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# Editor's notes...



Nik Allen, Editor

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

We now publish magazines in six areas across Essex. All the areas have their own characteristics, but all are facing the same challenge - the battle

to save the local high street and shopping centres from extinction.

The problems that the high street is facing were brought home to me when I was visiting a business in one of our areas. A great little store, with very good products and fantastic service.

The family told me their landlord was trying to increase their rent by £4,000 a year - effectively the increase will force this shop to close.

I really don't understand what landlords gain by increasing rent. Surely, they don't want empty units? From the outside looking in, it seems like commercial suicide for landlords.

The demise of the high street isn't solely down to greedy landlords in my opinion. I think that shops may need to look at their opening hours - perhaps adopting a more continental approach of opening later and staying open longer.

It certainly isn't all doom and gloom out there as daily I come across retail businesses doing really well and they tend to be excellent at customer service and have a loyal, local client base.

I'm unashamedly pro-small businesses. They are the heartbeat of our towns and villages and without them we'd all lose something.

*Nik*

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*"there's a*

# WICKET

*at the cricket..."*

HOW ENGLAND'S INCREDIBLE DEBUT WORLD CUP TRIUMPH WILL GALVANISE OUR YOUNG CRICKETERS OF THE FUTURE

To put England's brilliant cricketing success into perspective, consider this fact – the last time we won a World Cup on home soil in a major sport was way back in 1966 when the men's football side were triumphant.

During that tournament, BBC Sport commentator David Coleman was astounded by a little genius player from Portugal, Eusebio, saying: "Oh my word, have you ever seen anything quite like that?"

Well, the watching audience may have been muttering the very same words on that balmy mid-July Sunday afternoon at Lord's, after an unbelievable climax to a match which reinforced cricket's reputation as a sport that combines docile, statistical nerderly with power-packed nerve-jangling edge-of-seat drama.

And what made this showpiece event a true celebration for the nation was the decision to make the final free-to-air on Channel 4 after a deal was struck with host broadcaster Sky. That meant that all those fans – both young and old – who may normally only have been able to listen to coverage on the radio or catch highlights later on, were able to witness the action unfold, from start to finish.

It swelled the viewing figures to 7.9million in the UK, and while in the short-term the immediate effect will be a surge in interest in the upcoming Ashes series against Australia – which starts on August 1 – the longer-term impact is certainly the more profound, with the success of the Three Lions certain to inspire more youngsters to pick up bat and ball.

The unfolding of events and the lifting of the trophy in final-ball super-over drama will also quieten those whose impression of cricket is stuck somewhere in the W.G. Grace era. Cricket, these days, is a fiercely competitive, modern, fashionable sport. While that familiar clack of leather on willow is a traditional sound that we'll always come back to, there is a drive towards technology that football is only just catching up with.





HISTORY

100 years of

# WOMEN POLICE OFFICERS

This year marks a century since women police officers were allowed to join the Met, and it's safe to say the force hasn't looked back since.

While many assume it was the capital city that led the way in changing perceptions and levelling inequality as regards the gender of police officers, by the time the Metropolitan Police were assembling their Women Police Officers (WPOs) for duty, the Grantham constabulary had been sending a woman out on the beat for four years.

Edith Smith is officially titled the first female police constable in the UK, and was given her role in August 1915. She had been part of a group called the Women Police Volunteers (WPV), who took it upon themselves to protect the large number of prostitutes who had congregated in the Lincolnshire town, attracted there by the nearby army base.

Duties involved any cases where women, or children were involved, and news of the success of her work quickly spread to London,

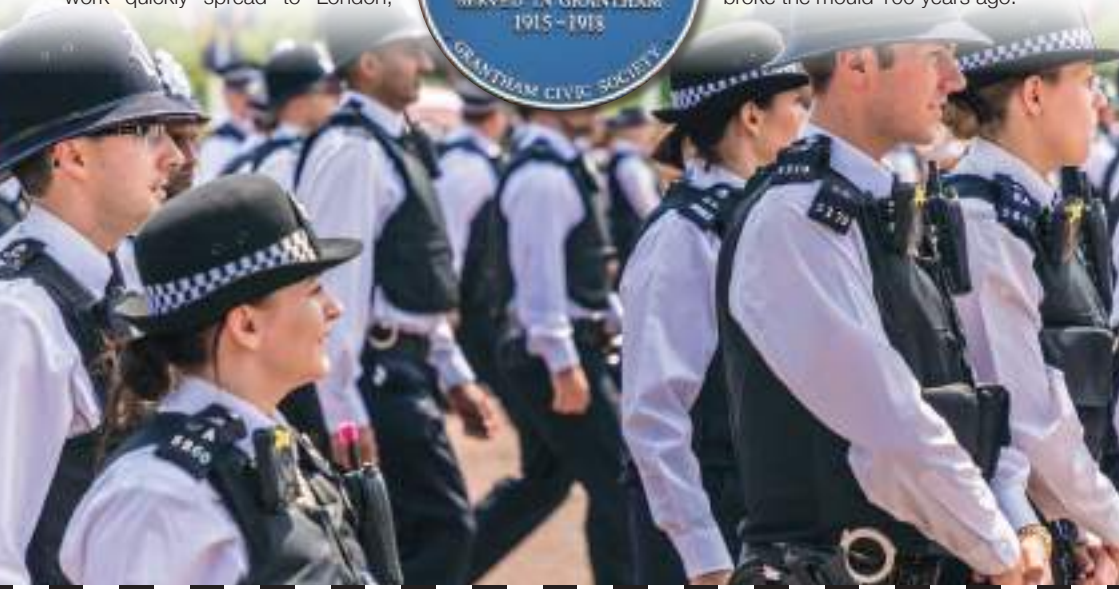
where the Met were keen to replicate the positive results.

Smith had to combine police work with duties as a matron nurse in a care home and eventually left the WPV through exhaustion in 1919. Five years later, aged just 44, she was dead from a morphine overdose.

Regardless, her legacy lives on nationwide, and the Met's centenary celebrations have unearthed a number of gems from the archives; notably, a photo from February 1919 showing the first female police officers assembled on Clive Steps in Westminster.

The Met decided to replicate that original image, including recreating the outfits worn by those pioneering ladies. The project took six months to complete, with researchers and modern-day designers needing to use protective gloves when handling the fragile uniforms.

Today, there are almost 8,000 policewomen in the Met, and 40,000 nationally; many still encouraged and inspired by those women who broke the mould 100 years ago.



# ONE SMALL STEP FOR YOU, ONE GIANT LEAP FOR YOUR BUSINESS



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# Style and taste

Brushed concrete walls, clean lines and elegant lighting 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, entrepreneurs and founders of Piece Gallery, Grant and Stacey Fernley. But what truly sets Piece apart from other galleries is the warm welcome that greets you at the door. Staff are informed and accommodating and whether you are searching for inspiration, a new addition to your home or simply having a post brunch browse, the vibe is 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 additional allure of the gallery is not only the visual pleasure provided by the artwork, but also a unique collection of exquisite homeware accessories.

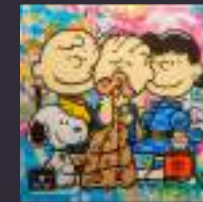
Firm favourite, Emily Crook, marries nostalgia, fashion and fun with cartoon icons. Asian artist Klinkulab looks at life through a lens with his illusionist pieces of the great artists, musicians and sirens of the silver screen. Amy Louise brings some humorous furry folk to the party, while Chaiya's Blossom (featured right) celebrates femininity with striking colour and technique.

Whether you are searching for a gift as special as your friend or something sentimental for a family member, Piece will help with your selection and package it beautifully.

The team will happily assist with a commission, so you can add a personal touch to any piece. Pop up evenings will feature existing

and local artists and works are on rotation, so there is always a reason to stop by. What was once reserved for a trip to London or overseas can now be found on your very own doorstep.

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# Keep the fires Burning

UNDERSTANDING THE OLIVER BURNS WAY

The complex, sometimes convoluted language used by interior designers can often result in a reader running for the hills... which rather defeats the object.

So while design house Oliver Burns aren't bereft of overdone adjectives when it comes to offering their clients a taste of ambition and opulence, they are at least fixed in the MO of their craft - namely when you employ these most talked about interior experts, you will get an end product that echoes art, luxury, originality and detail.

The team work with a cross-section of international clients, which itself poses its own problems... after all, the tastes of an LA rap star are quite different from that of a Middle Eastern Sheikh. But in combined ethical design, expert sourcing of materials, and working within a property's shape and image in complementing interior to exterior, the agency have become renowned as one of the very best in their field.

The good news for those of us who are more television set than jet set is that the classic Oliver Burns look is more than achievable, and on a rather more modest budget. Here are five Oliver Burns ideas you might want to consider...



- 1 **Mix contemporary finishes with splashes of colour** - Walnut wood plus accents of yellow and turquoise offer incredible transition
- 2 **Lighting should come from all around** - Spread direction of light and use dimmers to create a mellow glow to your room, hiding away extreme brightness or desperate darkness
- 3 **Combine textures and be brave** - A polished desk will work brilliantly next to a fluffy sofa
- 4 **Double stack** - A small painting on a unit in front of a large wall print can create a brilliant contrast of emotions and visuals
- 5 **Go against convention** - A regal table in a modern kitchen can create an effect that is resplendent and rebellious



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# COLOUR me content



HOME & DIY

Colours have a clever way of making you feel different emotions. That is why it is so important that you pick the right shades when decorating your home.

### *The Kitchen*

Depending on what you want for this communal space, you can either go with warm or cool tones. Reds and oranges are ideal for those who want this room to be a hub of conversation and laughter whereas blues and whites are more suited to those wanting a clean and calm space.

### *The Living Room*

Clearly this is a room that you want to feel warm and inviting so earth tones are ideal. Think brown, beige or orange shades that will make people feel welcome and relaxed.

### *The Bathroom*

The most obvious requirement for a bathroom is that it looks clean and fresh so cool colours are recommended. Try painting the walls white but to avoid the space feeling sterile, inject some colour by using a turquoise shade for your accessories.

### *The Bedroom*

This is the one room where you want to be able to feel the most relaxed but in a different way to the living room as you also want to be able to feel rejuvenated in the morning when you wake up. Go for calming lavender or pale blues.

### *The Dining Room*

A space where you want to entertain perhaps? Or simply share your day with your loved ones. Warm tones are essential for this space as colours like red actively stimulate conversation and make people feel relaxed and ready to eat.

### *The Study/Home Office*

Working from home can be extremely challenging as the urge to simply kick back can become overwhelming. Psychologically, green is the go-to colour for those wanting a space to concentrate in as it is known to boost productivity and creativity.

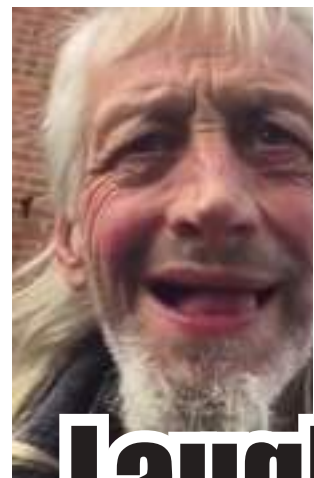






# LOCAL NEWS

*from your neighbourhood*



## Laughing John to get the send-off he deserves

The Rayleigh community have come together to create a memorial for a "local legend".

Rayleigh residents laid flowers with pictures in the town of happy-go-lucky local man, John Daines, affectionately known locally as Laughing John, after he passed away.

A fundraising page has also been set up to cover the costs of a proper send-off with £700 raised to date.

No next of kin have been identified to lead the funeral. However, Rayleigh funeral directors, A R Adams, have offered to provide a service for free.

A spokesperson said: "If no family are found then normally the council would carry out a direct cremation. Should this be the case for John then A R Adams have offered to provide our services free of charge in order to ensure he does not go without a funeral service."

"With regard to the various memorial funding pages that have been set up, we admire the community spirit but would like to confirm that we are not affiliated with them in any way."

"The loss of a loved one, no matter the circumstances, can be difficult and the close family's wishes need to

be respected, so for the time being we are affording any of John's family, if any, to proceed with things as they choose.

"Should the service fall to A.R.Adams to arrange, we will be sure to contact all those wishing to assist at the relevant time."

The fundraising page has been led by Kevin Hadlow who is keen that the community has a chance to pay their respects to Laughing John.

He said: "Thank you so much for all your generous donations so far. We have also now set up a memorial Facebook page called Laughing John Memorial Page Rayleigh."

"Please visit to share your stories and memories of John, post pictures and, if you can, donate whatever you can afford to our fundraising effort for a lasting memorial to be placed in Rayleigh."

The fundraiser has been backed by dozens of people including Lorna Marable.

She said: "His laugh was contagious and it always put a smile on your face when you heard it."

To donate see [www.gofundme.com](http://www.gofundme.com) and search In Loving Memory of Laughing John of Rayleigh.

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Photo credit: Essex Police

# Man who performed vital CPR commended by police

A member of the public from Rayleigh has been commended by Essex Police Chief Constable Ben-Julian Harrington.

In May 2018, Paul Smith, saw an elderly man collapse at the wheel of his car as he was driving. The man's wife, who was in the passenger seat, managed to stop the car safely and call emergency services.

Paul and other members of the public removed the man from the car. Paul started to perform CPR, with two police officers, PC Paul Levene and PC Ross Evins arriving within minutes to assist until an ambulance arrived.

Paul, Ross and Paul were commended for their bravery, compassion and prompt action which undoubtedly saved the man's life.

On Friday, July 19, proud family members and special guests gathered at a ceremony at Essex Police Headquarters in Chelmsford to celebrate their actions of bravery.

Jane Gardner, deputy police, fire and crime commissioner said: "It's a privilege to be here to pass on my thanks on behalf of the public."

# Fare dodger with record is sent to jail

A train traveller was sentenced to three weeks in prison last month after he was caught over fifty times without a valid ticket.

Stefan Jaworski, 37, of Francis Walk, Rayleigh, admitted catching the train between Rayleigh and Prittlewell, Rayleigh and Rochford and Rochford and Hockley without a ticket three times in January and February this year.

Tickets for the journey would have cost him £12.30. After train operator Greater Anglia Railways provided evidence of Jaworski's long record of fare dodging, he was handed a prison sentence. He was also ordered to pay £12.30 to Greater Anglia.

A Greater Anglia spokesman said he hoped the

sentence would send a message to other fare dodgers.

He commented: "We caught this offender 55 times travelling on our trains in Essex without a ticket and without the means to buy a ticket. Our revenue protection teams use their discretion when they catch people without tickets or the wrong tickets, but we will take action if we find people deliberately fare-evading.

"For every £1 spent on rail fares, 98p is invested in the railway. Therefore, by not paying for a ticket, there's less money available for investment to improve the railway for everyone. It's always cheaper for passengers to buy a ticket rather than face a fine."

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# MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS

I'm very glad that Boris Johnson MP is our new Prime Minister.

For the record, he won the ballot of Conservative Party members by an emphatic margin of 2:1, gaining 92,153 votes (66.4 per cent) compared to 46,656 votes for his rival, Jeremy Hunt (34.6 per cent). This gives him a clear mandate among the Conservative Party to deliver his promise to take us out of the European Union at Hallowe'en, thus honouring the decision of 17.4 million UK citizens in the EU Referendum of 2016.

I have supported Boris throughout the contest. I suspect that at some point we will have a General Election, prior to the currently scheduled date of spring 2022. However, having had a General Election in 2015, the EU Referendum in 2016 and a further General Election in 2017, I believe that the immediate priority for our country is to Leave the European Union, not least to help restore faith in our democratic process. I have spoken to many constituents in the

past few months who are increasingly frustrated that we have not yet left the EU.

The new leader of the Liberal Democrats, Jo Swinson, incredibly stated just after her own election that she still wanted a second referendum – but would still not accept the result if we voted again to Leave. In the House of Commons on July 25, Jeremy Corbyn then stated very clearly that in any second plebiscite Labour would now campaign for Remain.

We have already had a "People's Vote" back in 2016 – and the British people voted to Leave, by a majority of over a million votes (and by a margin of 67:33 in this constituency).

In his first speech as Prime Minister outside No 10 Downing Street on July 24, Boris Johnson said: "We are going to restore trust in our democracy and we are going to fulfil the repeated promises of Parliament to the people and come out of the EU on October 31, no ifs, no buts."

I wholeheartedly agree. Let's get on with it.

## Public to benefit from more policing

Rayleigh has become one of the towns to benefit from a new town centre policing team.

Town Centre Teams became the beating heart of the communities on Monday, July 22.

The town has been allocated two constables to help deal with issues on your doorstep.

Officers in Town Centre Teams will focus on community concerns, including drug dealing and antisocial behaviour.

Under the guidance of their sergeants, they will work closely with local businesses and support groups to get to the root of ongoing issues and tensions and investigate appropriately.

Businesses experiencing issues with the night-time economy, like bars and clubs, will also be supported in the reduction of crime and antisocial behaviour.

Police, fire and crime commissioner for Essex, Roger Hirst added: "Good local policing is at the heart of all safe, prosperous communities. These Town Centre



Photo credit: Essex Police

Teams mark a significant investment and will allow Essex Police to work even more closely with residents and businesses to create the safe and secure communities we all need to prosper.

"Increasing the local, visible nature of policing, cracking down on anti-social behaviour and working with communities and businesses to prevent crime were key priorities in my 2016 Police and Crime Plan.

"This announcement is another significant step in delivering a policing service for Essex that listens and responds to the needs of the people of Essex."

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News from

# THE ROTARY CLUB

Rayleigh Mill



LOCAL NEWS



community in providing a place for pre-school children to play and learn together and an opportunity for parents to get together and socialise.

Bill Farmer was happy to formally hand over the box and stated: "This is one of the many ways that we try to help some of the smaller organisations in and around the area who do an important job in making Rayleigh a pleasant community to live in."

On June 29, the hottest day of the year at that point, a small party of Rotarians undertook to paint the hallway at the Todman Centre in Castle Road, Rayleigh where Rayleigh Age Concern run an "Over 55's Lunch Club" with an enthusiastic group of volunteers from Rayleigh churches. Volunteers from the Hope Church had stripped and prepared the walls and the group of Jackie Wellman, Donna Puffett, Alan Clark, Neil Muir and Bill White applied the final coat of paint to brighten and refresh the entrance.

In his last official duty as president, Martin Stibbards presented the prizes at The Rotary Club of Rayleigh Mill's Charity Golf Competition. The event, which was held at the Rochford Hundred Golf Club, is a major fundraiser for the club and provides, not only an enjoyable day's golf, but an enjoyable evening with dinner, entertainment, a charity auction and a raffle,

Stuart Fromant was the winner, with 45 points, Vic's Vandals won the Team competition and there were many winners of the ancillary competitions of putting, nearest the pin, longest drive and best dressed team.

The event will raise approximately £5000, a substantial part of which will be donated to this year's nominated charity, The Danny Green Fund.

The Rotary Club's President's term in office lasts for just one year and Martin Stibbards' year in office came to an end on June 15 when he handed over the reins of the club to Jackie Wellman. It was a special moment for Jackie as her father, Peter Lewis, was a former member of the original Rayleigh Rotary Club and an advocate of women members in Rotary. In her inaugural speech Jackie said that she felt that she had accomplished her father's wishes and that her father would have been proud of her becoming the first lady President of the Rotary Club of Rayleigh Mill.

On June 20, chairman of the community and vocational committee, Bill Farmer, made the official presentation of an outdoor storage box to the Grange Parent and Toddler Group. When the group approached the club seeking contributions for the much-needed box, the club felt that it could fund the purchase completely.

The Toddler Group does an important job in the

## Investigation into graveyard incident continues

Officers are carrying out an investigation into a mystery incident at a Rayleigh graveyard.

Essex Police attended a reported incident at the graveyard in a church on London Road, Rayleigh in the early hours of Friday, June 28.

A police spokesman said: "We were called shortly

before 3am to reports of an incident on land off London Road, Rayleigh. We are carrying out a thorough investigation to establish whether any offences have taken place and our enquiries are ongoing."

No further details were provided, but the investigation is still ongoing.





# THE LIONS CLUB of Rayleigh

Rayleigh Lions are working with Rayleigh Town Council on a vital initiative that may save lives.

They have made Message in a Bottle, available free of charge to elderly and vulnerable people. This is a simple idea — you write your medication details and/or emergency contact numbers in a small container and keep it in your fridge. Paramedics are aware of Message in a Bottle and know to check people's fridges on emergency calls.



Lions created Message in a Bottle around 15 years ago. Since then they have given away over six million bottles. Please contact Rayleigh Lions if you could use a Message in a Bottle, or you know of a chemist or doctor's surgery that will take a batch.

Rayleigh Lions said: "We are proud to have pioneered Message in a Bottle and will continue to make it available free of charge to all who want it. We hope the bottles will continue to save lives. None of us know if we, or a loved one, will one day need it."

Rayleigh Lions has raised and donated over £1 million to good causes in the Rayleigh, Hockley, Hullbridge

and Rochford areas since they started in 1974. In the last three years Rayleigh Lions have donated around £65,000 to local good causes.

Rayleigh Lions, along with Lions clubs of Leigh, Eastwood, Castle Point and Southend, has also donated £10,000 towards a trial at Southend Hospital to help prevent prostate cancer.

Rayleigh Lions are always looking for new members. If you are interested please email rayleighlionsclub@googlemail.com or write to 108 Clarence Road, Rayleigh, Essex SS6 8TD.

## Help bring colour to the High Street



Young artists in Rayleigh are getting ready for one of the biggest local art competitions.

The Feathering Your Nest gift shop is holding its annual colouring competition, which takes Rayleigh High Street by storm. For the fourth consecutive year, the gift shop will hand its windows over to young artists to fill with their artwork, raising money for a great and worthy cause, Children with Cancer.

Owner Lesley Dunne and manager Grace Everett have seen the competition grow bigger each year.

It will run from August 1 to August 30, and raised an impressive £400 last year.

There is a £2 entry donation, which goes to the charity. The young artists receive a colouring sheet (or can provide their own from their Top Model books) and are tasked with designing and colouring whatever they like.

The pictures are hung in the shop windows for the month of August giving the people of Rayleigh a real feast for their eyes. Top Model has a range of colouring books themed around design and fashion.

Feathering Your Nest invites local artists to judge the competition, this year Chloe Vorley will be judging – her website is [www.artstation.com](http://www.artstation.com)

Three lucky winners will receive a hamper each of Top Model goodies.



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## NEWS FROM

## RAYLEIGH TOWN MUSEUM

The first moving picture images to be shown to the public in Rayleigh were held in a marquee just off Bellingham Lane, on the site of where the Mill Hall is today, sometime before the First World War.

Then in April 1914, the Rayleigh Bellingham Hall Cinema, in what we understand was previously the sports hall of Miss Coller's School for Young Ladies, behind Bellingham House at the junction of Bellingham Lane and the High Street, opened on Easter Monday. Initially the hall was 60 feet long and 24 feet wide and was illuminated by ruby coloured lights. The curtain and screen were tastefully arranged, with ample ventilation within the hall and the exits were fitted with "Panic" buttons in case of emergency.

Films were shown by arrangement with the Walturdaw Film Company of Walthamstow (later to be associated with Alfred Hitchcock). Amongst the films to be shown on the first day were *Old St. Pauls* while the main feature was *Caprice* starring the Canadian born actress Mary Pickford.

It was then after returning from France at the end of the First World War that two local businessmen (Ernest Clayton, a local estate agent and Bert Thomas, a Songwriter) rented the cinema and started to show



Photo credit: Rayleigh Town Museum

black and white silent films. By 1924 the cinema became the Rayleigh Cinema, which in 1928 was sold by Miss Coller to Mr Clayton for the sum of £2,200 (£66,000 in today's terms). By then the cinema was 197 feet by 61 feet and could seat 250 people. In the early 1930s talking pictures arrived in Rayleigh and the cinema changed its name to, the Cosy Talkie Theatre.

The full history of the Regal Cinema, and its predecessors the Rayleigh Cinema and the Cosy Talkie Theatre can be found by visiting the Rayleigh Town Museum, or visit our website [www.rayleightownmuseum.co.uk](http://www.rayleightownmuseum.co.uk)

## Praise for make-up artist-cum-areola tattooist



An award-winning make-up artist from Rayleigh has been praised for offering free areola tattoos to cancer survivors.

Lucy White, 33, recently qualified as an areola tattooist, a semi-permanent nipple tattoo, and is now she is hoping to help cancer survivors.

One of those to benefit from her generous offer is Sophie Emma, who beat breast cancer and who took to Facebook to share her gratitude for Lucy's kindness.

She said: "A nipple seems like such a little thing, but my goodness you miss it when it's not there. Lucy spent three hours of her time creating my work of art and tattooing my beautiful new nip. I'm not ashamed to say I cried when I saw it."

Lucy was overwhelmed by Sophie's comments and the support she has had from followers on Facebook since she started offering free tattoos.

Lucy said: "This (Sophie's comments) had me blubbing like a goodun. Such beautiful words from such an amazing woman.

"Thank you for all of your lovely comments and all of the shares and support that I've received after posting my recent areola work. I'm in awe at some of the stories I've heard from people already and how amazingly brave so many of you are."

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# MAGNIFICENT Maggie



Name Maggie Smith's place as a British drama institution is unquestionable, and her return as Violet Crawley in this year's *Downton Abbey* movie, at the ripe old age of 84, will give her box office acclaim she has perhaps never before experienced.

And yet away from the red carpets, the flashbulbs and the seemingly endless press junkets, this is someone ill at ease with the demands of fame, as **VISION** discovers.

"I really don't like to watch myself," she begins, with typical bruising honesty.

"You are helpless to do anything to stop it once it's out there, and that has always terrified me.

"In the theatre things are a little different because you can say to yourself 'I'll have another go at that tomorrow night... I'll change that, alter that...', but with cinema it is there forever.

"Sometimes you are forced to see yourself at a premiere, and you think, 'Why on earth did I do it like that?'. You would suppose that after all this time I might have got used to it, but I haven't".

Twice-married Smith's working life has a longevity that's difficult to fathom. First stepping into the spotlight in 1952 under the auspices of the Oxford University Dramatic Society, she appeared as Viola in *Twelfth Night* at the Oxford Playhouse.

Switching between theatre and film – from a first Oscar nomination in 1965 opposite Laurence Olivier in *Othello*, to an Academy Award for Best Actress for the title role in 1969 film *The Prime of Miss Jean Brodie* – her work has only ever disappointed one person... herself.

"People have said I am too hard on myself, but it just goes with the territory.

"The truth is I'm critical of everything because I care and worry too much. I'd love to be more relaxed, but after all this time I don't think I'm going to change now."

From intense drama to rich comedy, Smith has circumnavigated a cross section of work that diversifies from *Hook* and *Sister Act* in the 1990s through to the *Harry Potter* movies over the past two decades. And while many saw her place in *Downton Abbey* as being perhaps a gentle sojourn into retirement every bit as decorated as the lady herself, the popularity of Highclere Castle and all those who reside in and around it has seen her star glide higher than ever before.

"It's ridiculous - I was able to live a somewhat normal life until I started doing *Downton Abbey*," she laughs.

"I know that sounds funny, but I am serious. Before that I could go to all the places I wanted and see all of the things that I like, but now I can't, which I find incredibly awful... flattering, but awful."

Smith admits she has never watched a single episode of *Downton Abbey* – "and I don't plan on starting now" – but is thrilled something as traditional as a period drama has engaged a watching audience that might otherwise be distracted by CGI, green screens and special effects so readily used by today's studios.

"It's very easy to get carried away by the technology that's available these days, but when people can invest in the honesty and simplicity of great scriptwriting, it restores your faith in what it is we do."



# 7 weird ways to get a LUSCIOUS LAWN

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in order to thrive, and a few old rusty nails are the perfect solution for any deficiency your lawn may have. Just add a few nails to a full watering can and sprinkle liberally.

## 1 GARLIC CLOVES

Not just for warding off vampires, tossing a few garlic cloves across your lawn will also scare off pesky parasites who will try to destroy the roots.

## 2 APPLE CIDER VINEGAR

If weeds are driving you to despair, try dousing them in apple cider vinegar. Vinegar contains acetic acid which can help prevent weeds from growing but without the chemicals that can harm the quality of your soil.

## 3 ASPIRIN

Use this method sporadically, but by dissolving two aspirin into a watering can of water and sprinkling over your grass, you can help your lawn fight off bacteria and also insect infestations.

## 4 RUSTY NAILS

Just like us, grass needs iron

## 5 COPPER COINS

Grass is prone to infections which can affect its health and overall appearance. A simple trick to boost your lawn's immunity is to bury a few copper coins in the ground.

## 6 GRASS

Next time you mow your lawn, make sure that you leave the clippings on the surface rather than throwing them away as they will act as a natural fertiliser.

## 7 URINE

Unfortunately for animal owners, this has to be human urine and it has to be diluted as to not kill the grass, but it is a very effective and completely free remedy. Simply mix one part urine with ten parts water and apply directly across your whole lawn.



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# LET'S GET *wild*

Turn your garden into a veritable paradise for birds, bees and much more besides by creating a wildflower meadow. Simple, environmentally beneficial and stunningly beautiful.

better in richer earth. You can buy ready-mixed seeds which will be tailored to certain variables such as soil containing heavy clay, boggy land by the pond's edge, or even seeds that are specifically combined to provide the maximum nourishment to bees – these include pollinators such as sunflowers, borage, evening primrose and corn marigold.

Manicured lawns and glamorous show gardens may be all the rage these days, but nothing quite compares to the raw, untamed beauty of wildflowers. Providing an unrestrained explosion of colour and character to your outside space, wildflowers are the ideal choice for someone who craves the delights of the garden, but doesn't have time to spend hours cultivating their plot.

To prepare, make sure you thoroughly weed the soil before scattering your seeds – you need 1g per square metre of pure wildflower seeds and 5g per square metre of grass and wildflower meadow seeds – and ensure the earth remains consistently moist thereafter.

Not only does a wild area enable you to create your own little spray of colour, it is also fast-growing, meaning that any patch of land you have can be germinated in a matter of months. That means you could be gazing out over a carpet of poppies, cornflowers, daisies, cowslips and bluebells as summer draws to a close.

Once your meadow starts to bloom, you will need to spend the odd afternoon clearing away dead plants and weeds to allow new seeds to sow. You also may need to add more seeds the following year or two, but rest assured that once your wildflower meadow is established it will provide joy for years to come... to you, to passers-

As a rule, perennial flowers will flourish in uncultivated soil, whereas cornfield flowers will do

by, and to the humble bumble bees.







# Live long & prosper

Did you know that the average life expectancy in Japan is 84.2 years old? The highest of any country. In the UK the average for men is 79.2 and for women 82.9.

So, what can we learn from this long-living nation?

## 1. THE PERFECT PORTION

You will never see a Japanese person pile their plate high with food. A Japanese meal is as much about the socialising and sharing of one's day as it is about the actual eating. They eat slowly and use smaller plates so that their brain has time to recognise that they are full.

## 2. FANCY A CUPPA?

Japanese really love drinking tea, and Matcha tea in particular which is full of antioxidants and other nutritional valuable properties. And unlike us, they don't add milk, two sugars and half a packet of digestive biscuits.

## 3. NO SKIPPING BREAKFAST

We've heard this one before, but breakfast really is the most important meal of the day, at least to the Japanese it is. But no sugar laden cereal for them. Instead, they are more likely to tuck into Okayu (rice porridge), Gohan (steamed rice) and broiled fish.

## 4. CRASH DIETS ARE OFF THE MENU

This nation is definitely not a fan of dieting, not that they need to if their waist lines are anything to go by. Their typical diet includes plenty of rice, fish and pickled vegetables combined with plenty of exercise.

## 5. CLEANLINESS IS NEXT TO GODLINESS

If you think you are hygienic because you carry a hand sanitiser with you, then you are in for a shock if you visit Japan. Japanese people are obsessed with cleanliness and they are extremely disciplined with keeping themselves clean and healthy.



# Blurred Vision?

## WHAT IS AGE RELATED MACULAR DEGENERATION (AMD)?

AMD is the most common cause of visual impairment in the UK. It is more common as you age, with over 10% of those aged over 65 years affected in some form.

Dry AMD is the most common type of AMD and is caused by the macula wearing away. Wet AMD is caused by abnormal blood vessels under the macula leaking fluid and bleeding into the macula.

## WHAT IS THE MACULA?

The macula is the central part of our retina and is responsible for detailed vision such as reading and seeing clearly in the distance. The retina is the inside layer of the eye, like the film of a camera.

## HOW WOULD AMD EFFECT MY VISION?

Dry AMD can lead to a slow deterioration and blurring of central vision. This usually occurs over many years. Wet AMD is a more rapidly progressing form of AMD which distorts the central vision; commonly making straight lines appear kinked or wobbly.



## HOW CAN IT BE TREATED?

Presently Dry AMD cannot be treated directly. A healthy diet and protection from UV light can help keep the macula healthy.

Wet AMD is most commonly treated with injections of special medication into the eye. These injections need to be given repeatedly with regular review and is known to be very successful in improving and maintaining vision.

The effectiveness is individual to every patient. It is important for patients with Wet AMD to have individualised treatment for their condition and be under the care of an eye doctor with a special interest in macular degeneration.

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# FIT

at



Even with the best of intentions day-to-day life can get in the way of sticking to a fitness routine. The good news is that it is never too late to get back on the saddle, whatever your age. All you need is determination.

### BE REALISTIC

Once you hit 50, it can be a lot harder to stay fit and if you have not trained for more than three years then it is unlikely that you will be able to achieve the same level of fitness that you previously had due to muscle and mobility deterioration. That being said, that doesn't mean you can't get results.

### MAKE A COMMITMENT

Whether that be 10 minutes a day or an hour, make a commitment that suits your current lifestyle and stick to it. It can be less daunting to commit to a smaller daily workout than one long mammoth session weekly.

### CONSIDER AN EXERCISE BUDDY

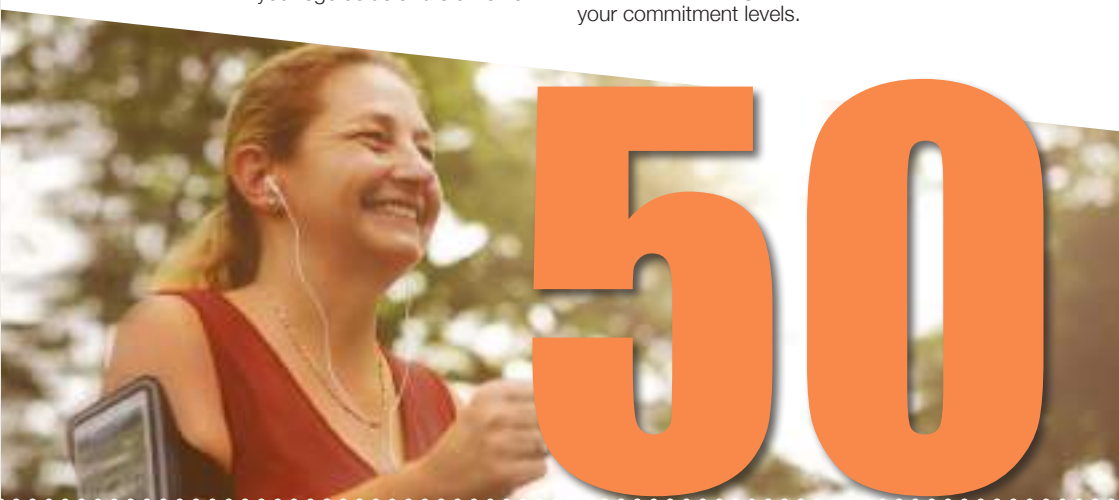
If you struggle with motivation, working out with a friend or trainer can work wonders for keeping you on track. Try and find someone who shares the same fitness goals as yourself.

### JOG YOUR MUSCLE MEMORY

Start back at the beginning. You may have previously been able to lift a very heavy weight or run a very long distance, but your body is no longer used to this level of activity or strenuousness. Set your ego aside and start small.

### SET UP A ONE MONTH CHALLENGE

There is nothing like a challenge to kick start a new fitness routine and setting a monthly target can seem more manageable if you are worried about your commitment levels.







*dry brushing*

**W**e brush our hair to make it look appear glossier. We brush our teeth to make them look whiter. So why shouldn't we also brush our skin to make it look better? Well, apparently, we should be.

**Why is it good for your skin?**

Dry brushing helps to stimulate circulation as well as acting as an exfoliant by removing any dead skin cells. It can also help give your skin a natural glow and can even tone your legs and bum area. Plus, it is extremely effective at removing ingrown hairs.

**How often do you need to do it?**

For optimal results, spend five minutes dry brushing your skin at least two days a week. If you are wanting to try dry brushing in preparation for a holiday or special event, start at least 30 days prior to the occasion for the most noticeable difference.

**And the most important question, can it get rid of cellulite?**

Although the verdict is still out, many fans of dry brushing swear by its effectiveness in reducing cellulite. Most likely due to the fact that regular brushing can help boost circulation and lymphatic drainage.

**How to dry brush your skin**

1. Invest in a firm and natural bristle brush
2. Make time for dry brushing in the morning before you shower
3. Start at one knee as this is where your lymph nodes are
4. Apply pressure to the area but not so much that it causes pain
5. Brush upwards towards your heart in small, circular motions
6. Be quick and fairly vigorous
7. Move onto your thigh, then your calf and finally your buttock area
8. Repeat on the other side
9. Shower to wash away any impurities
10. Finally, moisturise as you usual for soft skin

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# A GUIDE TO SKIN fasting

ARE YOU READY FOR THE LATEST SKINCARE CRAZE?

**D**o you ever get sick of your daily skincare routine? Is the expense and the pure monotony of it all just getting too much? If you have answered yes, then the new beauty trend 'skin fasting' might be exactly what you need.

### WHAT IS 'SKIN FASTING'?

Skin fasting is when you stop using any skincare or beauty products on your face for a set amount of time; optimally for seven days. You are advised to wash your face with lukewarm water twice a day and to take in plenty of fluids.

### HOW DOES IT WORK?

Although we are used to looking after our skin by using the best products money can buy, the skin is actually a very clever organ. It has the ability to look after itself and even regenerates on a monthly basis. Skin also produces its own moisturising substance called sebum, but if we overdo on skincare products, our skin can stop being able to produce this. Over-cleansing can also strip the skin of essential lipids that hold it together.

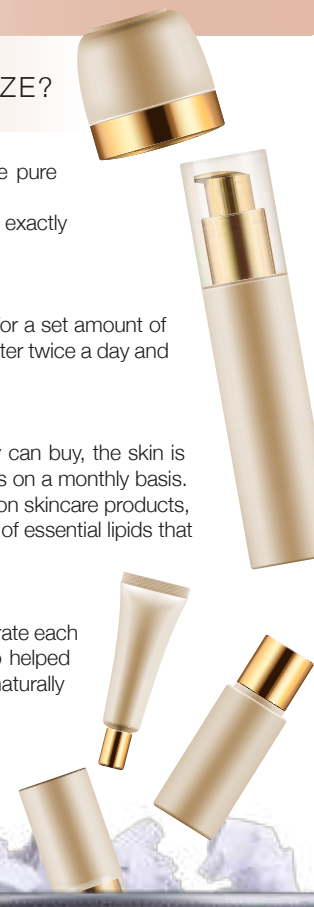
### IS THERE ANY SCIENCE TO BACK THIS UP?

Japanese skincare brand Mirai Clinical, who have studied the skin's ability to regenerate each month, found that skin fasting improved the overall condition of the skin and also helped detoxify any skin impurities, leaving those who tried the trend with a clear, fresh and naturally moisturised complexion.

### ARE THERE ANY DRAWBACKS?

You may experience greasy skin for the first few days as your skin adjusts to a lack of products. Shine on your T-zone is also common.

Avoid skin fasting if you suffer from severe acne or eczema as your skin may benefit from additional moisturising.







# THE PERFECT TEE

Is there anything worse than taking your favourite T-shirt out of the washing machine to find that it has been completely ruined? Oh no not our beloved Hard Rock Café one. How can we stop this from ever happening again?

### AVOID WASHING TEES WITH OTHER ITEMS

Keep one wash cycle purely for your delicate and much-loved T-shirts as washing them with other fabrics can cause permanent damage. Particularly avoid any items with zips or buttons that could catch onto your tees.

### BEWARE THE BOBBLE

You know that dreaded bumpy effect that appears on your clothes once you have washed them too many times? Counteract this T-shirt destroyer by turning your tees inside out before washing. This will also help them retain their original colour for longer.

### KNOW YOUR COLOURS

Dark coloured tees should be washed at lower temperatures as this will help them retain their colour, whereas whites benefit from higher degrees in order to stay stain free.

### SHIRK THE SHRINK

If you want to avoid shrinking your favourite T-shirts then the tumble dryer should be avoided at all costs, as should drip-drying. Instead, lay your tees out on a dry towel, roll and then squeeze out any excess moisture. Leave to air dry on a flat surface.

### NEVER USE HANGERS

These metal contraptions can be the death of the T-shirt; stretching the material and leaving the item out of shape. Ideally you should keep your tees neatly folded their own drawer, separate from other items.

### PUT THEM ON WITH CARE

Probably the simplest rule, if you want your T-shirts to last then treat them well. Do not pull your T-shirt off by the neck but remove it by gently taking the hem and pulling the tee over your head.



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TECHNOLOGY

# CLEAN-UP CREW



*The gadgets that clean so you don't have to*

We all remember Alesha Dixon and her constant claims that "the boy does nothing". He didn't wash up, he didn't clean up; he couldn't even be bothered to brush up. Well, Alesha, the good news is that now you don't have to either, providing your song royalties will stretch as far as picking up some of these incredible gadgets.

### IROBOT BRAAVA JET 240 ROBOT MOP

If you have wooden floors then the constant challenge of picking up dust is akin to painting the Forth Bridge, yet with iRobot's natty motorised mop, this little bod will zip about the place, spraying and sparkling the floor as it goes.

### LITTER ROBOT III OPEN AIR AUTOMATIC SELF CLEANING LITTER BOX

In the grand scheme of things, remembering to empty out your cat's litter tray shouldn't be one of the week's most arduous tasks, but the reality is we all lead busy lives, and if there's a robot that can separate out the, erm, 'clumps', neatly storing away your feline's little presents in a carbon-filtered drawer, then you should probably let the computerised colossus have its day in the sun, or bin.

### GERMGUARDIAN 3-IN-1 AIR PURIFIER

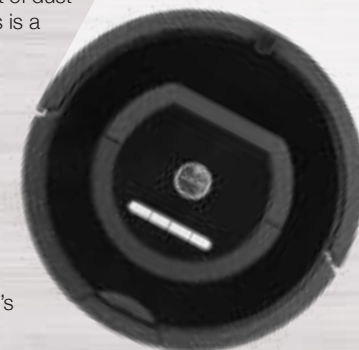
This one won't win any prizes for innovation, but in capturing 99.97 per cent of dust and allergens, as well as beaming out UV-C light to kill airborne germs, this is a cleaning genius that keeps you in tip-top condition.

### ALFAWISE MAGNETIC WINDOW CLEANING ROBOT

It's convenient, it's frustrating (think 'smears') and at times it can be downright dangerous, so let this little window cleaning wizard do the hazardous stuff as, via remote control, you instruct it to get into those parts you just can't reach... or can't be bothered to reach. Same difference.

### SONICSCRUBBER

It's a toothbrush for tiles, cooker-tops and hard-to-reach areas where elbow grease just doesn't make the grade. With five different brush heads, there's a scrubber for every surface.







# Your DRAGONS' DEN moment...

## HOW TO GET SOMEONE TO INVEST IN YOUR BIG IDEA

### ORIGINALITY

While having a new idea isn't essential – you may just want to improve on an existing product or service in the market – having an edge, or a USP (unique selling point) will certainly lead your investor to believing there is a gap to be exploited.

### ENERGY

Investors love to see energy, enthusiasm and a willingness to go the extra mile. Many are investing in the person rather than specifically the idea. Subsequently, that's where organisation and ambition will succeed, while bolshiness, arrogance or ignorance will quickly see you turned away.

### TRACK RECORD

While showing a track record isn't always possible – for instance, if your business is a start-up – most investors will want to see evidence that the idea works. It may be that you have to go it alone, prove your market exists, then go back in looking to scale up. If that's the case, having had an initial

conversation should guarantee you getting back through the door further along the line.

### KNOW YOUR NUMBERS

It's been the downfall of so many budding young entrepreneurs – see any episode of *Dragons' Den* as evidence – but if you don't know the nuts and bolts of your own business, how can an investor be expected to put their cash forward? In addition, know the size of your market, the strength of your competitors and how conditions will evolve over the years to come. You should be able to reel these statistics and projections off in your sleep – if you can't, don't even step foot inside an investor's office.

### DON'T GIVE UP

Sometimes an investor won't reach for their wallet simply because their portfolio is too big or the proposal isn't in their sphere of interest. That doesn't mean your idea is a bad one, it's just pitched to the wrong person.



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# Pop the PROSECCO

Prosecco lovers rejoice for National Prosecco Day takes place this month on August 13. Yes, it falls on a Tuesday which isn't ideal, but that doesn't mean you can't celebrate this fabulous fizz with a few sensational seasonal cocktails.

**PEARSECCO**

YOU WILL NEED: 1 tbsp caster sugar Pear juice  
½ tsp ground cinnamon 1tsp ginger syrup Prosecco

**HOW TO MAKE:**

- Mix the sugar and cinnamon in a small dish
- Take a prosecco flute, dip the rim in water then dip in the sugar mixture
- Pour the ginger syrup into the bottom of the glass
- Top with equal amounts of pear juice and prosecco

**SOUR FLOWER POWER PUNCH**

YOU WILL NEED: 100ml pink grapefruit juice 100ml prosecco  
50ml elderflower cordial 25ml pink gin (regular gin is fine too)

**HOW TO MAKE:**

- Mix together the pink grapefruit juice, gin and cordial in a glass
- Add a few cubes of ice (you can make elderflower ice cubes)
- Top with prosecco

**STRAWBERRY SLUSH**

YOU WILL NEED: 1½ cups frozen strawberries 300ml prosecco  
1 tbsp honey

**HOW TO MAKE:**

- Simply place all the ingredients in a blender and blitz until smooth
- Serve in a frosted cocktail glass and garnish with a fresh strawberry

**BERRY PROSECCO ICE LOLLY**

YOU WILL NEED: One bottle of prosecco Fresh strawberries and raspberries  
½ lemon 1 tbsp caster sugar Lolly moulds

**HOW TO MAKE:**

- Open the prosecco and leave to stand for 1-2 hours
- Chop the berries into small pieces
- Mix the prosecco, sugar and juice of the lemon in a jug
- Pour the liquid into the moulds until around two thirds full
- Add a few pieces of fruit to each mould
- Add the lolly handles and leave to freeze for 24 hours





? ABC

Breeze  
BACK  
TO SCHOOL



$2 + 2 = 4$

**Y**ou have just started to settle in to the summer holidays, enjoying the flexibility that they bring and then all of a sudden, it's nearly September.

Panic sets in. As does the dread of getting the kids back into a set routine.

**START A CONVERSATION**

The best way to ease your child back into a school routine is to start off by talking to them about it. This is especially important if your child is starting a new school or a new year that will require them to do something new or unknown, whether that be joining a breakfast club or having someone else pick them up.

**GRADUALLY START REELING IN BEDTIME**

More than likely you have relaxed with your attitude to bedtime, and you may find your child is going to bed several hours later than normal. At least a week

prior to them going back to school, more if their bedtime has become really late, start sending them to bed 10-15 minutes earlier each night so that they can gradually adjust.

**GET BACK INTO SET MEALTIMES**

We all know that in the holidays our children seem to be hungry every five minutes, and this can result in a grazing style of eating with little or no set mealtimes. Start getting them used to structured mealtimes again as the holidays draw to an end.

**ENCOURAGE INDEPENDENCE**

The end of the summer is the ideal time to start a set of new routines with your child; whether that be allowing them to make their own packed lunch, clearing away after breakfast or laying their school clothes out for the next day. Not only will this encourage independence, but also make the morning routine easier for you as a parent.



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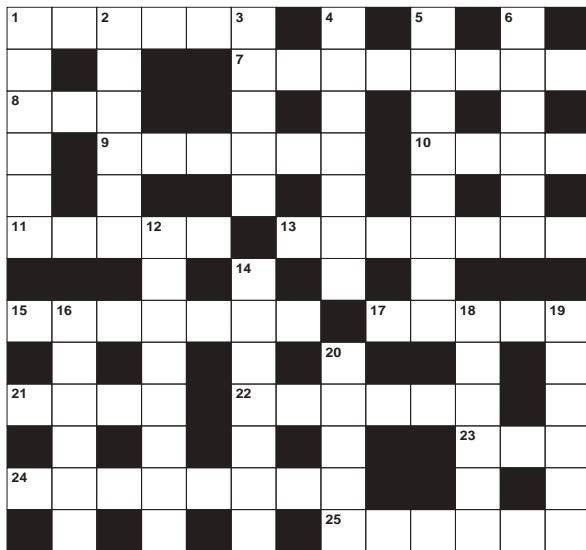
# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

## ACROSS

- 1. Mete out (6)
- 7. Come before in time (8)
- 8. \_\_\_ Thurman: actress (3)
- 9. Remould; allocate parts to different actors (6)
- 10. Flightless birds (4)
- 11. Harsh and serious in manner (5)
- 13. Angled; biased (7)
- 15. Terrible (7)
- 17. Allow in (5)
- 21. Link a town with another (4)
- 22. Country in N Europe (6)
- 23. \_\_\_ Thumb: folklore hero (3)
- 24. Highly seasoned smoked beef (8)
- 25. Browns bread (6)



## DOWN

- 1. Mature people (6)
- 2. Deprive of food (6)
- 3. Pertaining to warships (5)
- 4. Majestic (7)
- 5. Showed a TV show (8)
- 6. Advance evidence for (6)
- 12. Evoke memories (8)
- 14. Motor-driven revolving cylinder (7)
- 16. Archer (6)
- 18. Eg. March and May (6)
- 19. Outdoes (6)
- 20. A sum owed (5)

## DID YOU KNOW?

- ▶ There are more stars in the universe than there are grains of sand on all the beaches on Earth
- ▶ You would not be able to walk on Jupiter, Saturn, Uranus or Neptune as they are 'gas giants'
- ▶ Comets are bits of solar system material that date back to the formation of the Sun and the planets
- ▶ Over one million Earths could fit inside the Sun if they were squashed in, or around 960,000 if it kept its shape
- ▶ It took New Horizons, the fastest spacecraft to leave Earth, nine and a half years to reach Pluto

## SUDOKU

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



MOTORING



Photo credit: eans/Shutterstock.com, Gistina Bruwe/Shutterstock.com

# MAXIMUM CHARGE FOR MINI COOPER

Will electric vehicles ever fully catch on? Well, one of the most iconic car brands in Britain certainly hopes so as they release their most eco motor yet.

As little as five years ago, there were no new plans for a totally electric Mini. The company had declared combustion engines were the way to go after a largely underwhelming experiment with the BMW-envisioned test car, the Mini E.

They also experimented with the plug-in electric-petrol hybrid Countryman, but the technology necessitated a reduction both in boot space and in the number of seats (the rears were gone), plus hardware needed to run the vehicles swelled the car's weight by a third of a tonne.

But plans for a totally electric Mini Cooper SE kicked off again in 2015, and the iconic British brand believe they have found the sweet spot with drastic

improvements in performance, reduced costs and better efficiencies. The weight distribution, for instance, is only a third of the previous increase, added to better acceleration and braking.

If you charge overnight – around 12 hours – on a domestic three-pin socket, that will get you 80 per cent battery, while it will only take a quarter of the time to do the same using an 11.2kW AC charger. If you can locate a 50kW DC version, it will take just 40 minutes.

Mini are taking orders now for what will surely be the most efficient run-around on the market. You'll need to hand over the best part of £30,000 for your new set of wheels, though a government grant will see you reimbursed for £3,500 of that figure. Delivery is expected in March 2020, meaning you'll be the talk – and the eco-toast – of the town by Easter next year.



# Net GAIN

ENGLAND'S WORLD CUP HEROES ARE READY FOR THE NEXT LEVEL

Has the game of netball ever enjoyed a greater stage? Brilliant television coverage, fantastic role models, a successful home side, and a 44 per cent increase in participation over the last year.

While it's easy to define success purely on trophies, what surely counts more is that a sport most people forgot about no sooner had they left school is now fully reborn and ready for the next chapter.

For the uninitiated, the Netball World Cup was a flurry of nimble, energetic, highly-skilled sportswomen at their peak. Not only was the movement, precision and craft little short of artistic, but we were witnessing a sport our heroes can claim almost purely as their own.

Netball is as predominantly female as maxi dresses, childbirth and Take That reunion gigs,

and while the recent women's football World Cup came with almost constant comparisons to the men's game, what we witnessed in Liverpool across July was a celebration of a sport that women alone have conquered. And our English girls almost conquered the world.

While semi-final defeat to New Zealand saw Tracey Neville's players fall agonisingly short when it appeared they might just go all the way, at least their third-place play-off win against South Africa presented them with bronze medals – just as they achieved in Australia four years ago – and hope for the future.

That they have now cemented their place in the world's top order gives the Roses something to build on, even if the next major tournament is three years away, as the Commonwealth Games come to Birmingham in 2022.

That's three years for a new coach to get her feet under the table, three years of further increases in participation, and three years to work out how to defeat those dominant Southern Hemisphere sides.

Photo credit: Paul Greenwood/BPI/Shutterstock



# WHAT'S ON

in your area

**Swimming Tales SEN session**  
Swimming Tales, Lubards Farm, Hullbridge  
Road, Rayleigh, SS6 9QG  
August 11, 10am – 11am



Throughout the summer holidays we will be holding a fun swim session purely for children with special needs and their families.

This will be held every Sunday from 10am to 11am. There is a limit of 25 in the pool.

Children non-members, £4, adult non-members, £5.50 and non-members under three years cost £1.

**Knit and Natter**  
Rayleigh Library, 132/4 High Street, Rayleigh,  
SS6 7BX  
August 14, 11am – 12.30pm

Help and advice on learning how to knit.

All ages and abilities welcome to come along and join in with this friendly group.

This group meets every four weeks.

**Teen Craft Workshop (11-16 year olds)**  
WI Hall, Bellingham Lane, Rayleigh,  
SS6 7ED

August 16, 10am – 12.30pm

Create a tassel keyring for a bag and design your own set of buttons to accessorise what you please. £14 per teen, includes all materials and refreshments.

There are limited spaces. To book, email [KraftyKella@gmail.com](mailto:KraftyKella@gmail.com) or text "Teen Rayleigh" to 07813 671359.

**Messy Play – MiniBeasts**  
The MegaCentre, 7 Brook Road, Rayleigh,  
SS6 7UT  
August 16, 1pm – 2pm

A messy play event for children aged six months to five years, plus a crafting session for six to 10-year-old siblings.

Come and see what mini beasts you can explore with the family at our mini beasts event.

Children can find all sorts of pretend bugs in trays set up like their habitat, from snails to worms, as well as painting fun and water play.

For more information, and to book tickets, visit [southessex.thelittlesensory.co](http://southessex.thelittlesensory.co)

**Ancestry Taster Session**  
Rayleigh Library, 132/4 High Street, Rayleigh,  
SS6 7BX  
August 24, 3.30pm – 4.45pm

Free monthly taster session on the Ancestry family history resource.

Booking required.

For further information please contact Rayleigh Library on 0345 603 7628.

**Breathe – Charity film screening for End Polio Now**

7 Brook Road, Rayleigh, SS6 7UT  
August 28, 7.15pm – 10pm

The Rotary Club of Hadleigh Castle are screening the amazing film *Breathe* as a fundraiser for their priority cause End Polio Now, seeking to eradicate polio worldwide.

Tickets are £5 each on the door with 100 per cent of money going to this fantastic cause.



Photo credit: Facebook

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