

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

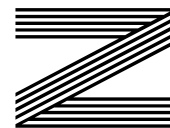
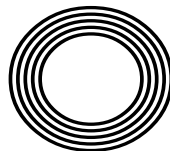
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LORRAINE KELLY
*Celebrating 35 years on
the interview sofa*

Lord
ALAN SUGAR

From market trader to business magnate



FREE

Photo credit: ITV/Shutterstock

What makes a good Block Management Agent?



Tim Scott
Managing Director
Scott & Stapleton

With over 30 years' experience in the industry I have asked this question many times. I have bought, sold and managed a large amount of property and time and time again, I ask the question, 'What makes a good block management agent?'

The communal aspect of any development is usually the collective responsibility amongst a group of homeowners and is often overlooked or passed to another individual to control. Frequently I've heard residents complaining about the state of the gardens, the mess of the bin store and flaking paint in the corridors.

Though keenly aware of the problem, it is likely they have little knowledge of where to find the solution. It never fails to surprise me that homeowners cannot answer the fundamentals surrounding the upkeep of their home and something that greatly impacts on the day-to-day comfort of their living space.

On a number of occasions, I have asked, 'Who manages your development?' 'Are there funds in your account to decorate?' 'Who is responsible for cleaning?' The response is as predictable as it is repetitive, 'No idea, it's not my problem, so and so looks after that and it's not my responsibility'. As a homeowner all aspects of a development should be our responsibility - looking after our properties is not just about re-designing the interior, but it's also about looking after our communal areas - the gardens, the décor, the foyer, even down to the bin store - these are an integral part of our homes, greeting us before we reach our very own front door. This is why at Scott & Stapleton we believe it is key to ensure there is an effective arrangement in place to deal with matters that many leaseholders see as less important or 'someone else's problem'.

An appropriate contract to manage onsite gardening, the frequency with which communal areas are cleaned, building insurance and an adequate maintenance programme are essential to ensuring the block remains in good structural and cosmetic condition. Health and safety, fire risk assessments, risks of Legionella, asbestos, trip hazards, communal electrical safety, emergency light testing, annual dry riser maintenance and smoke vent testing are all elements not to be sniffed at - they are integral to our safety. A Laissez faire attitude can result not only in personal injury, but strict accounting responsibilities for service charges and major works, if not adhered to, can deem a charge uncollectable.

Traditionally the myriad of responsibilities can fall to one elected resident or panel of people to retain control. A successful relationship can be a residential management company who will correspond with a managing agent, alternatively a group of directors may have been appointed as 'the voice' of your development and will interact directly with the managing agent. An agent can approve budgets and make informed decisions on areas for improvement, while advising on the best use of funds prior to the end of the service year. It is essential that decisions reflect the development as a whole, with home-owners input and concerns being of paramount importance.

A poorly managed block, not only creates a worn façade, but carries huge financial impact, ultimately devaluing the property itself. Scott & Stapleton recently acquired a block, previously managed by an agent who had failed to adhere to basic requirements. Inconsistencies materialised around quality of services, appropriate costing and service charge allocation, which resulted in a resident reimbursement of fees in excess of £50,000.

If done correctly, a managing agent can maintain the value of your property, while at the same time alleviating stresses and maintaining standards.

As an owner of several leasehold properties myself, I have an avid investment and interest in block management and understand the importance of having an experienced block agent. As the industry changes and evolves, we are becoming more involved with the management of our homes. We understand the impact our homes have on our quality of life - looking after them is imperative and not just behind closed doors.

In the last three years we have worked to perfect a block management service and the feedback is absolute confirmation that this is an area that has been lacking for far too long. As attitudes change, my faith is restored that the industry also, is changing for the better.

With years of experience, our research and knowledge has developed into a management service that works, focusing on transparency, communication, affordability and a package that benefits you, the leaseholders, to make the management of your block an enjoyable and rewarding experience.

At Scott & Stapleton, our ethos is simple; to manage your home the way we would manage our own.

Remember, you have a voice and are an essential part of your development. Speak out, find out and make a difference.

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— BLOCK MANAGEMENT —



November 2019

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Editor's notes...



Nik Allen, Editor

Hello and welcome to the first edition of **VISION** Leigh-on-Sea, the new voice of your town. It is a real pleasure to have Leigh-on-Sea as part of the **VISION** family that, in Essex alone, already features seven other local titles.

Our promise is a simple one – to deliver to the people of Leigh-on-Sea a magazine that showcases the very best local news, events, community issues and lifestyle content. All this landing free on your doormat, every month.

VISION has built itself on a passion for being hyperlocal and 100 per cent relevant.

Across our many existing titles, we know readers want to connect with each other; they want to know about the good, the bad, and yes, sometimes even the ugly; they want to shop nearby and use local tradesmen connected with this great community, whether that's having coffee at an independent barista or finding a local group where they can meet people and learn new skills. You'll find this and much more in **VISION**.

Most importantly, this is your town and your magazine; so if you have a local news story, an event that needs publicising or just want to get something off your chest, please get in touch and let's begin the conversation.

Thanks for reading and I hope you enjoy the first **VISION** Leigh-on-Sea. Until next month take care of yourselves and each other.

Nik

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Rise AND Shine



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

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

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

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

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

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

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

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

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

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

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

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

THE TALENT

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

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

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

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

fact Twist and Pulse are still together.

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

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

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



Photo credit: Syco/Thames

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Go wild WITH WHITE

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

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

MARVELLOUS MARBLE

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

ECLECTIC ELEGANCE

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

RETRO SPLASHES

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

individualism, excellence and no small amount of bravery.

THE APPLIANCE OF COLOUR SCIENCE

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

WHITE ON ITS WAY?

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

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

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DAVID COLLINS

and a design legacy that continues to evolve

HOME & DIY

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

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

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

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

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

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

diagnosed three weeks previously.

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

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

Photo credit: Terence Donovan and www.davidcollins.studio



HOME & DIY

JEWEL of the aisle

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

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

PERFECT PURPLE



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

ROYAL RUBY



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

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

SUMPTUOUS SAPPHIRE



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

ELEGANT EMERALD



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



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Mother set to pay lasting tribute to her inspirational son

The mother of a teenager from Leigh-on-Sea who died recently after a long battle against leukaemia is determined to keep her son's memory alive.

Charlie Reed was just 16 when he passed away and his mum Shelley Legge is planning to honour him through taking up one of his hobbies.

Shelley said Charlie had a special bond with his stepfather Dan and his brother Teddy. A talented drummer, he continued playing throughout his diagnosis. Shelley has now begun music lessons herself in the hope to one day be almost as good as Charlie was.

Shelley said: "He'd written a few songs about bullying and his diagnosis. We want to try and get them put to music and get them out there for everyone to hear."

A year before Charlie died, a huge swab drive to try and find a bone marrow match for him was organised by the Gold Geese charity and saw more than 500 people give swabs. So many were inspired by Charlie's story that 4,000 applications to join of the

donor register came from the town.

Shelley said: "People were inspired by his story and he was a real hero. He could have potentially saved another 4,000 lives."

Charlie's funeral at Southend Crematorium on October 7 was attended by more than 250 people.

Shelley said: "I thought they were guests from a previous service but it turned out that they were there for Charlie. We couldn't squeeze everyone in, so speakers were broadcasting the service to those who had to stand outside."

Shelley will now be focussing on raising awareness about drug misuse among people Charlie's age.

She said: "He was on such a huge amount of drugs to keep him alive and he had no choice but other young people don't think about the damage they are doing to themselves."

She will also be helping other families with children affected by cancer and wants to raise awareness of the symptoms in the hope that children are diagnosed sooner.



Adventurous lads go back to where it started

Eight "adventure-hungry" lads from Leigh-on-Sea who made history by becoming the first people to drive a London double-decker bus around the world, finally completed their journey after 52 years.

The proclaimed 'Essex Bus Boys', Ron Sverdlhoff, Albert Pidgeon, Tony Reina, Rob Carter, Ken Wilkinson, Derek Jones and Ron 'Twiggy' Still were keen to explore the world.

Being all single at the time and not tied down to anything, Ron S. bought the second-hand 1949 Bristol 5KG ONO 59 bus for £145 from a scrap dealer.

The group had to convert the bus into a mobile home in preparation to take them more than 120,000 miles. They left the Elms Pub in January 1967 for France.

Moving on through six continents and 30 countries certainly wasn't plain sailing. They had to navigate

through the desert plains in Australia, got stuck under a bridge in Baghdad, were shot at in Iran and slipped off a road in Yugoslavia.

Along the way they picked up media fame on their travels, and even got sponsorship deals. Qantas got involved and painted a Union Jack logo across the bus and sponsored the side – even a TV commercial was made to promote their journey.

Ron said: "How that bus survived I don't know. It was a miracle, but British-built."

The group of friends returned to Dover in August 1969 and drove the bus to Hullbridge in Essex to rot. A bus dealer recognised it and helped restore it.

As the journey was never finished, 52 years on, five of the team reunited to take the bus back to the Elms Pub in Leigh-on-Sea to complete the journey.

Zero-waste supermarket proving popular

The first zero-waste supermarket in Essex is continuing to make an impact on the community as it approaches its one-year anniversary.

The Refill Room, Leigh-on-Sea, was opened by Gemma and Alan Deeney in December last year aiming to reduce plastic waste in the area and eradicating the health risks that come with food packaged in plastic.

Gemma said: "My husband's a diver, so he saw the impact pollution was having to the ocean first-hand. When we realised how few options there are for organic and non-plastic using food in the area, we did some research and decided to open The Refill Room."

The supermarket is now providing customers with a plethora of eco-friendly goods – it's become Essex's hub for zero-waste products.

Gemma added: "The community's support has actually been unbelievable. We just want to keep bringing wellness to the community."

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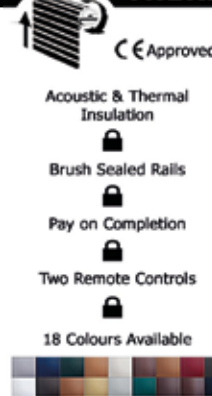
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Pupils support NSPCC campaign



Pupils at a Leigh-on-Sea school learned a valuable lesson about abuse and neglect while raising funds for charity.

The NSPCC has been touring schools as part of its Speak Out Stay Safe campaign which aims to empower children, with Our Lady of Lourdes Catholic Primary School, in Leigh-on-Sea, the latest to benefit.

Following the visit, pupils took part in a danceathon to help the child protection charity reach even more children with its safeguarding message.

More than £1,300 was raised with the money going back into the NSPCC's Speak Out campaign.

The scheme, which relies on volunteers, reached more than 52,000 children in Essex in the last academic year.

Headteacher Sally Nutman, said: "We are delighted that the NSPCC workshops and assemblies in school have provided our pupils with high quality information and I have had parental feedback about how this clear message has made a real difference to their children.

"We have also enjoyed dancing to raise money for the NSPCC, all the activities have been fun, informative and helpful for us and hopefully others."

Kiren Chima, NSPCC schools organiser for Essex, said: "It's fantastic when a school is so supportive, not only of the vital messages we deliver, but in helping us deliver those to more schools.

"To hear the pupils take the information on board is heartening and its really rewarding for volunteers to know that their work could change a child's life."

Hundreds of cannabis plants seized after drug bust

Essex Police's war on drugs has continued after hundreds of cannabis plants were recovered in Leigh-on-Sea.

The discovery came after a search was carried out early on October 7 as part of the force's Operation Raptor. It followed a similar raid on September 20 in the town.

Essex Police set up Operation Raptor teams in the north, south and west of the county to tackle those involved in drug and gang-related crime.

The significant drug bust led to Essex Police asking for more help from members of the public.

An Essex Police spokesperson said: "A total of 320 plants were recovered, meaning a considerable amount of drugs will not reach the streets of Leigh-on-Sea.

"Please keep providing us information; you are our eyes and ears. You may not see a reaction straight away, but your information leads to warrants such as this."

If you have information about drug or gang-related crime in your community contact Essex Police on 101 or Crimestoppers anonymously on 0800 555 111.

Matt's marvellous picture brings Leigh into focus

At VISION Leigh-on-Sea, we love to hear from our readers. So if you have a story, picture, letter or anything else you want us to consider for publication, get in touch.

To get us started, Matt Chapman sent us this glorious photo taken around Belton Way, near Leigh-on-Sea train station, which he captured recently.

Matt, a keen amateur photographer, had a few tips for anyone else keen to catch some stunning shots.

He said: "I would say to take a good picture, you firstly need a camera and the best camera is the one you have in your hand. Also a little patience. This photo was taken just after the sun went down. It meant hanging around a little longer but that's when the colour really starts to intensify and get interesting."

Do you have a picture you want to share? Email editorial@visionmag.co.uk



Photo credit: Matt Chapman

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SIR DAVID AMESS MP

Member of Parliament for Southend West



LOCAL NEWS

There is more to politics than Brexit. Whilst Parliament, our community and the country is deeply divided along the leave/remain schism, I know that there is a whole range of issues on which people can work collaboratively to address.

In the recent Queen's Speech, the government announced the Environment Bill, which will address everything from air quality to habitat restoration. There are many ministers who have campaigned for improved animal welfare standards and a lasting legacy of Theresa May's premiership is her government's commitment to achieve net zero carbon emissions by 2050. In Parliament, I will continue to support any measure that protects our environment and improves animal welfare standards, but there is also a significant amount of good work being done locally.

Earlier this year I visited The Refill Room in Leigh-on-

Sea. The zero-waste shop has remarkable owners who are working tirelessly to end the scourge of single use plastic – since visiting the shop, I have made conscious decisions to try and avoid plastic waste and I hope that as more residents use The Refill Room, there will be a need for more plastic-free stores in our community. I was also honoured to open the Eco-Fair which took place at Leigh Road Baptist Church recently. The innovation and creativity on display was truly astounding and it was encouraging to see people reusing and recycling items which just a few years ago we would have thrown.

I am glad that progress is being made to address climate change and related issues; as a Member of Parliament I will always support any local or national initiative which further advances this important cause.

Kinder Egg helps crack investigation

A drug dealer who racially abused a police officer has been jailed for six years after being arrested in Leigh-on-Sea.

Jay Tuppein was jailed on October 3 after his DNA was found on a plastic Kinder Egg capsule containing wraps of a Class A drug which had been seized in Southend in March.

Through a separate investigation, text messages were found between a phone linked to Tuppein and someone else which revolved around the sale of Class A drugs.

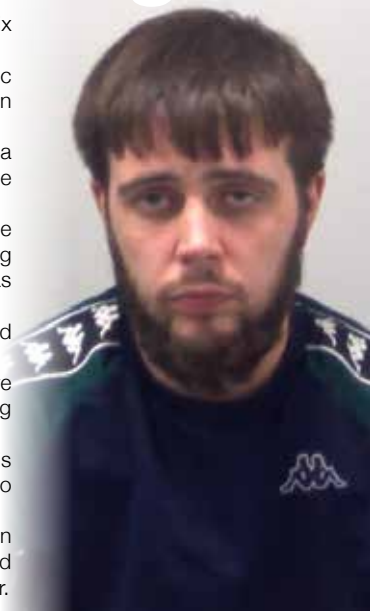
When officers went to arrest Tuppein at an address in Leigh-on-Sea, he jumped out of a converted loft, then tried escaping through neighbouring gardens before attempting to hide behind a parked vehicle, where he was arrested.

Officers found two mobile phones under the car he'd hidden behind and found messages on one of them relating to the sale of Class A drugs.

Further mobile phones were found inside the address in Ronald Hill Grove which were linked back to Tuppein and also had messages on them relating to the sale of Class A drugs.

Tuppein, 29, was taken to hospital for a leg injury sustained during his attempt to evade arrest. While in hospital he racially abused officers on two different occasions – in one instance for a period of four hours.

In August, he appeared in court to face charges of being concerned in the supply of crack cocaine and heroin, two counts of racially aggravated harassment, and two counts of assault by beating of an emergency worker.





Leigh-on-Sea TOWN COUNCIL

Leigh Lights returns to ring in the Christmas season and the elves at the Town Council have been busy getting all the entertainment together for Friday, November 29.

The festivities will begin at 5pm and the town will be lit up as visitors arrive.

Our popular Yuletide Parade, supported by Stibbards & Sons, features joyful fundraisers who will keep crowds entertained — departing from Kings Road at 6.30pm and travelling along Leigh Road, Broadway, and finishing in Broadway West. Last year, the Yuletide Parade featured 32 entrants, raising a massive £1876.62 for 11 different charities.

A new feature for 2019 includes a camper stage set up on Elm Road as a performance area. You will still be able to listen to your favourite choirs around the town as usual, but this staging area will showcase smaller groups and soloists. Various other festivities will line the streets including tasty food and treats and street entertainment.

A free parade programme will be available from Leigh Community Centre and other shops around the town which includes a map of the festivities, timetable and special offers from participating traders to add to

the night's enjoyment.

For children's pre-event fun, stop by Leigh Community Centre from 4pm to 6pm where there will be a whole host of activities including performances, crafts and stalls. Thanks to Leigh Round Table you can have your picture taken on Santa's sleigh and they will also be selling reasonably priced glowsticks. This is the perfect opportunity for younger children to enjoy the event, whilst avoiding the crowds and cold weather outside

If you are a vehicle owner, then the advice is to stay clear of the area from 5pm as the Broadway and Broadway West will be closed. Parking restrictions will be in place from 4.30pm around town (3.30pm in Elm Road) and there will be no traffic movement in Leigh Road and roads leading onto it from 6.15pm. Please visit www.leighonseatowncouncil.gov.uk/ for full details.

The town council has appealed to traders around the town to sponsor a lighting column to help reduce the cost of the Christmas Lights on the Town's precept. We hope that many businesses will support this initiative and wish to thank in advance every business in the town that donates to the event.

Arsonist jailed for more than six years



A woman from Leigh-on-Sea has been jailed for conspiracy to commit arson after police responded to reports that a cloth covered in a flammable liquid was put through a front door.

Maria Khan received six years and four months at Basildon Crown Court on September 27 after admitting conspiracy to commit arson with intent. She has been given an indefinite restraining order to help further protect the occupants.

On September 7, 2018, a woman was about to go out and was sitting in her hallway when she heard noises coming from outside her front door in Woodcutters Avenue, in Leigh-on-Sea, at around 9.25pm. Intruders were then disturbed and a cloth covered in white spirit was left at the scene.

Following further enquiries, Essex Police arrested Khan at around 11.10pm. She was charged and remanded in custody.

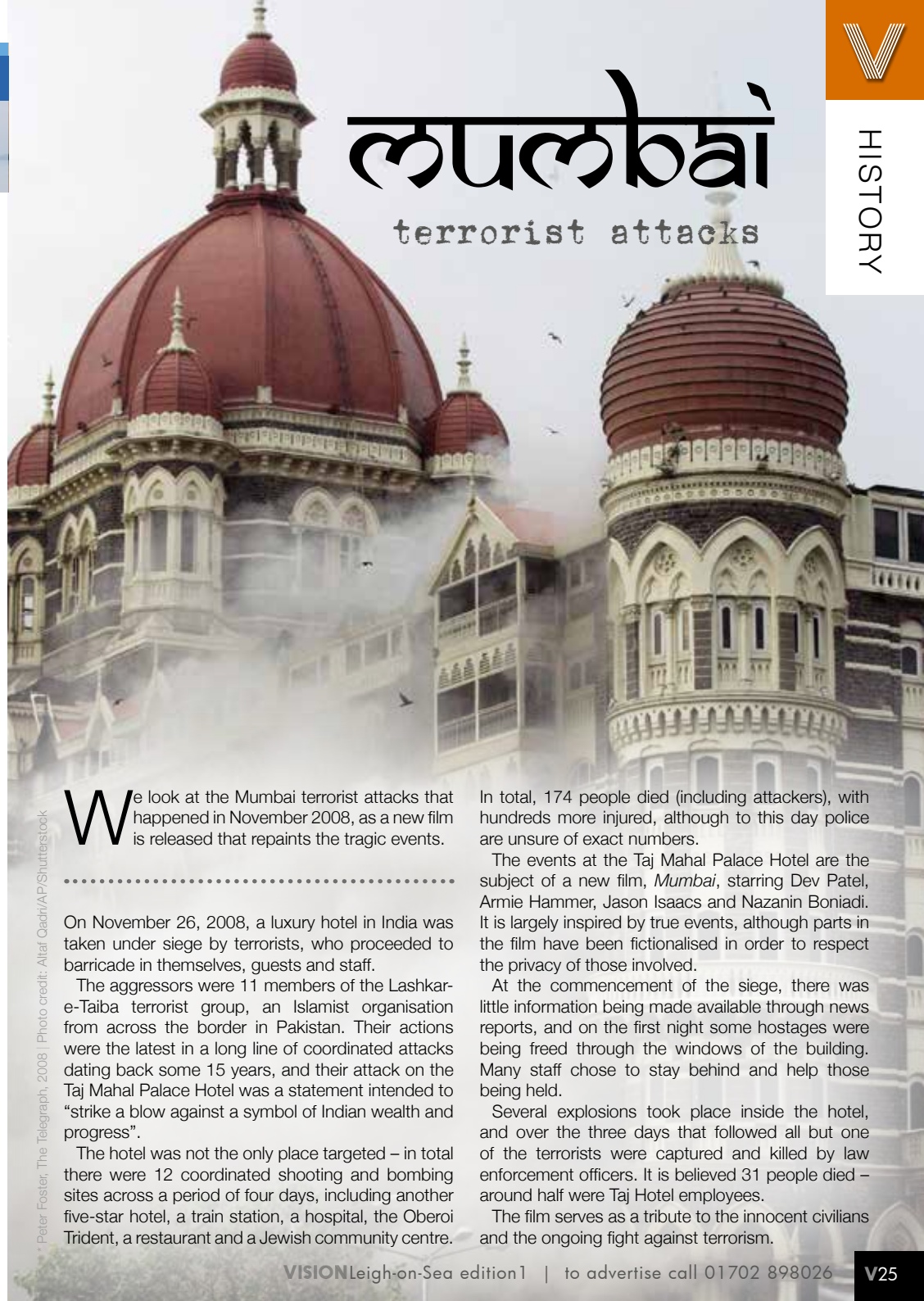
Detective sergeant Anna Gifford, from Essex Police, said: "Khan knew one of the occupants within the property and we believe she had planned to either cause damage to the property or harm the individuals inside."

Richard La Rochelle, 36, of Shannon Close, Leigh-on-Sea, was found not guilty of the same charge by a jury.



लपलेबां

terrorist attacks



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

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

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

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

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

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

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

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

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

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



Photo credit: S Meddle/TV/Shutterstock

Good Lord

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

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

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

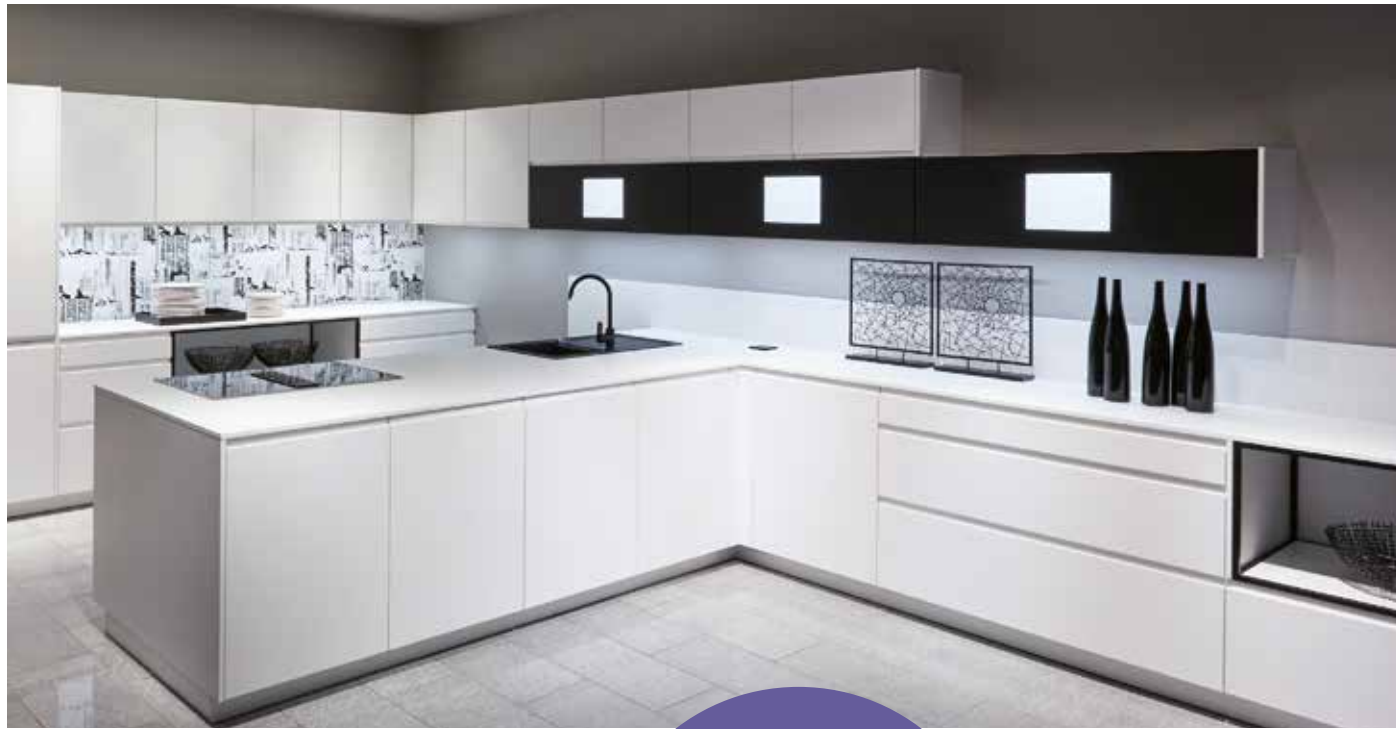
Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show... so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

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

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

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

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



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WINTER JOBS in the Garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months.

But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

remove

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

prune

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

move and protect

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

feed

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



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Men's health – worried about your prostate?

Thursday 7th November 2019

From 6.30pm with Mr Ramchandran Ravi, Consultant Urological Surgeon.

Weight loss surgery

Thursday 7th November 2019

At 6.30pm with Mr Sanjay Agrawal, Consultant General Surgeon.

Ageing aches and pains

Thursday 14th November 2019

At 6.30pm with Dr Matthias Toth, Consultant General Physician.

Varicose veins

Thursday 21st November 2019

At 6.45pm with Mr Sabu Jacob, Consultant Vascular Surgeon.

Cosmetic surgery

Thursday 28th November 2019

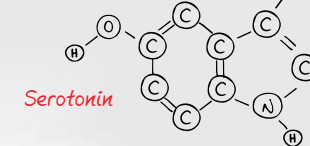
From 6.30pm with Mr Venkat Ramakrishnan, Consultant Plastic Surgeon.

 1:1 mini advice session

 Presentation

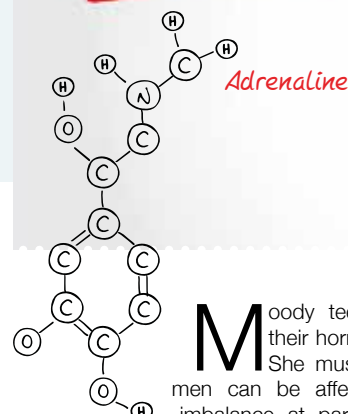
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KNOW YOUR

HORMONES



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

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

The key hormones and their functions:

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

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

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

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

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

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

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

PROGESTERONE: This hormone helps the

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

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

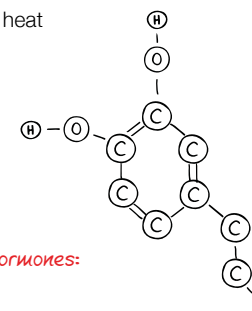
Symptoms associated with a hormonal imbalance:

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

Natural ways to balance your hormones:

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

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





SKINCARE

INGREDIENTS

laid bare

BEAUTY

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

RETINOL

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

VITAMIN C

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

SALICYLIC ACID

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

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

COLLAGEN

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

JOJOBA OIL

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

HYALURONIC ACID

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



Microdermabrasion

made crystal clear

BEAUTY



We all want our skin to look smoother, brighter and, of course, more youthful, so it's no surprise that medical professionals are constantly developing new treatments to keep up with demand.

And with our current aversion to surgical procedures, microdermabrasion has never been more popular.

What is microdermabrasion?

Microdermabrasion is a non-surgical, minimally invasive cosmetic procedure that uses crystals and a vacuum to remove dead skin cells; it can be used on the face, neck, chest, back and hands. You should notice an improvement in the elasticity, texture and appearance of your skin after only a few sessions.

What types of skin can benefit from this procedure?

This procedure is particularly effective for those suffering with the following skin complaints:

- Wrinkles and/or fine lines;
- Age spots, brown spots or hyperpigmentation;
- Blackheads;
- Acne scars;
- Stretch marks;
- Sun-damaged skin;
- A dull, tired-looking complexion.

Is it safe?

Microdermabrasion is a low-risk, painless procedure that does not use needles or an anaesthetic. The treatment should only be carried out by a licensed dermatologist, plastic surgeon or registered nurse.

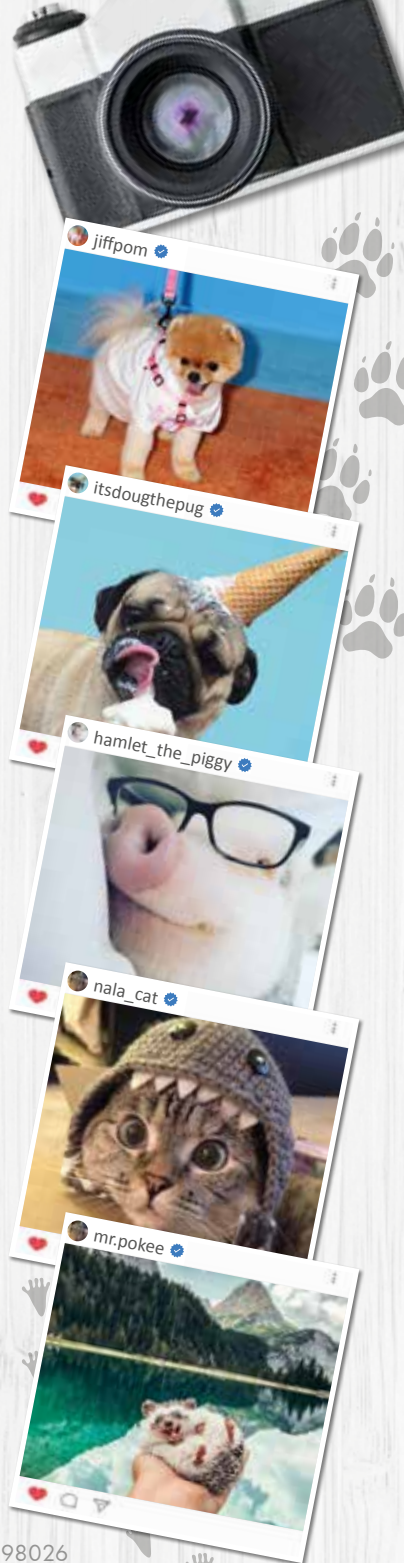
How much does it cost?

This is dependent on what type of specialist you book with, but on average this procedure will cost between £40 and £100 for one session. You can have this procedure as frequently as every week to kick-start the desired cosmetic effect, with most switching to monthly maintenance after three to four sessions.

Does it take long to recover from the treatment?

Your skin will be pink and feel dry and tight after the procedure, a bit like a moderate case of sunburn. However, these effects will only last for around 24 hours and can be greatly improved by regular moisturising. It is advised to not wear make-up until the skin has completely healed.

ANIMAL LOVERS look this way...



1. Jiffpom: 9.2 million followers

Jiffpom the Pomeranian has developed a somewhat cult following owing to his unbelievable cuteness and almost toy-like appearance. In nearly every post Jiffpom is in some sort of adorable outfit or sweet setup. Follow if you want the ahh factor.

2. Doug the Pug: 3.8 million followers

Pugs are undeniably fashionable at the moment. We just can't seem to get enough of their squished-up faces and tiny little bodies. Doug the Pug has everything that you could possibly want from a Pug Insta page. He loves to dress up and imitate celebrities and, of course, he loves his food.

3. Hamlet the Piggie: 394k followers

Hamlet lives in Nashville and enjoys the finer things in life, from the latest fashions to cool convertibles. He loves to dress up, especially for the holidays, and can often be seen trying to sneak food.

4. Nala Cat: 4.2 million followers

This eight-year-old Siamese-Tabby mix is known for her wide eyes and mischievous nature. Originally a rescue cat, Nala loves posing for the camera and lots of cuddles. Less gimmicky than some other pet Instagrammers, Nala lets her unique personality shine through.

5. Mr. Pokee the Hedgehog: 1.5 million followers

Sadly Mr. Pokee himself died in March of this year, but his memory and joie de vivre lives on through his Instagram account where his owner continues to share photos of his hilarious and heart-warming exploits. You can also enjoy the adventures of their new hedgehog Herbee.

Photo credit: Kathy Hutchins/Shutterstock.com, Facebook, boredpanda.com

LOGO 95%



Top travel blogs for advice



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

Two Travel Monkeys

Best for those who dream big

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



Global Grasshopper

Best for overall travel advice

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



You Could Travel

Best for adventurous couples

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



Budget Traveller

Best for those wanting more bang for their buck

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





THAT'S A CAP!

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

The Newsboy Cap

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

The Irish Flat Cap

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

The Baker Boy Cap

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

The Driving Cap

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

The Big Apple Cap, aka The Gatsby

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

The Shelby

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



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How to NIP NAIL BITING in the bud

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

Why do children bite their nails?

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

Is it bad for your child to do this?

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

How can you help your child to break this habit?

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

when watching TV?

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

What not to do

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



Let's be having you

DYNAMIC DELIA CHALKS UP 50 YEARS OF FOOD



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

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

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

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

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

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

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

Photo credit: ANL/Shutterstock



PUZZLES & TRIVIA

PUZZLES

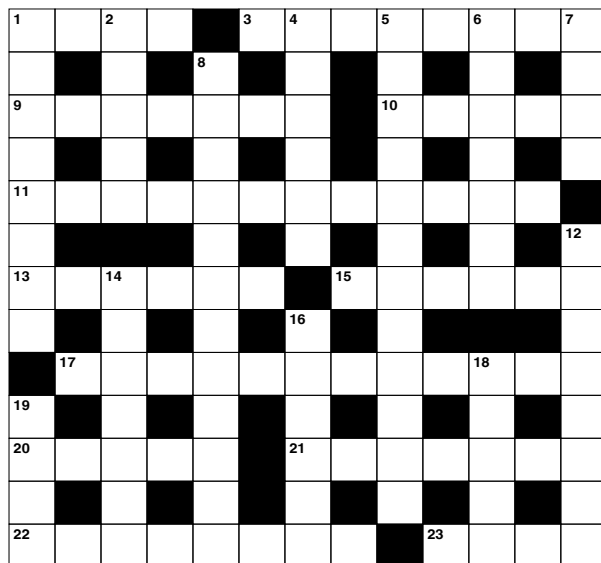
Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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



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

DID YOU KNOW?

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

SUDOKU

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

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Never TOO LATE



SIX REASONS WHY CHANGING CAREER IN LATER LIFE COULD BE YOUR BEST MOVE YET

ACCESS

With the advent of the internet, it is easier than ever to explore, research and train for new avenues of employment. Access means opportunity, and the only thing holding you back from digging out a new path is your own ambition.

EMPLOYMENT TYPE

In 2019, more people work for themselves than ever before, thus presenting us with a more versatile way to earn money. It even means we can “dip our toes”, so to speak, working evenings or weekends with the aim of building up work before making that big leap.

NEW INDUSTRIES AT HOME...

The reshaping of British industry over the past few decades means some jobs today simply didn't exist when we were setting out on the road of employment. As a nation, the service sector and technology cohabit perfectly with craft and manufacturing, and with new thinking come new opportunities.

...AND ABROAD

In addition, such is our connectivity through computers that the pursuit of new opportunities needn't find us restricted to the confines of the UK. Later life sometimes brings the desire for whole new challenges, so cast your net far and you never know what radical change you might draw in.

EXPERIENCE

They say with age comes experience, and never is that truer than in today's job market. In the past, the older generation used to fear the young upstarts fresh out of school or university, but that's changing. A generation of YouTubers and influencers hasn't particularly helped the reputations of 'millennials', with older, more experienced operators gleaming a newfound respect amongst employers.

TIME

The older we are, the freer we are of the things that held us back – childcare, in particular. When kids become more independent or fly the nest completely, the landscape becomes the most inviting it has been for perhaps two decades, and this is the time to strike.



Water DISASTER

THE BEST TIPS FOR SAVING A WATER-DAMAGED PHONE

We've all been there – you're sat having your morning cereal... checking messages, browsing social media or looking something up online, when out of nowhere a tidal wave comes cascading over you. You were helpless to prevent your phone becoming soaked through, and this categorically didn't actually happen because you knocked it in the washing-up bowl.

Whatever the careless reasons for having a water-soaked phone, acting quickly can save you:

✓ ONE: POWER OFF

If the phone has switched itself off, leave it off; if it's still on, kill the power. Don't attempt to plug it into the mains as we are in full recovery mode.

✓ TWO: REMOVE

Remove the microSD and SIM cards from the phone to prevent further damage to them.

✓ THREE: POSITION

Position the phone upright so any remaining water

can drain from it. Don't shake, bang or blow into any of the open slots. While it seems plausible that physical action can get water out, you're more likely to be sending it further into the delicate areas of the phone.

✓ FOUR: HIGH AND DRY

Avoid the temptation to take a hairdryer to your phone. While heat may seem a good solution for the removal of water, it's more likely you'll end up frying your components. Instead, dry the phone gently with a paper towel or a cloth.

✓ FIVE: ABSORB

Pack rice around the phone inside an airtight container or zip-lock bag. Place phone in an airing cupboard or somewhere humid but not hot, and leave for 24 hours.

Fingers crossed, when turning your phone back on it should be back to full working order, but be sure to check touchscreen functionality, microphone, speakers and charging potential in particular.



The most

HATED REF IN ENGLAND?

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

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

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

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

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

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

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

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

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

Photo credit: Michael Zemanek/BPI/Shutterstock



USED

BANG-UP JOBS

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

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

TEST RUN

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

INSPECTION

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

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

a smell of mildew.

SELLER HISTORY

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

RETURN

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

ONLINE RESEARCH

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

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

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WHAT'S ON

WHAT'S ON

in your area

The Return of the Seven Woods Walk
Belfairs Woodland Centre, Eastwood
Road North, Leigh-on-Sea, SS9 4LR
November 10, 9.30am – 1pm



Explore the whole Belfairs and Daws Heath Living Landscape in the company of Woodland Ranger, Tristan. This will be a five-and-a-half-mile walk.

No experience necessary. Please dress appropriately for outdoors.

£7 per person. Bring your binoculars.

These walks fill very quickly, so call 01702 477467 to book your spot.

Over 60s Social Club
Leigh Community Centre, 71-73 Elm Road,
Leigh-on-Sea, SS9 1SP
November 13, 10am – 12pm

This month's session will be Autumn Arts and Crafts with the Art Ministry.

Hot drinks, biscuits and a selection of board games will also be available for those who would just like to have a quiet chat.

Sessions cost just £2 for unlimited refreshments and all activities.

Everyone is welcome to attend. Booking is not required.

For more information, contact 01702 716288.

Leigh Farmers Market
Leigh Community Centre, 71-73 Elm Road,
Leigh-on-Sea, SS9 1SP
November 15, 9am – 1pm

Leigh Farmers Market is one of the longest running markets in the Essex area, and prides itself on delivering local produce to residents.

There will be a range of stalls selling all different types of homegrown produce.

Stall holders must have grown or made the goods

themselves, and all traders come from within a 30-mile radius.

Entrance is free.

LRBC Christmas Fayre Fantastic
Leigh Road Baptist Church, Marguerite Drive,
Leigh-on-Sea, SS9 1NN
November 16, 10am - 3pm

There will be gifts, eco and vintage, crafters and makers, Christmas cards, toys, cakes and cafe, books, games and of course Father Christmas in the Children's Zone.

This event is free to attend.

There is a £5 entry fee to the Children's Zone to meet Father Christmas and receive a present. There will also be crafts and activities.

Leigh Lights 2019
Around Leigh-on-Sea
November 29, 4pm - 8pm

The Yuletide Parade sets off from Kings Road at 6.30pm, travelling along Leigh Road, Broadway and finishing in Broadway West around 7.30pm.

There are various street performers, stalls and staging areas around the town to enjoy too.

Leigh shops are encouraged to get involved and organise their own entertainment as well, with pre-parade fun at Leigh Community Centre from 4pm.

This event is free to attend. For more information and updates, visit www.leighonseatowncouncil.gov.uk/events/217/Leigh-Lights-2019



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