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PETER KAY

Bolton comedian announces first tour in 12 years

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Nik Allen, Editor

Editor's notes...

Hello and welcome to this month's edition of VISIONBrentwoodOngar.

What a difference a year makes. This time last year, we still had the threat of lockdowns looming.

Thankfully, this year feels much more normal - apart from a World Cup with the Christmas decorations up, which certainly feels odd.

I think the past two years have made us robust as a nation, and if we haven't been a fan of change previously, we have certainly been forced to be flexible in recent times.

This Christmas, try to spend your money locally, rather than buying from the bigwigs. Every pound you spend locally will make a difference to a local business.

Personally, I love this time of year, especially since I've had kids. Now they're getting a bit older, the magic reflected on their faces makes it all worthwhile.

I wish a very merry Christmas to all our readers and advertisers, and here's to a successful 2023. In this month's edition our cover star is Peter Kay who has announced his first tour in 12 years. He is also the first artist in the world to perform a monthly residency at the O2 Arena in London.

Mik Allen

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If Vision Magazine Essex

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

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tormzy's appeal is widespread – a musician, a fashion icon, a fulcrum for equality in what is a complicated social landscape, and the first grime artist to headline Glastonbury.

With a new album out, the rap star – real name Michael Ebenezer Kwadjo Omari Owuo Jr – explains that his journey to greatness is no accident, but the result of sheer determination and hard work.

Stormzy will never be everyone's cup of tea. His music is genre-splitting but ultimately relies on a listener's ear for rap, grime and dubstep-infused combinations. Meanwhile, his politics often lean on diversity, equality and race, leading to an unapologetic prevalence of support for Black artists, musicians and students.

Yet whether you respect the 29-year-old Croydon native for his take on music and life or not, the fact he has battled back from depression, and is vocal in promoting good habits and good actions as methods for combating the mental and psychological ills of modern society, mean he deserves the stage he finds himself on.

Stormzy also possesses the humility to talk about the wider elements that influence his music, rather than simply pushing the marketing button for *This Is What I Mean*, his third studio album.

"Nothing would be possible without having a clear head and knowing what it is we have to do in this world to survive," he begins. "I realised a long time ago that exercise was the only mechanism that would truly keep me straight, and that's why so much of my focus is on building physical and mental strength.

"When you put on muscle, people are quick to label you as someone who wants to pose or show off, but it's nothing like that for me. Strength is just a by-product of a fitness regime that keeps my brain, my head, in the right place.

"If I didn't do it, some days I don't think I'd be able to cope."

Pushing his own vulnerability at potentially falling back into "the darkness" is an interesting slant, particularly in a music genre where confidence and bravado play such a big role in the promotion game. Yet while the rapper does accept imperfections in his armour, Stormzy is never less than 100 per cent driven to achieve.

"I find it strange and uncomfortable to aim for anything less than the greatest," he offers, with typical brayado. "That doesn't even make sense for me. that.

"If I was going to be an engineer or I was going to be a baker, or I was going to be a fireman, why would I not aim to eventually be the greatest at my job?

"I've never understood why I should just try to be the best rapper in London, or even the best rapper in the UK. I don't want to be the best rapper in the UK. I want to be the best artist in the UK."

Stormzy's new album will doubtless take him another step closer to his goal. It is a collection of 12 tracks revolving around race, love, fame, influence and contentment. "All our experiences get us to a certain place, and right now this is where I am," he says. "It feels right to be putting this record out – it feels good."



CELEBRATING INFLUENTIAL BROADCASTER AND BLOGGER LUCY EDWARDS

> here's not a teenager out there who hasn't had to overcome setbacks - disappointing A Level results, the pain of unrequited love, and more.

For Lucy Edwards, the pain was rather longer lasting. When she was 17 years old, a life-changing operation designed to cure a rare genetic condition called incontinentia pigmenti turned out to be the most temporary and painful of reprieves. Lucy's sight returned to its fullest state, yet for a brief and tormenting four hours only.

Now aged 24, Lucy's sight has deteriorated to the point where she is holding on to the very last bits of light perception. However, she refuses to buckle under the pain of missed experiences or

opportunities.

Instead, by "owning" the condition, she has styled for herself a career at the BBC - she was Radio 1's firstever blind presenter, and is a notable fashion and style blogger/vlogger, with more than 650,000 YouTube and 150,000 Instagram followers. She regularly posts under the #blindnotbroken hashtag and has also published a book, The Blind Beauty Guide.

In everything she does, Lucy looks to give hope and encouragement to countless others looking to get their life ambitions back on track following disability setbacks.

"It is the trauma that drives me forward," she says. "I thought I should be open about my feelings because this brings about change. If I didn't share my life online, I don't think others would be as knowledgeable about blindness.

"It is important to show that anyone can do anything if they want to."

An important element of that is a new perception of beauty. For Lucy, her beauty routine is a holistic exercise that doesn't just rely on visuals. It's about taking time for herself, relaxing and unwinding with candles, music and aromas.

She adds: "As a blind person, these are things that mean so much to me."



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ecorating your home for Christmas should be a joyous occasion but, if your Christmas lights are a tangled mess, this task can quickly turn into a full-on stressfest.

STEP 1: Get in a positive frame of mind

If you are already feeling frazzled and frustrated, then things are only going to get worse when you start trying to untangle your lights. Therefore, you need to make sure you are feeling relaxed and in the right frame of mind. Pop on some festive songs, pour yourself your favourite festive drink and take a few deep breaths before you begin.

STEP 2: Make sure you have enough space

You need to make sure you have sufficient space to lay your lights out on a flat surface, such as on the floor or across a large table.

STEP 3: Start with the plug

Always start with the plug when untangling your Christmas lights. Once located, gently work the plug through the knots. Be careful not to pull too hard as this may damage the lights.

STEP 4: Use a pencil or pen

If you come across any knots that are preventing you from unravelling your lights, gently use a pencil or pen to tease them out.

STEP 5: Keep your lights in a straight line

As you untangle your lights, make sure you keep them in a straight line to prevent further knots. It can be beneficial to enlist a helper to do this with you and to help you hang your lights on the tree.

HOW TO STORE YOUR LIGHTS TO PREVENT TANGLING:

- > Wrap your lights around a piece of cardboard and then wrap tissue paper around them to prevent damage.
 - > Alternatively, wrap them around a wire coat hanger and store somewhere safe.





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To help any clients planning a kitchen renovation in 2023, Regal Kitchens will be hosting a LIVE NEFF cooking demonstration day between 10am and 4pm on Saturday 10th December. All customers whether existing, new or potential are all welcome to come along and sample freshly prepared food and enjoy complimentary drinks, along with expert advice from our friendly staff on the latest NEFF products and kitchen innovations. Everyone attending will be given a chance to enter our free prize draw to win kitchen equipment worth hundreds of pounds plus everyone leaves with a goody bag with contents worth around £20

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& Christmas CACTUS

A popular winter flowering houseplant that will make a great addition to your home this I festive season and beyond, the Christmas cactus is easy to care for and maintain.

Why choose a Christmas cactus?

You may have already seen Christmas cacti in your local garden centre as they seem to be everywhere at this time of year, and with very good reason. A blooming succulent which is very easy to grow, Christmas cacti boast stunning flowers, and when tended to properly, can live for up to 100 years. They also release oxygen at night instead of throughout the day, which means they can help to improve your quality of sleep.

How to plant a Christmas cactus

Christmas cacti are easily propagated by cutting a

short Y-shaped segment from the stem tips of healthy plant foliage. Plant the segment a quarter of its own length deep in slightly sandy soil and then evenly moisten it. Place the cutting in a well-lit area but not in direct

How to pot a Christmas cactus

When choosing a pot for your Christmas cactus, you need one that features a drainage hole at the bottom. This will help to prevent the soil from becoming too wet. Christmas cacti thrive in almost any type of potting mix that is formulated for succulents.

How to care for your Christmas cactus

Unlike other cacti. Christmas cacti are not native to hot and arid environments, which means they require completely different care. This houseplant should be kept in bright but indirect light, with an ideal daytime temperature of around 21 degrees and an evening temperature of 15-18 degrees. Water your Christmas cactus around once every 2-3 weeks, but only when the top one-third of the soil feels dry to the touch.







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A STEP-BY-STEP GUIDE TO DEFROSTING AND CLEANING YOUR FREEZER

an you remember the last time you defrosted your freezer? If not, then it is probably long

Although it's not one of the most enjoyable tasks, but if you don't defrost your freezer, it won't work as efficiently and will be more prone to faults.

STEP 1: TURN OFF AND UNLOAD

First, turn off your freezer and unplug it from the socket. Then, remove all the food and place it in a cooler to prevent thawing.

STEP 2: DECIDE WHERE THE WATER WILL GO

If your freezer has a drainage hose, then you can place this in a bucket to assist with the drainage process. Alternatively, lay towels or plastic liners on the floor to soak up the water.

STEP 3: ALLOW THE ICE TO MELT

The simplest way to defrost a freezer is to allow the ice to gradually melt on its own. After you have unplugged the appliance, simply leave the door open and wait for the ice to melt.

To speed up this process, you can position a fan near the door so that room-temperature air circulates into the freezer, but make sure to keep it away from any water on the floor. If you don't have a fan, you can use boiling water in pans and place on the shelves, but be careful if there are children or pets around.

STEP 4: MOP UP AND CLEAN

As the ice melts, mop it up with a rag or towel to prevent any damage to your flooring. Once all the ice has melted, you can start to clean the inside of your freezer. Mix one tablespoon of baking soda with four cups of hot water and then apply to the walls, racks and door of your freezer with a cloth. Wipe with a damp cloth to remove any residue.

STEP 5: TURN IT BACK ON AND REFILL

Once your appliance has fully dried, shut the door, turn it back on and then wait for it to reach the required temperature. This typically takes a few hours, but it can vary from one appliance to another. Lastly, put the food back in. Repeat

once a year or more if needed.

Introducing our impressive new Care Home Development

Dudbrook House





Work is fully underway in the development of our new care home project to construct Dudbrook House on the estate of Dudbrook Hall, a care home for the elderly located within beautiful park like gardens, surrounded by Essex countryside. The home is owned and run by St Michaels Homes Ltd.

St Michaels Homes Ltd was awarded planning permission to construct a new care home in the grounds of its existing care home Dudbrook Hall. The new improved Dudbrook House care home will provide improved facilities for residents and staff with state of the art accommodation. Works are planned to take 68 weeks from commencement and the grand opening of the new home is planned for mid-August 2023.

A family run business, St Michaels Homes Ltd was established by Managing Director Sheila Watson in

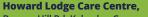


1991. Sheila trained as a registered nurse and midwife, followed by 25 years in midwifery, followed by five years as a health advisor to the elderly, and obtained a diploma in gerontology. With this experience care of residents comes from the

top down, this can be seen by the way the residents are cared for by staff and quality inspections. The company is now being operated by Sheila's children Sean & Claire Watson who are fully hands on with the successful running of its care homes and new build development. St Michaels Homes also operates another home next to this new development called Howard Lodge, which was also renewed in 2014 and is within walking distance of Dudbrook Hall, Howard Lodge has been rated by CQC as Outstanding, so it now matches its facilities with its exceptional care.







Beacon Hill Rd, Kelvedon Common, Brentwood, Essex CM14 5FO

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Michaels Homes Ltd said: "Due to reputation in the local and wider the extensive three acre grounds we community for providing quality have around our care homes, these care and are proud to be a family works will not affect the day to day run business. The A star care running of the existing home. Our provided by our staff will now be commitment of care to our residents matched by A-star facilities with the is our utmost priority and we are completion of the new home which very excited about the plans for this will increase the much required bed impressive new care home.

Sean Watson. Director at St We have a well-established capacity offered from the old home **Elderly & Dementia Care**"



from 44 to 64. Dudbrook House will bring unrivalled facilities including spacious rooms - all with en-suite, as well as hairdressers. sun terrace, balconies, private patios, activities and training facilities, day care centre, coffee lounge for residents with dining and living rooms on each floor along with landscaped gardens and a dementia garden.

The new facilities will benefit all existing residents as well as providing increased space for newcomers welcomed to the

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LOCAL NEWS

from your neighbourhood





Plans approved for cinema and shopping centre

Around £23million will be made available to revitalise The Baytree Shopping Centre in Brentwood.

After Brentwood Borough Council purchased the shopping centre for nearly £11million last year, it has now agreed to fund the creation of a new shopping mall and cinema.

While Liberal Democrat councillors proposed to defer the proposal until early next year owing to the instability of the economy and rising inflation rates, this failed to go through.

Conservative councillors argued that the decision did not commit them to drawing down the funds, and that further agreements would be needed from council members to agree on development finances.

Conservative councillor Tom McLaren said: "Taking a view now that inflation rates and interest rates have been performing in this way or that way over the past 12 months is fairly immaterial to where we could be by the time we have to fund the project or be concerned about inflation costs.

"With that in mind, moving for a deferral is just kicking the can down the road and won't lead us to a position where we know any more than we do today."

Conservative councillor Thomas Bridge said: "The Baytree Centre, in the evening, is a dead, dark void which can attract not the best of behaviour. It would be great to revitalise this area. It's the heart of the High Street, and at night it just seems to stop."

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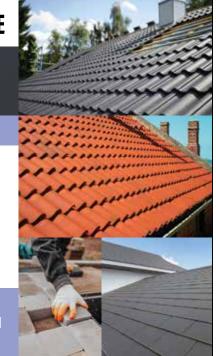
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Appeal following theft of expensive jewellery

ssex Police have reissued an appeal for information following the theft of £100,000 worth of jewellery in Brentwood.

The victim had been attending an antiques event at The Brentwood Centre on Sunday, October 23, when his car was broken into. Thieves stole a red and black bag containing $\mathfrak{L}100,000$ worth of jewellery alongside $\mathfrak{L}4,000$ in cash.

On November 2, a spokesperson for Essex Police said: "We are appealing for the public's help following a theft in Brentwood, where £100,000 worth of jewellery was stolen.

"We were called to The Brentwood Centre at around 3.30pm on Sunday, October 23, following reports of a

theft from a vehicle.

"The two suspects walked from the leisure centre towards a nearby car wash on Doddinghurst Road.

"The investigation remains ongoing and we are appealing for the public's help to identify these two men, who we believe can assist with our enquiries.

"If you know who they are or have any further information which could assist, please contact us.

"We are also releasing images of the stolen jewellery [pictured above] and encouraging anyone who may recognise it to contact us."

To report information, visit www.essex.police.uk/digital101 or call the non-emergency number 101, quoting incident 762 of 23 October.

Two music scholars join prestigious orchestra

Two students from Brentwood School have gained coveted places in the National Youth Orchestra of Great Britain (NYO).

Lead trumpeter Ore Fashesin-Souza (pictured left) and trombonist Owen Romhany (pictured right), both aged 16, will now join a prestigious group of teenage musicians from across the country.

Ore said: "I felt, and still feel, extremely excited not only because of the challenging process I had to endure to get into the NYO, but also the music challenges that await me in the orchestra."

Owen added: "To be accepted into the NYO is a really exciting opportunity for me that will open up even more connections in the music world and allow me to experience playing in an orchestra at a very high level."

Mr Florian Cooper, director of performing arts and music at Brentwood School, said: "Since day one, both boys have been at every single rehearsal and concert together. They are incredibly talented and dedicated to their instruments."







Peter Garland-Collins

The Brentwood Realtor

Your REAL Estate Agent For Life!

Hello, I am Peter Garland-Collins a local real estate agent in Brentwood and I am delighted to bring you my monthly property column.

Last month the property website Rightmove reported that the average house price in Great Britain had fallen for just the second time this year by an average of 1.1% (-£4,159) in November, to £366,999.

This is not unusual at this time of year and in line with the trend we usually see before the Christmas period. One of those reasons is because sellers are prepared for their homes to be priced more competitively at this time of year, to increase their chances of finding a buyer before the New Year, more on that in a bit. Even with this dip in prices, the average is still 7% higher than this time in 2021. Rightmove reported the main reason for the strong house price growth seen over the last two years is because the demand far outweighed the number available for sale.

There is some good news for homehunters with more homes being listed for sale predicted in the next few months. The number of new sellers putting their homes on the market was up 13% last month, compared to the same period a year ago. It was also confirmed in the recent Autumn Statement that stamp duty savings put in place in September are set to stay until March 2025. The Christmas break normally means the Brentwood property market grinds to a halt – or does it?

If you are considering moving in 2023, did you know now is the time to choose the best agent and get your home's marketing ready? This is because Boxing Day and New Years Day are traditionally the busiest days of the year on property portals like Rightmove. Many browsers will have had time over the Christmas break to realise they want to move and a 'Ho Ho' home like yours could match their wish list.

As a local real estate agent in the Brentwood area, I can get everything ready to roll out post-Christmas and schedule viewings of your property to happen when the festive fun is over. With my proactive approach and focus on looking after people, I am sure I can help you move successfully in 2023.

If you would like to have an informal chat about how I would help you achieve your moving goals feel free to get in touch. I hope you have found this column useful throughout the year and I would like to take this opportunity to wish you much joy over Christmas with a happy, healthy and prosperous 2023.

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BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



I've had the pleasure of working in three ministerial positions in the last year in the Department for Education, the Department for Work and Pensions and, currently, the Cabinet Office.

The Cabinet Office has a wide brief. Among its most unusual recent work is responding to a message from the King to Parliament requesting that Princess Anne and the Earl of Wessex are made Counsellors of State, those who can act on his behalf when he is travelling on state business.

Having previously been the Minister for Skills for eight months, I retain a great interest in apprenticeships and training, so I was delighted to be able to visit the new PERI site in Warley, which provides timber, building supplies, scaffolding and formwork for the construction of some of the biggest buildings in London.



Prior to PERI developing the site, it had been looking rather shabby, so there is no doubt the new building has smartened up one of the gateways to Brentwood.

The company has opportunities for all levels of skill and experience, from sorting and upcycling the kit it hires out to construction companies, to designing and creating intricate formwork.

PERI is keen to embrace the government's apprenticeship scheme, and is looking for local workers who want the opportunity to develop their skills. I'm sure there are some great opportunities for anyone who wants to work in the construction industry.

As this is the final **VISION**BrentwoodOngar for 2022, I would like to take the opportunity to offer very best wishes for Christmas and the New Year.

New plans for redevelopment

An industrial depot could be moved out of Brentwood to make way for the building of more than 130 new homes.

Brentwood Borough Council (BBC) previously purchased the Childerditch Industrial Park near the A127 and M25 for £59million. The council has now unanimously agreed in principle to borrowing around £6million to move the former Ford headquarters and council transport depot from the industrial park.

The space that would be left behind has been allocated for 133 new homes, with BBC's report on the plan stating the development of the site would increase council revenue.

The report also stated the move would "enable the relocation of Warley depot to a sensible location, facilitating the redevelopment of the Warley depot for good quality housing. Furthermore, by undertaking the redevelopment of the Warley depot site, it would enable the wide redevelopment masterplan to proceed at pace."

Lib Dem BBC councillor Barry Aspinell said: "It is vital for the future income for the borough. I believe we can expand there; I would like to see us expand there, and there is an opportunity for a certain area in Hutton to alleviate some of the parking and traffic problems from an industrial site there by relocating it."





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anta will be back in Brentwood with the help of Othe Rotary Club of Brentwood. If you wish to help too, drop a line to our secretary at secretary@ brentwoodrotarv.co.uk

We are still talking with the chief elf, but we can give some information on Santa's activities while visiting us this year.

> November 26 - Santa will be making an appearance at the Lighting Up Brentwood Parade and then in his grotto at The Baytree Centre

> December 5-16 - Santa will be touring the streets during the evenings to visit the children of Brentwood. You can see where Santa is via the Sleigh Tracker app. which can be downloaded from www.sleightracker.co.uk

> December 19-24 - Santa will be on the High Street by The Baytree Centre. And of course, the elves will be there too!

For more details on Santa's plans in Brentwood, visit www.santa-brentwood.co.uk





Snooker stars to compete

Talented snooker players will visit Brentwood later this month for the 2022 BetVictor English Open.

Players will compete for the Steve Davis Trophy at The Brentwood Centre between December 12 and 18, with world champion Ronnie O'Sullivan (pictured above left) and defending champion Neil Robertson (pictured above right) among the stars competing.

A spokesperson for World Snooker Tour said: "This is a sensational chance for anyone who loves live sport to see the greatest cue kings on the planet, especially on the opening day when all of them will be competing.

"We are delighted to be heading to The Brentwood Centre for the first time because Essex has always been a hotbed for snooker and the county has produced many outstanding players, including Ronnie O'Sullivan, Stuart Bingham and Ali Carter, who are all in the field."

To book tickets, visit wst.tv/tickets/home-nationsseries-2022-english-open









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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, Acquistions, Capital, Dik Geurts, DRU and Spartherm don't seem to be available elsewhere.

The company fits their products themselves and don't sub-contract which we found particularly reassuring, they also offer a bespoke service on stone and for restoration.



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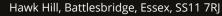


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LOCAL NEWS

from your neighbourhood



Pub customers aid in tree-planting scheme

Achipping Ongar pub has helped to plant more than one million trees over the course of a year.

The Oakman Group has partnered with not-for-profit organisation Tree-Nation for a scheme that sees a tree planted for every coffee sold in its 40 pubs and hotels across England, including The King's Head in Chipping Ongar.

Tree-Nation supports communities and promotes reforestation projects, with Oakman's coffee campaign aiding projects in Madagascar and Tanzania.

The collaboration between Tree-Nation and the

Oakman Group also helps to offset daily CO_a emissions produced by the business and its customers.

Following one of the tree plantings, Oakman Group founder and chairman Peter Borg-Neal said: "Planting this young oak is a simple commemoration of what small groups can do with little effort or personal impact, but which can have profound effects."

Maxime Renaudin, founder and CEO of Tree-Nation, said: "Congratulations to everyone at Oakman as well as all their customers who are changing the world. one coffee at a time."

Hub to provide safe warm space for residents

Ahub providing a free, safe, warm and comfortable space for local residents opened in Ongar last month.

Warm Places hubs will be opening across the borough amid the current cost-of-living crisis to provide a safe space during the winter.

The Ongar hub is located in St James' Church on St James' Avenue, and offers refreshments and activities.

Residents can also visit Ongar Leisure Centre, where the vending machines will be available for snacks.

Councillor Aniket Patel, cabinet member for wellbeing and community, said: "I'm pleased that Warm Places are being set up across the Epping Forest district to support our residents during the colder months."

The hub at St James' Church will be open from 1pm to 5pm on Mondays and 9am to 12pm on Thursdays. To find out more, call 01277 366047 or 07507 274872.

The leisure centre hub will be open from 11am to 2pm Monday to Sunday. To find out more, call 01277 363969 or email enquiries@ongarleisurecentre.org









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ssex-based St Clare Hospice will be hosting a series of Light up a Life services, including one at St Martin's Church in Ongar, to bring families together to honour their loved ones. The Ongar service, taking place from

2 November."

4.30pm to 5.30pm on Wednesday, December 7, is free to attend and doesn't require booking. However, a booking form

can be filled in to make a donation, add a dedication name to the Book of Remembrance or request a Light up a Life Star.

Sarah Thompson, St Clare Hospice CEO, said: "Light up a Life is our annual celebration of everything that St Clare stands for - joining together with families from across our community in honour of their loved ones during the festive season. It is an extension of our care, and especially at this time of year when loss is often more keenly felt, our local communities need a special way to remember their loved ones.

"We hope you will join us to celebrate the lives of your loved ones this December at one of our heartfelt and uplifting services."

Four other services will be held at St Clare Hospice in December. For more information, please visit stclarehospice.org.uk/event/light-up-a-life-ongar







out for people with dementia

Christmas event offers day

↑ festive event for residents with dementia will take Aplace aboard Epping Ongar Railway this month.

The Christmas Memory Train on Wednesday, December 7, offers Epping Forest district residents living with dementia or mild cognitive impairment to reminisce, take in the views and learn from Epping Ongar Railway volunteers.

The day begins at North Weald Train Station, where parking and toilets are available, and the train will depart for Ongar at 11am. A light lunch will be served on board, with mulled wine, tea and coffee offered on return to North Weald, the final stop.

The free event has been announced following a successful summer partnership between Epping Open Gardens, Epping Forest District Council's Community Culture and Wellbeing Team, and Epping Ongar Railway.

Councillor Aniket Patel, cabinet member for wellbeing and community partnerships, said: "What an excellent example of partnership working by organisations in our district. It gives people affected by dementia a fun, safe and stimulating day out not too far from home."

To book, please visit eppingforestdc.bookinglive. com/book/add/p/601

Elderly woman dies in two-car collision

Awoman in her 80s has died following a serious Collision on the A414 Epping Road in Ongar.

The crash took place at around 5pm on Wednesday. November 2, near Penson's Lane. The woman, who died at the scene, was driving one of the two cars involved in the collision.

Following the incident, a road closure was enforced between the Four Wantz Roundabout and Stony Lane.

An Essex Police spokesperson said: "We are now in a position to confirm that a woman died in a collision

Queen for 70 years

BUT COULD IT HAVE BEEN DIFFERENT?

Jould Elizabeth have become queen if her uncle, King Edward VIII, hadn't renounced the throne to marry the woman he loved? And would she have reigned for

In December 1936, King Edward VIII abdicated the throne to marry divorcee Wallis Simpson. This was because he didn't want to live without the woman he loved by his side and, at the time, the Church of England didn't allow divorced people like Mrs Simpson to remarry in church if their ex-spouse was still alive. And as Edward was the nominal head of the church, it was felt he had no choice but to step aside.

So the crown passed to Edward's younger brother, who became King George VI. When George died in 1952, aged just 56, his elder daughter, the 25-year-old Princess Elizabeth, became gueen. As Her Majesty Queen Elizabeth II, she became the UK's longest-ever reigning monarch - leading the country for 70 years until her death

But what would have happened if things had gone differently? What if Edward had married Mrs Simpson but refused to give up the throne? Because the couple didn't have children together, Edward's younger brother George would still have been his heir. Edward survived his younger brother by 20 years - so the crown would have still gone to Elizabeth. But this would have happened in 1972, not 1952. So she would have ruled for 50 years rather than the record-breaking 70.

It's also possible that Edward would have had at least one child if he'd married someone other than Mrs Simpson. The line of succession would then have passed through this child - and Elizabeth may have never become gueen.

Another line of thought is that Edward's attitude to the monarchy and politics was troublesome, and the monarchy wouldn't have survived his rule. But that's another story.





















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Everything's going

ONE OF BRITAIN'S BEST-LOVED COMEDIANS RETURNS

or a few years, it seemed you couldn't turn on the television or open a newspaper without seeing a mention of Peter Kay.

The larger-than-life Bolton-born comedian always seems to have had the Midas touch since bursting onto the scene when winning Channel 4's So You Think You're Funny? contest in 1997.

A year later, he was nominated for a Perrier Award for his stand-up show at the Edinburgh Fringe Festival, and by the time the Millennium came round, he was a regular on our TV screens, extolling a brand of observational yet irreverent comedy across multiple successful sitcom series. Included in these is the iconic *Phoenix Nights* – which, despite its legacy, only totalled 12 episodes – *Max and Paddy's Road to Nowhere, Peter Kay's Car Share* and *Peter Kay's Comedy Shuffle*. Switching almost seamlessly between filmed commitments and hilarious stand-up, it seemed Kay could do no wrong.

Kay's self-removal from the public eye was the subject of much speculation after he wrapped up his last TV projects back in 2017. It happened when his 90-date *Have Gags, Will Travel* tour planned for 2018/19 was cancelled.

He broke cover on events shortly afterwards, referencing The Lily Foundation, which works to raise awareness of mitochondrial disease in the UK.

He wrote: "The Lily Foundation is an inspiring charity that helps to improve the lives of children with mitochondrial disease."

Mitochondrial disease is a term that covers a range of often devastating conditions involving the failure of mitochondria, which live inside cells and which play a key role in providing energy. If they do not work properly, this can lead to serious problems for the body.

"I've had first-hand experience of the foundation's work and I'm proud to raise both awareness and much-needed funds to help with the inspiring work it provides to children and their families," said Kay

With his family's health issues now, seemingly, in a place where he can refocus on work, the funnyman, now 49, is getting back to what he does best with his first UK tour in 12 years. Aptly titled *Peter Kay Live: Better Late Than Never*, he will visit Manchester, Birmingham, Liverpool, Leeds, Sheffield, Belfast, Newcastle, Dublin, Glasgow, Cardiff and Nottingham between December 2022 and August 2023.

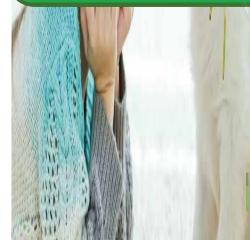
However, such was the demand for tickets that the Ticketmaster site crashed under the weight of demand. Subsequently, additional dates have been added for 2024 and 2025.

Kay insisted that the ticket prices reflect the £35 cost from his last UK tour, way back in 2010. "The cost-of-living crisis has hit most and will hit everyone at some point," he said. "It's something I would do for free if I could. But even if I can't do that, this isn't a money-making exercise – it's an honour to be in demand still after all this time and I'm excited about having a laugh with people in a live setting all over again.

"I also may be a bit rusty... hence the freezing of the ticket price," he joked.

In addition, Kay, the recipient of four BAFTAs and a National Television Award, has been announced as the first artist in the world to perform a monthly residency at the O2. At a time when what we're allowed to laugh at seems under more scrutiny than ever before, it seems we could all benefit from knowing the way to Amarillo... or the North Greenwich arena, at least.

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ur cities are not only more crowded than ever before, but more expensive too; yet the desire for young people to thrive in the heart of these fantastic urban spaces is real.

The solution to those priced out of traditional accommodation is something called Coliving.

It is an innovative social construct that uses a new blueprint for accommodation design, whereby tenants in a space have individual rooms, but shared social and kitchen areas.

The concept is much the same as you would have in a student house, though the target market is very much young professionals, and the architectural and interior finish reflects a demographic who are in employment and looking to build careers and interactions with like-minded people.

While in terms of location, Coliving can provide a huge advantage with reductions in commuting time and cost, an additional environmental impact comes by way of shared amenities, all-inclusive bills and

communal events and facilities.

While for some young people the idea of being thrown into a space with a number of strangers may be daunting, Coliving spaces are typically extremely careful to maintain high safety standards for residents, with letting agents carefully screening both residents and staff, and most include a 24/7 concierge service to help manage the building.

Coliving also provides flexibility for residents who don't want to be caught in long-term renting situations; nor might they have the ability to put a large deposit down. Instead, a rental term might be for just a few days up to a few months, and longer if desired.

What people therefore get is a ready-made community of like-minded people, excellent facilities, and all the social and practical benefits of living in a central, busy part of town.



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THE GROWING NEED FOR INTERGENERATIONAL PLANNING

With the next 30 years set to witness the largest-ever intergenerational passing of wealth, the need for inheritance advice has never been greater. Intergenerational planning, however, can also help with more immediate financial needs, particularly when generations work collaboratively to find solutions that support the whole family both now and in the future.

INFLATION CONCERNS

Currently, financial pressures are proving a key challenge across all generations, especially the impact of soaring energy bills as we move towards the winter period. The cost-of-living squeeze, though, is not only impacting people's current spending power, but also their future decision-making capabilities with regard to key issues such as housing, private education or university.

BALANCING CURRENT AND FUTURE NEEDS

This has resulted in families increasingly adopting integrated strategies, especially in relation to gifting, to address imminent financial challenges. While reducing future Inheritance Tax liabilities inevitably remains at the heart of intergenerational planning decisions, the growing necessity to balance today's and tomorrow's needs is resulting in the focus shifting to support for children and grandchildren now.

INVOLVING THE GENERATIONS

Intergenerational planning tends to be most effective when

the process is not just focused on those who currently hold wealth. While funding a comfortable retirement and quality of care for the 'caretaker' generations remain fundamental elements of intergenerational planning, delivery of support for the coming generations and ensuring wealth passes efficiently to the right individuals at the right time have become increasingly important dimensions.

MORE FAMILIES SHARE AN ADVISER

Greater involvement across multiple generations has also seen sharing a financial adviser become increasingly commonplace. This trend offers significant benefits, particularly when it comes to joining up a whole family's needs with inheritance and gifting strategies, while treating all family members fairly.

ENCOURAGING CONVERSATIONS

If your family needs help with any aspect of intergenerational planning, then please get in touch. We'll be happy to assist by encouraging more open financial conversations across the generations.

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.



CHARACTER CHRISTMAS CREATIONS

o you love creating handmade cards and gifts for your family and friends at Christmas? These handprint and footprint designs are super cute and offer the perfect way to personalise a wide range of presents this festive season.

If you are making a custom plate or mug, after following the below steps, apply a glaze with a brush or sponge to protect from water and wear and tear.

Rudolph the Red Nosed Reindeer

YOU WILL NEED:

Child-safe paint (red or brown) such as finger paints or poster paints | Red pom poms or buttons | Goggle eyes | PVA glue A small bell Ribbon What you would like to print on - A4 card, a roll of paper to make wrapping paper, plate, etc

HOW TO MAKE:

- > If making a card, fold the A4 card in half.
- > Dip your child's hands in the paint and place on the front of the white card - these are the reindeer's antlers.
- > Dip one of your child's feet in the paint and place on the card below the handprints - this is the reindeer's face.
- > Glue the eyes to the top of the footprint.
- > Glue a button or a red pom pom to the centre of the footprint for the nose.
- > Glue the bell and ribbon to the heel area of the foot.

Father Christmas

YOU WILL NEED:

Red and white poster paint | Cotton wool | PVA glue | Goggle eyes Black marker pen What you would like to print on - card, wrapping paper, plate, mug, etc

HOW TO MAKE:

- > If making a card, fold the A4 card in half.
- > Paint your child's fingers in white paint.
- > Paint the lower half of their palm and thumb red.
- > Paint the top of their palm peach (mix some red and white paint together to make this colour).
- > Press down on the coloured card.
- > Once dry, draw on Santa's face and glue on the eyes.
- > Stick cotton wool at the end of the thumbprint and along the top of the red to form Santa's hat.
- > If painting an item of crockery, omit the cotton wool; use enamel paint instead and apply a clear gloss glaze to finish.



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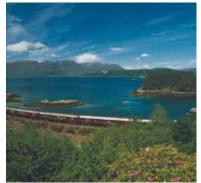


















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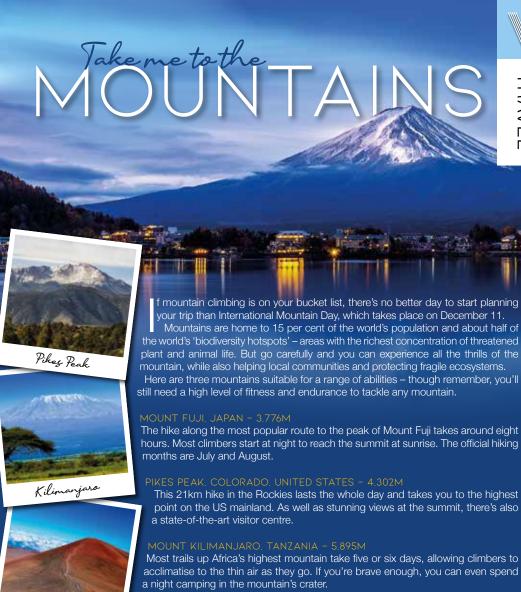
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- >Bhutan is easily the most mountainous country in the world nearly 99 per cent of it is made up of mountains.
- Annapurna I in Nepal is widely regarded as the most difficult and dangerous
- > Around 300,000 people a year climb Mount Fuji, making it the world's most frequently climbed mountain.



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The Travel Boutique, Travel Lounge in Shenfield has reopened much to everyone's delight. We may have been working remotely for the past 10 months but throughout we have continued to provide our loyal customers with our personal service and impartial advice and the widest variety of holidays, with many of you enjoying treasured getaways in 2022 and already booked with us for 2023.

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time in Travel I have built some wonderful relationships with Hotel and Tour Operator partners across the Globe. Travel is our passion and customer care. our forte."

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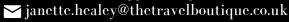






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WHY IT'S VITAL TO KEEP YOUR GUTTERS CLEAR AND RUNNING SMOOTHLY

he sight of water either pooling in a gutter or, worse still, spilling out over the side of it, can signal real issues for your home. The autumn and winter months bring together the ultimate combination of factors that mean it pays to check your gutters now before any

problems have the chance to get worse. Your utter gutter nightmare is started by an accumulation of plant debris, sticks,

twigs, leaves and bracken. This can be blown onto your roof, dropped by flying birds or, as far as moss goes, may have grown there.

This accumulation of dead matter can form an impenetrable path for rainwater, leading to leaks, damp and mould. A constant drip of liquid over a surface will soon compromise brick material and coatings, with the water penetrating through gaps in the mortar. It will eventually hit your internal plaster layer, often getting trapped behind paint and wallpaper, whereby it will spread across the wall.

The first you may know about this is a discolouration of wallpaper, or a slightly wet stain that's cold to the touch. At this point, that handful of stuck leaves may have compromised an entire wall, which will require drying out and possible replastering.

Externally, blocked gutters can also rot wooden fascia boards around your roof. These are in place to deflect water and wind from the property, and when they deteriorate, their effectiveness drops.

Finally, blocked gutters can also lead to foundation damage; and if you have a cellar or basement – or any other room below surface level – this will be particularly susceptible to flooding.

While you may imagine scaling a ladder in order to hook out a handful of decomposing matter is easy, it often pays to enlist professional help to ensure the

Gutter maintenance specialists will know what to do if they encounter animals or nests, and they may also be able to attend to other quick bits of maintenance, such as replacing loose or broken tiles.

GARDENING

Create your own SENSORY GARDEN

sensory garden is designed to stimulate the five basic senses of sight, smell, sound, touch and taste, and has the ability to enhance your sense of wellbeing, reduce stress and calm the mind. Find out the best sensory garden plants and features below.

CURRY PLANT: An evergreen shrub that boasts silvery grey foliage and pale yellow flowers, the curry plant provides a beautiful aroma and is known for attracting bees and other pollinators. Plant in a sunny, sheltered spot in well-drained soil and trim regularly to help it keep its shape.

ORNAMENTAL GRASSES: Ornamental grasses such as pampas grass and architectural seed heads add structure and movement to a sensory garden. Pick creeping, hanging and straight standing grasses for maximum effect.

LAMB'S EAR: Featuring velvety foliage that looks just like a pair of lamb's ears, this evergreen perennial produces stunning purple-pink flowers in the summer months that promise to add colour and depth to your garden. Plant them in open borders with other perennials or grow in containers.

WILD STRAWBERRIES: Wild strawberry, known as fragaria vesca, produces small and super-sweet fruit that is perfect for stimulating your senses of smell and taste. This plant loves partial sun and fairly damp conditions.

LAVENDER: Easy to grow and care for, lavender can add both scent and colour to your garden, as well as attracting pollinators. Weave in among other summer-blooming flowers or plant near your home to enjoy its strong aroma whenever you pop your head outside the door.

A WATER FEATURE: A water feature such as a pond, fountain or bird bath makes a great addition to a sensory garden. Providing beautiful reflections, calming sounds and contrasting texture, it will also attract wildlife and a wide variety of colourful birds.









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C%MPANT%NS

hristmas is a time to relax and spend time with hristmas is a time to relax and spend time with

your loved ones. And your four-legged family members also love the chance to enjoy more time together, as well as greeting visitors, taking in different sights and smells, and giving you puppydog eves for extra treats.

Your dog can bring joy this Christmas, and hanging out together can also help you escape from the seasonal stress.

Dog behaviourist Zoe Willingham, who has 23 pups, shares seven magical moments you can enjoy this Christmas.

- . Count down to Santa Paws' arrival with their own doggy advent calendar and make them happy every morning.
- 2. Give them a special toy to play with when you dress the Christmas tree so they're not jumping up at the baubles.
- 3. Top up your training to make sure they have the essential skills to wow your guests and anyone you visit with their impeccable manners.

- 4. Get social and enjoy a festive feast at your favourite dog-friendly pub or restaurant.
- 5. Wrap up warm and get outdoors together. It might be chilly, but being in the fresh air, taking in the scents, and spending time with you means your dog will be happy and content.
- 6. After your wintry walk, what's cuter than seeing your dog curled up snoozing while you watch your favourite Christmas film?
- 7. Your pup is sure to be top of Santa's Nice List, so make sure they have a doggy stocking packed with fun toys and healthy treats to open on Christmas mornina.

Want to chat about fun activities you can enjoy with your dog or ask a question about training? For more tips and advice, please visit www.bestbehaviourdogtraining.co.uk





off, warm and oh so comfy, slippers are a staple for many. However, could they be doing more harm than good to your feet? Let's find out.

INSUFFICIENT HEEL SUPPORT: Your choice of footwear should provide both support and protection, especially if you are wearing them for long periods of time. However, with every step you take in slip-on footwear, your toes are forced to grasp the slipper to lift it off the ground and carry it, which has a negative effect on the muscles and joints of the foot.

INSTABILITY ALL UP YOUR BODY: Slippers challenge all the joints in your body owing to their lack of ankle support. In fact, an unstable ankle can drag both your knees and hips in, downwards or outwards, depending on your body type. This can cause a whole host of problems, including pain and poor posture.

HIGHER RISK OF FALLS: For the elderly, who are already at a greater risk of slipping and falling, slippers can be extremely dangerous. Slippers provide very little grip compared to other types of

footwear, which means that you are more likely to lose your balance, especially when walking on tiled, wooden or vinyl floors.

NON-BREATHABLE: Although slippers are meant to keep your feet cosy, they can easily make them too hot if they are made of poor-quality, synthetic fabric. This can create a breeding ground for fungi and bacteria and increase your risk of athlete's foot.

SO WHAT SHOULD YOU WEAR ON YOUR FEET IN THE HOUSE?

Opt for supportive, lace-up shoes that stay on the foot as you walk as these will cushion and protect your feet.

Some of the most supportive footwear brands include:

- > Birkenstock Milano
- > FitFlop
- > TOMS
- > Kalahari

It is also a good idea to walk around barefoot sometimes as this can help to strengthen and stretch the muscles, tendons and ligaments in your feet. This helps to improve balance and to prevent injury, knee strain and back problems.



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S THIS THE ULTIMATE CLEANSE?

o you love a good cleanse? Offering you the opportunity to reset your eating habits and rest your digestive system, kitchari cleanses are common in Ayurvedic medicine and offer a whole host of health benefits.

What are the benefits of a kitchari cleanse?

Eliminate toxins from the body | Aid weight loss | Improve energy | Improve digestion and restore regular bowel movements | Promote overall good health

How to perform a kitchari cleanse

Pre-cleanse: A pre-cleanse period typically takes place one week before the cleanse. During this time, you should cut back on sugar, caffeine, alcohol and processed foods.

Cleanse: During your three-day cleanse, you should aim to eat a grain-based dish for breakfast, such as oatmeal with warming spices, and then a bowl of kitchari for lunch and dinner. Aim to drink 8-10 servings of water or herbal tea each day. Post-cleanse: In the 7-10 days following your cleanse, you should slowly reintroduce other foods into your diet. You may want to continue eating kitchari for one meal a day for the first few days to avoid upsetting your digestive system.

> cup white basmati rice 1/2 cup yellow mung dal 2 tbsp ghee Kitchari spice mix (1/4 tsp black mustard seeds, 1/2 tsp cumin seeds, ½ tsp turmeric powder, 1½ tsp coriander powder, ½ tsp fennel powder, 1 tsp fresh grated ginger) 1 tsp natural mineral salt 6 cups water 2 cups of vegetables such as asparagus, carrots, celery, green beans, sweet potato, squash or courgette, cut into bite-sized pieces

How to make:

- 1. Soak the mung dal overnight.
- 2. Strain the soaking water and then combine the mung dal with the rice.
- 3. Rinse the mixture until the water runs clear then set it aside.
- 4. Warm the ghee over a medium heat and add the seeds until they pop.
- 5. Add the rest of the spices.
- 6. Stir in the rice and mung dal and then sauté for a few
- 7. Add the water and bring to the boil.
- 8. Add the salt, reduce the heat and simmer for 20 minutes.
- 9. Add the vegetables.
- 10. Cook for a further 20 minutes.

NB: The consistency should be thick and more like a stew than a



HOW TO COOK WITH CHESTNUTS

Then it comes to festive food, chestnuts go hand in hand with Christmas. However, did you know that there are so many different ways that you can cook and enjoy these mouthfuls of nutty deliciousness.

ABOUT CHESTNUTS

Chestnuts are the large edible fruit of the chestnut tree and are popular in both Europe and China. When you cook chestnuts, they produce a delicate and slightly sweet flavour with a soft texture that has a similar consistency to baked potatoes. You cannot eat raw chestnuts so they must be cooked before they are served.

3 WAYS TO COOK CHESTNUTS

Boil them: To boil chestnuts, you first need to score them, before placing in a saucepan of cold water. Bring the water to the boil and allow to simmer for 3 minutes. Remove from the heat and then carefully scoop out a few at a time, peel off the shell and skin with a knife.

Roast them in the oven: To roast chestnuts, you first need to pierce each nut to prevent them from exploding due to internal pressure. Then place on a baking sheet in an oven that has been preheated to 200°C/180°C fan/ gas mark 6. Roast for 15-20 minutes, stirring occasionally. Wait until they are just cool enough to peel and serve warm.

Roast them on the fire: Take an aluminium pie plate or tin foil pudding dish. Make cuts in the chestnuts and place the plate on a grill over white-hot coals. Shake the plate or dish periodically using heat proof gloves and roast until tender.

HOW TO ENJOY CHESTNUTS

- Mashed with sweet potatoes, carrots or cabbage
- Mixed with sausage meat, bacon and cranberries to make stuffing
- Blended with chickpeas to make a festive hummus
- Made into a puree and used to make chocolate chestnut cupcakes.



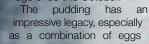
CELEBRATING THE BOOZY ITALIAN DESSERT THAT ALWAYS OFFERS A LIFT

le're used to hearing about the history and provenance of our culinary loves - tales of family traditions and secret recipes that have been handed down for centuries.

To say that tiramisu doesn't fit into that category perhaps sounds like an attempt to besmirch it slightly, but the opposite is actually true. Instead, this is a dessert whose parentage is surprisingly recent.

The dish was invented by Italian restaurateur Ado Campeol in 1972 - thus the tiramisu has just completed half a century of service in cafés, restaurants and kitchens. In that time, it has been popularised the world over.

Now is an apt moment to celebrate the dessert, as Campeol passed away at the age of 93 this October.



whipped with mascarpone cheese, coffee-soaked biscuits and bitter cocoa powder perhaps doesn't sound like the most obvious taste combination.

The name 'tiramisu' translates to mean 'lift me up' in Italian due to the kick offered by the coffee, while rum or marsala is typically added to the mix to offer a premium, eclectic edge.

OUICK TIRAMISU RECIPE

3 tsp instant coffee granules | 3 tbsp coffee liqueur | 250g tub mascarpone | 85g condensed milk | 1 tsp vanilla extract | 4-6 sponge fingers 1 tbsp cocoa powder

STEP ONE: Mix the coffee granules with 2 tbsp boiling water in a large jug and stir to combine. Add the coffee liqueur and 75ml cold water. Pour into a shallow dish and set aside.

STEP TWO: Make the cream layer by beating the mascarpone, condensed milk and vanilla extract with an electric whisk until thick and smooth.

> STEP THREE: Break the sponge fingers into three pieces and soak in the coffee mixture for a few seconds. Put a few of the sponge pieces in the bottom of two wine or sundae glasses and top with the cream mixture. Sift over the cocoa and chill for at least one hour before serving.



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DRINK



id you know that while you're tucking into your roast turkey and all the trimmings on Christmas Day, over in Japan, they're chowing down on crispy chicken with a selection of sides?

HOW DO THE PEOPLE OF JAPAN CELEBRATE CHRISTMAS?

In Japan, Christmas is still a secular holiday as less than one per cent of the population identify as Christian. Instead, they use this holiday as a time for families and friends to have parties, make plans for dinner and enjoy general celebrations.

WHAT IS THE JAPANESE KFC CHRISTMAS CRAZE?

An estimated 3.6 million Japanese families treat themselves to KFC every festive season, with what has to be one of the world's most unique Christmas food traditions.

In fact, demand is so high that locals often have to queue for hours to get their hands on a bucket or two of this popular cuisine.

HOW DID THIS TRADITION START?

This peculiar demand for KFC at Christmas came about because of a campaign that was inspired by Takeshi Okawara, the manager of the first-ever KFC in Japan. Shortly after it opened in 1970, he woke up at midnight with the idea to sell a 'party barrel' of fried chicken on Christmas Day. In 1974, the marketing campaign went national, calling it Kurisumasu ni wa Kentakkii, or Kentucky for Christmas. The rest, as they say, is history.

WHAT DOES THE KFC CHRISTMAS MEAL CONSIST OF?

As well as buckets of fried chicken, families in Japan tuck into lots of sides, cakes and even wine. Some of this year's offerings include:

- > A box of chicken for 3,780 yen (around £22)
- > A party box with eight pieces of chicken, a lasagne and a chocolate cake for 4,000 yen (around £25)
- > A premium roasted chicken and sides for 5,800 ven (around £35)

On average, these packages account for a whopping one-third of the chain's yearly sales in Japan.

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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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WITH NEWS THAT THE FORD FIESTA IS TO TAKE A PERMANENT SIESTA, WE CELEBRATE THE LEGACY OF THIS BRITISH MOTORING MAINSTAY

f there is one car that portrays the modern era of motoring, it is undoubtedly the Ford Fiesta.

It was 1976 when the first Fiestas rolled off the Ford production plant in Dagenham, arrowing their way to the driveways of motorists looking for an affordable, fuel-efficient and fun way to conquer

The Fiesta has always been instantly recognisable among an ever-increasing and sometimes perplexing range of Ford models. Indeed, even though its lifespan traverses four decades and eight generations, the car that has shifted more than 22 million units - one fifth of those in the UK - has always stood out as the ultimate fun run-around.

The car has come in saloon, hatchback and even convertible versions - always nippy, always chic, and with a speediness that belies what has always been a modest price tag.

Indeed, the Fiesta epitomised a new generation of car buyers through the 1980s, who were keen to ditch the clumsy, clunky motors of the era, looking instead for a rather more streamlined and sporty approach.

Yet while the model arrived as a mark of practicality and fashion, it has found its exit governed by the same elements, ultimately being undone by the green car revolution. Hence Ford is also ditching the Galaxy and the S-Max, with the last of these being produced next April. Instead, the manufacturer - which has slipped to fifth globally in recent years, behind Toyota, Volkswagen, Hyundai and General Motors - is channelling all its energy into three new electric passenger vehicles and a further four new commercial models.

The Fiesta's day may be done, but the car's presence will be celebrated on our roads for many vears to come.



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12. INVERSES, 14. POPULAR, 16. CASINO, 18. BARGE, 19. SPED DOWN: 1. DOMESTIC, 2. VINYL, 4. ERECTS, 6. LABYRINTHINE, 6. RIPOSTE, 7. DODO, 8. SCRIPTWRITER,

13. APPROACHABLE, 20. PILOT, 21. IGNORES, 22. DARKROOM, 23. SEWS ACROSS: 1. DIVA, 3. DECLARED, 9. MANACLE, 10. BIPED, 11. SELF-INTEREST, 13. INPUTS, 15. UNSEEN,



PUZZLES & TRIVIA

ACROSS

- 1. Prima donna (4)
- 3. Stated emphatically (8)
- 9. Shackle (7)
- 10. Animal that walks on two legs (5)
- 11. Narcissism (4-8)
- 13. Contributes information (6)
- 15. Not noticed (6)
- 17. Easy to converse with (12)
- 20. Person who flies an aircraft (5) 13
- 21. Pays no attention to (7)
- 22. Where photographs are developed (8)
- 23. Stitches (4)

DOWN

- 1. Relating to the home (8)
- 2. Type of plastic (5)
- 4. Constructs a building (6)
- 5. Intricate and confusing (12)
- 6. Retaliatory action (7)
- 7. Extinct bird (4)
- 8. Author of screenplays (12)
- 12. Opposites (8)
- 14. Liked by many people (7)
- 18. Flat-bottomed boat (5)
- 16. Gambling house (6) 19. Moved quickly (4)

DID YOU KNOW?

- ► Christmas takes place on December 25 the day the Roman Catholic Church chose to mark Jesus' birthday. No one actually knows the exact date Jesus was born.
- Not everyone celebrates Christmas on the same day. For example, Greek Orthodox Christians often celebrate on January 7.
- Many Christmas traditions come from the Victorian era, including crackers, roast turkey and gift-giving.
- ► Christmas trees were first seen in Germany in the 16th century, when fir trees were decorated with fruit and nuts.
- Jingle Bells was originally a Thanksqiving song written in 1850.
- It only took six weeks for Charles Dickens to write A Christmas Carol.

SUDOKU

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