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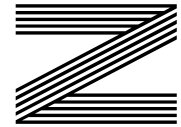
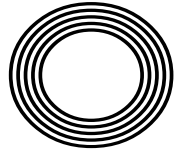
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#### Pigeon

Beetroot Purée, Cherry Tomatoes,

Celeriac, Beetroot Crisps

#### Pan-fried Salmon

Cucumber Salad, Caviar, Mooll,

Lamb's Lettuce

#### Scallops

Creamed Cabbage Purée,

Red Cabbage Relish, Cauliflower,

Flaked Almonds

#### Pink Champagne Sorbet

### MAINS

#### Fillet of Angus Beef

Hollandaise Sauce, Shallots,

Girolle Mushrooms,

Baby Carrots, Tomato

#### Rump of Lamb

Pea Purée, Broad Beans,

Shiitake Mushroom Duxelles,

Peas, Lamb Jus

#### Duck Breast

Beetroot Purée, Saffron Pear,

Silver Skin Baby Onions

#### Lobster

Quail Egg, Cèpe Mushrooms,

Shallots, Lobster Bisque & Foam

#### Mozzarella & Tomato Salad (V)

Crisp Mixed Leaves,

Pesto & Olive Salsa

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# Editor's notes...

DECEMBER 2021



Nik Allen, Editor

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

I will start by wishing you all a merry Christmas, and I pray it is a better one than last year.

Last December, we were told we could not visit our Friends and Family. Plans being cancelled at the last minute was a tough pill to swallow, especially after the challenges we faced in 2020. But hopefully this winter we won't face any more lockdowns, and so far, so good.

It's at this time of year that I always like to look back on the past 12 months, and for most of our clients, it's been a great recovery year.

We have all tried not to get too carried away, as 2020 taught us to be cautious. But as long as you have your health and the love of friends and family, I would say you have had a pretty good 2021.

In this month's edition, we feature Adele, who is making her musical comeback with her new album. We also report on the new emergency fraud hotline, 159, as well as marking 80 years since the Pearl Harbor attacks. Wishing you a wonderful end to the year and a fantastic 2022.

*Nik Allen*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

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# GOOD COP, BAD COP

## WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



**DECARBONISATION.** There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



**1.5°C, NOT 2°C.** Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



**THE ONE-YEAR RATCHET.** Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace of making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



**NATURAL RESOURCES.** As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





STOP, HANG UP AND

**CALL 159**

Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

#### What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

#### When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

#### Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

#### Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.



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# OH CHRISTMAS TREE

**G**et ready to break the status quo this festive season and reimagine the traditional Christmas tree.

Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

**Minimalist metal:** If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

**Christmas crates:** A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

**Teepee tree:** For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

**Light-up ladder:** If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

**Christmas card tree:** Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.

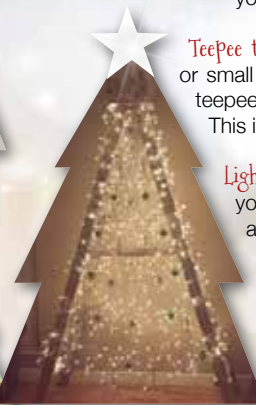


Photo credit: Pinterest



# 6 USES FOR Toothpaste

**T**oothpaste is not only good for cleaning your teeth but it can also be used to refresh and revitalise items in your home, as well as to remove stubborn stains.

**1. WHITEN YOUR TRAINERS**

If your trusty trainers are looking more grimy than glowing, some spare toothpaste is exactly what you need. Simply apply a small amount of non-gel toothpaste to the rubber parts of your trainers and scrub using an old toothbrush. Then wipe clean with a wet cloth.

**2. CLEAN YOUR IRON**

There is nothing worse than ironing clean clothes with a dirty iron. Fortunately, you can quickly remove any gunky build-up on the bottom of your iron with toothpaste. Just unplug your iron, leave to cool and then scrub the bottom with toothpaste on a cloth and wipe clean.

**3. REMOVE CRAYON FROM WALLS**

Kids love to draw on the walls, but most parents are not so keen on this creative activity. However, all you need to remove waxy crayon stains is a scrubbing brush and a little toothpaste. Plus, because toothpaste is non-toxic, you can even get your little ones to help you.

**4. RESCUE DVDS**

If you still love to watch DVDs but many of your much-loved discs have become scratched, toothpaste can save the day. Simply dab a tiny amount of paste onto the scratch and then rub all over the disk in circular motions with a soft towel. Wipe away any excess.

**5. PREVENT FOG**

From foggy bathroom mirrors to foggy headlights, toothpaste is great at preventing fog from clinging to glass or plastic. Just rub a non-gel toothpaste onto the area and then wipe off with a damp cloth.

**6. ELIMINATE TEA AND COFFEE STAINS**

Apply a dab of toothpaste to any stubborn tea and coffee stains and then wash as usual. Hey presto! No more stains.

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# PERFECT *planning*

Are you always forgetting family commitments? Let us introduce you to the DIY family planner that promises to transform your life from chaotic to calm in a matter of minutes.

All you need is a few supplies and a door – this could be in a kitchen cupboard or even the whole side of a door.

### WHAT YOU NEED:

Chalkboard paint | A paintbrush | Sandpaper | Old guttering and gutter clips (for shelf) | Old copper pipe and pipe clips (for rail) | Handsaw | Electric drill or screwdriver | Hot glue gun | Spray paint – colour of your choice | A bulldog clip | Paper roll

### HOW TO MAKE:

**Step 1: Prepare the space** – If using a cupboard door, remove it from its frame using a screwdriver or electric drill.

**Step 2: Sand the wood** – Sand the door down before you paint it as this will ensure a smoother surface. Wipe down with a wet cloth to remove any dust.

**Step 3: Paint the door** – Apply 2-3 coats of chalkboard paint, making sure you leave the door to dry in between each coat.

**Step 4: Create a shelf** – Measure the width of the door and subtract a few centimetres from each side. Cut the guttering to this size and sand down any rough edges.

**Step 5: Spray paint the shelf** – Spray paint your guttering in your preferred colour. Apply fine coats gradually to avoid drips.

**Step 6: Attach the shelf to the bottom of the door** – Screw the gutter clips to your chosen position on the door and place the guttering inside the clips.

**Step 7: Make a hanging rail** – Cut the copper piping to the same width as your shelf. Screw the pipe clips to the door at least 30cm above the gutter shelf and attach your rail. Add your paper roll.

**Step 8: Add a bulldog clip** – Attach a bulldog clip to the door using a hot glue gun. This will hold the end of your paper roll in place.

**Step 9: Draw your planner** – Use a whiteboard pen to draw a grid at the top of the door and then add each week's activities/appointments with chalk.



Photo credit: cassielair.com



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HOME & DIY

# A GUIDE TO Tablescaping

## TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

### CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

**Christmas colours:** Red and green, red and gold, or silver and gold.

### PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe. **Christmas essentials:** Gold-trimmed plates, a moss table runner and festive napkin rings.

### CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

**Christmas centrepieces:** Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

### REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

**Christmas decorative details:** Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.

Photo credit: Brian Woodcock via countryliving.com, seamistoreadesign.com, bleissithestylog.com, sayyes.com





# CHALK IT UP!

**A** decorative paint that is known for its matte appearance, chalk paint is the perfect choice for those wanting to give their home décor a shabby-chic look. It's extremely versatile, with the ability to stick to any surface, so discover five ways to use chalk paint in your home below.

**TO CREATE A STATEMENT WALL:** Bedroom walls looks great with a matte, unwaxed finish and there are many shades of chalk paint to choose from. Apply the paint with a large brush rather than a roller as this will add depth and texture to the final finish.

**TO TRANSFORM FLOORS:** Chalk paint is ideal for transforming old concrete and wooden floors. Simply apply 2-3 coats of chalk paint and then apply chalk paint lacquer with a sponge roller for enhanced durability. Be sure to test the paint on a few areas first to check whether any stains bleed through.

**TO UPDATE YOUR OUTDOOR SPACE:** Chalk paint can be used to revive metal fixtures and fittings and can even cover and slow down rust. It also works well on brick, concrete and terracotta, and can be used to refresh garden furniture.

**TO PAINT UPHOLSTERY:** For best results, use chalk paint on small items that are firmly upholstered and made from a natural fabric like cotton or linen, such as a dining room chair seat. Dilute the chalk paint with water and paint on as a 'wash' to stain the fibres. No waxing is needed.

**TO REFRESH KITCHEN CABINETS:** If your kitchen cabinets have seen better days, then chalk paint provides the perfect solution. Apply at least two coats of your chosen colour of chalk paint and then two or three coats of chalk paint wax to seal and protect them. Make sure that your cabinets are clean before painting.



Photo credit: Annie Sloan



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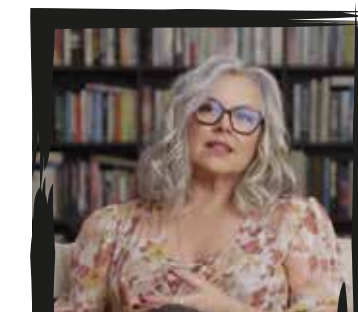
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# MAD *about* the HOUSE



HOME & DIY

Update your home with inspiration from the multi-award-winning blogger, Kate Watson-Smyth

If you're going to look to anyone for interiors advice, who better than leading property, interiors and design journalist Kate Watson-Smyth?

Kate enjoyed a long career as a journalist, including writing for *The Independent* and the *Financial Times*, before developing her blog, *Mad About the House*.

She has also written a series of *Mad About the House* books, which are your must-have guides to styling your home.

Kate's own home, which is often featured on her blog, is the result of renovating two former rental flats. It is the perfect reflection of Kate's effortless, timeless and elegant style.

Fuel your own home décor inspiration with Kate's expert interior eye. Let's break down her philosophy:

**Your home should tell your story. It should make your heart sing when you open the front door**

Your home is unique to you. So instead of following all the interior trends, help your home tell your story. When you walk in through the door, what you see should make you feel happy and comforted; it's your place to relax, after all. Incorporate your favourite colours to reflect your personality, and get creative with your artwork.

**Something old, something new, something black, something gold**

Decorating a room involves a lot of different elements. By mixing up some vintage or second-hand pieces with new elements, you'll create a style that's all your own.

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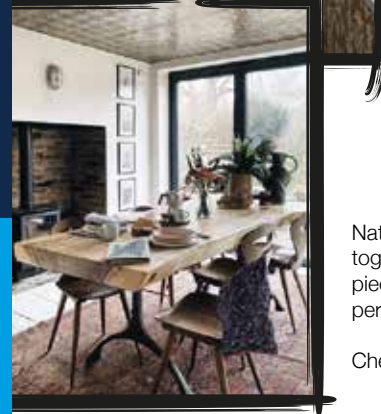


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# LOCAL NEWS

*from your neighbourhood*



Photo credit: Brentwood School

## Student showjumpers win national competition

Pupils from Brentwood School recently won an award in a national equestrian competition.

The students won Jumping with Style honours at the National Schools Equestrian Association (NSEA) Championships on November 5.

With "four immaculate and polished rounds", the Essex school's four-rider team – Ben Hogarth, Sophie Philpot, Imogen Pohl and Charlotte Cooke – won the honours at the 30th anniversary NSEA Championships, held at the Keysoe International Equestrian Centre, in Bedfordshire.

The competition included four components: a riding

style mark, showjumping penalties, cross-country jumping penalties and time penalties.

The Brentwood School students won a shield, sashes, rosettes and rugs kindly sponsored by Equine America. They finished five marks clear of their closest competitors, Mayfield, who were followed by Cranleigh in third place by only half a point.

Team manager and trainer, Mrs Annette Philpot, said: "A big thank you to the parents and the school for their fantastic support, and the children for their dedication to their training, their superb team spirit and their commitment over the whole season."

# BRENTWOOD PROPERTY NEWS



The Brentwood Realtor

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Hello my name is Peter Garland-Collins and I am delighted to bring to you this new, monthly, local property column, focussing mainly on CM14 and the surrounding areas.

I am a local business owner of a real estate agency, living in the neighbourhood and my aim with this column is to bring you useful content each month, covering all aspects of property in the local area.

Following on from a crazy summer of stamp duty deadlines, that saw more buyers than available properties, stock turnover from available properties compared to completions in the area is currently running at 10%.

This level currently provides a balanced market in Brentwood. The demand for property in the area is neutral and prices are likely to remain at a stable level.

Thank you for reading, best wishes for this festive season and a wonderful New Year!

*Peter Garland-Collins*

### Local Property Statistics

Current number of homes for sale in CM14.	203
Current avg. price per Sq.Ft.	£487
Highest sale price YTD. The Chase, Brentwood.	£1.45m
Avg. sold price Nov 2021 (HM Land Reg).	£440k
Avg. number of homes sold per month in 2021.	20
Number of homes sold in CM14 YTD.	218
Planning applications last month.	24
Planning application success last month.	100%
Crime rate-160 cases per 1000 residents.	Average

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Photo credit: RMC Event Photography via Brentwood Borough Council Facebook

# Residents gather for Remembrance Day Parade

A Remembrance Day parade and church service took place in Brentwood on Sunday, November 14 to honour all those who have sacrificed their lives for their country.

The parade started at Brentwood Town Hall and marched down Middleton Hall Lane towards the war memorial at the junction with Shenfield Road, where wreaths were laid and two minutes' silence was observed.

The parade continued along Shenfield Road, crossing the mini roundabouts at Wilson's Corner, and finishing with a service at St Thomas of Canterbury Church.

The salute was taken by the Deputy Lieutenant of Essex, Dennis Rensch, accompanied by other dignitaries, including the Mayor of Brentwood,

councillor Olivia Sanders, and the president of Brentwood Royal British Legion, Brian Kitchener.

Mayor Sanders said: "I am proud that we are commemorating Remembrance Day in Brentwood.

"It is important that we never forget those who have fought and selflessly given their lives for our country. We owe them a debt of gratitude, and I am pleased that residents can attend the parade.

"We must never forget those who have given and continue to give their lives in wars and conflicts and those who have fought for our freedom."

The parade included contingents from all major uniformed services as well as members from Essex Police, Scouts, Guides and charitable organisations.

LOCAL NEWS BRENTWOOD

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# Court date is set for trial of murder suspect

A teenager suspected of stabbing two 16-year-old boys to death in Brentwood will face trial for their murders next year.

Defendant Frankie Watson, 19, of Baker Street, Orsett, attended Basildon Crown Court on October 28 and is accused of the murders of Charlie Preston (pictured) and Frankie Gater. He is also charged with attempted murder and possession of an offensive weapon. He was not asked to enter a plea.

A pre-trial preparation hearing is fixed for December 23, 2021, and the trial is fixed for August 22, 2022.

The two 16 year olds died following a disturbance in Regency Court, Brentwood, at around 1.30am on the morning of Sunday, October 24.

GoFundMe pages have been set up for both Charlie's and Frankie's families to help them during these hard times and contribute towards funeral costs.

To donate, visit [www.gofundme.com](http://www.gofundme.com) and search 'Charlie Preston' or 'Frankie Gater'.



Photo Credit: Essex Police



## A timeless kitchen for a modern baker



Mr and Mrs D had invested in an old building in their perfect location and had a great vision for their ideal kitchen.

A keen baker, Mrs. D runs her own business providing a home baking range of 'Free From Mixes' to help people with some food intolerances bake delicious muffins and cookies without worry. She had helped out at some of Regal's "cookaholics events" run by Emma at the showroom so already knew about some of the different kitchen ranges on offer, she was pleased when she was introduced to senior designer John.

It became clear fairly early on that they couldn't stretch to an in-frame kitchen but were delighted when they saw a sample of a faux in-frame MDF door. This allowed some of their budget to be allocated to quality finishes and appliances such as the Neff flex-induction venting hob in conjunction with Neff 'Slide & Hide' creating the dream for a keen cook.

The white Corian contrasts beautifully against the indigo door and the antique mirror splashback (as well as keeping the wall brick) adds a timeless feel to the whole room. The wine cellar housed under the floor is a great addition that our customers will use for years to come.

Mrs. D said she is grateful that Regal were able to fulfil her dream and still be mindful of the budgetary restraints and also added: "From



design consultation to delivery and then after care, Regal have been amazing. Going above and beyond to help us realise our perfect kitchen, we really can't recommend them enough. And we are extremely happy with our new kitchen".

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## Man left unconscious during assault

LOCAL NEWS BRENTWOOD



Photo credit: Essex Police

Essex Police have recently released an appeal for information following an assault in Brentwood High Street.

The incident took place outside the Domino's Pizza takeaway at about 1.30am on Sunday, August 1.

During the assault, the victim, a man aged in his 20s, sustained a broken ankle and lost consciousness.

Police would like to speak to the two men pictured in connection with the assault.

Anyone with information should call 101 and cite 42/155373/21.

You can also submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm.

Information can also be given to independent charity, Crimestoppers, anonymously on 0800 555 111 or at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

## Nominations now open for annual Civic Awards

The annual Civic Awards are now open for nominations, and Brentwood Council would like to hear about people you believe are making a difference in the community.

The awards are an opportunity to acknowledge the dedication and commitment of individuals and groups within Brentwood.

The awards categories are for Service to the Community, Lifetime Achievement, and Young Volunteer of the Year.

Mayor of Brentwood, councillor Olivia Sanders, said: "I am always amazed at the selflessness of people within our community who freely give their time for the benefit of others without expecting anything back."

Please ensure you include as much detail as possible when nominating, with examples of what the individual

or group has done in the community. Anyone who lives within Brentwood can be nominated.

The nominations close on February 14, 2022, and will be considered by the panel of judges in March 2022.

The awards will be presented on April 8, 2022, at the Civic Dinner.

To nominate someone, please complete the online form by searching 'Civic Awards nominations' at [www.brentwood.gov.uk](http://www.brentwood.gov.uk) or email [mayors.secretary@brentwood.gov.uk](mailto:mayors.secretary@brentwood.gov.uk) to request a hard copy of the nomination form.

## Singer performs preview gig ahead of new album release

An up-and-coming singer from Essex gave the crowd at a gig at the Essex Arms, Brentwood, a sneak peek of her new music after signing with a record company.

Georgia Crandon, 25, from Loughton, is looking forward to an exciting future after signing with Static Wax Records.

Georgia and her band, The Vintage Youth, break through conventional genre barriers by fusing jazz with reggae, ska, ragtime and pop.

Georgia said: "Loughton has been my home all my life, and the Essex Arms in Brentwood is one of my favourite venues to play at all time. It's where I met a lot of my current fanbase, who I adore – I call them the Essex Massive. I owe a lot to them."

Speaking about her new album, Georgia added: "We are expecting to be able to release the album in the first half of 2022, but that will depend on vinyl production times.

"Working with producer, Darren Bazzoni, on the album has been fantastic. He understands exactly what I'm trying to create and helps me achieve it. We make a great team.

"I can't wait for everyone to hear what we've been working on."

To find out more, visit the band's website at [www.georgiaandthevintageyouth.com](http://www.georgiaandthevintageyouth.com)



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**BURGHART for BRENTWOOD**



Alex Burghart MP for Brentwood and Ongar

LOCAL NEWS BRENTWOOD



of those who are seriously ill with COVID-19 in hospital are unvaccinated, and I will continue to urge anyone who has not yet had the vaccine to have it as soon as possible.

The biggest change for me this year has been a move from the Prime Minister's office in Downing Street, where I was his Parliamentary Private Secretary, to the Department of Education as the new Minister for Skills. My pre-political life was largely in education, so this opportunity is a real treat.

My brief includes further education and training, skills, T Levels, apprenticeships and employability, all of which are crucial to the government's mission to level up the country. I am very much looking forward to discussing this policy work with local providers and employers here in Brentwood and Ongar.

We all look forward to next year, with the hope that coronavirus will be further controlled and that the frustration and tensions caused by restrictions on our lives will be lifted.

As always, if you need my assistance please get in touch at [www.alexburghart.org.uk](http://www.alexburghart.org.uk)

Writing my final article for the year for **VISIONBrentwoodOngar** enables me to look back on the previous 12 months to see what the year has brought us. Two years ago, we were emerging from a General Election after a tumultuous year in politics. Last year, we were looking forward to the impact of the (then) new COVID-19 vaccination and how it might enable us to return to some form of normality in 2021 after a year of pandemic restrictions. This year, we have seen the successful rollout of the vaccine, and a subsequent drop in the number of people needing hospital treatment. Sadly, the majority

## Pupils to be more eco-friendly

Pupils at a preparatory school in Brentwood recently formed a new eco team as part of their commitment to becoming more eco-friendly.

The newly formed Eco Committee at Ursuline Preparatory School held its first meeting on November 11, to discuss ways in which the school can help the environment.

The committee made several proposals and, as a group, they prioritised those that would have a more immediate impact on the school community.

This includes ensuring each pupil only brings reusable bottles and containers into school for their lunches rather than plastic bottles, clingfilm or foil.

The eco team will create posters to display across the school to remind teachers and students to switch off lights when leaving a room and not to leave taps running, particularly when brushing their teeth.



The school is also collecting used crisp packets and giving them to the charity, Iron Man, which will recycle them into blankets for the homeless.

Mrs Sarah Macdonald, deputy head and chair of the committee, said the inaugural meeting was a great success and she is very excited about putting all the ideas into action.

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# LOCAL NEWS

*from your neighbourhood*



Photo credit: Epping mother's union

## Annual charity Christmas fair is back for the festive season

The Christmas season is approaching, and to get Ongar locals in the holiday spirit, a charity hosted a Christmas market.

Zinc Arts Theatre's annual Christmas market returned to Ongar High Street on November 14 and provided visitors with entertainment, food and drink.

The fair had 300 attendees and was described as a "complete success, as it is every year", by booking coordinator, Julia Cakebread.

Julia added: "Goodfellas café and diner was open, serving hot drinks and its famous burgers. The queues were quite literally out the door."

Many stalls were at the event, including The Only Way is Gin, Rotary Club, Life & Sole, Entirely Aloe, Tiannan Crafts, Candle Angels, Logmeb, Refill Mill,

Kerry Leanne Jewellery, Star Designs, Avon, and Cakey Girls.

The fair also raised £170 for the Epping Mother's Union, which creates links in the local community, reduces inequality, raises awareness of gender injustice and supports survivors of gender-based violence.

This Christmas, Zinc Arts Theatre will also present *Annie Jr.*, an adaption of one of the world's best-loved and most-performed musicals.

This show features a collection of young performers who all live and train in Ongar and Epping.

Performances will take place from December 9 to 19. For more information and tickets, visit [www.academyarts.co.uk](http://www.academyarts.co.uk)

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Photo credit: Epping Ongar Rail



LOCAL NEWS ONGAR

# Railway celebrates major events and milestones

Epping Ongar Railway celebrated a number of events and milestones recently.

This included the 60th birthday of the Class 37 (37029) diesel locomotive, which was celebrated by running the train for 60 miles along the whole length of the line.

Recent major events included steam and diesel galas, a bus rally, and the London Transport weekend,

which included numerous visiting locomotives.

Dinosaurs roamed the train to mark the occasion, while Peppa Pig welcomed visitors from a specially converted farm wagon.

An Epping Ongar Railway spokesperson said: "What a fantastic year it's been for the local railway."

If you would like to help to run the railway as a volunteer, visit [www.eorailway.co.uk/membership](http://www.eorailway.co.uk/membership)

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## Area is among most expensive towns in county

Ongar is listed as one of the most expensive towns in Essex, according to online property site, Zoopla.

The latest house price survey revealed by Zoopla's Zed-Index, an algorithm used by the site to estimate the value of a given house, shows Ongar to be the 8th highest value town in Essex.

The cost of a home in Ongar is around £566,339 on average.

Ongar flats sold for an average of £242,382 and terraced homes for £405,039, as based on recent Zoopla estimates.

Prices are up 0.63 per cent in the past three months since August 2021 and up 2.61 per cent year on year.



Photo credit: Google Maps

# Come and Visit our Showroom

We recently made a visit to the lovely village of Battlesbridge to look at what's on offer at Phoenix Fireplaces.

Parking is easy and plentiful and as well as looking at fireplaces we had time to browse the many antique outlets and have a meal in one of the excellent pubs.



The showroom at Phoenix is large and everything is laid out to make it easy to view. The staff are friendly and very helpful and we were impressed with the enthusiasm and knowledge that Triston had. His advice on how to choose the right product was of enormous benefit and



we felt confident that he was steering us in the best direction for us. They have a range of products that seems unequalled, and certainly ranges like Vision Trimline, Acquisitions, Capital, Dik Geurts, DRU and Spartherm don't seem to be available elsewhere.

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HOW TO WEAR

# Sheer THIS party season



**B**oth alluring and sexy, sheer tops have always been a fashion staple, especially during the Christmas party season.

However, there is no denying that it takes guts to rock this style.

### WEAR A CAMISOLE UNDERNEATH

If you don't dare to bare and you can't think of anything worse than having your bra or chest on show, why not wear a cami or vest top underneath? Enabling you to wear sheer with confidence, this look can be worn to the office and then rocked all night long.

### COMBINE WITH HIGH-WAISTED GARMENTS

For those who are worried about flashing their midriff, high-waisted trousers or a high-waisted skirt offer the perfect solution. Complete this sleek and sophisticated look with a simple crop top or bralette.

### THINK ABOUT YOUR CHOSEN COLOURS

While it seems to be an unwritten rule that the undergarment you choose to wear under a sheer top should be the same colour, why not mix it up a bit? Whether you wear black under a sheer white top or you embrace colour blocking and clash bright colours such as blue and red, it's 'go bold or go home' this party season.

### USE EMBELLISHMENTS

Embellishments create visual interest which can trick the eye and give the illusion of more coverage. They are particularly useful for sheer trousers that can leave you feeling exposed. Don't be afraid to experiment with sequins, glitter and embroidery.

### EMBRACE SHEER PRINTS

This clever trick makes a sheer top appear less see-through; the busier the print, the better. Plus, animal prints are bang on trend for autumn/winter 2021.



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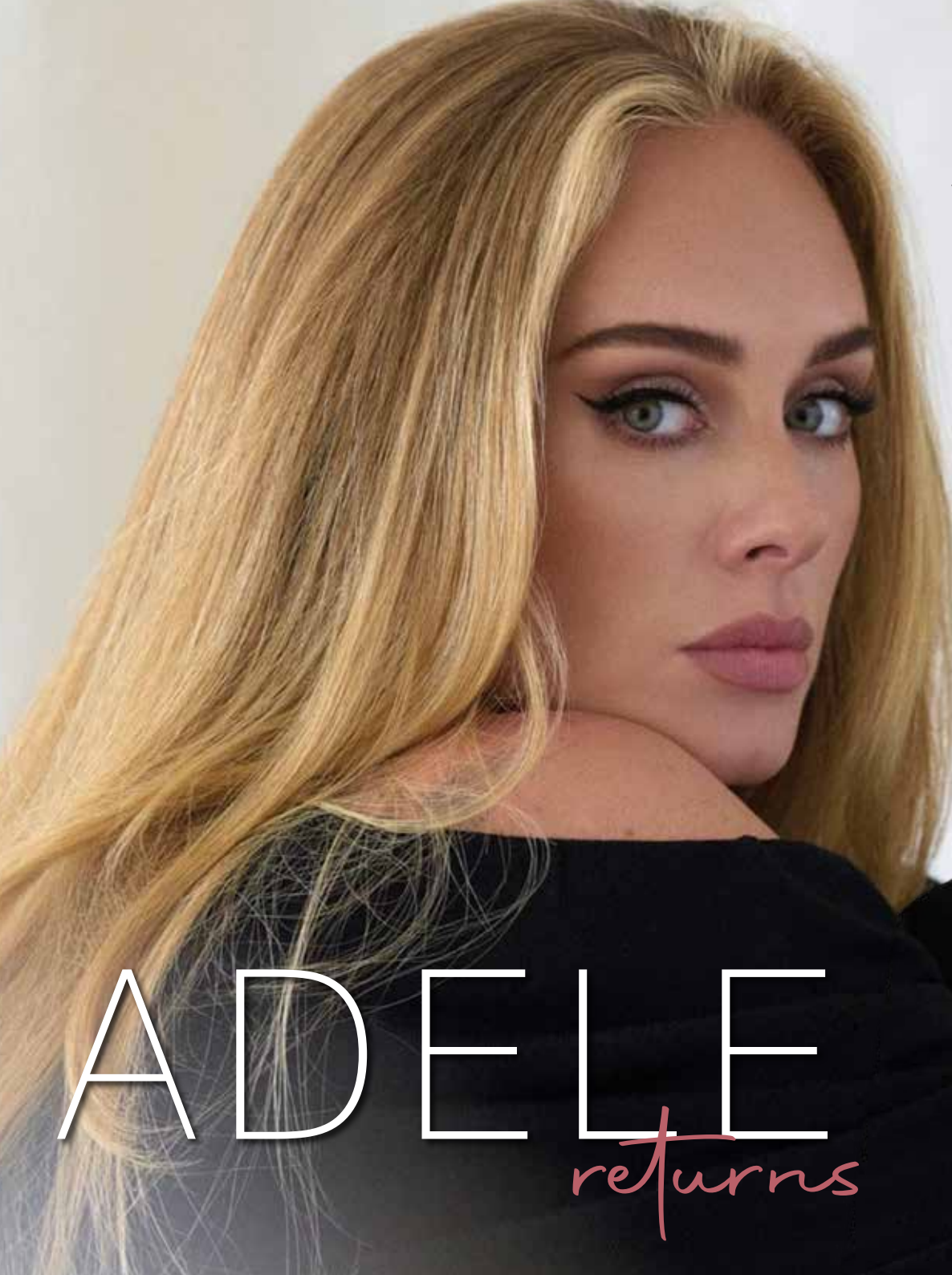
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# ADELE

returns

**A**dele is one of the most successful female artists in history, and the universal acclaim behind *30*, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

---

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

---

*19* earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”

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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.

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# PEARL HARBOR

## *remembered*

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.



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# PUZZLES & TRIVIA

PUZZLES

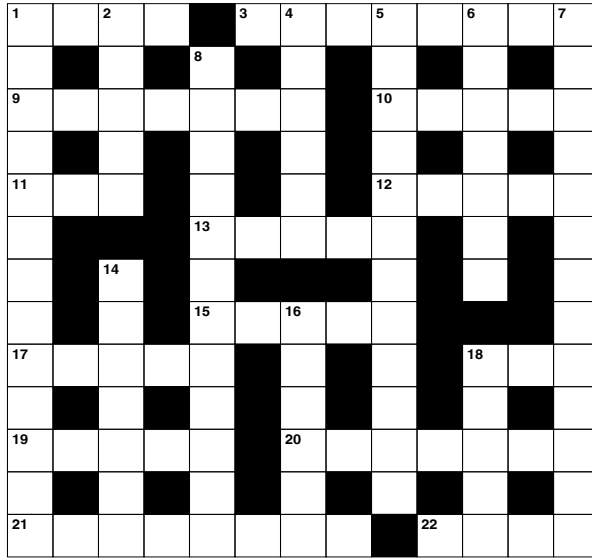
Answers: see end of The VISION Listings

### ACROSS

- 1. Skin irritation (4)
- 3. Assembled (8)
- 9. Allocations (7)
- 10. Small dust particles (5)
- 11. Drivel; nonsense (3)
- 12. Exit (5)
- 13. Long-handled spoon (5)
- 15. Ellipses (5)
- 17. Steep slope (5)
- 18. Intentionally so written (3)
- 19. Buffalo (5)
- 20. Become less intense (4,3)
- 21. On the outer side (8)
- 22. Examine by touch (4)

### DOWN

- 1. Not capable of being restrained (13)
- 2. Destroy (3,2)
- 4. Utterly senseless (6)
- 5. Vagrancy (12)
- 6. Take back (7)
- 7. Rude and discourteous (13)
- 8. Metal device for removing tops (6,6)



- 14. Receiver (7)
- 16. Ratio of reflected to incident light (6)
- 18. Heating apparatus (5)

### DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in *Guinness World Records* as the most fearless animal on the planet.

### SUDOKU

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

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# BRUCE KING

*on public speaking with confidence*



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.**

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

Of course, they didn't know what I was smiling at. The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

Here are three tips, which were the most valuable she gave me:

If you can help them in any way whatsoever, they will truly appreciate you.

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

### More information:

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)

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# FROM MARKET STALL TO PARLIAMENT

Young Essex Entrepreneur who has plans bigger than his business.



23-year-old Jaymey McIvor kicked off his career aged just 15, when he opened a market stall in Epping – just a couple of years later, he upgraded to a small corner of a garden Centre.

Then, whilst travelling across the globe as a flight attendant, Jaymey opened the doors to his

“I put pins on maps where I want shops, like an airline planning new routes.”

Despite such lofty ambitions, Jaymey knows Capital Flowers’ premises will always retain that independent, family feel.

He explains: “Each of the different areas our shops operate in have different tastes. Maldon

*“I put pins on maps where I want shops, like an airline planning new routes.”*

first shop in Christmas 2018, at the age of 19. Just four years on, he runs one of the largest high street florists in the UK.

Capital Flowers has a real presence in Essex and Suffolk, with high street shops in the likes of Brentwood, Maldon, Ongar and Stowmarket. But this entrepreneur is not done yet – Jaymey aims to enjoy the same rapid growth over the next five years as he has seen already.

Jaymey, who also has a blossoming political career as a District & County Councillor for Essex County Council, said:

customers, for example, love Belgian chocolates, whereas Ongar customers love my candle range.”

That’s right – Capital Flowers also do candles. What’s more, they have a host of giftware and homeware items, meaning you can come for flowers, but leave with a card, balloon, candle and even a pair of slippers!

In his political work, Jaymey has always been a voice for the high streets and in times like this we all need a positivity champion. He’s constantly working to invest in high streets



*Left: Jaymey speaking in the House of Commons aged just 16*

knowing what it’s like to have a Saturday job, and to have a bouquet and a box of chocolates made right in front of you.”

Jaymey has long term ambitions in politics to become a Member of Parliament one day and hopes that his ambition for politics will help encourage young people to also get into politics.

At this rate Jaymey could well be on his way to either the Forbes 30 under 30 or Downing Street. Maybe both!

to prove the point that it’s not all doom and gloom.

“British high streets are the backbone of our economy – not just in fiscal terms, but socially too. If we lose our high streets,

we lose our social epicentres.

“My message to everyone is shop local first. Support the growth of local businesses and local jobs so that your children and grandchildren grow up

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MOTORING

# PHONE FINE

## DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

### HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

### HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes

FROM 2022, DRIVERS ARE NOT ALLOWED TO...

- ✗ Make a phone call/text
- ✗ Take photos/videos
- ✗ Scroll through music playlists
- ✗ Play games

when stationary in motorway jams and at traffic lights.

### WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

### ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

### WHEN DO THESE LAWS COME INTO EFFECT?

These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at [www.gov.uk](http://www.gov.uk)

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### Q What Can Coverisure 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 Coverisure Brentwood?

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

### Q How Can Insurance Protect You?

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



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

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

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GARDENING

## Ways to recycle your REAL CHRISTMAS TREE

An estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

**TURN YOUR TREE INTO MULCH:** Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

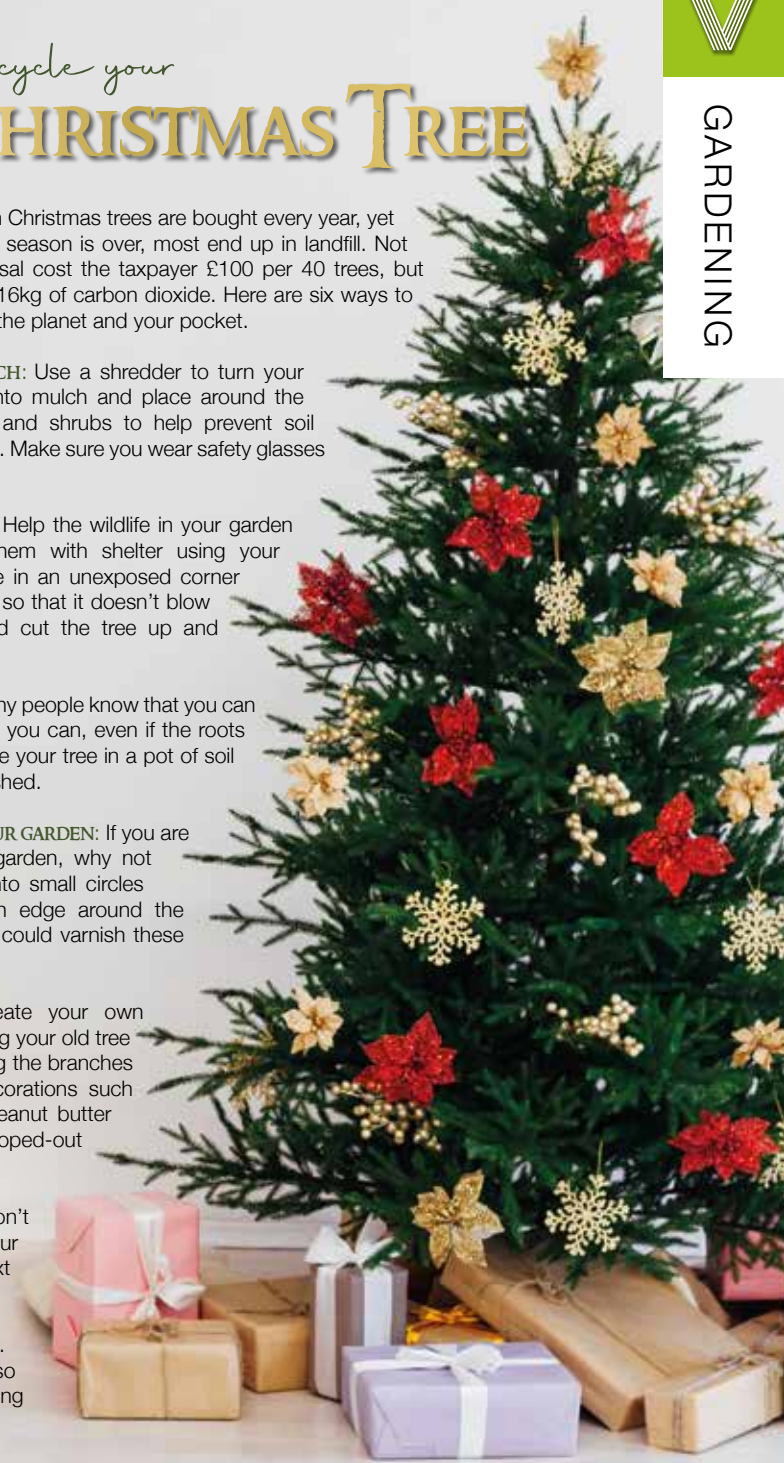
**USE AS AN ANIMAL HABITAT:** Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

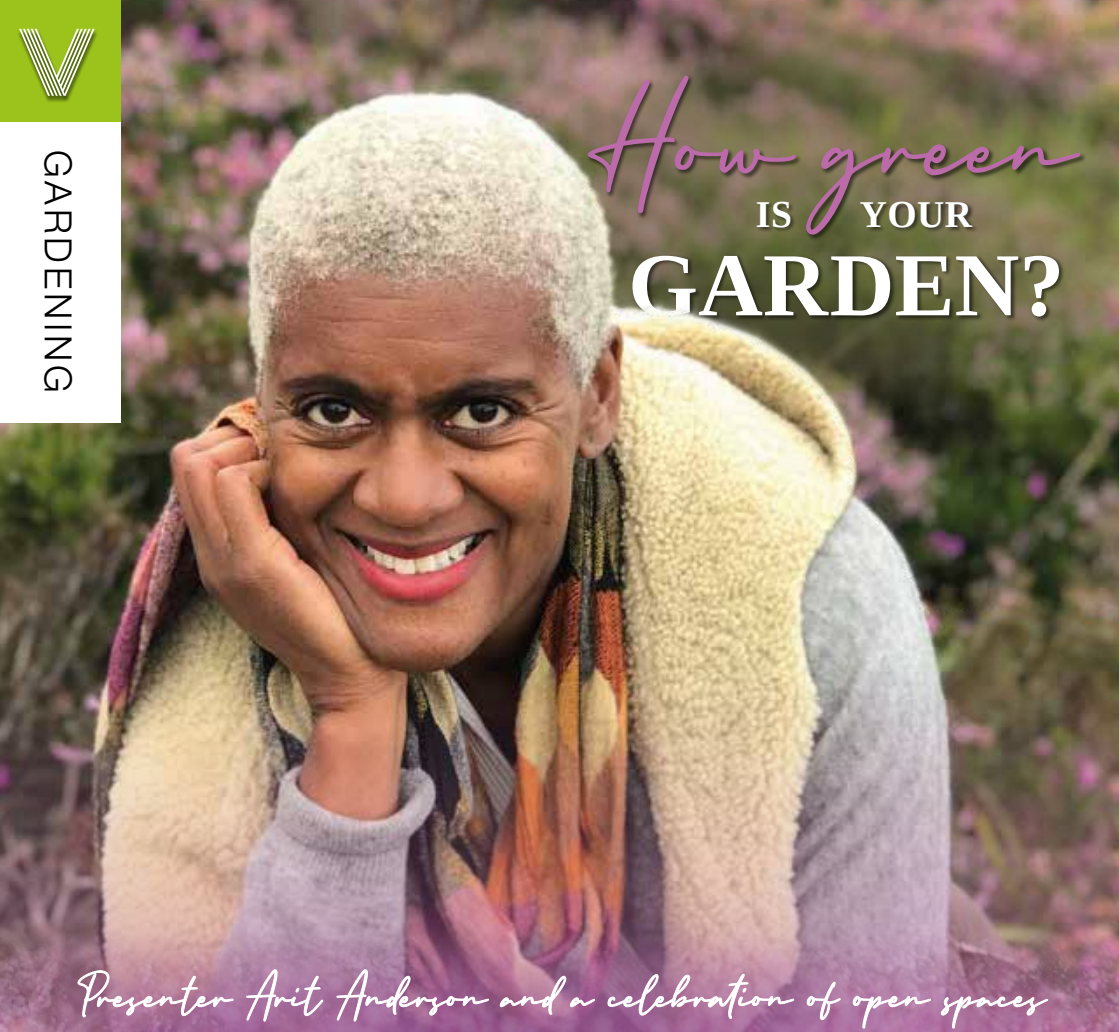
**REPLANT YOUR TREE:** Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

**CREATE EDGING AROUND YOUR GARDEN:** If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

**MAKE A BIRD FEEDER:** Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

**DONATE YOUR TREE:** If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.





# How green IS YOUR GARDEN?

Presenter Arit Anderson and a celebration of open spaces

Arit Anderson is the garden designer, writer and presenter who takes the resplendent, relaxed vibes of our outdoor spaces and wraps them in an extra layer of green-fingered greatness.

Perhaps it's her soft voice, her welcoming tone, or just the fact that the 55-year-old flora and fauna fanatic has such a deep and delightful knowledge of the subject in hand. Whatever it is, Arit is one of a modern breed of horticulturalists taking a holistic view of our open spaces.

"For me, it's as much about enveloping yourself in the space around you, as it is focusing on individual flowers or plants or species," she says.

"The outdoors is a celebration in its totality – I think, in many ways, we are all a level on from the real precision prettiness of gardening that we used to have in the 1980s. We're a bit more rugged and

rustic now, and I love that."

That rustic element certainly helped as far as reshaping, restyling and breathing new life into people's gardens went on the hit BBC show *Garden Rescue*. With a simple premise to reinvent a homeowner's outdoor space, Arit and her trusty team worked craft and creativity in abundance.

While fans were disappointed to hear of Arit hanging up her secateurs on the series, the spare time gained does reinforce her focus on *Gardeners' World*. The presenter is also set to co-host the Hampton Court Palace Garden Festival next year.

She added: "Our gardens have been one of the things that have felt ever-present through the mire of lockdown, but being out, talking about them and sharing everything that's so exhilarating about the outdoors is the most special thing, and it's a pleasure to be doing that again."

Photo credit: Arit Anderson via thistransmyde.com



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FOOD & DRINK

LOVE YOUR LEFTOVERS:

# Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

### Christmas Pudding Ice Cream – serves 10

#### You will need:

4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

#### How to make:

1. Whisk the yolks and sugar until pale and thick.
2. Stir in the pudding.
3. Pour in the brandy and mix.
4. In a separate bowl, whip the cream until it holds soft peaks.

5. Fold the cream into the mixture.
6. Pour into a freezer-proof container, cover and freeze until set.

### Mini Christmas Pudding Cheesecakes – makes 12

#### You will need:

300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

#### How to make:

1. Line the tray with paper cases.
2. Crush the biscuits and stir in the melted butter.
3. Pour into the cases and press down. Chill in fridge.
4. Whisk the soft cheese and fold in the cream.
5. Sift in the sugar and add the zest of the clementines.
6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
7. Top with fruit and chill for at least 2 hours.
8. Remove from the fridge half an hour before serving and remove the paper cases.

### Christmas Pudding Souffle – serves 4

#### You will need:

1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

#### How to make:

1. Heat oven to 180°C/160°C fan/gas mark 4.
2. Grease 4 x 150ml ramekins.
3. Coat each one with sugar.
4. Whisk the egg whites until stiff peaks form.
5. Add the sugar and whisk again.
6. In a bowl, mix the custard and pudding.
7. Stir in 1/4 egg whites and gently fold in the rest.
8. Pour into the ramekins.
9. Bake for 12-15 minutes until risen and golden.
10. Top with caramel sauce.



Photo credits: thefoodpochekebab.com, waitrose.com, greatbritishchefs.com

## HOW TO MAKE YOUR OWN

# Eggnog

Although not as fashionable as it once was, eggnog is still synonymous with the festive season. Easy to make and with a real boozy kick, help us keep this Christmas tradition alive by giving these eggnog recipes a try.

### Eggnog cocktails to try...

#### BAILEYS EGGNOG

##### What you need:

200ml eggnog | 35ml Baileys | 1 cinnamon stick | 1 sprinkle of nutmeg

##### How to make:

Mix the eggnog and Baileys, pour over ice, add a cinnamon stick and sprinkle with nutmeg.

#### SPICED EGGNOG

##### What you need:

45ml vanilla vodka | 30ml amaretto | 55ml eggnog | Ground nutmeg and cinnamon stick to garnish

##### How to make:

Add the ingredients to a cocktail shaker filled with ice, shake for 20 seconds and strain into a martini glass. Garnish with a cinnamon stick and nutmeg.

#### HOMEMADE EGGNOG: SERVES 4-6

##### What you need:

50g caster sugar | 4 egg yolks | 1 tsp vanilla essence | 400g can condensed milk | 100ml brandy

##### How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Beat the egg yolks until smooth and add the vanilla essence.
4. Mix in the milk, brandy and cooled sugar syrup.
5. Pour into a jug and chill in the fridge for 2 hours.

#### ALCOHOL-FREE EGGNOG: SERVES 4-6

##### What you need:

50g caster sugar | 1 vanilla pod – seeds removed | 4 egg yolks | 100ml double cream | 500ml whole milk

##### How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Add the eggs, cooled sugar syrup and vanilla seeds to a bowl and whisk until pale.
4. Add the cream and milk and beat until combined.
5. Fill a large jug with ice and strain the eggnog mixture into it.
6. Stir and serve in tumblers.





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# UNUSUAL VEG OF THE MONTH: Purple sprouts

With Christmas just around the corner, we thought this month's unusual veg should be a festive one. Although Brussels sprouts aren't to everyone's taste, they are a Christmas dinner staple, and the vibrant colour of the purple variety promises to add the wow factor to your table.

## DIFFERENT TYPES

There are two varieties of purple sprouts: Rubine and Falstaff. The former is the most popular type of purple sprout and is most likely what you will come across at your local farmers' market. The latter is a more recent cultivar and easier to grow.

## WHAT DO THEY TASTE LIKE?

If you are wondering if these varieties of sprouts only differ in appearance from their green counterparts, you will be pleased to hear purple sprouts have a slightly sweeter and less pungent taste.

## WHAT ARE THE HEALTH BENEFITS?

While green and purple sprouts share a similar nutrient profile, with each containing healthy servings of vitamins A, B6, C and K, owing to their purple pigmentation, purple sprouts contain more anthocyanins. This means that these colourful sprouts deliver even more antioxidants.

## HOW TO COOK

You can choose to steam, stir-fry, braise, boil or sauté purple sprouts. To keep their vibrant colour, add a splash of vinegar when cooking them.

These seasonal vegetables pair well with many different ingredients:

- > Oven-roasted with pancetta or smoked bacon
- > Steamed and served with game meats
- > Tossed with apples and pecans, drizzled with maple syrup and baked
- > Smashed, covered with parmesan cheese and olive oil, and roasted.

## HOW TO STORE

When buying this vegetable, look for sprouts with firm heads and tightly wrapped leaves. Avoid ones that are wilted or discoloured. Store your sprouts in the fridge and they will stay fresh for one to two weeks.



# AROUND THE WORLD ON NEW YEAR'S EVE

Have you ever wondered how people celebrate New Year's Eve around the globe? From the funny, to the fabulous, to the ever-so-slightly frightening, discover our six favourite worldwide NYE traditions below.

## SMASHING PLATES IN DENMARK

If you were celebrating the start of a new year in this Scandinavian country, you would pop over to your neighbours' house and smash a plate on their doorstep. Not an act of vandalism, but a ritual to bring good luck for the next 12 months.

## EATING LENTILS IN BRAZIL

Lentils are a store cupboard essential for most UK households, but for the people of Brazil, lentils represent money. To mark the start of a new year, Brazilians tuck into a bowl of lentils in an act that is said to bring good fortune for the year ahead.

## DRESSING UP AS BEARS IN ROMANIA

According to Romanian folklore, bears are special and are able to protect and heal people. Therefore, on NYE, you will see people dressed up as this wild animal to chase away evil spirits.

## RINGING BELLS IN JAPAN

In both Japan and North Korea, you can expect it to get a little noisy when the clock strikes 12 as it is tradition for people to visit their local temple and contribute to a whopping 108 rings to see in the new year.

## THROWING FURNITURE OUT THE WINDOW IN SOUTH AFRICA

In Johannesburg, people like to start the new year without any unwanted items in their home. But rather than take them carefully down the stairs, they throw them out of the window. Well, that's one way to spring clean.

## WALKING WITH AN EMPTY SUITCASE IN SOUTH AMERICA

Believed to deliver a year full of adventures, in some South American countries, you can expect to see people walking around with an empty suitcase on New Year's Eve.





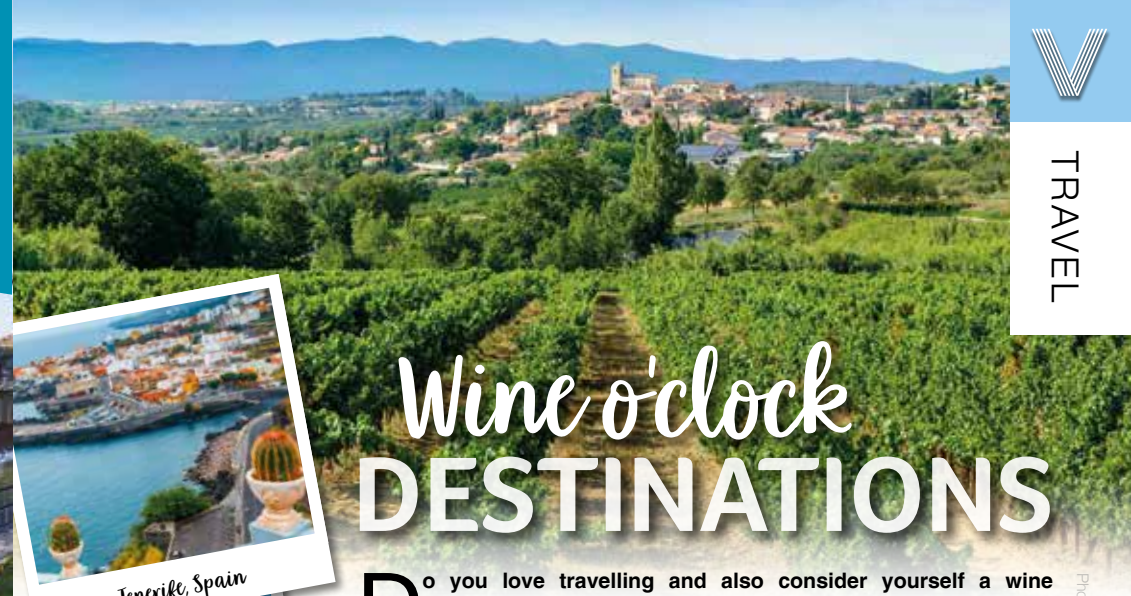
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- Nearby attractions and amenities include a yacht club, the Rayleigh Golf Club, restaurants and pubs, and shops.
- Soak up the tranquility of scenic countryside and enjoy leisurely strolls along the River Crouch.



# Wine o'clock DESTINATIONS

**D**o you love travelling and also consider yourself a wine connoisseur? Or perhaps you just love quaffing vino? Either way, there are so many exciting destinations for wine lovers, both abroad and in the UK.

**Languedoc-Roussillon, France:** A stunningly scenic wine region, within Languedoc-Roussillon is the Corbières AOC, a famous appellation that boasts five established wine routes featuring dozens of first-rate wineries. Perfect for red wine lovers, as 85 per cent of all wine produced here is red.

**Tenerife, Spain:** While Tenerife might not seem like a great destination for wine drinkers, Spain is currently undergoing something of a winemaking renaissance, with this popular island making some of the most compelling bottles around. Head to the northeast of the island, close to the city of San Cristóbal de La Laguna, and hit its well-established wine route.

**Campania, Italy:** If you want to experience the welcoming culture of South Italy, then a Campania wine tour should be your first port of call. Campania is home to the famous Taurasi red wine, as well as fine white wines including Greco di Tufo and Fiano. Plus, you can sample the mouth-watering mozzarella from the water buffalo of the region.

**Ashford, Kent:** If you are looking for a wine destination a little closer to home, then head to the Chapel Down Winery near the town of Tenterden. It is open for tours and visits throughout the year, and you can find out more about the grapes that make the best Sauvignon Blanc in the country.

**Newent, Gloucestershire:** Visit the Three Choirs Vineyards in Newent and listen to taste-tling tales from one of the oldest winemakers from the 1970s UK wine movement. Enjoy a grape-to-glass experience, a tour of the vineyard, fine dining with tapas, and an exclusive tasting of its award-winning wine collection.

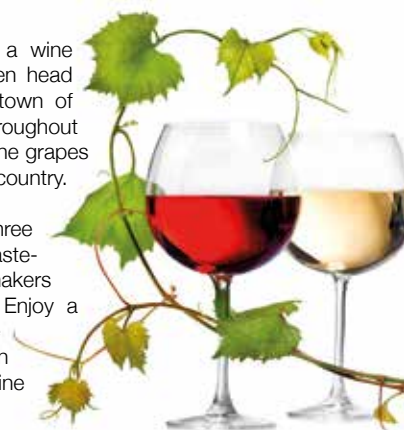


Photo credit: winepair.com, chappelldown.com, three-choirs-vineyards.co.uk

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# Tasty titbits for Rudolph

If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas?  
A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

**REINDEER FOOD MIX:** YOU WILL NEED:

- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
- > A few rolled oats
- > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
- > Small amount of grated cheese
- > Some dried insects (optional)
- > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

**HOW TO MAKE:**

- > Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

**REINDEER COOKIES:** YOU WILL NEED:

- > 250g lard, suet or vegetable shortening
- > 500g wild bird seed mix
- > A handful of dried cranberries
- > Christmas-shaped cookie cutters

**HOW TO MAKE:**

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

**What NOT to put out for Rudolph**

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.



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BEAUTY



A recent survey has revealed that half of the population feel more tired than before the COVID-19 pandemic. This has led to an increase in naps and, in turn, an increase in the dreaded nap face.

### WHAT IS NAP FACE?

Although sleep is known for its ability to improve the appearance of your skin, napping the wrong way can result in sagging, puffiness, wrinkles and outbreaks.

The most common effects of nap face include:

- > Sleep spots from friction against rough materials
- > Sagging cheeks from side-sleeping
- > UV damage from naps in the sun
- > Deep lines around your nose and mouth from squashing your face.

### HOW TO PREVENT AND REVERSE NAP FACE

If you think napping has had a detrimental effect on your skin, don't worry; it's not too late to turn back the clock and prevent further damage.

#### Swap your pillow cases

Certain fabrics grip the skin rather than allowing it to

slide across it. This can cause facial creases, lines and imprints. Prevent this by switching to a silk or satin pillowcase.

#### Sleep on your back

Sleeping face down or on your side causes the skin to fold and crease, which will become permanent over time. Instead, use an anti-wrinkle pillow that is designed to ensure you sleep on your back.

#### Wear a sleep mask

Sleep masks can help to keep your skin in place while you sleep, so even if there is some pressure, the skin will not fold on itself. Again, a silk mask is best as this will not tug on your skin.

#### Use a derma roller

Minimise facial creases caused by nap face by performing microneedling at home with a derma roller, such as the Sdara Skincare Derma Roller.

#### Try chemical peels

If you are struggling to change your sleeping habits, a chemical peel can act as a buffer to ward off wrinkles and improve the appearance of your skin.



# INDIGESTION *be gone!*



SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD



**W**hile the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

### PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

### GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

### APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

### FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

### BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

### LEMON WATER

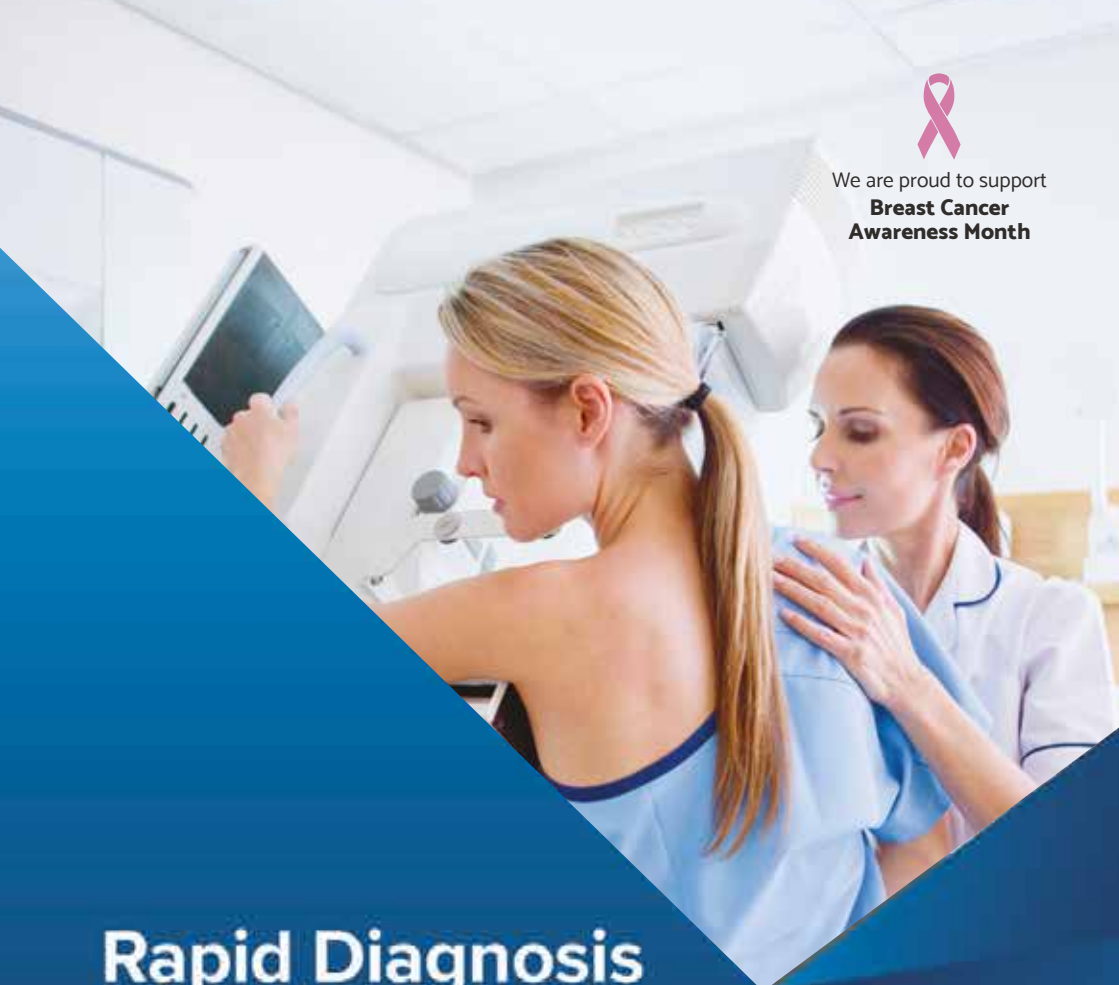
Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

### WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



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DO YOU HAVE A HEALTHY

# vagal tone?

**W**ould you consider yourself a resilient person? Someone who can control their emotions? If not, it could be because your vagus nerve is not being stimulated sufficiently.

### WHAT IS YOUR VAGUS NERVE?

The vagus nerve is one of the cranial nerves that connects your brain with your body. Without it, your body would not be able to carry out basic tasks such as digesting your food or speaking. Often referred to as the body's superpower, the vagus nerve is used to counteract your fight/flight system.

### WHY IS YOUR VAGUS NERVE SO IMPORTANT TO YOUR OVERALL WELLBEING?

The vagus nerve is complex as it provides sensory, motor, special sensory and parasympathetic (the calming part of the nervous system) feedback to the brain.

In terms of the impact of the vagus nerve on your wellbeing, it can be used to:

1. Prevent and reduce inflammation.
2. Slow down your heart rate in times of stress.
3. Regulate the connection between your gut and your brain.
4. Strengthen your memory.
5. Keep you calm in stressful situations.

Furthermore, by stimulating the vagus nerve, you can help to treat obesity, heart disease, mood disorders, migraines, tinnitus, poor circulation and leaky gut.

### WHAT CAN DYSFUNCTION OF THE VAGUS NERVE CAUSE?

If you do not have a healthy vagal tone, you are more susceptible to the following health issues:

Gastrointestinal diseases | Fainting | Anxiety and other mood disorders | Chronic inflammation | Seizures | B12 deficiency | Obesity

### HOW TO SUPPORT AND STIMULATE VAGUS NERVE FUNCTION

- > Take probiotics and prebiotics to encourage healthy gut bacteria
- > Practise deep-breathing exercises to stimulate the vagus nerve
- > Gargle, sing or chant to stimulate the vagus nerve
- > Undergo craniosacral therapy, which helps to rewire the nervous system
- > Practise mindfulness and meditation
- > Splash cold water on your face or place ice cubes against your skin.







BRITAIN'S GREATEST SPORTING MOMENTS...

# HEAVYWEIGHT CHAMPION

*of the world: Frank Bruno*

**FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER**

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.

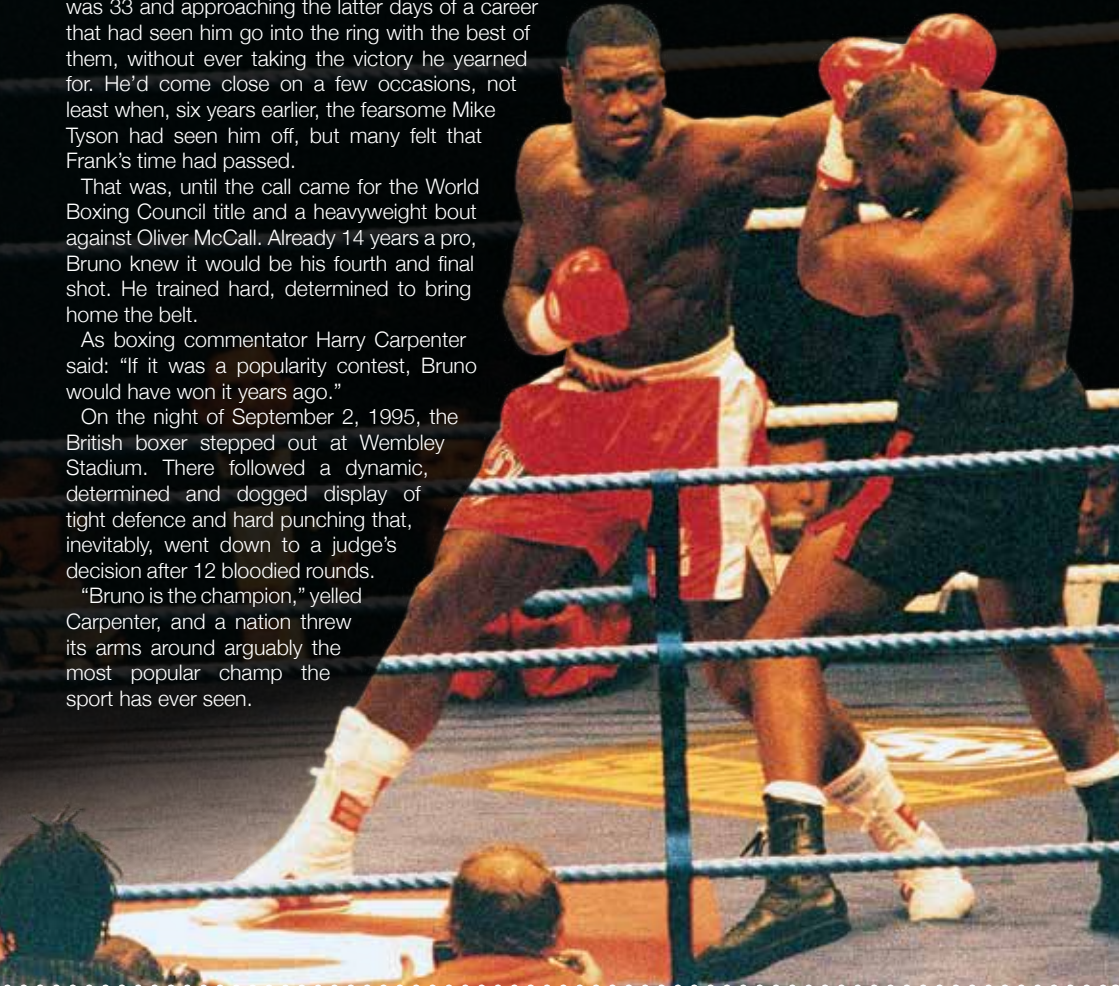


Photo credit: Tom Oldham/Shutterstock

# Nicola Adams: HEAR HER ROAR

In her riveting new documentary, *Lioness: The Nicola Adams Story*, it's revealed that the boxing champion was both a fighter and a survivor long before she ever stepped foot in the ring.

The 2012 Summer Olympics were remarkable in so many ways for the UK, as host city London became the global epicentre for sporting greatness. Medals were won, young athletes were discovered and legends were forged in the eternal flames of the Olympic torch. But of all the many moments of glory, 29-year-old Leeds native, Nicola Adams, becoming the first female boxer ever to win a gold medal is surely one of the most memorable.

Since her triumphant debut as an Olympian almost a decade ago, the charismatic firebrand has cemented her status as a national treasure. After winning a second gold at the Rio 2016 games, Adams turned professional, where she held the World Boxing Organisation female flyweight title two years in a row and retired undefeated.

Then, in 2020, the LGBT icon made history once

more by starring on the 18th series of *Strictly Come Dancing* as part of the show's first same-sex couple, alongside professional Katya Jones. Sadly, Adams's dancing dreams were cut short when she tested positive for COVID-19.

Yet despite her acclaim, very little has been known about Adams's journey before that momentous day in 2012, until now...

Named after Nicola's nickname in the ring, 'Lioness', the Amazon Prime Video documentary – which is available to watch now – not only features exclusive early footage of her career, but also paints a tragic portrait of her childhood, including a violent father and her mother's struggle as a single parent.

It becomes evident that the boxing ring was a refuge for the young athlete, and though she may have faced many challenges since – misogyny, racism and homophobia all feature in her quest for greatness – it was there in that Leeds boxing club where Nicola Adams found her true self, and several years on, became an inspiration to others.

## BALANCING MONEY AND MINDSET TO BECOME A FINANCIAL WELLBEING 'ALL-ROUNDER'

A new study<sup>1</sup> has found that people with a financial adviser are over four times more likely to display high levels of financial wellbeing than those who have never received financial advice.

The study also revealed that the average advised client accumulated almost three times more pension savings (£246,000), compared to non-advised people (£95,000). Advised clients also accumulated total non-pension savings of £65,000 versus £32,000 (non-advised).

Financial wellbeing relates to the control people have over their financial future. Those with high levels tend to not only meet their long-term financial goals, but also have a clear idea about what makes them happy and what they want from life, thereby allowing them to identify and achieve more meaningful life goals both now and in retirement.

### THE 'ALL-ROUNDER'

This latest analysis was based on a survey of 10,466 UK residents and found that the key to building financial wellbeing is to have both 'money' building blocks and

'mindset' building blocks. People with the best financial wellbeing scores did well on both fronts; in essence, all money and no long-term happiness plan was found to be no better overall than having a plan but no money.

### WELLBEING AND ADVICE GO HAND IN HAND

Perhaps unsurprisingly, the study revealed that people who seek professional financial advice are far more likely to fit into the 'all-rounder' category than those who do not. Overall, just 10 per cent of those who had never received financial advice were fortunate enough to combine healthy finances with a positive money mindset, compared to 44 per cent of those who enjoy an ongoing relationship with a financial adviser.

**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> Aegon, 2021

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