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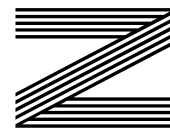
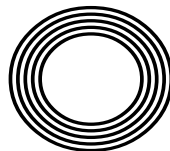
*This season's
trends*

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Amanda
HOLDEN

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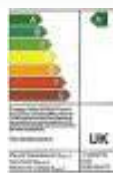


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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BrentwoodOngar. I'm writing this in mid-September - a day after having to turn the heating on for the first time since April.

Nothing signifies that the colder months are on their way like the annual domestic debate around whether it's too early in the year to turn the heating on.

It's a conversation which seems to be nationwide around this time of year. I was in the 'Turn it off' camp while Mrs A was very much 'It's on and it's staying on.' Mrs A won that debate; she often does.

Talking of debates, Brexit rumbles on; although with prorogation closing Parliament for five weeks, the Westminster heating can remain switched off.

I'm joking of course. It shows you the sensitivity around Brexit regardless of your stance that I feel it's necessary to say, 'I'm kidding folks.'

I heard a young man on the radio asked about whether Brexit would harm or help his chances in life, and I was struck by his response.

He said: "Regardless of who is in power or whether we leave or remain, I'm the person who is responsible for my future success." This sense of responsibility and self-realisation is impressive and good luck to him, although with that mindset he probably doesn't need it.

Let's forget about the shenanigans in the corridors of power (warm and toasty no doubt) and look forward to autumn. Thanks for reading,

Nik

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Has Meghan Markle lost her sparkle...

It was just 17 months ago that 1.9 billion people turned on their TV sets to watch American actress Meghan Markle walk down the aisle to marry Prince Harry.

The former *Suits* actress had already won the hearts of the British people once it was revealed that she and the Prince were dating.

Meghan, 37, could do no wrong and Harry's popularity was rubbing off on her.

But at the end of the summer a new poll on royal popularity turned out to be a shock for the young couple.

First Harry has lost his number one spot to his grandmother the Queen, who at 93, is still showing the rest of them how it is done.

He was followed by his brother William, his wife Kate and then Prince Philip, who has retired.

Then comes Meghan at number six, only slightly higher than her father-in-law Prince Charles.

So, what has gone wrong? The couple have been involved in a number of controversies, which has shaken the images of the Duke and Duchess of Sussex. They are being seen as hypocritical in their determination to become eco warriors. Their mantra has not gone down well with the public as they continue to take expensive carbon polluting private jets while encouraging the rest of us to do more to save the planet.

These included Meghan flying off to New York in George Clooney's private jet for a baby shower before little Archie was born.

And Harry did not score any brownie points by attending a climate change conference in Sicily arriving by private jet. There was also the holiday with Elton John with the couple and Archie arriving by private jet.

Needless to say there was a comparison with William who flew to Balmoral for a holiday with his family only costing £75 a head.

A number of staff have also quit working for the Sussexes for a variety of reasons, but it is earning

Meghan the nickname Duchess Difficult.

And of course, the one that was the most controversial of all was the cost of their new home, Frogmore Cottage in Windsor, which taxpayers forked out £2.5 million to refurbish.

Harry and Meghan have since tried to redeem themselves by taking commercial flights to both Rome and Cape Town recently.

Meghan has also turned to her American showbusiness pals in the hope of improving her image. She has called in a Hollywood Crisis Management company in a bid to improve her reputation.

Sunshine Sachs, who represented disgraced movie mogul Harvey Weinstein in 2015 when he was accused of groping model Ambra Battilana Gutierrez.

One of the bosses of the firm, Keleigh Thomas Morgan, represented Meghan when she was on *Suits* and is working with the Duchess and Harry on the new Sussex Royal Foundation which the couple formed after the split with William and Kate.

But this move is unlikely to go down well at Buckingham Palace, who have their own communications team in place.

The couple also recently hired highly experienced global PR Sara Lathan who was a senior adviser to Hillary Clinton's 2016 Presidential campaign.

Senior Palace courtiers have been left bemused over the last few months that the couple have ignored advice from their own highly professional team and instead listened to outsiders in Hollywood.

One courtier said: "They shouldn't need to hire expensive US PR firms. All they need to do is follow the example of the Queen and other Royals – go out and meet people, shake their hands and be nice to them."

It may pay them to follow that simple advice and save themselves a lot of money on an expensive crisis management solution.

with the British public?



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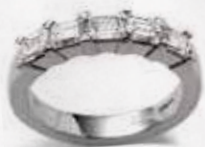
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Brentwood Jewellers have been based on Brentwood High Street for over 30 years.

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"I have had the pleasure of using Robert at Brentwood Jewellers on numerous occasions over many years. I find his craftsmanship to be exceptional and the attitude of himself and the lovely Pat outstanding. They are an unbelievably genuine firm and I would highly recommend them for design and fabrication or purchasing beautiful jewellery.

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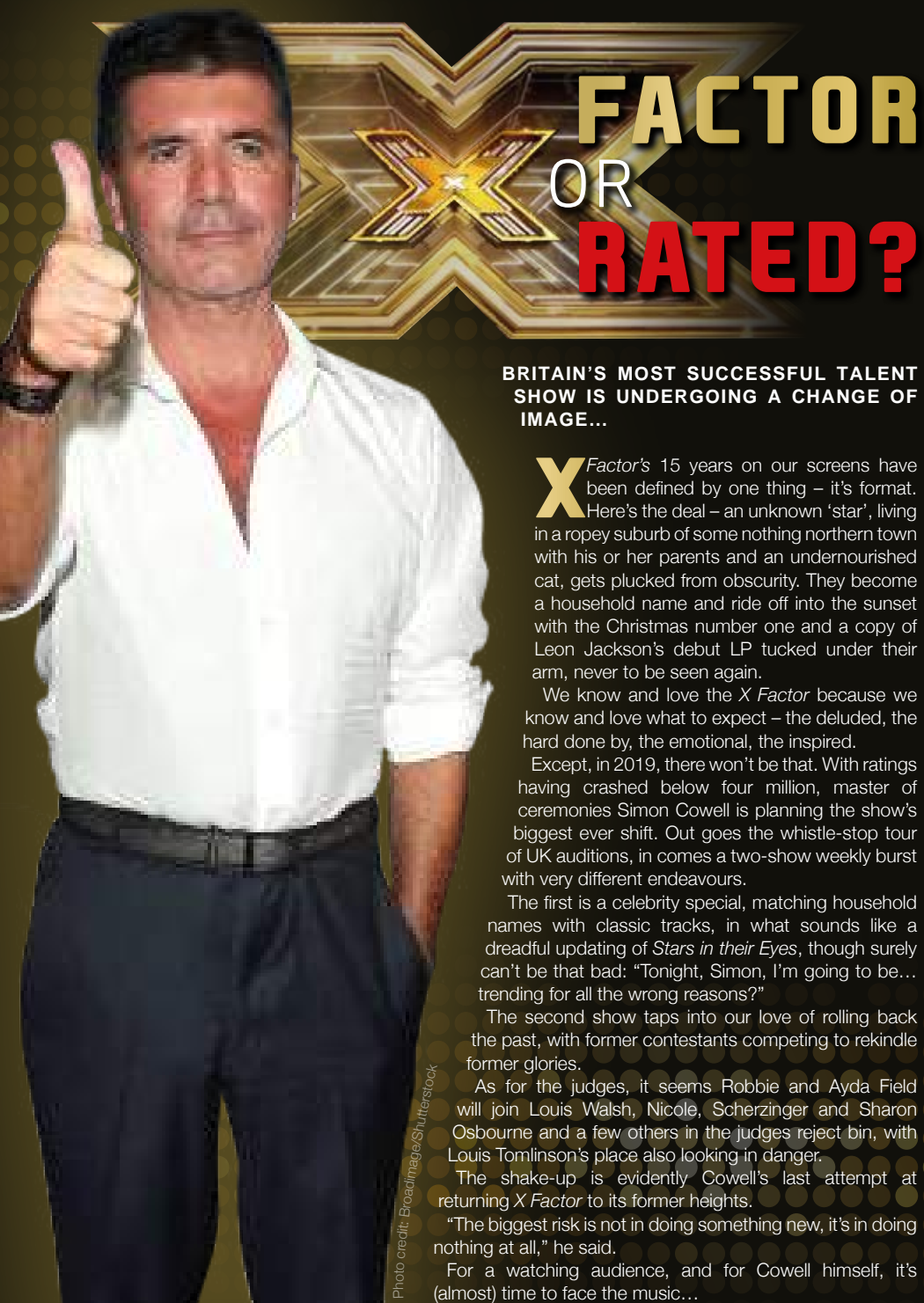
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FACTOR OR RATED?

BRITAIN'S MOST SUCCESSFUL TALENT SHOW IS UNDERGOING A CHANGE OF IMAGE...

XFactor's 15 years on our screens have been defined by one thing – its format. Here's the deal – an unknown 'star', living in a ropery suburb of some nothing northern town with his or her parents and an undernourished cat, gets plucked from obscurity. They become a household name and ride off into the sunset with the Christmas number one and a copy of Leon Jackson's debut LP tucked under their arm, never to be seen again.

We know and love the X Factor because we know and love what to expect – the deluded, the hard done by, the emotional, the inspired.

Except, in 2019, there won't be that. With ratings having crashed below four million, master of ceremonies Simon Cowell is planning the show's biggest ever shift. Out goes the whistle-stop tour of UK auditions, in comes a two-show weekly burst with very different endeavours.

The first is a celebrity special, matching household names with classic tracks, in what sounds like a dreadful updating of *Stars in their Eyes*, though surely can't be that bad: "Tonight, Simon, I'm going to be... trending for all the wrong reasons?"

The second show taps into our love of rolling back the past, with former contestants competing to rekindle former glories.

As for the judges, it seems Robbie and Ayda Field will join Louis Walsh, Nicole Scherzinger and Sharon Osbourne and a few others in the judges reject bin, with Louis Tomlinson's place also looking in danger.

The shake-up is evidently Cowell's last attempt at returning X Factor to its former heights.

"The biggest risk is not in doing something new, it's in doing nothing at all," he said.

For a watching audience, and for Cowell himself, it's (almost) time to face the music...

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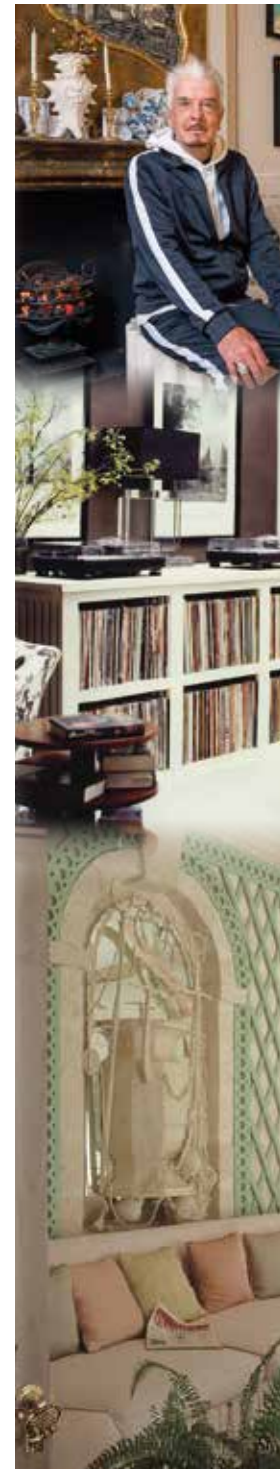
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Nice One NICKY

A dalliance with design that has lasted 50 years

Nicky Haslam has assumed many guises throughout his life - designer, show horse breeder, global socialite, friend to the stars. The inspirational designer even waited until his 73rd birthday to release his debut album, finally indulging one of his boyhood daydreams with the assistance of industry heavyweights such as Nick Mason (Pink Floyd), Helena Bonham Carter, Bryan Ferry and the late Cilla Black.

But it is clearly for his immaculate take on style and fashion that we have become most absorbed in Nicky Haslam's work. The Buckinghamshire-born icon has been the creative auteur and driving force behind London institution NH Design, and while he admits his workload has reduced in recent years as he fights against the idea of retirement, his hunger for interiors has never abated.

"We're slaving away on a wonderful house and a wonderful restaurant in New Orleans, a big project in New York, a place in the south of France outside St Tropez, plus some wonderful penthouses in Park Lane, with 360-degree views of London. We're busy."

The designer, who has written for *The Telegraph*, *Vogue* and *Tatler*, and has properties scattered across London, believes the key to good interiors is detail and control. He fills space with objects, blends styles without fear and constructs a 'lived-in' vibe that is brave yet relaxed.

"People are still looking at image and opulence, but these days there is much more attention being paid to comfort and possessions, probably because we are working so hard and we just want to be settled in our own spaces.

"Minimalism is old hat as far as I am concerned. Just surround yourself in what feels right. Don't splash colour around or re-wallpaper because everyone else is doing it; instead, be inspired by things in your locale - reflection is important - and want to learn. Even having practised design for decades, I am still picking up new ideas."



Photo credit: nh-design.co.uk



Every LITTLE helps

TEN SMALL CHANGES THAT CAN TRANSFORM ANY ROOM...

✓ FOLLOW THE LIGHT

Lamps are the easiest way to transform the entire mood and vibe of a room. They're also pretty cheap.

✓ GO GREEN

Plants bring life and colour to an otherwise drab space. They also improve your air quality, making them well worth the extra care and attention they require. And breathe...

✓ HANG OUT

Art is a great way to really personalise your home and you don't need to spend a fortune. Whether it's a favourite record, childhood photo or quirky cartoon that made you smile once, it belongs on your wall.

✓ SHELVES IT

As well as an excellent way to maximise storage in a room, shelves also become a feature in their own right if you fill them with interesting books and mementos – the kookier the better.

✓ REFLECT

Mirrors aren't just for gazing at yourself adoringly, they can also bring light and space to an otherwise gloomy room.

✓ MAKE A STATEMENT

A really unique piece of furniture can bring to life an otherwise unremarkable space, which is why you need to hunt down that vintage cocktail globe or shabby chic chaise longue, pronto.

✓ GO THROW

Is your sofa looking a little tired? Has your bed seen better days? Then throw a throw on it my friend, the bold and brighter the better.

✓ BELLS AND WHISTLES

From vintage doorknobs to bespoke light switches, it is this attention to detail which sets the style savvy and the style-less apart.

✓ RUG DOCTOR

Not only does a decent rug 'tie a room together' – according to *The Big Lebowski's* 'the Dude' – it can also effectively hide that wine stain from last Christmas.

✓ MAKE IT PERSONAL

You can spend a fortune and still not feel entirely comfortable somewhere, because if it doesn't reflect who you are, it won't feel like home. So find your quirk, embrace your inner weirdness, then frame it and put it on your wall.



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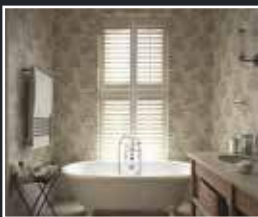
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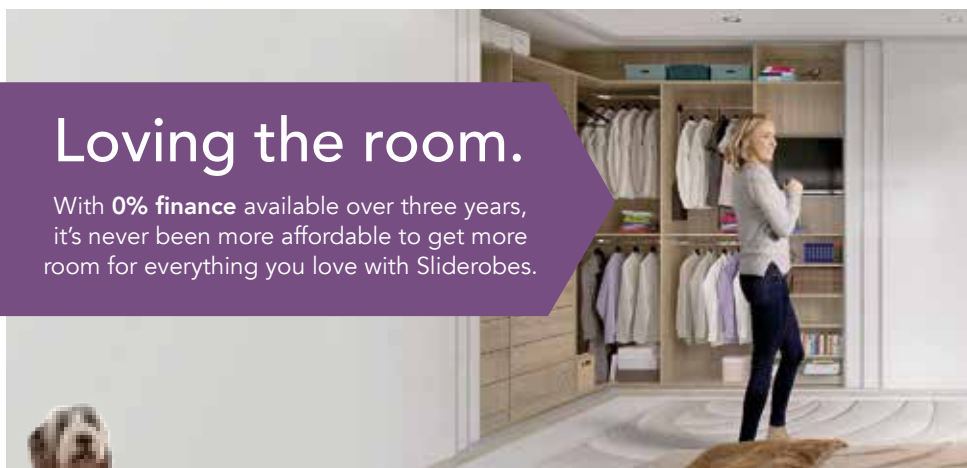
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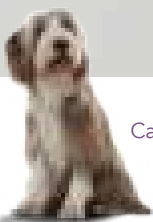
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FLORAL FEVER

Who doesn't love a bit of flora and fauna in their home? And what better way to brighten up your dining table than with a set of beautiful flower detailed plates?

ABSTRACT

For contemporary art lovers out there, why not invest in a set of abstract style plates that will reflect your modern style? Look for designs that do not restrict themselves to a standard shape and instead embrace layering techniques such as this offering from American modern ceramics designer Pigeon Toe Ceramics.

RECYCLED

Eco-friendly tableware is all the rage at the moment with an increasing number of businesses catering for those who want sustainable products throughout their homes. Disposable bamboo plates are an attractive option, but we favour those made from palm leaves.

ANIMAL ANTICS

Ideal for families with a sense of humour or those wanting to unleash their inner party animal, these fun and frivolous Wild Dining plates will turn any occasion into a celebration. We love the Sara Miller collection, which is colourful, vibrant and the perfect antidote to the winter blues.

DIY DESIGNS

If you are a fan of Kate Spade plates but your budget doesn't quite stretch that far then why not create your own version at a fraction of the cost. All you need is a stencil of your chosen design – whether that be an animal, piece of fruit or even a feel-good motto – and some coloured acrylic paints.



HOME & DIY

Photo credit: www.potteration.co.uk, www.hm.com, www.pigeontoceramics.com, www.thegingerbreadcompany.co.uk



Want a bold and beautiful colour to transform your home for the coming winter months? Well, this latest trend might surprise you...

As the nights draw in and the days become darker it can be tempting to replicate the outdoor mood inside your home. Greys, navy blues and maroons are common styles that appear as the colder months loom, as we become inclined to hibernate ourselves in a cave-like

hideaway, waiting patiently for the sun to come out once more.

The problem with this gloomy palette, however, is that it offers no relief from the winter blues. Even the darker purple and red shades, though rich and luxurious like ripe midwinter berries, can become stifling. Consider then, fuchsia. Bright, bold and full of promise like the late spring blooms from which the colour derives its name.

Like a neon sign on an otherwise unlit road, fuchsia is a surprisingly refreshing alternative for anyone who wants to go a little bolder and more daring with their interiors. Bringing a depth and lushness which no other pink can measure up to, its blue undertones are actually a perfect match for winter's dramatic persuasions while also hinting at the softness to come as we melt into spring.

The other good thing about fuchsia? It holds its own against the more rugged materials. Rustic woods, heavy metals and dark velvets all come to life against this deep, dark pink backdrop. You'll need lamps and candles as well of course for those long nights when you just want to bed-in with a glass of wine and a good book.

So ditch the dour hues this winter and paint your walls in this glorious and shameless shade. And when the sun finally returns, you'll have barely felt the chill at all.



Photo credit: Interiors by color



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Let's go fuchsia walls



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HISTORY

TIME

on our side

The time-bearing standard that defines the world, and it's just an hour away.

Many of us go through the odd moment of wishing we could turn back the clock, but the power of time is something only very few have ever had in their command.

And yet, the meeting of 25 nations in Washington DC 135 years ago this month will always be marked as a monumental moment against which we've been setting our watches ever since. On October 22, to be exact, the great and the good at the International Meridian Conference decided that the Royal Observatory in Greenwich would become the site of the Universal Time meridian of longitude.

It's positioning of Greenwich Mean Time (GMT) as a standard bearer for the world is most probably a reference point that will never be changed. Subsequently, the delineation of world time zones has always been either plus or minus a specified quantity of hours – the furthest time zone being that of the Baker and Howland Islands in the Equatorial Pacific, which rank a full 12 hours behind us.

Of course, these time zones are subject to significant shift. When lines marking time boundaries are drawn on a map, a number of peculiarities can be found, often arched around small islands.

The most extreme example of time difference is at the Diomed Islands, which sees us return to the Pacific. Big Diomed dwarfs Little Diomed, which sits two-and-a-half miles away. With one being the

furthest east you can go and the other being the furthest west, and the international date line running down the middle, they are, in effect, one day apart (21 hours, to be exact). That means if you stand on one with a pair of binoculars and look at the other, you are viewing tomorrow... or is it yesterday?

More pertinently, given that one is owned by Russia and the other by America, the Diomed Islands appear a chink in time even GMT won't be able to resolve.

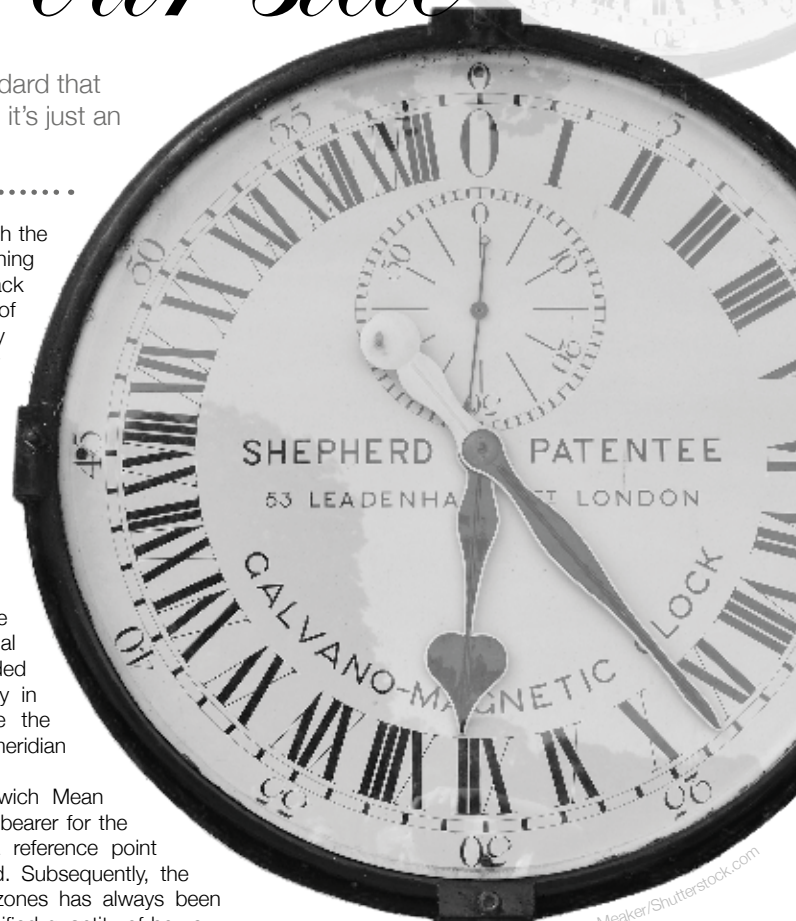


Photo credit: Tom Meaker/Shutterstock.com



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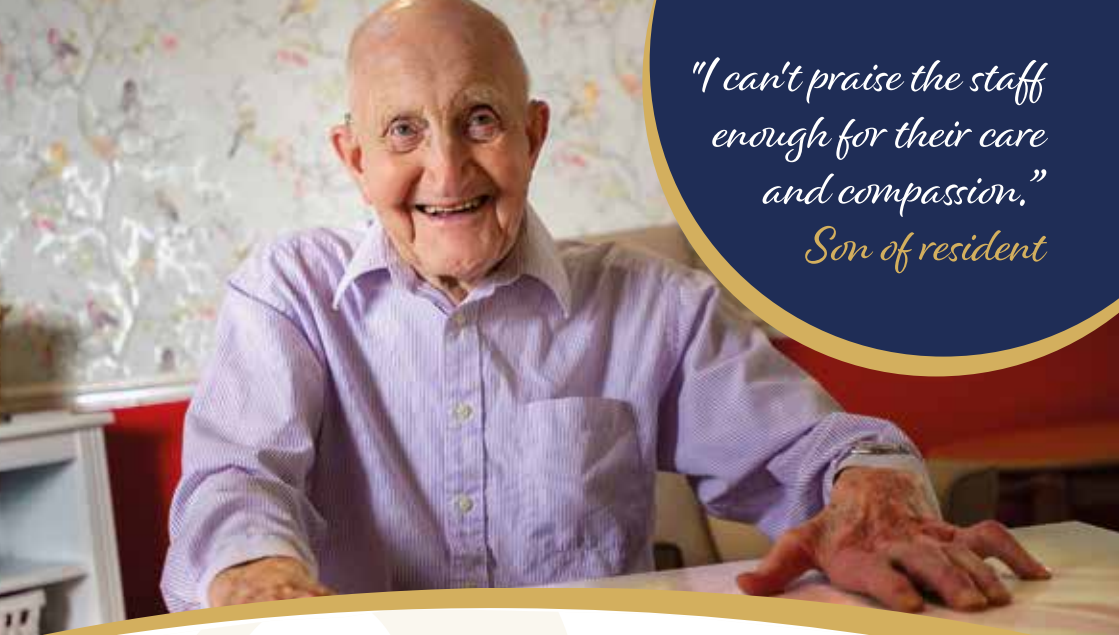
I dream of painting and then I paint my dream

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS BRENTWOOD



Daughter's heart beats strong as organs help save lives

A Brentwood mother says her daughter's heart still beats strong after she made the decision to donate her organs to others after she died.

Maxine Forrest, of Mayfield Gardens, lost daughter Sophie, 26, in February 2018 and, after donating her organs, she has helped save five lives.

Sophie spent her final days in the high dependency unit at Queen's Hospital in Romford after a suicide attempt at home.

When it was confirmed that she would not recover, her family knew she had wanted to donate her organs and carried out her wishes without hesitation.

Maxine said: "We were pleased that Sophie would live on by giving other families their loved ones back. Her heart still beats strong.

"I received a letter telling me that five successful transplants had taken place, and I also received a beautiful letter from one of the recipients, thanking me and letting me know that he had his wife back, and his little girl had her mummy back.

"Sophie will never be forgotten, and she is also cherished by the families who have their loved ones as a result of her donations."

Sophie had left no specific instructions about organ donation; however, through conversations with her cousin, the recipient of a kidney transplant, her family knew it was what she wanted.

Ensuring your family are aware you want to donate your organs after you die can make a huge difference. Your loved ones do not have to make the decision themselves, and have the comfort of knowing they are carrying out your wishes.

It was the compassionate care of hospital staff which led Maxine, 66, to become a patient partner, working with the NHS to improve care for other patients.

Maxine added: "When we went to say goodbye to Sophie, we were treated with the utmost respect and compassion.

"The nurses even plaited Sophie's long hair and cut it, alongside her brother Drew, who had long hair at the time, to donate it to the Little Princess Trust, which makes wigs for children with cancer."

Maxine and Drew also attended a special ceremony at Essex County Council where they were awarded the Order of St John due to Sophie's donations.

Visit www.organdonation.nhs.uk



Appeal as body of dead pony found dumped

The RSPCA are appealing for information after a dead pony was discovered in Brentwood.

The body of the pony was discovered dumped along a footpath in the Dudbrook Road area on Tuesday, August 13.

A member made the sad discovery at around 5.40pm and contacted the RSPCA.

The pony was a Piebald cob breed and she was not microchipped.

Although the pony had blood in her nostrils and mouth, there were no obvious signs of what the cause of death may have been.

RSPCA inspector Jessica Dayes is investigating the incident and said: "We are very grateful to

the members of the public for providing valuable information for this investigation and for their compassion when discovering this poor pony.

"It is heartbreaking that this poor pony has died and been dumped like rubbish. It is believed the pony would have only been there for a short while.

"While we do not know the circumstances surrounding the death of this pony, we would be keen to hear from anyone who may have any information or who may have seen anyone acting suspiciously in this area. We are also looking to see if any CCTV was in use in the area.

"We would urge anyone with information to contact us in confidence on the RSPCA inspectorate appeal line on 0300 123 8018."

New appeal in attempted murder investigation



A renewed appeal has been made on the BBC's *Crimewatch* to find a man police want to talk to over the alleged attempted murder of three people in Brentwood in 2017.

Essex Police are still trying to find Martin Stokes, 25, after three people were rushed to hospital when they were hit by a car outside The Sugar Hut, in Brentwood High Street, at around 3.10am on April 2, 2017. This followed a mass brawl outside the nightspot.

They were all taken to hospital with serious injuries, one with serious internal injuries including chest injuries, broken ribs, a collapsed lung, fractured spine, and lacerations to his liver and head.

Police believe Stokes, 25, has links to London, Hertfordshire, Manchester and Ireland. In June, eight men admitted affray and were given suspended prison sentences, fined and ordered to complete unpaid work totalling 880 hours in connection to the fight.

Anyone with information about Stokes is asked to call Essex Major Investigations Team on 101 quoting crime reference 42/50229/17.

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Investigation underway after man found dead



Photo credit: Google Maps

A police investigation has been launched after a man was found dead inside a property in Brentwood.

Officers were called to Rollason Way on Sunday, September 1 to reports that there were concerns for the welfare of a man.

When police arrived the man inside had already died, although the cause of death was unknown. An investigation was launched to determine how he died.

A spokesperson for Essex Police said: "Police were contacted at 10am on Sunday, September 1 following reports of concerns for the welfare of a man.

"Officers attended a property and, sadly, found a man dead inside."

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.

VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking news, reporting community updates or discussing upcoming issues, our writers are thirsty, dedicated and well rewarded.

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To be considered for this Essex-based position,

drop Nik an email at nik@visionmag.co.uk including your CV.

Town crash out of FA Cup despite brave effort

Brentwood Town FC crashed out of the FA Cup in the First Qualifying Round after they narrowly lost to higher league opposition.

Town lost 2-1 away to Isthmian Premier League side Bowers & Pitsea who play one division higher in the football pyramid.

The Blues have previously beaten Harlow Town in this season's competition after winning 2-1 in the previous round.

However, against Bowers & Pitsea, it could have been different as a late penalty denied them a replay.

Town had a perfect start, taking the lead in only the third minute. Jason Williams won a corner on the right and Connor Hogan's header was saved by home goalkeeper Callum Chafer, but Williams followed up to net the loose ball, his fifth goal of the season for the Blues.

Bowers equalised in the 52nd minute finding the bottom corner before taking the lead 10 minutes later and ultimately winning the tie.

Brentwood, previously known as Brentwood Town FC, was established in 1965 and reached the FA Cup quarter finals in 1885/86, which remains their best ever run in the cup.

That season they lost 3-1 to eventual winners, Blackburn Rovers.

However, the best season in the FA Cup under the club's current name came in 1969/70 when the club reached the Third Round.

They beat Football League club Reading 1-0 in the First Round, Hendon 2-0 in the second round before a record crowd of over 4,000 saw them lose 1-0 at home to Northampton Town.

The season before, the club reached the Second Round, where they lost 10-1 at Southend United.

In recent years, the club has exited the cup in the qualifying rounds.





Photo credit: Bjoern Wenzel/Shutterstock.com

Winner winner chicken dinner: fast-food chain to open more stores

Chicken lovers are in for a treat as fast-food giants, KFC, have announced new restaurants are coming to the area.

Brentwood is among 22 new locations across Essex, with a total of 536 new stores planned across the country.

The restaurant in Brentwood will have a drive-thru facility, although it is not known yet when it will open.

KFC was first introduced to the UK back in 1965,

with its first branch in Preston, but today it operates 850 outlets in the country.

The fast-food giant already has a number of stores in Essex, including Billericay, Basildon, Grays and Harlow.

A spokesman for the company said: "We have bold ambitions to have over 1,000 stores in the UK and Ireland by 2020 and we are looking to build over 50 new stores a year."

Brave Liam looks ahead to vital treatment in Panama

A Brentwood man who is bravely fighting multiple sclerosis is looking ahead to his next vital stem cell treatment in Panama as his life-saving fundraising continues.

Liam Egalton, 35, makes trips to the Central American country as the treatment he needs is not available on the NHS or anywhere else in the world.

Liam has issues with walking, sight and speech caused by the disease, which sets the body's immune system against the nervous system.

However, with the support of his girlfriend, Kayleigh Biggs, who he describes as his "angel", he is fundraising for his next stem cell treatment.

Liam also has huge support from friends, family and the community.

In July, he travelled to Panama for his second round of stem cell treatment which improved his energy, reduced hand shakes and helped him feel stronger.

However, following two heatwaves in the UK, which exacerbates his symptoms, and a bout of shingles, he is now looking ahead to January when he has his

third treatment.

To fund the trips to Panama, Liam's care and the stem cell treatment, a huge fundraising effort has been ongoing with the latest target of £40,000 set.

He told **VISION**BrentwoodOngar: "It's been tough but I remain positive. I have been given steroids by the doctor to reduce inflammation as that's a big problem with multiple sclerosis.

"The treatment in the summer did make a difference but heat adds to my symptoms and after two heatwaves in the UK it hasn't been easy.

"I'm lucky to have Kayleigh, she is my angel and there has been lots going on with fundraisers.

"There is more coming up as well with a virtual race night in November and a Christmas fair which takes place on December 7. I am grateful for all the support I get."

For updates on Liam's progress, visit his Facebook page 'Liam Egalton's Stem Cell Treatment Fundraiser'.

To donate to Liam's fundraising visit www.justgiving.com/crowdfunding/liam-egalton-1

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Free ping pong as new facility opens



A new table tennis facility has opened in Brentwood and it is free to play thanks to a team of volunteers.

Ping Pong Parlour, located in The Baytree Shopping Centre, Brentwood, opened its doors for the first time on September 9.

It was officially opened by mayor councillor Keith Parker, with the free table tennis facility open from Monday to Friday from 11am to 4pm.

Ping Pong Parlour has been funded by Active Brentwood and Brentwood Borough Council.

The scheme is open for 12 months with bats and balls provided.

Adults and children of all ages are welcome and there are three tables for people to enjoy while they take a break from their shopping - all you have to do is turn up, grab a bat and play.

Ping Pong Parlours have already opened up in over 30 other shopping centres nationwide and form part of Table Tennis England's vision to inspire people to get active and lead happier, healthier lifestyles by introducing table tennis into unexpected, non-traditional places.

Dan Foley, centre manager at The Baytree Shopping Centre, said: "We're delighted to be opening a Ping Pong Parlour within the centre, which we feel will engage the community and provide a place where everyone can have fun in a safe way."

Barbecue causes house fire

Two fire crews were called to a house in Brentwood after a fire spread, when flames from a barbecue became uncontrollable.

Firefighters were called to a bungalow in Viking Way, Pilgrims Hatch recently after reports from a

man that flames from his barbecue had set fire to the back of his property.

On arrival, firefighters discovered the back of the property had caught fire and the flames had reached the roof.

Firefighters quickly brought the incident under control and extinguished the fire by 7.05pm.

Ben Turner, watch manager at Brentwood Fire Station, said: "A barbecue is a great way to make the most of the hot weather, but it's so important to make sure you stay safe while using it.

"Only ever use approved barbecue starter fuel or firelighters to start a barbecue - never use petrol.

"Make sure your barbecue is a safe distance away from your house, fence and anything else that could catch alight.

"In the event that your barbecue does become uncontrollable, do not try to tackle the fire yourself - move a safe distance away and call 999."

Roll up, roll up to first ever Halloween Circus

Spooky fun and entertainment for all ages is guaranteed at Bonnetts Garden Village's first ever Halloween Circus.

The garden centre, in Mascalls Lane, Warley, will host its Halloween Circus everyday between October 26 and October 31 for the first time.

The 30 minute show will be full of fun, magic, juggling and illusions performed by a professional cast of international artists.

Dressing up is also optional.

Tickets are £7 each or £25 for a family consisting of two adults and two children.

To book, visit www.bonnettsgardenvillage.co.uk



BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



More and more of us are using online banking these days, and this has a knock-on effect on the services being offered by banks on the high street. While some banks have chosen to close less used branches, Barclays bank has decided to run a pilot scheme to attract new customers in areas where it is now the last bank in town. Its Shenfield branch is one of those in the pilot project, with local residents and businesses being offered help to switch their banking to Barclays. In return, the bank is stepping up its visible presence on Hutton Road in Shenfield by getting involved in community activities and running banking and fraud awareness workshops in the library. Sadly fraud and financial scams are all too common, and it's often older people who get taken in. It's an issue Lloyds Bank in Brentwood have identified and are taking a proactive approach to protect their customers from the less savoury members of our society who prey on vulnerable, lonely or elderly.

I visited Lloyds in Brentwood to meet senior branch manager Sally Young and branch manager Stephen Willner who were able to tell me about some of the scams they've come across. I was shocked to find out criminals committing fraud have been known to accompany their victims to bank branches and quietly intimidate them into withdrawing or transferring huge sums of money. Thankfully, bank staff are trained to use the Banking Protocol, which is a partnership between banks, police and trading standards, and which can provide immediate support when branch staff identify customers who may be being defrauded. These are customers who have always done their banking face to face rather than online, and the Lloyds staff I spoke to were proud they knew their customers well enough to be able to identify if something odd was going on and banking behaviour changed. We live in changing times, and I am pleased our high street banks are doing their best to protect their customers from scammers, both on and offline.



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Helping to make a difference

VISIONBrentwoodOngar are delighted to have helped fund a children's book promoting a positive mindset and have donated copies of it to local primary schools.

We supported the book, called *Spot the Different*, which tells the tale of a young girl scared about not fitting in. She meets a magical ladybird called Spot who teaches her to embrace her individuality.

And we've received a special thank you from the book's author, Jerry Lyons.

He said: "Without the support of Nik and the **VISION**BrentwoodOngar team it would not have been possible to publish and distribute this book. I can't thank them enough for making it possible to share the book's positive message with children in Brentwood.

"Without their help this book wouldn't have happened. Its key messages are that it's ok to

be different, to have friends from different backgrounds and that the coolest person you can ever be is yourself."

Our editor, Nik Allen said: "We are delighted to play our part in getting *Spot the Different* out there and into as many young hands and minds as possible. We loved the ideas around the book and when the chance came up to donate copies of the book to local schools we jumped on board."

Holly Trees Primary School has been given 10 copies each of the book.

A pound from each sale of *Spot the Different* is donated to The Children's Literacy Charity which provides specialist one-to-one literacy support for disadvantaged children. For more information or to buy the book, visit www.spotthedifferent.co.uk

Birthday party ends with fire brigade call out

A house in Brentwood has been left with fire damage after a birthday celebration ended with a call out for the fire service.

Crews were called to the property in Kensington Way on September 16 after reports of a fire in a ground floor study of a property.

The call came after a match, which had been used to light birthday candles, was placed on a pile of papers.

The match was not completely extinguished and the paper caught fire.

The family heard the smoke alarm going off, but assumed it was smoke from the candles and silenced it. It was only when they went outside and saw flames through the window that they realised there was a fire.

Attempting to smother the flames using a blanket, the fire began to spread to the curtains, so they left the room, closed the door and isolated the electricity.

Watch anager Ben Turner, from Brentwood Fire Station, said: "If you're using matches, ensure they are fully extinguished before disposing of them. Run them under a tap or place them in sand to be certain.

"Never ignore your smoke alarm - it's always best to have a quick check, even if you think you know why it's sounding."

Firefighters extinguished the fire by 4.45pm.

The study has been left with some fire damage and the rest of the house has suffered some smoke damage.



Grow your own veg, get fit and socialise

Experienced and budding gardeners in Brentwood are being invited to try their hand-growing fruit and vegetables, with allotments available.

Brentwood Horticultural Society (BHS) manages nine allotment sites in Brentwood for Brentwood Borough Council with spaces often becoming available.

The sites are located at River Road, Park Road, Hartwood, Ongar Road, Bishops Hall, Hartwood, Crescent Road, Middle Road and Honeyput Lane.

The allotments are very reasonably priced with various plot sizes available. They range from five to 10 rods - a rod is approximately five metres - and cost £4.50 per rod.

That means a good-sized allotment for most people would cost just £22.50 per year, with a £5 discount

for over 65s.

Steve Shepherd from BHS explained to **VISION** BrentwoodOngar the benefits of owning an allotment. He said: "The society looks after eight allotments consisting of hundreds of plots of various sizes.

"You will find that it is a low-cost way to produce fresh fruit and vegetables and to meet a group of very friendly and helpful local people. It's also a great way to keep fit and it's cheaper than a gym membership."

The first step would be to go to the website and put down your name and contact details together with your site preference and it's not usually very long before you are contacted.

You can visit www.brentwoodhorticulturalsociety.org.uk/allotments for more information.

A helping hand for those in need

A new community fund has been set up in Brentwood which will help small charities, charitable community projects and individual cases of need.

The Community Charity Fund for Brentwood (CCFb) has been established to help improve opportunities for local worthy causes or individuals.

Neville Brown, a trustee at CCFb said: "We are set to distribute funds to deserving cases which come

to our attention in the few next weeks; with a closing date of noon on Tuesday, November 12 2019.

"At this early stage of the trust's development the amounts available in this first tranche of awards will be at a modest level; notionally around £500 to help ensure a fair distribution."

An easy to complete application form can be obtained by writing to CCFb c/o Oscar Court, Fairfield Road, Brentwood CM14 4LR.

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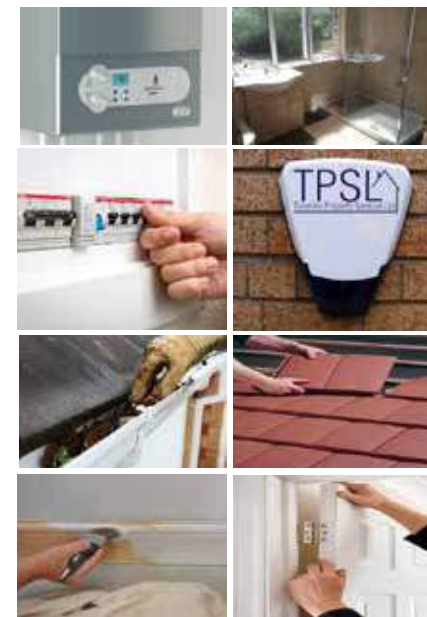
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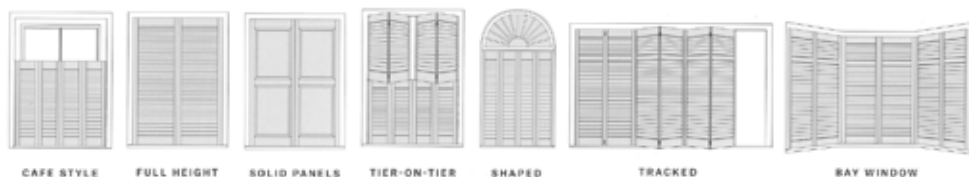
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Off duty nurse is a hero after saving motorist's life

A nurse came to the rescue to save a motorist's life as he travelled between Brentwood and Ongar.

Jack Stevens, a lead nurse for emergency care and acute medicine, was travelling on country roads on September 4 with his mother when he saved the life of a man in his 50s.

Jack, 37, was on his way to Sainsbury's when a car came towards him, driving erratically, before coming to a stop.

He, along with another driver, soon sprung into action as they pulled the driver from the car and started CPR.

Jack continued to keep the man, alive until the paramedics and then the air ambulance arrived.

In another twist of fate, the patient, who is recovering, was taken to Queen's Hospital and Jack was able to visit him the following day and meet his grateful family.

Hero Jack said: "I pulled him from the car while she (other driver) called an ambulance.

"A white van driver also stopped and the three of us worked together to give him CPR – luckily I had some medical equipment in the car.

"The police officers were great too. The first police car on scene didn't have a defibrillator, so they sent another one which did.

"The main thing for me was the help and support from the young woman who stopped; she was phenomenal. She did everything I asked and was a great help, as was the white van driver who also stopped.

"An elderly lady who was a retired doctor even came over and offered to help, which really shows how the community can pull together."



Site manager's delight at winning 'Oscars' of building industry

A former forklift driver in Ongar who has worked his way up to site manager has won a major building award for the quality of his work.

Nigel Clark, who oversees Bovis Homes' Livingstone Gardens in Chipping Ongar, was presented with the National House Building Council (NHBC)'s Pride in the Job Quality Award.

He beat competition from more than 16,000 site managers from across the UK.

Nigel is now targeting an even more senior build role in the industry, as he is in training to become an area build manager after 15 years at the company.

Pride in the Job celebrates the exceptional contribution site managers make in creating homes of outstanding quality.

Nigel will now go on to attend the NHBC Pride in the Job London and South East region award ceremony, which takes place in Brighton on October 18.

Nigel said: "I'm delighted because it is a big achievement to win such a prestigious award. It feels like the Oscars of the building industry."

"It's not until you realise that you have been shortlisted from over 16,000 sites that you appreciate what your team has achieved."

"I am very proud of what we, as a team, are building and producing for our customers here at Chipping Ongar, there is a lovely community being made."

Paul Moran, regional managing director at Bovis Homes, said: "I am delighted that Nigel Clark and his dedicated team at Chipping Ongar have been awarded this NHBC Pride in The Job award for the site."

"This prestigious award is given to the best of the best and this puts Nigel in elite company with the potential for further accolades. This recognition is well-deserved and we are very proud."

Driver banned for driving while on drugs

A man has been disqualified from driving for three years after being stopped in Ongar by a special sergeant following a 999 call.

Jamie Martin, 33, was banned from driving for 36 months after admitting to drug driving at Chelmsford Magistrates' Court on Tuesday, September 17.

He was also fined £400, ordered to pay £85 court costs and a £40 victim surcharge.

Essex Police received a call at around 9.50pm on May 6 from a woman who reported that she could smell cannabis coming from a Range Rover in Ongar Road.

Officers pulled Martin over in Hook End Road at around 10pm.

He tested positive for cannabis in his blood sample.

If you think you have witnessed any drink or drug driving incidents please call 101.

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Volunteers needed to avoid charity shop closure



An Ongar charity shop is appealing for volunteers to avoid being forced to close.

The Helen Rollason Cancer Charity shop is asking for volunteers in their High Street shop in Ongar.

The shop has already had to start closing its doors early because of a staff shortfall and now they are pleading for people to give up their time and volunteer at the store, otherwise it will continue to lose out on vital trading time.

In total the charity, which supports those battling cancer, has seven charity shops across Essex, Hertfordshire and east London and Alison Matthews has been the retail manager at all shops for more than nine years.

Alison said: "We have been struggling quite badly in Ongar since last year for some reason.

"These shops are the absolute lifeblood of the charity and we know there's still a desire for the shops because of how busy it is and the amount of donations we receive from the public.

"We have seven retail shops, operated by a fantastic team of volunteers, and are always looking for additional help.

"Our shops are a hive of activity, with donations to sort, and our excellent regular customers to serve, but we love to see new faces so always feel free to pop in and meet our teams and have a browse. We are always receiving new stock so our shelves are regularly filled with fresh stock and different items.

"If you can spare a few hours, have a good sense of humour and enjoy meeting new people, we would love to have your help with volunteering in our Ongar charity shop."

For more information, call 01245 380719 or go to the Helen Rollason Cancer Charity website by visiting www.helenrollason.org.uk

The charity was founded in 1999.

Special memorial for lost loved ones

A hospice is to host a special memorial service in Ongar to celebrate the lives of lost loved ones.

St Clare Hospice is to host seven Light up a Life memorial services in November and December, with Ongar's taking place at St Martin's Church.

It will take place on December 4 at 4pm, with the memorial service offering a chance for people to remember lost friends and relatives.

Hosted annually throughout St Clare's, Light up a Life services feature festive carols, music, readings and refreshments, as participants gather in the company of others who understand how they're feeling.

A spokesperson from the charity explained more: "The festive season can be a very emotional occasion, a special time for spending precious moments with friends and family, and for remembering those who are no longer with us.

"This year's Light up a Life event will feature seven local services throughout November and December – all of which warmly welcome local people to attend, completely free of charge.

"Each event is open to everyone, whatever their faith."

Other services take place in Loughton, Waltham Abbey, Epping and Hastingwood.

St Clare will also be offering local people the opportunity to make a personal dedication to someone special in their Book of Remembrance, which will be on display within the hospice's sanctuary throughout the festive season. Names must be provided to the hospice before Friday, November 15 for inclusion in the book, which can be done online.

Tickets can be booked online from mid-October at www.stclarehospice.org.uk/light-up-a-life



Photo credit: St Clare Hospice, Vikki Lince



Photo credit: Robert Good

Railway set for a busy month

The Epping and Ongar railway has had a busy few months, with more already planned in the diary.

The heritage railway, which is the longest in Essex and the closest to London, offers the romance of travelling in bygone times as you pass through picturesque countryside, beautiful forest and historic towns.

They also host numerous events including the second ever classic car show, a major bus rally, the autumn diesel gala and they culminate with '25 Years in the Making' to mark the closure of the line between Epping and Ongar by London Underground in 1994.

They also introduced a new ticket in September, called the Railway Rambler.

This encourages people to take a single journey by

heritage bus and train to Ongar and return by walking the seven-and-a-half mile section of the scenic Essex Way.

Trains continue to run up to October 31 with ghost trains on October 26, 27, 30 and 31, all of which operate from Ongar Station.

Robert Good, from Epping and Ongar Railways said: "What a busy time it's been on the Epping Ongar Railway.

"Thank you to all who were able to come and see what we had to offer.

"Our main event this month will be the Halloween ghost trains, where trains will run into the evening for the scariest time possible.

"Why not dress up in your very best hauntingly good outfit and come along to scare and be scared?"

Full details can be found at www.eorailway.co.uk



Newly merged football club has a perfect start

Two Ongar football clubs who merged ahead of the current season have made the perfect start to the campaign.

Ongar Town FC sit on top of the Essex Olympian Football League Division One and have also progressed in the cup.

The club merged with Ongar Jubilee FC in the summer and the early signs are that the club is going to be very successful.

Jubilee won everything at under-21 level last season having won the league and three cups.

That youthful talent means the new Ongar Town FC

are already making great strides having beaten Runwell Sports 4-2, Shoebury Town 6-0 and Snaresbrook 8-1 in the cup.

Last season's top goal scorer for Ongar Jubilee, Aaron Blair, who netted 40 times in 21 games, has continued his form into the new season with four goals in three games.

The club have also signed some experience including Mitchell McCabe who played for Brentwood Town FC.

Anyone who would like to offer further sponsorship or become club volunteers should contact club chairman Simon Boulwood, simonboulwood@gmail.com



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Holden

ONTO TOP SPOT

Throughout an impressive career, Amanda Holden has consistently wowed her fans with a breezy, no-nonsense personality and stunning looks. Vivacious and charming, buoyant and brutally honest, it comes as no surprise that the bubbly beauty is also on one of TV's top earners.

Having spent almost three decades in the spotlight – her first television appearance was as a contestant on *Blind Date* back in 1991 – you could forgive Amanda Holden for running out of steam when it comes to career opportunities. However, far from scaling back, the luminous 48-year-old is working harder than ever, pursuing new projects in radio, music and fashion, whilst also retaining her crown as queen of primetime TV thanks to her enduring role as a judge on *Britain's Got Talent*.

With her down-to-earth charm, brilliant wit and stunning looks, Holden is the epitome of the woman the girls want to be and the boys want to date.

Long gone are the days when she was best known as the wife of gameshow host Les Dennis – the Portsmouth native is now an icon in her own right. And though Chris Hughes, husband and father of her two daughters – Alexa, 13, and Hollie, seven – is himself a successful record producer, there is little doubt who the primary breadwinner is in their London household thanks to the announcement in August that Holden had beaten the likes of Holly Willoughby and Claudia Winkleman to be named

television's highest paid female star.

Though she has been steadily maintaining her starry status since joining the judging panel of BGT back in 2007 – the debut season of the talent show – her recent rise to the top of the money tree is thought to be thanks to her new role as a Heart Radio DJ. Replacing Emma Bunton as the co-host for the breakfast show opposite Jamie Theakston, it is rumoured that the blonde beauty is raking in a £1.5million for the pleasure of rousing millions of Heart listeners every weekday morning.

Proving that Britain really does have talent, the former actress turned presenter is embarking on her own pop career after a clip of her and her two daughters singing *Tightrope* from the hit film *The Greatest Showman* went viral. Meanwhile, her foray into the world of fashion has seen her style a critically admired wardrobe with Fenn Wright Mason. Flattering, affordable and perfect for the coming party season, the seven-piece occasion wear collection with the British brand looks set to spell out many more style-based endeavours for the savvy entrepreneur.

Having proved she is far more than just a pretty face, you can be certain we won't be seeing the back of Amanda Holden anytime soon... which is ironic really, as she also recently added 'Rear Of The Year' to an already long list of awards.



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To pond OR NOT TO POND?

THERE ARE APPROXIMATELY THREE MILLION GARDEN PONDS IN THE UK, BUT SHOULD YOU JUMP ON THE BANDWAGON?

PROS:

Ponds are aesthetically pleasing

Probably the most obvious benefit and the reason why people are tempted to install a pond in their garden is that, put simply, they look good. Think colourful fish, exotic plants, waterfalls and statues.

They provide relaxation

On the simplest level, the soothing sound of water can create instant calm in your garden.

Opportunity to encourage education and interaction

If you have children, a pond offers a great platform for discussions about nature. Watch tadpoles turn into frogs and spot any birds that come to visit.

Great for the environment

Fancy yourself as a bit of a conservationist? Then a pond is a great way to help support your local habitat. The moisture that ponds provide can help surrounding soil stay moist which is beneficial to nearby plants.

CONS:

Ponds can be expensive

You need to dig your pond, invest in pond liner, a pond pump and a filter and choose plants, all of which adds up. And don't forget fish – more expense, especially if you have your heart set on some eye-catching Koi carp.

They require a strong commitment

A pond is very high maintenance. It requires constant cleaning to prevent the water from becoming contaminated by plant debris. The pond's filtration system will also need to be cleaned, inspected and repaired when necessary.

Safety can be an issue

As with any open water, you need to be vigilant and take the necessary precautions when any small children are in the vicinity. If you are worried about your children or grandchildren around water, then perhaps a pond is not for you.



GARDENING



PLANT OF THE MONTH:

Galanthus

AKA SNOWDROP



More commonly known as the snowdrop, Galanthus is one of those flowers that can brighten up your garden (and spirit) after a long, cold winter by signalling that spring is well on its way. Materialising en masse, snowdrops can create a white blanket of beauty across any garden or woodland area.

What type of plant is Galanthus?

The snowdrop is an herbaceous plant that belongs to the Amaryllidaceae family. It is recognisable by its snowdrop appearance that appears early on during flowering between January and April each year. Each snowdrop can grow to approximately 7-15 cm tall with each bulb producing two leaves and one flowering stalk.

How many different varieties of snowdrop are there?

There are 20 different snowdrop species including the Galanthus Nivalis which you are mostly likely to see in your local woodland area, the Galanthus Atkinsii, recognisable by its honey scent and longer outer petals and the Galanthus Magnet, a hybrid variety that sports an unusually long and elegant stalk.

How do I plant snowdrops?

Great for beginners and pros alike, the snowdrop is a hardy plant that is easy to grow and flowers quickly; plant in October for flowers in late winter/early spring.

- Find a spot in your garden where the soil is well drained and there is moderate shade
- Plant your bulbs 3 inches apart, with their pointed tops 2-3 inches below the surface
- Water well directly after planting

What does the snowdrop symbolise?

The name Galanthus Nivalis actually means 'milk flower of the snow' but has gone under many other names over the years including 'February fairmaids' and 'Candlemas bells.' The flower is said to symbolise purity, optimism, virtue and sympathy, making it the perfect plant to kick start a new season.

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FOXES AND WORMS

friend or foe?

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It's fair to say foxes and worms come in for a fair amount of flak. Our auburn bushy-tailed buddies are a peril for chickens and rodents, while the slimy worm is a squealer's delight. But perhaps we've been misunderstanding these garden dwellers for too long?

Ask any wildlife expert and they will tell you foxes are actually just curious, nocturnal creatures on the lookout for food. They are playful, like dogs and cats, and can become surprisingly comfortable around humans and other animals. They can be docile, only ever showing aggression when threatened, and will more likely flee at the first sign of trouble.

If rabbits and other pets are locked away, the only threat a fox may pose is to your outside space, but don't think they have it in for you – the average fox's territory will encompass 40 acres and 400 gardens. Plants, flowerbed and lawns may all show signs of a fox's presence, but by blocking off entry points and using an ultrasonic deterrent, you can protect your space.

If you've no animals to protect, welcome them in – they are nature's own pest controllers when it comes to rats and feral pigeons. Remember too, foxes are simply looking for food and shelter. Their presence in our urban areas reflects their bravery, but they largely want to keep to themselves.

Worms are a less obvious presence and have a much more obvious benefit on soil and earth. Their burrowing and tunnelling helps break up ground matter, allowing water and air to get to roots of plants and new seedlings.

Worms also eat leaves, decaying insects and minute pieces of food, including the peel of fruit and vegetables, egg shells and even tea bags.

They are a creature that should be welcomed into your garden... entirely good for the soil, if not the temperaments of small children.



GARDENING

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A Man's Best FRIEND



The results are in – this year saw the publication of the largest ever pet census in the UK, and it seems, as expected, we are truly a nation of dog and cat lovers... with the odd rodent thrown in for good measure.

ONE: DOGS

It's little surprise to hear that dogs topped the most-kept pet list with 67 per cent of the 60,000 people surveyed owning a canine. The 12 per cent caring for Labrador Retrievers made the breed the most popular in the country, and in total it's believed there are approaching nine million dogs in the UK.

TWO: CATS

In second place is the humble feline, although a published poll by the leading vet charity PDSA last year had cat ownership just above that of dogs. In any case, just over half of our feline friends are moggies, with one in four a British Shorthair. Cats typically get a bad press, and are accused of being selfish and antisocial, but most owners know differently.

THREE: FISH

Low maintenance, low cost and endlessly enchanting, fish come in third on the list. The simple goldfish is the country's most popular, though Bloodfin Tetras and White Clouds have seen popularity boom in recent years.

OTHERS (in order):

FOUR: Rabbits | **FIVE:** Horses | **SIX:** Reptiles
SEVEN: Rodents | **EIGHT:** Birds

Overall, it's supposed there are 51 million pets in the UK – on average, over one per household. The survey also brought up a few interesting findings. For instance, 31 per cent of pet owners have both a dog and a cat; while 84 per cent of those who own horses also keep a dog. In addition, the only place in the UK where there are more cats than dogs is London.

In terms of our psychology towards pets, 49 per cent of respondents regard their pet as a fully-fledged part of the family and only one per cent regard them as less important than humans.





“You’re never fully dressed without a smile”

Want a Hollywood smile but without the A-list price tag? Try out these simple home remedies that are known to help whiten your teeth and even better, they are chemical-free.

Coconut oil: Actually, any oil will work as it is the process of swilling oil around your mouth to remove bacteria that is said to help prevent your teeth from becoming yellow. We recommend coconut oil as it has a pleasant taste and contains lauric acid which reduces inflammation and kills bacteria.

Baking soda: This common kitchen staple has so many uses; one of which being the ability to naturally whiten your teeth. Its abrasiveness can help scrub away stubborn stains as well as stopping further bacteria from growing due to its alkaline properties.

Strawberries: As well as tasting sweet and delicious, the malic acid that strawberries contain may help to remove discolouration from your teeth, although they are unable to penetrate long-standing stains.

Salt: Create a mouthwash using a teaspoon of salt mixed with warm water and swill around your mouth. The antibacterial properties of salt will not only help brighten your smile but will also help keep your gums healthy.

Activated charcoal: Charcoal is definitely having its moment in the spotlight with one of its miracle abilities being an effective teeth whitener. We recommend using a 100 per cent natural tooth polish that is made from activated coconut shell charcoal. Apply as you would with a standard toothpaste.

White foods: Not for rubbing on your teeth but as a general diet choice that will help prevent further stains; white foods such as rice, potatoes and fish are less likely to discolour your teeth than brightly coloured foods.

DIY remedies to avoid: ☐ Lemons ☐ Oranges ☐ Apple cider vinegar



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SKIN TAGS... *Why they matter*

Skin tags are small growths that hang off your skin. They are common and essentially harmless, but can be removed if they bother you.

What skin tags look like

Skin tags are small, soft, skin-coloured growths on your skin. They can vary in colour and size – from a few millimetres up to 5cm (about 2 inches) wide.

They are usually found on the neck, armpits, around the groin, or under the breasts, but they can also grow on the eyelids or under the folds of the buttocks.

They can look like warts, but skin tags are usually smooth and soft (whereas warts tend to be rougher with an irregular surface).

Skin tags are knobbly and hang off the skin (whereas warts are usually slightly raised or flat)

Skin tags are not contagious (whereas warts spread very easily, so a sudden outbreak or cluster of growths is more likely to be warts)

NB: Skin tags do not usually cause any pain or discomfort.

Why skin tags occur

Skin tags are made of loose collagen fibres and

blood vessels surrounded by skin. Collagen is a type of protein found throughout the body.

Both men and women can develop skin tags. They tend to occur in older people and (significantly) people who are obese or have type 2 diabetes.

Why skin tags matter

If you have a diet high in carbs and sugars, your insulin will be high as a result. (Insulin controls blood sugar, so more sugar equals more insulin). But insulin has numerous actions on the body, one of which is cell-proliferation (important for example at puberty, when the body grows rapidly).

Uncontrolled cell-growth is a bad thing however, which is why people with type 2 diabetes are more prone to cancer. Skin tags are benign and harmless but they DO indicate that your insulin levels are probably too high. For more information contact Graham Phillips at Prolongevity - no pressure - just helpful qualified, professional advice, 07768 275802, graham.phillips@manorpharmacygroup.co.uk, www.prolongevity.co.uk

NB: Never attempt to remove large skin tags yourself because they'll bleed heavily.

KEEPING abreast OF THINGS

18 • Oct • 2019

With October being Breast Cancer Awareness Month, is it time to reassess our perceptions of this illness?

As a nation, our understanding of cancer has never been better, our healthcare is in its best ever place, and rates for the successful banishing of this dreadful biological disease are the best recorded.

We have so much to celebrate where breast cancer is concerned, yet the reality is someone will still wake up tomorrow, and the next day, and the day after that, and have their life ruined by this terrible disease.

Breast Cancer Awareness Month is a global campaign running across October that aims to engage as many people as possible in raising both awareness and funds in the fight against the disease. You can take part in wear it pink on Friday, October 18, and find out more on how to get involved by visiting wearitpink.org

The aims coming from the scientific world are big, with the intention that, by 2050, everyone

who develops breast cancer will live. Research is focused into four areas – risk and prevention, early detection and diagnosis, treatment, and secondary breast cancer.

By focusing on these stages of the disease and monitoring progress and results, specialists can use the most advanced techniques to save lives. In 2018, that meant the five-year survival rate topped 95 per cent; up from 82 per cent three decades ago.

So to answer the question posed at the top of this piece – no, it's definitely not time to reassess our perceptions where breast cancer is concerned. It is an affliction that ends lives, as well as causing untold pain for those left behind. It is an enemy of women of almost any age, any background, any social status, and the only thing we need to recalibrate is how we can fight in ways harder, tougher and even more stubborn than before.



breast cancer
now

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1:1 Varicose Veins

Thursday 3rd October 2019

From 6.30pm with Mr Vijay Gadhvi,
Consultant Vascular Surgeon.

P Thursday 21st November 2019

6.45pm–8pm with Mr Sabu Jacob,
Consultant Vascular Surgeon.

P Snoring and Sleep Apnoea

Thursday 10th October 2019

6.30pm–8pm with Mr Paul Chatrath,
Consultant ENT Surgeon.

P Foot Disorders

Tuesday 15th October 2019

6.30pm–8pm with Mr Amit Bhargava,
Consultant Orthopaedic Surgeon.

P Cataract Surgery and Ageing Eye Diseases

Thursday 17th October 2019

6.30pm–8pm with Professor Rajesh
Aggarwal, Consultant Ophthalmic Surgeon.

1:1 Men's Health – Worried About Your Prostate?

Thursday 7th November 2019

From 6.30pm with Mr Ramachandran Ravi,
Consultant Urological Surgeon.

P Ageing Aches and Pains

Thursday 14th November 2019

6.30pm–8pm with Dr Matthias Toth,
Consultant General Physician.

1:1 1:1 mini advice session

P Presentation

To book your place or find out more, go to
nuffieldhealth.com/book or call 01277 886 984

*Time frames indicated may vary depending on choice of consultant, type of diagnostic investigation, and procedure package. A referral may be required before a consultation or diagnostics. ^Interest-free loans are subject to status and provided by our medical finance partner.

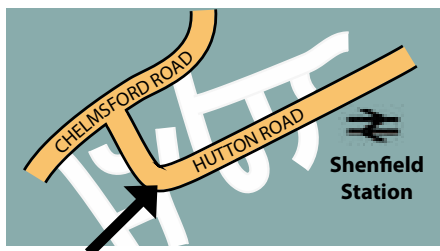


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BOUNCE

yourself fit

If the thought of going to the gym feels like you with dread and you can't think of anything more boring than pounding the pavement in an attempt to stay fit and healthy, then trampolining might just be the fitness craze for you.

IS TRAMPOLINE FITNESS FOR ME?

Nearly everyone can get involved in trampolining; whatever your current fitness levels. It is a great activity for those who find workouts boring or can be used as a way of mixing up your existing training schedule.

WHAT ARE THE BENEFITS?

- Bouncing improves cardiovascular fitness
- Increases leg strength and power
- Can feel less taxing and more enjoyable than jogging or running
- Improves balance
- Strengthens your core muscles
- Good for enhancing coordination
- Aids weight loss
- Helps protect and strengthen your bones and joints

ARE THERE ANY RISKS INVOLVED?

As with any form of exercise there is a risk of injuries; with the most common ones including

ankle sprains, fractures or shin splints as well as soft tissue injuries such as bruising from falling. However, most trampoline enthusiasts feel that the benefits of bouncing outweigh the potential hazards.

HOW DO I ENSURE MY WORKOUT IS SAFE?

If you do not fancy taking a class and would prefer to bounce in the comfort of your own home, then you need to make sure that you are not putting yourself at risk of injury.

- Place your trampoline on a flat and non-slippery surface
- Ensure that the springs, frame and any hooks are covered by shock-absorbing pads
- Always wear shoes that support your ankle
- Start with small jumps

HOW CAN I GET INVOLVED?

There are hundreds of trampolining clubs and classes that run across the UK; for more information visit www.british-gymnastics.org

Fitness Fact: On average, an adult will burn around 200 calories per hour bouncing.

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KIDS

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FIZZING RAINBOW

Difficulty rating: Very easy

YOU WILL NEED:

- Baking soda • Vinegar • A syringe
- Food colouring

WHAT TO DO:

- Mix 4 tbs baking soda with 3 drops of colouring and 1 tsp water
- Set aside on a tray
- Fill the syringe with vinegar
- Squirt on the soda and watch as it fizzes

FANTASTIC PLASTIC

Difficulty rating: Easy

YOU WILL NEED:

- 1 cup milk • 4 tsp white vinegar
- A bowl • A strainer

WHAT TO DO:

- Heat up the milk (with adult supervision)
- Pour the milk into the bowl
- Add the vinegar and stir for 1 minute
- Pour the milk through the strainer
- You will be left with lots of lumpy blobs
- Leave to cool slightly and rinse
- Mould into your desired shape
- Leave for 2 days to completely harden

BEND WATER

Difficulty rating: Medium

YOU WILL NEED:

- A plastic comb • A tap • A head of clean hair

WHAT TO DO:

- Turn on the tap until you have a very thin stream of water
- Brush the top of your hair 15 times
- Closely bring the comb towards the water. Do not touch the water with the comb
- Watch as the water bends towards the comb as if by magic

BUILD A BALLOON INFLATOR

Difficulty rating: Medium to hard

YOU WILL NEED:

- 1 empty plastic bottle • ½ cup vinegar
- Baking soda • A funnel

WHAT TO DO:

- Pour the vinegar into the bottle
- Stretch the balloon a few times and then, using the funnel, fill it half way with baking soda
- Place the neck of the balloon over the bottle top.
- Lift the balloon up so that all the baking soda falls into the bottle and mixes with the vinegar
- Watch as the balloon fully inflates itself



fashion fixes

If you are already feeling the desire to ditch the day dresses, to say sayonara to sandals or to toss out the tank tops, then these key autumn fashion trends for men and women are just what you need.

Statement shoulders

If you loved the '80s then you are in for a treat this season, as shoulder pads are back, baby. Or, to be more precise, statement shoulders are the look du jour. Look out for big, bold and embellished designs which will definitely see you stand out from the crowd.

Go hell for leather

A biker jacket is always a must-have item for the colder months, but this year you can expect to see a plethora of leather pieces hitting the high street, from tight leather pants to loose-fit leather dresses. Men can also rock this trend by embracing their inner Hells Angel and buying a leather trench coat asap.

Baggy Trousers

Nope, not a homage to pop band Madness, but a distinctive steer away from the beloved skinny jeans. Not only does this look flatter most body shapes but it can also be dressed down with a jumper and trainers or smartened up with heels and a blouse.

Scarf up

Men look out, this is your autumn accessory: an oversized scarf. Think thick, woolly and super long. You know, the kind your nan used to knit for you. Simply wrap nonchalantly around your neck, over a lightweight jumper.

Velvet galore

Luxurious and decadent, this fabric took over the men's catwalk shows with Dolce & Gabbana, Ralph Lauren and Emporio Armani all showcasing their velvety designs. Expect to see velvet shirts, suits, coats and even ties.



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TRAVEL



WHERE ARE THE BEST PLACES TO SEE THE AURORA BOREALIS?

The Northern Lights are one of Planet Earth's most amazing natural phenomena, having drawn in, enchanted and amazed generations of travellers to Scandinavia and North America for hundreds of years.

First witnessed by astronomers Gassendi and Galilei in 1621, the stunning, dancing sprays of neon light, almost extra-terrestrial in their appearance, form when charged particles are emitted from the sun at the time of a solar flare. These penetrate the earth's magnetic shield, then collide with atoms and molecules in the atmosphere.

The key areas for seeing these displays of nature's beauty can be found in a zone within northern Scandinavia, between 66°N and 69°N, otherwise known as the Aurora Zone. The band can become larger when there is high activity of geomagnetic action which is why the lights can, on occasions, even be visible from north-west Scotland.

Traditionally, it's been said the best places to

witness the Northern Lights were Sweden and Norway, but Finland, Iceland and Greenland can also lay claim to offering stunning tourist experiences. Much of this factors in the tranquil majesty of surroundings lakes, forests and fells which, while almost completely devoid of light pollution, also add to the mystical air of this remarkable sight.

In recent times, northern territories in Canada have also attempted to take advantage of what is now a global fascination for the Northern Lights. The Yukon provides wild animals, scattered towns and villages and delicate snowfall against a backdrop of shimmering lights.

And the display isn't just a visual treat to those in the Northern Hemisphere. The Southern Lights (Aurora Australis) are rarer in their visibility but can be spied from Australia, New Zealand and South Africa.

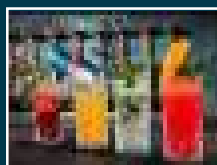
It's also known that similar displays can be seen above Jupiter and Saturn, although tourism numbers, thus far, have been disappointingly low.



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shakshuka

Are you looking for a quick midweek snack or a lazy weekend breakfast? Shakshuka, which literally means "all mixed up", is a popular Middle Eastern dish full of flavour.

This recipe contains a large amount of tomatoes which have numerous health benefits. These include improved eye sight, a good stomach health and reduced blood pressure.

Tomatoes contain a large number of antioxidants that have been proven to fight different forms of cancers. They are also a rich source of vitamins and minerals.

SHAKSHUKA - serves 6

INGREDIENTS:

- > 2 tbsps olive oil
- > 2 diced onions
- > 2 red peppers, cut into strips
- > 3 tins chopped tomatoes (1.2kg)
- > 1 1/2 tsp garlic purée
- > 1 tbsps tomato purée

- > 6 tbsps SPICE WAY Shakshuka Fast Gourmet www.spicewayuk.com/product/shakshuka
- > 6 large eggs
- > Salt and pepper to taste
- > Handful fresh parsley

METHOD:

- > In a large deep frying pan, fry the onions in the olive oil until translucent.
- > Add the peppers and continue frying until they are soft.
- > Stir in the tomatoes, Shakshuka Fast Gourmet mix, tomato and garlic purée, salt and pepper and simmer for 30 minutes. The mixture will thicken.
- > With the back of a ladle, make six small indentations in the sauce and break the eggs into them.
- > Cover the frying pan with a lid and continue to cook for approximately 5-6 minutes, depending on how you like your eggs.
- > Sprinkle chopped parsley on top and serve with crusty bread or pita.

Credit: Karen & Louise www.spicewayuk.com





THE RISE OF Sourdough

THE SECRET BEHIND THE ORIGINAL RAISED BREAD

They say that bread is older than metal, though the kind our ancestors made before the Bronze Age was the flat, unleavened kind. It was those clever Egyptians who were one of the first cultures to discover that grains could be fermented and turned into delightful doughy treats.

But the trouble with sourdough is it's a slow rise; it takes patience. Instant yeast transformed the way we made bread when it was developed in the 19th century, thanks to its ability to guarantee fast and reliable leavening. But that speed and consistency comes at a cost, which is precisely why sourdough is popular once more. Not only does it have a lot more flavour than regular white bread, thanks to the lactic acid-producing organisms that help it rise, it will also leave you feeling less bloated.

You don't even need to go to a fancy bakery to buy it, as once you've mastered a sourdough starter you can replace instant yeast in the bread you make at home. You can even use it to make pizza dough, waffles, pancakes and doughnuts, for a more flavoursome life.

HOW TO MAKE A SOURDOUGH STARTER:

- ✦ Grate one organic apple (skin but not core) and mix with 1kg strong white bread flour and 360ml tepid water. Tip into an airtight container and mark the level outside. Leave to ferment for three days.
- ✦ Discard half the mix and add another 250g bread flour and 170ml water – this is called 'feeding'. Mix thoroughly in the bowl. Tip back into the container and leave for a further two days.
- ✦ Once your starter is active, discard half of it, as before, and mix in another 250g bread flour and enough water to return it to the consistency of a very wet dough. Leave for 24 hours.
- ✦ Provided your starter is bubbling, it is now ready to use.
- ✦ Cooking temperatures and timings may vary depending on your plan on using the dough, double check specific recipes before baking.



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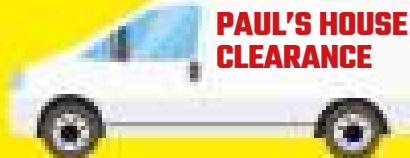
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PUZZLES & TRIVIA



PUZZLES

Answers can be found on the Contents Page 4

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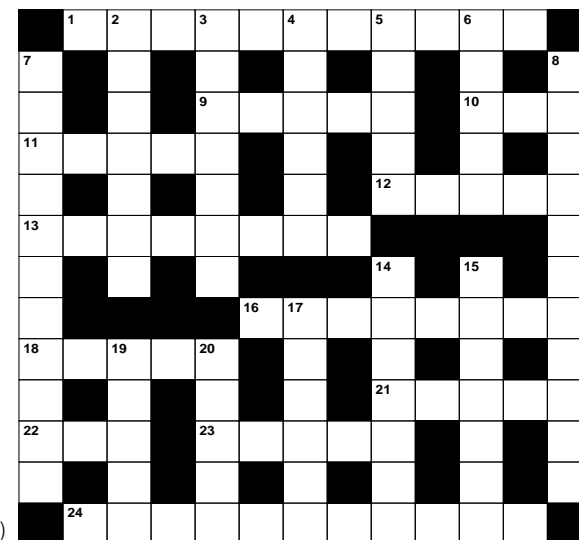
1. American actress (5,6)
9. Suffuse with colour (5)
10. Pub (3)
11. Walked at a steady speed (5)
12. Showered with love (5)
13. Sufficiency (8)
16. Figure of speech (8)
18. Financial resources (5)
21. Edge (5)
22. Bun (anag) (3)
23. Awake (5)
24. Tumultuous (11)

DOWN

2. Prophets (7)
3. One of the platinum metals (7)
4. Material; textile (6)
5. Role; office (5)
6. George ____: *Middlemarch* writer (5)
7. Act of making peace (11)
8. Unintentional (11)
14. Upstart; one who has recently gained wealth (7)
15. Henry David ____: US author and poet (7)
17. Follows (6)

19. Stroll casually (5)

20. Device used to sharpen razors (5)



DID YOU KNOW?

► The 2022 Commonwealth Games will be held in Birmingham

► Tiger Roll become the first since Red Rum to win the Grand National race back-to-back

► The 2018 Netball Commonwealth Games was the first final since netball was introduced at the 1998 Games that didn't feature both Australia and New Zealand

► Wheelchair rugby was originally known as murderball

► Abe Mitchell is depicted on the top of the Ryder Cup trophy

► The FIFA World Cup was first held in 1930 and Uruguay was crowned the winner after beating Argentina 4-2 in the final

SUDOKU

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PLAIN SITE

TELLTALE SIGNS THAT THE WEBSITE YOU ARE VISITING IS DODGY

Staying one step ahead of the fraudsters isn't a battle just reserved for those who patrol the internet. The unregulated nature of the world's biggest information source means we need to take control of our own vigilance. But by following a few easy steps, you can protect yourself from the dark forces at work across the web.

One S for security

When visiting a site, in the web address at the top, look for an 's' after 'http' at the beginning of the line. The lack of an 's' doesn't directly imply you are on a scam website, but it is telling you that the security certificate is inadequate, and you should refrain from entering personal information.

Some browsers – Google Chrome being one – add a padlock icon denoting any website that is fully secure, or the web address could be shown in green. The highest form of encryption for any site will also show the website name before the address.

Two Too good to be true?

On the internet, just as in real life, if something you see online appears too good to be true – particularly if you've clicked on an advert or had a pop-up appear on your screen – it probably is.

Three You have my word

Consider as well the trustworthiness of sites that have poor spelling or grammar. Very few scammers are fully adept in the finer workings of the English language, particularly if that site is being run many thousands of miles from the UK. Authentic marketing will almost always look professional in style and content.

Four Google away

Finally, if a site looks suspicious, put its name into Google. If it's a known rogue business then there's a good chance it's being discussed across the web.

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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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5 easy ways to £earn extra money

Who couldn't do with some more money in the run-up to Christmas? And what if you could do this without disrupting your daily life or causing yourself any additional stress? You'd be crazy to say no.

1. Sign up for online surveys

You won't make a fortune by signing up to these sites that offer cash or shopping vouchers in return for your information and opinions, but you can make around £50 per month if you put in the work.

2. Become a mystery shopper

This is a great option for those who love to shop and aren't afraid to be honest. Most companies are free to sign up to and there is no commitment to carry out assignments. The only drawback is that you sometimes have to pay for goods or services up front and wait to be reimbursed.

3. Rent out your home (or housesit someone else's)

If you are planning some winter sun, why not rent out your home while you are away? Popular destinations such as London, coastal areas or cities that have a particular seasonal attractions demand the highest fees. Reputable companies like Airbnb will cover insurance in case of any damage.

4. Make money from your skillset

Did you know that more than a quarter of workers in the UK have some sort of secondary income? But if the thought of a second job seems too much, consider offering your services as a freelancer.

5. Become a dog walker

With the cold weather setting in, many people will want to outsource the task of walking their dogs, so if you don't mind the outdoors and are comfortable around our four-legged friends, why not give it a go?



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Commonly used words and phrases in connection
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VOLATILITY

You will probably have heard this term quite a lot
recently. Volatility refers to the rate at which the price
of an investment moves up and down. If the price
moves up and down rapidly over a short period, it is
described as having high volatility. If the price remains
relatively stable, it is said to be a low volatility stock.
Needless to say, investors generally prefer lower
volatility.

ASSET ALLOCATION

This is the process of deciding what proportion
of your investment portfolio should be invested in
different types of investment. There are four main
categories of assets – cash, equities, bonds and
property. Determining which mix of assets you should
hold in your portfolio will depend on personal factors
including your investment time horizon and your
attitude to risk. Asset allocation helps to spread risk
through diversification, which in simple terms, means
not putting all your eggs in one basket.

INDEX

An index, and there are several, is a combined measure
of fluctuating market prices of shares in a selection
of companies that have similar characteristics, such
as size. Some indices are designed to reflect the
overall performance of a particular market, while
others follow a specific sector. So, for example,
the FTSE 100 is made up of the UK's 100 largest
quoted companies, the FTSE 250 includes the next
largest 250 companies, and the FTSE Small Cap
includes companies smaller than that. In the US, the
Dow Jones Industrial Average consists of 30 large
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On the road again? why not check out **BRITAIN'S BEST ROADS**

For the motoring enthusiast, there are few things in life more pleasurable than an open road, a fast car and a bit of Canned Heat on the stereo.

While many of the UK's best roads wind their way through, along and on top of stunning geological features, mostly in the north of England or Scotland, there may be some 'must-drive' routes a little closer to home:

ONE: A838, Laxford Bridge to Tongue, Scotland

Let's start right at the top, and a road that pivots through the Highlands' incredible natural beauty. At 77 miles long it is the perfect distance to savour sea vistas and mountain landscapes, yet with an average of just 96 vehicles using it each day, you really will feel you have your own slice of tarmac.

TWO: The M6 Toll

For those who have driven through the mess that is the M6, the sheer joy of gliding along the M6 Toll is a sensation like no other. Always clear of incidents, its winding, graceful curves allow fast and satisfying driving. In fact, a recent poll found the average speed of all vehicles on the road to be 76mph, a full 6mph above the speed limit.

THREE: A40, Wales/England Border

On the face of it a dual carriageway linking two countries, the road that skips through Penraig, Whitchurch and Monmouth burrows deep into the Wye Valley, flanking its river and can be likened to the experience of a rollercoaster ride through the Canadian Rockies.

FOUR: A592, Windermere to Penrith

Better known as the Kirkstone Pass, this incredible route reaches almost 1,500ft, with spectacular valley views, drystone walls and wonderful winding roads.

FIVE: The Snake Pass

Edging through the Peak District towards Glossop, the Snake Pass is true to its name in offering a slithering track often seen on car adverts. The tranquillity of the spot is what draws drivers in, with elevation and adverse cambers testing driving skills to the max.



Photo credit: Richard Hayman/Shutterstock.com



Photo credit: Ceri Breeze/Shutterstock.com



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MOTORING



Three-time Formula One World Champion Ayrton Senna died on May 1, 1994, after his car crashed into a concrete barrier while he was leading the 1994 San Marino Grand Prix at the Autodromo Enzo e Dino Ferrari in Italy. Photo credit: Shutterstock

LEAVING IT ALL on the track

The recent death of young Renault driver Anthoine Hubert brought home the startling reality that although motor racing is as safe as it's ever been, the race track remains sport's most dangerous arena. August 31, will go down as a sad day for motor racing. Anthoine Hubert, just 22, lost his life following a horrific 170mph crash at Spa-Francorchamps circuit in Belgium. It was a reminder of the perils that these individuals face every time they step into a high-performance car, with the Frenchman becoming the 52nd driver to have been involved in a fatal car accident in high-performance competition since 1952.

UK test driver Cameron Earl was the first – the Yorkshireman was killed at the MIRA circuit in Nuneaton. A total of 14 drivers would lose their lives during the 1950s alone, with the Indianapolis Motor Speedway responsible for more than a third.

In 1982, Canadian Gilles Villeneuve also passed away following a crash in Belgium, but at the older Circuit Zolder. The most notable loss of life came in a horror weekend at the San Marino GP at Imola 12 years later, when three-time world F1 champion and legendary Brazilian driver Ayrton Senna died instantly when his steering column broke.

His death came just 24 hours after the Austrian Simtek driver Roland Ratzenberger was also killed.

Hubert's death was, at least, the first since Jules Bianchi succumbed a full nine months after injuries he sustained in a collision with a track rescue crane at the Japanese Suzuka circuit, in 2014.

The truth is, manufacturers are being pushed to ensure their machines are as safe as they can possibly be, and while performance has been affected by the imposing of new controls, you can be sure no dying driver would ever want the sport to die with him.



The helmet of late-Formula 2 French driver Anthoine Hubert is placed on the ground at the end of the funeral ceremony, at the Chartres cathedral, in Chartres, south of Paris. Photo credit: Thibault Camus/AP/Shutterstock



Photo credit: Paul Currie/BPI/Shutterstock

DEAD AND BURY-D

The sad demise of a once proud football club and what it means for 91 other Football League members.

In September, and in a scenario football fans have seen played out countless times, most expected the white knight to ride in and save Bury Football Club's 125-year membership of the Football League.

The nearer the deadline became, perversely, the more belief grew that things would resolve themselves. And yet, there was no white knight, there were no further stays of execution, and having failed to prove funds were in place for them to survive the season whilst taking care of the Company Voluntary Arrangement agreed a few months previously with creditors, Bury Football Club were expelled from the world's richest football league.

On the face of it, to let a former FA Cup winner wilt for the equivalent of two weeks of Alexis Sanchez's wages is preposterous, but the Shakers' plight is a

stark reminder that self-sufficiency is a requirement, not an option, and the Lancashire club's drive for higher division football – and the wages that accompany it – must be a salient warning to all clubs.

Emotionally, the situation was made worse for the Gigg Lane outfit by local rivals Bolton Wanderers' survival, though this isn't necessarily the end for Bury. They exist still as a business, with owner Steve Dale seemingly desperate to relinquish all ties as the club seek entry at a much lower level – probably the Northern Premier League – for the 2020/21 season.

What's left is very much the same as before. The pursuit of the riches at the top of the game is as fervent as ever in English football, and clubs will continue to gamble big time in pursuing that. What's changed is that chairman and owners know the trap door is no longer bolted shut.

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WHAT'S ON

in your area

Block builder's Construction Club
Chipping Ongar Library, The Pleasance,
High Street, Chipping Ongar, CM5 9AB
Every Saturday, 3pm – 4pm



Children of all ages love creating with blocks. As well as being fun, it has a real educational quality, helping the development of motor skills, creativity and problem-solving skills.

Come to the library's family Block builders Construction Club with a different weekly theme. Models will be on display until the following week.

The club suggest if you build something good at home, to bring it in to show everyone. Photographs accepted too.

Writing Circle

Chipping Ongar Library, The Pleasance, High Street, Chipping Ongar, CM5 9AB
Twice a month, 2pm – 3.15pm

Ever thought of becoming a writer? Writing on your own can be lonely, so why not join the friendly community writers' circle for some constructive feedback on your work or learn how to get started on your first ever book.

For more information, contact Chipping Ongar Library.

Dinner Dance

De Rougemont Manor, Great Warley Street, Brentwood, CM13 3JP
October 18, 7.30pm – 12am

The return of the fabulous venue for a fantastic night of dining and dancing. You will be greeted on arrival by Eleanor and her hostesses and introduced to new and existing members.

There will also be a spacious dance floor, a great DJ, excellent cuisine/wine and exciting company. For more information, visit www.acrosstheroom.co.uk/dinner-dances

Artist Development Day

Essex Arms, Warley Hill, Brentwood, CM14 5HA
October 19, 10.15am

Are you in a solo artist or in a band? Have you wondered what it's like to be signed on a development deal with a label?

This one-day course will introduce you industry professionals giving you the low down on the industry and a plan to help you put your career onto a more professional path.

For more information, or to get involved, visit www.wegotickets.com/event/479821

Bonnetts Halloween Circus

Bonnetts Garden Village, Mascalls Lane, Warley, Brentwood CM14 5LJ
October 26 – 31

Meet the spooky family and be prepared to have some Halloween fun under the heated big top this October.

Why not dress up in your favourite seasonal outfit? A 30 minute show full of fun, magic, juggling, illusions and more will be performed by a professional cast of international artists. Suitable for all ages.



Christmas Fair

St Thomas of Canterbury Parish Church, St Thomas Road, Brentwood, CM14 4DF
November 30, 12pm – 4pm

There will be great stocking fillers and gifts for all. There will also be a bar and refreshments, and a visit from Father Christmas. So, come in from the cold for hot snacks, cakes and entertainment.

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