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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh-on-Sea. It's fair to say we've all undergone a significant process of self-reflection over the past few months - we've probably altered our views a little

on ourselves and those around us - hopefully, overall, for the better.

Personally, during lockdown, I found it was a great time to hit the reset button and look at what I loved about my life and what I was grateful for, but also what I would like to change. Some of us fell back in love with fitness during lockdown, albeit running or our daily walks, some watched nostalgic TV and films from our childhood or younger years, others connected with hobbies or interests we may have let life get in the way of doing more frequently, such as drawing, writing or some other skill.

Human beings are reflective, sentimental, sometimes even soppy creatures; but through all the challenges we face - and we have confronted many this year - our true purpose, for our friends, family, for society and, mostly, for ourselves, is to keep looking forward, keep building, keep growing. That's how life works.

By all means, gaze over that postcard from a wet week in Brighton in 1998 - good, happy, probably simpler times. But remember, truly respecting the past means focusing on building your future, and right now that's something we all need to do.

Until next month, take care of yourself and each other.

*Nik*

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# THE KINGS of the castle

Celebrating 30 years together, Ant and Dec remain at the top table of British entertainment... which may come in handy for this year's *I'm A Celebrity... Get Me Out Of Here*.

From spotty lads in Ellesse jumpers, baggy jeans and Fila trainers skulking their way round the streets of Newcastle, Ant and Dec's rise to becoming the modern-day majesties of light entertainment has been unparalleled.

Now, 30 years after Anthony McPartlin and Declan Donnelly first met on the set of kids' BBC drama *Byker Grove* – a series based around a tatty youth club and the life events of its members – the duo are celebrating the three-decade milestone by swapping the Australian jungle for a couple of weeks bolted up in a haunted castle.

The coronavirus outbreak has made even the most basic travel arrangements complicated, and as for transporting a film crew and a selection of celebrities halfway around the world... forget it. So rather than give up entirely on a television experience that is one of the keystones of ITV's autumn output, the show's producers have kept things much closer to home, with Gwrych Castle in Wales providing the base for what will be a unique spin on the *I'm A Celebrity... Get Me Out Of Here* format.

With an experience that will be less bugs and more bumps in the night, the 200-year-old Conwy residence has a chequered history, one that its presenters are certain to work to their advantage in their own inimitable style.

The ghost of Countess of the Dundonald is said to prowl the castle ruins, with reports detailing the outline of an angry woman dressed in white. And during the Second World War, the castle housed 200 Jewish refugee children who had made it to Wales having fled the Nazis.

The much anticipated Bushtucker Trials will find themselves transformed this year, with the as yet unrevealed celebrities undertaking ghastly gothic, mind-bendingly medieval and ruggedly ruined challenges.

For Gwrych Castle, which has regularly been threatened with closure and was saved by the campaigning efforts of a 12-year-old boy back in 1997 when he wrote to then-Prime Minister Tony Blair, it is an incredible rebirth, and one that is hoped will protect its future.

As for what is to come for Britain's favourite presenting duo, anything is possible. Ant and Dec have ridden the waves of success for so long, the spotlight has become second nature. That means when controversy does arrive – notably the playing out of Ant's personal troubles over the past couple of years – the duo have stuck together in much the same way as they did when PJ and Duncan first buddied up way back in 1990.

"I think it's clear now we are going to be side by side until the day we die, like it or not," Declan commented recently. "People look at the shows and the awards, but what we have is friendship, respect and an affection that only comes between two best mates. We both feel very lucky."





# HORROR-scope

IF YOU'RE A SCORPIO, BAD NEWS COULD BE ON THE WAY, WITH A 13TH SIGN OF THE ZODIAC COMING INTO PLAY.

**N**ASA's apparent 'discovery' of a 13th star sign has created furore in the astrology world... if you'll excuse the pun. From way back, 3,000 years ago, when the Babylonians created the zodiac chart, we have always recognised 12 star signs or constellations, representing the 12 months of the calendar.

In recent times – aided by the Twitterati wind-up merchants – a 13th sign has come to the fore: Ophiuchus, the serpent-bearer. Recognising this, with a proposed window of between November 29 and December 17, has meant true Scorpios now have a timeframe of just seven days, beginning on November 23.

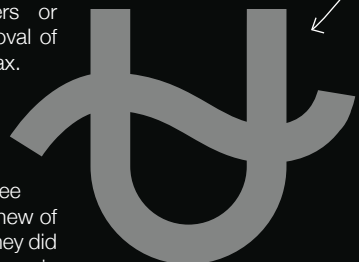
Worse news is to follow, with the revelation that because constellations have shifted so much in the time since the Ancient Greeks first threw together a chart of the skies, the dates of all the other star signs have changed too, as follows:

- CAPRICORN:** January 20 – February 16
- AQUARIUS:** February 16 – March 11
- PISCES:** March 11 – April 18
- ARIES:** April 18 – May 13
- TAURUS:** May 13 – June 21
- GEMINI:** June 21 – July 20
- CANCER:** July 20 – August 10
- LEO:** August 10 – September 16

- VIRGO:** September 16 – October 30
- LIBRA:** October 30 – November 23
- SCORPIO:** November 23 – November 29
- OPHIUCHUS:** November 29 – December 17
- SAGITTARIUS:** December 17 – January 20

Yet before you rip up your posters or begin laser removal of that tattoo, relax. NASA's 'new discovery' is anything but – even Ancient Greeks from three millennia back knew of Ophiuchus, as they did another eight stars in the sky that could legitimately have been included on the zodiac. Simply, some appear much less prominently in the sky, so only the largest 12 were chosen.

And the shifting of dates? Well, astrology is a very personal thing, and whether we follow a star sign of what we once were or what we are now, it makes little difference – we are all invested in this existence, and no matter what star sign we are, none of us is getting out of here alive!



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# Love YOUR LAMP SHADES

If lockdown has unleashed your inner craft fiend, you won't be able to wait to get stuck into the following ideas for transforming any uninspiring and unimaginative lampshades you have lying around the house. Be prepared to be amazed.

### FABULOUS FABRIC

One of the simplest ways to change a lampshade so that it matches the rest of a room's décor is by covering it with fabric. All you need to do is purchase enough fabric in your chosen colour or pattern or, if you are feeling particularly thrifty, you can use a selection of different scrap fabrics that you already have, and then glue it around your shade using an adhesive spray.



### WONDROUS WALLPAPER

If you have recently decorated one of the rooms in your home or added a feature wall and you have some wallpaper left over, instead of throwing it away, why not use it to upcycle a lampshade? In the same way that you can attach fabric, simply use adhesive spray or craft glue to stick the wallpaper around your shade.

### STUNNING STENCILS

For those who are feeling a bit more ambitious, you can transform a dull lampshade into a thing of beauty using just a stencil and a little paint. Simply purchase a stencil design from your local craft shop or make your own using plastic or vinyl and gently dab on your choice of paint.

### GORGEOUS GOLDEN LEAF

Looking for a decadent design? By applying gold leaf, either in a particular pattern using painter's tape or all over, you can create a luxurious and expensive-looking lampshade at a fraction of the cost.

**NB:** Make sure you let all of the above designs dry fully before reattaching your shade to the lamp.



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# SHRED IT or FILE IT?

*Documents: what to keep and what to shred*

While moving so much of our lives online means the amount of paper we have to deal with is perhaps not as great as it once was, it's still very easy to get swamped by documents, forms, booklets and more.

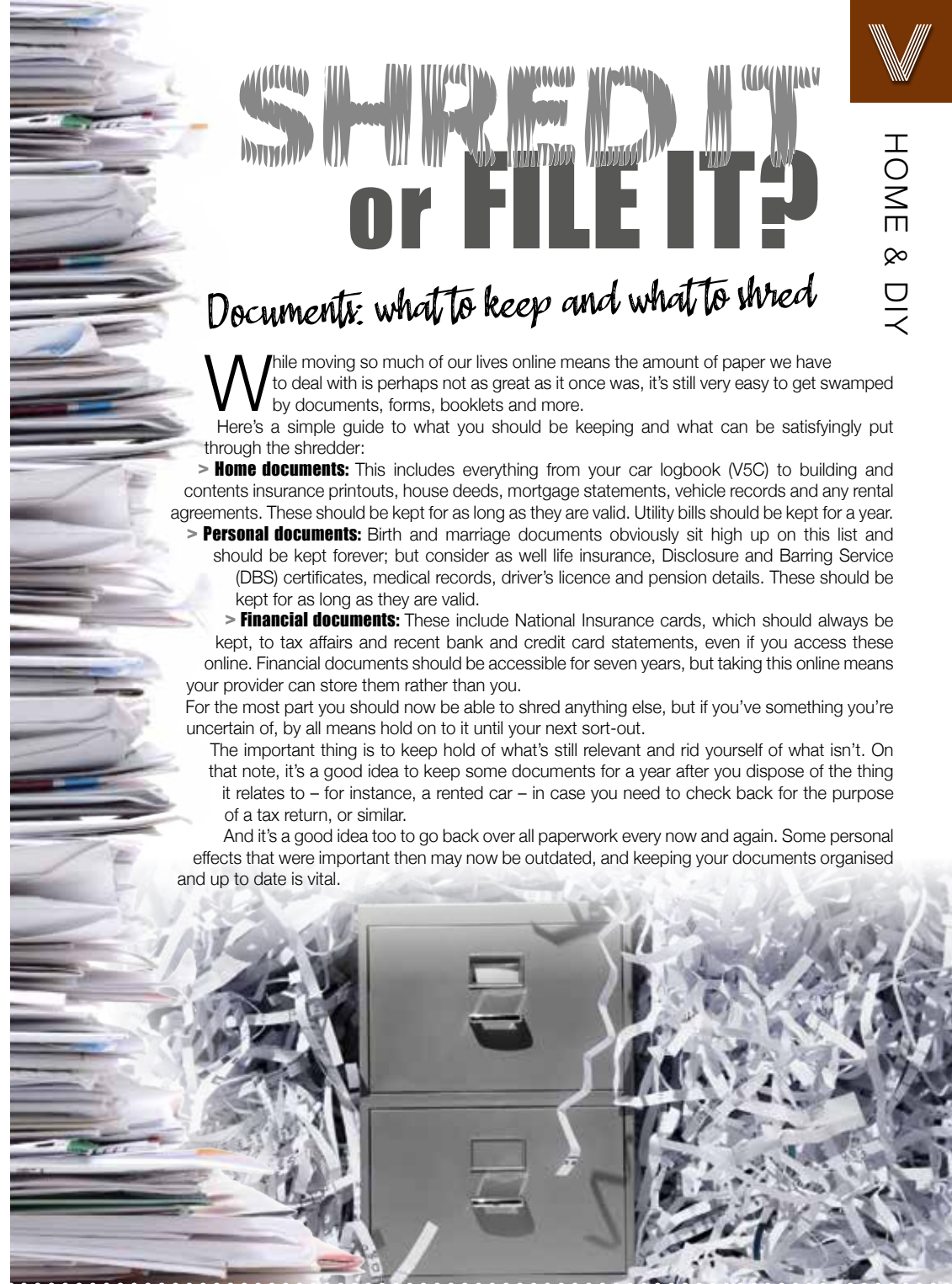
Here's a simple guide to what you should be keeping and what can be satisfyingly put through the shredder:

- > **Home documents:** This includes everything from your car logbook (V5C) to building and contents insurance printouts, house deeds, mortgage statements, vehicle records and any rental agreements. These should be kept for as long as they are valid. Utility bills should be kept for a year.
- > **Personal documents:** Birth and marriage documents obviously sit high up on this list and should be kept forever; but consider as well life insurance, Disclosure and Barring Service (DBS) certificates, medical records, driver's licence and pension details. These should be kept for as long as they are valid.
- > **Financial documents:** These include National Insurance cards, which should always be kept, to tax affairs and recent bank and credit card statements, even if you access these online. Financial documents should be accessible for seven years, but taking this online means your provider can store them rather than you.

For the most part you should now be able to shred anything else, but if you've something you're uncertain of, by all means hold on to it until your next sort-out.

The important thing is to keep hold of what's still relevant and rid yourself of what isn't. On that note, it's a good idea to keep some documents for a year after you dispose of the thing it relates to – for instance, a rented car – in case you need to check back for the purpose of a tax return, or similar.

And it's a good idea too to go back over all paperwork every now and again. Some personal effects that were important then may now be outdated, and keeping your documents organised and up to date is vital.



HOME & DIY





# LOCAL NEWS

*from your neighbourhood*



## Volunteers looking for support to improve gardens

The Friends of Leigh Library Gardens (FOLLG) is welcoming any support people can give so it can continue to make improvements to the park.

FOLLG has been extremely busy keeping the park looking its best in recent months and since the beginning of June it has not only cleaned and repainted the playground equipment and kept the flower beds colourful, neat and tidy but it has also repaired and reinstated the flower bed retaining wall at the Broadway West entrance.

The group is now actively seeking to provide a permanent path in the Upper Gardens to make access easier and safer and to improve mobility.

This was highlighted as a priority by the community at a recent public consultation as the existing dirt path is difficult to use during the winter months.

The cost to install the path is £5,965, and while FOLLG has £350 from previous fundraising, it is now looking for help to raise the rest.

A spokesperson for FOLLG said: "We have been really delighted with the support received so far, with £1,060 having already been raised. We need the continued support of the local community in order to keep up with the improvements to the gardens for all of us to enjoy."

"Any contribution, however small, is much appreciated. Friends are volunteers who give their time to help the community and make this brilliant space an even better resource for Leigh-on-Sea residents and visitors."

A group of like-minded people, FOLLG was formed as a not-for-profit small charity volunteer community gardening group for all to join, whether young or old, gardener or non-gardener.

To donate visit [www.gofundme.com/f/the-peoples-path-friends-of-leigh-library-gardens](http://www.gofundme.com/f/the-peoples-path-friends-of-leigh-library-gardens)

Anyone wishing to join FOLLG or who has enquires about fundraising should email [follg2018@gmail.com](mailto:follg2018@gmail.com)



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# SIR DAVID AMESS MP



Member of Parliament for Southend West



Now that Parliament has returned from the summer recess there are pressing issues that need to be dealt with.

The recent announcement of A Level, GCSE and BTEC results caused great stress to many people, which I think could have been avoided if handled differently. I congratulate all young people on their achievements and trust that they are now well set on the path to achieving their ultimate goals.

Furthermore, I very much hope that businesses, whether they be small, medium or large, will be able to function fully again, and I am delighted that in total more than £16million of grants have been awarded to businesses in Southend West to help them through this difficult time.

This has been an extremely difficult time for many

people and I welcome the recent announcement that the ban on evictions has been extended until September 21 to protect renters against the consequence of coronavirus, and the six-month notice period on evictions will continue until March 2021.

To commemorate the 75th anniversary of VJ Day on August 15, I hosted a programme featuring narration from actor Peter Egan, music from Joe Palmer and interviews with Dame Vera Lynn's daughter, local veterans and family members of those who served in the Far East. If you missed it, the video is now available to watch at <https://t.co/GHuHOk6FmO?amp=1>

Finally, my next two surgeries are being held on September 18 at Highlands Methodist Church, Leigh-on-Sea, and on October 2 at St Peter's Church, Westcliff. To book an appointment please call 020 7219 3452 or email [amessd@parliament.uk](mailto:amessd@parliament.uk)



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## Drug dealer jailed after lockdown arrest

A drug dealer who was caught driving around Leigh-on-Sea dealing class A drugs in the middle of lockdown has been jailed.

Billy Neighbour, 28, of Wickford, was sentenced on August 17 at Basildon Crown Court to a total of three years and four months in prison and banned from driving for three years and eight months.

Neighbour was spotted driving a black Mercedes C Class on Progress Road on May 2 this year.

His driving attracted the attention of police officers who then pursued him, and Neighbour drove dangerously along the road, narrowly missing other vehicles.

He was eventually pulled over and a small amount of

class A drugs was found inside the car.

Neighbour was arrested at the scene and then police went to search his home in Wickford.

At the property, a total of £1,373.70 was found – believed to be drug money.

Neighbour later admitted possession with intent to supply class A drugs and dangerous driving.

Neighbour is no stranger to prison, having been jailed back in 2018 for dealing drugs.

He was spotted then by officers from the South Operation Raptor (SOR) team.

Sergeant Ben Woollard of the SOR team said: "We will continue to put criminals before the courts and behind bars where they belong."

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# Leigh-on-Sea TOWN COUNCIL

At the time of writing this column, Leigh-on-Sea Town Council has full plans in place to reopen the Leigh Community Centre from Tuesday, September 1, for some of our usual hirers. We are excited to be welcoming back mother-and-baby groups, exercise classes, kids' clubs and more after being closed since March.

The centre itself has undergone a major refurbishment while closed and we are looking forward to centre users seeing the improvements.

The office will be open for enquiries, but we are asking anyone who would like to meet face to face to book an appointment. This can be done via email to [council@leighonseatowncouncil.gov.uk](mailto:council@leighonseatowncouncil.gov.uk) or by calling 01702 716288.

We recently held our Annual Council Meeting where our new chairman, councillor Paul Gilson, was elected. Councillor Andy Wilkins was elected to be our vice-chairman. Further details of the new council committees can be found on our website [www.leighonseatowncouncil.gov.uk](http://www.leighonseatowncouncil.gov.uk)

We would like to remind groups and organisations throughout the town that we are still running our Emergency Community Grants to help fund projects and groups that are benefiting those who have been affected by the coronavirus pandemic.

Our standard Grant Award Scheme is open for applications until the end of this month; up to £500 can be awarded for events, projects or schemes that benefit people in Leigh-on-Sea. Details of both our grant schemes can be found on our website.



## Commuters have easier access to station



A popular route used daily by people travelling to and from Leigh-on-Sea Station has had its footpath resurfaced as part of wider slope and stability works to improve the route for residents, commuters and visitors.

The works, which were carried out by the council's highways contractor, Marlborough Highways, were completed at the end of July and saw 90 per cent of the northern footpath resurfaced at Belton Way East.

Gabion baskets, which are stones in a mesh wire net, have also been installed.

The council say further plans are in the pipeline to complete the works next year. This will include more stabilising and footpath works to the southern slope, which will be completed once further investigation into the final designs needed for the slope works has taken place.

Councillor Ron Woodley, cabinet member for transport, capital and inward investment, said: "I am pleased to see this phase of the works completed on such a pivotal commuter and visitor route to and from Leigh-on-Sea train station. The resurfaced footpath is much smoother and will reduce the risk of any trips and falls on what is a busy walkway.

"We needed to complete this phase before commencing the second phase as commuters and residents will need space to walk while the southern side is completed."

## Police powers increased amid fears of violence



Police introduced temporary increased stop-and-search powers in Leigh-on-Sea after reports of possible violence in the area.

The measures, known as a Section 60, lasted from 11.30pm on Saturday, August 15 through to 7.30am the next day.

Officers carried out high-visibility patrols and had authorisation to use additional stop-and-search powers.

During the time that the Section 60 was in place, one teenage boy was arrested on suspicion of possession of a knife or bladed article and one vehicle was seized for having no insurance.

The boy was later released without charge following enquiries.

Chief inspector David Miles said: "The additional stop-and-search powers are a valuable tool to help us identify if anyone is carrying prohibited articles or offensive weapons, and help us to disrupt criminal activity, take weapons off the streets and keep our community safe.

"It is reassuring that only one arrest was made and there were no incidents of violence reported.

"We will continue our routine patrols in the area with the aim of detecting and disrupting criminals. If anyone has any information, please contact us."

## Residents urged to have their say on tree management

Residents in Leigh-on-Sea are being asked to have their say on how the council manages trees in the area for the next decade.

Southend-on-Sea Borough Council has launched a consultation which will remain open until October 9.

It is seeking consultation on the draft tree policy document, which explains the current tree population and how it's managed, inspected and maintained, and also proposals for future enhancements over the coming years.

The draft policy can be found on the Your Say

Southend webpage and residents are being urged to take a look at the document and then fill out the accompanying survey.

Councillor Carole Mulroney, cabinet member for environment and planning, said: "We know local people, quite rightly, want to be involved in what is a key council policy, and I am very keen for them to have their say to help us move into a greener future.

"I urge everyone to take part in this consultation so that we can understand your views and work with you towards a carbon-neutral Southend by 2030."

To view the consultation visit [yoursay.southend.gov.uk/tree-policy-consultation](http://yoursay.southend.gov.uk/tree-policy-consultation)

## Plea for engraved stolen tools to be returned

Leigh-on-Sea Town Council has made an appeal for tools to be returned after they were stolen from a container near to the skatepark.

The council made the appeal via its Facebook page after thieves struck around the time it had a team of contractors working on improvements to the skatepark.

Thieves broke into a container and took tools which actually belong to the town council after they were donated by a local company.

A spokesperson for Leigh-on-Sea Town Council said: "We currently have a team of local contractors on site at the skatepark, enhancing and repairing the park for all to enjoy. Without this support, the council could not have provided the extension.

"Sad to say the container was cut into and four items of tools stolen. Three of these had been kindly donated by Mark 1 Hire for us to use.

"To those who were the culprits, these items are engraved – you have been warned. Such a shame you couldn't have supported this community project for our youth in a more positive way."

Essex Police were contacted by **VISION**Leigh-on-Sea for comment.





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GARDENING

SEPTEMBER BIRTH FLOWER  
OF THE MONTH

If you were born in September, your birth flower is one of the most colourful flowers of autumn: the aster. Part of the daisy family, this wild flower is known for its tiny flowerheads and long petals. Loved by pollinators, asters are ideal for growing in mixed borders around your garden.

optimist and are devoted to living life to the full. You are also predisposed to good luck.

#### HOW DO YOU GROW ASTERS IN YOUR GARDEN?

Asters offer great beauty with little work and are therefore ideal for less-experienced growers. You can either choose to plant them from seed in spring or purchase a potted plant later in the year.

Plant in full to partial sun in loamy, well-drained soil and keep new plants moist until they stop blooming.

#### WHAT DO ASTERS SYMBOLISE?

Asters come in a variety of vibrant colours and each one carries a different meaning:

- Purple asters, the most popular colour, symbolise wisdom and royalty.
- White asters represent purity and innocence, as well as new beginnings.
- Red asters can be used to convey undying devotion.
- Pink asters symbolise sensitivity and love.

#### WHAT ARE THE MOST COMMON ASTER PESTS AND DISEASES?

Asters attract aphids, spider mites, whiteflies and leafhoppers, all of which can be kept under control with the use of pesticides. They are also prone to stem rot, a fungus that can begin at the start of the germination process. Prevent this by not overwatering and ensuring the soil is well drained.

#### WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If your birth flower is the aster, you feel most at home on the stage and will embrace any opportunity to entertain others. You are an



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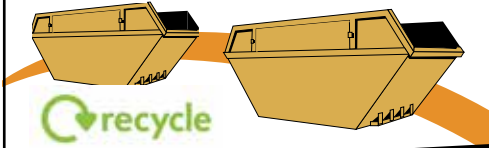
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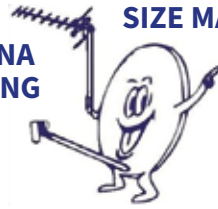


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# TESCO

## In the Club



TECHNOLOGY

*...a piece of technology that changed our shopping habits forever*

In 1995, a former Tesco shelf-stacker came up with the idea of rewarding customers' loyalty by giving them points that could be redeemed against future purchases. The concept itself wasn't revolutionary, but in a rapidly evolving digital age, the knowledge, insight and trend-tracking the Clubcard scheme offered meant the retailer's understanding of consumer habits had never been so great.

The man behind the idea was Sir Terry Leahy. A Liverpoolian who started on the shop floor, literally, he had risen to CEO level and was already well on the way to rejuvenating Tesco's fortunes; but his adoption of the Clubcard took the supermarket chain from a top three UK retailer (in terms of profit) to a top three global entity.

The introduction of the Clubcard drove both him and the supermarket on to unparalleled heights – the most efficient method ever for analysing consumer spending behaviour. It also sparked ferocious loyalty, and enabled Tesco to

extend into sectors it had never before touched – from tech to travel to insurance – with a certainty of success brought about from truly knowing who their customers were and how they would respond to products and offers.

These days, 17 million of us have a Tesco Clubcard – that's more than one-third of the adult population in the UK. Relunched in 2009 and again last year with Clubcard Plus – which promised to save the average large family £400 a year on their shopping bill – our adoption of the technology has now become part of our daily routine.

Numerous other brands have followed suit and enjoyed the rewards over the past quarter of a century, yet none can boast a loyalty scheme that has had such a profound effect on an already successful business.



Photo credit: Media/Red/ Shutterstock.com



# HANDY ANDI

*The Peter Pan of daytime TV and a career both in and out of the spotlight*

If you're of a certain demographic, you've undoubtedly seen the Twitter posts, Facebook pictures and Instagram uploads detailing the so-called 'golden era' of kids' TV, when terrestrial television was a metaphorical playground for some of the biggest stars of our time.

From the basics of *Blue Peter* and *Grange Hill* in the 1970s through to big-budget kid-themed quiz shows and youth soaps, the presenters were our link between a mind-boggling array of British brilliance that has since gone by the wayside in favour of American imports.

To consider that Andi Peters was at the centre of such an era is remarkable, for two reasons. First, he's still on our screens today, most recently covering for Lorraine Kelly on her eponymous weekday morning chat show. Second, there's the small point that Andi barely looks any older than the bunch of Generation X youngsters currently at the forefront of youth entertainment.

Chelsea-born presenter, journalist and actor is 50. That makes him less Andi Peters and more Peter Pan, though securing both longevity and relevance is no pantomime in the current era where TV producers are even more cut-throat than Captain Hook.

Peters' ability to survive and, indeed, flourish has as much to do with his proficiency behind the camera as in front of it. He started out in the famous CBBC broom cupboard (where he succeeded the likes of Andy Crane and Philip Schofield), and despite retaining presenting duties alongside Emma Forbes in the hugely successful *Live & Kicking*, his skill as commissioning editor, producer and versatile creative is ultimately what has kept him in such high demand.

Always affable and famously clean-living, from continued BBC work with *The O-Zone* and *Top of the Pops* to *The Noise* (ITV), *T4* and *Shipwrecked* (Channel 4), diversity and desire to keep adapting have always been at the forefront for Peters.

And discovering Dermot O'Leary, who introduced him to the world of adult programming (*Dancing on Ice*, *Ant & Dec's Saturday Night Takeaway*), proved a joint enterprise that has garnered more success.

"At the heart of it I am just someone in love with TV," he says. "To bring so much joy, entertainment and fun into people's front rooms has always been a pleasure, and to this day I still get the same thrill at being broadcast live on air that I did all those years ago.

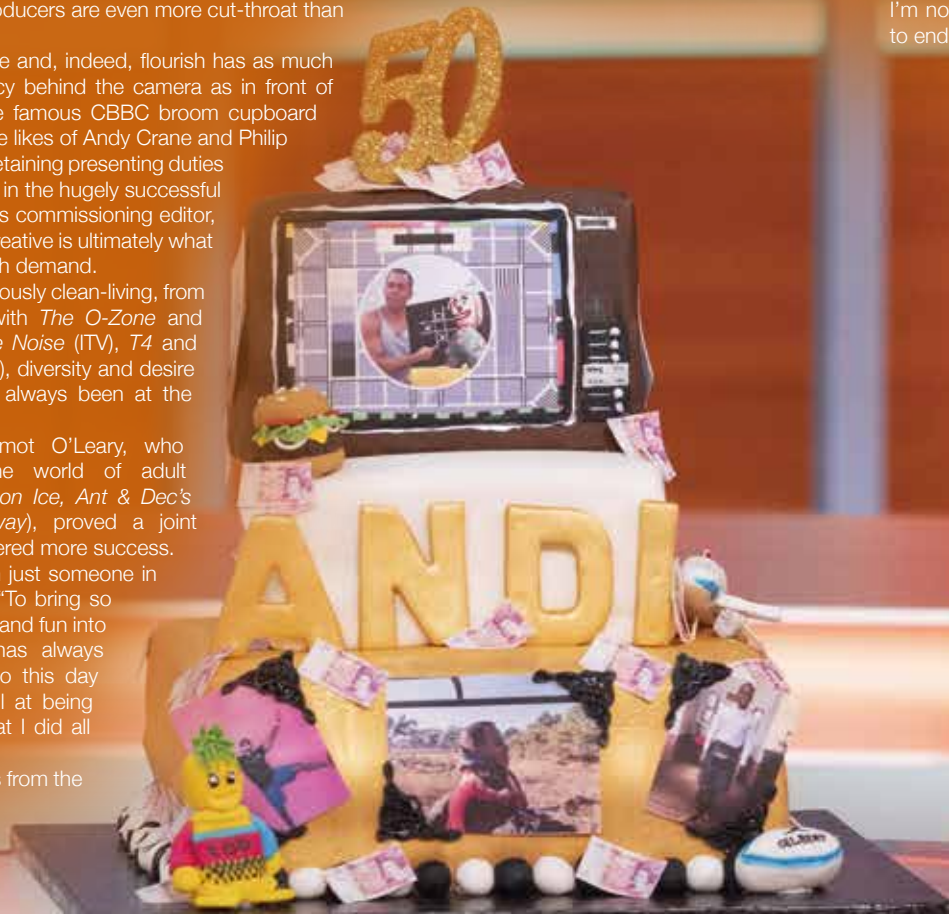
"I have had odd breaks from the cut and thrust of it,

but it is always something I know I will come back to, and of course I count myself very lucky to have been able to sample this from so many different sides."

Being the first man to stand in for Lorraine for more than a decade proves Peters' relevance and ability is still as strong at 50 as it was when he started out on radio way back in the 1980s, on the advice of Schofield.

"If the work keeps coming, I'll keep doing it," he says.

"It's a dream come true, and even at 50 I'm not ready for it to end."







# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

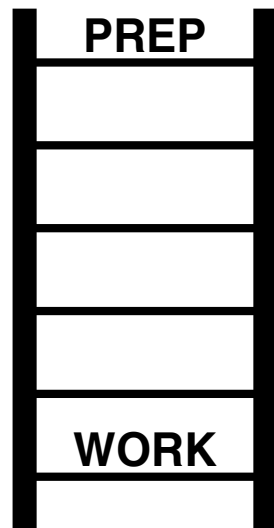
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- ▶ LEO MINOR
- ▶ MENSA
- ▶ PEGASUS
- ▶ PHOENIX
- ▶ SAGITTA
- ▶ SCULPTOR
- ▶ SERPENS
- ▶ TUCANA

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## DID YOU KNOW?

- ▶ Wall-E was named after Walter Elias Disney
- ▶ Disney animators often hide classic characters in scenes of their films
- ▶ There is a tunnel system in Disney World so characters aren't seen in the 'wrong' lands
- ▶ Dumbo is the only lead character in a film who doesn't speak – he only makes a few noises
- ▶ Disney World in Orlando is around the same size as San Francisco
- ▶ The original *The Jungle Book* was the last film to be overseen by Walt Disney before his death in 1966
- ▶ The first animated character to receive a star on the Walk of Fame was Mickey Mouse
- ▶ Mickey Mouse ears are one of the most popular souvenirs bought from Disneyland

## WORD LADDER



**THE AIM:** Change the word at the top of the ladder one letter at a time to make the word at the bottom.

**HOW TO:** Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

**DO NOT** rearrange the order of the letters.

**TIP:** There is usually more than one way to solve this puzzle.

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**THEY LAST FOREVER:** Dr. Martens might not be the cheapest boots you have ever bought, but they will offer the best value for money. Unlike other leather that may split or crack, Dr. Martens will last you a lifetime.

**THEY OFFER UNRIVALLED COMFORT:** Although you will need to break them in a bit, Dr. Martens will undoubtedly be the most comfortable boots you ever own. The hard leather has the unique ability to be able to mould perfectly with the shape of your foot, resulting in a feeling of walking on air.

**THEY TRANSCEND TRENDS:** As all other footwear trends come and go, and then come again, Dr. Martens have stuck resolutely to their fundamental USPs, and fashion followers love them for it.

**THEY ARE INCREDIBLY VERSATILE:** There are so many different looks that you can go for with a pair of Dr. Martens:

- > Sophisticated with chinos and chunky knitwear.
- > Street style with cut-offs and a slogan tee.
- > Casual with a simple pair of black trousers and matching jumper.
- > Modern with jeans and a leather jacket.

**CELEBRITIES OF ALL AGES LOVE THEM:** Miley Cyrus, Diane Keaton, Susan Sarandon, Jared Leto and Robert Pattinson have all been papped rocking these vintage and stylish boots.

**THEY COME IN A WIDE VARIETY OF COLOURS AND DESIGNS:** You can pretty much find a pair of Dr. Martens in every colour you can think of, plus they do some truly unique designs, including one with renaissance art printed all over them. Need a bit of extra height? Yes, Dr. Martens come in heeled versions too.



Photo credit: Wozzie/Shutterstock.com, kudryavtsev dmitry/Shutterstock.com

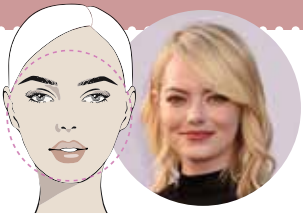




BEAUTY

# Bangs

ON TREND

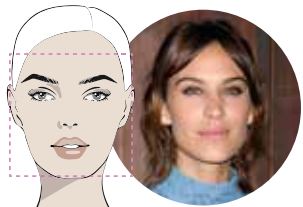


The flexible and fabulous fringe rarely goes out of fashion. Instead, it adapts to the season at hand and offers a simple yet stylish way to update your look. However, to get it right and avoid the common pitfalls of bad bangs, you need to choose the right fringe for your face shape.

### THE SIDE FRINGE

**Best for round face shapes**

Popular with the likes of Mila Kunis, Emma Stone and Renée Zellweger, the side fringe is incredibly flattering for those with more round faces. Opt for a feathered fringe to give your face a more slender look and to draw attention to your eyes and mouth.



### THE A-SHAPED FRINGE

**Best for square and oblong faces**

This face shape tends to be wider at the cheeks and more angular around the jawline. A soft A-shaped fringe can help soften your features and switch the focus to your eyes.



### THE CURTAIN FRINGE

**Best for heart-shaped faces**

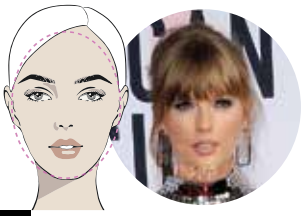
A long side fringe, aka the curtain fringe, is ideal for those with a heart face shape as this style will help widen out a narrow chin and highlight both your cheekbones and jawline. Ask for a feathered look to perfectly balance softness and structure.



### THE FULL BLUNT FRINGE

**Best for those with a small forehead**

You may think that having a small forehead means you cannot pull off a fringe, but this is simply not true. A full and blunt fringe will instantly add length to your face and broaden your forehead. This style suits those with poker-straight hair better than those with waves.



### THE FULL CHOPPY FRINGE

**Best for oval face shapes**

With this face shape you want a full fringe that will cover your forehead but not one that will overpower your delicate features. Adding choppiness at the ends will create a softer and more textured feel.

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# ARE YOU AN *emotional eater?*

**M**any people have understandably struggled with healthy eating during lockdown, with stress, boredom and increased feelings of wanting to treat ourselves all being contributing factors.

However, now that we have started to return to normality, are you still eating for reasons other than hunger?

### MINDLESS EATING

Do you often find yourself eating for no particular reason? Do you simply take mouthful after mouthful without even registering what the food tastes like or whether or not your appetite has been sated? If yes, you need to stop eating in front of the TV and start appreciating your food more. Ensure you chew your food as many times as you can and listen to your stomach when it tells you that it's full.

### BOREDOM EATING

If you find that you reach for the snacks when you

have nothing else to do, then you are eating out of boredom rather than because your body needs sustenance. Try to find yourself something else to do, such as read a book, phone a friend or go for a walk: any activity that will take your mind off eating.

### STRESS EATING

We've all been there. Perhaps you have an important meeting at work, you are struggling to make ends meet or maybe your relationship is going through a rough patch. Whatever the reason, eating when you are stressed can help to alleviate anxiety, even if only momentarily. The key to avoid stress eating is to know your triggers and to actively try to avoid them.

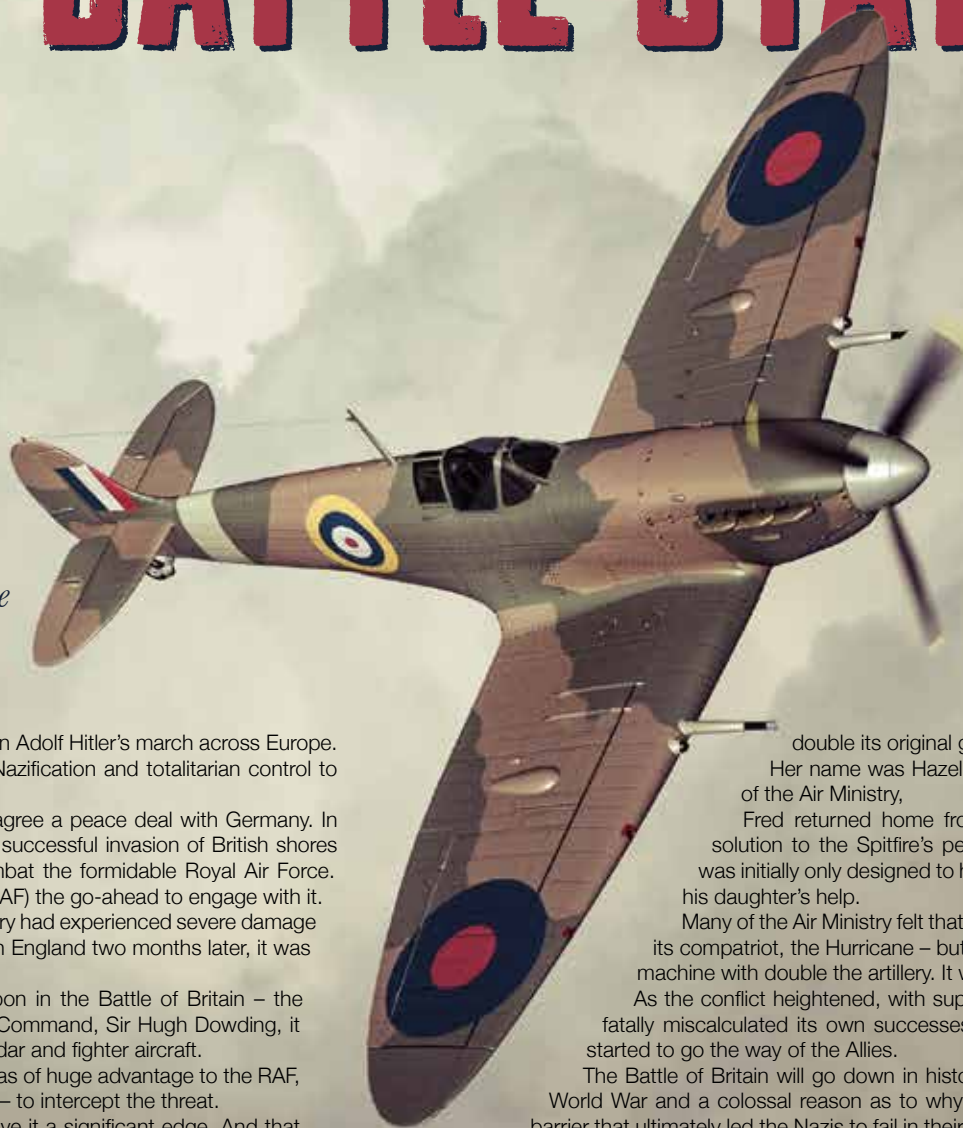
### EATING TO MASK YOUR FEELINGS

Whether you feel sad, depressed or lonely, eating to try to push down your feelings is never the answer. Instead, try to identify why you are feeling this way and talk to someone if you need to.





# BATTLE STATIONS



*This year marks eight decades since one of the most important British victories during the Second World War: the Battle of Britain.*

It's June 1940 and France has been quickly defeated by Germany in Adolf Hitler's march across Europe. His aim: to bring Gleichschaltung (coordination), the process of Nazification and totalitarian control to the continent.

Hitler was expecting the British to also fall into line and to try to agree a peace deal with Germany. In the first instance, he knew that to have any chance of setting up a successful invasion of British shores (which was codenamed Operation Sealion), he would need to combat the formidable Royal Air Force. Subsequently, he gave the Luftwaffe (the German equivalent of the RAF) the go-ahead to engage with it.

Even though the German occupation of France was rapid, the country had experienced severe damage to its air fleet; yet when asked to go to battle in the skies of Southern England two months later, it was ready.

However, the Luftwaffe hadn't reckoned on Britain's secret weapon in the Battle of Britain – the Dowding System. Named after Commander in Chief of the Fighter Command, Sir Hugh Dowding, it was a remarkable network that brought together ground defence, radar and fighter aircraft.

Knowing where and when the Luftwaffe was on its way to Britain was of huge advantage to the RAF, whereby it could then scramble fighters quickly – notably the Spitfire – to intercept the threat.

However, in truth, it was in the way the Spitfire was armed that gave it a significant edge. And that was thanks to a young mathematician, whose brilliant calculations meant it could leave the ground with

double its original gun capacity.

Her name was Hazel Hill, and she was the daughter of Fred, who was part of the Air Ministry,

Fred returned home from work one day and asked for help in providing a solution to the Spitfire's perceived lack of firepower. The iconic British warplane was initially only designed to have four guns on it; he felt it could be more but needed his daughter's help.

Many of the Air Ministry felt that eight guns would be too heavy for the Spitfire – and for its compatriot, the Hurricane – but Fred and his daughter Hazel found a way to equip the machine with double the artillery. It was a significant advancement, and it worked.

As the conflict heightened, with support from Commonwealth pilots, and as the Luftwaffe fatally miscalculated its own successes, a three-month-long skirmish in the skies eventually started to go the way of the Allies.

The Battle of Britain will go down in history as one of the most important parts of the Second World War and a colossal reason as to why Germany was unable to seize Great Britain. It was a barrier that ultimately led the Nazis to fail in their attempt to take control of Europe, and it preserved the freedom that we acknowledge with gratitude and humility today.



# NIGHT SQUATTERS

How to keep children in their own rooms – and out of your bed – at night

**W**hen your darling daughter or darling son is able to sleep in something that doesn't come with the design feature of prison-like bars as would a cot, it's a monumental moment – your little one's ascent into childhood now means they have their own bed.

Sadly, as many parents have discovered, the lack of those confines means it's effortlessly easy for your young one to embark on night-time expeditions into your bed, something that benefits the sleep patterns of no one.

Here are some tips for ensuring your sneaky non-sleeper stays put:

### Routine

As ever, a solid, settled night-time routine is essential. A set schedule and timing (dinner followed by bath followed by story, etc) will enhance and prolong sleep, as will avoiding 'over-napping' during the day.

### Light and dark

In these brighter, lighter mornings, it's imperative to

have a good blackout blind – there's nothing that lures a child out of bed more than the early rising of the sun... even if that's at 5am!

On the flipside, keep a subtle nightlight nearby. Fear of the dark will always get little ones heading for reassurance and comfort... and big ones too.

### Sound planning

Consider as well soundproofing and ensuring others in the home keep their nocturnal manoeuvres to a minimum, from loud late-night games to simple stuff like not flushing noisy toilets.

### Encouragement

At the age your youngster gets his or her first proper bed, you'll already be working on the greatest sleep stimulator of them all – words. Reaffirming that 'big kids' sleep in their own beds, and stay there, and perhaps a gentle reminder that sleeping in one means not having to go back into a cot, can get your precious cargo journeying off on to a dreamy voyage... speaking of which, you may want to grab a few hours yourself.



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# Weight WATCHERS

## The dream foods that burn more calories than they provide

It seems perverse that the eating of food and quaffing of drink could actually lead you to lose weight, but this is the reality of 'Negative-Calorie' foods, even if their existence has been called into question by some.

Certainly, for dieters or those simply looking to watch their figure, the era of feeling guilty about burgers, sweets, biscuits and more could be over... that is, if you can stomach some of the following:

### CELERY

The go-to choice among Negative-Calorie foods – this peppery stick requires more energy to eat than it gives you in return.

### APPLES

A tough food item that requires a fair amount of mouth-work. Combined with the fact that our favourite fruit is high in water content, it's little surprise that the energy effect is minimal, although the fibre will do you good.

### TOMATOES

Another supermarket favourite that's high in water content. Eating a simple tomato often feels like a waterfall for the mouth. At just 18 calories per 100g there's little to worry about as far as the waistline goes, and the statins present offer a great potential fix for those suffering from high cholesterol or high blood pressure.

### CAULIFLOWER

Tough as old boots and with the aroma of them too, cauliflower is a versatile veg that offers bags of vitamin C and contains absolutely zero fat.

### COFFEE

At just two calories per cup, coffee without the addition of milk, cream, sugar or flavourings is blissfully low, and, as a thermogenic, will actually stimulate the burning of fat for energy.



# Sensational SLOW COOKER AUTUMN COCKTAILS

Although traditionally used for stews and soups, slow cookers are now being tested out on a wide variety of dishes, including cooked breakfasts, lasagne and even steaming hot cocktails. What more could you want on a blustery autumn day?

### BUTTERBEER RUM (YES, JUST LIKE IN HARRY POTTER BUT WITH A BOOZY HIT)

**You will need:** 6 cups water | 2 cans cream soda | 1 cup brown sugar | ½ cup unsalted butter | ½ cup butterscotch syrup | 3 cinnamon sticks | 1 tsp vanilla essence | 1½ tsp salt | 2 cups spiced rum | Whipped cream and golden sparkling sugar crystals for decoration

**How to make:** Put in the water, cream soda, sugar, butter, ¼ cup of butterscotch, cinnamon sticks, vanilla and salt | Cover and cook for 3–3½ hours | Stir in the rum | Use the remaining butterscotch to coat the rims of your glasses | Pour, top with whipped cream and sprinkle with sugar crystals

### INDULGENT HOT CHOCOLATE

**You will need:** 1 litre milk | 300ml double cream | 200g chopped dark chocolate | 100g chopped milk chocolate | Whipped cream, marshmallows and chocolate shavings to serve | Optional: liqueur or schnapps – coffee, peppermint or cinnamon

**How to make:** Pour the milk and double cream into your slow cooker | Add the chocolate | Cover and cook on low for 2 hours | Remove the lid, give it a good stir, then replace the lid and cook for a further 20 mins | Add 4 shots of your chosen liqueur | Spoon into mugs and top with marshmallows, cream and chocolate shavings

### CARAMEL APPLE CIDER

**You will need:** 2 cups vodka | 8 cups apple cider | 1 cup caramel syrup | 2 tsp ground cloves | 2 tbs cinnamon | ¼ cup brown sugar | Apples to garnish

**How to make:** Add all the ingredients to your slow cooker | Cook on low for 3 hours | Serve in mulled cups or glasses with sliced apples and cinnamon sticks



Photo credit: realhousemoms.com, amindfullmom.com



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# SAVE

*yourself the effort?*

It's fair to say savings accounts have probably never seemed less appealing. From buoyant interest rates well into double digits back in the mid-1990s, the Bank of England base rate has plummeted in recent years, dropping to a historic low of 0.1 per cent in March.

The recent lockdown means government initiatives to stimulate spending are additionally affecting the appeal of savings accounts, to the point where the consideration of a negative base rate has come into view... and with it the possibility that savers will actually have to pay to 'store' their money.

But it's not all bad news for savers:

- > One-year fixed rates for savings accounts are still tracking considerably above the Bank of England base rate, with rates of around 1 per cent still possible... although in relation to a similar level of inflation, there isn't any real 'gain' to be had; in fact, with most 'everyday' savings accounts you're losing money.

- > For those still looking to gain a return on their savings, it could be that switching from a traditional savings account to a Lifetime, Fixed Rate or Easy Access cash ISA is the sensible way forward. The former will give you a 25 per cent return (up to £4,000 only), while a Fixed Rate ISA can still net you up to 1.3 per cent.

- > Finally, remember savings aren't all about profit – many people save for security, to have a feelgood 'project', and to put money away for a rainy day. Unlike investments, savings accounts are protected to the hilt, so when you want your money it is protected and will be there.





# ENSURE *you* INSURE

## Your home insurance checklist

Insurance is about protecting ourselves and those around us, so here's a handy checklist outlining what you definitely need, and what might be worth considering.

### CONTENTS INSURANCE

In the event of an accident or theft from within your home, it's vital your possessions are covered. Many see paying out for contents insurance as a waste of money, but we will all claim for something at some

point. Knowing you're covered can bring a huge sense of relief in the midst of what is likely to be a disappointing event or episode.

You can also extend your contents insurance to items you take outside the home – consider bikes, watches, phones and more; but read the small print to ensure you're covering what you think you are.

### BUILDINGS INSURANCE

Also known as house insurance, this covers your bricks and mortar, and whilst not a legal stipulation, most mortgage lenders will insist on you taking it out if you are embarking on home ownership.

### LIFE INSURANCE

Purely for the protection of those around you; should the day come when you're not around, you will want to ensure your dependants have enough to get by. For what is often a small amount each month, life insurance can at least mean you are not adding financial loss to the emotional loss experienced by loved ones.

### INCOME PROTECTION

Particularly good for those who are self-employed, income protection means that in the event of illness, bills can still be paid. If 2020 has taught us anything where health is concerned, it's to expect the unexpected!

### CRITICAL COVER

Different from life insurance, critical cover will pay out a lump sum if you are diagnosed with a critical illness during the life of your policy. That means you'll be provided for by the policy to restore some sense of comfort and peace.




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MOTORING

# Motoring Madness

AVOIDING THE PITFALLS OF SELLING YOUR CAR PRIVATELY

**S**elling your motor privately can be good for a number of reasons. It's the best way to get a high price for your old set of wheels, if organised you may be able to secure a sale quickly, and in most instances you won't even need to leave the comfort of your own home... well, the driveway, at least.

However, if you are keen to strip out the middleman, beware some of the pitfalls that may lie in wait:

### Telephone time-wasters

You may get countless people phoning up asking endless questions – remember, buyers will be as wary about the process as sellers. The best way to avoid this is to make your listing as detailed as possible, adding lots of photos.

### Go-slow no-showers

Ever waited in for a delivery that never arrives? Welcome to the world of private car-selling.

### Part-ex stress

You may find your motor is attracting the interest of

traders who would rather negotiate a part-exchange than an offer of straight cash.

### Larry Hagglers

A huge worry for many vendors is agreeing a price over the phone, only to find someone at your door pressuring you for a discount.

### Comeback Kings

In the event of something going wrong with the car soon after it's bought, you won't have anyone to sort this out but yourself. The buyer will also have your home address so is likely to come knocking if anything seems wrong in those weeks post purchase.

### Not-so-smooth criminals

And of course, the biggest fear for those who sell privately is that someone will run off with your motor. Ensure all monies have been transferred before handing over documentation, be wary over PayPal transactions (which can be refunded) and, if accepting cash, check notes carefully.



# RED alert

AFTER 30 YEARS OF HURT, LIVERPOOL FINALLY GOT THEIR HANDS ON THE BIG PRIZE

It's somewhat ironic that for a club who have struggled, grasped and flailed desperately for three decades in their attempts to restore themselves as the best club in English football, their unassailable lead at the top of the Premier League in March almost counted for nothing as a global pandemic swept in. For a couple of months, Jürgen Klopp's side looked

as if they might be denied the prize they have striven for so long to win – through near misses, bad luck and a long duration of underachievement, the Reds have found the likes of Manchester United, Arsenal, Chelsea, Manchester City, Blackburn Rovers and even Leicester City in their way when it came to securing the biggest prize in domestic football.

Yet after Premier League chiefs, fan groups, police forces and local councils approved measures to get the competition restarted on June 17, Liverpool's history-makers were back on track. Predictably, after all the speculation, the hype and a 100-day gap in action – the longest since Second World War – the Merseyside Derby was something of a damp squib as Liverpool and arch rivals Everton played out a goalless draw.

Ultimately, Manchester City's improved form post lockdown saw Liverpool's significant gap at the top narrowed, but when the Merseysiders crushed Crystal Palace 4-0 at home on June 24, they knew that if Chelsea could beat Pep Guardiola's Citizens side 24 hours later, the title would be theirs... and that's just what happened.

True, it may have been seen as a disappointing climax for Liverpool to have had such a season of domestic dominance ended in empty stadiums and without even so much as an open-top bus ride around their famous city to savour. It's a lack of the true adulation deserving of any Premier League

champions, let alone a side who ended the campaign with 99 points and only three league defeats all term.

Yet, the record books will always point to the efforts of captain Jordan Henderson, top scorer Mohamed Salah, the rest of the first-team heavyweights and even the young starlets – Curtis Jones, Harvey Elliott and Neco Williams – who are gradually making their mark in the best club side in world football.

Two seasons ago the Reds finished 25 points behind champions Manchester City. Their winning margin this term confirms a 43-point shift in dominance that will impress Klopp as much as it worries Guardiola and the rest of the chasing pack.

The Anfield club's achievements are monumental – Champions League winners, World Club Championship holders and Premier League victors all at the same time. And yet, as manager Klopp states, defending their title crown is not the Liverpool way – attacking it is, and that's undoubtedly what they'll do.



Photo credit: Paul Ellis/AP/Shutterstock





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