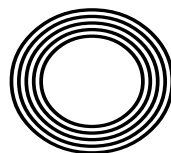


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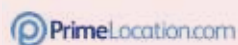
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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh-on-Sea. There's a strange contrast many people feel between the thrill of climbing the property ladder and simpler times when a family or

relationship starts to grow. We are experiencing those emotions at the moment, having recently found a new home, and I admit it's a mixture of excitement and sadness.

It may just be bricks and mortar we are leaving behind, but our old house represents a time in which we got married, had both our beautiful children and shared some very happy memories.

Many like us are keen to capitalise on the current stamp duty holiday, and lingering uncertainty over coronavirus actually makes the housing market more attractive.

I have moved around a fair bit in my life. Whereas before, the lure was nightlife and shops, since first becoming a dad nearly two years ago I now find myself scouring Ofsted ratings and crime figures.

I cannot wait to move - I believe you always need to be striving for more in life and in business, even in these uncertain times when we don't always feel in control. And remember, the one thing you are in control of is your attitude - as American author Napoleon Hill said, "Your attitude towards problems, difficulties and adversities is the most important factor in overcoming them."

*Nik*

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## HOW ADMIRAL LORD NELSON MADE THE ULTIMATE SACRIFICE FOR HIS COUNTRY

He is a revered icon from a bygone era, where the forces of continents went head-to-head in battle.

In October 1805 no force was greater than the British, though a fearful fleet of French and Spanish combined enemies, spotted off Cape Trafalgar, between Cádiz and the Strait of Gibraltar, threatened that reputation.

Led by Napoleon Bonaparte, the French had already exerted their authority on the European mainland, and further moves to creep north came in the form of 33 battleships.

Nelson was outnumbered, but by dividing his 27 vessels he was able to position the fleet perfectly so that the enemy front could be sunk. And sunk it was – 19 enemy ships plummeted to the murky depths, with every one of Nelson's staying afloat.

Even before the Battle of Trafalgar, Admiral Lord Nelson had long been regarded a great leader of men and an expert tactician. He had bravery and fortitude and was shown to shoulder the burden of battle himself. Indeed, as the British forces sprang into life to repel the threat, in a famous battle cry he stepped to the edge of his ship, *Victory*, and declared, "England expects that every man will do his duty," and they did.

It is imagined that simply looking at Nelson would have summoned in any seafarer the will to battle for the preservation of the nation. At 47 years old, he had already lost the sight in his right eye at the Siege of Calvi, in 1793, in which his fleet captured Corsica. Then, four years later, doctors were unable to save his right arm after he came under attack at the failed Battle of Santa Cruz de Tenerife.

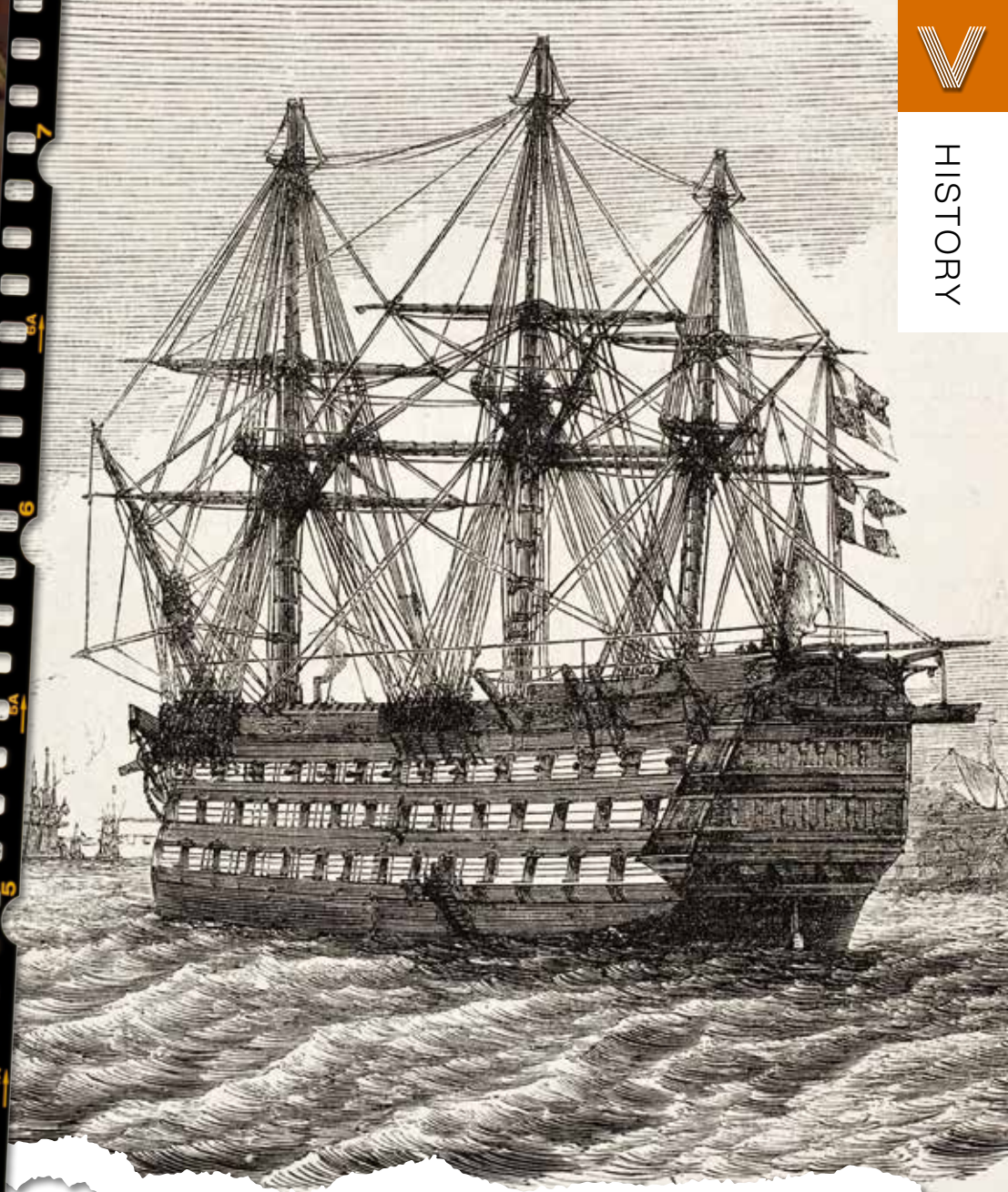
And yet, duty continued. Hardened and seemingly unfearing of death, at Trafalgar the leader was, ultimately, the truest exemplar of his word. On the afternoon of October 21, at 4.30pm, Nelson succumbed to the targeted enemy fire that rained in around his own ship, and was killed. As a leader of men he led the ultimate sacrifice – his own life.

The Battle of Trafalgar lasted only for a further 30 minutes, though its imminent conclusion was reported to Nelson as he lay on his deathbed. The Admiral, holding on to the last few embers of life, uttered the immortal words, "Now I am satisfied. Thank God I have done my duty."

So great was the shock at the loss of such an imperious leader that, in the time that passed, many have come to consider Nelson's death as the central point of the Battle of Trafalgar. While 1,500 of his British allies also lost their lives, his passing is always ubiquitous with the battle and the greater Napoleonic wars which it symbolises.

In reality, Nelson's sacrifice enabled the British to fend off the combined forces of the French and Spanish, preserving our reputation as the best and most powerful seafaring force in the world for the next 100 years, while, of course, ensuring Napoleon steered clear of the British mainland.

Nelson had a glorious funeral procession at St Paul's Cathedral in London, with Nelson's Column erected in his memory in the newly named Trafalgar Square. In 2020, Trafalgar Day, October 21, sees his historical efforts live on very much in the present.



## Nelson's LAST BATTLE



# AGENDA NEUTRAL

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~~chair~~man **chair**

~~congress~~man **legislator**

~~business~~man **representative**

~~police~~man **police officer**

~~land~~lord **owner**

~~boy~~friend/~~girl~~friend **partner**

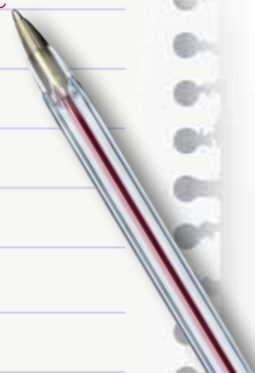
~~sales~~man **salesperson**

~~man~~power **workforce**

~~maiden~~ name **family name**

~~fire~~man **firefighter**

~~husband~~/~~wife~~ **spouse**



## TAKING A TOKE OF 'WOKE' AND WHY POLITICAL CORRECTNESS MAY HAVE GONE TOO FAR... AGAIN

It's common knowledge in life that when making efforts to please everyone, it becomes very easy to, in actual fact, please no one; and it seems the United Nations' (UN) efforts to broach gender neutrality, social differentiation and race relations have done just that.

When, in the middle of May, the UN released a set of guidelines designed to help people address others in modern, all-encompassing ways that wouldn't offend, it seems they succeed only in... offending people.

As examples, their recommendation was to hide away the supposed evils of capitalism and sexism by referring to businessmen as representatives. Mankind, meanwhile, should be termed humankind, while the cult of the evil of 'maiden names' was to be extinguished by labelling them 'family names'.

For all the good intentions of those who oversee peaceful and respectful action in our society, critics believe these sorts of moves tend to pander mostly to the whims of the minority. What's more, in forcing people to divert away from sensible, rational, everyday terms, the result is the creation of a splintering of and bitterness between groups – something that wasn't present in the first place.

The US Twitter storm around apparent offence at the term 'female' – the inference being it should be 'woman' or 'girl', because 'female' is apparently used in a derogatory fashion – blew itself out a few days later when the very same 'woke' authorities suggested 'woman' was no longer appropriate owing to the inference it categorised the fairer sex as the 'woe of man'.

Clearly, we have gone too far. The hope is that Twitter, the virus that has caused this political correctness storm, is also the antidote, because there is a concerted uprising of those who just want to get on with their daily lives without constantly checking over their shoulders... But for goodness sake, don't tell the UN.

Written by James Evans

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# BRUSH

## UP ON DIY

HOME & DIY

**B**e honest. When you purchase a paintbrush from your local supermarket or DIY store, do you actually have any idea how to choose the right one for your particular project?

Don't worry, you are not alone. Fortunately, we are here to show you how, plus how to care for your brushes so that they last for the duration.

### CHOOSE THE RIGHT BRISTLE

Paintbrushes are available in two different bristle types: synthetic bristles, or natural bristles that are made from animal hair. If you are using paint that can be cleaned off with water, you should choose a brush with synthetic bristles. However, if you are using an oil-based paint or varnish, a natural bristle brush is better.

### CHOOSE THE RIGHT SIZE

This may seem obvious, but if you are painting a small area such as a skirting board, then you should choose a smaller brush for more precise control. If you are painting a wall, you will most likely be using a brush for cutting in and should opt for a 2-3-inch brush; any bigger and you will struggle.

### CHOOSE THE RIGHT SHAPE

If you look at paintbrushes closely, you will notice that the bristles are either cut at an angle or they have square ends. As a general rule, angled-tip brushes are best for painting trim or cutting in, and square ends are ideal for wider, flatter surfaces.

### HOW TO CLEAN YOUR PAINTBRUSH

#### > WATER-BASED PAINT

Scrape off any excess paint | Wash the brush in soapy water | Rinse the bristles in clean, cold water | Wrap the brush in heavy paper and fasten loosely with string

#### > SOLVENT-BASED PAINT

Wipe the brush clean of excess paint or gloss | Swirl the brush in a jar of white spirit | Leave to soak for 2 hours or longer | Wipe the brush clean with newspaper







# Radiate SOPHISTICATION...

...with these DIY radiator covers



Undoubtedly, radiators serve a purpose in your home, but why do they have to be such unattractive space wasters? Thankfully, a well-placed radiator cover can work wonders for hiding your heater without withholding the warmth.

**THE 'PERFECT PALLET' RADIATOR COVER**  
If you are looking for a raw style that will cost you virtually nothing, then this is the DIY radiator cover for you. The wide slats allow for maximum heat transmission, and you can choose to paint your pallet or simply leave it in all its rustic glory.  
**Top tip:** Be sure to thoroughly remove any spills to avoid unpleasant smells when your radiator heats up.

**THE 'CLEVER CANE' RADIATOR COVER**  
Cane is the ideal material for building a radiator cover as it will effectively hide your radiator while at the same time allowing heat to easily pass through its fibres. You can find cane webbing in sheets or rolls, either of

which can be simply stretched across the front of your radiator cover frame.  
**Top tip:** Soak the cane in water first to make it softer and more malleable.

**THE 'SPACE-AVING SEAT' RADIATOR COVER**  
If you are lacking seating options in your home, then this multipurpose radiator cover can help you. All you need are 15-20 vertical hardwood slats to create an L-shaped radiator cover that doubles up as a bench.  
**Top tip:** Add a few pillows across the top for added comfort.

**THE 'IKEA SLAT BED BASE' RADIATOR COVER**  
You can purchase an IKEA slat bed base for as little as £20 and repurpose it to create a stylish and multifunctional radiator cover.  
**Top tip:** Use the additional table surface as a pop-up bar and you'll never have to go to the pub again.

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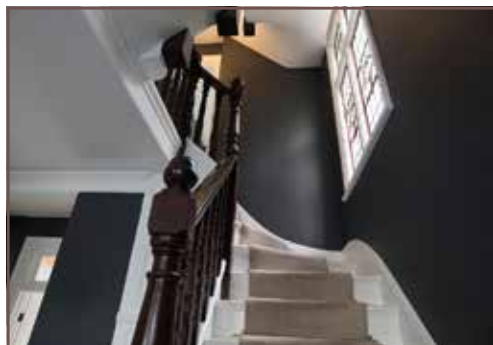
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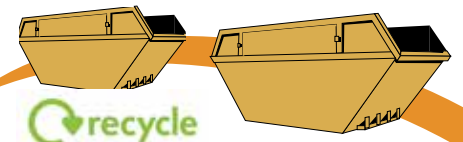
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If there's one thing we should know by now about interior design, it's that nothing is ever off limits, and that certainly applies to the mixing of styles, trends and ideas.

Across styles such as Japandi and mid-century modern, interiors take the best from supposedly contrasting looks to produce colour and texture, while stimulating the mind.

Millennials have been unfairly labelled as adopting only modern, run-of-the-mill design, yet the grandmillennial look turns that concept on its head, with modern, contemporary elements enriched with chintz, crochery, ornate patterns and antique furniture you'd expect to see at your grandparents' house... hence the name.

The idea is that we take up-to-date walls, floors, furniture and fabrics and drop in elements that scream sentimentality, respect the tastes of our elders and take us back to times of simpler design.

To pull off this look, think about ornate lampshades, consider select pieces of antique furniture and even throw in a Toby Jug. Perhaps even lay out a doily or two, if you dare.

There are no rules, no exceptions, and only the power of your imagination can hold you back when it comes to pulling off the look.

Embrace worn-out upholstery, floral prints, draped covers and a splash of patterned wallpaper.

And try to tell a story in what you do – of people, places, eras and fashions. Heck, even pop in for a cup of tea with a local octogenarian in the hope of inspiration.

There is perhaps one warning, though – don't go overboard. The idea is to retain a modern feel while patterning your living space with a sensible number of well-selected additions. Go too far and your front room, bedroom or hallway may look like something out of a 1950s episode of *Coronation Street*, and nobody wants that.



# GO GREEN

*How to make your home more efficient and save on your monthly bills*

**W**hether you are planning to take advantage of the Green Homes Grant Scheme announced in July or not, it can be a good idea to look into ways in which you can improve the energy efficiency of your home, both for the environment and for your bank balance.

## *What is the Green Homes Grant Scheme?*

The aim of this scheme is to enable homeowners and landlords to upgrade their homes or properties with energy-saving features. You can apply online from September for vouchers worth up to two-thirds of the total cost, although those with low incomes will be eligible for 100 per cent funding.

## *Solid wall insulation*

If your home was built before 1920, it might have solid walls, rather than cavity walls, which are highly unlikely to be insulated. You can choose to have either internal or external insulation completed, with the latter helping to warm colder rooms in your home and alleviate damp.

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## *LED and CFL lights*

Lighting accounts for roughly 15 per cent of an average household's electricity bill, so making the decision to install energy-efficient bulbs can save you a decent amount of money.

**Savings per year = £100**

## *Triple glazing*

Most homes in the UK are now double glazed, but if you want to save even more money on your energy bills, you may want to consider investing in triple glazing, which has the added benefit of noise reduction.

**Savings per year = £105\***

## *Install a water meter*

If you find your water bill creeps up every year, you may want to think about installing a water meter, as this will encourage all members of your family to reduce their water usage.

**Savings per year = £55\***

*\*based on an average semi-detached house*



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# LOCAL NEWS

*from your neighbourhood*



## Council considers schools joining forces in consultation

Council chiefs have approved plans for a consultation on a proposed amalgamation of two Leigh-on-Sea schools.

Southend Borough Council gave the green light at a cabinet meeting on September 15 for a formal consultation to go ahead on the proposed joining of Chalkwell Hall Infant School and Chalkwell Hall Junior School.

Both are currently local authority-maintained schools and operate from the same site.

Councillor Anne Jones, cabinet member for children and learning, says: "Following the resignation of the junior school headteacher prior to the start of the new term, and as is usual practice, a review has started.

"This includes considering whether the potential

amalgamation of both schools should be considered, in the best interests of the pupils and community.

"The cabinet report sets out that current council policy supports amalgamation of separate infant and junior schools that operate on the same site where possible. It highlights the potential benefits, including improved outcomes for pupils over time, and the fact that parents at the end of Year Two will no longer need to apply for admission to the junior school. The report also acknowledges the sensitivities of the process.

"It should be highlighted that this is only the very start of the process. The first stage would be to consult the community and relevant parties in the local area. This consultation would be over a four-week period during term time in November 2020."



# SIR DAVID AMESS MP



Member of Parliament for Southend West



The coronavirus pandemic continues to have an enormous impact on all of our lives. I absolutely understand that for many residents, the lack of certainty and clear guidance is a real worry.

Our children have now returned to school and I have written to all of our local headteachers to thank them for what they are doing and to ask if there are any issues which I could help to resolve.

Testing for coronavirus has presented certain challenges, not helped by a demand for tests from some people who do not have symptoms. Furthermore, it was quite wrong for someone at the Short Street test centre in Southend to suggest that people did not need an appointment to attend. More

testing laboratories are now being opened to process the tests and get the results to people as quickly as possible.

I am delighted that Southend Hospital Accident and Emergency has been given £9.7million for an upgrade. This will be of enormous benefit to residents and is in preparation for increased demand on National Health Service facilities during the winter months. I have visited the A&E on a number of occasions; it is far too small and really does need to be upgraded.

Finally, my next two surgeries are being held on October 16 at Belfairs Methodist Church, Belfairs, SS9 4NG, and November 6 at St Saviour's Church, Chalkwell, SS0 8LL. To book an appointment, please call 020 7219 3452 or email amessd@parliament.uk



## Motorcyclist dies after collision

Police are appealing for witnesses to come forward after a motorcyclist died following a collision in Leigh-on-Sea.

An investigation is underway after the incident, which happened at Cliff Parade in the early evening on August 30.

An Essex Police spokesperson said: "We were called to reports of a collision involving a blue Yamaha motorbike just before 6.35pm.

"Sadly, the biker, a man in his 20s from Basildon, was pronounced dead at the scene.

"Officers worked quickly to speak to as many witnesses as possible at the scene, but we're aware that some people may have left before sharing their

accounts.

"We are particularly keen to speak to someone who was driving a white van, which was seen to leave the scene shortly after the collision. We believe the driver and any passengers may be key witnesses, and we would urge them to get in touch.

"Anyone who witnessed the collision, has dashcam or CCTV footage, or saw the bike driving prior to the incident, is asked to make a report online or call Chigwell's Roads Policing Unit on 101. The incident number to quote is 966 of August 30.

"If you have information but would prefer to remain anonymous you can call Crimestoppers on 0800 555 111."

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## Parents warned after children enter shop without masks



Police have issued a plea to parents to remind children aged 11 and above that they must wear face coverings inside shops in Leigh-on-Sea.

The advice comes after Essex Police stopped a group of schoolchildren on September 3 in Sainsbury's on Flemming Avenue on their return from school.

A spokesman from Essex Police said: "Officers noticed a number of schoolchildren who had finished school after their first day back. Unfortunately, hardly any were wearing face masks. Please remind them of this as it is to keep you and your families safe."

## Generous Lions help reach People's Path target

The Friends of Leigh Library Gardens (FOLLG) say they are celebrating after reaching their fundraising target as they aim to build a new path ahead of winter.

The FOLLG were aiming to raise £5,615 so a new 42-metre path, called the People's Path, could be installed to the upper gardens, making it easier and safer to navigate, particularly in the winter.

They passed the halfway mark in September before the generous Lions Club of Leigh-on-Sea decided to give the rest of the money needed so the FOLLG could reach their target.

The FOLLG have contributed in excess of 400 volunteer hours in the gardens since the easing of lockdown, but this improvement project is something that requires a specialist to carry out the work.

Julie Easlea from the FOLLG said: "We are delighted the Lions Club has very kindly voted to give the Friends the remaining money to reach the target for the path.

"So we've done it and raised the £5,615 necessary to have the work done. A really fantastic achievement in these uncertain and challenging times.

"We have had many generous donations from individuals and companies and we are extremely grateful to all those who have donated. It really is a People's Path and we could not have got to this point without help from our friends."

Sheila Fuller, community chairman for the Lions Club of Leigh-on-Sea, said: "Leigh Lions have been serving the town for nearly 30 years, and during the COVID crisis we've been supporting many local people who are shielding. We have seen just how important our open spaces have become in that time, so we were pleased to join with others in the community in supporting the FOLLG's appeal to improve our much loved Library Gardens.

"One of Lions' key causes is the environment, and having quality green space is vital to people's well-being. We feel that the new path will make the Gardens more accessible, as well as generally improving the appearance of the space."

## Council and Lions team up to install life-saving equipment

Life-saving equipment has been installed in Leigh-on-Sea after a request to the council from a resident.

Leigh-on-Sea Town Council (LOSTC), with the help of the Leigh Lions charity, has installed a new Automated External Defibrillator (AED) on Strand Wharf, behind the Heritage Centre.

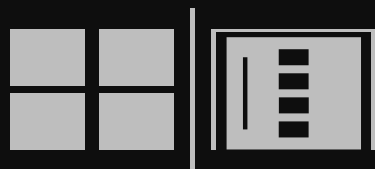
The AED was unveiled on September 3 and will be available for anyone to use.

Defibrillators can significantly increase the chances of survival when someone enters cardiac arrest.

Town clerk, Helen Symmons, said: "When one of our residents, Sue Middleton, contacted the council with regard to the possibility of a defibrillator in the Old Town, we immediately thought this was a great idea as we already have one in the community centre and knew that the Leigh Lions had enabled another in Leigh Road.

"With our good friends Leigh Lions, we set in motion plans to install an AED unit on Strand Wharf. As the box needs to be heated, it is positioned to the rear of the Heritage Centre."

LOSTC has asked for traders and businesses in the Old Town to display their AED stickers so it can easily be found in an emergency.



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LOCAL NEWS





Leigh-on-Sea

## TOWN COUNCIL

The Leigh Community Centre has now been open for a full month, and we are delighted that a number of our regular hirers have returned to our rooms, with yoga, exercise classes, baby groups and art clubs currently being our main users. The new schedule of classes is now available on our website at [www.leighcommunitycentre.com](http://www.leighcommunitycentre.com)

The information is being constantly updated as government guidelines are changing, so please do keep checking. If in doubt please contact the class leader directly.

The protocol for returning is quite strict, but we have put these measures in place to help ensure the safety of everyone visiting us. We thank you for your cooperation during this difficult time. We have also now implemented the government's new QR Code poster to allow people to check in, which will assist with Track and Trace.

The council itself has resumed its usual schedule of meetings, which are currently taking place online via Zoom, a video-conferencing app. Members of the public are still welcome to "virtually" attend the meetings, and the link for each meeting is displayed

at the top of the agenda.

Our council magazine is due to be released in the next few weeks, and we are looking forward to sharing the latest edition with our residents. We have many articles looking at the effects of lockdown on our town, as well as all the latest news.

At this time, we would normally be well into planning for the Leigh Lights, but this year we will sadly not be able to go ahead with our usual festivities. However, we are looking into scaled-back alternatives that we can still run with COVID-19 restrictions in mind. Watch this space for more information.

Lastly, we are now taking applications for our Artist in Residence Scheme. Any artist can apply, regardless of their medium. The scheme allows for an artist or group of artists to have a discounted studio space for a whole year, a free exhibition space and the chance to collaborate on art and culture projects around the town. The position will be available from April 1, 2021, with the deadline for applications at the end of this month.

For more information or to download an application form, please visit [www.leighonseatowncouncil.gov.uk/artist-in-residence](http://www.leighonseatowncouncil.gov.uk/artist-in-residence)

## Hospice looking for volunteers

A local hospice charity is looking for volunteers who can help in its shops, including in Leigh-on-Sea.

Havens Hospices operates a total of 23 shops across Essex, which help to raise vital funds for adults, young people and children living with complex and incurable conditions across the county.

Jonathon, 19, has been volunteering at the shop for three years now alongside his apprenticeship, where he is training to be a chef.

Jonathon said: "I find balancing being an apprentice chef with volunteering easy, as I volunteer at the weekend when I am not working."

"To anyone thinking of volunteering, I would say come and join us, learn new skills, make new friends and support a great cause."

Faye Kadesh, volunteer services manager at Havens Hospices, said: "If it wasn't for volunteers, we would not be able to provide palliative nursing and support care to adults and children with complex or incurable conditions free of charge."

"Volunteers come from all walks of life and ages and achieve extraordinary things, so if you think you have some time to spare and would like to make a difference, then why not enquire today?"

To find the latest vacancies, visit the shop and speak to the manager. Alternatively visit [www.havenshospices.org.uk/volunteer-roles/volunteer-shop-assistant/](http://www.havenshospices.org.uk/volunteer-roles/volunteer-shop-assistant/)

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A photograph of Robert Pattinson in a tactical vest, holding a handgun and a walkie-talkie. The background is a blurred city street.

# THE RISE OF

# ROBERT BAT-TINSON

It's taken eight years, 19 movie roles and a complete revision of his status as the teenage heartthrob of his era, but in landing the role of Batman in the latest incarnation of DC Comics' ultimate action hero, Robert Pattinson has emerged from the gloomy, seedy shadow of *The Twilight Saga* into the dazzling, dangerous surrounds of, well... his local gym.

We've always known him best for his vampiric swagger and lofty presence, and for being followed around by a posse of adoring young teens, but since the Sky series in which he made his name, Robert Pattinson has dabbled in everything from serious drama, horror, crime, action and even biopics.

And while excelling on screen in the likes of *The Lost City of Z*, *Good Time*, *The Rover*, *The Lighthouse* and *Tenet*, as the latest ripped and action-ready Batman, this is surely his biggest project yet.

The big-budget Warner Bros movie represents for him a defining moment, both physically and mentally – it's the final piece of the jigsaw in the ascent of the accomplished Londoner to true movie icon status, and by his own admission, the removal of self-doubt that accompanies it is a relief.

"Doubt is in the genetic make-up of any actor," he begins. "You are always wondering what's around the corner and whether you can live up to your best role, your last role, your future potential... whatever it will be."

Taking on Batman represents the same mental challenge, but RPatz sounds more secure in himself than ever before.

"I think any actor will go through periods where they will question whether they can live up to a character in a script, or even the expectations that go with it.

"Batman, for me, means pushing boundaries and building up to a point where I know, in the flesh, I can do justice to the physicality required.

"You look at the true warriors of the superhero genre – Hemsworth, The Rock, Downey Jr – and wonder if you're putting yourself in the wrong place. And yet, having spoken to a few I know, everyone is nervous when the opportunity comes about."

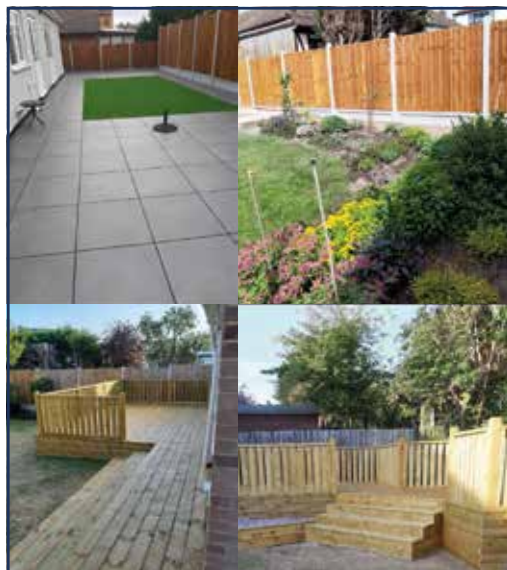
Of course, the legacy of those to have played Batman goes back right to the early days of movie-making. People were still awaiting the conclusion of the Second World War when actor Lewis G Wilson first stepped up to play the caped hero in 1943. Wilson's physique saw critics perhaps unfairly deride him as "thick about the middle", and actors who assumed the role thereafter were toned in a way rather more fitting for a character adept at taking down a range of enemies without, in fact, the use of any superhero powers at all.

From Robert Lowery and Adam West – who played Batman for two decades – through to Michael Keaton, Val Kilmer, George Clooney, Christian Bale and Ben Affleck in the modern era, style and stamina has often gone forward before age – something that stands Pattinson in good stead.

"This feels like the start of a new era for me, and I hope fans come along for the ride."

In 2020, Pattinson talks, behaves and interacts like a very different person from when he was only known as Edward Cullen from *The Twilight Saga*. His evolution into an accomplished actor of variety, veracity and vigour is now surely complete.





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OCTOBER BIRTH FLOWER OF THE MONTH

# Marigold



GARDENING

If you were born in October, your birth flower is the vibrant marigold. Native to the Mediterranean, this plant is also known as the 'herb of the sun' owing to the fact that its flowers open when the sun is shining. Incredibly versatile flowers, marigolds can be used as bedding plants or grown in containers.

### What does the marigold symbolise?

With its intense orange colour, it's hardly surprising that the marigold symbolises both passion and creativity. In medieval England, the leaves and flowers of the marigold were combined with ground egg shells and added to heated ale as a treatment for the plague. Whereas, in Mexico, they are the official flower for the *Día de los Muertos* – the Day of the Dead – as their scent is believed to help guide the spirits from the cemetery to the altars.

### What does this birth flower say about you?

If your birth flower is the marigold, you are said to be a warm and inviting person who has the ability to brighten any day. You are full of drive and are often the one that others turn to for advice or help. Personal growth is also important to you.

### How to grow marigolds

Marigolds enjoy full sun and grow well in both dry and moist soil. You can plant marigold seeds directly outdoors in spring once the threat of frost has gone, or start seeds inside for up to eight weeks before planting outside. These flowers require little maintenance and only need watering if the weather has been dry for more than two weeks.

### Fun facts about marigolds

- Marigold flowers are edible
- Marigolds are a natural insect repellent
- They contain carotenoids that can lower your risk of heart disease and some cancers

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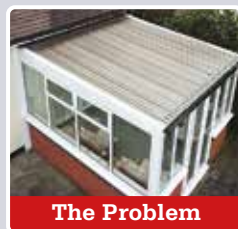
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## PUZZLES & TRIVIA



PUZZLES

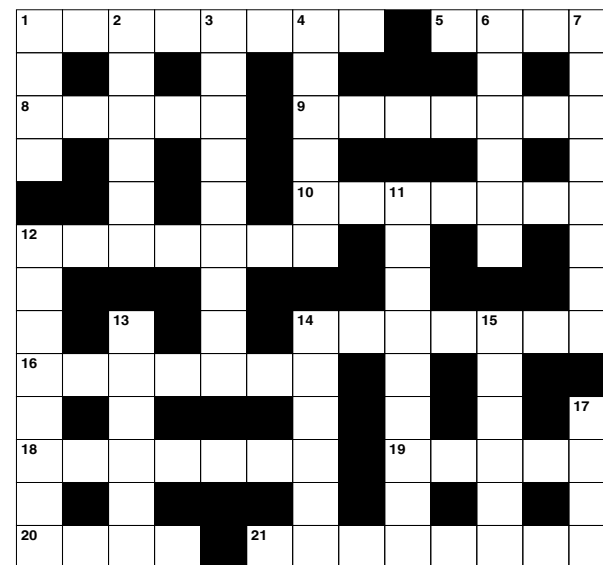
Answers can be found on the Contents Page 4

### ACROSS

- People who consume a particular beverage (8)
- Cut (4)
- Paved area (5)
- Deserved (7)
- Ideas (7)
- Long pins (7)
- Small Arctic whale (7)
- Gather (7)
- Biting (7)
- Immature insects (5)
- Overly curious (4)
- Definitions (8)

### DOWN

- Depressions (4)
- Chant; speak solemnly (6)
- General erudition (9)
- Manors (anag) (6)
- Country (6)
- Base of a statue (8)
- Immediately following that (9)
- Astronaut (8)



13. Entraps (6)

14. Hold close (6)

15. Occur (8)

17. Not as much (4)

### DID YOU KNOW?

► The name Big Ben only refers to the bell inside the Elizabeth Tower, not the Tower itself, as commonly thought

► In 1952, a double-decker bus, driven by Albert Gunter, jumped a gap across Tower Bridge after it started to rise to allow a boat to pass

► The London Eye pods are numbered one to 33, missing 13 with superstitious passengers in mind. Each pod weighs 10 tonnes, the equivalent of one million pound coins

► From the 1200s to 1835, the Tower of London was home to a zoo of exotic wild animals that were given as royal gifts, including lions and a polar bear

► Buckingham Palace was originally known as Buckingham House and was built as a private townhouse for the Duke of Buckingham

### SUDOKU

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			5				6	





FASHION

# CHECK mate!

If you are looking for a fashion trend that checks all the boxes, then look no further. The traditional checked pattern was seen across multiple AW20 collections including Saint Lauren, Miu Miu, Versace and Michael Kors.

Not sure how to make this print work for you? Don't worry, everyone and anyone can rock this form of plaid.

## CHECKED SHIRTS

A checked shirt should be a key staple in everyone's wardrobe, never going out of style and providing a quick and simple way to look effortlessly stylish. Ideal for layering when the evenings turn colder; try adding an open-buttoned checked shirt over a plain tee for a chic and comfortable look.

## CHECKED COATS

With the ability to suit both men and women, an oversized checked coat is a must-have this winter. Wear over layered knitwear, a tailored suit or even a party dress; this style of outerwear is incredibly versatile. For those who love to stand out from the crowd, choose a bold and colourful check such as red, yellow or green. Alternatively, monochrome check will always look classy.

## CHECKED ACCESSORIES

If you are a little worried about trying out this trend, you may want to try starting with one checkerboard item such as a pair of black-and-white checked heels or a checked scarf. But make sure you don't sync the checks of your accessories with the checks of your clothes – this is never a good look!

## CHECKED TROUSERS

You don't often see women wearing checked trousers, but when you do they nearly always look fabulous. So, why not give this daring look a go yourself? Pair with a hoody for a sporty touch, with a chunky sweater for a casual daytime look or with a silk shirt and leather jacket for instant edginess.

Photo credit: asos.com

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# Love your LEFTOVER PUMPKIN

**D**on't throw away any leftover pumpkin from Halloween. Instead, pump up your beauty routine with these four DIY pumpkin beauty recipes that are guaranteed to give your skin and hair an autumnal glow.

## BEAUTY BENEFITS OF PUMPKIN

**Healthy skin:** Pumpkin is full of vitamin A, zinc and antioxidants that are essential for healthy-looking skin.

**Healthy hair:** Pumpkin seed oil is antibacterial and antifungal, helping to maintain a healthy scalp and strong hair follicles.

## PUMPKIN MOISTURISING FACE MASK

You will need: 200g pumpkin purée | 1 tbsp honey | 2 tbsp brown sugar | ½ cup yoghurt

How to apply: Stir all ingredients together | Evenly coat your face with the mixture | Leave for 10–15 minutes | Rinse with warm water

## PUMPKIN LIP SCRUB

You will need: 1 tsp pumpkin purée | 2 tsp sugar

How to apply: Mix ingredients together | Massage onto clean lips | Wipe off | Finish with a coat of hydrating lip balm

## PUMPKIN HAND CREAM

You will need: 50g pumpkin purée | 1 tsp olive oil | 1 tsp honey

How to apply: Mix all ingredients together | Spoon a generous blob into your palm and rub into your hands | Rinse with warm water

## PUMPKIN DEEP CONDITIONING TREATMENT

You will need: 50g pumpkin pulp without seeds | 50g raw coconut oil (liquefied) | 50g raw shea butter (solidified) | 25g vegetable oil or olive oil | 1 tbsp oatmeal powder

How to apply: Separate seeds from pumpkin pulp | Add oils, butter, oatmeal powder and pulp to a bowl | Mix well and then blend in a blender until a smooth consistency is achieved | Apply to damp, clean hair and massage into scalp | Leave for a minimum of 10 minutes | Rinse with warm water

Don't throw away the leftover pumpkin seeds; instead, roast them for a tasty snack. They are great for encouraging hair growth, as they contain iron and L-lysine which both help to prevent excessive hair shedding.



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HEALTH & FITNESS

# STOP TOBER

*How to help someone with an addiction*

**W**ith Stoptober already under way, we thought it would be a good time to offer a few words of wisdom for those supporting a loved one with an addiction.

#### DON'T BE AN ENABLER

There is a very fine line between supporting someone with an addiction and actively enabling them. While you may want to help your loved one by carrying out household tasks, lending them money or apologising for their actions, this can actually stop them from making positive changes in their lives. Sometimes you need to let someone reach rock bottom for them to start their own personal recovery journey.

#### BE COMPASSIONATE

Although you don't want to stray into enabler territory, that doesn't mean that you can't treat your loved one with compassion as they struggle with addiction. In fact, studies have shown that negative social support is one of the biggest barriers for entry to treatment.

#### ENCOURAGE HEALTHY HABITS

Addiction is linked to not only poor physical health, but also mental well-being, with common mental health issues such as anxiety and depression being greatly amplified by alcohol or substance dependency. Ways in which you can promote overall good health and well-being include encouraging healthy eating habits and regular exercise, as well as establishing a positive daily routine.

#### DON'T FORGET YOURSELF

Supporting an addict can be an exhausting and often fruitless process, so it is vital that you take the time for self-care. Think of this not as an act of selfishness but as a means of self-preservation. Focus on doing something you love and make sure you take care of your own physical and emotional needs.

#### DO...

Focus on building trust • Be honest • Respect their privacy

#### DON'T...

Threaten with ultimatums • Criticise or name-call • Expect too much too soon





**W**e could all be forgiven for feeling a little less than motivated right now. That being said, there comes a time when we need to stop languishing and start flourishing. Now is that time...

**SET THE TONE FOR THE DAY**

How often do you wake up on the wrong side of the bed and let that negativity continue throughout the day? Why not instead start your morning with a few enthusiastic affirmations? Even a simple, "Today will be a good day", can work wonders.

**FOCUS ON THE GOOD**

Although you may find it difficult at the moment to find joy in everyday life, by focusing on the good things, however small they may be, you will start to find yourself feeling more motivated and less eager to hide away from any of life's challenges.

**LAUGHTER REALLY IS THE BEST MEDICINE**

When you laugh, the body releases two types of

chemicals: endorphins and dopamine. Endorphins help you feel happy and diminish pain, whereas dopamine, known as the reward hormone, contributes to feelings of pleasure and satisfaction. Finding humour in even the darkest or lowest of moments can help you get through a particularly bad day.

**EMBRACE FAILURE**

Whether you are struggling to home-school, are completely messing up your latest DIY project or you simply feel that nothing you do at the moment is right, try to focus on what you can learn from your mistakes.

**BE PRESENT**

If you are struggling with the current lack of routine and worry about not being able to set any short-term goals, other than getting out of bed each day, try focusing on the immediate present. What are you doing at this precise moment that is making you or someone close to you happy?



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KIDS



HOW TO ENJOY A

# SOCIALLY DISTANCED HALLOWEEN

As traditional trick or treating may be cancelled this year, unless you want some seriously disappointed children, you may want to look into alternative ideas for celebrating Halloween as a family.

Don't worry, there will still be lots of sweet treats to be enjoyed!

## HOST A VIRTUAL PARTY

If you normally host a massive Halloween party for all your family and friends, why not use your new-found knowledge of Zoom to host a virtual party instead? Adults can enjoy some spooky cocktails and a chat, whereas the kids can show off their costumes and even play Halloween games such as bobbing for apples via the app. Alternatively, you could host a virtual scary movie night or virtual Halloween sleepover.

## ORGANISE A NEIGHBOURHOOD DECORATION PARTY

In the same way that neighbours got together to decorate the outside of their homes and the local streets for VE Day, you could bring the local community together to put up some creepy decorations. That way, instead of trick or treating, children can enjoy a spooky walk on Halloween.

## SET UP A HALLOWEEN PHOTO BACKDROP

A great way to make dressing up for Halloween fun despite restrictions, one or more local families could host a Halloween photo backdrop at the end of their driveway or in their front garden. Children can then take turns coming up to get their photo taken, creating long-lasting memories of Halloween 2020.

## DECORATE A FACE MASK

A fun Halloween activity for children of all ages. Either buy some plain disposable face masks or make your own and then get your children to decorate them. Some great Halloween-themed decorative ideas include creepy grins, animal faces or pumpkin patterns.

## OTHER IDEAS INCLUDE:

- Bake some sweet treats
- Visit a pumpkin patch
- Carve a pumpkin face





# THREE HAUNTING HALLOWEEN COCKTAILS

Put the boo in booze with these creepy cocktails that will make your hair stand on end. Literally. From a spooky smoking potion to a colour-changing creation, these Halloween drinks provide both a trick and a treat.

## TEQUILA TERROR

**You will need:**  
2 oz 100% agave silver tequila • 1 oz lemon juice • 8 blackberries • 5 sage leaves • 1 tsp maple syrup • 1 dash orange bitters • Dry ice

**How to make:**  
Bash the blackberries and sage in a cocktail shaker until broken down and fragrant • Pour in the tequila, lemon juice, bitters and maple syrup • Give it a good shake • Pour over a cube of dry ice

**Safety tip:** Do not drink the cocktail until the dry ice has completely dissolved



Photo credit: wickedspaula.com

## BLACK MAGIC

**You will need:**  
2.5 oz black vodka • ¼ oz lime juice (freshly squeezed) • ¼ oz simple syrup • Ice • Pearl white edible dust (can be found online or at craft shops in baking aisle)

**How to make:**  
Add syrup, lime juice and vodka to a cocktail shaker • Fill with ice to the liquid line • Vigorously shake for 30 seconds • Add a dash of pearl dust to the bottom of a martini glass • Pour and serve



Photo credit: elitralk.com

## PURPLE RAIN

**You will need:**  
Blue butterfly pea flowers • 3 oz cranberry juice • 1/3 cup gin • 1.5 oz elderflower liqueur (rose or violet also work well) • Juice of half a lemon • Ice

**How to make:**  
Make a pot of blue pea flower tea and allow to steep • Leave to cool and freeze into ice cubes • When frozen, crush in a blender • Add the cranberry juice, gin, liqueur and lemon juice into a cocktail shaker half filled with ice • Shake vigorously • Fill two glasses with ice and divide liquid between them • Top with blue crushed ice and watch as it turns purple



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# Return TO YOUR ROOTS *part 1*

With the weather turning colder, now is the time to shift away from salads and, instead, embrace more robust and hearty vegetables. Whether you are harvesting the veg yourself or you have opted for shop-bought, the below guide will help you make the most of your roots this autumn.

## TURNIPS

A member of the brassica plant family, turnips are high in fibre, making them great for gut health. They also contain antioxidant and anti-cancer properties.  
HOW TO STORE: Always cut off the greens of turnips before storing in the fridge. Lifespan: two to three weeks.  
HOW TO COOK: With their delicate, sweet flavour, turnips make a great mash. Alternatively, use as a substitute for potatoes in dauphinoise.



## CARROTS

These much-loved staples are cheap, versatile and contain carotenoids that are known for their ability to boost your immune system and protect your skin from sunburn.  
HOW TO STORE: Cut their tops off and store them in a cool place such as the lowest shelf in your fridge. Wrap in a damp towel for prolonged crispiness. Lifespan: four weeks.  
HOW TO COOK: Avoid boiling carrots; instead, look to roasting them with honey, grating them raw into a salad or stir-frying them.



## PARSNIPS

Parsnips are incredibly high in fibre and are also a great source of folate that is needed for a healthy brain and nervous system.  
HOW TO STORE: Store in the same way as carrots but avoid placing near apples or pears, as this gives them a bitter taste. Lifespan: three to four weeks.  
HOW TO COOK: You can roast parsnips in the same way you would potatoes. They also work well in a gratin, to bulk out stews or grated into hash browns.



Look out for *part 2* in next month's edition where we will explore the beautiful beetroot, amazing artichoke and the super versatile sweet potato.



# MOBILE MADNESS

Some 35 years on from the first mobile phone call being made in the UK, we look at the limitations of the first available models.

It was a man named Michael Harrison, the son of former Vodafone chairman Sir Ernest Harrison, who made the UK's first ever mobile phone call. It happened on January 1, 1985, and it's fair to say that, in the 35 years since, we have come quite some distance in telecommunication technology. Phones these days are powerful computers, with a bewildering array of functions, laser-sharp connectivity and a clarity that can enable you to FaceTime someone on another continent. Suffice to say, in 1985 things were a little more basic:

## TALK TIME

The first mobile phones had a talk time of 30 minutes. At that point the battery would die and it would need to be recharged... for 10 hours. And no, it didn't work while charging.

## WEIGHT

The latest iPhone weighs in at 188g; compare that to the Vodafone VT1, the first mobile phone, which totalled 4.7kg... that's the equivalent of 25 iPhone 11 Pros.

## COST

The first mobile phone cost £1,650 – that's more like £6,000 today when factoring in inflation. And even up to the Millennium, call costs were hugely prohibitive in the UK, with fees of more than 50p per minute for mobile-to-mobile calls. And as for dialling numbers abroad... well, probably better to send a letter.

## FEATURES

The first mobile phone was just that – a phone. It offered no additional features. Indeed, not until Nokia's rapid advancement into the market in the late 1990s did phones start incorporating text messaging and games (and yes, by games, we mean snake, and not a lot else).



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# YOUR HOME under the hammer



BUSINESS & PROPERTY

*The pros and cons of auction properties*

**D**aytime reality TV shows have given us a unique insight into the workings of the auction room, but where buying a home is concerned, the stakes are considerably higher than when bidding on a Nissan Micra, or perhaps an antique teapot.

The plus side is that buying a home at auction can save you tens of thousands of pounds. You can also find yourself unearthing some unusual properties that high-street estate agents wouldn't look to market, and as far as renovation projects go, auctions tend to attract every brand of dilapidated property going.

It's also a fast process – when the bidding ends the process kicks off... There's no hanging around for estate agents, and within weeks the property can be yours.

And yet, when buying under the hammer, the

phrase 'buyer beware' certainly rings true. Firstly, the time in between the catalogue being published and the auction itself – typically about three weeks – is all you have to arrange a survey on the property and get a solicitor to check over the legal pack. If you don't take these steps, you're buying blind and that could be costly.

Auctions also require finance to be in place – if you're the highest bidder, you are contractually bound to go through with the process, and on day one that will mean a deposit of 10 per cent.

The other downside is it's easy to get swept along with the cut and thrust of the auction room. Setting a spend limit is sensible, but sticking to it is vital, and can be easier said than done when you sense you are only one bid away from clinching something that will become a home or an investment.





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**CARS WE MOCKED IN  
THE 1980s THAT NOW  
HAVE ICONIC STATUS**

When the shapely, streamlined, smooth curves of car manufacturing in the 1990s came about, the cars we'd been driving over the previous decade suddenly seemed lazy, lumbering, clumsy things that were headed to one place only – the breaker's yard.

Yet those motors that survived the cull are now being brought back to their former glory, with many of us asking if we were perhaps a bit hasty in dismissing these bold, booming examples of classic engineering. These vehicles' price tags – all more than £10,000 – certainly suggest we may have put the handbrake on a little too readily.

#### TOYOTA COROLLA

Famously uncool in every car showroom the length and breadth of the country when Kylie and Jason were number one, this motor now screams 1980s chic, with its pointing bonnet, nodding headlamps and completely useless sidestep that only served to graze knees upon entry and exit.

#### FORD CAPRI 2.8

A classic Ford, with a frontage that had Essex written all over it. And if you think the bonnet was big on one of these premium vehicles from a classic era, check out how the Capri tapers into an exhaustive abyss at the rear. A beauty.

#### ROVER SD1 VITESSE

The Rover was a brand your dad loved as he toured around the south-east flogging double-glazing. A bold, ballsy, impossibly solid motor that said 'family' and 'midlife crisis' in the same breath, the Rover was always sleek and has aged incredibly well, and offers a little peek into the UK's fine motoring magnificence of the era.

#### RENAULT 5 GT TURBO

For a car that appealed to young drivers while still retaining a small amount of Gallic flair from those famously French roots, the Renault 5 had the lot. A nippy thing that looked ready-pimped on the forecourt and had the engine power to match.



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