

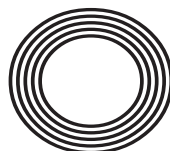
THE  
BEST OF  
FASHION  
WEEK

HOLLY WILLOUGHBY

*Closing the gender pay gap*

# JAMIE OLIVER

The naked chef explores 'meals on wheels'



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6	HOLLY WILLOUGHBY
9	VERA DUCKWORTH
11	FASHION
15	BEAUTY
19	#NOFREEPHOTOS
21	HEALTH & FITNESS
25	HOME & DIY
37	GARDENING
40	JAMIE OLIVER
45	LOCAL NEWS
59	PUZZLES
61	PLATINUM ANNIVERSARY
63	FOOD & DRINK
67	KIDS
69	BUSINESS & FINANCE
71	TECHNOLOGY
73	MOTORING
77	SPORT
78	WHAT'S ON

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# Editor's notes...



Brett Shohet, Editor

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

So here we are, it's already November and along with it comes the latest edition. Where has 2017 and the first four editions gone?

The launch editions of the publication have been amazing for the growth of the magazine, now having 80 pages of content and constantly bringing you current topical stories every month. On a personal note, we are thrilled with all the emails and positive feedback we receive every month. Thank you.

Are we all getting ready for the dreaded C word next month? Christmas. Personally, this year I am trying to get myself organised in advance (Famous last words). I've already started doing some of my Christmas shopping and this year I will be using Hornchurch as my shopping destination of choice.

In this month's local news, Havering Sixth Form College has opened state-of-the-art science labs, details of a new leisure centre in Hornchurch have been released and another AFC Hornchurch player joins the 100 club.

Local news, stories and what's on events are important to us so if you have something you want to share, email [hornchurch@visionmag.co.uk](mailto:hornchurch@visionmag.co.uk)

As always please make sure you are quoting **VISION** when calling our advertisers inside the magazine.

Remember this is your magazine for your town.

I hope you all enjoy the November edition of **VISION**Hornchurch.

*Brett*



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holly moley!



she's got...

**a fab new figure, a bumper pay rise, and has just released her second book. But don't ask Holly Willoughby how she does it, as she isn't sure herself...**

She may have the face and figure of a 1950s pinup, but Holly Willoughby is a feminist in the very best and most modern sense. Having recently secured a rumoured £200,000 pay rise to match the salary of her co-host Phillip Schofield, the beloved *This Morning* presenter is making strides for women everywhere – someone who's keen to speak up, is proud of the way she looks and remains driven for equality in any environment. And while she will not disclose the details of her salary – the redtops were quick enough to do that for her – she made it clear the so-called gender pay gap is unacceptable, and that two equally qualified people should earn the same.

"I think there are so many parts of society today that have equality and where it doesn't exist, the gap is slowly narrowing," she said. "We've come a long way compared to where we were 20, even 10 years ago; but I think there is still a distance to go and women should be encouraged to stand up for themselves and their worth."

Strong words indeed, though the truth is few TV presenters – male or female – match up to Miss Willoughby, nor would feel comfortable arguing their own case for a pay increase by using her as a comparison. With an infectiously warm personality, candid wit and stunning looks, the 36-year-old has won over the hearts of daytime TV aficionados, as well as enchanting the evening audience too as a team captain on *Celebrity Juice*.

When free time allows, modelling work has seen her represent a clutch of high street brands; she's also the author of two parenting books, the second of which, *Truly Scrumptious Baby: My Complete Feeding and Weaning Plan for 6 Months and Beyond*, came out in September.

But despite almost constant success, the blonde beauty admits it was never in her plan to be a career woman. "In my mind, I would stay at home, following in my own mother's footsteps," she says. "That, to me, was a life project and I would have been just as happy to do that." The opportunity was there, too, with Harry, eight, Belle, six, and Chester, three, the products of a decade of marriage to television producer Dan Baldwin. "Yet, for as long as I feel my children have my time and my love, I am happy to continue combining the roles, but if ever my work got in the way, I would change things."

Admitting that she feels "the luckiest person alive" to do a job she loves whilst also having time to spend with her children, Willoughby has become a poster girl for working mothers everywhere. And proving that even celeb mums sometimes struggle, the newly-slimmed star admits that her recent body transformation is simply down to having more time for herself now her kids are older.

Regardless, we say looking that good straight after the school run should always be something to boast about.



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## TA-RA VERA

*Liz Dawn and the parting of a soap icon*

In an era of wall-to-wall soaps, anyone who stands out from the crowd is probably at the top of their game. But in the case of Liz Dawn – or Vera Duckworth as we knew and loved her – being at the top table of UK entertainment for more than four decades speaks volumes of how a fictional, backstreet character crystallised the everyday lives of so many millions.

Vera Duckworth left our screens back in 2010 – her emotional passing captured brilliantly by the *Coronation Street* team as she gently slipped away in her favourite armchair – but as real life mirrored fiction and we said goodbye to Liz Dawn, the actress, on September 25 of this year, the sense is that Vera is still with us – the curly-haired, feisty, warring, caring, brazen and yet so delicately emotional character who was perfectly loyal to husband Jack and the cobbles of Weatherfield.

The tributes for the actress – who also appeared in *Open All Hours*, *Z-Cars* and *Emmerdale* – have been unrelenting, and in an era of largely diluted drama, you do now wonder how she will be replaced. Perhaps that's a task too far; perhaps we should be telling the next generation, 'don't try to be Vera... try to be half as good as Vera was, and you'll be doing well'.

What the stars said about Liz Dawn

Simon Gregson (Steve McDonald):

*"She touched the hearts of everyone she met and gave so much back with her charity work."*

Michael Le Vell (Kevin Webster):

*"She took us under her wing and was the mother figure who helped guide us through the show."*

Beverley Callard (Liz McDonald):

*"Liz was a darling of a person and one of the kindest people I have ever met."*

Barbara Knox (Rita Tanner):

*"She was a joy to work with - you always ended up laughing as she had marvellous comic timing."*

Antony Cotton (Sean Tully):

*"A light had gone out in Weatherfield a few years ago, but now Manchester too has lost a little of its sparkle."*

Elizabeth Dawn

November 8, 1939 - September 25, 2017

Photo credit: Gettyimages








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**FASHION**

# LONDON / NEW YORK

## THE BEST OF FASHION WEEK

Fashion week is one of the most talked about events on the fashion calendar. Designers and fashion lovers from all over the world come together to share and appreciate the designs and trends for the next season. Spring 2018 was no different with each fashion week bringing something unusual and individual to the cat walk.

### LONDON

London fashion week was full of satin, mixed prints and pastel colours. Bold prints were one of the main trends to hit the catwalk. From polka dots to floral designs and everything in between, prints were mixed and matched to create striking and in-your-face designs. Pastels are also going to feature highly this for spring. London took a softer approach when it came to colour with romantic shades, even in bold print designs.

Satin was a huge hit on the London catwalk.

From dresses to trousers and skirts, the sleek material is being used for anything and everything. The light and airy material flows when you move and the light bounces off everywhere you turn.

### NEW YORK

New York fashion week was a complete contrast to London. Americana was often a theme with red, white and blue colours featuring heavily in the designs. Statement colours were vital with bright, saturated hue colours. There was no hiding when these garments were on.

Anoraks were also a hit. From baggy garments to midi length macs, they are sure to be everywhere next season.

Sheer skin revealing fabrics also often featured in the designs on the catwalk. These garments are sophisticated, yet leave little to the imagination.







From big bums to short legs, here's how to pick jeans that compliment every body shape.

### A LARGER MIDDLE

If you've got a little extra weight on your tummy, go for a high-waisted cut. Not only is this look naturally slimming as it pulls everything in, it's also very on-trend. In terms of colour, darker shades like indigo are always going to be a little more slimming than, say, white, but if you feel comfortable and body-confident in a lighter shade, that's all that matters.

### SHORT LEGS

If you want to elongate your pins then channel your inner Jane Birkin and dare to flare. This is another style that has come back into fashion in recent times, and thank goodness it has, as the silhouette that flared jeans create is super-flattering. Also, you can wear them with towering heels and no one will know.

### BIG BUMS

Large pocket details are great for taking the attention away from generous bottoms. However,

if you love to show off your booty, there is no need to fear a high-waisted skinny fit.

### PERFECTLY PETITE

If you're small in stature, go for the crop. Cropped boyfriend jeans are ideal for a laid-back sexy look, or if you're lucky enough to be petite and slender, skinny cropped denims with heels look killer. Perfect for that hot date.

### CURVY

If you'd rather hide your bumpy bits, jeans with a cigarette leg is perfect for balancing out curves. This basically applies to all straight-legged trousers; not skinny, not flared, just right.

### THE LONG STRETCH

If you're still confused about what pair of jeans to buy, why not invest in some elastic? Stretch denim basically flatters every single body type and best of all is super-comfy. Perfect for when you're going for a big Sunday lunch.

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# A Spot of Relief



BEAUTY

If you suffer from bad skin, it can be tempting to bombard it with all manner of over-the-counter treatments in a bid to blitz your face. But what your skin needs to do is heal – and some simple products you already have at home can be just what the doctor ordered.

### Healing mask

Honey has antibacterial and probiotic properties, making it an all-natural skin-saving hero. Mix one dessert spoon with two of natural yoghurt – loaded with lactic acid which refines pores – and a pinch of cinnamon. Apply for 10 minutes, then rinse with warm water. Raw honey works better than processed as it's more potent, and it can even be used alone as a gentle morning cleanser.

### Easy exfoliant

Scrubbing with harsh exfoliators can strip your skin of its natural oils, which in the long-term will only make the problem worse. Instead, remove dead cells gently with unground sea salt, milled oats or brown sugar, and mixed with enough coconut oil or honey to form a paste. Apply in a circular motion before rinsing.

### Terrific toner

Apple cider vinegar makes a great skin toner and is far more affordable than one from

the pharmacy. The vinegar contains gentle exfoliating acids which calm and balance your skin's pH.

### Specific treatment

If you've got one or two pimples which require immediate attention, don't squeeze, but dry them out with a cotton bud dipped in tea tree oil – a natural way to unblock sebaceous glands without the risk of scarring.

### Inside out

They say beauty's only skin-deep, but for a truly glowing complexion you need to start on the inside. Cut out foods which spike your blood sugar and can lead to hormone imbalance, like processed white bread and cakes. Begin taking a daily probiotic and include at least one portion of oily fish, like salmon, in your diet. The benefits won't be instant, but they will be worth it.



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# Nailed It



There was a time when nail salons offered two kinds of manicures: French, where they were painted pale pink with a white tip; or a block colour with gloss finish. But thanks to nail art pioneers like Sharmadean Reid, who founded London's WAH Nails, it's now more common – and much cooler – to have emojis, gems and even 'galaxies' adorning the tips of your fingers.

But you don't need to go to an expensive salon to bling up your tips, as there are many looks you can master at home. Nail glitter, for example, comes in an array of dazzling colours, sizes and shapes, like hearts or stars. There is also glitter dust, which can be applied with stencils to create a shimmering pattern, chrome powder to create a flawless metallic sheen, and stick-on jewels to create a snazzy 3D effect. If nails are long enough, you can even pierce the tip and attach a charm.

When it comes to nail art, not even the sky's the limit – as the 'galaxy' trend proves, where varnish is layered with glitter and swirled until the nails twinkle like the Milky Way. Another fantastical phenomenon is the rise of the 'unicorn' nail, where digits are magically transformed to resemble the horn of the mythical creature.

To recreate these looks at home, it's wise to enlist the aid of the many YouTube tutorials on the subject, or simply go to a dedicated salon and let the pros work their magic, leaving you with the arduous task of choosing what design you want.

Chevron and Ombre are both impressive, but somewhat subtle designs. Or if you really want your tips to do the talking, it's got to be the emoji mani.

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As street photographers unite over their photos being used without permission, it raises once again the question of who owns content on social media.

At major fashion events, it is not uncommon to see a well-heeled woman or nattily dressed man being followed by a herd of street photographers yelling for their attention. The payoff? If one nabs the perfect shot of one of these so-called style influencers, they will have the honour of featuring on said blogger's Instagram, hopefully garnering the attention of a major brand. But the increase in influencers, editorial sources and even brands using these images for free – often crediting the person in the pictures and the clothes they are wearing, but not the photographer – has led to a call for change.

Since Milan  
Fashion  
Week

in September, when a group of around 40 photographers came together to publicly protest against the unauthorised use of their street style photography, members of the group – an “unofficial union” named The Photographers – have begun adding the hashtag #NoFreePhotos to images uploaded on their Instagram accounts.

But while images printed in magazines are often copyrighted and protected by laws, the rules governing social media and online content are blurred. It goes right back to the issue of how the internet has altered the value of media, which has affected everything from music to pornography.

Another argument of course is that it is nothing new to work for very little money when starting out in the fashion industry, with the emphasis being more on building a relationship and association with a brand bigger than your own in the hope of attracting paid work in the future. And with so many photographers and influencers all jostling for space in an overcrowded scene, it seems that for the time being at least, there will always be someone willing to work for free.

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# Stay healthy AS WINTER SETS IN



HEALTH & FITNESS

As the days become shorter and the cold sets in, it can be extremely tempting to come home from work and put on your comfy clothes, put your feet up and enjoy a hot chocolate. But instead of hibernating this winter, keep fit and healthy whatever the weather.

## BANISH WINTER TIREDNESS

It's no doubt that many people feel tired and sluggish during the winter months. This is due to lack of sunlight which can make it seem like you are waking up in the dead of the night, which disrupts sleep and waking cycles.

To tackle this, the NHS is encouraging people to get outdoors in as much natural daylight as possible, get into a good sleeping pattern by going to bed and waking up at the same time every day and destress with exercise or meditation.

## GET YOUR FIVE-A-DAY

Unhealthy comfort food is often a go-to option during the winter. However, it's important to continue to eat fruit and veg to keep healthy. If your body is healthy, it will also help you to fight off any winter bugs.

## DRINK MORE MILK

You are more likely to become ill during the winter so it's important to look after your immune system. Milk and dairy products are good sources of protein, vitamins A and B12 and calcium.

## TRY SOMETHING NEW

Get out with the family and try out a new activity. Winter is the perfect time to go ice skating or on a winter walk. Regular exercise helps to control weight and boost the immune system.



# FAT? Thin? FICTION.

The question whether you can be fat and fit or thin and unfit has loomed for years. Researchers have been trying for decades to prove their viewpoint. But is it really a myth or a reality?

The term 'obese' is often used to describe a person who's overweight, with excess body fat. According to the NHS, obesity is a common problem in the UK and it's estimated that around one in four adults and around one in five children aged 10 to 11 are considered obese.

Body mass index (BMI) is often used to determine whether someone is of a healthy weight for their size, but calculating this doesn't always give a true representation. If someone is very muscular, having a high BMI doesn't mean that they have excess fat. These people could be considered healthy as they regularly train and so the 'fat and fit' assumption could be deemed as true.

However, many argue that someone could never be fat and fit. Being overweight can lead to several health problems including type 2 diabetes, coronary heart disease, some types of cancer and the risk of having a stroke is greater. This is still the case even if the person exercises regularly and eats a balanced diet.

On the flip side, is it possible to be thin and unhealthy? Many people think that being skinny is good as you haven't got excess fat, but it is actually just as bad for your health to be underweight. Weighing too little can contribute to a weakened immune system, fragile bones and feeling tired.

Some people simply can't put on weight due to a high metabolism, so they eat junk food as they think it isn't affecting them. In the long-run, these decisions will have impacts on the person's health.

It is also important for thin people to exercise to tone their muscles and get rid of any fat deposits that they might have.

To ensure you are healthy, take part in regular exercise, eat a healthy and balanced diet and keep an eye on your weight. There isn't a perfect weight or size for a healthy person, but the BMI calculator can be used as a guideline.



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HOME & DIY

## The Perfect Finish

When it comes to paint, there seems to be a baffling array to choose from. It's essential, therefore, to know which paints do what so you can choose one that's definitely up to the job.

### MATTE

The most common of interior wall paints. There's no shine or sheen to the finish, making it ideal for walls and ceilings where you don't want any visual distractions. On the downside, matte paint is easily marked. Although some marks can be removed with a damp cloth, matte paint needs regular retouching.

### MATTE ENAMEL

Matte enamel is very much like matte paint, but tends to be far more durable. It's much easier to clean and rarely needs retouching, meaning it's great for the kitchen or kids' bedrooms. The visual effect is very similar to matte paint and it can be applied in the same way.

### SATIN

Satin finish is somewhere between matte and gloss and produces a low, soft sheen. This makes it

ideal for areas where you'll need to clean the walls regularly; however, you shouldn't use a satin finish where you have a wall with imperfections because it will make them more apparent.

### EGGSHELL

An eggshell finish has a shine that's extremely subtle, but without the same smoothness as a satin finish. It doesn't highlight imperfections as much, making it a more suitable interior wall paint. It's easy to apply and can often cover well with a single coat, making it a better choice for many people.

### SEMI-GLOSS

Semi-gloss offers a hard finish, is suitable for heavy use and is easy to clean with just soap and water. The shine produced is less than full gloss paint, but it's usually easy to achieve a good covering with just a single coat.

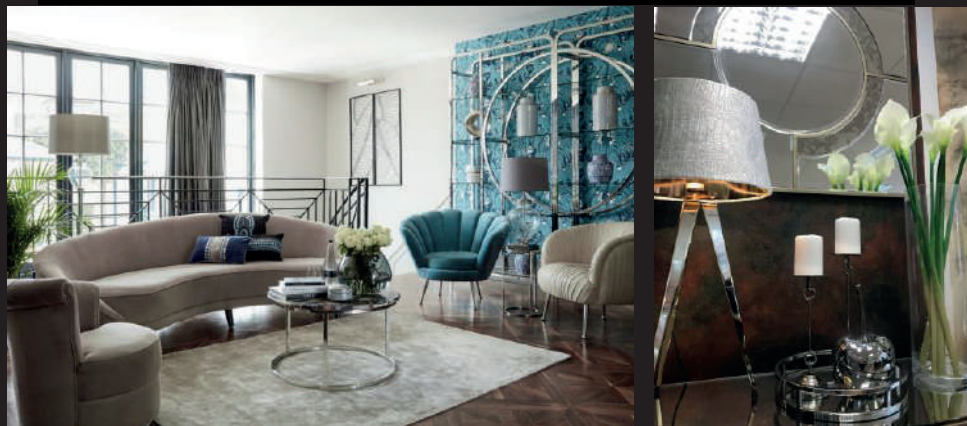
### GLOSS

Gloss paint can be used on most walls, although some prefer to use it on woodwork because of its high shine. It also shows all the imperfections on a wall and achieving an even coverage will often need more than a single coat.



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# ...And we do *Christmas!*

So... Christmas has arrived! Well, we still have a little while to go yet but, at EFT the stock deliveries are coming in thick and fast and its beginning to look a lot like Christmas! To say we're excited would be an understatement because; one, who doesn't love Christmas? And two, who doesn't love all things pink, sparkly and fluffy?!

Stock has all been unpacked and it's that time of year when I turn into a real-life fairy, leaving a trail of glitter wherever I go...and this will be the case right up until the big day! Sounds glamorous I know, but the reality is, if the glitter's not in my hair, it's in my eyes and if it's not in my eyes it's in my mouth- not to mention the fluff from the feather garlands! NIGHTMARE.

Now when it comes to decorating the trees does anyone else suffer from P.O.P.D (Perfect Ornament Placement Disorder)? Well I've got it bad and it makes decorating the tree take twice as long! "What if I move that one there, or put that there? ...No I'll just take it all off and do it again." All the faffing around trying to make it perfect when no one else can even tell the difference... but at least I'll sleep at night knowing everything's perfectly placed! And NO ONE touches the tree at home!

Last year was my first EFT Christmas and to be honest it was a big gamble! I didn't know what people would go for, what was popular or what would sell, but luckily everyone loved everything! This year I've got it sussed! The bigger, the more sparkly and the fluffier the better!

We've continued with the silver and white as that was a massive hit last year and also added pink and rose gold into the mix. There's something for everyone and if you're not as obsessed with the decorating part as I am, then we are also offering a tree decorating service! Like little elves we can come to your house, decorate the tree from top to bottom then leave (and let you take the credit for it).

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We'd love to bring Ellie's Finishing Touches to your home this Christmas



*Ellie x*







# MEMPHIS HUES

Bring a dash of colour and playfulness into your home with a little inspiration from the Memphis Group – though chances are, you've already got some...

Memphis interior style is a tough one to get your head around. Firstly, it was founded in Milan and secondly, its aesthetic is less Graceland, more Legoland. So what on earth is it?

Founded by the modernist architect Ettore Sottsass, the Memphis Group started as a design collaborative and went on to become an Eighties cult phenomenon.

The group's name is said to have come from a record that was playing on repeat at their first meeting in 1980: Bob Dylan's Stuck Inside of Mobile with the Memphis Blues Again. But even that knowledge gives no hint to the aesthetic, which is derivative of both Art Deco and Pop Art.

It comes as no surprise then that Memphis style is

gloriously bright and playful: all acrylic lamps and bold, geometric glass coffee tables, futuristic bookshelves and unabashedly kitsch sofas. That said, not everyone finds it agreeable – it has been referred to in the past as being "bizarre", "loathed", and "a shotgun wedding between Bauhaus and Fisher-Price".

And yet, despite its critics, Memphis style lives on. Go to any high street furniture shop and there is evidence of the group's influence everywhere. Those aluminium dining room chairs with bright cushions and curved metal arms; that corner sofa, all arcs and soft edges; and almost every modern standing lamp.

So, if you want to brighten up your home with a look that is both playful and sophisticated, why not give Memphis style a go? After all, it was good enough for David Bowie, whose Memphis Group collection was auctioned off posthumously at Sotheby's for a whopping £1.4million. Not bad for something so 'bizarre'.



Photo credit: www.dezeen.com

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Lisa Cannings runs Abbey Antiques/The Abbey Group in Maldon Road, Romford with brother Lee.

Lisa said: 'My ancestors were cabinet makers from Alsace-Lorraine who moved to the UK at the outbreak of the First World War, where they changed their name from Herrman to Harman.'

Lisa's mum Anne Cannings says:

'I come from a long line of wood craftsmen - we've probably got sawdust in our veins! My great-grandfather, Arthur Charles Harman, was a traditional cabinet maker working in Hackney.'

Anne remembers the business's first Romford factory, opening in Moss Road, before it was lost in a devastating fire in 1979.

'Everything went up in smoke,' she said, 'but we worked at home, from barns, from workshops till we opened in Maldon Road.'



Former City worker Lisa has made the decision to shift the direction of the business from furniture making to restoration, concentrating on bringing well-loved but worn out pieces back to life.

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# CHUNKY KNITTING

## THE TREND THAT IS SWEEPING THE DIY WORLD

It's come to that time of year when staying indoors snuggled up in a blanket with a mug of hot chocolate sounds much more appealing than having to go to work in the cold weather. This is especially true if you have a chunky knitted blanket at home. The chunky knit trend has been huge in the DIY world recently and it's a lot easier to do than people may believe.

There are a couple of ways to create gorgeous big knits including using a basic arm knitting technique or giant circular needles. Whichever way you prefer, making chunky projects is the perfect challenge to set yourself this winter.

### KNITTED BAG

For when you need to leave the house, why not take a knitted bag? This can also be used to store all your knitting patterns and projects.

### SNOOD

Snoods are perfect for keeping warm on cold

winter days. They are also a simple first project for beginner chunky knitters. They are also great to make and give to your friends.

### BLANKET

A blanket is the perfect way to keep warm in your home. They can be made in any colour, shape or size to suit you and your room. They can be a great addition adding a splash of colour to a dull day.

### CHUNKY PUFF

Put your feet up in the evenings with a handmade puff. All you need to do is create the sphere shape, fill it, secure it and relax.

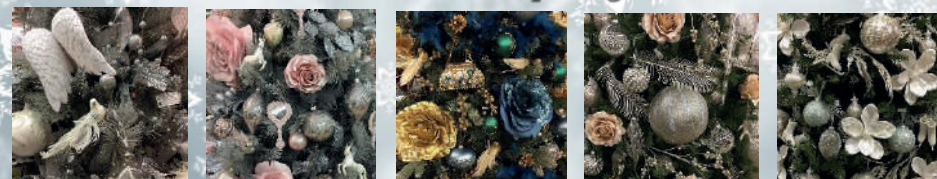
### FINGER-KNITTED WREATH

With the festive season upon us, why not create this finger-knitted wreath? Challenge yourself to learn a new way of knitting and show off your creation over Christmas.



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# 5 different ways to use...



...a tension rod

HOME & DIY

A tension rod, unsurprisingly, uses tension to stay in place – no screws, hooks or other fasteners of any kind are required. While they are usually used to hold curtains without causing material alterations to the wall, tension rods are highly adaptable and can be used for much more...

The beauty of tension rods is in their durability and versatility: because they are spring-loaded, they can be adjusted to fit any width or height. Rubber tips on either end help to keep the rod from slipping and also serve to protect your wall or trim from damage. Best of all, they're affordable and can be moved around the house as needed. Here are five interesting ways to get the best out of your tension rod...

1. Place one under the sink to create a rail across the cupboard from which cleaning supply sprays can be hung by their triggers. Not only does this mean you can still fill the bottom of the cupboard as you please, but all your sprays are kept in a neat line so you know which ones are nearing the end of their use.

2. A quick and affordable combination of a tension rod fitted in a window frame and some hanging baskets can create a lush spot for sun-loving greenery that's perfect for the thrifty home horticulturalist.

3. If your kitchen cupboards always seem cluttered, tension rods can be inserted vertically to create separate spaces in which to store your chopping boards, baking trays and even cookery books.

4. Tension rods can also come in handy for fashionistas. In a similar manner to storing cleaning sprays in the kitchen, a horizontal tension pole (or three) can be put into a wardrobe and used to hang high-heeled shoes from the gap between sole and heel.

5. For crafty customers who despair of keeping their materials neat and tidy, a fitted tension rod can provide a bar from which to hang rolls of ribbon, tape, wrapping paper and other useful items.

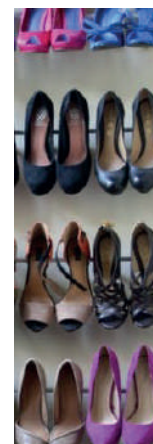


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TRANSFORM YOUR GARDEN INTO A WINTER

# Wanderland

As the festive season approaches, it's time to start thinking about decorating your home. This year, instead of just decorating the inside, think about the outside too. Passers-by will stare in delight at your winter wonderland as you celebrate the true spirit of Christmas.

## Decorate a tree

Who said Christmas trees are only for inside? If you want a traditional Christmas tree these can easily be bought in local stores, or transform the trees you already have in your garden. Cover them in LED string lights and add shatterproof giant baubles and giant bows.

You can also spray branches of trees in gold or silver to add some extra sparkle. Alternatively, spray some pine cones and hang them on trees around your garden.

## Christmas wreath

No front door is complete during the festive season without a wreath. You can make one of these yourself or they are easily available in

shops. If you have a colour theme, match the decorations on your wreath to the colours in your garden.

## Spruce up your fence

If you have a fence around your garden, bring some life to it by adding a Christmas garland and some lights. To add a splash of colour, add some giant bows just like on the tree.

## Add some lights

Christmas lights are a must to make your own winter wonderland. White icicle lights are simple yet stylish and eye-catching. They can be placed all around the outside of your house and will instantly light up your garden.

## Santa, stop here

Line your pathway with lanterns and light them up when the darkness sets in. You can use battery candles or ones you light with a match. When Christmas approaches, put out your 'Santa stop here' sign to ensure he doesn't miss you.



SEE NEXT MONTH'S ISSUE TO LEARN HOW TO MAKE YOUR OWN CHRISTMAS WREATH...



GARDENING





A SUMMER GARDEN IS MADE IN

# Winter

Whilst it may look as though everything in the garden is at rest, winter is the perfect time to begin making that summer garden you've had your eye on.

With gardening being one of the few forms of exercise you can take part in throughout all stages of your life, why stop when the winter weather comes creeping in? It's time to put the gardening gloves back on and make changes that you will benefit from all year round.

## MAINTENANCE

Grass does not grow in cold conditions, but following a mild start to winter, mowing the lawn is a good way to keep it at bay until spring. Be sure to mow when the grass is dry and soil has thawed out to avoid damage.

Removing any fallen branches and debris will save underlying plants and grass. Tender plants such as dahlias will benefit from a layer of mulch which helps to protect their roots from frost, while a potassium-rich fertiliser will give apple trees the nutrients they need to flourish.

## PLANTING

There is no need for your garden to be bare throughout winter. Evergreens provide colour all year round, and come in a variety of colours. Not only will evergreens bring a fresh appearance to your winter garden, they will also add colour throughout the year.

Winter is the perfect time to begin growing your own vegetables, as many thrive in cooler temperatures, including carrots, garlic and broccoli. Vegetables can concentrate their sugars in the cold, resulting in improved flavour.

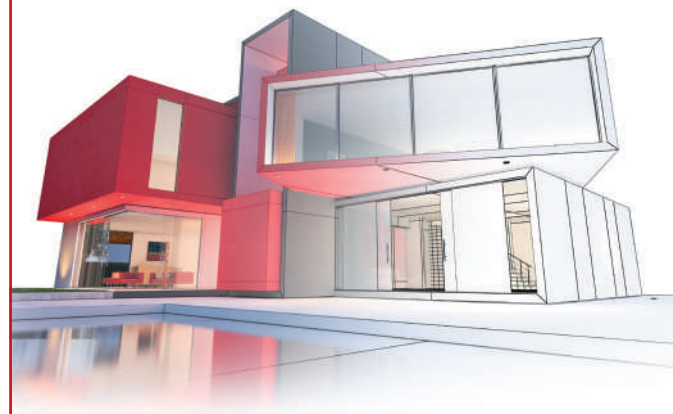
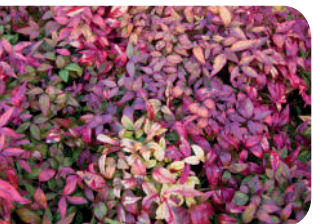
## WILDLIFE

As winter sets in and we all appreciate the warmth of our own homes, birds would love to do the same. Why not build a bird house to help combat the cold?

While planting evergreen trees and bushes is an easy way to provide shelter; brush piles, roost boxes and bird houses can be an inexpensive project, providing secure, comfortable protection from the elements.

## TOP TIPS:

- Putting a ball in any water source will allow airflow when it freezes over, keeping water oxygenated for pond life, and making a natural drinking fountain for birds when the ball is removed.
- A 2 to 3 inch layer of mulch is the most effective in winter.
- Elevating flower beds and adding a sloped edge aids drainage as rainfall increases.



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# JAMIE'S 'MEALS ON WHEELS'

From geezer to nutrition guru, Jamie Oliver has always loved a big adventure, and his latest one is the wildest of them all.

When 'the naked chef' was first dished up back in 1999, this new brand of TV cook was a revelation. A cheeky, charismatic chappy who reinvigorated the nation's passion for home cooking by making it accessible and affordable, his first cookbook became an instant bestseller, and 'pukka' was everyone's favourite culinary catchphrase.

Now, almost two decades later, Jamie Oliver's vim and vigour has diminished none. And while he has perhaps lost some of the charming naivety that made him so instantly likeable, the second helpings of experience and wisdom has set him on a lifelong path towards improving eating habits everywhere.

His mission started in earnest with Fifteen,

the Shoreditch restaurant where disadvantaged young people received the ultimate culinary leg-up. Then, in 2005, Oliver launched his first campaign to improve school lunches, a project that formed Channel 4 four-part documentary, *Jamie's School Dinners*. But while the assault on our loved ones' lunchboxes was arguably successful – with the British government pledging to address the issue in parliament – Oliver was left frustrated by the wider public's reluctance to change habits. "It seems that in many cases eating well is still viewed as an indulgence of the middle-classes," he said, "and I don't believe that should be the case... it baffles me; it makes me sad."

Undeterred, the 42-year-old has ploughed on, even earning a Masters degree in nutrition as a way of furthering his knowledge of the intricacies of food. And under the umbrella

of the Jamie Oliver Food Foundation, he has sparked another food revolution which calls on us all to provoke, debate and inspire real, meaningful, positive change in the way our children access, consume and understand food.

His latest cookbook, *5 Ingredients: Quick & Easy Food* – his 20th since *The Naked Chef* – focuses on delivering tasty, nutritious food without breaking the bank. And when it comes to feeding a brood, Oliver ought to know, as last year he and wife Jools welcomed their fifth child, a son called River Rocket, to join Poppy, 15, Daisy, 14, Petal, eight, and Buddy, seven.

With such responsibility on his recently slimmed-down shoulders, one might expect Oliver to have given up on some of his more freewheeling, laddish endeavours, but when he recently appeared in a video showing off his

new mobile kitchen Land Rover, it was evidence enough that the naked chef inside Oliver was alive and well.

The impressive off-road vehicle bundles a bevy of impressive kit, the like of which you wouldn't find in your average kitchen. In the minute-and-a-half long clip, we see Oliver spit-roast entire chickens on a front-mounted rotisserie, churn butter using a device hidden in one of the car's wheels, and produce baked beans from a slow cooker hidden under the hood. Best of all is the toaster built into the centre console; perfect for peckish passengers.

"I dreamt big and asked for a lot," Oliver admitted. And yes, it's fine to be inspired by the stylish chef – but while healthier school lunches were within our collective grasp, you can't but help wonder if this 'meals on wheels' creation is a journey too far.





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# LOCAL NEWS

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LOCAL NEWS



## Officers return from helping after Hurricane Irma

Seven officers from Essex Police have returned from the Caribbean having helped with the recovery following Hurricane Irma.

They were among 53 officers from 14 forces providing support after the hurricane.

The team, led by Superintendent Andy Mariner and made up of six officers from the Operational Support Group (OSG), flew out from RAF Brize Norton on Sunday, September 10.

They spent nearly three weeks supporting local forces in Anguilla, Tortola and Virgin Gorda, arriving back in the UK on Friday, September 29.

The team were split up and sent to different islands and carried out a range of tasks supporting the local forces.

They engaged with the local community, carried out patrols, helped maintain order and even helped some people repair their roofs.

Supt Andy Mariner said: "Our time out in the British Virgin Islands was incredibly tough, both physically and mentally.

"We'd seen the reports about Irma and the destruction it had caused on TV and in the newspapers but nothing quite prepares you for seeing it yourself.

"We met people who had literally lost everything.

"What was hugely gratifying is that we'd be walking down a street and people would beep their car horns or come up to us to say thank you and how reassured they were by us being there."

Assistant Chief Constable Pippa Mills said: "I am so proud of the team that went out to the Caribbean.

"Policing is all about helping people who are most in need and this situation is no different.

"A number of members of the team missed important family events including their children's birthdays to be there and I just think that highlights their dedication, and that of all our officers.

"They put the needs of others first and that attitude just highlights what is great about this force.

"They made a real difference out there and I think the reaction they had from local people emphasises that."





Photo credit: Essex Police

# Police take on firefighters in football match

More than £550 was raised for charity following a thrilling football match between Essex police officers and firefighters.

The 10th Silent Witness match at Canvey Island Football Club's ground in Park Lane saw Essex Fire and Rescue Service beat Essex Police 9-3.

Funds raised went to Changing Pathways, a domestic abuse charity working across the areas of Basildon, Brentwood, Castle Point, Rochford and Thurrock.

Castle Point Council Mayor, councillor Brian Wood, presented the Silent Witness trophy following the game before a raffle was held.

The event, which supports Domestic Violence Awareness Week, was first launched by local domestic abuse specialist officers, PC Caroline Cudby and PC

Nicola Pain, with partner agencies in 2008.

PC Pain said: "The match was a huge success and played in good spirits with plenty of goal mouth action.

"It was a great way to raise vital funds for Changing Pathways while raising awareness of domestic abuse ahead of Domestic Abuse Awareness Week next month. I encourage anyone needing help or advice to seek support.

"I would like to thank all the players, supporters and organisers involved for their commitment throughout this event, members of Canvey Island Football Club for their hospitality and Cllr Wood for supporting the event."

To donate, visit [www.justgiving.com/fundraising/policevsfirefootballmatch](http://www.justgiving.com/fundraising/policevsfirefootballmatch)

# Jobcentre closes its doors

A Jobcentre in Hornchurch has closed.

The Jobcentre Plus, in North Street, was first marked for closure in January as part of the Department for Work and Pensions (DWP) Jobcentre Plus estates proposals.

It closed its doors for the final time on October 20.

The plans were published to reform DWP Jobcentre Plus offices and benefit centres in light of 20 per cent of office space being under-used.

Damian Hinds, Minister for Employment, said: "We will always make sure that people have the support they need to get into and progress within work.

"The way the world works has changed rapidly in the last 20 years and the welfare state needs to keep pace. As more people access their benefits through the internet many of our buildings are under-used. We are concentrating our resources on what we know best helps people into work."

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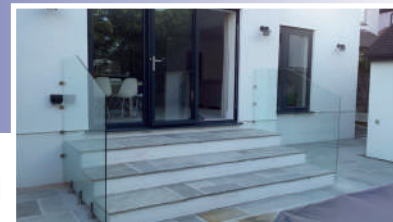
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## Nathan Cooper joins the 100 club



FC Hornchurch's Nathan Cooper has made his 100th appearance for the club.

He reached the milestone during the October 10 FA Trophy fixture vs Thamesmead Town.

Nathan signed from Romford in September 2015 and made his debut as a substitute against Barkingside.

His first start was the following week at home to Maldon & Tiptree and has been a key member of the squad ever since.

Nathan has found the net twice so far this season against Romford in the FA Cup and at Norwich United in the league.

## #Noplace2hide for drugs and gangs

Essex Police want there to be #noplace2hide for those involved in gang, drug-related and violent crime.

In the first six months of this year, nearly 300 suspected drug dealers and street gang members were arrested by Essex Police's Operation Raptor teams for offences including possession with intent to supply, being concerned in the supply of drugs, possessing a variety of offensive weapons, allowing a premises to be used for drug supply and a host of other offences.

During the same period, Operation Raptor teams have charged 130 people and put them before the courts and seized more than £100,000 of cash, believed to be the proceeds of their criminal activity.

Essex Police are now stepping up their action against those involved in gang crime and the illegal drugs trade even further with the launch of Operation Essex.

Teams from across the force will come together to specifically target those involved in drug supply in Essex as well as the associated violent offences which often go hand in hand with the illegal substance trade.

Chief Supt Paul Wells, Essex Police's lead for

Operation Raptor, said: "Operation Essex will see us putting even more resources from a number of our specialist teams on to the streets to target those involved in the most serious of crimes.

"We want those involved in drug and gang-related crime and associated violence to know that there will be no place for them to hide in Essex."

## New leisure centre to open to help keep residents fit

A new leisure centre will be opening in Hornchurch in December 2019.

The new centre will be built on the car park of the current sports centre which will allow the sports centre to remain open whilst the work takes place.

When completed, work to demolish the existing centre will begin which means an extra 100 spaces will become available.

The new Hornchurch Leisure Centre will include a 25m eight-lane pool, 20m x 15m learner and diving pool with an adjustable floor to change the depth of the water, 150 station health and fitness gym, four badminton court sports hall, two new studios which can be used for cardio activities, sauna, steam room, café and a new car park.

Councillor Melvin Wallace, cabinet member for culture and customer access, said: "We are committed to improving the health and wellbeing of our communities and we are delivering this by investing in sporting and leisure facilities across the borough. The modern facilities will make sure residents have the best service when attending the leisure centres.

"We are eagerly awaiting the opening of Hornchurch Leisure Centres and all the new facilities for everyone to enjoy.

"Sporting investment in Havering is an important aspect of the council's plans to ensure residents remain healthy and happy and I encourage all residents to make full use of these facilities when available."



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## Schools to hit the high notes with music experts



Schools in Hornchurch will soon be benefitting from a new partnership that will enhance the cultural teaching of music in the borough.

This partnership with the Office of Education and Cultural Attache, The Embassy of the Republic of Indonesia, London will see many local schools benefit from free workshop sessions.

Students will be provided with the opportunity to learn about Indonesian music and dance from highly experienced artists provided by the renowned Professor E Aminudin Aziz, as part of their outreach programmes, 'Gamelan Goes to Schools' and 'Community-based Gamelan'.

MyPlace youth centre and Suttons Primary School are both hosting the gamelan instruments.

Residents can also enjoy this programme at the Queen's Theatre in Hornchurch on Saturday, November 18.

Further projects are being co-developed over the next three years to introduce more Havering children to this exciting and rich culture.

## Sixth form college raises hundreds for Macmillan

Students and staff at Havering Sixth Form College joined the world's biggest coffee morning and raised almost £700 for Macmillan Cancer Support.

There were mouth-watering muffins and delicious Danishes on sale in the college's Quad along with cupcakes, crepes, hot dogs, doughnuts and drinks.

ICT students and tutors set up the stall and helped sell the sweet and savoury goodies, which had been home-baked or donated by staff.

Tutor Alan Benham put on a brave face yet again and had his head shaved for the fifth year running to raise more money for the charity.

He said: "It's all for a good cause, and it will grow back in time for me to have it all off again next year."

ICT tutor Maryam Afshar thanked everyone who

helped to organise the coffee morning in college and all who contributed to the fantastic amount raised by buying the food and drink on offer.

She said: "Staff and students gave some fantastic support to make this such a success. Everyone seemed to enjoy the food and drinks and many students generously sponsored Alan's head shave too."

## Hospital installs state-of-the-art technology

Cancer patients at Queen's Hospital will be able to benefit from a top-of-the-range radiotherapy machine.

The hospital is the first in the country to use the Varian Halcyon radiotherapy machine, which began treating patients on October 18.

The new technology will cut treatment times while still delivering state-of-the-art cancer care and is much more comfortable for patients.

Former patient Sara Turle, who was treated at Queen's Hospital when she was diagnosed with cancer seven years ago and is now a patient partner, was among the first to see the machine.

She said: "Being diagnosed with cancer is the worst possible stage in your life. What made all the difference for me was the wonderful, caring staff who looked after me at Queen's Hospital.

"You want to know you've got the best in your corner, so to have the staff, as well as this incredible machine, well, it's like gold dust. I had daily radiotherapy for five weeks, and you get a bit anxious, so it's comforting to see such a patient-friendly machine with additional safety features like fully-image guided radiotherapy, it's wonderful."

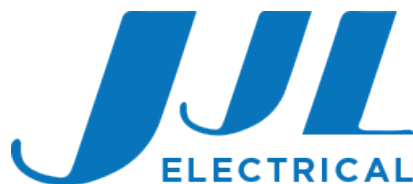
A second Varian Halcyon will be installed at the hospital in 2018. A further radiotherapy machine, a Varian True Beam, will be delivered to Queen's Hospital in February 2018.

The £1.7million cost has been covered thanks to a bid to NHS England's Radiotherapy Modernisation Fund.



Photo credit: Barking, Havering and Redbridge University Trust





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## Sixth form college opens new chemistry labs



Two new state-of-the-art science labs were  
officially opened at Havering Sixth Form College  
in Hornchurch.

The new chemistry labs were built after a successful  
bid to the Wolfson Foundation secured £100,000  
funding for the project.

The opening ceremony followed news that the  
college's A-level chemistry results this year were in  
the top 10 per cent in the UK.

Principal Paul Wakeling welcomed Paul  
Ramsbottom, CEO of Wolfson Foundation, to  
formally open the spacious labs with new prep  
room to meet science students as they carried out a  
practical experiment.

As part of the opening ceremony, student Shaye  
Wettner was presented with a trophy for achieving  
the highest mark in college in his AS-level chemistry  
exam in the summer.

Mr Wakeling said: "Wolfson do some fantastic  
work in sponsoring excellence in science and we are  
delighted that our bid for funding was granted. We  
are the largest provider of science in London and the  
refurbishment of these two labs and the prep room in  
between has ensured we are able to offer state-of-  
the-art, industry standard science labs along with our  
fantastic science teachers."

## Tri-borough policing pilot questioned

Following the Mayor's Office for Policing and  
Crime's (MOPAC) proposals to close public  
access points across the borough, councillor Roger  
Ramsey has questioned whether the borough  
should continue the tri-borough policing pilot.

MOPAC's proposal calls for the closure of both  
Hornchurch and Rainham police stations along  
with seven Safe Neighbourhood bases, where  
members of the public can contact the Police's  
Safer Neighbourhood teams face-to-face.

Last week, councillor Roger Ramsey raised

his objections with the Deputy Mayor for  
Policing, Sophie Linden. Councillor Ramsey  
emphasised the dismay throughout the local  
community, as closing both stations will  
leave residents feeling unsafe.

Cllr Ramsey said: "These proposals call  
into question whether we should continue  
with the tri-borough scheme. We have had  
issues with police response times, which I've  
raised with the borough commander, and  
now we are faced with the closure of public  
police access points – it's all becoming very  
alarming."

"We are part of the tri-borough scheme  
to test the new model of neighbourhood  
policing which brought extra dedicated ward officers  
to the borough but these new proposals seem to be  
going back on the original objectives of the scheme."

"I understand that there are cuts being made to the  
service, but I believe this is a short-sighted decision  
that will have adverse long-term consequences on  
our local community."

"Together we need to keep our community safe."

## New space for children in care and care leavers



Children in care and care leavers in Hornchurch  
now have more support after Havering Council  
launched The Cocoon, a support hub for children in  
care and care leavers.

The space will enable young people to develop  
key life skills in a safe environment, have access to  
training, receive additional education support, learn  
how to cook and receive support with housing and  
health.

Councillor Robert Benham, cabinet member for  
children and learning, said: "The concept of The  
Cocoon is unique. The council-funded space was  
developed in partnership with children in care and  
care leavers, liaising with them throughout."

"Care leaver Rebecca Jordan, 20, named the  
space and created the branding, while young people  
designed the layout and led on planning decisions  
at every step."

"The council has tasked itself with improving the  
lives of care leavers."



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# Charity shop threatened with closure makes plea for volunteers

A charity shop in Hornchurch is appealing to **VISION** Hornchurch readers for more volunteers.

The Richard House shop in Hornchurch is one of the hospice's busiest charity shops. However, recently the shop has had to close for part of the day due to lack of volunteer staff.

Louise Hamilton who looks after the shops for the charity said: "Having to close for part of the day so existing staff can have a lunch break, for example, means we take less money and are able to support fewer local families who may need the specialist care that Richard House offers. That is heart breaking for all of us. Volunteering only takes a few hours a week and if just five people who read this article come forward to help, that would make such a difference."

Volunteers play a key role in the life of Richard House.

Local man Phil Woodbridge who previously worked in IT for HSBC for 30 years and has

volunteered at the Hornchurch shop for the past four years said: "For anyone who hasn't volunteered before, I would say try it. It is so rewarding and you get real pleasure out of knowing you are doing something useful and giving back to your local community."

He continued: "I love meeting the people who come in as well as great folks who work here too."

To find out more about volunteering in any Richard House shop, just pop into your local shop for an informal chat with the manager or visit [www.richardhouse.org.uk/join-our-team/volunteer](http://www.richardhouse.org.uk/join-our-team/volunteer)



## Thousands raised for hospice

Hornchurch and District Allotment and Gardening Society raised thousands of pounds over the summer for charity.

They raised £3,000 by selling organic produce and the money raised was donated to Saint Francis Hospice.

The hospice is an independent charity and one of the largest adult hospices in the UK.

The team of specialist consultants, doctors,

nurses and a range of other health and social care professionals provide care and support to individuals with a life-limiting illness, as well as their carers and family members, completely free of charge.

Posting on Twitter, the hospice wrote: "Hornchurch & District Allotment & Gardening Society raised £3,000 this summer by selling organic produce - we think that's veggie amazing."

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[www.havenshospices.org.uk/santarun](http://www.havenshospices.org.uk/santarun)

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## PUZZLES & TRIVIA



PUZZLES

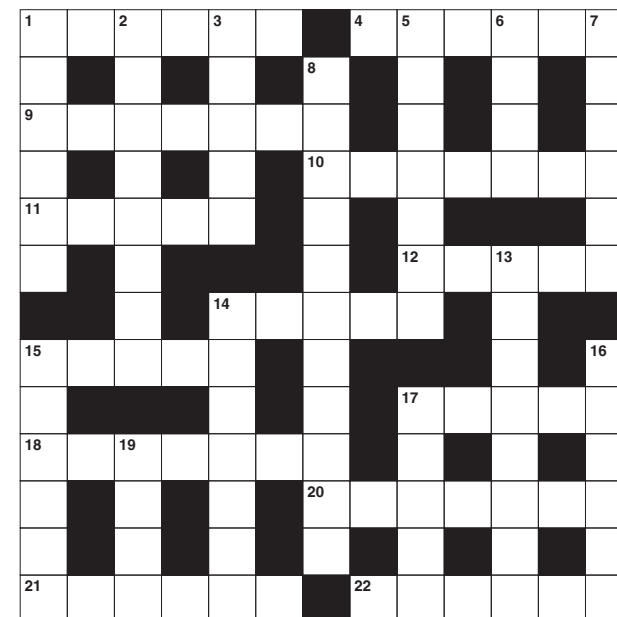
Answers can be found on the Contents Page 4

### ACROSS

1. Covered in flowers (6)
4. Remain (anag) (6)
9. Eg use a towel after showering (3-4)
10. Salt lake in the Jordan valley (4,3)
11. Lucid (5)
12. City in Bolivia (2,3)
14. Unsuitable (5)
15. Device that splits light (5)
17. Destroy (3,2)
18. \_\_\_\_ Day: Shrove Tuesday (7)
20. Open-meshed material (7)
21. A husband or wife (6)
22. Stick to a surface (6)

### DOWN

1. Continent (6)
2. Opera texts (8)
3. Smell (5)
5. Attack (7)
6. Pubs (4)
7. Not real or genuine (6)
8. Unconcerned (11)
13. Type of employment (4-4)
14. Diacritical marks (7)



15. Small songbirds (6)
17. Quoted (5)
16. Climax or culmination (6)
19. Emperor of Rome 54-68 (4)

### DID YOU KNOW

- ▶ At birth, Dalmatians are always pure white - their black spots come later.
- ▶ Fish and insects do not have eye lids – their eyes are protected by a hardened lens.
- ▶ If you lift a kangaroo's tail off the ground it can't hop – they use their tails for balance.
- ▶ At a rate of eight to 10 beats per minute, the blue whale's heartbeat can be heard from over two miles away.
- ▶ Horses have 16 muscles in each ear, allowing them to rotate their ears 180 degrees.
- ▶ The only animals to undergo menopause are elephants, humpback whales and human females.

### SUDOKU

			4		9			
6		8	1					
	1			2		9		
1		3				5	4	
				9				
	5	9				2		3
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## 70 years of wedded bliss

The Queen and Prince Philip will reach a new milestone in their remarkable lives this month with their 70th wedding anniversary.

Her Majesty, 91 and the Duke of Edinburgh, 96, are the first British royal couple to reach a platinum celebration.

They said "I do" on November 20, 1947 in front of 2,000 guests as they married at Westminster Abbey in a service that was broadcast live to 200 million radio listeners.

The wedding came at an austere time for Britain, just two years after the end of the Second World War.

In the grim post-war era, the Queen famously saved ration tokens to buy the material for her Norman Hartnell dress and she did her own make-up on the big day.

The couple's love story began when the Queen was 13.

The distant cousins had been at the same gatherings on a number of occasions, but had their first publicised and pivotal meeting at the

Royal Naval College in Dartmouth, Devon, in July that year when King George VI and Queen Elizabeth visited with their two daughters.

Dashing, blond-haired, athletic Philip caught Lilibet's eye as he entertained her by jumping over tennis nets.

The then Princess Elizabeth fell head over heels in love, and remained devoted to Philip, writing him letters throughout her teens. Her father, King George V, agreed to the couple's marriage in 1946 but requested that they wait to get officially engaged until she had turned 21.

In April 1947, Philip proposed to Elizabeth as they walked together in the grounds of Balmoral. He presented his bride with a square cut diamond and platinum ring, which was created using stones from one of his mother's tiaras.

But the official announcement of the engagement came on July 10, 1947 as Princess Elizabeth and Lieutenant Philip Mountbatten, as they were then, were pictured arm in arm at Buckingham Palace.



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## Making sense of BREAD

**W**holewheat, wholegrain, rye, gluten-free – the world of bread is becoming a confusing place indeed. Here's the lowdown on which breads are which, and what you should be feeding your family.

**WHITE BREAD** offers a soft slice with less flavour to compete with fillings. It doesn't have the fibre of wholegrain, but it's a good source of protein and carbs. It's fortified with thiamin, iodine and folic acid too. But the additives that make the dough rise rapidly also make the glycaemic index (GI) go up, so the energy you get from white bread won't last.

**WHOLEMEAL BREAD** has a similar nutritional value to wholegrain bread. However, most packaged wholemeal is made by recombining white flour with the bran and wheatgerm removed during milling. This creates a longer-lasting flour, but doesn't provide the same nutritional balance. Wholemeal bread has more fibre, vitamins and minerals than white, plus it's fortified with iodine and folic acid.

**WHOLEGRAIN BREAD** has grains (and often seeds) added to wholemeal flour for extra nutritional value. Wholegrain breads (including rye and sourdough varieties) have up to four times the fibre of white breads, making them one of the healthiest options.

**RYE BREAD** has a heavier texture than other breads due to the lower gluten content. Light rye, made from rye and wheat flours, comes in half way between white and wholemeal for health, but wholegrain rye, with added grains, comes top for its fibre and vitamin content. People with coeliac disease, however, must avoid all rye bread.

**SOURDOUGH** rises for up to 18 hours, giving it more flavour and a lower GI. Vitamins, minerals and fibre levels vary depending on the flour, but one thing's for sure: wholegrain sourdough wins across the board for nutritional value.





# Anyone for CRICKET?

Ground-up crickets might sound like something you eat for a dare, but the reality is that products made with cricket flour are quickly gaining popularity and could be the eventual solution to global hunger. But if you're on the squeamish side, you may be wondering why on earth we would want to eat insects.

For starters, crickets are super-nutritious and have an incredibly high protein-to-weight ratio. They are 69 per cent protein by dry weight while chicken breast (31 per cent) and sirloin steak (29 per cent) are significantly lower. This makes them 20 times more efficient as a source of protein than cattle, while also providing 80 times less methane – good news for global warming! They are also uniquely sustainable as they require a fraction of land, water and feed to livestock.

If the thought of eating bugs has you squirming

like a mealworm, the good news is that manufacturers have strived to make them taste delicious. If you didn't know better, you might mistake one for an ordinary protein bar. London-based company Eat Grub offers bars in two flavours: Coconut and Cacao, and Cranberry and Orange, and for those seeking an alternative beer snack, it even sells salt and vinegar roasted crickets. The firm also offers a cook book and a range of unseasoned, freeze-dried critters so you can whip up buffalo worm macaroni cheese at home.

The downside of these creepy crawly treats is that they don't come cheap – a taster pack of four bars from Eat Grub will set you back six quid – but it is hoped that as our perceptions towards eating insects in the UK change, they will become a dietary staple. So altogether now, 'I don't like cricket. I love it...'



Photo credit [www.eatgrub.co.uk](http://www.eatgrub.co.uk)

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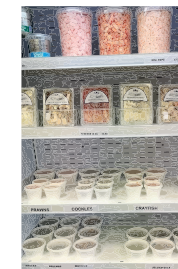
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KIDS

# Christmas crafts

Christmas is the perfect time of year to get the children involved in doing crafts. With the cold weather and dark nights setting in, it can be difficult to keep the children occupied, but these Christmas craft ideas are sure to do the trick.



### Pine cones

When walking to school or out on winter walks, why not look around for some pine cones? They are so easy to paint and decorate and look great as winter decorations. They can be put into a bowl, placed in a display or just hung on the Christmas tree with a piece of string.



### Reindeer flower pots

These reindeer flower pots are perfect for gifts, as well as using yourself. All you need is a flower pot, red pom-pom for the nose, goggle eyes, brown felt, brown pipe cleaners and anything else you want to decorate with. Simply stick on the eyes, nose and pipe cleaners. Cut the ears out of the felt and stick on. You can then decorate the reindeer as you like.

### Snowmen paper chains

Paper chains are great for putting up around the house and are so easy to make. Children can decorate them any way they like. Fold a piece of plain paper in half, then in half again. Unfold and refold on the folds to create a concertina accordion fold. Draw your snowman design lightly onto the paper. Carefully cut out the design making sure there's still a bit of paper at each edge to hold the chain together – this is usually done using the hands of the snowmen. Unfold and design.







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# Festive FINANCE

## HOW TO NOT MAX OUT OVER THE HOLIDAYS

The worst thing about Black Friday is that it inevitably leads to Blue Monday. That dreaded day of the new year where you've already given up on your diet, it feels like forever since you were last paid and you're acutely aware of both your overdraft and credit card bill. But while mince pie binges and payday impatience are inevitable, debt isn't, and with a bit of planning you could have your most financially-sound Christmas yet.

The first rule of a frugal festive period is to start planning early. Scout out the good deals as shops just start ramping up their festive promotions and are eager for a promising early sales boost, particularly on non-perishable items like alcohol, wrapping paper and gifts. Set a budget for presents and purchase everything as early as possible to avoid the Christmas Eve panic-shop. If you're feeling crafty,

you could even gift homemade items like jam and cookies.

It's obvious to say you should only spend what you have saved, but this isn't always possible. So, if you must borrow, then at least find a credit card that has a good rate, and perhaps even a cashback offer, rather than signing up impulsively to a high-interest store card. You should also do everything in your power to stop 'post-Christmas party' 1am spending - £100 on a novelty jumper is not a smart investment.

Lastly, remember the point of Christmas is not just about drinking too much mulled wine, show-off gifts and looking cute in your Christmas Day onesie. Although these things are important, it's primarily about spending time with those you love and who love you...honestly.





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TECHNOLOGY

## CARDLESS CASH

Gone are the days when you were required to carry wads of notes on your person at all times – and now even debit cards are falling by the wayside in favour of new mobile technology. In future, being caught in a bind without cash or card won't be a problem – if you've still got your phone to hand, your cash reserves can be replenished in no time.

Life doesn't wait for you to prepare yourself before it throws a curveball, and being stranded someplace without any money is a thought to send shivers down the spines of even the most resourceful of people. But while in days gone by it was necessary to have at least a debit card to access funds at an ATM, more and more banks are giving customers the tools to get cash out with the sole help of a simple code sent straight to their mobile phone.

The service, named GetCash, allows users to take out up to £130 per day. Customers can use their banking app to request a six-digit pin number which is then sent to their phone and can be entered into the cash machine in order for the money to be released.

The pin codes issued are valid for three hours and added security is provided by the fact that customers can only make use of their GetCash app twice a day to deter fraudsters looking to drain your cash quickly.

In an era where phones can double up as debit cards, and pin numbers are becoming a thing of the past, will the advent of GetCash prompt a rise in people leaving home without liquid cash, safe in the knowledge that they'll be able to access their funds come rain or shine? It just might... although remember to keep your mobile phone charged.



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# Good Little *RUNNER*

Forget the Ferrari and let go of your Lamborghini dream – sometimes you just need a nice little motor that can clock the miles without causing a car crash in your wallet. And when it comes to affordable automobiles in the UK, you can't go wrong with any of these new and bank account-friendly vehicles.

The **VAUXHALL VIVA** places the same emphasis on value for money as its predecessors. With every model costing less than £10,500, you get important features like modern safety systems and an economical engine with even the cheapest model, yet not superficial things like alloy wheels.



Even if the **KIA PICANTO** isn't the cheapest model on the list – air-con, Bluetooth and an upgraded engine will all add to the bill – it does have some advantages over its contemporaries: alongside being cheap to run, it has space for four adults and decent boot room left over, making it the ideal city car.



If you can manage without air-con, electric windows and other niceties, a **HYUNDAI i10** could be yours for less than £9,000, and for that amount of cash

you'd be securing a five-door, five-seater vehicle that's perfectly sized for the city dweller.



The cheapest car on this list, the entry-level **DACIA SANDERO ACCESS** costs a shade less than £6,000, but it's by no means skimping. Bigger than a Ford Fiesta, but costing less than a Ford Ka+, the Sandero may not be extravagantly equipped – with even a stereo reserved for the options list – but it does offer robust construction and modern engines with decent fuel economy and impressive reliability.



The **DACIA DUSTER**, meanwhile, comes in at less than half the price of similar-sized SUVs. There are precious few luxuries on board – you won't find air-conditioning or a DAB radio – but with up-to-date safety and security features the Duster may well be the best-rounded and most affordable car currently on Britain's lots.



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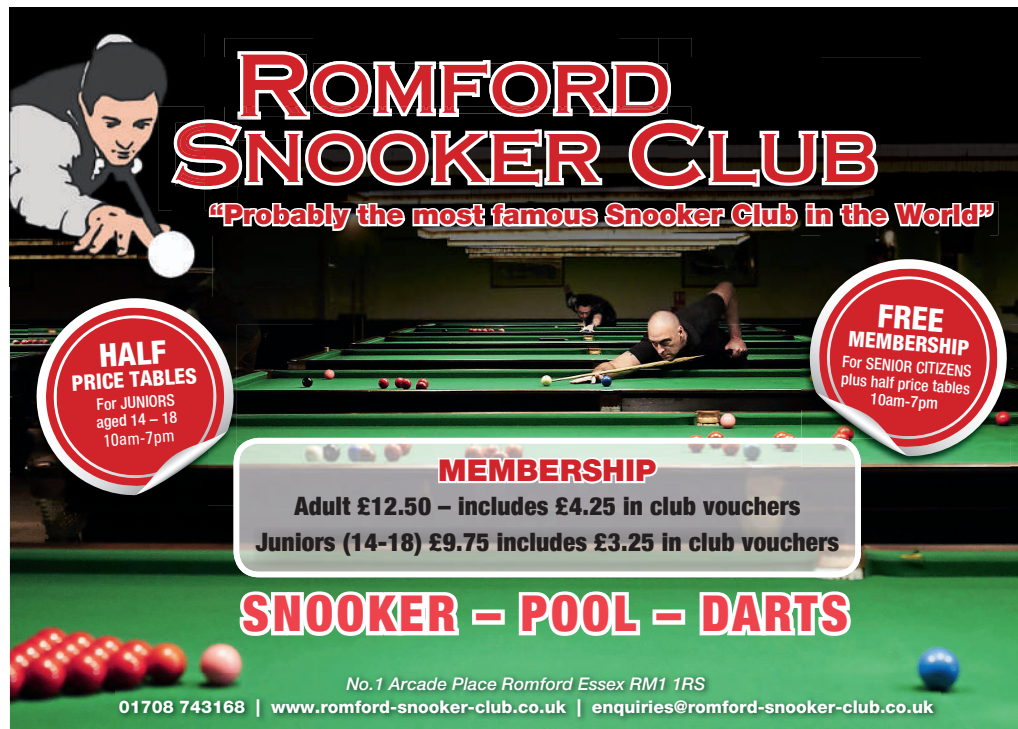


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**VISION**

## ROAD TO RUSSIA: ACCESS GRANTED

World Cup qualifying has been secured, and as a nation, we have never been less excited. **VISION** looks at the teams England will be battling with for global glory.

After another untroubled qualifying campaign, England secured their berth at next year's World Cup in Russia, yet uninspiring performances mean the Three Lions' chances of emerging as top dogs in July 2018 matches every bit the 25/1 odds most bookies are offering.

Of course, we have many to raise our game, but just as Rome wasn't built in a day, nor will Moscow be conquered in a month of the world's biggest sports tournament; that is, unless drastic improvements can be made in all areas of the England team.

And manager Gareth Southgate's formation headaches will be made all the worse when he looks at the sides we might face. Consider World champions Germany, Euros winners Portugal, the might of Spain, the technical wizardry of France. Mull over Belgium's golden generation, and while Brazil and Argentina had very different qualifying campaigns, both will be there and both always perform on the biggest stage.

Of the others – England included – who consider themselves in with an outside chance, Colombia, Poland, Mexico, Nigeria and Uruguay can give anyone a good game, and let's not talk about Iceland... let's just not do that.

At the time of going to print, the play-offs and remaining African fixtures left the fortune of some sides still in the laps of the football Gods, and divine intervention is certainly something England will be hoping for if next year is to blow the full-time whistle on more than five decades of hurt.

**QUALIFIED:** Russia (as hosts), Belgium, Germany, England, Spain, Poland, Serbia, Iceland, France, Portugal, Brazil, Uruguay, Argentina, Colombia, Mexico, Costa Rica, Panama, Iran, Japan, South Korea, Saudi Arabia, Nigeria and Egypt.

**PLAY-OFFS:** Switzerland, Italy, Croatia, Denmark, Northern Ireland, Sweden, Republic of Ireland, Greece, Peru, Honduras, Australia and New Zealand (with three African groups yet to be decided).



SPORT

Photo credit: Gettyimages



# WHAT'S ON

*in your area*

**Maylands Golf Fireworks Show**  
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November 5, 3pm



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Tickets in advance are £7 adults, £3.50 children (two-12 years), available from Eventbrite.

Tickets on the door are £8 adults, £4 children (two-12 years).

**Pottery Painting Evening**  
6 North Street, Hornchurch, RM11 1QX  
November 10, 7pm - 9pm



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**Princess Breakfast**  
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**Rock 'n' Roll Legends from Paradise**  
21A Eastern Rd, Romford, Essex, RM1 3NH  
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ROCK 'N' ROLL PARADISE has been touring the country's top theatres for the last eight years – now the 'legends' from the show are putting on exclusive shows in some of the UK's specially chosen, highly rated but smaller capacity venues in order to ensure that rock 'n' roll is truly available to all.

**Beauty and the Beast**  
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Come and join in the fun as your favourite fairytale comes to life in a magical, fun-packed panto for the whole family.

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