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AT 50

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- 6 DAVINA MCCALL
- 8 STRANGE 999 CALLS
- 11 HOME & DIY
- 17 LOCAL NEWS
- 22 GARDENING
- 23 HEALTH & FITNESS
- 26 BRUCE FORSYTH
- 28 FASHION
- 31 FOOD & DRINK
- 36 KIDS
- 37 BEAUTY
- 40 PUZZLES
- 41 BUSINESS & FINANCE
- 42 TRAVEL
- 44 TECHNOLOGY
- 45 SERENA WILLIAMS
- 47 SPORT
- 49 MOTORING
- 50 LOCAL TRADES & SERVICES

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# Editor's notes...



Leigh Fry, Editor

Hello and a warm welcome to the first edition of **VISION**Chalfonts, a new magazine in the Chalfonts area.

We will be bringing you lifestyle and local news monthly to Chalfont St Giles, Chalfont St Peter and Little Chalfont.

We also provide you with advertising from a host of local businesses, all on your doorstep. If you are a local business and are interested in being featured in the magazine please get in touch via the email below and we can show you how we can help you get more local business.

Whilst we enjoy the onset of autumn and winter, pause for a moment and remember those not so fortunate, because for those the coming months become a hard time of year and survival is foremost in their thoughts. So, please support local charities and events and help others at this time of year.

In this month's local news, a boy is raising money for a life-changing operation, a team of friends and colleagues from a doctors' surgery have taken on the Colour Blast and police are appealing for help after a girl was left with serious head injuries following a crash.

Local news is important to us, so if you have any stories please email [editorial@visionmag.co.uk](mailto:editorial@visionmag.co.uk)

Finally, I hope you enjoy reading the launch issue, and I welcome your feedback.

*Leigh*

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DOWN 1. BEAD, 2. DAMSEL, 3. OUTERWEAR, 4. THEORY, 6. PRETTY, 7. CATHOLIC, 11. SUPPERSEDE, 12. HYGIENIC, 13. CHOSEN, 14. STATES, 15. TITLES, 17. INKS



“WITH enviable ABS AND flawless SKIN, DAVINA IS defying age AS SHE TURNS 50”



# DAVINA McCALL

## fabulous

### AT 50

Age is no barrier for television presenter Davina McCall, who turns 50 this month. As her career continues to flourish, she is healthier and happier than ever.

Davina, who is married to Matthew, didn't have an easy route to fame. She is very open about her troubled past and admits struggling with life in her 20s. She suffered with body confidence issues and developed a drug and alcohol addiction. But, being the strong-willed female that she is, Davina overcame this and turned her life around.

The mum-of-three first appeared on our television screens back in 1992 when she was hired as a presenter on Ray Cokes' *Most Wanted* airing on MTV Europe. She then went on to host the ITV late night game show *God's Gift* and Channel 4 dating show *Streetmate*.

In 2000, her career really took off after she was chosen to present the inaugural series of *Big Brother*. She fronted the show for a decade before making her exit after Channel 5 bought the rights to the programme.

Since then, she has gone on to host a number of shows including *The Million Pound Drop*, *The Jump*, *Long Lost Family* and *This Time Next Year*.

In September this year, she launched her new show *The Davina Hour* on channel W, which explores modern-day life and leads thought-provoking explorations each week.

Davina has been nominated for six National Television Awards throughout her career, but has

failed to take home the title each time. In 2003, she won TV Personality at the Television and Radio Industries Club Awards.

The Londoner has become one of the UK's most loved television presenters with TV bosses paying thousands of pounds to get her to front their programmes. With an estimated net worth of £2million, she also owns property said to be in excess of £8million.

Davina is also very well-known for her charity work. One of her most notable achievements was when she took part in a Sport Relief challenge in 2014. She completed 500 miles of either running, swimming or cycling from Edinburgh to London and raised more than £2billion. Davina has also been a host of Stand Up To Cancer since 2012 – a show which is very close to her heart after she devastatingly lost her half-sister Caroline Baday to lung cancer in 2012.

It's no secret that Davina is passionate about health and fitness. She steers clear of processed sugars and alcohol and regularly works out to keep herself fighting fit.

The fitness guru has released several DVDs over the years including *5 Week Fit*, *30 Day Fat Burn* and *Fit in 15*.

If her Instagram account is anything to go by, we should all live by her rules. She has also released several sugar-free cook books in an attempt to get the public thinking about their health and portion sizes.

With enviable abs and flawless skin, Davina is defying age as she turns 50 on October 16.

# “There’s a spider in my bin...”



Some members of the public think nothing of ringing up the police on the 999 emergency line for the most bizarre and stupid reasons.

The Metropolitan Police have listed the worst calls as they warn people to think sensibly.

One drunken reveller rang the emergency services at 4am on a Saturday to ask: “Where is the best place to get a bacon sandwich right now?”

Another woman rang to say her kebab was cold and the shop would not replace it.

Officers were also asked to use their sirens and flashing lights to escort panicked holidaymakers to the airport on time after they had slept through their alarm.

One caller reported that men had turned up at her property and were trying to take her away. The men were in fact police officers who were arresting her.

As the festive time of year usually sees the 999 emergency line at its busiest, the Met have asked people to try to use it sensibly.

Chief Superintendent Pippa Mills, head of command and control, said: “This is just a sample of inappropriate calls received by our operators this year.

“Callers who do not have an emergency, may prevent others who require our immediate assistance from getting through to us.

“This presents a real risk to our ability to respond to genuine emergency calls.”

She added: “We want Londoners to have a safe and enjoyable festive season. In the event that officers are required, we need calls to reach us swiftly.”

The Metropolitan Police receive 4.5million phone calls to 999 and 101 numbers per year.

Surrey Police also received calls including “Will I get arrested if I move my housemate’s banana?”, “Fancy a chat?” and “My shutters aren’t working properly” – all in the same day.

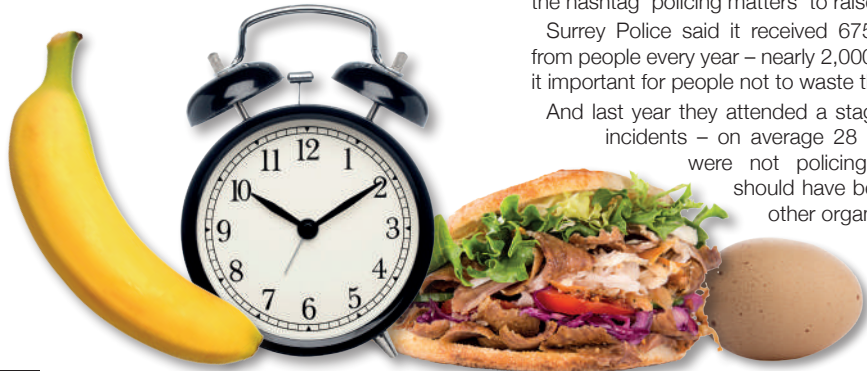
Officers revealed the daft calls from members of the public as part of a campaign to highlight the issue of police time-wasting.

In one call, a distraught resident said: “I think someone has stolen my eggs. My chicken lays an egg every morning, but today there wasn’t one there.”

The force has taken to Facebook and Twitter using the hashtag ‘policing matters’ to raise awareness.

Surrey Police said it received 675,500 contacts from people every year – nearly 2,000 a day, making it important for people not to waste their time.

And last year they attended a staggering 10,270 incidents – on average 28 a day – which were not policing matters and should have been directed to other organisations.



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# MOVING ON

Moving home can often be a daunting and stressful experience – but could there be a specific time of year that helps rather than hinders the hopeful home-mover?

Whether you're settled on selling up or just trading in one tenancy for another, moving home can be a stressful business at the best of times. But is there a way to work out the optimum moment to start your move just by considering the seasons?

**SPRING**

Spring isn't just the best time to see lambs gambolling and flowers blooming – it's also the time to take advantage of those mild weather conditions and post-Christmas lull to move house. With fewer school holidays, the kids will be safely out of the way, and some people may even be turning their attentions to the housing market once again.

**SUMMER**

Summer has historically never been a great time to sell your home, with most people off enjoying their holidays instead of browsing the housing

market. In terms of moving, too, summer has its drawbacks. These include the hot weather, which can make moving much more difficult, and the fact the school holidays will mean any children will always be available to add to the chaos.

**AUTUMN**

After spring, autumn is probably the next best time to attempt a move. True, the weather can be unpredictable, but you'll only be subjected to extremes if you're unlucky, and the kids will be in school most of the time – but there's also half term if you want a couple of extra helpers around the house.

**WINTER**

While visions of a fresh January start in a new home may have a romantic allure to them, winter is a problematic season to make a move. Not only will you spend the Christmas period surrounded by (less fun) boxes, the stress of sorting contracts and finances, winter weather can also be unpredictable, moving a hazardous business, and the pressures of Christmas mean selling is often difficult too.



# STYLING IT OUT.

**B**orn in the Tunisian city of Sfax, Tom Dixon has made himself known around the world as a celebrated designer whose eponymous lighting, furniture and accessories brands are synonymous with luxury and style.

Having first begun to draw the eye in the mid-Eighties as a self-taught designer specialising in making furniture from salvaged material, Dixon's first project – Space – provided him and fellow young designers with a way to advertise their wares. By the end of the decade, Dixon was commissioned to work for renowned Italian designer Cappellini and ended up envisioning the 'S' chair, which is now iconic among furniture designers.

The Nineties was the era in which Dixon really became a household name though, not least because of the success of his own company – Eurolounge – and in 1998 he became head of design for Habitat, going on to become creative director before eventually leaving the company in 2008. Dixon became one of the main figures credited with revitalising the ailing Habitat brand and earned an OBE for services to British design in 2001.

However, the 58-year-old is best known for his own 'Tom Dixon' brand, based in Portobello. Alongside characteristic upmarket furniture and accessories, the company had a hand in the establishment of Design Research – a design and product development holding company. The brand launches new collections twice a year at the Milan International Furniture Fair and the London Design Festival, with Dixon's creations being sold in more than 60 countries.

His designs have subsequently made their way to the highest echelons of society, primarily through his interior and architectural design studio. From here, he has curated a host of well-known projects across the capital, including Jamie Oliver's flagship Barbecoa eatery, Restaurant at The Royal Academy plus Shoreditch House, and his ambitious take on renovating the iconic Thames-side Sea Containers House into a hotel in 2014.

A designer at the peak of his powers, we wonder what is next for this iconic visionary.



Photo credit: www.tomdixon.net and www.cappellini.it



# Lighting Up

**W**hen traditional bulbs perhaps aren't shedding enough light on your inspirational side, why not turn your attention to these stylish sources of interior light instead?



## Facing Up

Tired of your typical light bulbs and lethargy-inducing lamp shades? Replace both of these outdated interior adornments with stylish up-lighting. Whether fixed flush to the wall or in a chromatic bracket, these lights will emit a soft and subtle illumination that you can style to the rest of the house – and can be used to cast an eye-catching glow on the most important aspects of the room.



## Out of Nowhere

Society expects you to put your lights in the ceiling or at least above head height – but why? Throw traditional interior design on its head with recessed lighting that slots seamlessly into your floorboards. You could use it to guide visitors along your corridors with effortless chic, or place them around large ornaments or appliances to create a sophisticated centrepiece.



## Ahead of the Game

Get the stylish wall adornments of a big game-hunting Victorian without having to eliminate a single endangered animal with an LED light in the shape of a rhino's bone. Made from highly-polished moulded plastic that mimics a ceramic effect, these lights use warm white LEDs to pick out all the detail as it shines from within, so you don't have to brush up on your taxidermy skills after all.

## Fairy Goo

Combine the elegant illumination of fairy lights and the natural look of a houseplant with some faux flora that doubles up as a classy lamp. Achieve the effect of an enchanted grotto with a wide variation of colours while side-stepping leafy mess and errant soil. Alternatively, you can drape a string of these floral fairy lights along curtain rails or bedposts to make it seem like your soft furnishings are being entwined with illuminative vines.





# Table Toppers

CREATIVE DESIGNS TO SPRUCE UP ANY TABLE

### Flower Power

Flowers may seem like a traditional centrepiece, but there are so many ways to display them that it will always feel fresh. Even a simple vase can be spruced up with rope or ribbons or placed in a synthetic floral wreath. You can also make your own vase by placing a tall glass inside a transparent container, then filling the space up with coloured sweets or beads.

### Outdoors In

Enlist the help of nature to create something rustic and seasonal. Tie autumn leaves and twigs together and top with a miniature pumpkin, or create small bouquets with fresh herbs and wild flowers. If it's a celebration, arrange a twisted napkin in a heart shape and fill with petals to use as confetti.

### Light the Way

Create a romantic ambience with glowing lights. Rather than using one large candle, have many tea lights in jars or tins, or invest in a large Moroccan-style lamp to create an Eastern glow.

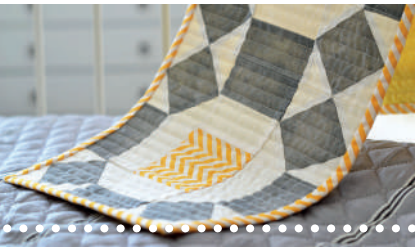
Those who are concerned about the dangers of fire and alcohol can place a decorative bowl on the table filled with water and a combination of floating candles and fresh flower-heads. Or simply bundle battery-operated fairy lights in a vase.

### Get Crafty

Melt your guests' hearts by enlisting the help of children. Handmade mosaics, decorated vases and papier-mâché can all create a touching centrepiece. Or if you have a flair for sewing, creating a quilted table runner with matching place mats.

### Eat the Art

Too busy preparing food to worry about the table decorations? Then make the food the centre of attention. Bake a decorative loaf of bread or display a spectacular cake or cheeses under a glass cloche. And for those who really want to show off, prepare a seafood platter as a starter or bring your main course out adorned with table sparklers. Bon appetit.



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## It's back to school for Fern as she opens new arts centre

Pupils at Dr Challoner's High School in Little Chalfont welcomed back one of their alumna last month to open the school's new art and technology centre.

Fern Britton, best known for *Ready, Steady Cook* and *This Morning*, was invited back to open the school's exciting new centre. A school spokesman said they were delighted to welcome her back.

He commented: "Fern speaks fondly of a dynamic art and pottery teacher who inspired her during her

school days, so she was the perfect choice to share her passion for the arts in this way.

"At Dr Challoner's High School, we pride ourselves on the breadth of opportunity that we offer our girls and this new facility will provide fresh, modern design studios which firmly place creativity and imagination at the heart of our school.

"This has all been made possible by the support and generosity of our parent community for which we are truly grateful."

## Adults are encouraged to get active

The Parish Council of Chalfont St Giles and Chalfont St Giles Revitalisation Group are considering the installation of adult outdoor exercise equipment in Bowstridge Lane recreation ground.

Before moving ahead, the parish council is asking residents if such a project would be supported. The project would be financed entirely or partly with grant awards from charities and the government, with parish council funds making up any shortfall of up to £5,000.

Ongoing maintenance would be the responsibility of the parish council.

The equipment would be located in an area of approximately 32 square meters, situated between the Children's Play Area and Gordon Way.

To give your views, please visit [www.surveymonkey.co.uk/r/MYY3R68](http://www.surveymonkey.co.uk/r/MYY3R68)

The parish council is also asking that residents circulate the survey to friends, neighbours and colleagues to encourage them to complete the questions.



Photo credit: Rennie Grove Hospice Care

## Doctors' surgery gets colourful for charity

A team of friends and colleagues from Little Chalfont doctors' surgery joined hundreds of other runners last month to raise money for a charity which provides care and support for patients in Bucks with life limiting illnesses.

Nearly 450 runners flocked to the Penn House Estate near Amersham ready to take on a family-friendly 1k race or a more challenging 5k route, both complete with obstacles.

Both routes came with the guarantee that participants would be covered head to toe in a rainbow of brightly coloured powder paint as they collected their medals at the finish line.

The five strong team of friends and colleagues from Little Chalfont doctors' surgery, whose team was called Who Cares Wins, took part in the 5k run.

Jeanette McGloin, Jo Nagle, Sara Basouffiane, Sue Hughes and Jo McEvoy were prompted to take part because they all have dealings with Rennie Grove through their work as nurses or reception staff at the surgery but some of the group also have personal connections as the charity has cared for family members.

Although they were "dreading" it at the beginning, the team were absolutely elated, not to mention colourful, at the finish line.

## Police appeal after girl found with serious head injuries

Police are asking **VISION**Chalfonts readers for help after a girl was left with serious injuries following a crash in Chalfont St Peter last month.

At around 5.15pm on September 27, a 14-year-old girl, who had been cycling in Austenwood Lane near the junction with Bull Lane, was found in the road with serious head injuries.

Officers and the ambulance service attended the scene and she was taken to the John Radcliffe Hospital in Oxford with life-threatening injuries where she remains in a critical condition.

The road was closed while officers attended the scene to investigate the circumstances.

Investigating officer PC John Belson, from the Joint Operations Unit for Roads Policing based at Amersham, said: "I am keen to speak to anyone

who was in Austenwood Lane near Bull Lane at or around the time of the incident who saw or who has any information which may assist with the investigation.

"We are in the early stages of making enquiries to establish the circumstances which led to the cyclist sustaining the injuries.

"This was a particularly traumatic incident involving a school child on her bicycle. Our thoughts firstly go out to her family at this difficult time. I really wish to hear from anyone who saw what happened to contact me or recalls seeing a cyclist around the time in question."

Anyone who witnessed the collision should contact the 24-hour Thames Valley Police enquiry centre on 101 quoting URN 1140 27/9.



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## Help keep the homeless warm this winter

People in Chalfont St Peter are being asked to help keep the homeless warm this winter by donating socks plus other items such as woolly hats, gloves and scarves to the Socktober appeal.

The appeal is being launched by the Yorkshire Building Society which has a branch at the High Street in the village.

An estimated 83,000 young people in the UK are homeless and, according to latest figures, 11 young people in Chiltern received some homelessness support from their local authority in 2015/16.

Louise Fernandes, manager of the Chalfont St Peter branch of Yorkshire Building Society, said: "It's

shocking that so many people have nowhere safe to call their home. As the weather turns colder we want to do what we can to help keep them warm and that's why we're launching our Socktober appeal.

"A lot of us may take having a clean pair of warm socks to wear for granted but for a homeless person without a proper roof over their heads it's the last thing on their mind. As well as socks you can also donate hats, scarves, gloves and small sets of toiletries to our appeal – and every single item will go to a homeless person.

"We can't thank people in Chalfont St Peter enough for their continued support."

## World leading artist comes across the pond

A world leading figurative artist will be making a trip across the pond to present a collection of work at Montague's Gallery, Kings Langley.

Andrei Protsouk will be making a personal appearance at the gallery on the High Street, Kings Langley on Thursday, November 16 between 7pm and 9pm.

Born in the city of Donetsk in the Ukraine, Andrei studied a Masters in Fine Art at the Russian Academy of Arts in St Petersburg.

It was here that he became the protégé, and one of the last students, of Evsey Moiseenko – a world-renowned contemporary of Marc Chagall and Pablo Picasso.

Originals by Andrei are in high demand and commissions have been completed for Coca-Cola, George W Bush and Imperial Cosmetics, to name but a few. The striking component of Andrei's work is his undeniable compositional skills.

He has coined his unmistakable use of line as 'fine line' and the heart and soul of Andrei's art is his infatuation with relationships, love and beauty.

A believer that love is a universal language, Andrei's paintings have romantic sentiments that are accentuated through stimulating colours and intimate compositions.



Photo credit: Yellow Rose Tango, Andrei Protsouk, Original Mixed Media & Gold Leaf On Paper

## Village foster carer wins well-deserved award



The hard work, commitment and dedication of foster carers was celebrated at a special awards ceremony and dinner last month.

The awards, attended by more than 100 guests, recognised long service and training success and also offered the opportunity to give special praise to individuals and couples for a range of achievements.

The winners included Chris Driscoll from Chalfont St Peter who won the award for her Outstanding Contribution to Fostering as she goes the extra mile helping to run the South Bucks support group, is a mentor to other foster carers whilst caring for young babies and toddlers alongside her own four children.

Chris said she was delighted to have won and stressed she also loves being a foster carer.

She commented: "Being a foster carer can be challenging, emotionally and physically exhausting at times but it is so, so worth it. Seeing the progress the little ones make, seeing them begin to flourish and

remembering what a privilege it is to care for them in this stepping stone of their lives is so amazing. Opening our hearts and home in this way has been the best decision we've made as a family."

Could you foster? We are always keen to hear from anyone interested in becoming a foster carer. You really can make a difference to the life of a child or young person and help to make sure Bucks children can stay close to their local community. We will provide you with all the training and support you need.

Foster carers can be of any age over 21 years old, homeowners or tenants, employed or unemployed, single or in a relationship. There really is no typical foster carer.

Anyone wishing to find out more about fostering should contact Bucks County Council's fostering team on 01296 382555 or email [fostering@buckscc.gov.uk](mailto:fostering@buckscc.gov.uk)

## Boy raising money for life-changing surgery

A teenager from Chalfont St Peters is raising money to fund a life-changing operation. James Bertrand, 19, was born prematurely at 28 weeks with his twin brother Tom due to a condition called 'twin-to-twin transfusion'.

James developed blood clots in both of his legs which led to the amputation of his left leg at 18 months old. His right leg was also left severely damaged with a number of problems including no main artery, he can't walk on hard surfaces as it is so sensitive and it has little protection as it has no fat or tissues.

After exhausting surgery options to help improve his mobility, this is James' last option to be able to live a life where he feels free and can have a limitless future. He has started a JustGiving page to help raise funds for the procedure, which is called Osseointegration.

The surgery is only available in Australia and is not yet funded by the NHS. It will cost £90,000 to cover all surgery expenses.

The surgery will be a permanent improvement to changing James' life. It will allow him to stand up in the shower for the first time and increase his mobility, among other things.

James will be donating 10 per cent of every donation to Great Ormond Street Hospital to help children in similar situations and raise awareness for other amputees.

To help James reach his goal, visit [www.justgiving.com/crowdfunding/jamesbertrand](http://www.justgiving.com/crowdfunding/jamesbertrand)





CREATE YOUR OWN

# Zen Garden

With meditation becoming increasingly popular, zen gardens are the perfect place to relax your mind. A zen garden is a peaceful place where you can go to meditate, relax and admire the simplicity of its design. Made using pebbles, rocks and sand, these elements can be designed to create a simple and beautiful space.

Zen gardens are very versatile and can be placed in almost any space. From a desktop zen garden to an outdoor one, you really are in control when it comes to deciding how to create your perfect space.

## HOW TO CREATE AN OUTDOOR ZEN GARDEN

### THE SAND

Sand is the key element to a zen garden. This often covers the whole area and will have a raked pattern in it. Beach sand often won't hold the raked waves, so it is best to use crushed granite to create this effect.

### THE PEBBLES

Pebbles can be placed sparingly around the garden to add simple elements to the design. You can incorporate these into the sand pattern, or have them dotted around.

### THE ROCKS

Larger rocks can be used to complement the pebbles and sand. They create a focus point in the garden. There is no correct way to use these, it is all down to personal preference.

### WATER

Water features such as ponds and waterfalls can be the perfect addition to a zen garden. The relaxing sound of running water can add to the calming atmosphere.

### THE PLANTS OR TREES

Some people like to put some colour and greenery into their zen gardens. This can be done in the form of water plants such as lilies and the Japanese water iris. Common trees that can be used as a canopy include bamboo or fruit trees such as flowering plum or cherry.



# Magic Mind

Far from being solely the pursuit of Tibetan monks and devout yogis, meditation is fast becoming a daily practice for millions of people all over the globe, in all walks of life. Like the stressed-out businessman who has chosen to turn his commute to work into his mindfulness practice and is blissed-out on the train, or the anxious teen who has discovered that calming one's mind can bring about far more clarity and peace than partying ever can...

As is often the case, the rise of technology appears to be both the cause and the solution for this phenomenon. Our minds are bombarded with an unfathomable influx of information as we scroll through news feeds and check our emails and update Twitter, sometimes before even getting out of bed. Our stress levels are rising and our attention spans are shrinking and the world is only getting louder, but meditation is a way to shut out the noise, even for a moment, and reconnect with ourselves.

But while the concept is straightforward, actually succeeding to quiet the mind is a skill that must be learnt.

Thankfully, subscription services such as Calm and Headspace have been specifically designed to fit around busy lives, offering easy-to-use apps with guided meditation sessions as short as 10 minutes.

That's 10 minutes of your day in exchange for improved concentration, reduced stress, better self-awareness and general increase in overall wellbeing.

There are physiological benefits as well: scientific studies suggest meditation can reduce blood pressure, boost immunity and lessen heart and brain problems. No wonder those monks are always smiling.

### How to meditate:

- Sit or lie comfortably.
- Close your eyes.
- Make no effort to control your breath; simply breathe naturally.
- Focus your attention on your breathing and on how the body moves with each inhalation and exhalation.
- Don't try to stop thoughts; simply allow them to come and go.
- Be patient with yourself – and enjoy the experience.





# PROTECT YOURSELF

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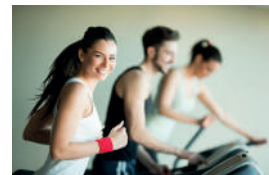
## GRAB THE GARLIC

A natural remedy for fighting colds and flu, you can boost your immunity just by including garlic in stir-fries and sauces. If you feel a cold coming on, a raw clove minced and steeped in boiled water with lemon and honey is said to halt the germs in their tracks. Or, if you hate the taste, simply take odourless garlic capsules.



## HIT THE GYM

Numerous studies have shown that those who exercise regularly are less likely to be struck with the lurgy. Do too much, however, and you can impair the immune system, so strike the balance by following the NHS guideline of 150 minutes of cardio and two sessions of strength training a week.



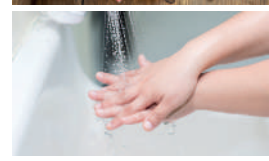
## COOK SOME SOUP

Homemade chicken soup is one of the oldest-known cold cures, but for full effect you really ought to make it from scratch using a chicken carcass. Naturally, vegetable stock is also full of vitamins, but is not as steeped in old-wives'-tale mythology.



## WASH YOUR HANDS

It may sound obvious, but washing hands regularly can reduce general infections by 20 per cent.



## DITCH THE CIGS

Sorry smokers, but those cigarettes are doing zilch for your immune system. From causing excessive inflammation and longer healing time to a reduced ability to stave off infections, you really would be richer in body (and pocket) without them.



## HAVE A GOOD GIGGLE

They say laughter is the best medicine, and in this instance it is actually true. Not only can laughter reduce stress – stress being your body's number one enemy – it has also been shown to boost antibodies and disease-killing cells. So next time your boss catches you sniggering at funny cat videos on YouTube, protest that you're actually saving on sick days. You're welcome.



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*“We may never see  
as multi-faceted an  
entertainer as Sir  
Bruce Forsyth again.”*



# *Strictly* Didn't he do well?

He was Britain's greatest performer – a showbiz legend who had spanned generations with a variety of well-loved acts and appearances. As the entertainment community reels from the loss of Sir Bruce Forsyth, we look back on his life, career and catchphrases.

From variety hall entertainer to gameshow host, and *Strictly Come Dancing* presenter – Sir Bruce Forsyth was a staple on British TVs for decades before his death, aged 89, in August this year.

Born in Edmonton, London, in 1928, Forsyth's start in the business came as the all-singing, all-dancing, accordion-playing 'Boy Bruce the Mighty Atom'. Following his TV debut in 1939 on the BBC talent show *Come and Be Televised*, Forsyth toured the UK before getting his biggest gig to date as host of *Sunday Night at the London Palladium* in 1958.

Just over a decade later, Forsyth was the man to capitalise on Britain's love of TV game shows. The Seventies saw him helm the BBC's *Generation Game* – alongside second wife Anthea Redfern – before he switched to ITV for *Bruce's Big Night* and the hugely successful *Play Your Cards Right*. During this time, when he also put his considerable talents to projects like *You Bet!* and *The Price is Right*, Forsyth coined a number of catchphrases that were to become staples of British households for years to come – from “What do points make? Prizes!” to possibly his most recognisable, “Nice to see you, to see you...nice!”

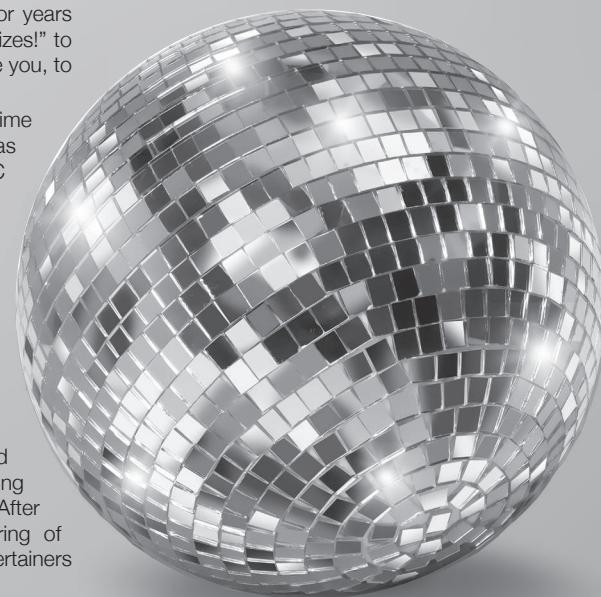
Following a short stint away from primetime telly, Forsyth found his second wind as presenter of the new glitz-and-glamour BBC ballroom bonanza, *Strictly Come Dancing*. For nine years, the twinkle-eyed and twinkle-toed TV veteran presided over the staple of BBC programming, before retiring in 2014 to his house on the edge of Wentworth Golf Course with his third wife, former Miss World Wilnelia Mercad. His last televised appearance came as part of the *Strictly Children in Need Special* that year.

Forsyth's OBE in 1998, CBE in 2006 and knighthood in 2011 go some way to showing the huge popularity he enjoyed in Britain. After his death, there was a massive outpouring of tributes from friends, fans and fellow entertainers

alike, including *Strictly* co-host Tess Daly, close associates Michael Parkinson, Jimmy Tarbuck and Des O'Connor, and the BBC director general, Lord Tony Hall.

Forsyth's time on telly was quite literally record-breaking, with The Guinness Book of World Records saving him a spot for having the longest TV career of any male entertainer – an achievement the man himself called “a wonderful surprise”. It was the first of two appearances in the renowned record book, with the veteran entertainer also scooping the accolade for oldest performer at the Glastonbury Festival after he took to the Avalon Stage in 2013.

We may never see as multi-faceted an entertainer as Sir Bruce Forsyth again – and having touched so many throughout his incredible career, there will be plenty of shows that appear to be missing that special stardust he brought so effortlessly for the best part of a century.





# AUTUMN Essentials

We've scoured the Autumn/Winter 2017 catwalks for the hottest male and female trends, so all you have to do is choose what to splash your hard-earned cash on.

## For Ladies

**F**ashion week was in a fever this season, with catwalks awash with reds of scarlet and crimson – whether a cherry red trench coat, pillar-box boots, or as was the case with Givenchy, red all over. But if you fancy a softer, more romantic look, you'll be delighted to know that velvet is a huge trend, particularly in suits and blazers.

If you're a fan of country music, dust off your tassel boots as Americana is going to be huge. Another blast from the past is fur coats, with the likes of Miu sending models out in faux furs that positively swamped their tiny frames. And finally, if you just want to invest in one simple look this season, it's got to be fishnets.

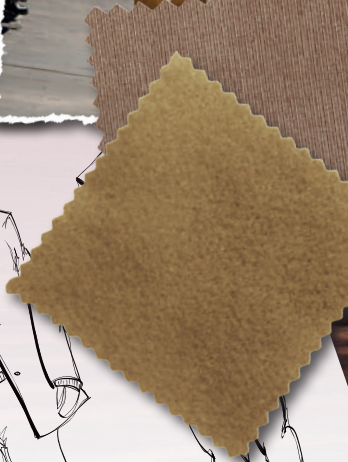
Not tarty or torn, they were worn chically with elegant dresses and boyish blazers. Back to school in style.



Faux fur coats - Autumn/Winter '17



Classic Roll Neck



## For Gentlemen

**E**ach season ought to begin with the procurement of a decent winter coat, and this year it has to be camel. With such warm outerwear, you can afford to wear little underneath, which is handy as silk shirts are back in style. But before you reach for last Halloween's Prince outfit, bear in mind that this is a subtler, pyjama shirt look.

If silk's not your thing, you can rely on the classic roll neck, which was seen everywhere from Louis Vuitton to Versace. And finally, Dustin Hoffman's love-struck character in *The Graduate* may be an unusual style icon, but he's who you'll be channelling if you invest in this season's corduroy trend. Be subtle in a blazer, or go all-out in full suit. Older lady not essential.



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## SHAKEN & STIRRED *cocktail for Autumn*



From James Bond to Tom Cruise, the humble cocktail has been a staple of every party-lover's back catalogue of booze. Here is a fantastic recipe for a spring cocktail that will revolutionise your reputation as a master mixologist.

### APPLE MANHATTAN

While the kids are off bobbing for apples, you can be sat in peace and quiet enjoying a classic Manhattan with a fantastically fruity twist.

### INGREDIENTS

- 2 parts bourbon
- 1 part apple schnapps
- Garnish apple, sliced

### INSTRUCTIONS

Shake with ice and strain into a Martini glass. Garnish with an apple wheel.

To book or for further information: 01494 762 498  
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FOOD & DRINK





FOOD & DRINK

# We're JAMMIN'

There are few joys in life like having a garden which bears fruit – whether an apple tree studded with tart, crunchy delights, bushes weighted with fat berries, or thick stalks of rhubarb which reach up out of the soil. But it can be hard to consume all that our garden provides, and even the most generous freezer can't hold the excess.

By turning that glorious fruit into jam, you can enjoy the fruits of your labour all year round, and it's far easier to store. Easy to make, you just need an equal amount of sugar to fruit, a cooking thermometer and a very large pan. Chop harder fruit, or mash berries with the sugar, and set over a high heat, leaving to simmer for about five minutes. Your jam will need to reach 103°C to 105°C for it to set, so once it hits this temperature, turn off the heat and skim off any scum.

Meanwhile, sterilise your jam jars by putting them through a very hot wash in the dishwasher, or manually wash your jars and lids (removing any rubber seals) and place them on a baking tray in the oven at 110°C/225°F/gas ¼ for 30 minutes until dry. Pour the jam into your still warm jars and seal tightly before labelling.

Unopened jars will sit happily in your cupboard for months – and also make ideal gifts. While most fruits are delicious on their own, you can be really creative with flavours, combining fruits and adding spices and even alcohol at the start. Flavours that work well together include apple and cinnamon, rhubarb and ginger, peach and amaretto and blackberry and vanilla. Now all you need is some delicious warm bread to spread them on.



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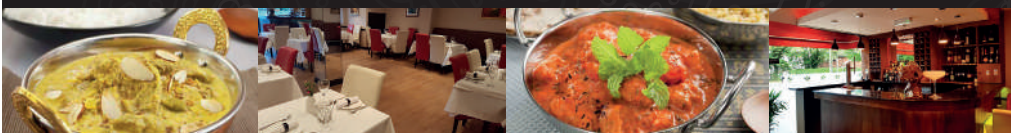
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# SPOOKTACULAR HALLOWEEN Treats

Celebrate Halloween this year with some tasty treats. Get the children involved with these simple and easy to make recipes.

### MUMMY ON TOAST

- 🍞 Two slices of bread
  - 🧀 Cheddar cheese
  - 🍅 Tomato sauce
  - 🍯 Two black olives
1. Toast your bread to your preferred liking
  2. Cut the cheddar cheese into slices so they look like thin rectangles
  3. Cut the olives in half to create two 'eyes'
  4. Once your bread is toasted, spread over the tomato sauce. Place the cheese on top to make it look like mummy bandages and add the olives
  5. Place under a grill until the cheese has melted

### GHOSTLY MERINGUE

- 🍳 Four large eggs
  - 🍬 115g icing sugar
  - 🍫 A small bar of chocolate
  - 🍬 115g caster sugar
1. Preheat the oven to 100C and line a baking tray with a baking sheet
  2. Put the eggs into a large mixing bowl and beat them on a medium speed with an electric whisk until the mixture resembles a fluffy cloud and you can make stiff peaks
  3. Put your mixer on a high speed and gradually add the caster sugar a spoonful at a time

4. Sift one third of the icing sugar into the mixture and gently fold using a metal spoon or rubber spatula. Continue to sift the icing sugar a third at a time
5. Scoop a heaped spoon of the mixture and put it on the baking sheet. Use the spoon to make a peak
6. Bake for 90 to 105 minutes until the meringues sound crisp when tapped underneath. Leave to cool
7. Once cool, melt the chocolate and using a skewer, make the eyes and mouth on your ghost meringues

### DRACULA COOKIES

- 🍪 Chocolate chip cookies
  - 🍬 White marshmallows
  - 🍫 White large chocolate buttons
  - 🍬 Red piping icing
1. Cut the chocolate chip cookie in half
  2. On one half, pipe on some red icing
  3. Place the marshmallows on the red icing (depending on the size of your marshmallows, you may need to cut them to size)
  4. Cut a white chocolate button in half and place between two of the marshmallows to act as the fangs
  5. Place the other cookie half on top and enjoy



# SPOOK IT UP



Transform your haunted house this Halloween with these cheap and simple craft ideas. You'll be sure to impress the neighbours...if they dare to enter.

### Ghostly surprise

Have you got an old bed sheet hanging around? Transform it this Halloween into a ghost. All you will need is a balloon, some string and a black Sharpie. To begin, blow up a balloon. Put it in the centre of the sheet and tighten below the balloon with string to create the head. Draw on a face using the black Sharpie. For an added effect, cut the edges to make it ripped and ragged. Hang up using string and give passers by a fright.



### Pumpkin paper lanterns

All you will need are orange paper lanterns, black tissue paper and glue. Simply cut out your pumpkin design from the tissue paper and stick it onto the lantern. These are so cheap to make, you can create as many or as little as you like. They look good hanging from doors and windows to scare anyone who dares to pass.



### Jar lanterns

For this, you can either buy some jars or use ones that you have finished with in the kitchen. You will need glass paint and a paint brush. All you need to do is paint your design onto the jar. Pumpkins are particularly good as the orange colour will cover the whole jar, meaning when the candle has been lit inside, it will make your room glow.



### Halloween banners

These Halloween banners are quick and simple to make – perfect for a party. You will need black and orange cardboard, a piece of string and craft pegs. Cut out letters from the cardboard, ensuring they are all a similar size. Hang them up using the craft pegs. These are great for any occasion and can be easily adapted. Why not try making other shapes too?

Be careful using your scissors!



## Frightful Face Paint

Impress your friends this Halloween with these magnificent make-up ideas. They're simple and easy to create but will leave a lasting impression.

outline your eye leaving a small gap in the centre. Finish the look with some cat ears.

### Pumpkin

This design is perfect for children. All you will need is orange, black and white face paint. Using the orange face paint, create the outline of the pumpkin and fill in, being careful not to get any into the eyes. With the black face paint, create the mouth and eye. You can then create an outline for impact. Add small amounts of white face paint to the edges to bring the design to life.

### Spooky Spider Web

This is a favourite when it comes to easy Halloween make-up. All you will need is black eyeliner and a steady hand. From the corner of your eye, create the spider web by drawing five lines from the centre point, then join the lines to make the web. For extra impact, why not create a smoky eye with dark eye shadow and add a dark red lipstick?

### Purrfect Feisty Cat

This is an extremely simple make-up design that is perfect for people of all ages. For this design, you will need black eyeliner, black lipstick, brown eye shadow and blusher. To create this look, simply apply blusher to your cheek bones. Using the black eyeliner create the nose and whiskers. Apply the lipstick to your top lip only. For the eyes, apply the brown eyeshadow to your eye lids. With the eyeliner,

### Puppet

This design may look complicated, but it's easier than it looks. You'll need white, black and red face paint. Cover the face in white face paint. Add black to the eyes and under the cheek bones. Using the red face paint (or lipstick) create a swirl on each of the cheeks – these should be big enough to reach the bottom of the eye. Apply the red lipstick and two black lines from the edges of the lips to the chin. Add two small dots under the bottom lip. You can also colour the eyebrows black for added impact.





BEAUTY



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ISSUE?

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Bone is the foundation of our mouths. After losing a tooth, the later, advancing stages can also lead to breakdown of the supporting bone.

We have all seen someone with wrinkles around the mouth or hollowing in the cheeks. This is not solely due to missing teeth but also the breakdown of the supporting bone (which can sometimes be seen clinically within six months). These noticeable changes to the structure of the face could be causing the appearance of premature "ageing".

The aim is to maintain bone support. This will keep your face fuller and healthier. When we lose a tooth, there are many options available for replacing this loss, such as removable denture which can be a temporary fix. It will aid you in eating food and smiling, however this will not address bone loss.

This is where dental implants come in. Implants are the only replacement option for missing teeth that will continue to support your bone once the natural tooth is no longer in place. Due to the nature of the implant fitting comfortably in the space, the appearance and function of the implant can more effectively mimic the previous natural tooth.

A dental implant can support the bone, neighbouring teeth, and help retain your natural face shape and smile. You can continue to eat your favourite foods, and confidently talk and laugh with absolutely no worries.

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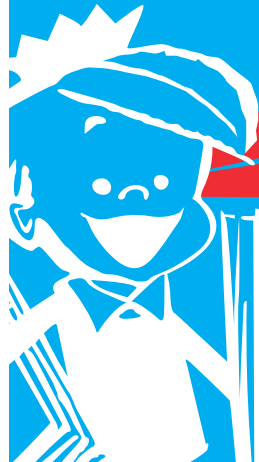
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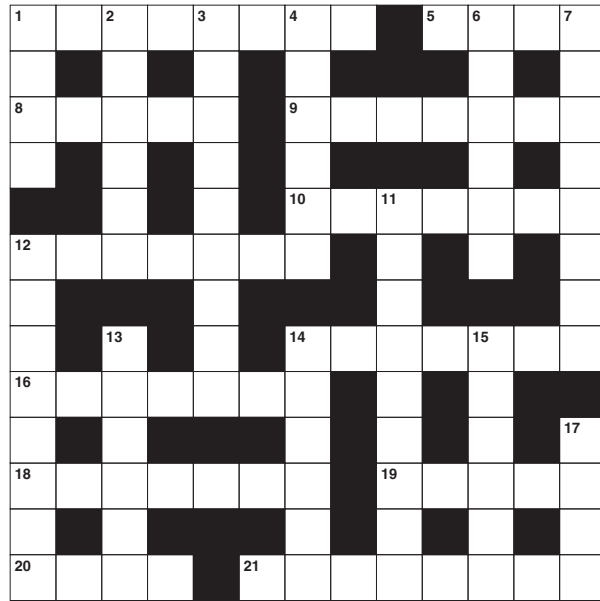
# PUZZLES & TRIVIA

### ACROSS

- 1. Speak unfavourably about (3-5)
- 5. Long narrative poem (4)
- 8. Allow entry to (5)
- 9. Rupert .....: English actor (7)
- 10. Italian rice dish (7)
- 12. Corridor (7)
- 13. Friendly (7)
- 14. Cynic (7)
- 16. Acquire from a relative (7)
- 18. Beginning to exist (7)
- 19. .... MacArthur: sailor (5)
- 20. Arguments against (4)
- 21. Judges (8)

### DOWN

- 1. Glass ornament; small ball (4)
- 2. Maiden (6)
- 3. Jackets and raincoats, for example (9)
- 4. System of ideas to explain something (6)
- 6. Attractive (6)
- 7. Universal in extent (8)
- 11. Supplant (9)
- 12. Sanitary (8)
- 13. Selected (6)



- 14. Expresses one's opinion (6)
- 15. Sir and Dame, for example (6)
- 17. Sink (anag) (4)

### DID YOU KNOW

- ▶ Louis XIX was king of France for just 20 minutes
- ▶ In France, you can marry a dead person
- ▶ France is the most visited country in the world. In 2012, there were 83 million tourists
- ▶ There's a coffee shop in France where not saying "please" and "thank you" makes your coffee more expensive
- ▶ France was the first country to introduce the license plate
- ▶ In France, it's illegal to name a pig "Napoleon"
- ▶ France uses 12 different time zones, the most of any country in the world
- ▶ From 1814 to 1830 the flag of France was plain white

### SUDOKU

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



With rising costs offset against lower incomes, it's easier than ever to find yourself in debt – and one drastic, albeit effective, solution to your financial problems could well come in the form of an Individual Voluntary Arrangement. But what is an IVA, and is it the best option for you when it comes to getting back into the black?

It's a little-known statistic that people in the UK owed a collective £1.5trillion at the end of May 2017, and there appears to be little sign of this rising debt slowing down due to the ever-increasing cost of living. If you find yourself in debt, there are numerous ways in which you can get back in the black, but for those struggling to make repayments on existing arrangements, an IVA can be a last-chance solution to return stability and sanity to debts.

An IVA is a form of insolvency that differs from bankruptcy. Instead, it is an agreement that is made with your creditors to pay off your debts over a set period. It is a formal, legal debt solution, which means it is approved by the court, and both parties

have to abide by its terms.

If you decide to get an IVA, you will work out a repayment plan with the insolvency practitioner. A meeting of creditors will be arranged where they will decide whether or not to approve your IVA. At least 75per cent of the value of creditors who vote at the meeting of creditors need to vote in favour of your IVA proposal for it to be approved.

The repayment plan is put to the creditors that you will pay back a certain percentage of the debt, usually over five years, with your monthly repayments being paid directly to the insolvency practitioner who will then distribute funds to creditors.

The downside is an IVA will affect your credit rating, but it is an ideal solution for those looking to restart their finances from scratch without losing owned assets such as property.



# FLIGHT OF *Fancy*

Love flying in luxury? These routes will get you from A to B in celebrity style, but each one has a price tag to match.



## BOARDING PASS

From: New York  
Upwards of £21,500

To: Beijing



If Korean Air's First Class Kosmo Sleeper Seats sound like the flight surroundings of the future, that's probably because they are. With 100 per cent reclining abilities controlled by one-touch pads and partitioning that encloses passengers in private timber-panelled enclaves, they are among the most coveted in the skies. What's more, the Mercury Award-winning in-flight food service comes complete with exquisite oriental dishes and a huge selection of worldly wine labels.



## BOARDING PASS

From: Los Angeles  
£22,000

To: Abu Dhabi



This 16-hour direct connection from LAX to Dubai is usually packed full of A-listers, VIP business people and Hollywood locals, so it's no wonder that this trip rates highly in terms of the world's most expensive flight paths. But the service in Etihad's first-class is legendary in the industry with fully partitioned private suites, individual mini-bars, flat-lying mattress beds, vanity tables and even in-flight spa facilities to keep your body refreshed during transit.



Photo credit: Sorbis/Shutterstock.com



## BOARDING PASS

From: New York  
£52,000

To: Mumbai



Long-haul flights can be a nightmare, but thankfully Etihad has devised a flight in which one can relax – a snap at £52,000. You are able to spend your time in the air in 'The Residence', a private three-room suite which comes with a chef, butler and turndown service. The living room has a leather couch and 32-inch flat screen, while the double bed is a first for a commercial airline. It's no wonder then that The Residence has earned the impressive moniker of being "a penthouse in the sky".



## BOARDING PASS

From: New York  
£34,000

To: Hong Kong



Germany's flagship carrier Lufthansa provides on-ground personal assistants, standalone seat and bed set-up and in-flight air humidifiers to keep your skin refreshed.

If that wasn't enough, the wine list has been selected by Markus Del Monego – the self-proclaimed Institute of Masters of Wine – and the menu is Michelin-starred. Simply classy.



# Not So GRAB



The launch of a new iPhone is usually greeted with huge fanfare, record sales and excited customers – but Apple’s radical new iPhone 8 has been delayed once again, leading to fears that the newest handset is causing more problems for the company than it’s solving.

### WIRELESS WOES

It has been revealed that Apple is struggling to solve problems with one of the iPhone 8’s major new features: wireless charging. Not only does this put it at a disadvantage to market rivals which already offer wireless charging as standard, but the handset’s entire aluminium chassis has been replaced with more fragile glass for this very reason. Failure to solve the charging conundrum, therefore, would make that move look more than a little ridiculous.

### ID, OH DEAR

There have also been accounts of software integration problems making life difficult for Apple’s team of technical wizards. This issue is hampering both the inclusion of Touch ID and 3D sensors, and as the latter is supposedly a backup in case the former isn’t available on the launch date, this has left Apple in a very tricky situation. It’s thought some features may well have to be included in an early update rather than at launch, as happened with the iPhone 7 Plus’ Portrait Mode.

### RIVALS RISING

Another problem appears to be Apple being unable to get its hands on a large enough supply of the organic light-emitting diode (OLED) which is crucial to the phone’s construction. This has led the firm to invest heavily in market rival Samsung – which has subsequently pushed its main competitor to record profits.

All can agree that it’s certainly a little late in the day for Apple to be experiencing so many problems with its most hyped handset to date. And with the cost of the iPhone 8 reported to be around £1,000-plus, this is one venture that Apple can’t afford to get wrong.

Photo credit: Al Medwedevsky/Shutterstock.com



# SUPER Serena

Having broken almost every record in the sport of tennis, superwoman Serena Williams took a break from the court this year in order to dedicate herself to the birth of daughter Alexis. But even pregnancy didn’t stop her from doing what she does best – winning.

When Serena Williams posted an Instagram photo of her pregnant self with the caption ‘20 weeks’ back in August, it was remarkable for a number of reasons. Firstly, the reveal signalled that Williams would be taking a hiatus from women’s tennis – the sport that, along with her sister Venus, she has dominated for more than a decade.

But even more extraordinary was the timing of the post. Because just 12 weeks beforehand, when Williams was already pregnant, she had won the Australian Open in typical punchy, aggressive style – a testament to the star’s incredible athleticism and an unsurprising continuation of what has been a record-breaking career on the court.

Born in Michigan in 1981, Serena Williams has become the undisputed queen of not just women’s tennis, but the sport as whole. With the most Grand Slam titles in singles, doubles and mixed doubles in

the current active era, Williams’ total of 39 Grand Slams makes her the third most successful tennis player of all time.

Having carved out a space at the top of women’s tennis, her list of accolades is almost endless. Williams is the only player in the sport’s history not just to have won singles titles at least six times in three of the four Grand Slam competitions, but also to have won two of the four major tournaments seven times each – including seven Wimbledon titles.

Her marriage to Reddit co-founder Alexis Ohanian in December 2016 led to her eventual break from the sport in order to give birth to her daughter – also named Alexis – but having already won a Grand Slam whilst carrying her child, it’s expected that there will be plenty more titles heading her way upon her return to the court... and then, we sit back, and wait for the next generation of Williams to wow us on the court.

Photo Credit: Gettyimages and Yur-Turkov/Shutterstock.com



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SPORT

# Rooney *retires* from international football

After an illustrious career, Wayne Rooney is hanging up his England football boots, putting an end to his 14-year international run. He announced his international retirement on Wednesday, August 23, with immediate effect.

Rooney, aged 31, is England's all-time record goalscorer with 53 goals in 119 appearances. He made his debut, and became England's youngest player at 17 years old and 111 days, back in 2003 against Australia at Upton Park.

Since then he has continued to give fans a reason to remember him. He overtook Sir Bobby Charlton as the country's all-time top goalscorer when he scored against Switzerland in September 2015. He then went on to surpass David Beckham as the most-capped outfield player just 12 months later against Slovakia.

He left Manchester United in the summer transfer window to return to Everton where he made his professional debut back in 2002 as a fresh-faced 16-year-old. Before his departure from Old Trafford, Rooney became the club's record scorer with 253 goals.

Rooney will no doubt be remembered for the records he set during his international career, but he will always regret not being able to carry England to a successful tournament win. He was sent off in a quarter-final defeat to Portugal at the 2006 World Cup for stamping on a player, which he insists was accidental. Rooney then got the full wrath of frustration from England fans after being knocked out in the round of 16 after Germany won 4-1 at the 2010 World Cup. England then failed to progress past the group stages in Brazil 2014.

He may have fallen short of international greatness, but Rooney chose to retire while he was still on top – a decision that many, including former England footballer Michael Owen, have applauded.

**2003** - England's Youngest Player

**2015** - England's all-time record goalscorer with 53 goals in 119 appearances

**2016** - England's most-capped outfield player





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# BUSTED

We all know about talking on the phone or breaking the speed limit, but what other habits are actually motoring misdemeanours that could land you in hot water with the fuzz?

### BAD APPLE



Recent stats reveal that 64 per cent of British drivers have had a bite to eat while behind the wheel – but how many of those would have snuck a piece of sandwich had they known it could mean big trouble? The Highway Code under Rule 148 states that “safe driving and riding needs concentration” and advises against eating, drinking, smoking, listening to loud music and trying to read maps while behind the wheel.

Anyone distracted behind the wheel because they’re tucking into their lunch, therefore, could well be committing an offence of driving without due care and attention, or not being in proper control of a vehicle.

### WATER WAY TO LOSE YOUR LICENCE



We’ve all seen it happen: a particularly mean-spirited motorist on a wet day spies the perfect opportunity to go smashing through some surface water, soaking any pedestrians unlucky enough to be in the splash zone to the skin.

But did you know that splashing pedestrians falls under section three of the Road Traffic Act 1988, which states that motorists are committing an offence by driving “without reasonable consideration for other persons using the road”? So next time you see an inviting puddle, steer well clear or risk being hit with a fixed penalty notice.

### BEEP-BEEP



The horn is a vital part of staying safe on the roads and should be used to warn other drivers of your presence, particularly if you are about to tackle a sharp corner or in other situations where driver visibility is poor. But many people also love a good toot to show frustration at the perceived failing of other road-users, and these easily-miffed motorists should take care.

Beeping in a moment of anger can be considered breaking the law, and you can’t sound your horn between 11.30pm and 7am in a built-up area unless it is an absolute emergency.

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