

A portrait of Lord Alan Sugar, an older man with grey hair and a beard, wearing a dark pinstripe suit, a blue shirt, and a patterned tie. He is looking slightly to the right with a serious expression, and his hands are clasped in front of him.

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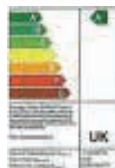
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Editor's notes...



Nik Allen, Editor

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

My father often says to me and anyone in earshot that "the company you keep matters". His take on things is that if you hang around with positive,

can-do attitude type people, that can only have a good influence on you. The opposite is also true, and I recently experienced a little of this myself.

We are launching another **VISION** title in Leigh-on-Sea, and as part of my sales push I visited stores and businesses in the area. I met a business owner and explained that I was launching a magazine in the town. I had hardly got the words out of my mouth when he responded: "No mate, you don't want to do that. Those magazines never work."

I was a little taken aback, but not as much as he was when I told him that **VISION** Leigh-on-Sea was our eighth edition in Essex, and we have more in the pipeline owing to the magazines' success.

It was all very polite, and, in fairness to him, he took my words on board. But imagine if I was new to the publishing world and was selling space in my first magazine and I listened to him? I would have probably killed the idea because of the doom-mongering.

How many dreams or goals get quashed by people offering up their opinions rather than experience-based facts? So, the moral for this month, folks, is if you want to achieve something positive, it's best to avoid those who are negative. Thanks for reading,

Nik

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Rise AND Shine



A LIFE IN THE LENS – LOOKING AT THE IMPACT LORRAINE KELLY HAS HAD ON OUR MORNING ROUTINES

Lorraine Kelly is a doyenne of the terrestrial TV morning schedule – a homely, kind, softly spoken presenter whose ability to mix everyday life with A-list red carpet celebrity excess has made her one of our most cherished broadcasters.

At the end of November, the Scottish presenter turns 60. She has dedicated more than half of her life to the interview sofa, in the process achieving the quite unique feat of never seeing her popularity wane, despite the wildly changing fortunes of the shows she has been a part of, from *TV-AM*, *GMTV*, *ITV Breakfast* and *Daybreak*, not to mention revisions to her own lifestyle and entertainment show *Lorraine*.

Since joining the first of those ITV breakfast show incarnations in 1984, the Glasgow-born journalist has been a stalwart, effortlessly combining heavy news, serious topics and controversy-laden stories with light entertainment's feel-good factor.

From covering the Lockerbie bombing in 1989 to guest-hosting BBC2 comedy-quiz series *Never Mind the Buzzcocks*, to providing voiceovers and narration on CBeebies programme *Raa Raa the Noisy Lion*, Lorraine's appetite for variety is only ever at odds with her constant chipper, chirpy, uplifting tone that effervesces warmth and friendliness.

'EMOTIONAL, FUNNY, ENTERTAINING AND WITH A HEART OF GOLD'

Lorraine was the recipient of an OBE in 2012, and a year later fellow weekday morning magnate Piers Morgan made Lorraine the subject of one of his *Life Stories*. Emotional, funny, entertaining and with a heart of gold, she wept at recalling the images of Dunblane, a massacre that occurred just 35 miles from where she grew up.

And yet Lorraine, like Piers, has always been able to mix tragedy with optimism in almost Shakespearean flits between heartache and happiness – from the most exposed portrayals and gravest of real-life stories to, in complete contrast, Lorraine's own "exposure", made public by a temeritous Piers who embarrassed the Scot when he displayed a picture of her naked on a sunbed from a newspaper cutting, before presenting it to her in a frame.

Morgan's comment that the host's secret to her seemingly ageless demeanour is that she is "such a great laugh both on and off-camera" is the truest ode. Her instantly-recognisable giggle has kept her liked and adored by the British public. Combining this with a sense of style that is brave, bold, free from convention and with the specific intention of making the wearer feel satisfied, she flies a flag for anyone putting themselves first.

"It's true, sometimes I do find myself wearing clothes an 18- or 19-year-old might have in their wardrobe," she has said. "In the past I would have thought twice, but I think as the years go on you realise how important it is to dress in a way that makes you feel happy."

Weight loss has also been another topic close to the TV personality. Brutally honest about her appearance, she recently revealed that she'd been able to lose almost a stone in weight in just over six weeks thanks to cutting out carbs.

It is perhaps the one thing we will allow the "Queen of Daytime TV" to limit. The rest – the friendly smile, the sense of community and the ability to make every viewer feel like they are in the room with her – we will keep... thank you, Lorraine.

THE TALENT

A LOOK AT THE HOW *BGT*'S TWIST AND PULSE RETURNED TO THE BIG TIME AFTER A GAP OF NINE YEARS

It's clear 2019 is going to go down as the year when everything got a little mixed up. There's Brexit, Man United's inevitable slide towards the lower leagues, and even a freshening up of established TV formats. Yet while the changes to *X Factor* will play out fully over the coming months, we've already seen the first "champions" emerge from the *Britain's Got Talent* stable... and in true Simon Cowell irreverent style, they weren't even winners in the first place!

When the saviour of light entertainment announced the concept of *BGT: The Champions*, it's likely he foresaw the likes of Colin Thackery, Lost Voice Guy, Richard Jones and perhaps even Paul Potts coming back to relive past glories.

The fact Twist and Pulse took the big prize is slightly baffling, given that the street dance duo were actually beaten into second place in 2010 by gymnastic troupe Spelbound. What's most surprising, given it's almost a decade since they were first on *BGT*, is the

fact Twist and Pulse are still together.

In the immediate aftermath of finishing runners-up in 2010, the duo – Ashley Glazebrook and Glen Murphy – appeared on a number of TV shows including *Magic Numbers*, *This Morning* and *Celebrity Juice*. They returned to *BGT* in 2012 with their own dance troupe, reaching the semi-finals, and travelled extensively in the early years as their popularity held.

Quieter times were to follow though, and only festive pantomime bookings kept the pair in the limelight. However, behind the scenes, they choreographed extensively, working with leading brands such as Red Bull, Kellogg's, Cadbury, Disney, Lego, Sky One, Specsavers and more.

Now, in 2019, their return to the top of the tree bucks the trend of Simon Cowell's acts burning out so quickly after fame. Perhaps these are the true champs after all...



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HOME & DIY

JEWEL

of the aisle

WHAT TO LOOK FOR WHEN SHOPPING FOR JEWEL SHADES THAT WILL BRING LIFE TO YOUR INTERIORS

Prepare yourself: jewel shades and tones are very much back in this autumn. Bold and strong, these colours are perfect for catching the eye. While a good start point is to match new purchases to existing wall colours or pieces of art, here's a more extensive guide, outlining the effect each jewel shade can produce in your home.

PERFECT PURPLE

Purple is the deepest form of amethyst, and using a sofa in this colour to blend into or complement a dark wall behind can make for stunning décor and a real statement piece in a room. Other audacious types, like deep jade or mustard yellow, can be great combos too.

ROYAL RUBY

Red already does what it says on the tin, but adapting ruby, a versatile, multi-mooded colour, can offer warmth, passion, brightness and fire. A ruby red lamp will transform the

space in a room. It instantly sets it apart from anything else, such as the regally revered hue, and combined with amethyst creates reflection and balance.

SUMPTUOUS SAPPHIRE

Sapphire is another bold jewel tone that's very adaptable. The darker blue creates feelings of peace, tranquillity and purity, and, added as a cushion or a throw onto a light object, such as a chaise longue, offers a perfect contrast that is "statement stylish".

ELEGANT EMERALD

Emerald is a gorgeous jewel tone and works brilliantly with whites, silvers, greys and browns. Its presentation, especially with wood, gives the feeling of nature, life and the outdoors, indoors; while paler shades of formal colours will allow the emerald's deep, solid earthy quality to come to the fore, giving the room an alluring mystique.



HOME & DIY

DAVID COLLINS

and a design legacy that continues to evolve



Walk into any number of swanky bars, restaurants or boutiques opened or refurbished in the capital since the 1990s and there's a good chance the place you're standing in may have been strongly influenced by Irish interior designer David Collins.

The designer passed away just over six years ago, but his impact on the industry was profound, and his legacy continues to be enjoyed on a daily basis by the millions who flock to London every day.

Collins' style was in luxury interior design.

Flanked by his David Collins Studio, the organisation has become renowned for chic, clean, glamorous design with an eye on heritage – ideas that are so applicable to London's sleek, rich, cosmopolitan feel, and often embracing his favourite colour, Lutyens blue.

Designing restaurants for Marco Pierre White, Pierre Koffmann and Marcus Wareing; patterning The Wolseley, The Delaunay Hotel, Claridge's, The Connaught and retail interiors for Harrods, Jimmy Choo and Alexander McQueen, Collins' style is as ubiquitous as it is unique – mainly because he has had an effect on so many.

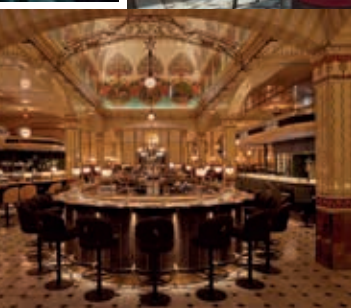
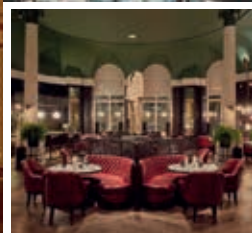
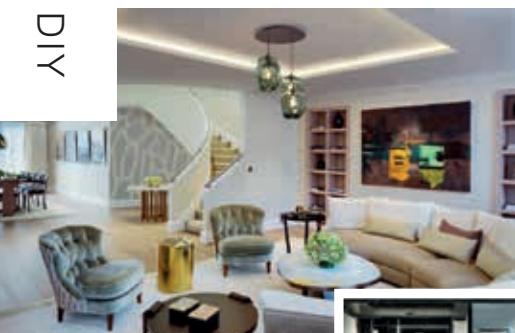
The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

Collins died in mid-July 2013 through complications arising out of a particularly virulent skin cancer – it had only been diagnosed three weeks previously.

Regardless, his studio continues to deliver iconic works of art and interior design, and is the recipient of numerous top-ranking awards.

It would be fitting to end with a quote from Madonna: "When I look around my houses, I am struck by what an influence he has had on me. He has left his souvenirs everywhere: his touch, his taste, his flair and his blue."

Photo credit: Terence Donovan and www.davidcollins.studio



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HOME & DIY

Go wild WITH WHITE

If subconscious associations with colours are to be believed, then it's little surprise that we prefer our kitchens to be glossy white, but just how white do they need to be?

The truth is, if everything in life was plain white, we'd get bored of it pretty quickly. It follows then that, while this may be our favourite kitchen colour, the real devil is in the detail when it comes to livening things up:

MARVELLOUS MARBLE

If your obsession with white is fixed, fair enough, but try a splash of alternative colour in your marble work surfaces or, better still, add a design to your splashbacks.

ECLECTIC ELEGANCE

Use white simply as a platform for a decorative mix of shades and styles. This eclectic angle means you won't spend all your time stressing over drops of colour, and you can relax into your home surroundings while maximising productivity.

RETRO SPLASHES

An orange lampshade or a lime green chair will offset perfectly a wicked wash of white, showing

individualism, excellence and no small amount of bravery.

THE APPLIANCE OF COLOUR SCIENCE

If your budget allows you to choose either cupboards or a new selection of white goods, stick with the latter but match your white wood to appliances. That dated oven, dodgy fridge or flustered freezer won't look half as clumsy if the shade of white matches the rest of your kitchen.

WHITE ON ITS WAY?

Of course, go through any paint swatch and you will see countless variations on the theme of white. Classic off-white is a clever, subtle and persuasive way of taking our favourite kitchen colour while not selling out completely.

Of course, the only downside to having a kitchen that shows off a wicked willingness for white is that you'll need a constant supply of cloths, wipes and sprays to keep the damn thing clean...



SEVEN USES FOR A USED TOOTHBRUSH

Dentists recommend that you replace your toothbrush every three months to prevent infection, but it seems such a waste to simply throw out the old ones.

1. CLEAN YOUR KEYBOARD

If you have ever eaten your lunch at your desk, then chances are your keyboard needs a good clean. A toothbrush is perfect for reaching between the keys to shift stubborn dirt. Apply a simple solution of alcohol and water.

2. REVIVE OLD JEWELLERY

Soak any delicate jewellery in hot water mixed with dishwasher soap for around 30 minutes. Remove and gently brush with a soft toothbrush and rinse.

3. DUST YOUR BLINDS

A household task that can often be forgotten, the dust that builds up between blind slats or around curtain rings can be shocking. A toothbrush is the perfect size for tackling hard-to-reach spaces.

4. APPLY HAIR DYE

Especially good for touching up your roots or grey hairs, a toothbrush is the ideal tool for blending colour into roots; it is much more effective than a mascara wand.

5. POLISH METAL ITEMS

A toothbrush can work wonders on any metallic item, but especially those that are prone to trapped dirt or residue. Simply mix water and baking soda and scrub the affected area.

6. GROOM YOUR EYEBROWS

Why waste money buying an expensive eyebrow brush when an old toothbrush will do the job perfectly? Ensure that your toothbrush has been thoroughly cleaned and that the bristles are all still intact and then groom away.

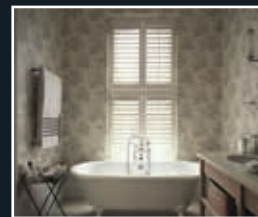
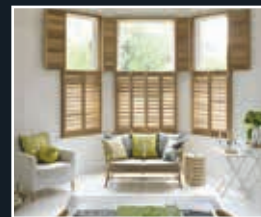
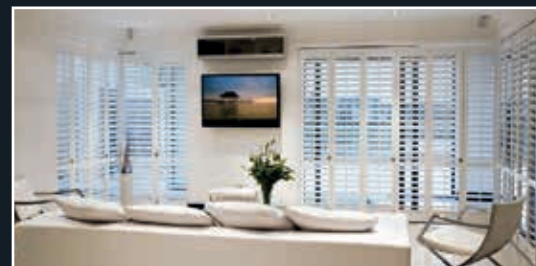
7. REMOVE CRAYON MARKS

Crayon stains on the wall are the worst, but they can be removed by applying a small amount of shaving foam to a toothbrush and scrubbing the offending area.



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LOCAL NEWS

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Gold glory for teen British showjumper

A teenage show jumping star picked up gold and silver gongs while representing Great Britain at the Youth Nations Cup Finals in Belgium.

Claudia Moore, 14, who attends Brentwood School, was placed second in the Grand Prix with her mare Delflip on September 27 and then, acting as anchorwoman, was part of the British Team that won the Jumping Pony Nations Cup Final on September 29.

Claudia produced a superb performance to finish second in the Pony Grand Prix, producing a double clear in 39.12 seconds on Delflip, owned by proud mum Katrina Moore.

From the 43 starters, 14 riders made their way through to the jump-off and eight went on to jump a second clear.

Two days later, the British Pony Team, competing under the title sponsor banner of Team LeMieux, won the Fédération Equestre Internationale Jumping Nations Cup Pony Final in convincing style.

The British team qualified for the final in equal first place alongside Germany and The Netherlands, with all three nations on a zero penalties score.

Claudia, who was last up for GB in the qualifier, played a major part in the team's success, securing an all-important third clear round.

The British team continued its excellent form, and such was the strength of her teammates' performances, Claudia wasn't required to jump in the final as the win had already been wrapped up by the three clear rounds produced earlier.



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Mum rallies team of 45 runners for half marathon

A mum from Brentwood rallied a team of 45 runners who joined her in completing an iconic half-marathon to raise money for a children's charity.

Becci Beale led the team of runners around the Royal Parks Half Marathon on October 13 to raise vital funds for the Great Ormond Street Hospital Children's Charity (GOSH Charity).

The Mum of four chose the charity because of the life-saving care her daughter, Emily, received at Great Ormond Street Hospital (GOSH) and to celebrate that Emily has been in remission for five years.

To mark Emily's milestone, Becci and the team are aiming to raise an incredible £20,000 to help seriously ill children from across the UK.

Becci said: "I owe GOSH my daughter's life. All the staff are so helpful and efficient, I feel like the hospital is our second home. I knew that our girl was in the



best hands, and that GOSH were going to do all they could for her and for us.

"I mentioned to my friend about setting a goal for myself and she suggested we run a half marathon for GOSH Charity, as I have told her how much the hospital means to me.

"I posted on my Instagram page and from there it just grew and grew. I couldn't believe how many people were contacting me to say they were going to sign up. Every time someone joined us, I shed a happy tear."

Laura Savory, deputy director of community fundraising at GOSH Charity, said: "We are really grateful to Becci, Team GOSH Essex and all of our supporters for not only taking part in this incredible challenge but also raising so much money."

To donate to Team GOSH Essex, please visit www.justgiving.com/fundraising/team-gosh-essex

Man reportedly threatened with firearm

Essex Police are appealing for information following an attempted robbery in Brentwood where a man was reportedly threatened with a firearm.

The victim, who is in his 30s, was approached by two men in Ongar Road at around 10.15pm on September 25.

The offenders demanded his wallet and threatened him with what has been described as a firearm.

He refused and both men made off down Hurstwood Avenue towards the footpath. Both men had their faces partially covered.

Essex Police said: "Nothing was taken. However, if you saw anything, have any CCTV or dash cam footage or have any other information please call us on 101 quoting the crime reference number 42/153697/19 or Crimestoppers anonymously on 0800 555 111."

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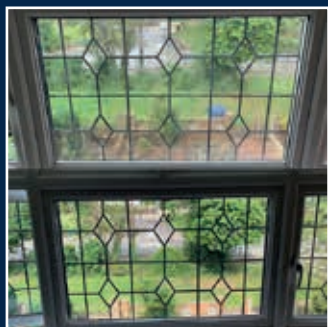
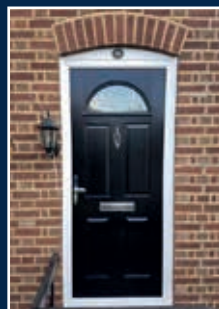
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An evening with Street Pastors



This month, local resident William Russell spent time with the Street Pastors in Brentwood to find out more about what they do. Here is his story. For those like me who would usually be wrapped up in bed around 11pm on a Friday night, you probably have never met a Street Pastor before or know who or what they are.

I joined them on patrol on a relatively quiet, but wet and windy, night on the town.

Our evening began gathering equipment, anything that could help assist someone in need.

We then joined together in prayer before mobilising the minibus, or what I like to call the "Pastormobile" and headed for Brentwood's High Street.

There, we set up base and divided into two teams. One assigned to base while the other went on patrol. I eagerly joined the latter.

Tom, a Street Pastor who joined in 2011, introduced me to Colm, whose special skill is the ability to defuse hostile situations.

He went on to tell me how on one exceptional night he came across a bruised and bloody man who lay among some bushes. He was able to treat his injuries and call paramedics.

In addition to treating small wounds, handing out flip flops to those who can no longer safely walk in high heels or encouraging people to drink water, on patrol they are collecting discarded bottles and broken glass, removing any trip hazards.

They engage with young people and they keep a watchful eye from a distance and can identify trouble before it begins.

Street Pastors, although volunteers, are highly trained. It can take up to two years to make the grade.

However, anyone can join them on patrol to assist them. It is a great way to find out if you have what it takes to become one.

Incredible respect is afforded to these volunteers, from those who frequent the bars, clubs and restaurants, the door staff and establishment

owners to the police. It is clear that the Street Pastors are an asset to the community and a voluntary resource we really would not want to be without.

If you would like to become a Street Pastor, contact brentwood@streetpastors.org.uk or call Sawyers Church 01277 210422.

Burglar jailed for two and a half years

A man who was caught on doorbell cameras attempting to break into properties in Brentwood has been jailed for two and a half years.

Brett Parker, from Romford, was jailed for two counts of attempted burglary at Basildon Crown Court on Thursday, October 10.

He was sentenced in his absence after refusing to appear by video link in prison.

Between October 16 and 17, 2018, Parker attempted to gain access to two properties, including one at Shevon Way, Brentwood.

The occupant received a notification through his phone that there had been activity outside his home.

The victim reviewed his CCTV where he spotted Parker trying to gain access to his front door.

Essex Police investigated and quickly identified Parker, who was known, before being charged with both offences.

Detective Sergeant David Wilkinson, of Brentwood CID, said: "This case highlights one of the many benefits of having security such as doorbell cameras at your homes."



LOCAL NEWS BRENTWOOD



School cricketer picks up a prestigious award

Brentwood School cricket captain rubbed shoulders with some of the game's biggest names when he was named academy player of the year by Essex County Cricket Club (Essex CCC).

Robin Das collected his award from former England captain Sir Alistair Cook at the club gala dinner and celebrated this success alongside double winning champions Essex, who won the T20 Blast and County Championship.

The award caps a remarkable season for Robin. This year he captained the Brentwood School 1st XI to winning the U18 Essex Cup. For Essex, he made 634 runs and posted the highest score of 200 not out in a three-day game against Kent. He also made a number of second team appearances for Essex.

Robin said he was thrilled with the award. He commented: "It was a great honour for me to achieve this award, given the incredible success of Essex CCC this season and the number of worthy contenders. "Although I am pleased with my achievement, I would hope that I can push on from this and build on the work that I have already done. My ambitions at the moment stand at representing Essex CCC at first class level, with a chance at Test cricket being my dream."

Bar to reopen despite concerns by police

A former footballer will reopen a bar in Brentwood which was closed down following a death last Christmas Day.

Andreas Artemi, who played for Southend United, will reopen The Vine, High Street, after applying to Brentwood Borough Council (BBC) for a licence.

The application was approved by BBC on October 17 despite strong opposition by the police.

As a result, the committee's decision to grant a licence was on the basis that Mr Artemi was not the personal licence holder.

Essex Police were strongly against the licence application as they feared the management style would be the same as that which led to the death last year.

In a statement to Brentwood Council, Jackie Cooper, Essex Police licensing officer, said: "To counter police and council concerns, he is proposing to oversee the management and operation of the premises as the designated premises supervisor (DPS), yet he is already the DPS at two similar premises in Southend, which Mr Artemi manages on a daily basis.

"Essex Police has inexplicable concerns that this will again be management by proxy of The Vine, Brentwood – the same management style which failed so badly before.

"It was the lack of overall management that led to the revocation of the premises licence following the death of a patron last Christmas."

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Teenage karting star vows to return stronger



A teenage karting schoolboy from Brentwood has vowed to return stronger after he raced across Europe and in the World Championship.

Liam McNeilly, 13, competed on European tracks in Germany, France and Finland as he continued to make his mark in the competitive world of karting.

On September 8 he competed in the FIA World Karting Championship, the premier event on the karting calendar.

Competition was extremely tough, with Liam failing to make the cut and only 34 drivers lined up on the grid for the final.

That invaluable World Championship experience followed a summer racing across Europe.

Liam competed in round three of the X30 European Championship at Wackersdorf, Germany, and finished the main final in 10th place out of 34 drivers.

He then headed to Salbris in France for the final round, and after some issues during the qualifying heats he finished in 18th spot.

This placed Liam 15th overall in the 2019 X30 European Karting Championship out of more than 80 competitors.

Speaking about his summer and the world championships, Liam said: "That's motorsport and what knocks us down makes us come back stronger."

"I am training hard ready to compete again next year."

who work day and night in people's homes, providing hands-on care and vital emotional support.

The fundraising group will support Marie Curie's major fundraising campaigns as well as organising its own fun events, collections and stalls. The group will also help spread the word about Marie Curie.

Bianca Etienne, from Marie Curie, said: "Joining the Brentwood fundraising group is a really great way to raise funds for Marie Curie while also meeting new people and having lots of fun."

"We are looking for individuals who are organised, have great communication skills and an eye for detail to join our group."

If you are interested in joining the group, or supporting Marie Curie in any other way, contact Bianca on 01920 486962.

Twins ski into top five in national competition

Twins from Brentwood are celebrating after both finished in the top five in a national indoor skiing championship.

Sam and Max Kingsley, who attend Brentwood School, competed in the British Independent Schools Skiing Indoor Open Championship on September 30.

Sam came second while his brother Max finished fourth, out of a total of 215 competitors.

Asked how they felt about their experience, Sam and Max said: "We were both feeling confident we'd do quite well because our training has been going well over the past few months, so we were able to relax a bit this time and really go for it."

The twins are extremely competitive with each other and spur each other on in all sports. In skiing they are frequently only a few tenths of a second apart, and usually when one beats the other in one race, the next race sees the other inch ahead.



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Charity looking for community fundraisers

A charity that helps people living with terminal illnesses and their families is appealing for volunteers to join its fundraising group.

Marie Curie wants support from people in Brentwood and is encouraging them to raise funds in the local area to help support Marie Curie Nurses,

BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



Brentwood-based charity Special Needs and Parents (SNAP), which provides outstanding advice and support for children with special needs and their parents, has been highly commended in the annual Kids Count Inspiration Awards held at the Houses of Parliament.

Kids Count is a grass-roots organisation aiming to find practical solutions to the broad spectrum of issues that affect children and young people in urban and rural communities. The aim of the awards is to recognise those individuals and organisations that have quite literally inspired young people in their communities.

SNAP offers invaluable support to families in my constituency and across Essex who have children with special needs. So often I meet local families whose lives have been changed for the better because of SNAP. I am immeasurably proud to have nominated it for an award in recognition of its unstinting support and care to those who need it most.

I've also had the chance in the last month to meet the various charities and support agencies who make up Brentwood Borough Council's Aging Well team, under the guidance of Jo Cory, the council's sports, events and community development officer. Jo's behind the Chatty Benches that are popping up in Brentwood, where people who need to chat to brighten up their day can find people to talk to. Too many older people live very lonely lives, and I am following the Aging Well group's work with interest as it develops ways of bringing people together for support and friendship.

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News from
THE ROTARY CLUB
Brentwood

The Rotary Club of Brentwood has been running for more than 80 years and has been supporting charities locally and worldwide for the same period of time. We have more than 40 members and meet on a weekly basis at the Marygreen Manor. As well as having full members, we have Friends of Rotary, a group of people who help us at key events throughout the year. People who become a Friend of Rotary do not wish to commit to being a full member but they have skills and time that they are willing to share and as a result become part of a network of people working towards making the world a better place.

Friends of Rotary get involved in:

- > Helping out at Christmas activities – very close to our hearts at the moment – this may be in the form of a driver for our sleigh, being part of our street collections and helping at

particular occasions, like Lighting Up Brentwood;

- > Participating in our activities, such as the shoebox appeal – filling a shoebox for a child or household which will then be transported abroad to families less fortunate than our own, or planting crocuses in awareness campaigns to help eradicate polio;
- > Sponsoring events, in terms of people power or monetary donations, e.g. our annual golf day;
- > Providing a service at our events, e.g. face painting.

The Rotary Club of Brentwood supports many charitable activities both locally and internationally each year. There are no administration costs – all administration is provided through our club members and volunteers – ensuring that money given to Rotary charities goes to the charities.

There is not a fixed amount of time you need to commit to. If you think you have skills that would benefit us, then please get in touch and find out more by contacting us on rose@responsivehealth.co.uk

Illegal parking targeted in town



Residents have welcomed a targeted approach to tackle illegal parking in Brentwood High Street after 58 tickets were handed out.

A joint proactive approach by Brentwood Borough Council (BBC) and South Essex Parking Partnership (SEPP) saw multiple tickets handed out.

The operation took place on October 11, with drivers mainly hit with parking tickets for not parking in the correct areas.

The successful operation was welcomed by residents.

Sam Hallett told **VISION**BrentwoodOngar: “I know parking wardens get a lot of abuse for what they do but this is a good thing. The situation was getting silly.

“The parking restrictions are there to keep people safe and traffic moving. Hopefully this puts an end to some of the issues on the high street.”

Tracey Hays also a resident agreed.

She said: “About time. The fact they caught 58 people in one go shows just how bad the situation is.

“Let’s see if the same positive action is taken elsewhere.”

Brentwood Police confirmed that they had “continued to get complaints” ahead of the action by BBC and SEPP.

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LOCAL NEWS

from your neighbourhood



Raise a glass as pub crowned the best in Essex

A pub in Ongar has thanked its customers after it was crowned the best in Essex for the second year in a row.

The White Hart pub in Moreton, Ongar, won the Pub of the Year category at the Essex Life Food and Drink Awards. They were also a finalist in the Customer Service category.

The pub was taken over in April 2017 by landlady Carla Ince and her family and since has grown in strength.

In the first year of taking over they won Pub of the Year and they have once again repeated that achievement.

This year they were nominated again by their customers and judged by a panel to be shortlisted to the final three for both the Pub of the Year and the Customer Service Award.

In the Pub of the Year category they beat The Marlborough in Dedham and The Old Crown in Messing in the final.

The Customer Service award went to Galvin Green Man pub in Great Waltham.

The White Hart is a family-friendly, dog-friendly pub and a regular pit stop for walkers and cyclists.

The pub plays host to live entertainment and quiz nights and plays all sports on screens inside and outside on the terrace so there is simply something for everyone.

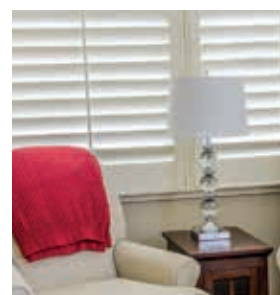
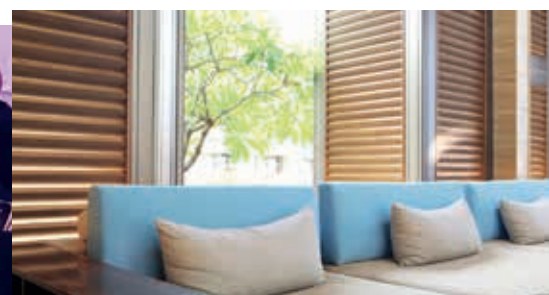
Speaking about their delight at winning Pub of the Year for the second time, The White Hart's staff said: "Thank you to everyone that nominated us."

"Thank you to all our loyal customers, and we look forward to meeting those we haven't met yet."

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Town to benefit from sixth form facility for the first time



Ongar is set to have a sixth form available to youngsters in a significant step forward for education in the town.

The Ongar Academy will open its new sixth form, to be named Ongar 6, in 2020, with the facility providing 60 places for students.

It will be available in the 2020/21 academic year and students have already expressed huge interest in being included in the first intake.

The sixth form will be for those in school years 12 and 13 and will offer more than 10 A Level and BTEC courses.

The sixth form is being funded by the Bridge Academy Trust after a year of planning.

Director of education for The Ongar Academy and headteacher, Allan Osborne, said: "It is fantastic for Ongar to offer an educational journey for children aged four to 18.

"What an exciting time for our school, especially at this time when our school is so heavily oversubscribed.

"We anticipate that we will have lots of interest from our own wonderful students but also many from the wider community."

Disgraced police officer still in role

A disgraced police officer from Ongar continues to get paid and remains in his role despite being handed a suspended prison sentence for theft almost three months ago.

Robin Ruston, 36, currently remains a Metropolitan Police Officer after admitting the theft of £200, with the force confirming that a misconduct hearing is yet to take place.

He is currently suspended but is still being paid. He was sentenced at Westminster Magistrates'

Court on Thursday, August 15 after an undercover officer tested his integrity by handing him cash, a bag and a phone charger.

The experienced police officer of 15 years was given a 16-week prison sentence suspended for 12 months having faced a judge just a day after his arrest.

Ruston was also ordered to pay £207 to the court in costs and a victim surcharge after admitting a single count of theft.

The Metropolitan Police Service told **VISIONBrentwoodOngar**: "Misconduct proceedings have not taken place yet but are likely later in the year."

Celebrate Christmas at Zinc

The festive season will kick off early at Zinc in Ongar as is is gearing up for its Christmas Market.

Zinc is a community hub, theatre and cafe, and on Sunday, November 17 it will be buzzing with festive joy and fun.

This year's event will be the fourth of its kind with the market running from 10am to 3pm and the cafe also open all day.

It will see a variety of local businesses and craftspeople showcasing their goods and talents from handcrafted home and garden ware and fabulous fashion to personalised presents, Christmas decorations, jewellery and more.

Following the Christmas Market, a wreath decorating workshop will be hosted at Zinc on November 25.

The session will be supported and guided by renowned local florist and designer, Louise from The Botanical Shed, with those taking part making their own unique wreath from scratch.

Speaking to **VISIONBrentwoodOngar** about the Christmas market and wreath decorating workshop, Zinc said: "The countdown to Christmas is on. Get ahead of the game with Zinc this Christmas."

Spaces for the wreath workshop can be booked at www.zincarts.org.uk



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Councillor to stand in bid to become MP



A local councillor has vowed to "champion residents' views" as he was chosen to stand for MP of Ongar.

David Kendall is to stand for MP of Brentwood and Ongar for the Lib Dems at the next general election.

David has lived in in the Ongar area for 30 years and has been a Brentwood Borough Councillor for 27 years. He has also been an Essex County Councillor for more than 10 years.

As a local councillor David has showed his passion for issues including fighting library closures, mental health, transport and highways.

He said: "I am delighted to be contesting the Brentwood and Ongar seat for the Liberal Democrats at this key moment in our country's history.

"For me, stopping Brexit and the loss of trust in Boris Johnson's Conservative government are two of the key issues at stake at this election.

"However, I am also passionate about getting better mental health services, addressing climate change and fighting for improvements to our rail and bus services.

"If I am elected as the MP for Brentwood and Ongar, I will champion residents' views at Westminster on Brexit and the issues that matter to them and give them the service and action they deserve."

Taser deployed in Ongar

A man had to be tasered before being arrested in Ongar after reports that he had been causing damage with an axe.

Police officers responded to a report from a member of the public that a suspect was causing damage on Shelley Estate with an axe.

When officers arrived, the man had already left the scene but was soon located and arrested by the Epping Forest Police Community Safety Team.

He was then tasered before being arrested for one

count of suspected criminal damage as well as for drink driving.

On its Facebook page, the Epping Forest team said: "More patrols in Ongar and officers were deployed to reports of a male with an axe.

"He was quickly located, disarmed and arrested for possessing an offensive weapon and drink driving by our Epping Forest police team."

The suspect was tasered by PC Paul Harrison, who shared the news on social media, as it was the first time he has used a taser.

Ongar Town FC off to perfect start

The Ongar Town football season is well underway, and it has got off to the perfect start.

The club formed in August this year following a merger of Ongar Jubilee and Ongar Town. The side is comfortably at the top of the Essex Olympian Football League, winning all five games.

Set up by chairman Simon Boulwood and first team manager Richard Ponsford, the two say they have bold ambitions.

Simon said: "Going forward we have the Senior Cup and Essex Cup so it should be a good season. We're trying to run the club as professionally as possible.

"Puma is sponsoring our kit this season and has provided us with a home kit, training kit, match day kit, tracksuits and bags. Puma wants to do some more advertising with us so hopefully we'll be doing more with Puma in the future.

"Alex Burghart MP has invited us to visit the House of Commons, give us a tour of Parliament and take us for lunch. He's very interested in how the club is performing and we hope to see him at a game soon."





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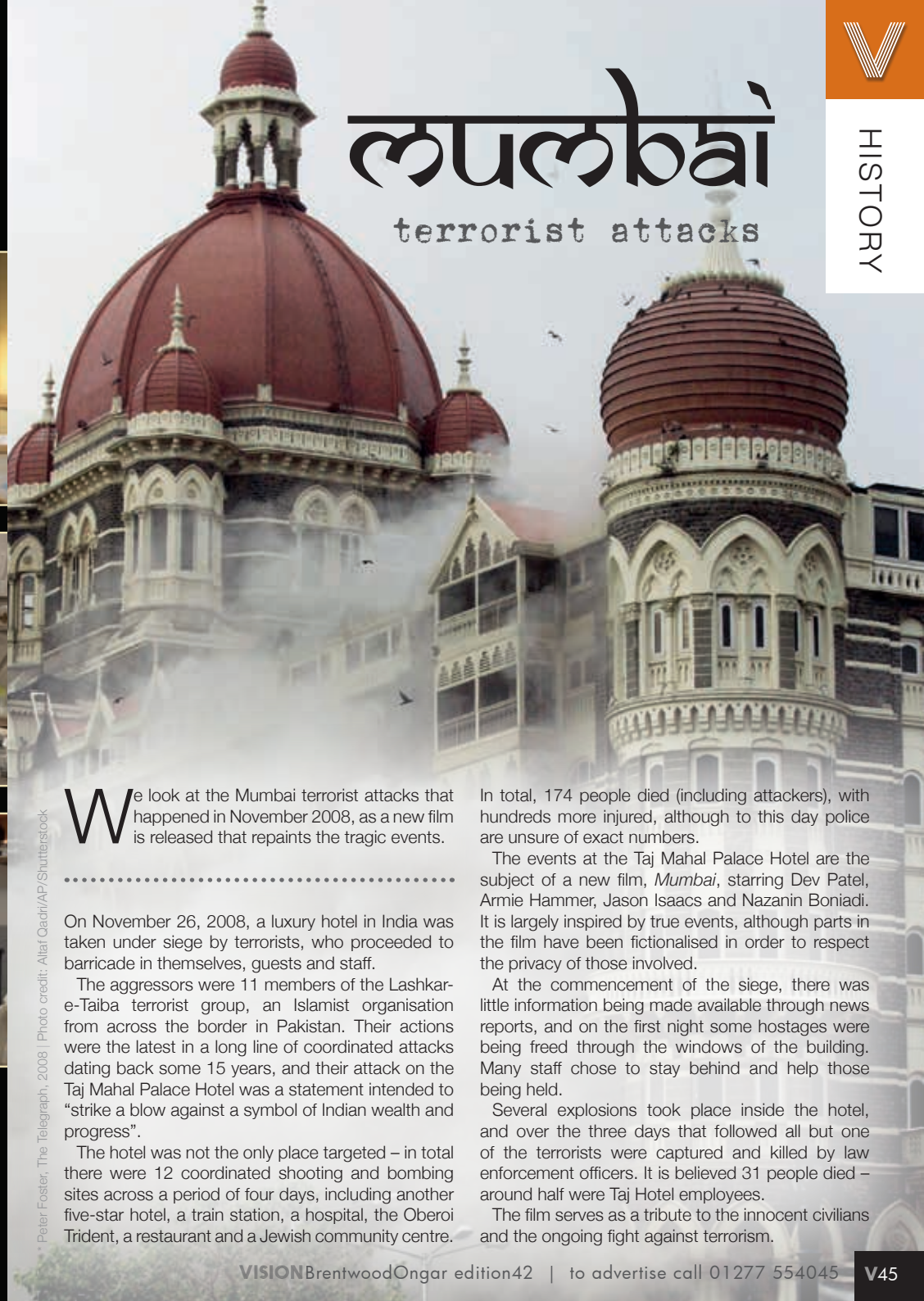
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लपलेबाँ

terrorist attacks



HISTORY



We look at the Mumbai terrorist attacks that happened in November 2008, as a new film is released that repaints the tragic events.

On November 26, 2008, a luxury hotel in India was taken under siege by terrorists, who proceeded to barricade in themselves, guests and staff.

The aggressors were 11 members of the Lashkar-e-Taiba terrorist group, an Islamist organisation from across the border in Pakistan. Their actions were the latest in a long line of coordinated attacks dating back some 15 years, and their attack on the Taj Mahal Palace Hotel was a statement intended to “strike a blow against a symbol of Indian wealth and progress”.

The hotel was not the only place targeted – in total there were 12 coordinated shooting and bombing sites across a period of four days, including another five-star hotel, a train station, a hospital, the Oberoi Trident, a restaurant and a Jewish community centre.

In total, 174 people died (including attackers), with hundreds more injured, although to this day police are unsure of exact numbers.

The events at the Taj Mahal Palace Hotel are the subject of a new film, *Mumbai*, starring Dev Patel, Armie Hammer, Jason Isaacs and Nazanin Boniadi. It is largely inspired by true events, although parts in the film have been fictionalised in order to respect the privacy of those involved.

At the commencement of the siege, there was little information being made available through news reports, and on the first night some hostages were being freed through the windows of the building. Many staff chose to stay behind and help those being held.

Several explosions took place inside the hotel, and over the three days that followed all but one of the terrorists were captured and killed by law enforcement officers. It is believed 31 people died – around half were Taj Hotel employees.

The film serves as a tribute to the innocent civilians and the ongoing fight against terrorism.

Peter Foster, The Telegraph, 2008 | Photo credit: Altaf Qadri/AP/Shutterstock



Good Lord

THE BBC'S SUGAR DADDY PROVES HE STILL HAS THE APPETITE FOR A SWEET DEAL

It would be fair to say Lord Sugar doesn't much go for his lofty prefix. The East End barrow boy turned Amstrad founder and football club magnate is rarely seen mooching with the upper echelons of society in Westminster. Instead, he'd rather find himself on our TV screens, bellowing nuggets of entrepreneurial excellence at the latest band of misfits masquerading as the next big thing.

Lord Sugar's love affair with *The Apprentice* is one of modern reality TV's greatest hits, even though his command of a captive audience is merely a minor part of a genuine success story that evolved from car boot sales and market stalls to a wealth that now tops £1.1 billion.

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show... so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

Regardless, the longevity of Lord Sugar on our screens typifies perfectly the admiration we have of anyone achieving so much from so little. The Hackney-born trader epitomises the swashbuckling, charismatic, go-getter spirit that we all aspire to emulate, even if some of the swag he has peddled over the years has, by his own admission, been "an old pile of toot".

Starting out as a market trader in 1963, Sugar found a niche selling car aerials and electronic goods. From there he evolved, capitalising on the boom in demand for home computers. With IT continuing to provide additional commercial angles in an increasingly tech-driven age, the entrepreneur quickly accumulated huge wealth (he finally reached billionaire status in 2015).

Sugar has also dabbled in air travel and property investment projects, but neither offered quite the appeal of reality TV business mentoring, and when he was approached in 2005 by the BBC for a new TV series that would unearth a wealth of business hopefuls desperate to side with one of the UK's most respected commercial megaliths, his interest piqued. Few could have envisaged that, 14 years on, the (now) Sugar/Brady/Littner trio would still be chalking up viewing figures in excess of seven million in the immaculately delivered *The Apprentice* show.

His reward – other than a new business partner each year – is the sort of marketing power and celebrity kudos that he could only have dreamt of when flogging his clunky computer systems 40 years ago. And while recognition is often financial, being endowed with the title of Lord 10 years ago by Prime Minister Gordon Brown was significant. Many at the time saw it as a somewhat cynical ploy by a desperate Labour government to curry mainstream favour to someone almost universally popular (apart from with Arsenal fans); but in truth, the title envelops a spark and a spirit based in qualities that all of society will approve of... a desire to achieve and succeed.



PUZZLES & TRIVIA

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to the largest
high profile project



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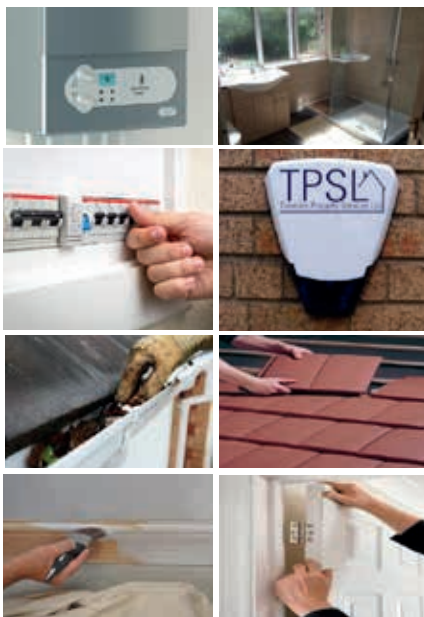
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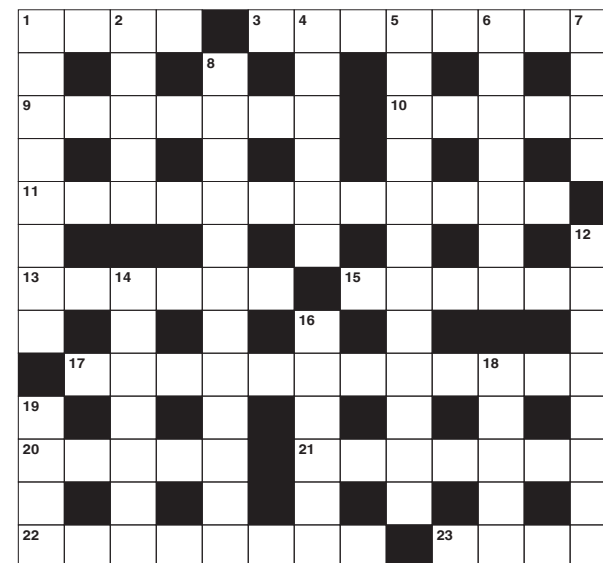
ACROSS

1. A single time (4)
3. Driver of a horse-drawn carriage (8)
9. Sent by sea (7)
10. Unfasten (5)
11. Advance payment (12)
13. ____ Wood: US actor (6)
15. Showy (6)
17. Heart specialist (12)
20. Small airship (5)
21. Outline of a natural feature (7)
22. Fairness (8)
23. Continent (4)

DOWN

1. Thinks about something continually (8)
2. Ascend (5)
4. Confer holy orders on (6)
5. Compensate for (12)
6. Shooting stars (7)
7. Christmas (4)
8. Spotless (5-3-4)
12. Exaggerated emotion (8)
14. Form a mental picture (7)

16. Compels to do something (6)
18. Images of deities (5)
19. Woodwind instrument (4)



DID YOU KNOW?

- ▶ Golf balls usually have between 300 and 500 dimples
- ▶ The Olympic flag was created in 1913 and released in 1914
- ▶ Dina Asher-Smith became the first British woman to win a sprint gold at the 2019 World Championships
- ▶ Volleyball was invented in 1895 in Massachusetts
- ▶ Jayne Torvill and Christopher Dean performed Boléro at the 1984 Winter Olympics, winning them the gold medal
- ▶ The first professional baseball league was set up in 1876
- ▶ Having begun in 1877, Wimbledon is the oldest tennis tournament

SUDOKU

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



PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

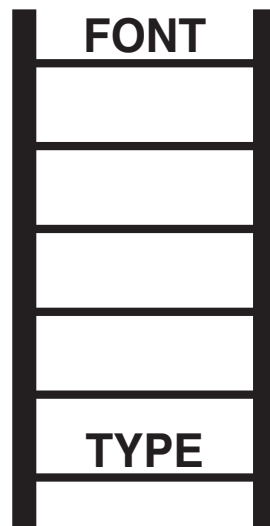
- ▶ ANDORRA
- ▶ AUSTRIA
- ▶ BELGIUM
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- ▶ ENGLAND
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- ▶ FINLAND
- ▶ FRANCE
- ▶ GERMANY
- ▶ GREECE
- ▶ IRELAND
- ▶ ITALY
- ▶ LATVIA
- ▶ MALTA
- ▶ MONACO
- ▶ PORTUGAL
- ▶ SLOVAKIA
- ▶ SLOVENIA
- ▶ SPAIN
- ▶ WALES



DID YOU KNOW?

- ▶ Melba toast is named after Australian opera singer Dame Nellie Melba
- ▶ The can opener was invented in the 1850s, years after tin cans were first used
- ▶ Marmite was invented in the late 19th century by German scientist Justus Liebig
- ▶ There are around 7,500 varieties of apple in the world
- ▶ Carrots have zero fat content
- ▶ A watermelon comprises around 92 per cent water
- ▶ Kit Kat was created by Rowntree's of York and is now produced by Nestlé
- ▶ Processed cheese was invented in Switzerland, not America

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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



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PLANT OF
THE MONTH:

Poppy

Most famous for being the symbol of remembrance
for soldiers who died during World War I, poppies
make a beautiful addition to any garden and are
simple to grow.

WHAT TYPE OF PLANT IS A POPPY?

A poppy is part of the Papaveraceae family and is a herbaceous
plant that is known for its colourful flowers. Poppies can grow
to more than a metre tall and up to 15cm across.

WHAT TYPES OF POPPIES ARE THERE?

There are roughly 120 different varieties of poppies, with the most
popular being the field poppy, or papaver rhoeas, which is an
annual and bee-friendly variety that suits a wildflower-filled garden.
Or if you want a real showstopper of a flower, then oriental poppies
are about as flamboyant as they come and are available in many eye-
catching colours, including salmon-pink, scarlet, plum and orange.

WHEN AND HOW SHOULD YOU PLANT POPPY SEEDS?

Poppies should be planted in either late autumn or early winter as they
need to be exposed to the cold in order to germinate, making November
the ideal month to sow poppy seeds.

- Start by preparing your soil by removing as many weeds as possible.
- Lightly dig the soil over and rake to create a bed for your seeds.
- Sprinkle the seeds over the surface – they do not need to be raked in
owing to their tiny size.
- Water immediately and re-water only if weather is very dry.
- Expect flowers from June onwards.

WHAT GROWING CONDITIONS DO THEY LIKE?

The poppy is an easy plant to grow and favours full sun rather than a shady
spot. Although they will grow in most soil conditions, they will flourish in soil that
is well drained, erring on the side of dry.



GARDENING



WINTER JOBS in the Garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months. But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

remove

First, remove any fallen branches, leaves and debris from around plants and beds. This will ensure dead plant matter doesn't cause damp problems to any underlying plants. It's also a good time to elevate containers onto pot feet to prevent plants becoming waterlogged by persistent winter rain.

prune

Winter is a good time to prune, as deciduous trees have lost their leaves so you can see clearly the shape of branches. Climbing roses, fruit trees and hedges all benefit from a good cut back. Remove dead, damaged, diseased or spindly growth.

move and protect

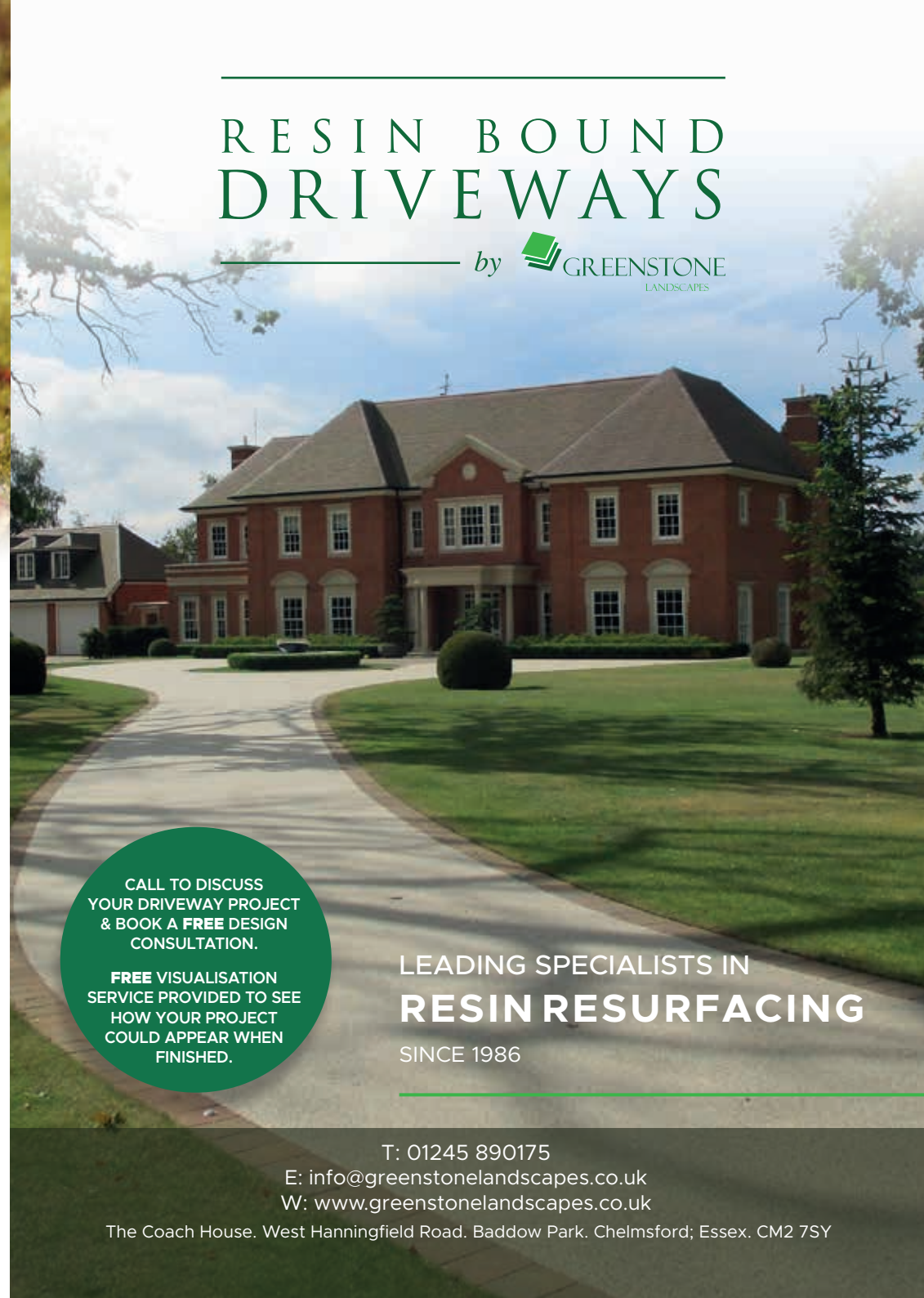
Move containers of shrubs, bedding plants or herbs such as bay, myrtle and olive to a sheltered spot to protect from frost damage. Put a cloche over thyme you use for cooking.

feed

Obviously in the winter less food is naturally available for birds to eat, so it is a good time to give nature a helping hand. The RSPB has a range of advice about what to leave out for the birds during the winter. Water is just as important, as natural resources freeze up, so make sure birdbaths stay ice-free.

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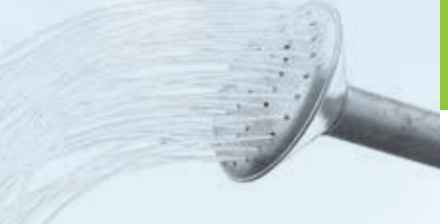
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Heart AND SOIL

done by adding either acidity (if too alkaline) or lime (if too acidic).

Soil texture

Plants and vegetables require a richly organic bedding, with a crumbly texture that's moist to the touch and dark in colour.

Improving earth quality requires nothing more than a trip to your garden centre – simply add one or two inches onto the top six inches of soil already there. This will also improve drainage quality.

Watering

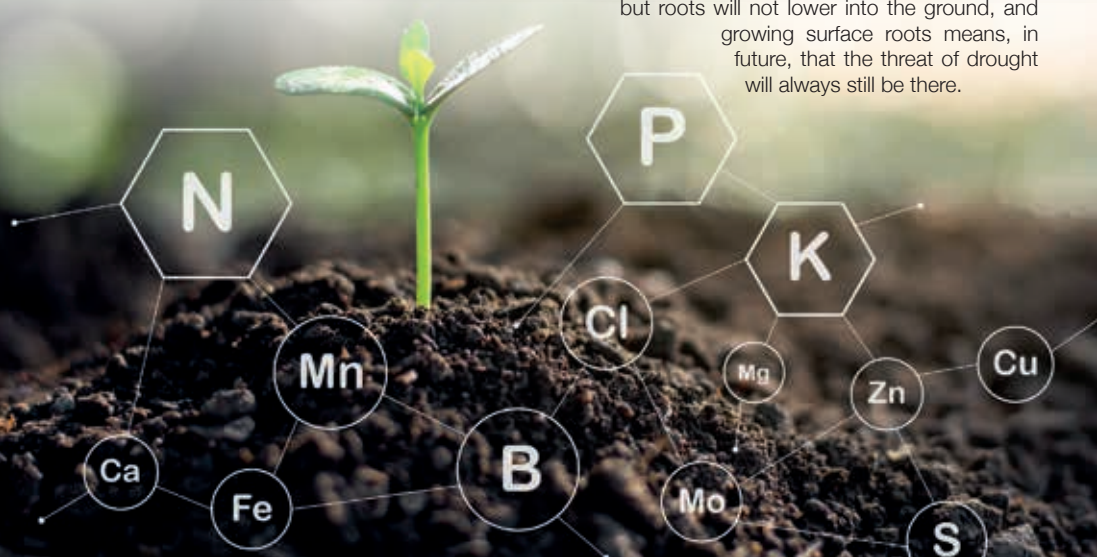
Whatever the soil type, never underestimate how much water you'll need to keep your earth in good shape. As a general guide, it's around 25 litres of water square metre every seven to 10 days to ensure you are maintaining optimum plant growth.

If you're worried your soil doesn't have sufficient moisture, insert a spade to maximum depth, remove, and check the end for dampness. And remember, always water in the cool of the evening or very early morning. Day watering is prone to evaporation – not only will your plants not flourish, but roots will not lower into the ground, and growing surface roots means, in future, that the threat of drought will always still be there.

pH

Finding out the acidity of your soil using a testing kit means you can best match it to whatever it is you want to grow. A slightly acidic result of pH 5–7 represents the best conditions for anything in your garden, with fruit at the lower end and sometimes as low as pH 4.

Readjusting your soil pH can be






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HEALTH & FITNESS



FIVE EXERCISES THAT CAN BE PERFORMED ON A TREADMILL

INCLINE PRESS-UPS

Turn the treadmill off and stand on the side base with your hands on top of the handles, making sure your body is in a straight line.

Now bend your elbows into a push-up and take your chest down to the console, hold it and then push back up. Perform 10 reps.



REVERSE MOUNTAIN CLIMBERS

Set speed to 1–2mph, move behind the machine and face away from it, then go into the plank position. With hands on the floor, lift feet onto the treadmill, drive your right leg onto your chest and stretch, then the left one. Perform eight times on each leg.



WALKING PLANK

Still at 1–2mph, stand at the end of the treadmill and get into the plank position, putting your hands onto the base of the machine. Making sure your body is in a straight line, put your hands onto the band of the machine and simply walk them forward.



SIDE SHUFFLES

Stand sideways on the treadmill in a squat position and slowly bring the speed up to around 3mph. Moving quickly, move your feet together and out again. Repeat this on the other side. For balance, hold your hands together.



TREADMILL PUSH

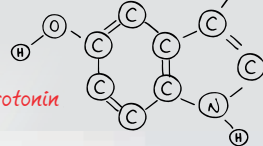
Turn off the treadmill and pull the emergency tag. Then stand on the machine and grip both of the handles with your hands, and bend your elbows slightly. While in that position, drive your legs in a forward motion to push the treadmill belt back.

Complement these exercises with a brisk walk or run to get your body toned.

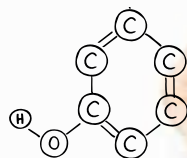
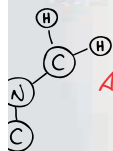
KNOW YOUR

HORMONES

Serotonin



Adrenaline



Moody teenager? Blame it on their hormones. Nagging wife? She must be hormonal. Even men can be affected by a hormonal imbalance at particular points in their lives.

And it's no wonder really, as the human body secretes and circulates 50 different hormones which are responsible for regulating most of our major bodily functions.

The key hormones and their functions:

THYROID: This hormone helps regulate our weight and internal body temperature and controls our energy levels.

OESTROGEN: A female sex hormone that is in charge of reproduction, menstruation and menopause.

SEROTONIN: The happy hormone that regulates our moods, memory, sleep and digestion.

CORTISOL: A stress regulator, this hormone is produced by the adrenal gland.

ADRENALINE: Known as the emergency hormone, adrenaline causes the "fight or flight" response.

TESTOSTERONE: The male sex hormone; it helps build muscle and develop male reproductive tissues.

PROLACTIN: This hormone is released after childbirth so that the mother can lactate.

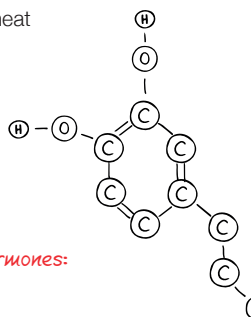
PROGESTERONE: This hormone helps the

body prepare for conception and pregnancy and regulates the monthly cycle.

INSULIN: Produced by the pancreas, insulin helps the body regulate blood sugar levels.

Symptoms associated with a hormonal imbalance:

- Unexplained weight loss or gain
- Excessive sweating
- Sudden sensitivity to cold or heat
- Long-term fatigue
- Feeling constantly thirsty
- Difficulty sleeping
- Anxiety/mood swings
- Brittle bones
- Changes in blood pressure
- Bloating



Natural ways to balance your hormones:

- Get sufficient sleep
- Manage your stress levels
- Exercise regularly
- Avoid sugars and refined carbohydrates
- Eat plenty of fruit and vegetables
- Eat healthy fats such as nuts and avocados
- Increase your fibre intake
- Eat one or two portions of oily fish per week

Suffering from a hormonal imbalance can have serious effects on your whole body, so if you are experiencing any of the above symptoms, you should talk to your GP who will investigate further.

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At 6.30pm with Mr Sanjay Agrawal, Consultant General Surgeon.

P Ageing aches and pains

Thursday 14th November 2019

At 6.30pm with Dr Matthias Toth, Consultant General Physician.

P Varicose veins

Thursday 21st November 2019

At 6.45pm with Mr Sabu Jacob, Consultant Vascular Surgeon.

1:1 Cosmetic surgery

Thursday 28th November 2019

From 6.30pm with Mr Venkat Ramakrishnan, Consultant Plastic Surgeon.

1:1 1:1 mini advice session

P Presentation

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ACANTHOSIS NIGRICANS... *What is it and why does it matter?*

How do you know if you have it?

The main symptom is patches of skin that are darker and thicker than usual. They can appear anywhere on the body. The patches are dry and feel similar to velvet.

They're most common in skin folds, such as the armpits, neck or groin, and some people also have tiny growths on the patches.

The patches often appear gradually, without any other symptoms, but the skin may become itchy.

Although it's usually harmless, it's best to get any skin changes checked out by your GP because in rare cases it can be a sign of something more serious, such as cancer.

What causes it?

The most common cause is having raised insulin levels, hence it is more common in overweight people. Other causes include:

- type 2 diabetes;
- conditions that affect hormone levels – such as Cushing's syndrome, polycystic ovary syndrome or an underactive thyroid;
- taking certain medicines – including steroids or hormone treatments like the contraceptive pill;
- in rare cases, cancer – usually stomach cancer;
- in rare cases, a faulty inherited gene.

Sometimes acanthosis nigricans happens in healthy people with no other conditions. This is more common in people with dark skin.

How is it related to type 2 diabetes?

If your diet is 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 other effects 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; this is why people with type 2 diabetes are more prone to cancer. Acanthosis nigricans is essentially benign and harmless. However, the raised insulin (called hyperinsulinemia) causes proliferation of the surface of the skin as well as excess melatonin production. Hence the thickening and darkening of the skin. Interesting to note that acanthosis has the same cause, but different symptoms, as skin tags.

What is the treatment?

There is no treatment, but if you improve your diet and lifestyle you can bring your sugar levels back under control, your insulin levels will normalise and the dark, raised patches often fade over time.

Visit www.prolongevity.co.uk or contact Graham Phillips at Prolongevity, call 07768 275802 or email graham.phillips@manorpharmacygroup.co.uk

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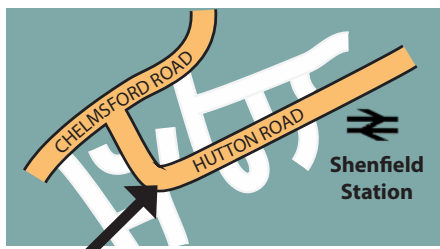


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Microdermabrasion

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We all want our skin to look smoother, brighter and, of course, more youthful, so it's no surprise that medical professionals are constantly developing new treatments to keep up with demand.

And with our current aversion to surgical procedures, microdermabrasion has never been more popular.

What is microdermabrasion?

Microdermabrasion is a non-surgical, minimally invasive cosmetic procedure that uses crystals and a vacuum to remove dead skin cells; it can be used on the face, neck, chest, back and hands. You should notice an improvement in the elasticity, texture and appearance of your skin after only a few sessions.

What types of skin can benefit from this procedure?

This procedure is particularly effective for those suffering with the following skin complaints:

- Wrinkles and/or fine lines;
- Age spots, brown spots or hyperpigmentation;
- Blackheads;
- Acne scars;
- Stretch marks;
- Sun-damaged skin;
- A dull, tired-looking complexion.

Is it safe?

Microdermabrasion is a low-risk, painless procedure that does not use needles or an anaesthetic. The treatment should only be carried out by a licensed dermatologist, plastic surgeon or registered nurse.

How much does it cost?

This is dependent on what type of specialist you book with, but on average this procedure will cost between £40 and £100 for one session. You can have this procedure as frequently as every week to kick-start the desired cosmetic effect, with most switching to monthly maintenance after three to four sessions.

Does it take long to recover from the treatment?

Your skin will be pink and feel dry and tight after the procedure, a bit like a moderate case of sunburn. However, these effects will only last for around 24 hours and can be greatly improved by regular moisturising. It is advised to not wear make-up until the skin has completely healed.































































































































































































































































































































































THAT'S A CAP!

When *Peaky Blinders* first hit our screens in 2016, no one could have predicted the huge impact that it would have on British men's style, with one popular UK retailer reporting an 83 per cent increase in sales of flat caps after the first episode alone. But how do you pick the right style for you?

The Newsboy Cap

Notably one of the most popular styles of flat caps, the Newsboy is recognisable by its fuller crown and button accent. Available in either wool or cotton, this fun and fashionable cap can be worn throughout the year.

The Irish Flat Cap

Another popular choice, the Irish flat cap is an exciting option owing to its plaid or tweed pattern. Ideal for those wanting to look seriously dapper.

The Baker Boy Cap

A slightly more serious-looking cap, the Baker Boy has a low profile crown and sits more firmly than the Newsboy owing to its harder exterior. Perfect for those who pride themselves on pushing the boundaries of fashion. Available in felt or wool.

The Driving Cap

A unisex cap, this style sends us straight to the streets of Paris with its elegant and simple design. The driving cap can be identified by its stiff hat band and full crown. Keep it simple in plain black and let the shape do the talking.

The Big Apple Cap, aka The Gatsby

Similar to the Newsboy cap, the Gatsby is an eight-panel cap and sports a much larger and wider brim as well as the standard button accent. Wear to give off an old-school vibe.

The Shelby

Technically a Newsboy Cap, the Shelby cap was named after *Peaky Blinders* character Tommy Shelby and sports the exact same design that his character, played by Cillian Murphy, wears in the hit series.



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**DYNAMIC DELIA CHALKS UP
50 YEARS OF FOOD**



In many quarters, Delia Smith will forever be best known for her toe-curling, alcohol-provoked rant on the pitch at Carrow Road in 2005 when she did her best to gee up Norwich City fans in their Premier League encounter with Manchester City (a match they ended up losing 3–2 in injury time).

And yet, while the YouTube footage never fails in its Delia delight, there's plenty of content online, on TV and in book form that paint this food visionary in a much fairer light.

In an era when celebrity chefs were stern, pompous, slightly arrogant and very often male, Delia broke the mould with a fresh and friendly approach to home cuisine.

Across countless cookbooks, she informed and inspired, instilling in amateurs the confidence to create and innovate in the kitchen.

Delia launched herself into the public consciousness 50 years ago when employed as the cookery writer for the *Daily Mirror*. Penning *How to Cheat at Cooking* in 1971, she went on to create numerous *Collection* and *How to Cook* titles. While her love of a shortcut often provoked shrieks of derision from the traditionalists, it offered to a home audience a path into the culinary world that they would never otherwise have taken.

Sure enough, that connectivity has led the 78-year-old Woking-born chef to great success on the bookstand. This year marks five decades since her first published work, and in the time that has followed, the burgeoning success of more than 20 other tomes of first-rate food finesse endorses more than anything else Delia's unerring ability to stay timely, topical and with a finger on the pulse of cooking and dietary habits, many of which have changed wholly since her debut.

Combining bravery with brutal simplicity, Delia's message for magnificence in the kitchen is simply to do your best and enjoy the experience... and that goes for any footballers in earshot too.



FOOD & DRINK



Lambtastic!

You may not believe it, but lamb is actually one of the most consumed meats in the UK, beating the humble chicken and even British beef. Both professional chefs and amateur cooks just love its soft, melt-in-the-mouth pink flesh, and who can blame them?



What should I look for when choosing lamb?

Lamb is one of the types of meat where you should try to push the boat out if you can afford to. Go organic, British and grass-fed where possible. Lamb meat should be deep pink in colour with dry, white fat.

How should lamb be stored?

Lamb should never be exposed to heat until cooking time, neither should it be left out at room temperature. It should always be stored in the fridge or freezer to prevent it going bad.

How do I cook lamb?

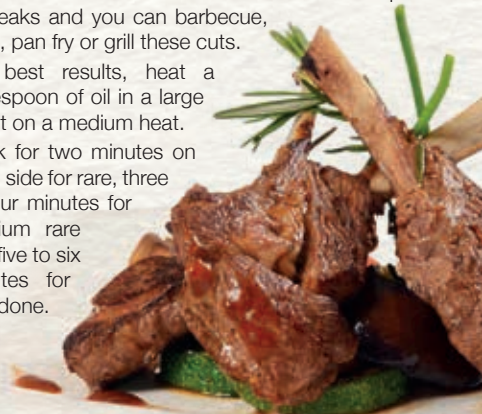
If you want to cook lamb shoulder or a leg of lamb, your best option is to slow cook them.

- Set your oven at 160°C or fan 140°C.
- To ensure the meat does not dry out you need to add plenty of liquid, whether that be red wine or stock plus your chosen herbs.
- We recommend placing your lamb on a bed of onions or vegetables.
- Cover with foil and cook for three hours.
- Remove foil and cook for a further 30 minutes.
- Remove from oven, re-cover and leave to rest for 15 minutes.

Can lamb be cooked quickly?

Yes, it can. The best cuts for this are lamb chops and steaks and you can barbecue, griddle, pan fry or grill these cuts.

- For best results, heat a tablespoon of oil in a large skillet on a medium heat.
- Cook for two minutes on each side for rare, three to four minutes for medium rare and five to six minutes for well done.



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Top travel blogs for advice



Whether you love to travel or are simply devoted to daydreaming, we have scoured the web for the best travel blogs to see you through the long, cold winter ahead.

Two Travel Monkeys

Best for those who dream big

A husband and wife duo, Jonathan and Kach Howe started their blog back in 2014 when they decided to give up their jobs and travel the world. They have since visited more than 100 countries spanning all seven continents and their blog should be a go-to for anyone who has ever dreamed of selling up and starting over.



Global Grasshopper

Best for overall travel advice

Rather than the opinions of just one blogger, Global Grasshopper features a collection of diverse writers who are keen to share their experiences and knowledge of travel with others. Expect helpful posts such as how to pack light, the best pet-friendly hotels and hidden gems off the beaten track.



You Could Travel

Best for adventurous couples

If you love travelling with your other half and want to fall in love with the world together but need a little helping hand, then this married couple's blog is for you. Packed with intimate and candid first-hand travel stories, useful guides and stunning photography.



Budget Traveller

Best for those wanting more bang for their buck

Voted the National Geographic Traveller Blogger of the Year in 2016, Kash, aka the Budget Traveller, offers invaluable advice for those wanting a stylish and luxury break on a tight budget. From the best luxury hostels to free things to do in cities to finding the cheapest flights, the budget traveller has got it all covered.



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BUSINESS & FINANCE



CHEQUE

it out

THE HISTORY OF THE NOW (ALMOST DEFUNCT) CHEQUE BOOK

It's peculiar to think that just as we've reached the point where the trusty personal cheque can be processed and credited to a person's account in little more than 24 hours, this form of payment is now virtually obsolete.

Although no date has yet been set for the removal of what now appears a largely primitive way of sending and receiving money, the cheque's day is almost done. After all, why bother with flimsy bits of paper, the postal service, bank queues and hold-ups in processing funds when everything these days is digital and instantaneous?

The fact that the cheque is desperately hanging on is a credit to its heritage. First gaining popularity in the UK around 1770, it has never moved away from its sole purpose – namely as an order sent to a bank to pay a sum from the drawer's account.

From humble beginnings, the cheque grew in popularity during the 19th century, removing

the need for businessmen to carry around large quantities of money.

The format's death knell has often been said to be the time it takes for the item to clear, and this is because the law still requires a cheque to be returned physically to the payer's bank. It's also much less security-tight than a card payment; and although more than 400 million cheques were written last year, only the habits of the elderly – a demographic notoriously resistant to change – have ensured the format stays.

Whether that will remain the case for the next generation remains to be seen, though what is clear is that cheques will still be around for a little while to come. After all, they remain popular with institutions paying out – HMRC included – who know that this slow, sluggish, sloppy process of paying means the longer money stays in their account, the more interest they earn.



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

Q Why Should You Use Coversure Brentwood?

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



Q How Can You Save Money On Your Insurance?

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

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HOW MUCH DO YOU NEED TO RETIRE COMFORTABLY?

People on an average salary who wish to retire at the age of 65 will now typically require a pension pot of almost £450,000 in order to fund their retirement until they are 100 years old, recent analysis has found¹

NEVER TOO EARLY TO START SAVING

The research also shows that an individual who starts saving into a pension at 25 years of age will need to invest around £235 a month in order to accumulate a retirement fund of that size. However, a delay of 10 years would see this monthly figure almost double to £428, while someone who only starts saving at the age of 45 would need to set aside £859 a month to attain a pension fund of that size.

This analysis vividly demonstrates the benefit of starting to save for retirement at the earliest opportunity, ideally from the day you first start work. While other financial challenges can inevitably make this difficult, investing regular amounts in a pension throughout your working life provides the best chance of building up sufficient money to enjoy a prosperous retirement.

BETTER LATE THAN NEVER

Although it's undoubtedly better to start saving for a pension early in your working life, it's never too late to begin saving for your retirement. Employer contributions, including those made through automatic enrolment, allied with the favourable tax treatment pensions enjoy and their potential for investment growth means that any contributions you make later in life can also still make a huge difference to your standard of living in retirement.

MAKE PENSION SAVING A PRIORITY

While it can seem a long time until retirement, it does come round a lot faster than people expect. So, the sooner you engage with the topic, the better the chance of enjoying the retirement you deserve.

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¹AJ Bell, June 2019

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THE BEST TIPS FOR SAVING A WATER-DAMAGED PHONE

We've all been there – you're sat having your morning cereal... checking messages, browsing social media or looking something up online, when out of nowhere a tidal wave comes cascading over you. You were helpless to prevent your phone becoming soaked through, and this categorically didn't actually happen because you knocked it in the washing-up bowl.

Whatever the careless reasons for having a water-soaked phone, acting quickly can save you:

✓ ONE: POWER OFF

If the phone has switched itself off, leave it off; if it's still on, kill the power. Don't attempt to plug it into the mains as we are in full recovery mode.

✓ TWO: REMOVE

Remove the microSD and SIM cards from the phone to prevent further damage to them.

✓ THREE: POSITION

Position the phone upright so any remaining water

can drain from it. Don't shake, bang or blow into any of the open slots. While it seems plausible that physical action can get water out, you're more likely to be sending it further into the delicate areas of the phone.

✓ FOUR: HIGH AND DRY

Avoid the temptation to take a hairdryer to your phone. While heat may seem a good solution for the removal of water, it's more likely you'll end up frying your components. Instead, dry the phone gently with a paper towel or a cloth.

✓ FIVE: ABSORB

Pack rice around the phone inside an airtight container or zip-lock bag. Place phone in an airing cupboard or somewhere humid but not hot, and leave for 24 hours.

Fingers crossed, when turning your phone back on it should be back to full working order, but be sure to check touchscreen functionality, microphone, speakers and charging potential in particular.

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Dynamic
DINA



Photo credit: YAHYA ARHAB/EPA-EFE/Shutterstock

Met The Brit who fired a rare spark of brightness over an otherwise gloomy World Athletics Championships.

The 2019 World Athletics Championships in Doha will forever be remembered for implausible heat, poor organisation, an empty stadium and arguably the least popular winner and runner-up of the showpiece 100m event ever.

The vast majority of onlookers will want to move swiftly on to next year's Tokyo Olympics... but not Dina Asher-Smith.

The brilliant Brit is in no hurry to leave the memories of Qatar behind. You'll not find her complaining about event logistics, nor whether the seated attendance at the Khalifa International Stadium was 40,000 or 4,000. She cares not one bit.

Allowing the gloomy, baking lull to lift off into the Arab sky, the fresh breeze of 200m success was all that remained for the 23-year-old Blackheath

& Bromley Athletics Club member, whose newfound dominance on the world scene is a marker for so many more future championships and a career that holds incredible potential.

Asher-Smith is one of the new breed of track hopefuls, and yet, unlike so many others, she actually pulled off the feat. Where Team GB peers faltered, the King's College graduate showed blistering pace, a flawless stride and a faultless, nerveless drive to the line in beating American Brittany Brown to take gold.

"It was a perfect race and I'm just over the moon," she said at the end of the run, in which she clocked a new national record of 21.88 seconds.

Where Dina Asher-Smith goes from here is up to her. She took silver in the 100m event, has age on her side, plus a level of humility, resilience and strength that can only be earned through victory.

If she can do it in an empty, echoing shell of an arena, just imagine how Asher-Smith will respond to the roar of being a world champion.



SPORT



HOW NOT TO GET RIPPED OFF WHEN BUYING A SECOND-HAND MOTOR

In 2019, used cars don't quite come with the same reputation as the Boycie and Arthur Daley four-wheelers of the 1980s, but it still pays to exercise caution where motors and money are concerned.

TEST RUN

Make sure you test drive the vehicle, in broad daylight and on a route you choose (unscrupulous sellers might avoid bumpy roads or sharp turns that could show up a vehicle's failings). If buying privately, meet at the vendor's house.

INSPECTION

In an ideal world, any potential purchase should be run past an independent garage who can give the vehicle a once-over to diagnose problems. An expert will be able to quickly diagnose excess wear and tear, leaks and rust.

If you don't have this as an option, inspect the car as much as you can. Look for any signs of collision repairs such as the overspray of paint near wheels, mufflers and door seals. Check beneath where the car is parked for oil, while a water leak will give off

a smell of mildew.

SELLER HISTORY

The seller should present to you a full service history and the most recent MOT certificate. If their details are hazy, ask them to clarify.

RETURN

Check out the terms and conditions over returns. Used dealers will offer warranties, but if purchasing privately you may be buying as seen. Either way, get any agreement in writing.

ONLINE RESEARCH

With a number plate, you can find out a reasonable amount of a car's history, so search online and consult with your insurance company over a quote, whereby any hidden issues with the car can show up.

Remember, when buying a second-hand car, the power is in your hands. Haggle, be firm, and be willing to walk away if you're not 100 per cent certain the motor is everything it should be.

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WHAT'S ON

in your area

Essex Festive Gift and Food Show 2019
Brentwood Centre, Doddinghurst Road,
Brentwood, CM15 9NN
November 2 and November 3



Enjoy two days filled with festive shopping and fun. Packed with Christmas gifts, presents for all the family and delicious festive food and drink, this really is a festive event that all the family can enjoy.

Come along with your friends and family and enjoy this festive feast of fun and entertainment.

The event will be open from 10am to 5pm on Saturday and 10am to 4pm on Sunday.

Visit www.essexfestiveshow.co.uk for more information and tickets.

Lunchtime Piano Recital

Brentwood Cathedral, Ingrave Road,
Brentwood, CM15 8AT
November 6, 1pm – 1.40pm

A lunchtime piano recital to be given by Danilo Mascetti from the Royal College of Music London. Free parking and refreshments.

Act of Remembrance

War Memorial Medical Centre, Fyfield Road,
Ongar, CM5 0AL
November 10, 2.30pm

The Act of Remembrance will take place outside the War Memorial Medical Centre in Ongar on Sunday, November 10 at 2.30pm.

Police Drop-In Meetings

Jubilee Park Pavilion, Love Lane, Ongar,
CM5 9BL
November 11, 7.30pm

Each Drop-In Meeting will take place on the second Monday of each month at 7.30pm.

PC Paul Harrison, Ongar Neighbourhood Officer, will be in attendance and requests residents to provide any incidents and/or evidence for investigation within the local community.

Brentwood Wine Society

Shenfield Parish Hall, 60 Hutton Road,
Brentwood, CM15 8LB
November 12, 8pm – 10pm

The society's aim is to help members improve their experience, understanding and enjoyment of wine.

Invited wine experts present samples of wines from a country or region of the winemaking world. Through these tastings, we have a broadened interest which has led to a deeper knowledge and love of wine.

If you would like to come along in the first instance for a free tasting contact us on enquiries@brentwoodwinesociety.co.uk

Zinc Christmas Market

Zinc Arts Centre, Great Stony, High Street,
Chipping Ongar, CM5 0AD
November 17, 10am – 3pm

Get your shopping wrapped up early and join us at this highly popular event, returning to Zinc for the fourth year.

From handcrafted home and garden ware to personalised presents, you're guaranteed to find something special for your loved ones.

Entrance costs £1 per adult and you will receive a raffle ticket. All raffle proceeds go to Zinc's community projects. Entry for children is free.

For more information, visit zincarts.org.uk/event/christmas-market-2019



FREE ENTRY
Christmas lights
switch-on at 5pm!

Brentwood Borough Council presents...
A fun, festive day for all the family.

- Food and drink**
- Small fun fair rides**
- Street performers**
- Christmas gift and craft stalls**
- Santa's Grotto**
- Local choirs and bands**
- Stages with entertainment**
- Santa Paws Photobooth in Crown St**

Saturday 30 November
12pm-6pm, Brentwood High Street

Christmas Santa parade from St Thomas' Rd at 12.15pm!

01277 312500 www.brentwood.gov.uk/events [@bwoodevents](https://twitter.com/bwoodevents)



WHAT'S ON

WHAT'S ON

in your area

Legally Blonde The Musical

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

November 19, 7.30pm

A fun, award-winning musical based on the adored movie, *Legally Blonde The Musical* follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams.

Visit www.brentwood-theatre.co.uk for show timings and prices.

Coffee with Cops

Brentwood Centre, Doddinghurst Road, Brentwood, CM15 9NN

November 23, 11am – 12pm



Come along to meet an officer from Brentwood Community Policing Team, ask questions, voice concerns and tell them how they can help you.

Everyone is welcome.

Rhyme Time

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

November 25, 10am - 11am

Join Brentwood Theatre and Newton Park for unique, fun and friendly song and rhyme sessions mixing conventional nursery rhymes, modern songs and also some Disney classics on guitar and ukelele, with instruments for your children to play too.

£4 per child – includes a free tea/coffee for accompanying adult.

Ongar Christmas Fair and Lights Switch On

The Budworth Hall, High Street, Ongar, CM5 9JG

November 29, switch-on 7pm

There will be Santa on his sleigh, train rides from

North Weald to Ongar, carols from local schools in the church, a fairground and a band playing after the big switch-on at 7pm.

There will also be stall holders in Budworth Hall for some Christmas shopping.

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.

Lighting Up Brentwood

Brentwood High Street

November 30, 12.30pm – 6pm

There are almost 80 market stalls selling festive arts and crafts, and hot food and drink, together with Santa's Grotto, walkabout acts and other children's activities. There is a packed programme of performances on three stages, primarily by local schools and talented community performers.

Santa's Special Trains

Epping Ongar Railway, Ongar Station, Station Approach, Ongar, CM5 9BN

Various dates from

November 30 – December 24

Meet Santa on board the train as you journey through the Essex countryside.

All children will receive a present from Santa and there will be a festive drink and treat for the adults.

For more information, visit www.eorailway.co.uk



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UPCOMING CHRISTMAS EVENTS FOR 2019**





Susie Horner

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