

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

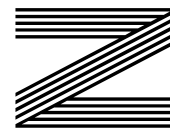
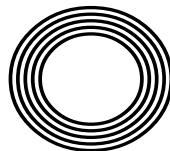
**DELIA
SMITH**
**50 YEARS
OF COOKING**

**WINTER
GARDENING**
Jobs for the garden
this winter

LORRAINE KELLY
*Celebrating 35 years on
the interview sofa*

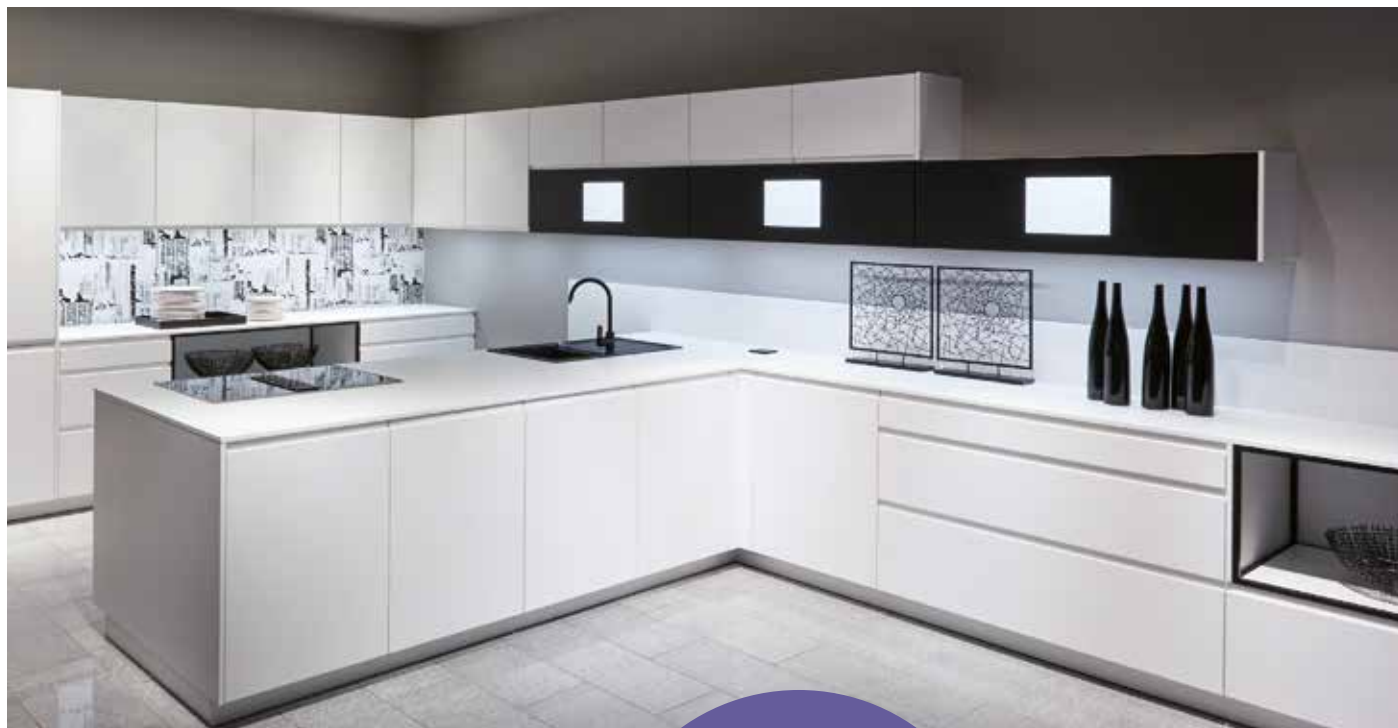
Lord
ALAN SUGAR

From market trader to business magnate



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Editor's notes...



Brett Shohet, Editor

Hello and welcome to the first edition of **VISION**EppingTheydon.

Our publication is new to your area but has been well established in Essex for over three years.

We have different editions that are hand

distributed to 53,000 homes and businesses across Essex every month. This title alone is being distributed to 6,000 homes every month in Epping and Theydon.

We'll be bringing you lifestyle features along with local news and events for your area.

We'll also be providing a great platform for local businesses to promote their products and services.

It is a proven recipe that has worked in other areas and we felt that EppingTheydon would be another ideal edition for **VISION**.

VISION is all about keeping the £ local and supporting and promoting local businesses.

In the days of Amazon's dominance and the high street's demise, it has never been more important to support local businesses.

Yes, online purchases may be convenient, but would you prefer to enrich a shareholder or support a local business and their family?

We welcome any local news stories, events or advertising enquiries. Please get in touch.

I hope you all enjoy this first edition of **VISION**EppingTheydon.

Brett

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Rise AND Shine



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

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

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

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

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

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

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

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

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

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

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

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

THE TALENT

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

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

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

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

fact Twist and Pulse are still together.

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

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

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



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THAT'S A CAP!

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

The Newsboy Cap

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

The Irish Flat Cap

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

The Baker Boy Cap

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

The Driving Cap

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

The Big Apple Cap, aka The Gatsby

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

The Shelby

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



Photo credit: www.hatsandcaps.co.uk



Have you ever really looked at the ingredients list on your skincare products? As in, looked and found out what they actually do? Or do you just blindly follow what your preferred brand says you should be using without question? Us too.

of shiny new skin cells. Ideal for those who are prone to breakouts and/or blackheads.

RETINOL

If you are a fan of anti-ageing creams, then you will definitely have heard of retinol. A derivative of vitamin A, this wonder ingredient is great at reducing the appearance of fine lines, deeper-set wrinkles and also sun pigmentation.

COLLAGEN

Collagen is a naturally occurring protein in our bodies but unfortunately, as we age, our levels of collagen become depleted. We know, it's not fair. The good news is that it can be found in many skincare products, including day and night creams.

VITAMIN C

This antioxidant is perfect for helping protect your skin from sun damage. Although not as potent as other ingredients, it is useful for brightening up dull-looking skin.

JOJOBA OIL

Some people worry about oils, especially those with oily or combination skin, but this particular one is amazing at regenerating your skin cells and will genuinely improve your overall complexion. And as an added bonus, it can be used over your whole body.

SALICYLIC ACID

Acid on your skin doesn't sound good, but believe us it is. This particular acid helps to remove old, dead skin cells and at the same time stimulates the growth

HYALURONIC ACID

Another acid, this one works by massively hydrating your skin, resulting in a plumped-up effect. Just what you need for ageing skin that has lost some of its collagen and is looking a little thin.



DON'T JUST TAKE OUR WORD FOR IT...

Dear Brett,

VISION magazine has been brilliant for us.

They've helped us increase brand awareness across the whole region and gained us a good few happy customers in the short time we've been with them.

Putting together some brilliant artwork for us. Brett has helped us continue the professional image we're looking for and established us as something of a force locally.

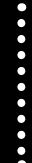
Fulfilling our mission to bring competitively priced home improvements to the local area, realising people's ideal home and helping them achieve their dreams, has been much easier with **VISION** magazine. I foresee our partnership continuing for long into the future.

Many thanks.

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HEALTH & FITNESS



ACANTHOSIS NIGRICANS...

What is it and why does it matter?

How do you know if you have it?

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

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

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

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

What causes it?

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

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

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

How is it related to type 2 diabetes?

If your diet is high in carbs and sugars, your insulin will be high as a result. (Insulin controls blood sugar, so more sugar equals more insulin.) But insulin has numerous other effects on the body, one of which is cell proliferation (important, for example, at puberty, when the body grows rapidly). Uncontrolled cell growth is a bad thing, however; this is why people with type 2 diabetes are more prone to cancer. Acanthosis nigricans is essentially benign and harmless. However, the raised insulin (called hyperinsulinemia) causes proliferation of the surface of the skin as well as excess melatonin production. Hence the thickening and darkening of the skin. Interesting to note that acanthosis has the same cause, but different symptoms, as skin tags.

What is the treatment?

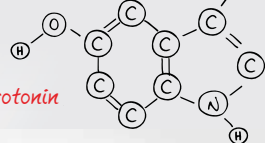
There is no treatment, but if you improve your diet and lifestyle you can bring your sugar levels back under control, your insulin levels will normalise and the dark, raised patches often fade over time.

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

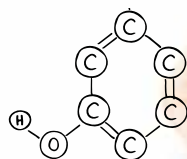
KNOW YOUR

HORMONES

Serotonin



Adrenaline



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

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

The key hormones and their functions:

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

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

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

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

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

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

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

PROGESTERONE: This hormone helps the

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

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

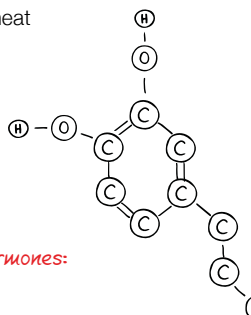
Symptoms associated with a hormonal imbalance:

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

Natural ways to balance your hormones:

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

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



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Branch Out is a Manorcourt Homecare initiative that offers a wide range of companionship services in the home, hospital or daily life setting for all ages.

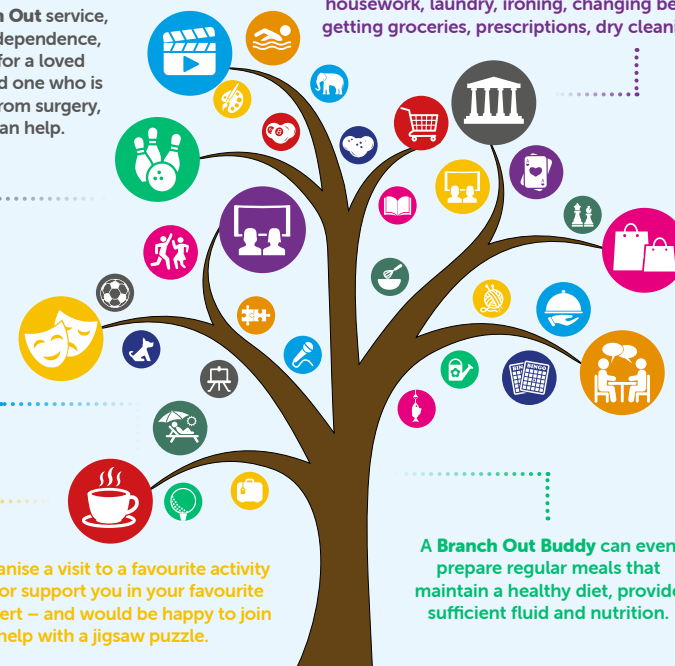
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Let's be having you

DYNAMIC DELIA CHALKS UP 50 YEARS OF FOOD

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

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

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

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

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

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

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

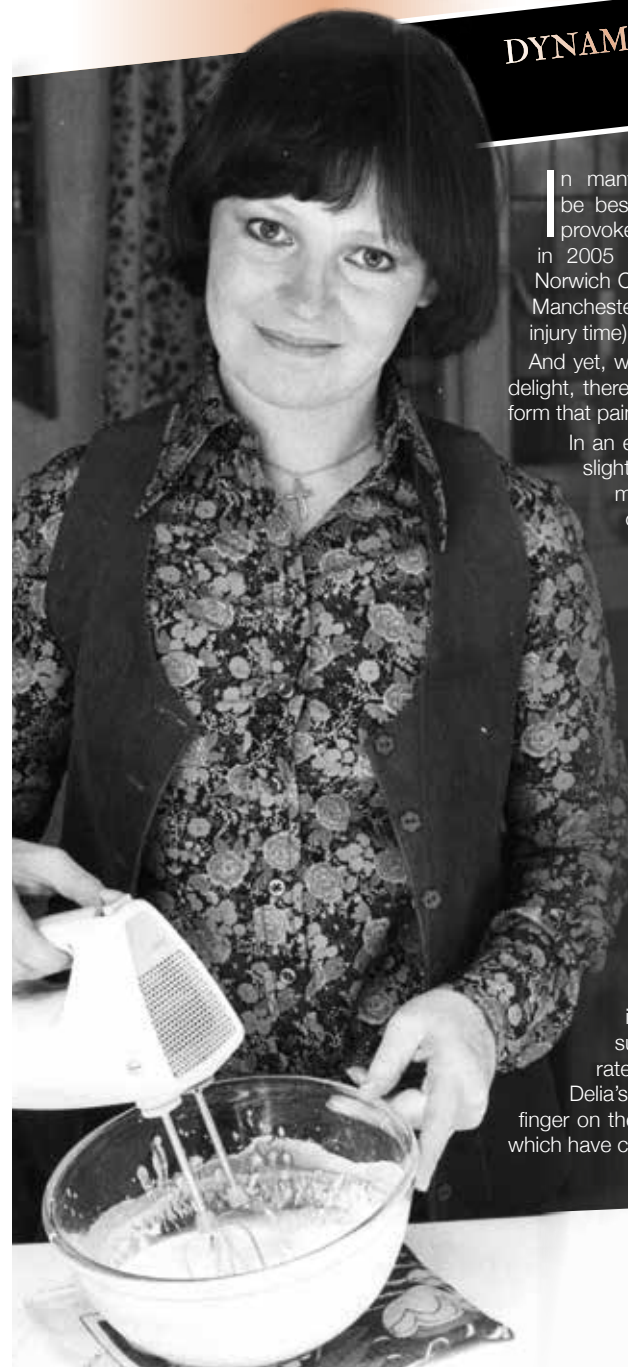


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Lambtastic!

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

What should I look for when choosing lamb?

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

How should lamb be stored?

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

How do I cook lamb?

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

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

Can lamb be cooked quickly?

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

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



लपलेबाँ

terrorist attacks



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

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

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

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

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

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

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

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

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

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



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HOME & DIY

Go wild WITH WHITE

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

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

MARVELLOUS MARBLE

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

ECLECTIC ELEGANCE

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

RETRO SPLASHES

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

individualism, excellence and no small amount of bravery.

THE APPLIANCE OF COLOUR SCIENCE

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

WHITE ON ITS WAY?

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

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



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DAVID COLLINS

and a design legacy that continues to evolve

HOME & DIY

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

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

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

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

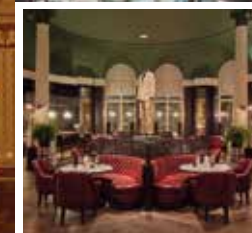
The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

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

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

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

Photo credit: Terence Donovan and www.davidcollins.studio





JEWEL *of the aisle*

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

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

PERFECT PURPLE

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

ROYAL RUBY

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

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

SUMPTUOUS SAPPHIRE

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

ELEGANT EMERALD

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



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Photo credit: S. Meddle/TV/Shutterstock

Good Lord

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

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

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

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show...

so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

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

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

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

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

LOCAL NEWS

from your neighbourhood



Serial burglar ordered to pay over £294k to Lord Sugar and victims

A serial burglar from Epping Forest who pocketed £1.2million from his crimes has been ordered to pay just under £295,000 to eight victims, including Lord Alan Sugar.

David Buisson stole mostly cash and jewellery from homes and businesses in the Epping Forest district and Canvey between December 2015 and June 2017. They included the home of Lord Sugar, who Buisson has been ordered to pay £173,000.

In April 2018, police raided homes in Ongar and Woodford and found tools and items used for drilling and lock picking (pictured).

Buisson fled his home and went to Spain but was arrested in Fuengirola in April 2018.

The 50-year-old was jailed in September last year for eight years after admitting to 11 burglaries and two attempted burglaries.

A hearing was held at Basildon Crown Court last month where he was found to have benefited

£1,270,379.50 from his crimes.

The judge granted a confiscation order for his available assets of £294,973. The money will be paid to eight of his victims as compensation.

Buisson must repay the money within three months or face a further four years in jail.

Marie Hall, a financial investigator in the Kent and Essex Serious Crime Directorate Serious Economic Crime Unit, said: "Officers from Brentwood CID worked tirelessly with colleagues from across the force, including the Kent and Essex Serious Crime Directorate, to bring Buisson to justice.

"We have since been working hard to retrieve as much of the money he made from his crimes as possible. Buisson gave no thought to the distress he caused his victims.

"We will use proceeds of crime legislation wherever possible to ensure such individuals are made to pay for their crimes."

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Restaurant win award for culinary excellence

Haywards, situated in Bell Common, Epping, won a prestigious award with three Rosettes for culinary excellence recently at the AA Hospitality Awards.

The AA Hospitality Awards, held at the Grosvenor Hotel on September 23, recognise and reward the excellence of hotels, restaurants and their respective teams across the length and breadth of the UK.

Only 204 restaurants and hotels within the AA Restaurant Guide have this achievement, roughly 10 per cent.

Haywards were in great company with some exemplary chefs in attendance; Tom Kerridge received three Rosettes for his Kerridge Bar & Grill and Michael Caines was awarded a prestigious five

Rosettes for Lympstone Manor.

A spokesperson for Haywards said: "It was a great evening for Essex dining as Haywards received these accolades, which only 204 restaurants in the UK hold."

"As a team led by Jahdre Hayward, our head chef, and Amanda Hayward, restaurant manager, we couldn't be more thrilled or proud to have achieved these three Rosettes which do really set Haywards apart from other fine dining restaurants."

Jahdre said: "This is a huge achievement for myself, my wife Amanda and the whole team as everyone works so hard. This award has taken us to another level nationally and we are so pleased to have been recognised in this way by the AA."

Radio station on the lookout for new talent

Epping's very own radio station, Classic Hits Forest Gold, is recruiting local talent as its popularity continues to grow in the area. It began 17 years ago, broadcasting initially to St Margaret's Hospital in Epping. Now, thanks to the growth of internet radio in the home and on smart phones, it has a large local following in Epping and the surrounding areas. Over 22,000 fans listen to its blend of classic oldies from the 50's to the 90's.

A recent spike in popularity, partly fuelled by the changes to commercial radio in the county, means Forest Gold is in need of extra help to keep its charity-based service alive.

Vice chairman Paul Mumford explained more.

He said: "As well as continuing to serve the NHS, we really recognise the need for a community radio service in the Epping area. Our team of over 30 volunteers is stretched as it is so we decided to look towards the community we serve for help. We're looking for people who can get involved both on and off-air".

You may not need experience either, as Forest Gold's core team has a long history in professional media and they are keen to coach the next generation of broadcasters. If you'd like to know more about getting involved or to hear Classic Hits Forest Gold for yourself, search for 'Forest Gold Radio' on Facebook, Instagram or Google.

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LOCAL NEWS

from your neighbourhood

Pupils discover their love of music



Musical education is being relaunched to give creative young people in Epping more opportunities to perform and develop.

Epping St John's Church of England School is investing in the musical opportunities it offers to students with a boost in its resources.

Cristin Casey, director of performing arts, is focusing on expanding the department to be able to offer students the choice of various musical qualifications, as well as the chance to see live performances and to take to the stage themselves.

Mrs Casey said: "We are putting on a full offer of traditional and contemporary music-making opportunities for our students with a view to boosting the uptake of music at GCSE. We want to be a hub of cultural education in Epping.

"Students are choosing to stay behind after school to take part in music; they are so excited to have that chance. I have come in and asked students what they want to do and I will make it happen for them. We will share the resources we have at our schools across the trust to ensure all students have the same opportunities.

"This is a fresh start for music at Epping St John's. We have lots of Year 7 students coming in with lots of experience gained at primary school and they are keen to build on that. We want to encourage young people to continue with the arts and to take the skills they learn from creative and cultural education into whatever their chosen career might be."

Driver jailed for death by dangerous driving on A10

A man from Epping has been jailed for two-and-a-half years after admitting causing death by dangerous driving on the A10 near Reed.

Mohammad Ahmed, 36, of Upland Road, Thornwood, Epping, was sentenced at St Albans Crown Court on Friday, October 4. He was also

disqualified from driving for four years and three months. He had pleaded guilty to causing death by dangerous driving at a previous hearing.

Ahmed was driving a silver 320 BMW which collided with a Volkswagen Move Up on the A10 northbound carriageway, at the junction for Reed, on the morning of Sunday, July 14. Rear seat passenger of the Volkswagen, Catherine Roberts, 77, of Links Side, Enfield, sustained fatal injuries. The driver, Kenneth Roberts, 80, was seriously injured and treated at Addenbrooke's Hospital.

PC Neil Crosier, from the Bedfordshire, Cambridgeshire and Hertfordshire Road Policing Unit, said: "Ahmed's dangerous driving on this morning cost the life of a much-loved lady and left her husband badly injured. Our thoughts remain with Catherine's family at what continues to be a difficult time."

Drivers urged to take care during rutting season

Motorists in Epping have been warned to take extra care on the roads as rutting season for deer continues.

October and November is the most exciting time of year if you are a deer, because it's in the midst of the rutting season – a time when they engage in fierce mating battles. This means there are plenty of the animals on the roads.

Rutting activity is most intense soon after dawn and before dusk, though some activity occurs throughout the day.

To help protect the deer, reflectors along a number of main roads have been installed in a bid to reduce road casualties.

Councillor Nigel Bedford, community and partnership services portfolio holder, said: "Epping Forest has a large deer population and sadly, the mortality rate for deer is still rising on the very busy forest roads and we urge motorists to take extra care when driving though Epping Forest District during the rutting season."



Photo credit: Chrisdomey shutterstock.com



Help needed to support growing Bereavement Café service

After the launch of its new Bereavement Café initiative in February 2019, the hospice which serves Theydon Bois is bringing the support service to the village.

Since the beginning of 2019, St Clare Hospice has established five Bereavement Café events. With two new events in Abridge and Theydon Bois in October, the total number of cafés in the local community is now 10 a month.

Sally Muylders, community engagement manager, said she was delighted.

She commented: "It's an honour and privilege to be able to host this service for local people who are looking to meet others who have also experienced the death of a loved one. So we're delighted to announce that our café at St Clare will now be weekly, so that we can keep up with demand for this kind of support."

"At the moment, our Bereavement Cafés welcome an estimated 100 people to the events every month – some of whom may not otherwise have had the opportunity to meet other bereaved people. This is set

to increase as we continue developing this service."

Michele Tavarone is a social worker within St Clare's Patient and Family Support team and said volunteers are also needed.

She explained: "Bereavement Cafés are really about offering people the opportunity to support each other, empowering our local communities to become more resilient – together. However, running a Bereavement Café does require support from our amazing team of Bereavement Café facilitators.

"With our cafés continuously expanding and supporting more people, we are appealing for some more helping hands to come forward and volunteer with us, to enable us to continue growing the project. Could you help us?"

St Clare Hospice's voluntary Bereavement Café facilitators play a vital part in setting up the events.

For more information please contact St Clare's Community Engagement Manager, Sally Muylders, on 01279 773709 or by emailing sally.muylders@stclarehospice.org.uk

Indian restaurant is best in county



An Indian restaurant in Theydon Bois was named the best in Essex last month. Indian Ocean, at Coppice Row, was named the best regional restaurant of the year in Essex at the Asian Restaurant & Takeaway Awards (ARTA) 2019, held at the Park Plaza Hotel Westminster.

The awards are in recognition of the UK's best South Asian, Thai and Chinese cuisine across a series of regional and national categories.

Nuruz Zaman, the owner of Indian Ocean, said he was delighted.

He commented: "It's an incredible honour to be named as the best restaurant of the year at the ARTAs. Our customers can be proud to walk into the best Indian restaurant in all of Essex. We pride ourselves in good quality and authentic food and we hope to maintain these high standards."

Salik Mohammed Munim, founder member and CEO of ARTA, paid tribute to all this year's entrants.

He said: "Year on year, the standard for this competition continues to defy imagination. With more entrants than ever before, we have been immensely impressed by the quality on show this year. We commend all the winners and finalists of ARTA 2019. All the winners and finalists should be equally proud."

Man seriously injured after debris causes collision

Police are appealing for information after a man suffered serious injuries in a collision in Theydon Bois.

Essex Police have launched an investigation after a silver Mercedes estate left the road.

The driver of the Mercedes was following a skip lorry on Abridge Road at 12.55pm on September 19 when he had to swerve to avoid debris falling from

the lorry, resulting in it leaving the road.

An Essex Police spokesperson said: "As a result of the manoeuvre, the Mercedes is believed to have crossed the road and was in collision with an oncoming grey Nissan Navara truck.

"The driver of the truck, a man in his 40s, suffered a serious leg injury.

"We are keen to speak to the driver of the skip lorry and anyone else who may have witnessed the collision, or who has relevant dashcam footage.

"Please call the Chigwell Roads Policing Unit on 101 and quote incident 475 of 19 September.

"Alternatively, you can call Crimestoppers on 0800 555 111 or report it online."

Inquest hears man was killed by search train

A man who was seen beyond the warning signs at the end of the platforms of Epping Station in April this year was hit by a train searching for him, an inquest heard last month.

Jamie Lee Roberts was hit by a train that was out looking for him. The search was launched after a driver was forced to apply emergency brakes when he saw Jamie earlier that evening and raised the alarm, the hearing at Essex Coroner's Court in Chelmsford was told.

DC Nicola Wood from the British Transport Police gave evidence at the hearing and said CCTV cameras showed Jamie on or near the tracks.

British Transport Police were notified of a trespasser on the tracks just after 9pm on the evening of April 11.

Rail staff then searched a two-mile stretch of the track between Epping and Theydon Bois and it was then that one of the trains out searching for him hit Jamie 500 yards from Theydon Bois station.

Senior coroner Caroline Beasley-Murray recorded an open verdict but said she had also considered suicide.

She said she recorded an open verdict because of a lack of evidence.



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Top travel blogs for advice



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

Two Travel Monkeys

Best for those who dream big

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



Global Grasshopper

Best for overall travel advice

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



You Could Travel

Best for adventurous couples

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



Budget Traveller

Best for those wanting more bang for their buck

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





WINTER JOBS in the Garden

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

remove

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

prune

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

move and protect

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

feed

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



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How to NIP NAIL BITING in the bud

KIDS

An incredibly common problem, trying to stop your child from biting their nails, can be a hard task that you may keep putting off in the vain hope that they will simply grow out of it. Unfortunately, that may not be the case.

Why do children bite their nails?

There are many reasons why your child might be biting their nails, including boredom, to relieve stress, as a habit or simply because they have seen someone else do it.

Is it bad for your child to do this?

Nail biting, like thumb sucking, hair twisting and teeth grinding, is a nervous habit that your child may grow out of. Unfortunately, nail biting is the habit that children are most likely to continue into adulthood.

How can you help your child to break this habit?

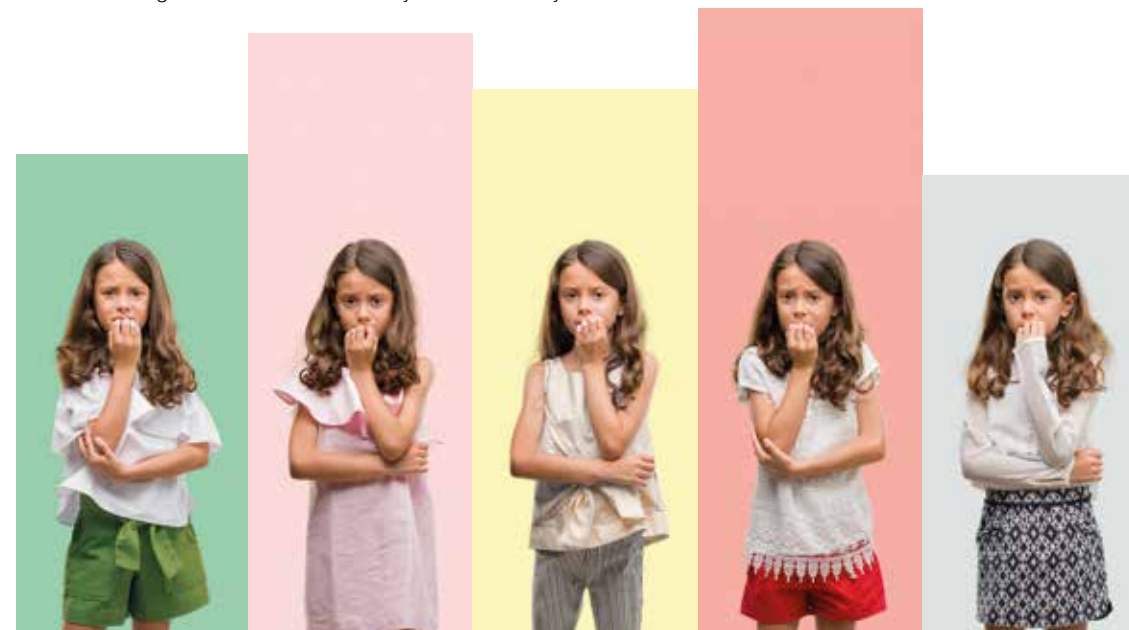
- Try to identify when your child bites their nails. Is it during times of stress or do they do it mindlessly

when watching TV?

- If they are anxious, talk to your child and try to identify what is worrying them. Sometimes there can be an underlying problem, such as bullying, divorce or another big life change.
- Talk to your child about how to break a habit.
- Work with them to become aware of when and where they nail bite.
- Offer an alternative at these times, for example a fidget spinner to keep their fingers occupied.
- Try some relaxation and stress-busting activities, such as deep breathing or a shoulder massage.

What not to do

- Do not punish your child for nail biting.
- Do not continuously nag at them to stop; it takes time to break a habit.
- Try not to lose your temper with your child; this will only make them feel more ashamed of this behaviour.





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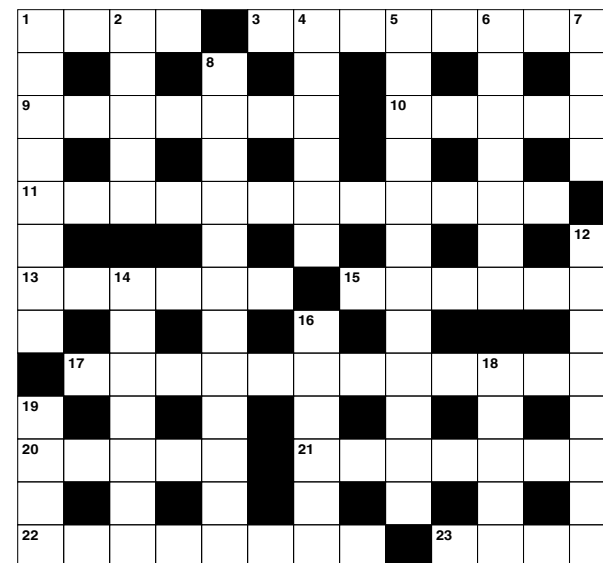
ACROSS

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

DOWN

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

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



DID YOU KNOW?

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

SUDOKU

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THE HISTORY OF THE NOW (ALMOST DEFUNCT) CHEQUE BOOK

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

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

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

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

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

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

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

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

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

TEST RUN

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

INSPECTION

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

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

a smell of mildew.

SELLER HISTORY

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

RETURN

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

ONLINE RESEARCH

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

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



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The most

HATED REF IN ENGLAND?

WHY DAMIR SKOMINA IS NOT A MAN
TO BE MESSED WITH!

While no Englishman wanted our footballers to slip up against the Czech Republic in the middle of October, the 2-1 defeat in Prague did bring about one of the more incredible football statistics of recent times - it marked 10 years and one day since the Three Lions last tasted defeat in a European Championship or World Cup qualifying match.

To go an entire decade without losing in qualification is quite something, and perhaps referee Damir Skomina may have felt something of a lion tamer as he delayed England's Euro 2020 qualification at the Sinobo Stadium.

Except the Slovenian official has previous. England's last qualification defeat, a decade and a day before that, against Ukraine, was officiated by... yep, you guessed it.

More than that, this is the same man who sent us crashing to 1-0 defeats against Belgium in the World Cup and against Germany in 2017, and remember that abysmal 2-1 capitulation to Iceland during Euro 2016? Yes, him again.

Is it worth lamenting this silver-haired man-in-the-middle as the architect of our great side's downfall? Rather, should we not just look to the future - an attitude typified by England's brilliant 6-0 win in Bulgaria just three days after the Czech defeat? Probably, yes.

It used to be said that England was flawless in qualifying for major tournaments and deeply flawed by the time they got there... and with good reason.

The positive indications are that the era of abject, pitiful failure - penalty shoot-out or not - is over. England proved in Russia that if a World Cup semi-final is achievable, what price our ability to go all the way at the Euros next year?

Manager Gareth Southgate will exercise caution; fans will run away with expectation, while the bookies suggest we are second favourites... although those odds may well shorten if Mr Skomina keeps his distance.

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WHAT'S ON

in your area

Meditations for a Kind Heart
Dulzin Drappa Centre, 5A Buttercross Lane, Epping, CM16 5AA
November 16, 10am – 2.45pm



By engaging in the meditations introduced in this short-guided retreat, it will help us to develop greater peace of mind, happiness and to improve our relationships through learning to cherish others.

This retreat is suitable for everyone and costs £20 per person.

For more information and to book, visit www.meditateinhertsandessex.org/event/meditations-for-a-kind-heart

AJ Antiques and Collectors Fair
Theydon Bois Village Hall, Coppice Row, Theydon Bois, CM16 7ER
November 30, 9.30am – 3.30pm

Come along to the fair where there will be tables selling antiques and collectables to browse at your leisure.

There will be items such as stamps, barometers, ephemera, militaria, china, glass, figurines, pottery, coins, jewellery and lots more.

There will also be freshly made sandwiches, tea and homemade cakes.

Admission is £1 per person.

Christmas Wreath Decorating
The Queen Victoria, Coppice Row, Theydon Bois, CM16 7ES
December 3, 7pm – 9pm

Lynn Salmon from Something Blue Flowers brings her green thumbs to The Queen Victoria for a night

of wreath creating and decorating.

Everything you need will be provided including the wreath, ribbons, baubles, glitter, feathers and any other decorations you can think of.

The cost is £28 per person. Limited spaces available so book early to avoid disappointment.

Epping Christmas Market
Epping, CM16 5DN
December 6, 12pm – 8pm

A traditional Christmas market with entertainment, food, gifts, crafts, Santa, Christmas lights and festive fun.

This event is free to attend. Everyone is welcome.

For further information, contact Epping Town Council on gwallis@eppingtowncouncil.gov.uk or call 01992 579444.

Light up a Life
St John the Baptist Church, St John's Road, Epping, CM16 6BH
December 17, 7pm

St Clare Hospice hosts Light up a Life memorial service bringing together families and friends to celebrate the lives of lost loved ones at Christmas.

The service, will feature festive carols, music, readings and refreshments, as participants gather in the company of others who understand.

The service is free to attend and open to everyone, whatever their faith.

For more information, visit stclarehospice.org.uk/event/light-up-a-life-epping



Photo credit: St Clare Hospice, Vikki Lince



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