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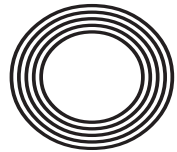
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Editor's notes...



Nik Allen, Editor

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

There's an old Chinese saying: "May you live in interesting times."

It's meant as a curse, not as a pleasant wish, and we are certainly

living in 'interesting' times if that's

how you want to describe it. Never in my lifetime has the United Kingdom been less united.

Historians tell us that the last time we were this at odds with each other was back in the 1600s during the Civil War.

There's certainly nothing civil about the way many people are carrying on at the moment.

Both sides of the political divide have shown some truly awful behaviour.

I was told a great story by an old friend recently.

He's a Remainer in his 30s and his next-door neighbour in his 60s wants to leave the EU.

He told me he's had many civil debates over a cup of tea with his neighbour. Both putting forward their points and listening to those shared by the other. No shouting. No name calling. No one throwing milkshakes and no one being labelled a snowflake.

That's because they respect and like each other as people and can see beyond political standpoints.

I say more power to the pair of them. We can disagree without descending into duels.

That's what we need more of in the future if the UK is to come back together.

Nik



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 CO-ORDINATORS | Rebecka Fryer, Amy Pollard
 CONTRIBUTORS | Tabatha Fabray, Dean Shaw, Amelie Gregory

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Donald 'TRUMPS' London

Amid the pomp and protest, it is hard to say definitively whether President Trump's recent trip to the UK was a success or not. But in the spirit of 'all press is good press', his was arguably one of the most compelling and entertaining state visits in our country's illustrious history.

.....

Around 9am on June 3, 2019 there was an unfamiliar roar in the skies over London as Airforce One made its descent into London's Stansted airport. After stepping off the bulletproof behemoth with First Lady Melania, President Trump did as many former US presidents have done and headed to Buckingham Palace for the beginning of a three-day state visit, where he was officially welcomed by Her Majesty.

In many ways, the visit was unremarkable. There was an impressive gun salute performed by members of the King's Troop Royal Horse Artillery and the marching of the guards; there were official photocalls featuring a changing parade of senior royals; a customary banquet; a trip to Downing Street and a joint news conference to discuss the politics of the day and, finally, attendance at a poignant commemoration of the 75th anniversary of D-Day.

But behind every handshake, camera click and pearly white smile there was a pervasive whiff of controversy and rebellion. Some of this came from Trump himself who reignited a feud with the Mayor of London, Sadiq Khan, by referring to him as a "stone cold loser who should focus on crime in London", in a tweet sent moments before he landed on British soil. He also provoked a backlash by suggesting that our beloved NHS would be "on the table" in the event of a US/Britain trade deal. And let's not mention him breaking royal protocol by patting the Queen on the

back during their lavish banquet.

For once though it was left to the public to upset the apple cart. Gathering in their thousands to protest the President's presence, they unveiled an impressive, if juvenile, array of anti-Trump memorabilia including the famed baby blimps, an effigy of him on a golden toilet and even loo roll embossed with his face.

Unperturbed, the President proceeded with his usual confident charm. In his presence the Queen appeared to be relaxed and jovial, while the clamour of the protesters outside Downing Street led him to comment to Theresa May – according to a lip reader – that the gathering was "very small" adding, "last year we had thousands."

As a nation, this 'glass half full' ethos is surely what we now need to adopt as we look ahead to life post-Brexit. Trump's visit, if nothing else, suggests that a trade deal between us and our American cousins is already in the bag, which is positive in the event of no deal. Inevitably there will be naysayers who will suggest such a deal will spell the end of the UK, but they also said that when we opted out of adopting the Euro...

Trump is, if nothing else, a charismatic and engaging world leader whose bullish brand of diplomacy seems to get the job done. And perhaps it will be a similarly brash and blonde alpha male who leads this country into its next uncompromising era.

CHANGE OF GEAR

With the 27th series of long-running British TV megalomaniacal motor show *Top Gear* airing last month, there are two new presenters in the ranks, alongside existing petrolhead Chris Harris.

As Matt LeBlanc and Rory Reid have departed the terrestrial version – they continue to host the online spin-off *Extra Gear* – the BBC have taken the opportunity to inject back into the format a dose of sarcasm and silliness.

Step forward comedian/TV presenter Paddy McGuinness and former England and Lancashire cricketer Andrew ‘Freddie’ Flintoff in a show that Harris says “will be a little bit different, more relaxed and approachable, but just as motoring mad.

“When you have part of your audience that doesn’t know too much about cars – or maybe doesn’t even want to – we have previously had to inject some humour into the parts of the show which were more serious,” he continued.

“However, these two are brilliant and when we are together there is so much fun and laughter.”

McGuinness seconded that statement, all the while remaining keen to promise the millions of ever-loyal followers that the show

hasn’t been changed drastically.

“There are a few differences to the format but only in the case of the foreign trips that we go on, and in our interacting with the locals.” The comment may well be taken as a rebuffing of the controversial approach towards past overseas ventures, notably where Clarkson, Hammond and May were accused of intentionally antagonising those they encountered.

While petrolheads will be reassured of a stronger focus on the cars themselves, the humour that’s been sadly redundant since the show’s enigmatic long-serving trio departed promises to return, not least with Flintoff having already been filmed for the show crashing out of a race of electric cars in Mansfield’s town centre. *Top Gear*’s revved up irreverence may well be its salvation.



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White vinegar is ideal for cleaning sinks; simply pour onto a sponge and wipe over the whole area. It is also brilliant for removing limescale from taps. Add a few drops of lemon juice if you are not keen on the smell.

Get streak-free glass

No need for a separate window cleaner, just spray some white vinegar onto any mirrors, windows or shower screens and wipe with a lint-free cloth or even more frugally, with an old piece of scrunched up newspaper.

Soften stiff towels

After a few too many washes, your once soft towels can become stiff from overexposure to detergents; counteract this by using white vinegar instead of fabric softener next time you wash them.

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Mix equal parts white vinegar and boiled linseed oil in a spray bottle, shake and spray evenly. Spread over the total surface area with a soft cloth, leave for five minutes and wipe over with a clean one.

Vanish ballpoint pens marks

Remove ballpoint pen from walls or desks with a quick dab of undiluted white vinegar.

Clean your window blinds

Simply don a pair of white cotton gloves, dip your fingers in white vinegar mixed with equal parts hot water and then slide your fingers along each blind, removing any stubborn grime as you go.

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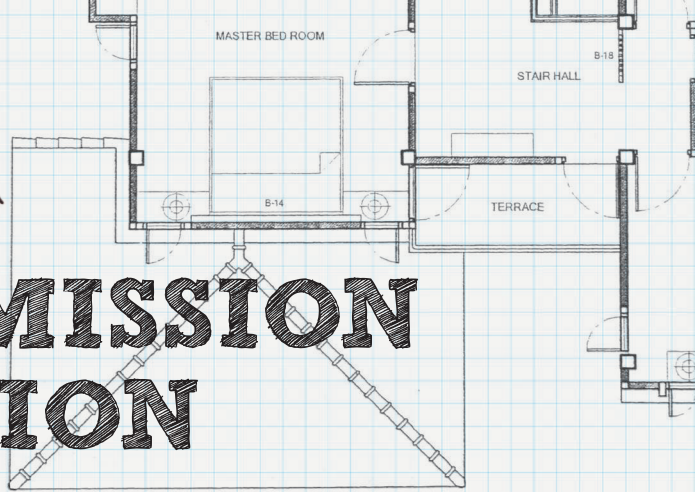


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THE PERMISSION MISSION



They say failing to plan is planning to fail, and that's no better evidenced than when it comes to making changes to your home.

For many even the thought of planning permission provokes images of complicated architectural plans, horrendous legal fees and an abundance of red tape. Yet in truth, whether you are building something new, altering a building or simply changing its use, the process can be easier than you think – indeed, it can even be completed online. The main elements are:

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- > An Ownership Certificate, as it's important to prove the proposed planning permission is for something you actually own
- > A Design and Access Plan, detailing the style and vision for your project, as well as how this fits in with existing surroundings
- > An Application Fee, for the correct amount, so that representatives can move your application forward

It's important to have an exact vision of what your plans are from the off. Repeated changes or alterations will have a profoundly bad effect on your budget, as well as incurring significant time delays.

Finally, while there are plentiful stories of retrospective planning permission being granted on properties where owners have gone ahead and got work done in the hope of getting the green light further down the line, there are just as many cases where local authorities have insisted walls, room and sometimes entire buildings are returned to their previous state.

It's proof enough that the old adage 'it's better to ask for forgiveness than permission' doesn't ring true in every case.



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HOME & DIY

Relax with colour



REASONS WHY NAVY BLUE HAS BEEN REVEALED AS THE WORLD'S MOST RELAXING COLOUR

It's an announcement that will have come as no surprise to any of our planet's ocean-dwelling creatures, many of whom bob about in a perfect, perennial paradise of water and waves. But while it was recently voted the world's most relaxing colour, does this blissful emblazoning of blue actually serve a purpose to a front room in Watford?

The answer appears to be yes... that is, if you listen to the experts at the University of Sussex. They teamed up with papermakers GF Smith to survey 26,000 people, each being quizzed on their emotional response to a variety of different colours and shades.

It was found that when surrounded by shades of dark blue, heart rates fell, stress levels dropped and positive, relaxed emotions were allowed to come to the surface. In contrast, colours such as red brought about tension, passion and anger; white offered

notions of cleanliness and the need to maintain clear space; while respondents subjected to black were more likely to bring on feelings of fear or depression.

Elsewhere, green is supposed to evoke the future, while orange and purple stand for luxury.

"Colour has always had an intrinsic relationship with our culture and is woven into our consciousness," John Haslam, GF Smith's joint managing director said.

"The story of colour maps a particular history through our cultural development – telling a much larger story about the way we perceive, value and cherish colour.

"The study underlined that colour is as much about substance as it is about beauty. The fascinating results and their relevance all add up to inspiring the world to think differently about the role and value of colour in our lives."

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Style and taste

Brushed concrete walls, clean lines and elegant lighting instantly bring an atmosphere of calm and reflection to this stunning space, mirroring that of a high end Mayfair gallery.

It is clear that attention to detail and ensuring the customer, 'an experience', was not lost on collectors and entrepreneurs, Grant and Stacey Fernley, founders of the gallery. But what sets Piece apart from other galleries however, is the warm welcome that greets you at the door. Staff are informed and accommodating, but whether you are searching for inspiration, a new addition to your home or simply having a post brunch browse, the vibe is extremely relaxed and friendly. The art is a mixture of globally sourced, cutting edge contemporary art, with a nod to the more traditional masters.

The vision behind Piece Gallery was to bring art from across the globe to seasoned and first time collectors, interior designers and those with a desire to bring expressive pieces into their home. The works of Piece speak to you regardless of your style or taste. The perfect piece can create an instant colour palette or a focal point for your interior.

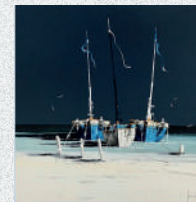


The additional allure of Piece, is not only the artwork for visual pleasure, but a unique collection of homeware accessories. The rich scents and spices of Tanzanian landscapes alight the sense with stunning hand poured candles.

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“One small step for man; one giant leap for mankind” – the words trip off the subconscious of the minds of the old, the young, the wealthy, the poor, and folk in every country across the globe.

Those 10 words, spoken by Apollo 11 pilot Neil Armstrong on July 20th 1969, encapsulated a drive for discovery that went far beyond anything we previously thought possible. As a result, the completion of that 385,000km journey from the Kennedy Space Centre on Merritt Island, Florida, to the moon, offered NASA, America, and the entire planet an insight into the solar system, into evolution, and the potential for human discovery, the like of which had never before been seen.

It's easy to forget though, Apollo 11's mission was actually two-fold. Getting the three-man crew to the moon was only the first part; NASA wouldn't be satisfied unless they proved they could return their brave heroes back to planet Earth in one piece.

Despite the task taking on two distinct and very different elements, it might be fair to say slightly less effort was invested into the second part of the equation, something that was elegantly depicted by Ryan Gosling in last year's Armstrong biopic *First Man*. The popular actor brilliantly portrayed the very human story behind the landing in a movie that stripped away the science to depict an expedition many felt the trio would never return from, the crew included.

“From playing Neil Armstrong I certainly took on a whole new admiration for anyone who has the bravery to be a NASA pilot,” Gosling said.

“The training alone was brutal and something most people would never survive; and then to willingly put yourself in a position where there is every chance you will perish, but to have the mental strength to do everything that you were asked. All I will say is, those guys are heroes.”

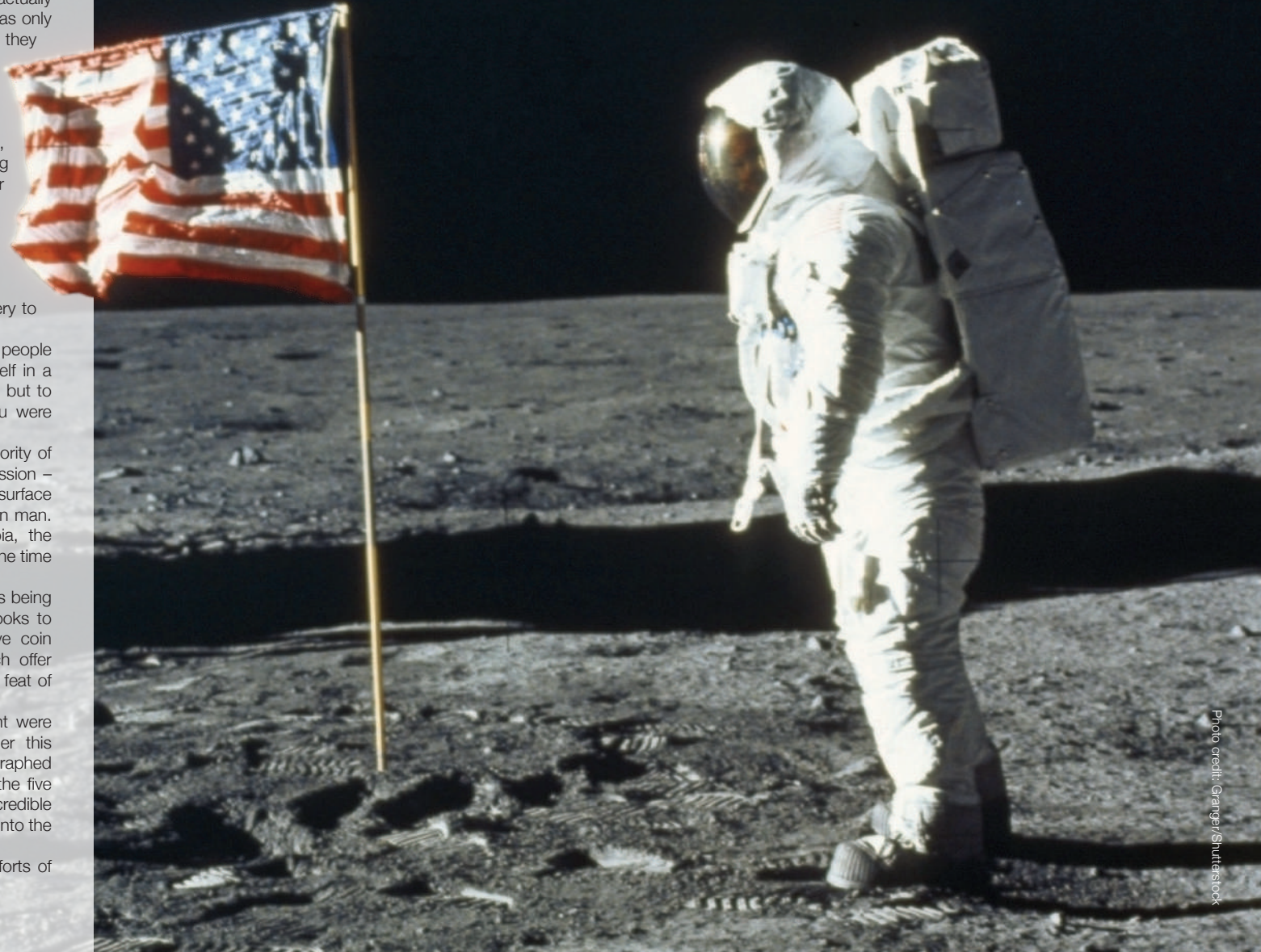
Of course, while Armstrong and Aldrin get the majority of the credit for the incredible achievements of that mission – they spent about two-and-a-quarter hours on the surface of the moon – spare a thought for the often forgotten man. Michael Collins was responsible for flying Columbia, the command module, and he remained in lunar orbit all the time his colleagues were on the surface of the moon.

Naturally, the anniversary of that incredible landing is being marked in a flurry of events and tributes – from books to documentaries, talks to exhibitions, commemorative coin and stamp issues to special-issue Lego sets. Each offer fanatics their own way of remembering an incredible feat of technological ingenuity and human endurance.

If you ever need evidence of just how magnificent were the achievements of the Apollo 11 crew, consider this – while spacecraft have scurried across, photographed and circumnavigated the solar system endlessly in the five decades since Armstrong and co. made their incredible voyage, only nine further men have actually stepped onto the moon's surface.

In an era where ambition came before risk, the efforts of those space warriors will never be forgotten.

“ONE SMALL STEP FOR MAN...”



LOCAL NEWS

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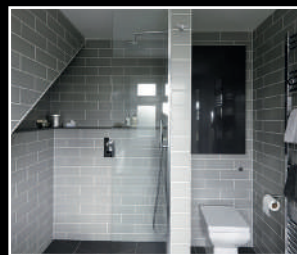
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Gang of youths launch attack on pub goers

Rayleigh residents have described the town as "crime-ridden" after a gang of youths launched glasses at pub goers.

It is feared the incident is the sign of the times in Rayleigh as staff were forced to take customers inside Rayleigh Lodge after a group of youngsters attacked.

The local residents' association have said people are now feeling "unsafe".

Rayleigh resident, Philip Carrington, said: "Dreadful state of affairs - what a dreadful crime-ridden town we now live in. Shame on the politicians, councillors and police for letting our lovely town degenerate so very

quickly being riddled by constant crime."

Claire Baker also shared her frustrations.

She said: "I don't think it will be long before people will be afraid to walk the streets of Rayleigh.

"It felt a safe place when I moved here and that was only 12 years ago. It's not a nice place anymore."

A spokesman for Essex Police added: "We were called around 9.15pm on Saturday, May 18 with reports of anti-social behaviour on The Chase, Rayleigh involving a group of around 15 young people.

"Officers attended and searched the area, but did not find the group. No further crimes were reported."

Two men charged with manslaughter of boy



Photo credit: Met Police

Two men have been charged following the death of a seven-year-old boy at a pub in Romford. Harvey Tyrrell (pictured) was killed at the pub in September 2018.

David Bearman, from Hornchurch, was charged with manslaughter and abstracting electricity on June 14 and Colin Naylor, from Rayleigh, was charged with manslaughter on the same date.

They will appear at Barkingside Magistrates' Court on Thursday, July 11.

MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford

LOCAL NEWS

In early June, I held a well-attended public meeting, where I explained to people from in and around Rayleigh why I so staunchly support the decision to leave the European Union on October 31, 2019.

members of the audience, ranging from arch-Eurosceptics to committed Europhiles. The overall tone of the meeting was highly supportive, although, in fairness, there were some people present who held strong Remain views as well.

I was very encouraged by the higher than expected turnout, with over 200 constituents giving up part of a Friday evening to discuss the very pressing national issue of Brexit. I did my best to explain to my constituents, in plain English, how I became a Eurosceptic, why I voted against the 'Withdrawal Agreement' and how I believe it is now increasingly likely that we will leave the European Union on October 31, 2019 – particularly if Boris Johnson MP becomes our Prime Minister. So far, the feedback I have had on the meeting has been overwhelmingly positive and the standing ovation at the end was perhaps a bit of a hint that we had got it right.

I addressed the meeting, in the main hall of FitzWimarc School, for around half an hour. I began by taking the audience through the key elements of Theresa May's so called 'Withdrawal Agreement', in the course of which I pointed why I felt compelled to vote against it. This is because, in essence, it did not take Britain out of the EU, but in fact had quite the opposite effect, including by trapping us forever in a Customs Union, from which there is no unilateral escape, the so called 'Hotel California' dilemma – you can check out, but you can never leave.

I then took questions for nearly an hour from

Town hate crime investigated

Police have launched an investigation after posters were put up across Rayleigh which says "Islamists are not welcome".

Essex Police say they are treating the posters as a hate crime with the posters also saying "stay back or we will kick you back".

They were reported in Clarence Road, Grove Road, Eastwood Road, as well as Rayleigh High Street.

Initially officers did not consider their presence a possible hate crime but in a U-turn Essex Police said: "We are aware of stickers placed in various locations around Rayleigh displaying messages including 'Islamists not welcome'.

"We are keen to speak to those responsible for them to discuss their intent. We are treating this as a hate incident."

Ahmad Khwaja, chairman of the Southend Ethnic Minority Forum, said: "It is both worrying and disappointing that anti-Islamic posters have been appearing on walls and lamp posts in Rayleigh.

"This Islamophobia is fuelled by ignorance and it is likely that the people posting them have had little or no contact with any Muslim people in their own lives.



"Sadly anti-Muslim bias is prevalent and has become normalised in the media and politics today.

"It is therefore yet to be taken as seriously as other hate crimes such as those of anti-Semitism or homophobia."

"Bigotry and hatred should be challenged by us all, wherever it raises its ugly head."

A spokesman for Rochford Council said: "We will be working with the local policing team and community safety partners in relation to this matter."

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Successful children's art day



Children's Artwork decorating the new bee and butterfly garden at Holy Trinity

A children's art day was recently held by the Parish of Rayleigh, where some of the artwork that was produced has since been used as a part of the grounds display for the Anglia in Bloom competition. During the school holidays the Holy Trinity organised a children's art day with two sessions, one in the morning and one in the afternoon.

Speaking to some of the families who attended, Lorena said: "On offer were stamping, barge/ folk art, watercolour painting, encaustic art, acrylic painting, marbling using shaving foam, butterfly printing, plus a large table in the entrance for colouring in.

"It was a feast for my children's minds, and they had a ball exploring them all. I appreciated the helpers' patience as they taught, helped and encouraged the children to create art that they are really proud of."

Another attendee called Denise said: "Having been to the art day last year, both grandchildren were eagerly looking forward to joining the session. Within a minute of walking through the door they were wearing an art smock and creating their first colourful and symmetric butterfly.

"I was just blown away at the creations from our five to six-year-olds and the others around them."

Outrage as huge housing development gets underway

Residents say they are "outraged" as construction has started on a large controversial housing development which locals feel will destroy the area.

The 500 plus development is on the outskirts of Rayleigh, known as Wolsey Park, and developer, Countryside, has already started construction.

Residents are concerned at the scale of the 115 acre site and the impact it will have on Rayleigh.

Campaigners have led the fight against the development since it was first proposed and despite

work now being underway it is clear many are still not happy.

Susan Eldridge, who lives in Rayleigh, said: "Many people I know are like me and are outraged that this has been given the go ahead.

"I welcome new housing but not on this scale and in one location. It will be a village in itself."

The development will be built in stages with almost 200 homes being constructed as part of phase one.

Countryside said: "As part of the development, (we) will invest significantly in services and infrastructure.

"This will be used for primary and secondary school improvements, the provision of youth facilities, new sports pitches, local highway works and improvements to the operation of Rawreth Brook."

Ruff justice as police dog catches car thief

Tygo the police dog was the hero after he caught a driver who ran from officers following a high-speed chase.

The police pursuit took place in Rayleigh and the surrounding area after the vehicle was seen being driven in a suspicious manner.

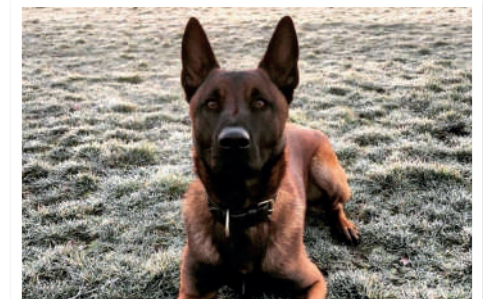
Local police chased the green Honda before the driver ended the chase and took off on foot.

That's when Tygo took control and managed to apprehend the speed demon who was subsequently arrested.

An Essex Police spokesperson said: "There were reports of a Honda Shuttle failing to stop for our officers in Progress Road at 11.45pm on May 29.

"A pursuit was authorised and the car stopped in Eastwood Rise, Rayleigh, just before 12.15am."

The man was arrested on suspicion of theft of a motor vehicle, dangerous driving and failing to stop for police.



LOCAL NEWS



NEWS FROM

RAYLEIGH TOWN MUSEUM

When you stroll around Rayleigh, have you noticed any of the 26 distinctive green Heritage plaques administered by Rayleigh Town Council, originally with the help of Ernie Lane, and the six blue plaques which were installed by the Rayleigh Natural History and Antiquarian Society in the early 1970s?

These plaques commemorate people, places and events that have shaped Rayleigh's rich and varied history over the centuries. Plaques include Rayleigh Castle, Rayleigh Windmill, the Dutch Cottage, the oldest secular building in Rayleigh which dates to circa 1350 and is home to the Rayleigh Town Museum as well as many other significant landmarks.

There is a Town Council Heritage trail leaflet which is available from the council, Rayleigh Library, the railway station, and of course the Museum. Indeed, each year the Town Council distribute 3,050 leaflets to all primary school children in Rayleigh so that they can start to learn about our town's history.

Rayleigh Town Council operate this scheme and each year a new plaque is added following suggestions on their merit by the Museum. Indeed,

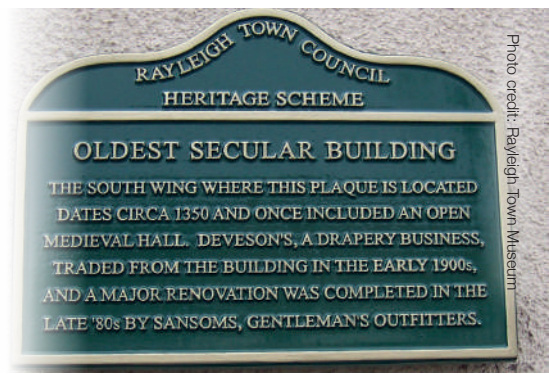


Photo credit: Rayleigh Town Museum

if you have any suggestions for future plaques please contact the Museum for consideration.

The Museum gives heritage walks around town based on these plaques to various groups and associations. If there is sufficient interest, I would be happy to give such a walk to individuals, perhaps on a Sunday morning, if so please contact Mike at Rayleigh Town Museum.

Rapist receives 20-year sentence

A man who assaulted and raped a woman in Rayleigh has received a 20-year sentence.

Stuart Wiseman, 46, subjected the woman to numerous assaults, including stabbing and raping her, between February 20 and February 27.

The victim was unable to recall what days they occurred but reported they were over a two-day period.

Wiseman received 12 years in prison and eight years on licence for rape. He also received two year sentences for three counts of actual bodily harm and 18 months for breaching a restraining order, all to run concurrently.

A count of actual bodily harm, theft, breaching a restraining order and criminal damage will remain on file.

Wiseman is also subject to lifelong notification requirements and he received an indefinite restraining order.

Essex Police investigated the case and after searching for Wiseman, pulled him over on the A130 near Chelmsford and arrested him.

Investigating officer PC Emma Habbershaw, of Essex Police's Adult Sexual Abuse Investigations Team, said: "Wiseman is a dangerous individual and this was reflected in his sentence following his horrific crimes against a vulnerable woman."



Photo credit: Essex Police

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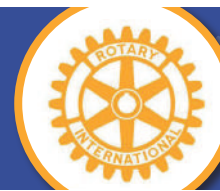


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The Rotary Club of Rayleigh Mill participates in many activities, social, public service and sometimes we like to promote our club to remind the people of Rayleigh about what we do.

This month we have indulged in two of these activities, social and promotion.

On June 3, Rotarian Dave Jarvis organised a Texas Scramble Golfing competition at The Rayleigh Club prior to the club's normal Monday evening meeting.

The Texas Scramble is an annual event that is an opportunity for the golfers in the club and the members who do not normal play golf, to take part in a light-hearted, but fiercely competitive competition.

The Rotary Club of Rayleigh Mill's newest member,

Terry Morris, who had never played golf before, was part of the team of Terry Morris, Andrew Shackleton, John Culwick and Alec Gibb that triumphed in the competition.

The promotional event consisted of members of the club joining the crowds at the Rayleigh Town Trinity Fair on Sunday, June 9 with their Bop the Cop speed reaction challenge.

The ever-popular game was enjoyed by individuals and families with many enjoying light-hearted battles between husbands and wives, parents and children. All good fun and a chance for the club to demonstrate our work at the heart of the community.



Care Service open new offices in town

Abbey Mortimer Care Services has opened its new offices, offering high quality domiciliary care in your own home.

The company, based in Rayleigh, provide a bespoke care service that includes personal care, housekeeping tasks, shopping, accompaniment to any appointments, companionship and sitting services.

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For more information, visit abbeymortimercare.co.uk or call 01268 777646.



A NOVEL

excuse

Jeffrey Archer's ability to live a number of different lives in one is bettered only by his propensity to evolve and reinvent. As he prepares to return to the limelight this year with a series of books revisiting his popular *Clifton Chronicles*, we look back over the highs and lows of the former Conservative politician's life.

"Every morning when I wake up, I look out of the window of my home, down the River Thames and think about how lucky I am," says Jeffrey Archer. To those who want to interpret it as such, it sounds a very privileged, very Conservative view on life, but the facts are such that the 79-year-old's arrival at wealth, happiness and contentment has never come easy. Indeed, few have had to work harder than Lord Archer of Weston-Super-Mare, to give him his full title, in having to recover both financial stability and reputation over the past 50 years.

He said: "I think the route to true happiness has to be one where you've been tripped up a few times along the way. When something comes easily I'm not sure it ever feels like it is a trophy well earned."

Archer has had anything but a quiet life. After running the '100 yard dash' in 9.6 seconds for Brasenose College, Oxford, for a while it seemed as though the London-born student might become an athlete. Instead, he decided to go into the world of politics and, at the age of 29, became MP for the Louth constituency in Lincolnshire. The world seemed bright.

However, after ploughing his money into investment schemers Aquablast in the 1970s, and subsequently watching on helplessly as the Canadian corporation slid into liquidation, Archer found his entire wealth gone, with a debt of half a million pounds hanging over him.

"What motivates me is the sheer desire to achieve something, and that's sometimes where mistakes arise," he says.

"My biggest regret is not getting as far as I should have done in politics," he admits, perhaps part-referencing the *Daily Star* libel scandal in 1987, which brought down his political reputation. Some years later, he was found to have perjured himself in court, perverting the course of justice by using a false alibi after the tabloid newspaper reported time he had spent with a prostitute.

He jokes: "How can I complain, though, when the storytelling has gone so well? When I was in prison, I certainly met interesting people who were able to give me stories."

From debut effort *Not a Penny More, Not a Penny Less* in 1974 – written to stave off bankruptcy in the immediate aftermath of the Aquablast scandal – to further books *Kane and Abel* (his most successful to date), *First Among Equals* (which was turned in a 10-part screen adaptation by Granada Television), right through to the return of the *Clifton Chronicles* series – in the form of detective William Warwick in *Nothing Ventured* – Archer's novels and short story books have sold over 300 million copies in nearly 100 countries.

He admits: "I want to go on writing, but at my age I don't know just how much longer I have to do so. I don't fear death in any way at all, but I fear in the sense that I have still got things to do."

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PLANT OF THE MONTH:

Echinacea

What don't we love about Echinacea? It's sturdy, easy to grow, undemanding and it provides handsome long-lasting flowers that attract beautiful butterflies in abundance. So, where do we start with this perfect plant?

WHAT TYPE OF PLANT IS ECHINACEA?

Echinacea is a group of herbaceous flowering plants that are part of the daisy family. They can be recognised by their showy heads of composite flowers and can grow up to 140cm in height.

HOW DO I SOW ECHINACEA?

Echinacea can be grown either from seed sown indoors and then moved outside after frost or directly in the garden in the summer months. You can also plant them as a potted plant.

HOW DO I GROW ECHINACEA?

- > Water thoroughly at least once a week
- > Protect your plants from extreme winds and direct sunlight
- > Regularly remove spent flower heads to encourage continuous flowering
- > Divide perennials when the plants become overcrowded to keep them at their best

WHAT IS THE BEST WAY TO USE ECHINACEA IN YOUR GARDEN?

Echinacea is a great plant for gardening beginners as all it really needs is a sunny, well-drained site in order to flourish. It is ideal for mass landscaping and it's also a great attraction for pollinators. Plus, they smell lovely.

WHAT PESTS AND DISEASES SHOULD YOU LOOK OUT FOR?

- > ALTERNARIA LEAF SPOT – recognisable by small, round reddish brown spots with white centres.
- > APHIDS – green, red, black or peach coloured sucking insects that leave a sticky residue on leaves.
- > STEM ROT – black or pale roots that appear mushy
- > POWDERY MILDEW – circular, white powdery spots on leaves and stems

DOES THIS PLANT HAVE ANY MEDICINAL USES?

Yes, Echinacea has been used in folk medicine for centuries and is known for its ability to strengthen the immune system and help ward off and treat colds.



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Do you need some 'MANTIVATION'?



Are you ready to end your unhealthy relationship with beer, takeaways and your sofa? Do you want to take control of your health once and for all before it's too late?

The good news is that by simply adopting a few better habits you can drastically improve your overall wellbeing.

Variety is the spice of life

Whether you already exercise or even if you've just now decided to start, it is important that you alternate workouts. Not only will this stop your body from becoming used to the same activity, but it will also help keep you motivated and enjoying exercise.

Buddy up

Most women love a fitness class as they can exercise and socialise simultaneously. Men generally prefer to exercise alone but if you work out with another person, you can add a level competitiveness to your workout which should encourage you to push yourself harder.

Watch your portion control

Although men can eat up to 500 calories a day more than women, many massively underestimate how many calories they are consuming. Make sure you pay attention to serving sizes and fill at least a third of your plate with fruit and vegetables.

Combine cardio with strengthening exercises

Cardio gets your heart pumping and is great for burning calories. Even the simple act of walking up the stairs can count towards your daily exercise goals. Strength training on the other hand is vital for building muscle which helps you to burn more calories. Push ups are a great muscle building exercise.

Take the right supplements

Zinc enables the male body to produce testosterone. Fish oil helps to keep blood pressure low and helps prevent cardiovascular disease. Selenium is the single best nutrient for helping to prevent cancers including prostate, colon and lung.

Blurred Vision?

WHAT IS A CATARACT?

A cataract is the clouding of the natural lens in your eye. The human eye has a lens, much like a camera does. It has a role in focussing light to enable vision. As one ages, the lens becomes less clear, and it is this "clouding" which is called a cataract.

HOW WOULD A CATARACT AFFECT MY VISION?

Cataracts can lead to poorer vision in the effected eye. In general, it may appear like looking through a frosted window.

IS IT COMMON?

Cataracts are a natural part of aging and are therefore very common, but they can also develop due to a number of health conditions.

HOW CAN IT BE TREATED?

Cataracts are treated by surgery. The operation involves removing your natural



clouded lens and replacing it with a clear artificial lens. The majority of cataract surgery is done under local anaesthetic and is undertaken as a day case, requiring up to a four hour stay in hospital.

HOW SUCCESSFUL IS IT?

Cataract surgery is the most commonly performed and safest surgery worldwide. Over 450,000 cataract surgeries are undertaken in England annually with over 95% of patients experiencing improved quality of vision.

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Cataract surgery and ageing eye diseases*.

Thursday 11th July 2019 at 6pm
with Mr Aman Chandra, Consultant
Ophthalmologist.

This complimentary event is for anyone who is suffering with a cataract or ageing eye disease and would like to explore options for treatment (no laser).

The event will include a presentation from Consultant Ophthalmologist, Mr Aman Chandra, on the types of treatments that are available.

Women's health (urinary incontinence and prolapse)*.

Tuesday 16th July 2019 at 6.30pm
with Mr Yemi Coker, Consultant Gynaecologist.

This complimentary event is for women who have urinary incontinence or prolapse.

The event will include a presentation from our Consultant Gynaecologist, Mr Yemi Coker, on the types of treatments that are available. Physiotherapist, Mrs Linda Griffin, will also give a presentation on pelvic floor retraining.

*Presentation style event.

Varicose veins?

Thursday 18th July 2019 from 6.30pm
with Mr Vijay Gadhvi, Consultant General
and Vascular Surgeon.

This event is for anyone considering varicose vein surgery and would like more information regarding procedures and costings.

The event will give you the opportunity to speak to Mr Vijay Gadhvi, Consultant General and Vascular Surgeon, during a complimentary one to one advice session.

Come along to these events to get your questions answered or simply listen to some good advice.

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Experience the wonder of *wild swimming*

Shockingly one in three people in the UK have not been swimming in the past decade. So, why the wide berth?

Well, according to a recent survey many find public swimming pools too expensive whilst others simply don't like using the changing rooms. But what if there was an alternative?

What is wild swimming?

Wild, or outdoor swimming, is essentially swimming in any natural bodies of water such as lakes, ponds, rivers or the sea.

Is it safe?

As long as you ensure that you take the adequate precautions, wild swimming can be just as safe as indoor swimming.

These precautions include;

- Always tell someone where you are planning to swim and if you are a beginner, we would advise that you always swim with a buddy or a group.
- Dress appropriately. If the water is cold, then wear a wetsuit to protect yourself from

hypothermia.

- Keep warm and dry clothes close by.
- Goggles are a good idea for seeing in murky waters.
- Do not jump straight into wild water. Instead ease in slowly to adjust to the temperature and check the depth.

What are the main risks involved?

Even if you take all the necessary precautions before embarking on your outdoor swimming journey, there will always be the risk of water-borne diseases and insects. In particular, you should be vigilant when it comes to ticks as you may not even realise that you have been bitten. Leeches can also be found in fresh water so be sure to cover any cuts with a plaster.

Where are some of the best places to swim outdoors in the UK?

- Gosford Lake Resort, Essex
- The Grantchester Meadows, Cambridgeshire
 - The Barle, Somerset
 - Shepperton Open Water Swim
 - London Royal Docks





THE RISE OF UNISEX SKINCARE

In a world that is moving away from traditional gender stereotypes, consumers are now, more than ever, wanting equality in all aspects of their lives. And this extends even to their beauty routines.

What is unisex skincare?

As the name suggests, unisex, or gender neutral skincare, is built around the premise that products for our skin do not need to be different for men and women. Skin is ultimately skin whatever your sex.

So, why have we always used different products up until now?

Many would argue that it lies at the feet of the marketers and advertisers who have convinced us that we need separate products. There is even the well-known 'pink tax' which most women will know as the reason why we pay more for basically the same products. Hair removal products instantly spring to mind.

But don't men and women's skin have different needs?

Although there are differences between men and women's skin; male skin is around 20 per cent thicker, has more hair follicles and is generally oilier, gender-specific skincare products are not the answer.

Instead we should be choosing products that suit our specific skin type; for example, normal, oily, sensitive or combination.

What are the benefits?

Providing you have a similar skin type, you can share products with your partner, meaning less expense and less space taken up in the bathroom cabinet.

What are the best unisex skincare brands?

Due to an increased demand, there are now a wide range of fabulous unisex skincare ranges, and even make-up ones. Some brands actively market themselves as gender neutral whilst others simply refuse to conform to gender-based packaging or labelling. Either way, we are loving these fabulous unisex brands;

- > Panacea
- > Aesop
- > Dermalogica
- > ASOS Face + Body
- > Verso
- > Non Gender Specific



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BEAUTY



The magic of microblading

It can be hard to keep up with eyebrow trends; should you be going for bold and bushy or barely there brows? And what happens when you have succumbed to the dreaded over-plucking and now want to go back to big brows? Well, microblading could be the answer to all your plucking problems.

What is microblading?

Microblading is effectively a tattoo. Sounds scary we know but it is highly effective, and the results can be amazing. Microblading artists implant pigment underneath your skin using a handheld tool, although it is worth noting that the pigment does not penetrate as deeply as with a normal tattoo.

What are the benefits?

If done well, microblading can be a godsend for your rushed morning make-up routine, as you will have full brows every day without the need to groom or use make-up. You can also happily sweat away in the gym without any worry of smudging. The procedure itself is relatively pain free, although some artists recommend using a numbing cream

if the client is particularly worried or has a low pain threshold and it only takes 1 ½ hours to do.

How long do the results last?

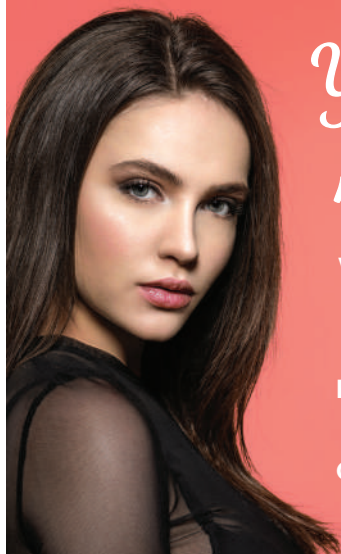
Microblading can last up to three years depending on your skin type, although some eyebrow specialists advise clients to come back every six months for touch-ups if they feel they are needed.

What do you need to do ahead of a microblading session?

Preparation is vital before microblading is carried out. You need to avoid anything that will thin your blood for example taking aspirin, drinking alcohol or using any beauty products that contain retinol.

Are there any celebrities who have had this procedure?

Mila Kunis, Gwyneth Paltrow and Mandy Moore are all known fans of microblading, and each of them has stunning eyebrows that complement their face shape and colouring.



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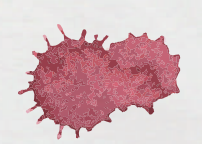
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Wait for the mud to completely dry | Pre-treat with a standard liquid detergent | Wash as normal.

Blood

Always rinse the blood-stained item in cold water first | Pre-treat with a standard liquid detergent | Wash as normal | For older stains, an unseasoned meat tenderiser is incredibly effective. Simply make a paste by mixing the tenderiser with water, apply and leave for 30 minutes.

Chocolate

Firstly, avoid using hot water on chocolate as it is more likely to lead to a permanent stain | Instead, place the stained item in a sealed plastic bag and refrigerate for half an hour | Once the chocolate has hardened, simply scrape off with a blunt knife.

Tea or coffee

For fresh stains, mix one part white vinegar with three parts water | Using a sponge gently dab the stain with the treatment | Wash as normal | For older stains, soak repeatedly for optimal results.

Paint

Turn the item inside out | Rinse the back of the stain with warm water | Wash as normal.

Red wine

Neutralise the stain with white wine first | Sprinkle salt to absorb any excess liquid | Wash as normal.

Ketchup

Simply rub the stain with a halved lemon | Rinse thoroughly | Wash as normal.

Ink

Spray hairspray directly onto the stain | Wait for 30 seconds | Wipe gently with a damp cloth.

Grease

Sprinkle with baking soda to cut through the grease and absorb some of the excess liquid | Then apply dish detergent and scrub with an old toothbrush for several minutes | Leave to rest for 30 minutes and then wash as normal.



PUZZLES & TRIVIA

PUZZLES

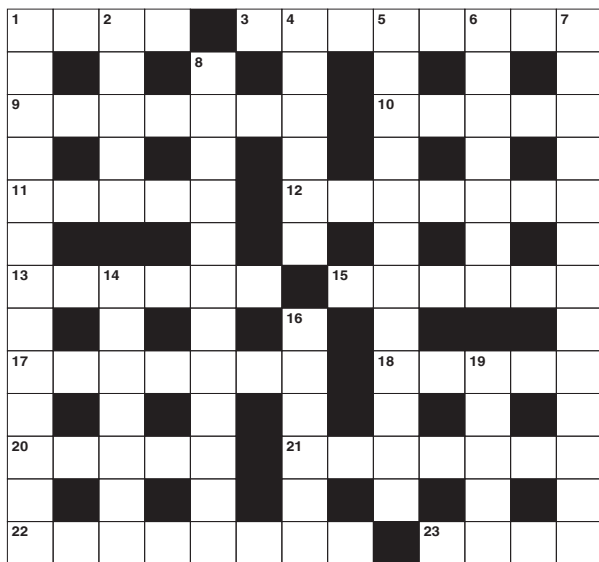
Answers can be found on the Contents Page 4

ACROSS

- Large-headed food fish (4)
- Appetising drink (8)
- Open-minded; given freely (7)
- Weatherproof coat (5)
- Relating to a city (5)
- Organ of digestion (7)
- Make worse (6)
- Star like object that often emits radio waves (6)
- With reference to (7)
- Hackneyed (5)
- Accustom to something (5)
- Ice hockey offence (7)
- Peer (8)
- Small flake of soot (4)

DOWN

- Figment of the imagination (13)
- Meat and vegetables on a skewer (5)
- Burnish (6)
- Duplication (12)
- Statements of intent to harm (7)
- Boxing class division (13)

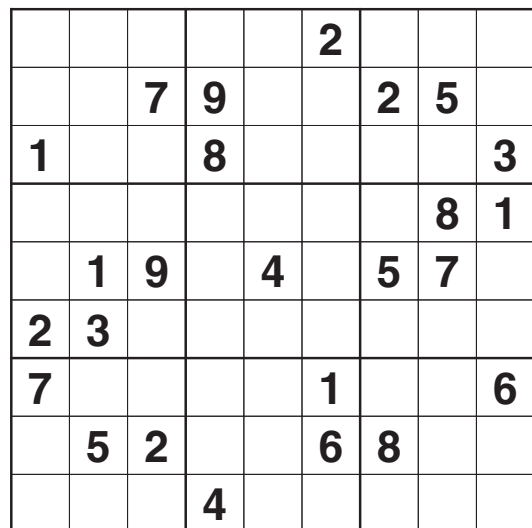


- Principal face of a building (12)
- Agitate (7)
- Respiratory condition (6)
- Form of expression (5)

DID YOU KNOW?

- ▶ Most bears have 42 teeth, including four long canines
- ▶ An ostrich eye is bigger than its brain
- ▶ Lobster blood is colourless, but turns blue when it is exposed to oxygen
- ▶ The giraffe, which is the tallest animal in the world, can clean its ears with its tongue
- ▶ Due to its composition, camel milk doesn't curdle naturally
- ▶ Frogs can't swallow with their eyes open
- ▶ Dragonflies have six legs, but can't walk due to the weight of their body

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carry on



If every camping trip you've ever been on has ended in disaster, read on, for our camping survival guide is here to make your summer holiday a whole lot happier.

CAMPING DOS AND DON'TS

- **DO** embrace your wild side
- ...but **DON'T** forgo those little luxuries that make you happy (gin in a tin anyone?)
- **DO** go as far afield as you dare
- ...but **DON'T** go unless you're fully prepared
- **DO** spend time planning your trip
- ...but **DON'T** get bogged down by agendas, it's an adventure after all

TOP TIPS

- **Test your gear** – No one wants to arrive in a muddy field only to find their tent isn't up to the terrain, so have a trial run in your garden beforehand
- **Prepare for cold** – Buy good quality sleeping bags and avoid sleeping directly on the ground. Some good options are camp beds, yoga mats and air mattresses

- **Let there be light** – Good lighting is essential both within and outside your tent
- **Research is king** – Make sure your campsite has all the amenities that you require
- **All the little things** – Hay fever medicine, matches, bottle/tin opener, wet wipes... these are the items that elevate a camping trip

WHERE TO GO*

- For stunning views and excellent amenities – Castlerigg Hall Caravan and Camping Park, Cumbria
- For great glamping – Redwood Valley, Powys
- For families – South Lytchett Manor Caravan and Camping Park, Dorset
- For couples – Newbourne Woodland Campsite, Suffolk
- For something truly unique – West Stow Pods, Suffolk
- For dog lovers – Old Oaks Touring Park, Somerset
- For Eco Warriors – Eco Retreats, Powys

*according to 2018 Campsites.co.uk camping and glamping awards

CAMPING



As easy as riding a bike



The moment when you see your child finally ride their bike on their own is priceless, but it can take a lot of blood, sweat and tears to get there. Literally. But it doesn't need to be so difficult.

What is the best age to teach your child to ride a bike?

The ideal age to teach your child to ride a bike is between four to six years old. Any earlier and they may not have the coordination skills or balance to master the skill. And any later, and your child may become overly cautious.

How long should it take?

According to experts, you can teach your child to ride a bike in as little as 45 minutes, as long as they are showing signs that they are ready; namely that they have good coordination.

How should you start the process?

A balance bike is a great starter bike for a child as they can learn about the feel and balance that is needed on a bike without having to master the pedals.

Where should you teach them?

Choose an area that is quiet and preferably one that has a tarmac surface. Grass surfaces should be avoided as it takes a lot more effort to ride on them than on hard ground.

How can you help your child?

- Always hold on to your child if they need support rather than the bike. Hold their back and their shoulder/upper arm.
- Encourage them to look forward, let go of their breaks and pedal.
- Run alongside them as they gain confidence.
- Teach them how to use their brakes.

Additional tips:

- Always ensure your child wears a helmet, knee and elbow pads are a good idea too.
- Dress your child in long-sleeved tops and trousers to protect them from grazes.



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Your
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Flower POWER



FOOD & DRINK

Flourishing flowers can serve as so much more than simply brightening up your garden. Why not utilise the edible ones in these delicious summer recipes?

Lovely lavender

You may be more used to flavouring your Sunday roast with a sprig or two of rosemary but lavender works brilliantly with lamb and is completely safe to eat. The sweetness of honey also works wonders with the rich fragrance of lavender flowers.

Dandelion delight

Most gardens have an abundance of dandelions so why not utilise them? The heads of these flowers are 100 per cent edible and we recommend chopping a handful up and adding to an omelette or Italian frittata. You can even add in some wild garlic if you have any in your garden.

Calming chamomile

Most known for its use in teas, chamomile flowers also work wonderfully in a summer jelly. Simply dissolve honey in a jug of boiling water and add a generous portion of the chamomile. Strain out the leaves once they have had time to steep and then add gelatine to set.

Top with tulips

Tulips are a gorgeous spring flower and their vibrant petals can perk up even the most lacklustre garden so it's a natural progression for creative cooks to add these flowers to their dishes. And all you need to do is gently sprinkle a selection of untreated petals over a summer salad and enjoy.

Elderflower mocktail

With people trying to cut back on their alcohol consumption, booze-free drinks are more popular than ever and what could be better than a freshly made, thirst-quenching cordial? Add a handful of elderflower heads and some lemon zest to a simple sugar syrup and leave to infuse for 24 hours or longer if possible, then dilute.

Poisonous flowers to avoid:

Daffodils | Hydrangea | Clematis | Azalea | Foxglove

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V51



Photo credit: Alan Davidson/Shutterstock

As the *Sunday Times Rich List* again serves to showcase the wares of some of our wealthiest residents, the addition of the first black female entrepreneur provides a welcome twist in financial fortune.

They are numbers so great that we might never be able to imagine the sheer extent of wealth that those on the list possess, but let us dream for a while that we will one day rival the fortunes of these financial tour de forces.

THE TOP TWO

Sri and Gopi Hinduja: The brothers, British nationals but responsible for the incredible growth of a family business that was started in Mumbai in 1914, have amassed a fortune that now tops £22bn. They have proved the phrase 'diversify or die' many times over, with investments and enterprises in industries as unconnected as oil and gas, banking, IT and property.

David and Simon Reuben: If risk-taking delivers reward, then it's little surprise the Reuben

brothers are in second position, with an estimated worth of £18.7bn. The duo dined with the Russian mafia on their way to becoming leaders in private equity, real estate investment and development, and their impact on the debt financing market continues to grow as well.

SELECTED OTHERS

Ed Sheeran: Although his fortune of £160m looks small in comparison to the true rich list heavyweights, the British musician has leapfrogged Adele on the most recent rankings, and over time you feel the songsmith will continue to make up ground on the leading musical maestro, Andrew Lloyd-Webber, whose mountain of money totals three quarters of a billion.

Valerie Moran: Finally, Zimbabwe-born Valerie Moran becomes the first black female entrepreneur on the list. She owns an 81.5 per cent stake in tech company Prepaid Financial Services and her inclusion is noted as a much-welcomed cultural shift from the perceived mould of the uber-wealthy.

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WHAT'S ON

in your area

Teddy Bear Parachute Jump
Holy Trinity Church, High Street,
Rayleigh, SS6 8BB
July 13, 10am – 4pm



Open Garden
262 Main Road, Hockley, SS5 4NW
July 20, 12.30pm – 5.30pm



Photo credit: NGS

The garden comprises of 185 metres of island beds and borders sited on one third of an acre. Home-made teas available. Admission £4 for adults and free for children. For more information, visit www.ngs.org.uk/find-a-garden/garden/30926

Hawkwell Fire Station Open Day 2019
Hawkwell Fire Station, Main Road, Hawkwell,
SS5 4EG
July 27, 11am – 4pm

There will be lots of activities for children to have fun with, and also a chance to sit in the fire engines and squirt water with real fire hoses.

Murder Mystery Evening
Rayleigh Town Museum, First Floor, 91 High Street, Rayleigh, SS6 7EJ
August 8, 7.30pm (doors open 7pm)
All are welcome. £3.50 for Friends of the Museum or £4. Tickets are available from the museum during opening hours. Please call 01268 773535.

Beatles Tribute Night
Hockley Community Centre, Westminster Drive, Hockley, SS5 4XD
October 5, 7.30pm – 11pm
An evening enjoying the ultimate Beatles tribute band Like The Beatles to raise money for the local charity that runs the Hockley & Hawkwell Social Centre for older people. £12 per person. A full bar is available to purchase drinks and snacks. Call Phil on 07979 800854 or Richard on 07860 608593 for tickets.

Knit and Natter
Rayleigh Library, 132/4 High Street, Rayleigh,
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July 17, 11am – 12.30pm
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When to change your...



WIPER BLADES

When you think about it, your wiper blades go through quite a bit. There's rain, snow, mud, grit, not to mention full-on, head-on wind resistance, and a whole lot more besides.

One of the most thankless pieces of kit on our motors, they are also perhaps the most important, as anyone will a faulty wiper blade will confirm.

That's why decent wiper blade maintenance isn't just a good idea, it could be life-saving:



Wiper blade = wipe:

For basic care, clean your wiper blades every couple of months. Removing residual dirt will keep the rubber in better shape for longer, eliminating the need for regular replacement.

Streaker alert: How many times do we put up

with streaks across the windscreen, even going as far as squatting in our seats to look past the latest rainbow-like wave of water that's been created right in front us? The rule with streaks is simple – your blade is deficient and needs replacing.

Skipping along: A wiper blade that skips probably hasn't been used for a while may need lubrication, though most likely has been bent out of shape – perhaps following a period of hot weather – and should be replaced.

Smear test: Smears are dangerous and you mustn't ignore your wiper blade's desperate call for help. If you're lucky, the smear could be being caused by a dirty windscreen, although more likely the blade is worn and is on its way out.

Squeaking needs tweaking: Squeaks may not sound good but the diagnosis is probably the most favourable, given that when this happens it's often because the wiper is slightly misassembled and probably just needs to be refitted.

Remember, wiper blades are relatively low cost, and most autocentres will fit new ones for free, so there's no excuse for taking a chance on the road.



Premier League

BIG Kick-off

After the disappointment of England's third-place finish in the inaugural Nations League tournament, there is reason to be cheerful... the 2019/20 fixtures have been released!

Defending champions Manchester City get their campaign up and running at West Ham United in a lunchtime kick-off on Saturday, August 10, while gallant runners-up Liverpool begin their quest the night before at home to newly-promoted Norwich City.

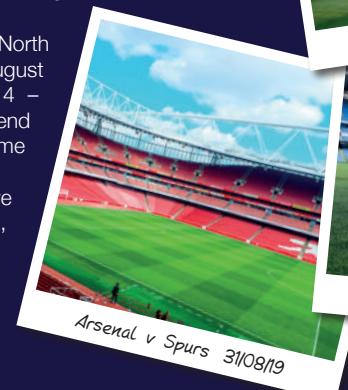
Spare a thought for the Canaries – in their first five fixtures they face the Reds and West Ham United away, and host Newcastle United, Chelsea and Manchester City. The other two sides coming up from the Championship also have away fixtures on the opening weekend - Aston Villa go to Tottenham, while Sheffield United make the journey to Bournemouth.

The first 'Super Sunday' game sees Manchester United host Europa League winners Chelsea - in the past this match-up may have been regarded as a title six-pointer... now it's simply an also-ran 'opening weekend' fixture. Pep Guardiola's City have a decent test on matchday two when they host Spurs, but then have until the end of September before their next tough game, at Everton. Meanwhile, Jurgen Klopp's side face Arsenal at home in August and Chelsea away the following month, but will surely be gearing up for the November 9th clash with title rivals City.

The first big derby match comes to North London, as Arsenal host Tottenham on August 31. Liverpool play Everton on December 4 – a Wednesday night – and on the weekend of December 7 Manchester City welcome neighbours United.

Watford open up with Brighton at home, have winnable games against Sheffield United, Aston Villa and Wolves over Christmas, and conclude on May 17 with an attractive-looking trip to Arsenal.

Let battle commence...



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