

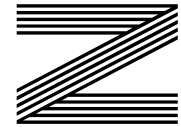
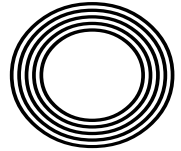
**RONALDO  
RETURNS TO  
THE PREMIER  
LEAGUE**

*Anton Du Beke*  
Waltzing onto the Strictly  
judging panel

**CELEBRATING 50 YEARS**  
of Walt Disney World in Florida

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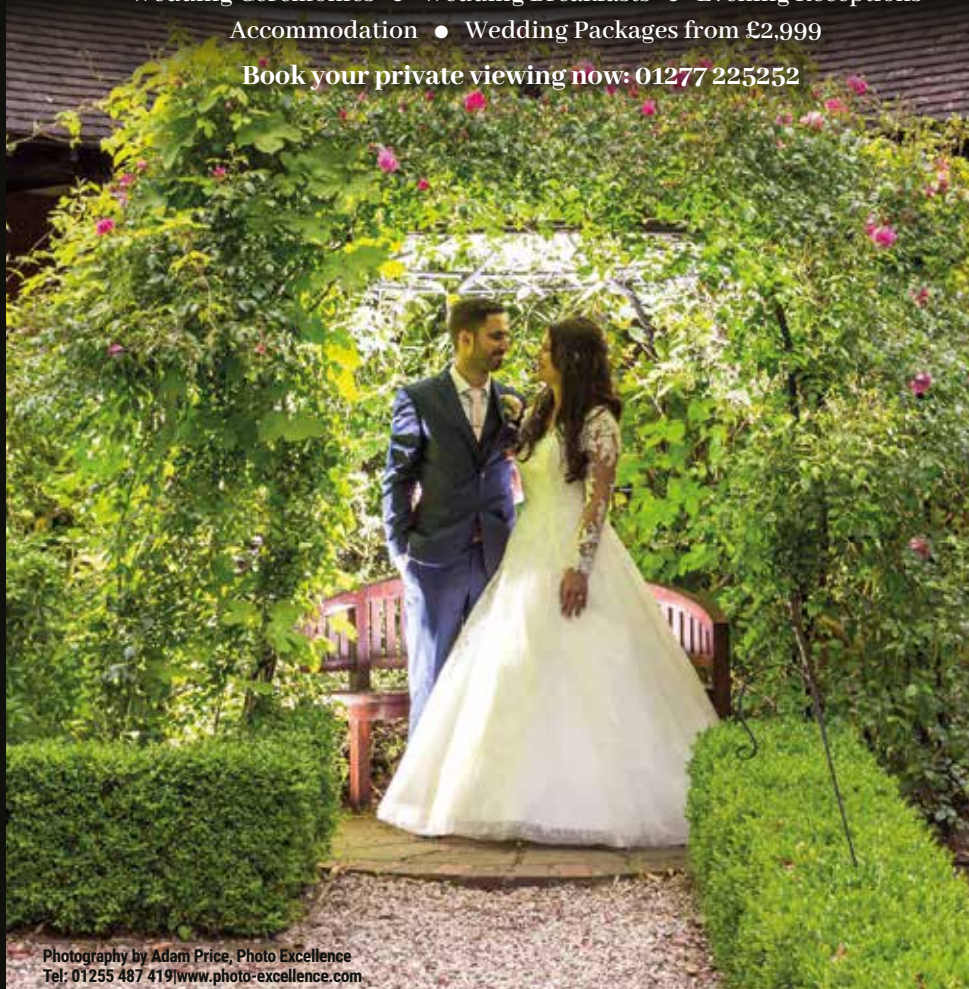
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# Editor's notes...

OCTOBER 2021



Nik Allen, Editor

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

In a year that showed us that good things can emerge from bad situations - such as the way we bonded together during lockdown - I admit the situation in Afghanistan really knocked me sideways.

Now, a volatile dictatorship is again in the ultimate position of power.

What's more, the rush to remove American and British soldiers means the Taliban is now equipped with an armoury worth billions.

Coupled with the echoes of the two-decade anniversary of 9/11, and the (unrelated) 24-year anniversary of Princess Diana's death at the end of

August, it's been a month of reflection for me.

When major events come and go, we have to ask if our efforts were worth it. After all, in war, those brave souls have fought, comforted and educated, and often returned with mental and physical scars.

My conclusion in the case of Afghanistan is this - yes, it was worth it. Huge strides forward and one or two back; and yet 20 years of occupation have saved millions of lives. For that, we must thank all our troops.

The fight to protect those around us is one we certainly can win, so please do take care of each other.

*Nik Allen*

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# A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929.

With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.





# Beke TO BASICS

**He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.**

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC

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# 5 ALTERNATIVE USES FOR HAND

# sanitiser



If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

**1. TO CLEAN YOUR EYE/SUNGLASSES**  
Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.



**2. TO POLISH SILVER**  
Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.



**3. TO CLEAN YOUR KEYBOARD**  
Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.



**4. TO REMOVE STAINS**  
If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.



**5. TO REMOVE STICKER OR GLUE REMAINS**  
Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20-30 minutes, then rub the surface firmly until the glue comes off.



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**CARPET:** Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

**PORCELAIN TILES:** Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

**SOLID TIMBER:** Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

**LAMINATE:** Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

**LINO AND VINYL:** Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

**CERAMIC TILES:** Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

**LUXURY VINYL TILE (LVT):** A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.



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# MODERN CLASSICISM:

*Making the old new again*



Photo credit: Unsplash under Creative Commons, @lifeathomewithemma, @Naluzzi

Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classical touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

**Use accessories to add detail:** One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

**Make your dining table an inspiring centrepiece:** The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

**Create texture without expensive architecture:** Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

**Don't forget the natural details:** While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.



HOME & DIY



HOME & DIY



Photo credit: housebeautiful.com

# DIVIDE and conquer

Room dividers are not only for sectioning off rooms; they can also be used to add privacy and character to a space. Plus, you don't have to opt for a traditional screen with these creative room divider ideas.

**CURTAINS UP:** Hanging curtains from the ceiling to create a canopy bed effect is a great way to add some privacy to a bedroom. This is a useful interior design trick for properties with high ceilings, as well as for creating sections in studio flats.

**BIG BOOKCASE:** A floor-to-ceiling bookcase offers a great alternative to a room divider and has the added advantage of providing extra storage and display space. It's ideal for breaking up a large open-plan living space or for separating a bedroom for siblings.

**FLOATING ART:** Another good choice for studio flats, hanging a curtain rail on the ceiling and then suspending a floating painting from it provides a highly stylish way to partition space. For example, if you are entertaining and you don't want a direct line of sight from the front door to your bedroom.

**WOODEN SLATS:** If you don't want to use a solid screen, wooden slats are a great alternative. Enabling you to keep a sense of flow and movement between two areas of your home, this room divider idea is ideal for separating the stairway and the living room or for sectioning off a home office.

**DIY OPTIONS:** For those who are feeling crafty, these DIY room divider ideas should get your creative juices flowing. Add texture and style with a DIY vertical jute rope wall, or craft a wooden folding screen and dress it up with macramé for a boho chic vibe. Alternatively, if you love to bring the outdoors inside, a fairy light and tree branches room divider is just what you need.

The beauty of DIY screens is that they can be moved from room to room with ease and, once made, you can attach anything you want to them, such as family photos or your children's artwork.



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HOME & DIY



Did you know that your washing machine can be used to clean a whole host of items other than just your clothes? Why not take these for a spin...



**Mop heads:** Have you smelt your mop head recently? If not, you may be in for a shock. Fortunately, removable mop heads can simply be popped in the washing machine on their own with a drop of bleach. Once clean, squeeze out any excess water and leave to dry.



**Small toys and stuffed animals:** It's surprising just how grubby your child's plastic toys and favourite stuffed animals can get, but before you decide to surreptitiously throw them out, why not give them a good clean in your washing machine? For plastic toys, place in a mesh bag and wash, and for stuffed animals, wash on a gentle cycle.



**Patio furniture cushions:** If your patio furniture cushions can fit in your washer and leave room for the machine to spin, then you can wash them in there. It really is that simple. If your machine is too small, you could take your cushions to a local laundrette instead.



**Pillows:** Although you may wash your pillowcases once a week, how often do you honestly wash the pillows themselves? Ideally you should be doing this twice a year and, although feather pillows need to be washed by hand, most foam-filled or synthetic ones will be just fine on a gentle cycle in the washing machine.

**Reusable canvas bags:** If you are doing your bit for the environment and using reusable shopping bags, you should know that these can be easily cleaned in the washing machine. If your bag is made of canvas or nylon, wash on a hot cycle before running through the dryer once clean.





**W**hite is white, right? Well, no actually. There are in fact many different shades of white paint that you can choose for your home.

#### UNDERSTAND UNDERTONES

There are two main categories of white paint: cool whites and warm whites. The former have a bit of a blue undertone whereas the latter will be yellowish. You should never mix warm and cold whites in a room as this can leave the space feeling disjointed.

#### CONSIDER LIGHTING

If you have ever brought home a tester of white paint only to find it looks completely different on your walls than in the shop, this is most likely down to lighting. Again, this is because of conflicting undertones. For example, if you have warm lighting in a room, you should opt for warm whites, and if you have cool lighting, you should pick cool whites.

#### PICK THE RIGHT FINISH

The finish you choose for your white paint should be dictated by your lifestyle. For instance, if you have children or pets, you should opt for a glossy or semi-gloss finish as these are easy to wipe down. Alternatively, if you can keep your walls smudge-

free, you are safe to go with a matt paint.

#### BEST WHITE SHADES FOR EACH ROOM:

##### Living room

- > Good natural light: Cool white with a hint of orange or gold.
- > Poor natural light: A warm white such as honey or primrose white.

##### Bedroom

- > Good natural light: Cool white with a hint of teal or moss.
- > Poor natural light: Warm white with tones of cream or peach.

##### Bathroom

- > Good natural light: Cool white such as pearl, almond or a duck-egg blue.
- > Poor natural light: Warm blue-white or white with a hint of purple.

##### Kitchen

- > Good natural light: A cool white with a touch of fresh pastel green or blue.
- > Poor natural light: A warm white with a hint of lavender, mauve or amethyst.



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## From dated & cluttered to beautiful & functional



After exploring the housing market for some time Mr & Mrs J from Rayleigh decided that they would prefer to improve rather than move from their property. Although their house was a generous size they felt that the kitchen let it down both in terms of size, style and function.

It was then that they considered removing an internal supporting wall, blocking up the back door, removing the window and replacing with bi-fold doors and moving the utility room wall.

The first port of call was some local building companies, they soon realized that whilst builders were happy to take on the work, they all wanted to put an off-the-shelf rather bland kitchen in.

From there they contacted some more reputable kitchen companies but it seemed the problems were reversed as although they had better designs and more quality products to offer they seemed unable to manage the build.



It was then that they stumbled upon Regal Kitchens in Chelmsford,

after visiting the showroom, they invited the designer, John Martin, over one weekday evening, within an hour they had given a brief,

been inspired by the ideas and even had a guide price. Less than a week later they were back in the showroom perfecting the plan and working through the vast product choice.

They opted for a Schuller kitchen in handleless concrete grey & white gloss. Corian worktops and a set of Neff appliances, including the brilliant venting hob dismissing the need for an unsightly extractor. The hidden extras such as internal larder drawers and recycling system help make the kitchen accessible and the water softener and kettle tap ensure it will be limescale and clutter-free for years to come. The finishing touch is the Amtico Rustic Barn Wood flooring which added a warm and homely feel to the modern kitchen.

Between Regal Kitchens and its partner company Regal Developments ably managed by Phil Edgell they took a dated, modest sized room and turned it into a practical yet beautiful family kitchen.

If ever a company lived up to its tagline it's clearly Regal Kitchens "Where Client is King"

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# LOCAL NEWS

*from your neighbourhood*



## Success for the town's first Pop-Up Marketplace

The first Pop-Up Marketplace took place in Brentwood last month, with hundreds of visitors enjoying live entertainment, storytelling, food and drink.

Around 60 stallholders attended the event on Saturday, September 4 and sold unusual and varied gifts, including sustainable clothing, candles, children's toys and handmade bags.

The event was organised by Brentwood Business Partnership, sponsored by Beresfords and Tees, and run by The Pop-Up Club.

Finula Crowe founded sustainable clothing and homewares brand, New Day Originals, during lockdown and praised the event.

She said: "The Pop-Up Marketplace is exactly the

right concept for our ethically made products. I have a strong connection with Brentwood, having had a boutique here for several years."

Chair of community at Brentwood Borough Council, councillor Cliff Poppy, said: "The Brentwood Business Partnership has worked hard with our sponsors to get this event up and running and I was delighted to see how smart the market looked and how busy it was.

"The range and quality of items, gifts, food, drink and entertainment were second to none and it was obvious that people were really enjoying the day.

"I know lots of people would like to see this become a regular event, and this is something that we will now be looking at to support the businesses throughout the town and offer a really different event for residents."

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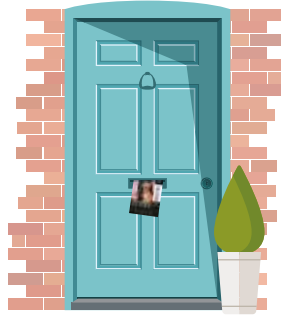
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Photo credit: Brentwood Council and Sensory Play Panels



# Parents praise town's first inclusive play area

Parents have praised Brentwood's first inclusive play area, located in King George's Playing Fields, for creating opportunities for children of all ages and abilities to play together.

Opened by the Mayor of Brentwood, councillor Olivia Sanders, and developed by Brentwood Borough Council, play equipment manufacturer HAGS, and Short Breaks, the £265,000 play area features new accessible equipment.

HAGS removed all the outdated equipment and installed a new stimulating and accommodating play area, as well as creating a path network that allows everyone to easily walk around the space.

The park includes equipment such as a custom-made Uniplay unit with a double slide and a wheelchair-accessible Spinmee inclusive roundabout.

Lynette Gomes, a Brentwood resident, said: "My daughter, Alyssa, has epilepsy, severe learning difficulties and is reliant on a wheelchair. Having the equipment at King George's Playing Fields means both she and her brother can play together, rather than her stuck in the chair on her own."

The play area also features an inclusive Mirage swing seat, which can be used by children of all ages and abilities, including those with cerebral palsy.

Brentwood mum Claire Cresswell said: "My six-year-old son, Riley, has autism and hypotonia (low muscle tone). It is lovely to visit such an inclusive playground with sensory elements and equipment for all abilities, and it is so nice to see a swing and roundabout suitable for wheelchair users."

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# Pageant winner hopes to take UK title

A Brentwood resident and the current Miss Essex Galaxy for 2020/21 is hoping to inspire young girls to break stereotypes, as well as aiming to achieve the Ms Galaxy UK title in November.

Melissa Horrocks, a chartered quantity surveyor who moved to Brentwood from Lancashire, wants to inspire women to take on careers in male-dominated industries.

Speaking to **VISION**BrentwoodOngar, Melissa said: "It would mean so much to be Ms Galaxy UK as it would allow me to branch out to the whole of the UK to inspire young girls to break more stereotypes and prove that they can do whatever they want as a career."

"I'm appealing for schools across Essex to allow me to have a talk with their female students to try to inspire them and help them with their future careers."

Melissa is also hosting a charity event at Doddinghurst Village Hall on October 9, where families are invited to enjoy crafts stalls, face painting and a raffle, among other activities.

To get in touch with Melissa, contact her via her Instagram page: @Ms\_Essex\_Galaxy



LOCAL NEWS BRENTWOOD





## Mayor takes book-themed tour of town



Brentwood Borough Council Mayor, councillor Olivia Sanders, recently took part in a mini tour of the town, inspired by her love of books.

She visited the new Waterstones store and the independent book retailer, Chicken and Frog, as well as popping into St Francis Hospice's new shop.

Cllr Sanders said: "I am delighted that Waterstones has returned to Brentwood and the shop is amazing, bright, airy and so welcoming. Chicken and Frog has moved to

Crown Street and is well known in the community for its workshops, events and sensory areas for children. St Francis Hospice is one of my chosen charities for the year and its new shop has so much variety."

Manager of Waterstones, Paul Watson, said: "It is so good to be back in Brentwood and so many of our regular customers have been delighted to return. It has been heart-warming to have been welcomed back so enthusiastically by the people of Brentwood."

## Charity launches suicide prevention campaign

A mental health charity launched a suicide prevention campaign and online training last month.

Thurrock and Brentwood Mind, alongside the Mid and South Essex Health and Care Partnership (MSEHCP), launched the #LetsTalkSuicideEssex campaign and online suicide prevention training as part of World Suicide Prevention Day on Friday, September 10.

The training focuses on three key elements: see the problem, say the words, signpost to support. It gives people the knowledge and the confidence to talk to someone who might be at risk of suicide.

Dr Caroline Dollery, clinical lead and chair of mental health sub-committee at MSEHCP, said: "This campaign and the fantastic online training from Zero Suicide Alliance will help us to help residents

across mid and south Essex and beyond to have the confidence to know how to support someone who is at risk, how to spot the signs, and what to say."

Every year, as part of World Suicide Prevention Day, organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

Nadine Winiberg, engagement lead of suicide prevention training, said: "Talking about suicide with someone you feel may be struggling may just save their life.

"With this training, we hope to highlight the importance of recognising those early signs of someone who may be feeling suicidal or having suicidal thoughts."

If you would like your company to get involved, visit [www.letstalkaboutsucideessex.co.uk](http://www.letstalkaboutsucideessex.co.uk)

## Firefighters praised for saving lives at flat fire

Four firefighters from Brentwood and Waltham Abbey Fire Stations received chief fire officer commendations in August following their lifesaving actions at a flat fire earlier this year.

On May 11, four firefighters saved the lives of a man and a woman trapped in a flat fire in Cheshunt.

At 3.34pm, crews from Hertfordshire Fire and Rescue Service (HFRS) attended the scene of the fire on the first floor of a flat at Crossbrook Street, where two people were trapped inside. The woman was safely rescued down the ladder and the man, who was found unconscious and had to be given CPR, was brought out the front door to safety.

The heroic firefighters were presented with their commendations by Chief Fire Officer, Jo Turton.

Jo Turton stated: "It gives me great pride to present the commendations to the crew. Their perseverance in a situation like this, when all hope could have been lost, is commendable beyond words."

The firefighters included crew managers Mav Langdon and Brenden Cardy, firefighter Robert Bull from Waltham Abbey Fire Station, and firefighter Daryl Chapman from Brentwood.



Photo credit: Essex County Fire and Rescue Service

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# BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS BRENTWOOD

There's a tentative sense of confidence after 18 months of lockdown and restrictions caused by the rapid spread of COVID-19. We have made huge progress, but there is still further to go.

The roads around Brentwood and Ongar are as busy as they were pre-pandemic; schools are full, shops are busy and pubs and restaurants are buzzing. I've been impressed by the ability of many shops and venues in our towns and villages to adapt the services they offer to enable online shopping, ordering and delivery, as well as welcoming people back face-to-face.

There is no doubt that the winter months will bring new challenges and I know we all want to avoid having to endure any further lockdowns. And it's saving the NHS and all its hardworking staff from being overwhelmed that is, and has been, at the heart of all the government has done throughout the pandemic.

At the moment, people are still catching COVID-19, but far fewer are needing hospital treatment. This is largely owing to social distancing, wearing masks and the phenomenal vaccination programme of the last nine months. And that's why the government's autumn



and winter plan for managing COVID-19 is all important.

The booster vaccine will be made available to all those most at risk, including care home residents, health and social care workers, people aged over 50, and 16 to 49 year olds with underlying health conditions.

So if you are called by your GP or pharmacy to come forward for your next COVID-19 or flu jab, please go and get it straight away.

# Drink spiking causes concern

Essex Police are urging residents who go on nights out in the town to make sure they have a 'drinking buddy' after recent incidents involving drink spiking in Brentwood and Colchester.

Police are investigating a report of a suspected drink spiking in the Slug and Lettuce, in Brentwood High Street. A man is helping officers with their enquiries.

Assistant Chief Constable Rachel Nolan, who is the Essex Police lead on the night-time economy, said: "Thankfully, incidents such as these are very rare in Essex, but we now have five live investigations into suspected drink spiking which took place in Brentwood on August 7 and in Colchester on September 2.

"I know many people are eager to get out to pubs and clubs to see friends and family after more than a year of having COVID-19 restrictions in place, but I would urge them to ensure staying safe and getting home safely are their top priorities.

"There are number of things you can do to reduce



the risk of having your drink spiked, such as never taking a drink that you haven't seen being prepared in front of you, never leaving your drink unattended, even for a moment, and if it doesn't taste right, don't finish it.

"If you or your friends start to feel unwell, please seek medical help immediately, or if you see one of our officers, please alert them.

"Above all, please look out for one another."

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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS ONGAR



## Architecture firm 'proud' to win award for superb service

An architecture firm has won a prestigious award in recognition of its expertise and skill in designing new homes and commercial buildings.

M P Architects LLP, based in Ongar, was recognised in the BUILD Architecture Awards, which aims to put a spotlight on the incredible work conducted by the world's pioneering designers and innovative architects.

Awards coordinator, Kaven Cooper, praised the winners, saying: "The Architecture Awards have always endeavoured to be a barometer for the greater industry, a moment to pause and reflect on the successes and growth businesses of all sizes and in all locations have achieved over the previous 12 months. I am proud to recognise them all and wish them a fantastic 2021 ahead."

Martyn Pattie, practice principal and partner at

M P Architects LLP, commented: "We are incredibly proud to receive this award. After a year that has been defined by unprecedented challenges, I am grateful to my team and delighted they can be recognised for our long-standing commitment to providing outstanding architectural services in Essex."

"My team of highly skilled architects have found ways to exceed expectations and have thrived regardless of the many challenges COVID-19 presented us with."

"We look forward to continuing to build on the success of this award, and to supporting Essex homeowners and developers with some very exciting projects in the pipeline."

For further information or industry quotes, contact Jessica Parkes, marketing consultant at M P Architects LLP, at [Jessica@mparchitectsllp.co.uk](mailto:Jessica@mparchitectsllp.co.uk)



## Former coach jailed for sexual offences



A former Enfield football club owner and coach from Ongar has been sentenced for sexual offences.

Daniel Moss, 32, of Dacres Gate, Ongar, was sentenced on Monday, September 20, at Wood Green Crown Court for two counts of sexual activity with a child by a person in a position of trust.

The offences took place between October 2017 and November 2018.

Moss was sentenced to 16 months' imprisonment, placed on the Sex Offender's Register for 10 years, and has been barred from working with children under a Sexual Harm Prevention Order.

He had previously admitted having a sexual relationship with a student who attended Lea Valley Academy, where he was the director of a football education programme. He took advantage of his influential position at the academy and started a sexual relationship with a teenage girl.

Moss encouraged a sexual relationship immediately upon the victim turning 16, having known her for a number of years.

Detective Sergeant Virginia Condren, of the North Area Child Abuse Investigation Team, said: "The evidence against Moss proved he took advantage of a young girl and her family's trust. She had put him up on a pedestal and her vulnerabilities meant he was able to isolate her and make her depend on him. He has deceived and devastated those closest to him, those who looked up to him and trusted him."

## Farmers' and craft market huge success

Nearly 700 people attended the second Ongar Town Forum Farmers' Market and Craft Market on Sunday, September 5.

More than 20 stalls in The Pleasance car park in

the High Street sold a variety of goods, from fruit and vegetables to homemade gins, cheese and sausages.

This month saw entertainment provided by Toot Hill Folk Club.

Market coordinator, Derek Birch, said: "The turnout was up on last month, which is good, and there were more stalls than we had in August. We expect even more next month with all of the September stalls returning.

"We are delighted with the response we have had to the first two markets and look forward to seeing everyone again next month. Plans are already in hand for the November market and a special Christmas market in December."

The market will return from 10am until 2pm on Sunday, October 3.

## Station's latest exhibition features train photography

A new exhibition in the micro-gallery at Ongar Station features the work of a steam train photographer.

The latest exhibition at The Penny Train Gallery, *The Esoteric Steam of Geoff Silcock*, has been on display since the start of September, and will continue to run until the end of October.

Conceived in early 2020, the exhibition features several themes, starting in the London area with *The Beginning 1961-1964*, and continues with the *Metropolis*, a series of images in colour from the 1990s to the present day.

The action then switches to The Eastern Counties theme, with main and heritage lines featured, to which Geoff had special access as his charter company, Sentimental Journeys, sponsored several events at his favourite railway locations.

The exhibition moves into the Eastern Counties comprising *Just a Station On Your Way*, and Geoff's favourite, *Off the Beaten Track*. It culminates in *And the Night Comes On* and finally *Nocturne - The Dark Curtain*.

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TECHNOLOGY

# Music TO OUR EARS

TWO DECADES OF THE IPOD, BUT HOW MANY MORE ARE TO COME?

The iPod may go down as one of the most stunning pieces of tech innovation of all time, yet the lifespan of this incredible piece of kit – from invention, to release, to the selling of billions of units, through to it becoming completely redundant – might feasibly all happen in little more than a generation.

Upon its release in 2001, the iPod was a game changer. The MP3 revolution had already started, but the clunky, clumsy, low-capacity music devices on sale were about to be usurped by the magnificent mastery of those tech wizards at Apple.

With each new version of the iPod came a different look and a better product – by the third generation version, capacity was up to 10,000 tracks; while the later-released iPod Classic, by now a video-playback tool as well, could hold a colossal 40,000 songs with its impressive 160GB storage space.

Despite the fact that our iPhone and Android mobile devices ended up taking much of their weight and negated the use of two separate devices, sales of iPods haven't fallen away entirely. They're still a great tool for music on the move and the modern versions do a lot of the same tasks as our phones, minus the calls bit, which, in many ways, is a benefit.

Twenty years on from the release of the first iPod, our love of music and tech has only strengthened, boosted by this digital music revolution that changed the face of the music industry the world over.



Its functionality was slick, its synchronicity with computers and phones was simple, and best of all, its capacity to store tracks was mind-boggling. Even the very first iPod could store a thousand little slices of music perfection – cue comparisons to someone carting around 80 or more vinyl albums in their record bag.

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# KEEP CALM AND ENJOY FIREWORKS

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- > Walk your dog during the day so that it does not need to go outside when fireworks are going off
- > Close your windows and curtains to muffle the sound of fireworks
- > Put on some music or the TV to help mask the loud noises
- > Create hiding spaces where your dog can feel safe.

## HOW TO CALM CATS DURING FIREWORKS

- > Try to keep your cat inside when fireworks are being set off
- > Create hiding spaces in your home
- > Make sure your cat is microchipped so that if it does become startled and escapes outside, you can locate it if it goes missing.

## HOW TO CALM SMALL PETS SUCH AS RABBITS AND GUINEA PIGS DURING FIREWORKS

- > Partly cover outside cages with blankets so that an area of their home is hidden and soundproofed
- > Provide bedding that your small animals can burrow into
- > Consider bringing them indoors – if you choose to do this, take your time and make sure you do so gradually, so that they can get used to the new environment.

## HOW TO TREAT A FIREWORK PHOBIA

As many as 45 per cent of dogs in the UK suffer with a firework phobia. To desensitise your dog to fireworks, follow the below steps:

1. Play a recording of a fireworks display at the lowest possible volume several times a day
2. Pair the sound with things your dog likes, such as treats, cuddles or games
3. Slowly raise the volume and continue to offer rewards
4. If at any point your dog becomes scared, lower the volume until it feels comfortable.





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# RADUCANU



## TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.



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# Cloudy2Clear, A Local Service With A Smile.

I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of

supporting the local community by providing a service that saves the public money.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Chris commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help again".

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# COMETH The hour



SPORT

Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.

Photo credit: Matt West/Shutterstock



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# THE BARONESS

CELEBRATING THE FIRST PARALYMPIC TRIUMPHS OF MANY IN THE LIFE OF BARONESS TANNI GREY-THOMPSON DBE, DL

There is no athlete in the world who hasn't experienced the pain and frustration that comes with setbacks, yet when your whole sporting career comes about because of a refusal to accept the cards disability has dealt you, there is surely an extra level of stamina, bravery and determination at play.

That's why Paralympian Baroness Tanni Grey-Thompson DBE, DL, paralysed from the age of seven, is rightly revered as one of the finest athletes we have ever produced. The wheelchair speedster's record speaks for itself – 11 Paralympic golds, six world titles and a colossal 30 world records.

It all began back in Barcelona in 1992. Disability athletics was already on the rise, but her domination at that year's Paralympics accelerated wheelchair sport at almost the same speed at which her wheels turned.

She was already Wheelchair Games champion from the previous year when landing in Barcelona in September 1992, so her confidence was well placed as she powered to 100m success in the first race, holding off the challenge from Denmark's Ingrid Lauridsen, and in doing so setting a new world record.

Her win in the 200m race marked another venture into the record books, this time almost one second clear of the Dane.

The margin of victory increased again as Tanni romped to 400m success, and Lauridsen again had to settle for second place in the 800m despite another photo finish.

Four races, four golds, four world records.

A total of 2,999 para athletes competed in Barcelona, with Tanni's record-breaking contribution a big reason why the 1992 games became regarded as a significant turning point for disability sport globally. Within a year, Tanni had received the MBE for services to the sport, yet in truth her legacy of success had only just started.



SPORT



# Build a bug hotel

Whether you are looking for a green-fingered activity for you and your kids to enjoy together or you want to provide a safe haven for local wildlife, a bug hotel is the perfect autumn project for your garden.

#### WHAT YOU WILL NEED:

You can pick and choose from this list depending on what you have the easiest access to.

Wooden pallets | Strips of wood | Straw | Moss | Dry leaves | Woodchips | Old clay pots, bricks, roofing tiles or logs | Bark | Pine cones | Soil | Roofing felt | Any other natural materials you can find

#### HOW TO BUILD:

**Step 1: Choose your location:** Ideally, your bug hotel needs to be on level and firm ground so that the structure remains intact. Depending on whether you pick a sunny or a moist spot, you will attract different residents. Woodlice, frogs and toads are drawn to cool, damp conditions, whereas bees, butterflies and ladybirds love the sun.

**Step 2: Build the framework:** If you want to build a large hotel, wooden pallets are ideal as they are sturdy and already have gaps. Start by laying some bricks on the ground as corners and then add three or four layers of pallets. You can secure these together with nails or with wood glue if you are using smaller pieces of wood.

**Step 3: Fill the gaps:** Insects and other wildlife love nooks and crannies, as well as cosy beds, so now is the time to fill the gaps with materials such as bark, dry leaves, straw, tiles and sticks.

**Step 4: Add a roof:** Finally, you need to make a roof so that your bug hotel stays dry. Old roof tiles or some old planks of wood that are covered in roofing felt are ideal for this.

**Step 5: Plant flowers:** If you want to attract butterflies, bees and other pollinators, surround your bug hotel with nectar-rich flowers and herbs such as wisteria and lavender.



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GARDENING



# Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?

If the answer is yes, a raised bed garden is the perfect solution for you.

### What are the benefits of raised bed gardens?

- > Better drainage
- > Enhanced root health
- > Easier to manage
- > You can match the soil to your plants
- > Improved access for people with mobility issues
- > Tidier than a standard veg plot
- > More vigorous growth.

### How to create a raised bed garden

In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

fabric, plastic tarp or canvas.

### What can I grow in raised beds?

You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- > **Shallow root veg 12-18 inches:**  
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > **Medium root veg 18-24 inches**  
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > **Deep root veg 24-36+ inches**  
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

### Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.



## HOW TO SPRUCE UP YOUR AILING GARDEN USING OLD CAR TYRES

They're the tired, grubby, worn-out relics of thousands of miles on the road and seemingly only good for releasing plumes of dirty smoke into the atmosphere. Yet car tyres could have a second life beyond the wheel if the growing emergence of them as a clever, original and even attractive addition to our gardens is set to continue. And the good news is, they cost virtually nothing.

For most types of car tyre, you may want to paint, coat or treat them in order to improve appearance. Durable, non-toxic paints are available – these are waterproof and won't crack, and can be sprayed or applied with a brush.

Once you do that, you'll find a whole world of possibilities, including:

### HANGING CONTAINERS

Suspended from a wall with a small amount of earth in the bottom and some drainage holes, these containers allow light to get to the plant, and by choosing ivy, jasmine or clematis, greenery can spill out to make a unique feature.

### CHAIRS

Simply use a tyre as the seat for a chair or go the whole hog with arms and a backrest too. Either way, these versatile pieces of rubber are definitely more comfortable than seating yourself on a block of unforgiving wood.

### FLOOR PLANTERS

Forget expensive plant pots or complicated wooden bordering – tyres act as the perfect decorative surround for flowers.

### OBSTACLE COURSE

For kids of all ages, tyres can provide balancing lengths to negotiate – you'll even be assured of a soft landing should they lose their footing.

### RAISED WALL

If being creative with living matter is a step too far, just consider the effectiveness of a good old-fashioned tyre wall. You may never have thought about constructing one in your garden, but you can add colour and decoration aplenty.

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# PUZZLES & TRIVIA

PUZZLES

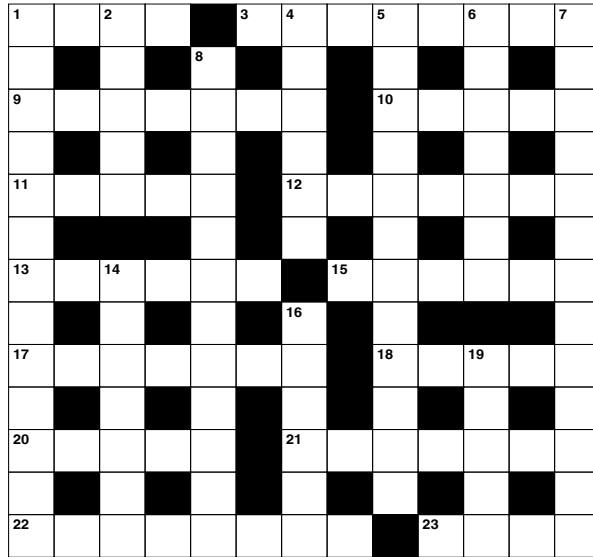
Answers: see end of The VISION Listings

## ACROSS

- 1. Four-wheeled vehicles (4)
- 3. Vessel for molten metal (8)
- 9. One of the planets (7)
- 10. Shadow (5)
- 11. Raves (5)
- 12. Undoing a knot (7)
- 13. Room attached to a church (6)
- 15. Bow and arrow expert (6)
- 17. Nasal opening (7)
- 18. Smallest quantity (5)
- 20. Where one finds Rome (5)
- 21. Turned over; became very angry (7)
- 22. Gibberish (8)
- 23. Wet with condensation (4)

## DOWN

- 1. Violation (13)
- 2. Become ready to eat (of fruit) (5)
- 4. Expressing regret (6)
- 5. Circle amount (anag) (12)
- 6. Infantile (7)
- 7. In an inflated manner (13)
- 8. Short tale told to children (7,5)



- 14. Support or strengthen (7)
- 15. Common edible fruit (5)
- 16. Fissures (6)

## DID YOU KNOW?

- ▶ It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green
- ▶ It's estimated that there are more Indian restaurants in the UK than there are in Mumbai
- ▶ In 2015, NASA astronauts on the International Space Station sampled outredgeous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten
- ▶ It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted
- ▶ Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out
- ▶ White potatoes are around 80 per cent water.

## SUDOKU

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



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Lockdowns and the on-going isolations when school bubbles burst have had a worrying impact on children's mental health and social development. As professionals working with youngsters aged 4 to 18, we have seen first-hand how the pandemic has affected students, particularly with anxiety, which many had never previously suffered with.

Covid curtailed many of the normal interactions that children would have had which has made lots less independent than they would otherwise have been. Many found returning to face-to-face classes really challenging and have suffered a huge loss of confidence which we are working to rebuild. Through performing arts, we can encourage our students to express any worries they have and help them build resilience through teamwork.

#MoreThanJustaTheatreSchool has become the hashtag attached to Razzamataz because of

feedback from students and families on the positive impact that being part of our Razz family has on them.

Although some go on to gain places at prestigious performing arts colleges and into West End shows such as Hamilton, &Juliet, Matilda and School of Rock, many attend Razzamataz because of the huge difference it makes to their confidence and the life skills that they learn through quality training. Research has also found that children participating in creative activities are often happier than those that don't.

Razzamataz staff will be working on helping students to reconnect with any loss of confidence and life skills that occurred as a result of the pandemic, whilst making new friends and having lots of fun!

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# PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead?

With many designs to choose from and ideas to suit all ages, see our favourites below.

### FRANKENSTEIN PUMPKIN

**YOU WILL NEED:** Green, black and white acrylic paint | A paintbrush  
**HOW TO MAKE:** Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



### SPIDERWEB PUMPKIN

**YOU WILL NEED:** White and black acrylic paint | 1 large paintbrush | 1 small paintbrush  
**HOW TO MAKE:** Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



### MONSTERS INC PUMPKIN

**YOU WILL NEED:** Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue

**HOW TO MAKE:** Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.



Photo credit: Pinterest, Wilkinson, www.wcbbcharlotte.com



KIDS





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UNUSUAL FRUIT OF THE MONTH:

# Atemoya



FOOD & DRINK

If you like piña coladas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

### WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

### HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

### HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good.

For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.

### WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol.

Atemoyas are also very high in vitamin C,







# PETRIFYING PIZZAS

Whether you're planning on throwing a spooktacular Halloween party or you simply want to create a frightening feast for your family, these petrifying pizza ideas are guaranteed to impress.

### THE PUMPKIN

To make this scary snack, the only toppings you need are pepperoni and sliced Red Leicester cheese. Simply cut two pepperoni triangles and two cheese triangles for the eyes, one smaller triangle of each for the nose and a crooked pepperoni smile for the mouth.

### THE VAMPIRE

For this creepy creation, you will need black olives, green olives stuffed with peppers, and pepperoni. Finely chop the black olives and arrange on the top third of the pizza as the vampire's hair. Then create the eyes using the green olives. Finally, create a fanged mouth using one long strip and two triangles of pepperoni. If you're not a fan of olives, you could use cherry tomatoes for the eyes and caramelised onions for the hair.

### THE SPIDER

Send shivers down your kids' spines with this eight-legged freaky feast. All you need is black olives and bacon. Create the head and body of the spider using black olives and then cut strips of cooked bacon for the legs. You can also use vegan bacon for a meat-free alternative.

### THE MUMMY

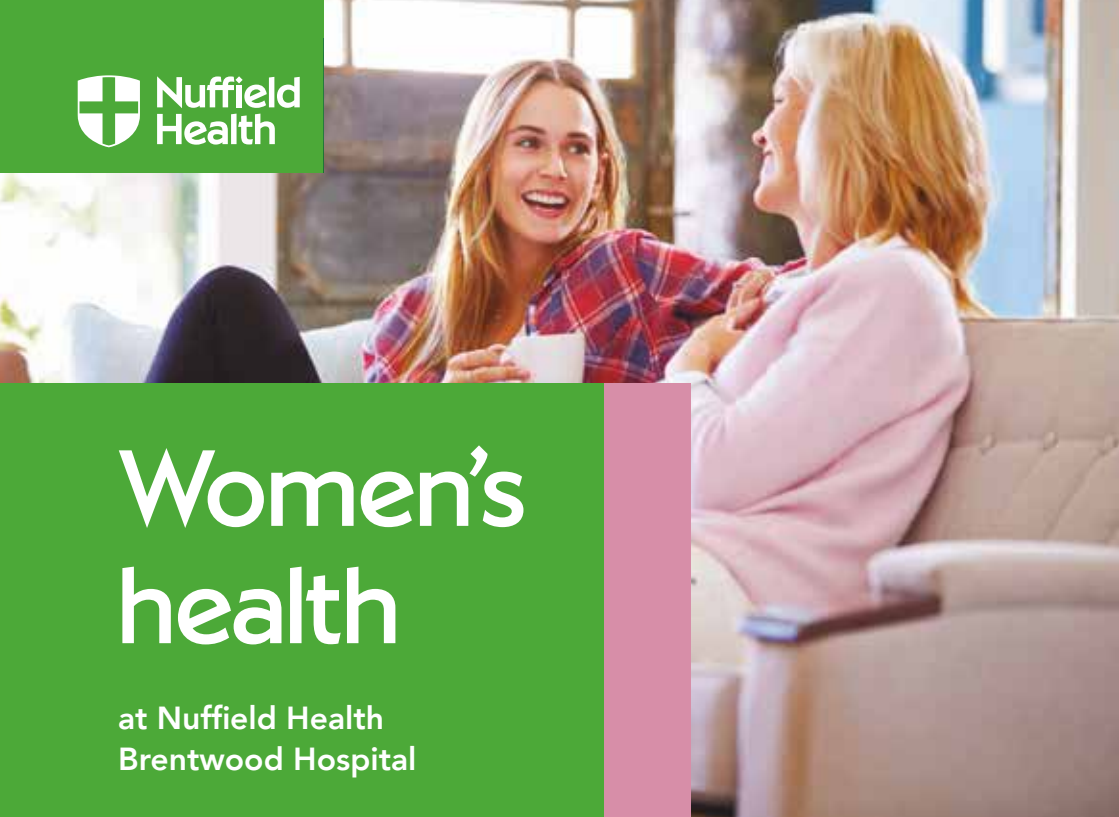
A spooky vegetarian option. To make the menacing mummy, you will only need mozzarella sticks and some green olives stuffed with peppers. Simply slice the olives to create the eyes and then place the strips of mozzarella over the pizza to look like bandages.

### WITCHES' FINGERS

If you want to make some Halloween-themed finger food, these are a great idea. Just cut a cheese and tomato pizza into long strips to make the fingers and then cut triangles out of cooked red peppers to make the fingernails. Arrange on a plate in a circle with a pot of blood (ketchup) for dipping.



Photo credit: familyfreshmeals.com



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# perfect Pasta Pairing

**H**ave you ever wondered why there are so many different shapes of pasta? It's not just to jazz up the look of your dish, but also to hold onto the sauce and improve your dining experience. Find out which pasta to pair with which sauce below.

**Long and skinny:** Long and skinny pasta, such as spaghetti, linguine and vermicelli, is perfect for pairing with light seafood and cream- or oil-based sauces.

**Long ribbon:** Long ribbon pasta, such as tagliatelle, pappardelle and fettucine, suit rich and meaty sauces like ragu, as well as thick, creamy sauces like carbonara.

**Shells:** Conchiglie and lumache make a great pairing for heavy cream and meat sauces, while larger shells can be stuffed with tasty fillings such as minced meat or ricotta and spinach.

**Twists:** Twist pasta shapes, such as fusilli, gemelli and strozzapreti, should be served with light and smooth sauces, like pesto, which will easily cling to their shape.

**Tubes:** Tubular pasta, such as penne, rigatoni and macaroni, go well with hearty vegetable sauces, baked cheese dishes, bolognese and ragu.

**Filled:** Filled pasta, like ravioli, tortellini and cappelletti, tend to have a rich filling, so their accompanying sauces are traditionally light and either butter or oil based.

**Mini shapes:** Mini pasta shapes, such as orzo, fregola, canestrini and stelline, are great for bulking out soups and stews. They can also be used to make tasty pasta salads.

- Top tips for cooking pasta:**
- > Always cook pasta in a large pan with plenty of salted water.
  - > Do not add olive oil to your pasta when cooking – this doesn't prevent it from sticking
  - > Do not cook the pasta all the way through; leave it al dente and then add to the sauce for a few minutes
    - > Combine your pasta and sauce in the pan rather than pouring it over once plated up.

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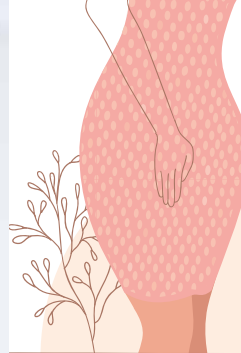
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# WHAT ARE pelvic floor EXERCISES?



Your pelvic floor acts as a sling between the pubic bone and the coccyx. Pelvic floor muscles support your spine and your abdominal muscles, as well as your bowel and bladder. While pelvic floor exercises are often recommended for women, men can also experience the benefits.

They can help you combat different conditions, including urinary incontinence, painful sex and weakened muscles following pregnancy. For women, pelvic floor exercises can also strengthen your pelvic floor before childbirth, and are generally recommended by midwives from the time you find out you're pregnant.

Doing pelvic floor exercises three times a day can help you see results in just a few weeks. Women after birth should discuss with their doctor when it's okay to resume the exercises.

Pelvic floor exercises include the following:

**KEGEL EXERCISES:** You can work out which are your pelvic floor muscles by stopping your urine stream mid-flow and feeling which muscles are working. To work these muscles, contract them for five seconds and then release. You can repeat this up to 10 times each time you do it.

**SPLIT TABLE TOP:** A basic move that can work your pelvic floor to help keep it strong.

1. Lie on your back, with your feet flat on the floor and your knees up. Your arms should be out to the sides, palms facing up.
2. Tighten your core and ensure your thighs are touching.
3. Separate your legs outward towards the floor to a position that's comfortable for you.
4. Raise your legs back up slowly to their starting position, maintaining core stability.
5. Do three sets of 10.

**BIRD DOG:** Bird dogs are ideal for toning abs, glutes, back and shoulders, benefiting your core and your pelvic floor.

1. On the floor, get onto all fours in a table top position.
2. Tighten your core and draw your shoulder blades down.
3. At the same time, extend your left arm and right leg, keeping everything else in a neutral position, including your head and neck. Hold for up to five seconds.
4. Using your core to support you and maintain balance, return to your starting position. Repeat using the opposite arm and leg.
5. Complete three sets of 10 reps.

Other exercises to help strengthen your pelvic floor include **SQUATS** and **GLUTE BRIDGES**.



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# RED ALERT



## CANCER SIGNS YOU SHOULD NEVER IGNORE

**EXCESSIVE FATIGUE:** There are many things that can cause tiredness, from stress to low iron levels to depression. But sudden and excessive exhaustion could point to something more serious as cancer steals your body's nutrients for its own growth.



**SUDDEN BRUISING:** Even if you're a bit of a klutz, you wouldn't experience the kind of excessive and unusual bruising that is caused by various blood cancers – particularly if they are in places you are unlikely to bump.

**PAIN THAT DOESN'T GO AWAY:** Whether it's a pounding headache that never seems to relent or an aching stomach that returns after every meal, it's definitely worth getting checked out.



**SKIN CHANGES:** We associate breast cancer with finding a lump, but discolouring, dimpling and changes to the size and colour of the nipple can also indicate that something is amiss. Similarly, you shouldn't wait until a mole has become itchy or uncomfortable before getting it checked out; asymmetry, sudden growth and colour changes are all potential signs of skin cancer.



**UNUSUAL TOILET ACTIVITY:** Excessive urination, frequent constipation or diarrhoea and blood in the stools or urine are all symptoms that ought to be checked by a doctor.



**CHRONIC COUGHING OR DIFFICULTY SWALLOWING:** Obviously, these are also signs of a common cold or other respiratory illness, but if you have a dry cough or what feels like a lump in your throat for more than two weeks, seek further advice.



**ABNORMAL PERIODS OR BLOATING:** From heavier bleeding or periods that are suddenly more random to bloating that never ceases, these are the kinds of irregularities that could indicate cervical, uterine or ovarian cancer.

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# Are you SUFFERING with SAD?

Although many of us feel a little less happy-go-lucky during the winter months, it is estimated that one in three people suffers with seasonal affective disorder (SAD). So what exactly is SAD and how do you know if you are affected? Let's take a closer look.

## WHAT IS SAD?

SAD is a form of depression that comes and goes in seasonal patterns. It is often referred to as the 'winter depression', and people who suffer with this condition tend to see their symptoms worsen during the darker, colder months of the year.

## WHAT ARE THE SYMPTOMS OF SAD?

There are many symptoms associated with SAD and you may experience only a few or all of them. The most common symptoms include:

- > A persistent low mood
- > A lack of energy
- > Sleeping for longer periods of time
- > Struggling to get up in the morning
- > A loss of interest or pleasure in normal everyday activities
- > Craving carbohydrates and other stodgy foods.
- > Irritability
- > Feelings of despair, guilt and/or worthlessness
- > Sleeping during the day
- > Weight gain

## WHAT CAUSES SAD?

Although the exact cause of SAD is not fully understood, the main theory is that the lack of sunlight during the winter months stops the hypothalamus in the brain from working properly, which may affect:

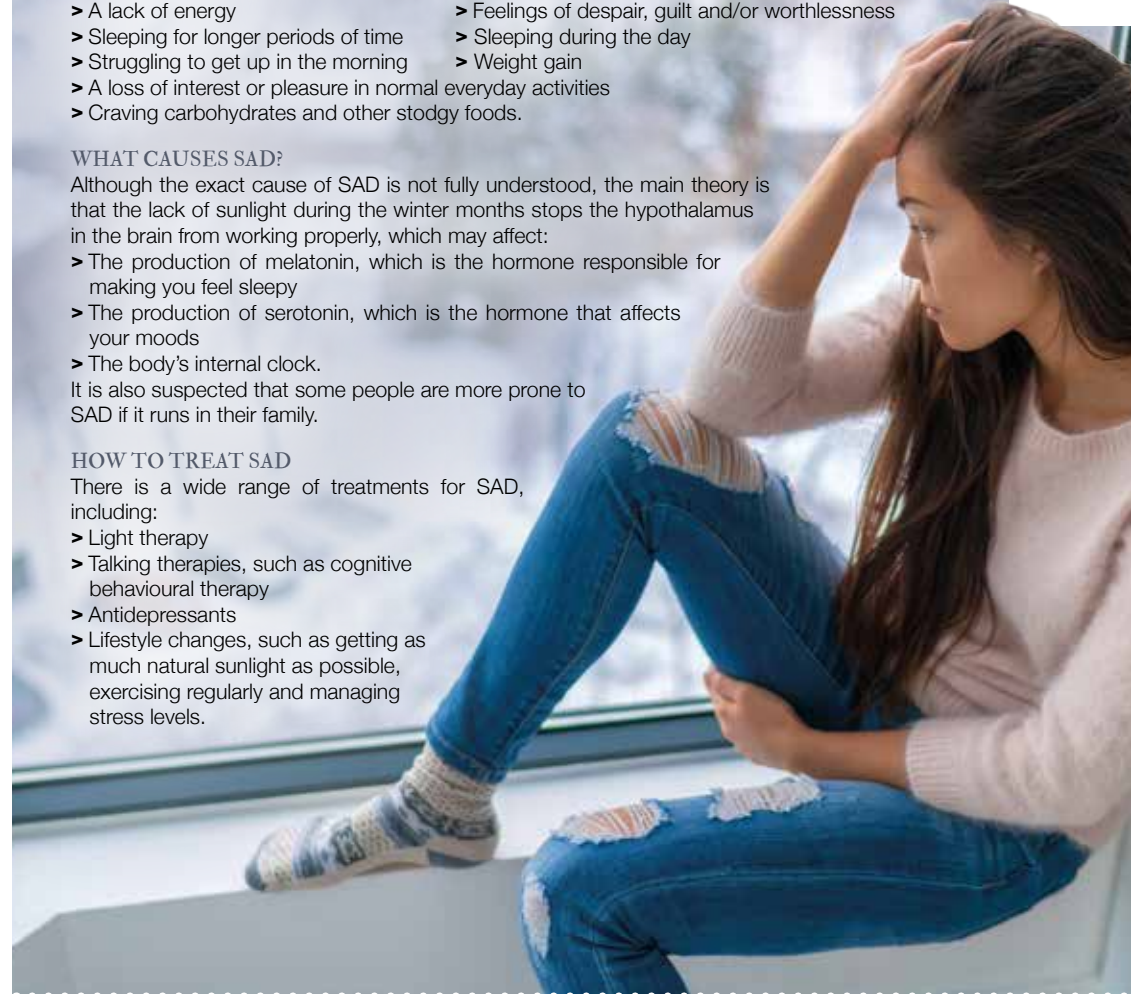
- > The production of melatonin, which is the hormone responsible for making you feel sleepy
- > The production of serotonin, which is the hormone that affects your moods
- > The body's internal clock.

It is also suspected that some people are more prone to SAD if it runs in their family.

## HOW TO TREAT SAD

There is a wide range of treatments for SAD, including:

- > Light therapy
- > Talking therapies, such as cognitive behavioural therapy
- > Antidepressants
- > Lifestyle changes, such as getting as much natural sunlight as possible, exercising regularly and managing stress levels.





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# Beer beauty



BEAUTY

Why not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

**Beer facial mask** – to promote younger-looking skin

**You will need:** ½ tsp beer | 1 egg white | 1 drop of almond extract

**How to make:** Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

**Beer nail soak** – to strengthen brittle nails

**You will need:** 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

**How to make:** Mix all the ingredients together | Dip your nails in the solution for 15–20 minutes | Repeat two or three times a week.

**Beer foot soak** – to soften hard skin

**You will need:** A bowl of warm water | Half a bottle of beer

**How to make:** Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10–15 minutes | Dry your feet and apply foot lotion.

**Beer hair rinse** – to repair damaged hair follicles

**You will need:** 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

**How to make:** Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

**Beer bubble bath** – to soften and smooth skin

**You will need:** An olive-based liquid soap | Half a cup of beer

**How to make:** Mix the soap with the beer and add to running water | Soak for as long as you like.

**Top tip:** For optimum results, use an organic beer.







TRAVEL

# HAUNTED

## HOLIDAYS IN THE UK

EXPERIENCE A REAL FRIGHT NIGHT FOR HALLOWEEN THIS YEAR

Are you after something a bit different this Halloween? Why not visit one of the UK's most paranormal places? From terrifying trails to petrifying pubs, if you are out to find a fright, these haunted holidays will not disappoint.

### PLUCKLEY KENT

Named the most haunted village in England by the *Guinness Book of Records*, Pluckley is believed to be home to between 12 and 16 ghosts. With terrifying hotspots including Fright Corner and the Screaming Woods, you are guaranteed to come away with your nerves shot to pieces.

### PENDLE LANCASHIRE

If witches are more your thing than spooks, then this is the Halloween destination for you. In 1612, 12 local residents were charged with murder by witchcraft, with 10 being sent to the gallows. Fast forward to 2021 and you can follow in their fatal footsteps by booking into the Walking with Witches Trail.

### ST GEORGE-IN-THE-EAST LONDON

Interested in Jack the Ripper? Although most of Whitechapel has been renovated beyond recognition, in the shadows of the St George-in-the-East Church stands a derelict shed that was once a mortuary. Jack the Ripper's third known victim was brought to this very spot for identification.

### THE JAMAICA INN BOLVENTOR CORNWALL

Fancy a fright with your favourite tippie? This eerie inn will not disappoint. It previously featured on the popular TV programme *Most Haunted* and the episode was described as one of the most terrifying to date. If you are brave enough to stay here, expect to hear strange voices in the night, among other spine-tingling sounds.

### CONWY NORTH WALES

This walled market town is dominated by a brooding 13th-century castle that is believed to be haunted by a cloaked figure, a horseman and what has been described as a 'phosphorescent ghostly cat'. This chilling castle is said to be so terrifying that visitors flee from it even in the daylight.



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### Q Who Are CoverSure Brentwood?

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

### Q What Can CoverSure Brentwood Help With?

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

### Q Why Should You Use CoverSure Brentwood?

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

### Q How Can Insurance Protect You?

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



### Q How Can You Save Money On Your Insurance?

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

### Contact CoverSure Brentwood

For all your insurance needs, get in touch with CoverSure Brentwood. You can call us on 01277 295 504 or email [brentwood@coversure.co.uk](mailto:brentwood@coversure.co.uk). We look forward to hearing from you!



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**STAY ONE STEP AHEAD**

Nearly a third of homeowners (31 per cent) would only consider purchasing protection insurance if they fell ill<sup>1</sup> – too late to support them financially if they couldn't work.

Other triggers for taking out protection cover include a change in employment status (25 per cent) or having an accident (24 per cent), while 22 per cent say there is no circumstance that would make them consider purchasing a protection product.

Reasons for not taking out cover include:

- Not thinking they need it (28 per cent)
- Believing it to be too expensive (25 per cent)
- Not being able to afford it (22 per cent)

**DON'T REGRET IT**

Unfortunately, once people experience a change in their circumstances, it is often too late to protect themselves. Most protection policies do not offer backdated cover, meaning that homeowners could find themselves in unnecessary financial difficulty as they try to meet their mortgage, bills and other essential payments.

With the survey also finding that one in seven (14 per cent) people regretted not having financial protection in place that would have supported their mortgage payments in the past, it is clear that many people wish they had better understood the true value of protection.

**BE ONE STEP AHEAD**

We can help explain the implications of having no protection insurance for you and your family, and help you find suitable and cost-effective products to protect you financially – before it's too late.

**At HCR we take the time to understand our clients' unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.**

<sup>1</sup> MetLife, 2021



**WHY YOU SHOULD BE AWARE OF GAZUMPING**

**B**uying a new home, especially if you are a first-time buyer, can be a complete minefield, with underhand tactics rife between buyers and sellers. If you haven't yet heard of gazumping, now is the time to find out. Remember, forewarned is forearmed.

**WHAT IS GAZUMPING?**

Arguably one of the most frustrating – not to mention disappointing – incidents that you can experience as a buyer, gazumping is when you have your offer on a property accepted by the seller, but before the sale goes through, they accept a better offer from someone else.

**IS GAZUMPING LEGAL?**

Unfortunately, gazumping is a perfectly legal aspect of property-buying in England, as an agreement to buy or sell a property does not become legally binding until written contracts are signed and exchanged.

**HOW CAN I AVOID GAZUMPING?**

Although there are no guarantees when it comes to

gazumping, there are steps you can take to minimise your risk. These include:

**1. LINE UP A SURVEYOR**

Arrange a survey on the property as quickly as possible so there is less opportunity for you to be gazumped.

**2. OBTAIN A MORTGAGE IN PRINCIPLE**

If you obtain a conditional mortgage from your lender, you can significantly speed up the process of buying a property.

**3. ASK FOR THE PROPERTY TO BE TAKEN OFF THE MARKET**

As part of your offer, ask that the property be immediately taken off the market so that no one else will be able to make a higher bid.

**4. GET A LOCK-IN AGREEMENT**

A lock-in agreement, also referred to as a lock-out or exclusivity agreement, is a binding agreement that prevents the seller from negotiating with other interested parties for a fixed period of time.

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# PLATING UP

**If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker**

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.



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