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Editor's notes...



Misha Mistry, Design Editor

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

After the tragic shooting recently in Las Vegas where the lives of innocent people were taken, it is sad to think that these

heart-breaking events are happening on a regular occasion.

Let's not talk about the murderer, it is important to talk about the heroes who helped to keep the death toll as low as possible. I watched a video on social media of a worker at the Festival standing in front of the stage telling the audience to get down and keep calm while constant shots were being fired around him. He showed a huge amount of bravery and without him, many more lives would have been lost. It is still unknown whether he survived the shootings or not, but he was not the only hero. Many doctors, nurses and first aiders put others' lives before their own to help the wounded.

Events like these make communities stronger and show that there is still compassion within the world, although we often don't see it.

In this month's local news, the first phase of repairs on the sinkhole in High Street Green have been completed, a local charity is rebuilding its Little Yellow Theatre after it was destroyed in a road accident and a local Football star has joined the England football team.

Local news is important to us, so if you have any stories email editorial@visionmag.co.uk

Let us know your thoughts and enjoy reading.



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CONTACT US | info@visionmag.co.uk
01442 254894 | 07883 789530

DESIGN EDITOR | Misha Mistry | misha@visionmag.co.uk
CO-ORDINATORS | Rebecka Fryer, Kim Plater
CONTRIBUTORS | Tim Green, Amy Pollard
FOUNDER | Nik Allen | nik@visionmag.co.uk

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“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.

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HOME & DIY



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.



HOME & DIY



STYLING IT OUT.



Born 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

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HOME & DIY

Lighting Up

When 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



New college gives boost to wellbeing

A new college dedicated to improving wellbeing has opened its doors to Hemel Hempstead residents once again for autumn, following two successful pilot terms.

New Leaf, the Hertfordshire Wellbeing College, will offer a range of free adult educational courses in a number of topics from its campus at South Hill Centre, Cemetery Hill, all with a focus on teaching practical skills and knowledge to help people take better control of their wellbeing. The college is part of a wider initiative throughout the county.

Irma Mullins, New Leaf College development manager, said: "The college is the first of its kind for Hertfordshire and is unique in offering education rather than therapy, recognising that people are experts in their own journey to wellbeing and can identify their own goals.

"Our free courses are suitable for everyone but we hope to appeal in particular to people living with health challenges – either physical or mental – as well as their relatives and carers.

"We've worked closely with people who have

overcome their own personal difficulties to design and deliver our course content, so students can be assured that the subject matter will always be relevant to them.

"Our friendly tutor team all have either professional or personal experience of how to improve wellbeing and are on hand to support and advise."

New Leaf College's autumn term kicked off on October 3 in Hemel Hempstead with 'Living with a long-term physical health need', a three-hour course for anyone managing the emotional impact of long-term physical symptoms.

Additional courses in a wide variety of topics will run throughout October, November and December, including 'Coping with the pressures of daily living', 'Caring for someone with a long-term illness or disability', 'Daring to dream' and 'Life skills'.

Enrolment in the college is free for anyone living in Hertfordshire. For further information or to book a course, visit www.newleafcollege.co.uk, email students@newleafcollege.co.uk or call the college team on 01442 864966.



Charity theatre destroyed in crash

LOCAL NEWS



Co-founders and directors of charity Electric Umbrella Melanie Boda and Tom Billington were left devastated after their Little Yellow Theatre was destroyed following a crash on the A12 in September.

The charity, which meets weekly in Hemel Hempstead, is a vibrant, unique co-creation between adults with learning disabilities and music industry professionals.

On the day of the accident, the wheel bearing went on the trailer causing it to crash, implicating significant damage to the weeks old tiny gig venue. Mel and Tom came away unharmed, unlike the theatre.

Only the day before had the Little Yellow Theatre brought joy to hundreds of festival goers at Croxfest.

The charity set up a JustGiving page to try to help fund a new theatre. The page got an amazing response from the public and £4,908.20 was raised.

Mel said: "It was really sad because the theatre was so new. It has been amazing how the community have supported us.

"It took us about 10 days to get over the shock. It's been very emotional for us.

"You make things like the theatre and think who is actually interested? We now know because of the response there really is support and interest. It's very reassuring."

Electric Umbrella have had a new trailer donated to them, but it needs to be completely refurbished.

Mel continued: "We are going to have to totally rebuild it. All the money raised will go into it. We might have a slightly upgraded version."

Electric Umbrella are grateful for all the donations they have received.

Mel said: "Thank you to everyone who has donated. We are very grateful."

First phase of sinkhole repair complete

The first phase of repairing the sinkhole on High Street Green in Hemel Hempstead has been completed.

This is welcome news to the residents of Hemel who have had to put up with the sinkhole for four months.

A spokesperson from Hertfordshire County Council said: "The first phase of the reinstatement work was completed as planned on Monday, September 25, filling the void with concrete to just below the level of the Thames Water sewer.

"As we mentioned in previous updates, Thames Water had planned to take over the site on Monday, October 2 to begin work repairing the sewer. However, although they were ready to do this, we have asked them to revise one part of their proposed approach to help us ensure that the final repair is as strong and durable as possible. They were happy to do this but it has meant that a redesign of that part of their work and a change to the equipment is needed. This has necessarily delayed them taking over the site and starting work.

"Thames Water now plans to start on October 16.

"We still hope to be able to reopen the road by the end of November as planned if the future phases of work go smoothly."

Sunset delight



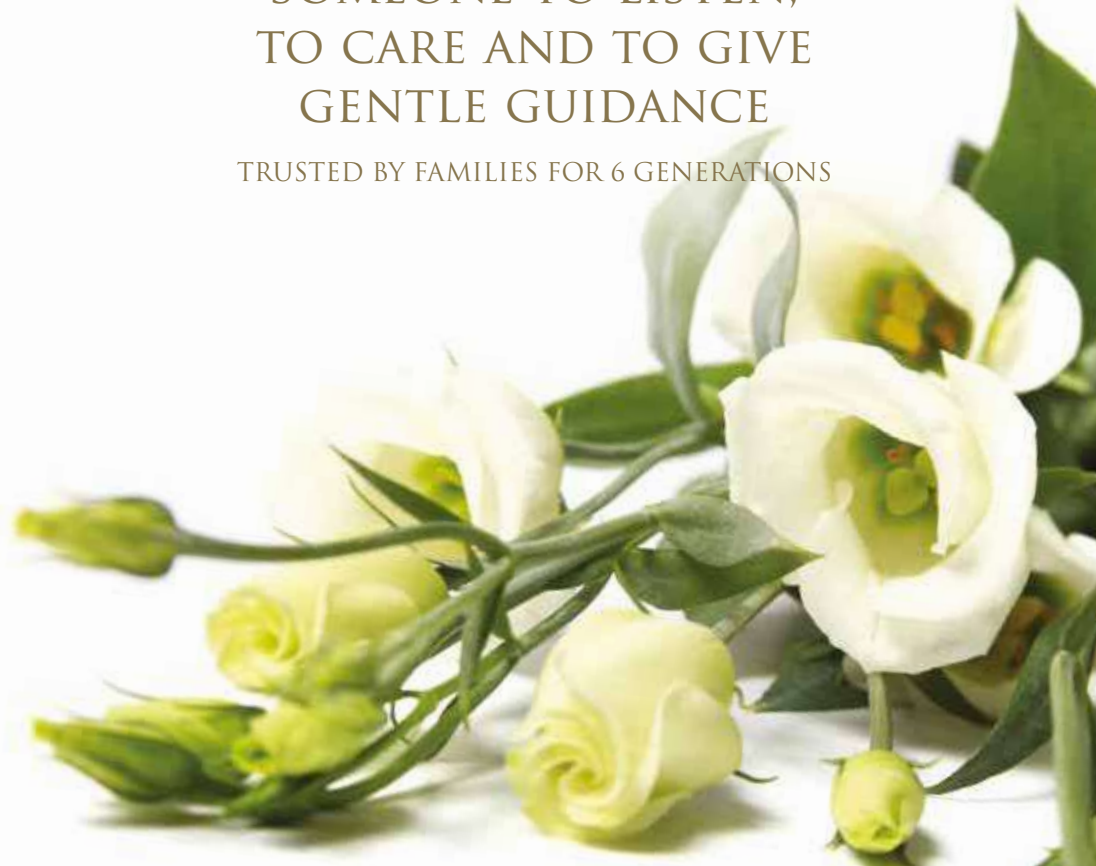
Photo credit: Chris Maybank

At VISIONHemel we love to receive readers' photos. This photo was captured by Chris Maybank in Boxmoor, Hemel Hempstead.

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LOCAL NEWS

Woman joins the Boobettes

A woman who was diagnosed with cancer has joined the CoppaFeel Boobette campaign to encourage other people to check their breasts.

The Boobettes are a group of young women who have been diagnosed with breast cancer under the age of 35, have had a breast cancer scare at a young age or a strong connection to the disease.

Sarah, who recently moved to Hemel Hempstead, was diagnosed with breast cancer when she was only 27 years old. She hadn't been checking her boobs regularly and found a lump on her breast by chance.

She was lucky that she found the lump early enough for it to be treatable, but this could have

easily not been the case.

Sarah, along with the other Boobettes, are now using their stories to inspire others to think differently about their lives and bodies, educating about the importance of checking.

She has now joined the Boobette campaign which focuses on driving awareness where it is needed most.

The Boobettes encourage schools, work places, youth groups, Girl Guide groups, young women's institutes and anyone to book a session and in return become champions of boob health.

The sessions can be tailored to suit different requirements.

Man jailed for attempted kidnap

A 27-year-old man from Hemel Hempstead was jailed on Wednesday, September 27 after admitting trying to kidnap a former partner.

Christian Lazaroiu, of Long John, approached the victim at her place of work on July 29 this year. There, he seriously assaulted her before putting his hand over her mouth to stop her screaming and dragging her out of the building.

He then tried to force her into his car which was parked outside. However, at this point another member of staff approached them and he let her go. She then ran to the person and he got into the car and drove off.

While sentencing him at St Albans Crown Court, Judge Warner described the incident as "a violent and sustained assault" and a "terrifying ordeal" for

the victim.

Detective Constable Kelly Bowman, from Hertfordshire Constabulary's specialist Domestic Abuse Investigation and Safeguarding Unit, said: "The sentence reflects the serious nature of this offence and will go a long way to offer reassurance to a vulnerable victim."

"All domestic abuse incidents are treated very seriously, with Hertfordshire Constabulary dealing with offenders as robustly as possible."

Lazaroiu was jailed for 21 months imprisonment, taking into account his early guilty plea. An indefinite restraining order was also put in place to stop him attempting to make contact with the victim.

At the conclusion of his sentence, Lazaroiu will be deported back to his native Romania.



Rescue practice is a towering success

LOCAL NEWS



A rope rescue team from Hertfordshire Fire and Rescue Service carried out a simulated tower crane rescue on the new homes site at Wood House, Maylands in Hemel Hempstead.

As nominated rescue operators for the seven-storey project, which will provide new affordable homes for local people, and is due for completion in autumn 2018, Herts Fire and Rescue were keen to complete a practice exercise on site, which they did on Wednesday, September 20.

The 'victim' was a mannequin that had been placed near the cab of the 98-foot crane by another fire crew earlier in the day.

The rescue crew sped to the site and scaled the dizzy heights of the crane before securing the casualty onto a stretcher and gently lowering him to the ground.

Canoe club couple appear in court

A couple from Hemel Hempstead who applied to Sport England for a grant of nearly £9,000 for a canoe club, used the money to buy equipment for another canoe enterprise they were involved with.

Ruth Gungadoo and Robin Oakley had applied for the money on behalf of Hemel Hempstead Canoe Club, which was an organisation they were heavily involved with and stating that they wished to enter the Great River Race. But they were also involved with a company called Moonpaddle.

St Albans Crown Court was told that, after obtaining the money, equipment was purchased for use by Moonpaddle.

In court this month Avirup Chaudhuri, prosecuting, said the offence of fraud the couple of High Ridge Road had committed went back to January 2014.

Recorder Boothby, hearing the case, was told that equipment obtained by the couple had since been returned to Hemel Hempstead Canoe Club.

Corinne Bramwell said there had, in effect, been a lack of communication between the pair and the club and they had kept equipment to their address because of a lack of space at the canoe club.

She said they had entered a team in the Great River Race on two occasions.

The pair, who ran canoeing for organisations including the cubs and scouts, pleaded guilty to a charge of fraud.

Passing sentence, Recorder Boothby said there had been some "dishonesty" by the couple.

He gave them each a conditional discharge for two years and they must each pay £1,000 costs.

Hundreds turn out for the Tour of Britain



Hundreds gathered in the sunshine in Hemel Hempstead town centre for the early start of the penultimate stage of the Tour of Britain.

As the race got under way, a helicopter flew overhead capturing some great aerial shots of the Dacorum borough for the live broadcast on ITV4.

A day of entertainment was also organised for the crowds in Hemel Hempstead after the tour had departed. Bicycle stunt team 3sixty proved popular with crowds all afternoon.

Councillor Neil Harden, portfolio holder for residents and corporate services, said: "What a fantastic morning for Dacorum to host Britain's premier cycling event. It's great to see so many people in Hemel Hempstead town centre and lining the route through the borough to support the cyclists and their teams. It's great for our borough to host these events as it inspires so many people to get active and it's a great opportunity to put our borough on the map."

Artwork Credit: Heatherwick Studios via bbc.co.uk



GARDENING

THE BRIDGE TO NOWHERE

It was hailed as London's 'iconic new landmark', a 'floating paradise' supported by former Mayor Boris Johnson and conceived by Joanna Lumley. But as current Mayor, Sadiq Khan, recently pulled the plug on public funding for this controversial city addition, we look at the rise and fall of the Garden Bridge.

Khan has finally put hopes of a completed Garden Bridge to bed by denying the project the vital funding it needs to begin construction. Ever since the foliage-laden walkway had been conceived by actress Joanna Lumley as a tribute to Princess Diana, the project had unfortunately been mired in acrimony.

And with the proposal now well and truly dead in the water, Khan remarked that taxpayers in the capital should be "very angry" about the £37million of public funding already ploughed into the project.

Supporters of the lush landmark – such as Khan's predecessor Boris Johnson and former Chancellor George Osborne – have bemoaned the decision to scrap construction, which would

have featured 270 trees and thousands of plants. But critics have long seen problems with the wilderness-covered walkway, saying that it would be in a part of the city already well-served by bridges and questioning why public money was being spent on a privately-run link across the river which would set its own rules for access and be closed both at nights and for private events.

With the revelation that the Garden Bridge Trust had spent the £37million of public money without a brick being laid and falling well short of the private donations it hoped for, Khan pulled the plug – with planning permission for the bridge, which was set to run from Temple to the South Bank, about to expire next month, he was forced to make a final decision on the proposals.

"The funding gap is now at over £70million and it appears unlikely that the Trust will succeed in raising the private funds required for the project," he said. "I am simply not prepared to risk a situation where the taxpayer has to step in and contribute significant additional amounts to ensure the project is completed."



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.



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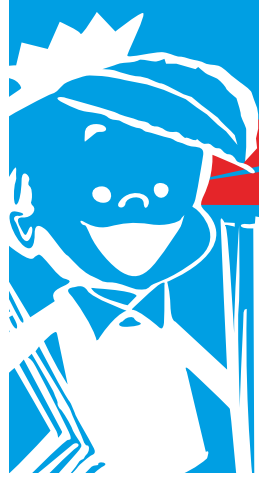
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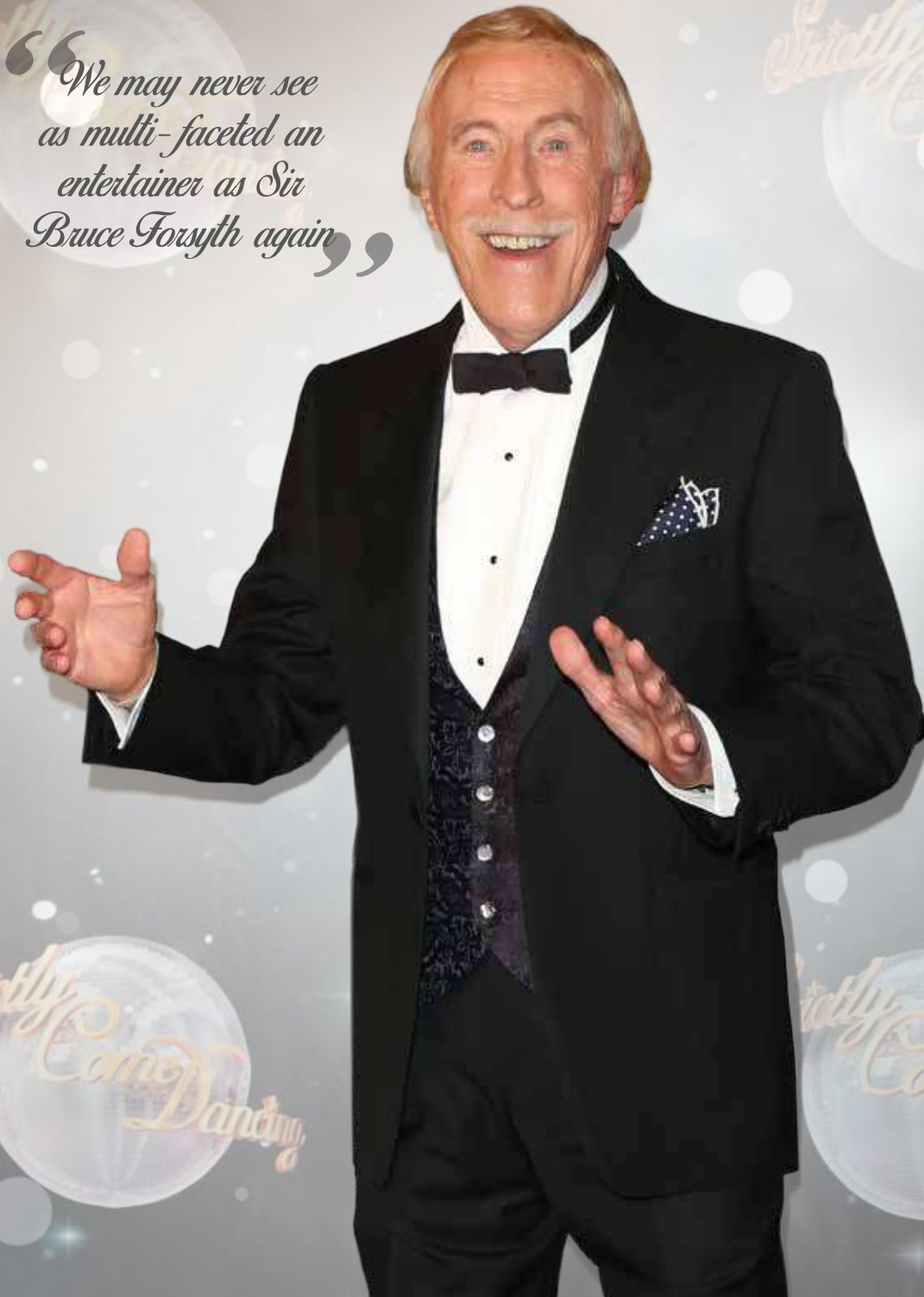
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**LAST-MINUTE COVER
ALSO NEEDED!**

“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!”

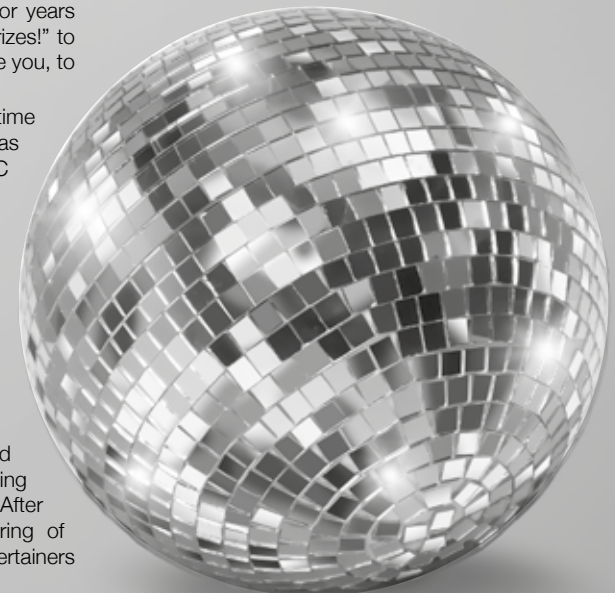
Following a short stint away from primetime telly, Forsyth found his second wind as presenter of the new glitz-and-glamour BBC ballroom bonanza, *Strictly Come Dancing*. For nine years, the twinkle-eyed and twinkle-toed TV veteran presided over the staple of BBC programming, before retiring in 2014 to 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.





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HEALTH & FITNESS

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.

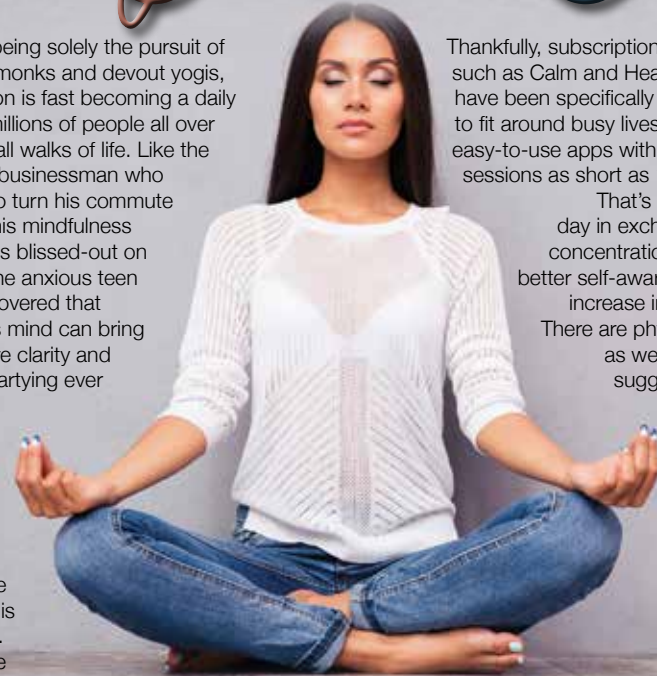
Thankfully, subscription services such as Calm and Headspace have been specifically designed to fit around busy lives, offering easy-to-use apps with guided meditation sessions as short as 10 minutes.

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

DEFY THE SNIFFLES WITH THE ULTIMATE AUTUMN IMMUNE DEFENDERS

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.



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.



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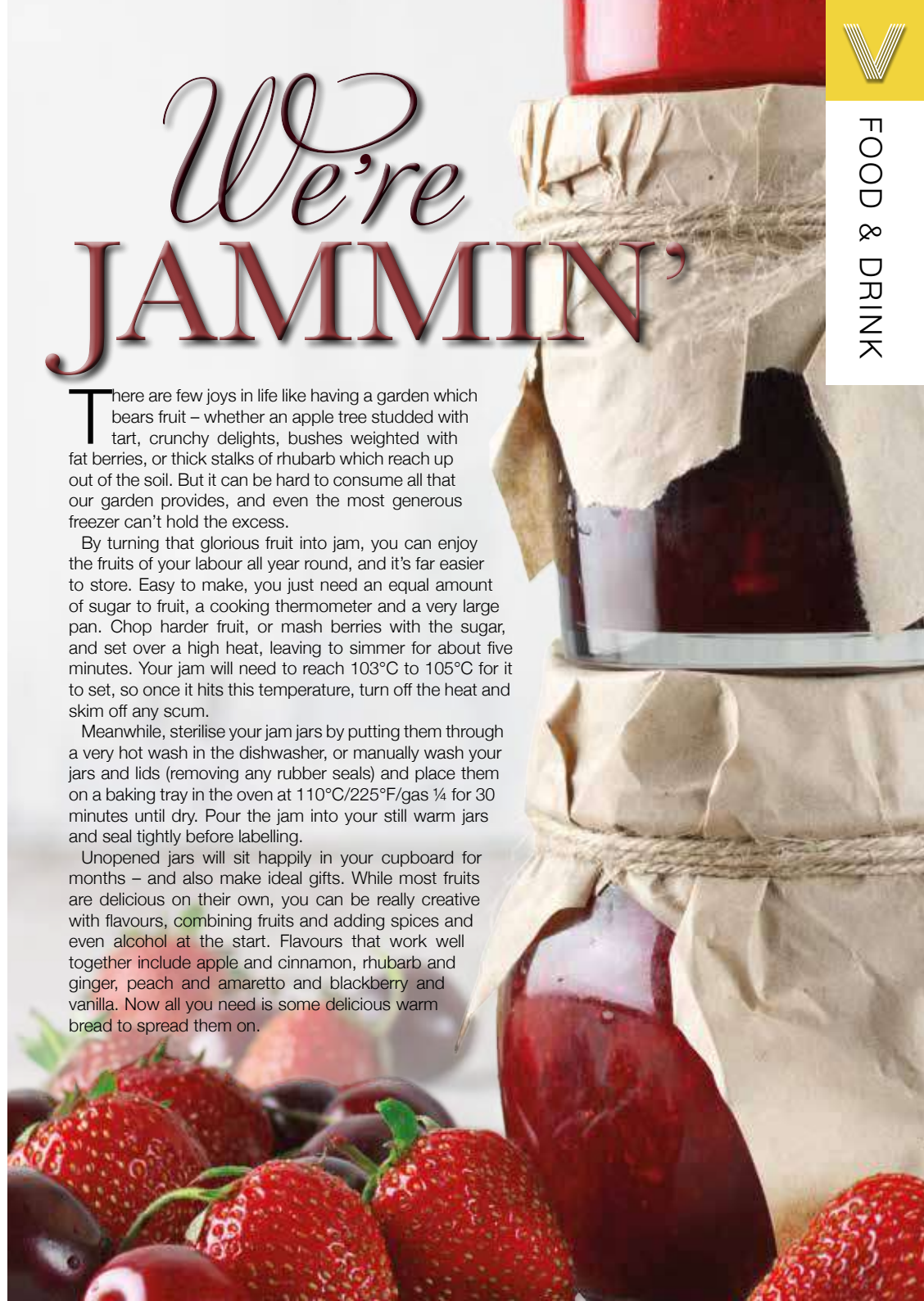
We're JAMMIN'

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.



FOOD & DRINK



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?





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.

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.

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,

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

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?

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.

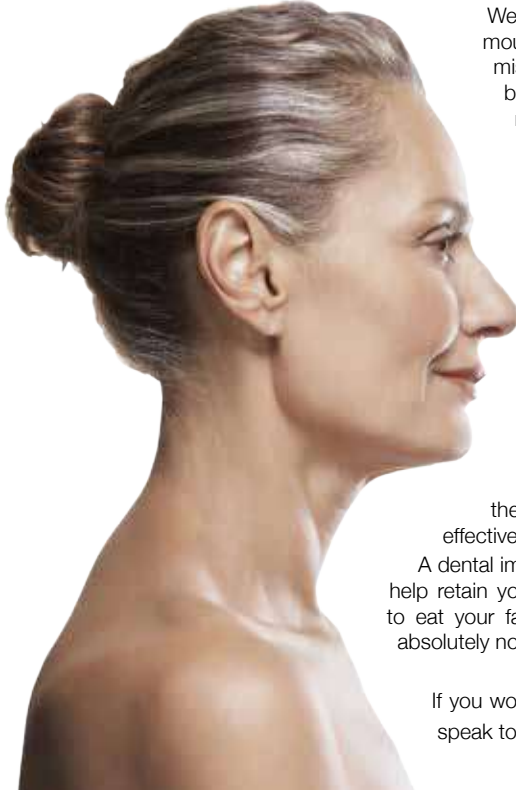


IS IT A *cosmetic* OR **FUNCTION** ISSUE?



As Mother Nature intended, every tooth has its own function. Teeth are durable and hard wearing, however, unfortunate circumstance can lead to tooth loss. When we lose a tooth the balance of our mouth is interrupted.

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.

If you would like to know about dental implants then speak to Dr. Saleh Aria at Harrow Dental Clinic  HARROW DENTAL PRACTICE



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

Fashion 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 chicly with elegant dresses and boyish blazers. Back to school in style.



Faux fur coats - Autumn/Winter '17



For Gentlemen

Each 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.



Photo credit: FashionStock.com /Shutterstock.com

Classic Roll Neck



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.





PUZZLES & TRIVIA

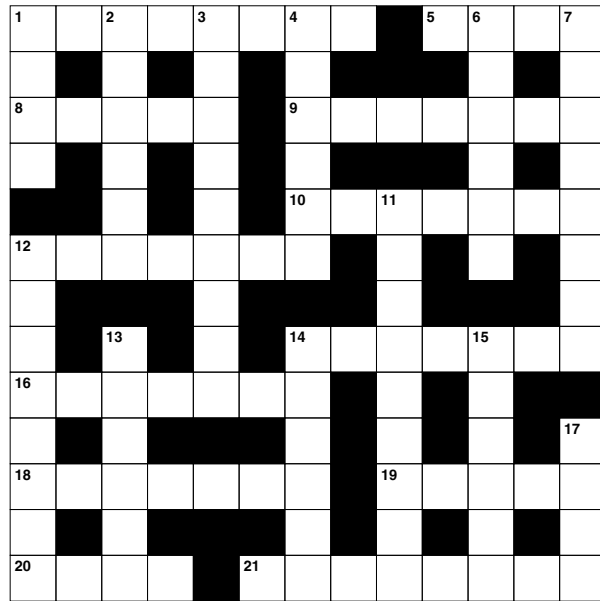


ACROSS

- 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

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				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.



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MOTORING



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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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 Yuri-Turkov/Shutterstock.com



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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