

email: info@brentwoodgolfclub.co.uk

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OPENING TIMES

Monday closed (except bank holidays)

Tuesday - Thursday 4pm - midnight

Friday - Saturday 4pm - 1am

Sunday 1pm - midnight

01277 554290

www.duskbrentwood.co.uk

Ongar Rd, Brentwood CM15 9SS

