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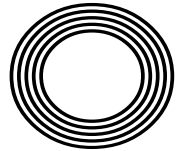
*This season's
trends*

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THE SIGNS**

Breast Cancer
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Amanda
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How the BGT judge became the highest paid TV star



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Editor's notes...



Nik Allen, Editor

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

I'm writing this in mid-September - a day after having to turn the heating on for the first time since April.

Nothing signifies that the colder months are on their way like the annual domestic debate around whether it's too early in the year to turn the heating on.

It's a conversation which seems to be nationwide around this time of year. I was in the 'Turn it off' camp while Mrs A was very much 'It's on and it's staying on.' Mrs A won that debate; she often does.

Talking of debates, Brexit rumbles on; although with prorogation closing Parliament for five weeks, the Westminster heating can remain switched off.

I'm joking of course. It shows you the sensitivity around Brexit regardless of your stance that I feel it's necessary to say, 'I'm kidding folks.'

I heard a young man on the radio asked about whether Brexit would harm or help his chances in life, and I was struck by his response.

He said: "Regardless of who is in power or whether we leave or remain, I'm the person who is responsible for my future success." This sense of responsibility and self-realisation is impressive and good luck to him, although with that mindset he probably doesn't need it.

Let's forget about the shenanigans in the corridors of power (warm and toasty no doubt) and look forward to autumn. Thanks for reading,

Nik



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Has Meghan Markle lost her sparkle...

It was just 17 months ago that 1.9 billion people turned on their TV sets to watch American actress Meghan Markle walk down the aisle to marry Prince Harry.

The former *Suits* actress had already won the hearts of the British people once it was revealed that she and the Prince were dating.

Meghan, 37, could do no wrong and Harry's popularity was rubbing off on her.

But at the end of the summer a new poll on royal popularity turned out to be a shock for the young couple.

First Harry has lost his number one spot to his grandmother the Queen, who at 93, is still showing the rest of them how it is done.

He was followed by his brother William, his wife Kate and then Prince Philip, who has retired.

Then comes Meghan at number six, only slightly higher than her father-in-law Prince Charles.

So, what has gone wrong? The couple have been involved in a number of controversies, which has shaken the images of the Duke and Duchess of Sussex. They are being seen as hypocritical in their determination to become eco warriors. Their mantra has not gone down well with the public as they continue to take expensive carbon polluting private jets while encouraging the rest of us to do more to save the planet.

These included Meghan flying off to New York in George Clooney's private jet for a baby shower before little Archie was born.

And Harry did not score any brownie points by attending a climate change conference in Sicily arriving by private jet. There was also the holiday with Elton John with the couple and Archie arriving by private jet.

Needless to say there was a comparison with William who flew to Balmoral for a holiday with his family only costing £75 a head.

A number of staff have also quit working for the Sussexes for a variety of reasons, but it is earning

Meghan the nickname Duchess Difficult.

And of course, the one that was the most controversial of all was the cost of their new home, Frogmore Cottage in Windsor, which taxpayers forked out £2.5 million to refurbish.

Harry and Meghan have since tried to redeem themselves by taking commercial flights to both Rome and Cape Town recently.

Meghan has also turned to her American showbusiness pals in the hope of improving her image. She has called in a Hollywood Crisis Management company in a bid to improve her reputation.

Sunshine Sachs, who represented disgraced movie mogul Harvey Weinstein in 2015 when he was accused of groping model Ambra Battilana Gutierrez.

One of the bosses of the firm, Keleigh Thomas Morgan, represented Meghan when she was on *Suits* and is working with the Duchess and Harry on the new Sussex Royal Foundation which the couple formed after the split with William and Kate.

But this move is unlikely to go down well at Buckingham Palace, who have their own communications team in place.

The couple also recently hired highly experienced global PR Sara Lathan who was a senior adviser to Hillary Clinton's 2016 Presidential campaign.

Senior Palace courtiers have been left bemused over the last few months that the couple have ignored advice from their own highly professional team and instead listened to outsiders in Hollywood.

One courtier said: "They shouldn't need to hire expensive US PR firms. All they need to do is follow the example of the Queen and other Royals – go out and meet people, shake their hands and be nice to them."

It may pay them to follow that simple advice and save themselves a lot of money on an expensive crisis management solution.

with the British public?

Photo credit: Frank Augustin/AP/Shutterstock





Photo credit: Broadimage/Shutterstock

FACTOR OR RATED?

BRITAIN'S MOST SUCCESSFUL TALENT SHOW IS UNDERGOING A CHANGE OF IMAGE...

XFactor's 15 years on our screens have been defined by one thing – its format. Here's the deal – an unknown 'star', living in a ropey suburb of some nothing northern town with his or her parents and an undernourished cat, gets plucked from obscurity. They become a household name and ride off into the sunset with the Christmas number one and a copy of Leon Jackson's debut LP tucked under their arm, never to be seen again.

We know and love the *X Factor* because we know and love what to expect – the deluded, the hard done by, the emotional, the inspired.

Except, in 2019, there won't be that. With ratings having crashed below four million, master of ceremonies Simon Cowell is planning the show's biggest ever shift. Out goes the whistle-stop tour of UK auditions, in comes a two-show weekly burst with very different endeavours.

The first is a celebrity special, matching household names with classic tracks, in what sounds like a dreadful updating of *Stars in their Eyes*, though surely can't be that bad: "Tonight, Simon, I'm going to be... trending for all the wrong reasons?"

The second show taps into our love of rolling back the past, with former contestants competing to rekindle former glories.

As for the judges, it seems Robbie and Ayda Field will join Louis Walsh, Nicole, Scherzinger and Sharon Osbourne and a few others in the judges reject bin, with Louis Tomlinson's place also looking in danger.

The shake-up is evidently Cowell's last attempt at returning *X Factor* to its former heights.

"The biggest risk is not in doing something new, it's in doing nothing at all," he said.

For a watching audience, and for Cowell himself, it's (almost) time to face the music...

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HOME & DIY

Nice One NICKY

A dalliance with design that has lasted 50 years

Nicky Haslam has assumed many guises throughout his life - designer, show horse breeder, global socialite, friend to the stars. The inspirational designer even waited until his 73rd birthday to release his debut album, finally indulging one of his boyhood daydreams with the assistance of industry heavyweights such as Nick Mason (Pink Floyd), Helena Bonham Carter, Bryan Ferry and the late Cilla Black.

But it is clearly for his immaculate take on style and fashion that we have become most absorbed in Nicky Haslam's work. The Buckinghamshire-born icon has been the creative auteur and driving force behind London institution NH Design, and while he admits his workload has reduced in recent years as he fights against the idea of retirement, his hunger for interiors has never abated.

"We're slaving away on a wonderful house and a wonderful restaurant in New Orleans, a big project in New York, a place in the south of France outside St Tropez, plus some wonderful penthouses in Park Lane, with 360-degree views of London. We're busy."

The designer, who has written for *The Telegraph*, *Vogue* and *Tatler*, and has properties scattered across London, believes the key to good interiors is detail and control. He fills space with objects, blends styles without fear and constructs a 'lived-in' vibe that is brave yet relaxed.

"People are still looking at image and opulence, but these days there is much more attention being paid to comfort and possessions, probably because we are working so hard and we just want to be settled in our own spaces."

"Minimalism is old hat as far as I am concerned. Just surround yourself in what feels right. Don't splash colour around or re-wallpaper because everyone else is doing it; instead, be inspired by things in your locale - reflection is important - and want to learn. Even having practised design for decades, I am still picking up new ideas."



Photo credit: nh-design.co.uk



HOME & DIY

Every LITTLE helps

TEN SMALL CHANGES THAT CAN TRANSFORM ANY ROOM...

FOLLOW THE LIGHT

Lamps are the easiest way to transform the entire mood and vibe of a room. They're also pretty cheap.

GO GREEN

Plants bring life and colour to an otherwise drab space. They also improve your air quality, making them well worth the extra care and attention they require. And breathe...

HANG OUT

Art is a great way to really personalise your home and you don't need to spend a fortune. Whether it's a favourite record, childhood photo or quirky cartoon that made you smile once, it belongs on your wall.

SHELVES IT

As well as an excellent way to maximise storage in a room, shelves also become a feature in their own right if you fill them with interesting books and mementos – the kookier the better.

REFLECT

Mirrors aren't just for gazing at yourself adoringly, they can also bring light and space to an otherwise gloomy room.

MAKE A STATEMENT

A really unique piece of furniture can bring to life an otherwise unremarkable space, which is why you need to hunt down that vintage cocktail globe or shabby chic chaise longue, pronto.

GO THROW

Is your sofa looking a little tired? Has your bed seen better days? Then throw a throw on it my friend, the bold and brighter the better.

BELLS AND WHISTLES

From vintage doorknobs to bespoke light switches, it is this attention to detail which sets the style savvy and the style-less apart.

RUG DOCTOR

Not only does a decent rug 'tie a room together' – according to *The Big Lebowski's* 'the Dude' – it can also effectively hide that wine stain from last Christmas.

MAKE IT PERSONAL

You can spend a fortune and still not feel entirely comfortable somewhere, because if it doesn't reflect who you are, it won't feel like home. So find your quirk, embrace your inner weirdness, then frame it and put it on your wall.



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HOME & DIY

Want a bold and beautiful colour to transform your home for the coming winter months? Well, this latest trend might surprise you...

As the nights draw in and the days become darker it can be tempting to replicate the outdoor mood inside your home. Greys, navy blues and maroons are common styles that appear as the colder months loom, as we become inclined to hibernate ourselves in a cave-like

hideaway, waiting patiently for the sun to come out once more.

The problem with this gloomy palette, however, is that it offers no relief from the winter blues. Even the darker purple and red shades, though rich and luxurious like ripe midwinter berries, can become stifling. Consider then, fuchsia. Bright, bold and full of promise like the late spring blooms from which the colour derives its name.

Like a neon sign on an otherwise unlit road, fuchsia is a surprisingly refreshing alternative for anyone who wants to go a little bolder and more daring with their interiors. Bringing a depth and lushness which no other pink can measure up to, its blue undertones are actually a perfect match for winter's dramatic persuasions while also hinting at the softness to come as we melt into spring.

The other good thing about fuchsia? It holds its own against the more rugged materials. Rustic woods, heavy metals and dark velvets all come to life against this deep, dark pink backdrop. You'll need lamps and candles as well of course for those long nights when you just want to bed-in with a glass of wine and a good book.

So ditch the dour hues this winter and paint your walls in this glorious and shameless shade. And when the sun finally returns, you'll have barely felt the chill at all.



Photo credit: Interiors by color



Photo credit: www.susanjablon.com



Photo credit: Interior Design ideas





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HOME & DIY

pretty PLATES

The humble plate – where would we be without it? But just because it's a functional item doesn't mean it can't also be a fun and frivolous one.

We've found the best decorative designs out there and we are even going to show you how to create your own.

FLORAL FEVER

Who doesn't love a bit of flora and fauna in their home? And what better way to brighten up your dining table than with a set of beautiful flower detailed plates?

ABSTRACT

For contemporary art lovers out there, why not invest in a set of abstract style plates that will reflect your modern style? Look for designs that do not restrict themselves to a standard shape and instead embrace layering techniques such as this offering from American modern ceramics designer Pigeon Toe Ceramics.

RECYCLED

Eco-friendly tableware is all the rage at the moment with an increasing number of businesses catering for those who want sustainable products throughout their homes. Disposable bamboo plates are an attractive option, but we favour those made from palm leaves.

ANIMAL ANTICS

Ideal for families with a sense of humour or those wanting to unleash their inner party animal, these fun and frivolous Wild Dining plates will turn any occasion into a celebration. We love the Sara Miller collection, which is colourful, vibrant and the perfect antidote to the winter blues.

DIY DESIGNS

If you are a fan of Kate Spade plates but your budget doesn't quite stretch that far then why not create your own version at a fraction of the cost. All you need is a stencil of your chosen design – whether that be an animal, piece of fruit or even a feel-good motto – and some coloured acrylic paints.



Photo credit: www.potterton.co.uk, www.tn.com, www.pigeontoceramics.com, www.thequirkydesigncompany.co.uk

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LOCAL NEWS

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LOCAL NEWS



Blood cancer survivor aims to help sick children

An inspirational six-year-old from Rayleigh is supporting a campaign to raise awareness of childhood cancer.

Toby Peters has now been in remission for almost a year after battling blood cancer and is now campaigning to raise awareness of cancer in children to reduce diagnosis time.

Throughout September he took part in Go Gold month for Gold Geese, a charity who work with children with cancer. However, Toby and his mum, Heather, want to continue the campaign.

It is hoped the colour gold will become synonymous with children's cancer awareness.

Toby supported the campaign by putting 150 posters up across Rayleigh.

Speaking to **VISION**Rayleigh, he said: "I want all the children with cancer to be brave and get better. I want the mummies, daddies and doctors to help other children who feel poorly."

Toby's mum, Heather, is extremely proud of her son.

She said: "I am beyond proud of Toby. Three-and-a-half-years of daily chemotherapy treatment doesn't leave without any lasting effects.

"Toby suffers from tiredness, weak chest, painful legs and extremely poor appetite. But he has been very brave and determined to be just a normal kid.

"It is extremely important to us to help others. Along this journey we have met some amazing families but sadly our journeys have all taken different turns in the road. We are supporting the warriors, admiring the survivors and honouring the angels.

"I don't think I could ever truly put into words how much we have appreciated the support from our community. Toby could not have spread the awareness without the wonderful help from so many people around us.

"In total 150 posters were delivered to Rayleigh businesses, childminders, schools, pubs.

"I will never forget the support and love shown to our family from the kind people of Rayleigh."

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LOCAL NEWS



Surprise bobby on the beat for a night

Rayleigh residents got a surprise when a new bobby on the beat turned out to also be their local MP.

The Rayleigh Town Team for Essex Police welcomed Mark Francois MP for Rayleigh and Wickford into their ranks for a Friday evening shift last month.

The MP was out on patrol with PC Sawyer and PC Curtis, whose main focus is to patrol Rayleigh town centre and provide an enhanced visible police presence, deter crime and reassure residents.

The MP was spotted by drinkers in a Rayleigh pub as he visited local businesses as part of his patrols.

Commenting on the patrol with Essex Police, Mark Francois MP said: "It was great to spend an evening with Essex Police and to learn more, first hand, about the challenges they face."

"I was particularly pleased to meet with PC Sawyer and PC Curtis from the newly formed Rayleigh Town Team, which focuses on preventing and reducing crime in and around the town centre.

"PC Sawyer and PC Curtis and the wider team have quickly built up an impressive rapport with local businesses.

"It really is great to see a return to proactive local policing."

One pubgoer who spotted the new officer for the evening said: "It's not everyday you see police in the pub let alone your MP in the uniform."

"It's good to see although I did have to do a double take - it also made me question how many alcoholic drinks I had."

Long delays as lorry hits bridge

Network Rail is urging drivers in Rayleigh to 'wise up and size up' their vehicle and plan their route after a bridge strike caused long delays.

A vehicle hit a railway bridge in Rayleigh recently, causing huge delays for passengers during rush hour and costing the taxpayer.

The 'wise up and size up' plea comes ahead of October, which is the month where the number of bridge strikes everyday doubles, caused likely by the shorter daylight hours.

Every year there are more than 2,000 bridge strikes to railway bridges across Britain, with each one

costing money to the taxpayer in thousands of hours of train delays.

Network Rail have launched several campaigns to tackle this including, Lorries Can't Limbo, which directly targets those who drive high-sided vehicles.

Sir Peter Hendy, chair of Network Rail, said: "Every incident creates potential delay for tens of thousands of passengers and potential costs for taxpayers."

"It's only a matter of time before road or rail users are killed as a result. We need professional HGV drivers and their operator employers to get behind and support this campaign."

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Cannabis factory goes up in flames



A man has been arrested for drug offences in Rayleigh after a cannabis factory burnt down in Rawreth Lane.

Essex Fire and Rescue Service attended the scene at 4.11am on September 2 before spending several hours tackling the blaze.

Inside the burning outbuildings, a large amount of cannabis plants, drug paraphernalia and a hydroponic system were found.

Once the fire had been put out, police seized the cannabis.

Fire investigators said attempts to grow the drug quickly is the likely cause of the fire.

An Essex Police spokesman said: "The local policing team responded to reports from the fire service of a fire at an address in Rayleigh at around 5am on Monday (September 2) morning.

"On arrival it transpired an outhouse was on fire and a cannabis grow inside was uncovered."

Anyone with information about drug crimes can call police on 101 or Crimestoppers anonymously on 0800 555111.

fantastic support from our communities.

"Our work to tackle knife crime doesn't stop there though. Every day we carry out prevention, enforcement and education work, with the support of other organisations, to tackle crime and safeguard vulnerable people.

"Taking knives off our streets is really important but so is education around the dangers of carrying a weapon. This is why our engagement with schools and youth centres is so important."

VISION helping to make a difference

VISION Rayleigh is delighted to have helped fund a children's book promoting a positive mindset and have donated copies of it to a local primary school.

Spot the Different tells the tale of a young girl scared about not fitting in who meets a magical ladybird called Spot who teaches her to embrace her individuality.

Jerry Lyons, the author, said: "Without the support of Nik and the VISION Rayleigh team, this book would not have been possible to publish and distribute. I can't thank them enough for making it possible to share the book's positive message with children in Rayleigh."

Editor Nik Allen added: "We are delighted to play our part in getting *Spot the Different* out there and into as many young hands and minds as possible. We loved the ideas around the book and when the chance came up to donate copies of the book to local schools we jumped on board."

Rayleigh Primary School has been given 10 copies of the book.

A pound from each sale is donated to The Children's Literacy Charity which provides specialist one-to-one literacy support for disadvantaged children who are at risk of being left behind.

For more information or to buy the book visit, www.spotthedifferent.co.uk



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Children educated on knife crimes as part of campaign

Schoolchildren in Rayleigh were taught a valuable lesson in knife crime as police launched a campaign recently.

Officers from Essex Police visited Sweyne Park School in Rayleigh on September 20 as part of Operation Spectre to raise awareness of knife crime.

The Rayleigh Neighbourhood Policing Team explained to students the dangers of carrying a knife and defined the role of a police officer.

Operation Spectre itself saw more than 200 knives handed in and more than 30 people arrested during a week of action.

Chief inspector Scott Egerton, who co-ordinates Essex Police's Operation Sceptre work, said: "This was a really positive week of action and we've seen



LOCAL NEWS

MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS

In the last few years, I have received an increasing number of complaints from constituents about illegal incursions by groups of travellers, who tend to visit the constituency during the spring and summer months. While some travellers are perfectly law abiding, others are not and there have been numerous instances of antisocial behaviour and of them sometimes creating a considerable mess – which then often has to be cleared up at public expense, i.e. funded by the council taxpayer.

I am now as sick and tired of this as many of my constituents, therefore for several years I have been campaigning to change the law in this area and to adopt the so called, 'Irish Option'. In short, this would mirror the law change in the Republic of Ireland in 2002, which changed deliberate acts of trespass from a civil, to a criminal, offence.

The net effect of this, would be that a police officer

could arrest those carrying out an act of deliberate trespass e.g. on a village green or school playing field, and if necessary, confiscate their vehicles – which I believe would act as a serious deterrent. Last year I organised a letter signed by some 60 Tory MPs to the then Communities Secretary, James Brokenshire MP, urging the government to adopt this change in the law.

In responding to the consultation, the government agreed to adopt the Irish Option – although this cannot happen overnight as it will require primary legislation. However, I believe that this nonsense has gone on for long enough and I will continue to press hard, alongside my fellow Tory MPs, to persuade the government to bring in the necessary legislation so that travellers and the settled community can co-exist peacefully – secure in the knowledge that travellers will no longer be able to break the law without effective sanction.

Town High Street 'one of the worst'

The community have slammed a report which claims Rayleigh High Street is one of worst in the country.

The 2019 Vitality Index ranked Rayleigh as having one of the least healthy high streets in the country, something many people disagree with.

A regular user of the High Street, Martin Spence, told **VISION**Rayleigh: "Rayleigh has a lot more going for it than some areas. Even within Essex it isn't a bad High Street so there is no way it's one of the least healthy in the country."

"With these things it just relies on raw data so if the questions aren't set right it will come up with some strange results - like this."

Martin's comments were echoed by a worker at a local salon, who asked not to be named.

They said: "I have worked here for a while now and I enjoy coming here."

"I often speak to people from Rayleigh and the surrounding area and whilst nobody is claiming it's the best area, it's certainly not the worst."



Shaun Scrutton, Rochford District Council's managing director, is not convinced by the report.

He said: "The council simply does not recognise this assessment of our vibrant and busy town centre."

"With a busy weekly market and a High Street which offers consumers national and independent retail chains, Rayleigh continues to be a very popular location for shoppers."

"With Rayleigh Museum, Rayleigh Windmill and Dutch Cottage at the heart of the town centre, a visit here also offers a unique insight into local history."

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NEWS FROM

RAYLEIGH TOWN MUSEUM

Have you ever wondered how roads are named, or indeed what the process is for deciding?

There are specific guidelines that should be followed by both developers and the district authority when agreeing to a new street name. It should not duplicate any similar name already in use locally, should not be difficult to pronounce, awkward to spell or have punctuation that may give rise to possible variations.

Some of our local roads date back many hundreds of years even before the days of the Turnpike Trusts of the mid-18th century. The reason for the names of such roads as Hockley Road, London Road, Eastwood Road, Hadleigh Road and Rayleigh Road are self-evident, all indicate to travellers the route that the road will take them to.

But what about modern roads? Some are obvious, such as Watery Lane, some self-evident like the High Street, although once named The Street and also in the 1850's as The Broadway. Was there a Mr Daws and did he own any heathland in the area where Daws Heath Road is today? Ancient maps are a rich source of information and many are available

to view in the Rayleigh Town Museum: www.rayleightownmuseum.co.uk

But how did roads such as Picton Close/Gardens, Hollytree Gardens, Francis Walk and others get their names?

Picton Gardens and Picton Close along the Eastwood Road opposite where the Methodist Church is are named after a well-known property named Picton House.

Hollytree's was another well-known house which was located in the High Road close to Great Wheatley Road. Demolished in the 1950's, it is remembered today by a road named Hollytree Gardens adjacent to the site.

A small turning off Crown Hill is called Francis Walk, named after Edward Francis, the well-known Rayleigh benefactor who donated Rayleigh Mount to the National Trust in 1923 and lived in Edward Francis House, now Lloyds Bank. The School which celebrated its 50th anniversary in 2016 bears his name.

Further information on this fascinating subject can be found in the Rayleigh Town Museum.

Everyone welcome as new café opens

A new community café offering a relaxing and friendly atmosphere opened this month.

The new Brew and Natter Café in Holy Trinity Church Underspire opened its doors for the first time on October 4.

It will be open every Friday from 10am to 1pm and offer light lunches and homemade cakes.

The opening ceremony was marked by an announcement from the town crier in the High Street before being officially opened by the chairman of Rayleigh Town Council, councillor Mrs June Lumley.

Ann Jolly, from the Parish of Rayleigh, said: "The Brew and Natter will be a relaxing and friendly place to visit, where all are welcome.

"It will be somewhere for people to just chill, chat or receive pastoral support if desired.

"It will be staffed by a cheerful, dedicated team who want to give their time to help meet the needs of our local and diverse community."

Photo credit: Facebook Holy Trinity Church



LOCAL NEWS



News from THE ROTARY CLUB

Rayleigh Mill

One of our annual events, the Paul Wellman Trophy golf competition, was held this year, at the Three Rivers Golf and Country Club, when many members of the club, joined by a number of guests, enjoyed an excellent day's golf in perfect conditions.

The competition is named in honour of the late Paul Wellman, who was a leading light of the Rotary Club of Rayleigh Mill for many years and was the inspiration behind the 70's and 80's band, Wheelz, whose efforts raised many thousands of pounds for local charities.

The surprise winner of the competition was club president, Jackie Wellman, Paul's widow. Jackie led the field by three points to come into the clubhouse with 39 points, ahead of Carl Watson on 36 points and John Culwick on 35 points.

The longest drive was won by John Fairweather and nearest the pin by John Culwick. Vic Haynes took the highest scoring visitors prize and Neil Muir was awarded a prize for his exemplary play on the day.

It may seem that an unusually high number of our events revolve around golfing but to prove that isn't always the case our social evening, this month, took place at Caddies Crazy Golf Restaurant in Southend. This was not a night for the golf purists amongst us but it did prove to be a highly entertaining evening where the lower handicap players may have been slightly perplexed by the nature of the course which included a chicken coop, a fish tank, a bird cage and several challenging geometric structures.

It was an extremely enjoyable, light-hearted evening



where the members enjoyed many laughs at the antics of their fellow Rotarians and guests.

Both these events represent the more social aspect of the twin aims of Rotary - fellowship and service in the community but the club has also been active in community service. More details next month.

If you would like to find out more about what we do, please see the website at www.rayleighmillrotary.org.uk

Essex-based, experienced reporter needed

Are you a journalist with an eye for a story? Are you a good talker, but an even better listener? Are you as in touch with the parcel delivery lady as you are the town mayor? And most importantly, can you sort the wheat from the chaff? If so, you could be the Essex-based journalist we are looking for.

VISION magazines' rapidly expanding Home Counties portfolio means we need even more journalists at the heart of communities ready to put into print the stories that matter. Whether breaking

news, reporting community updates or discussing upcoming issues, our writers are thirsty, dedicated and well rewarded.

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Holden

ONTO TOP SPOT

Throughout an impressive career, Amanda Holden has consistently wowed her fans with a breezy, no-nonsense personality and stunning looks. Vivacious and charming, buoyant and brutally honest, it comes as no surprise that the bubbly beauty is also on one of TV's top earners.

Having spent almost three decades in the spotlight – her first television appearance was as a contestant on *Blind Date* back in 1991 – you could forgive Amanda Holden for running out of steam when it comes to career opportunities. However, far from scaling back, the luminous 48-year-old is working harder than ever, pursuing new projects in radio, music and fashion, whilst also retaining her crown as queen of primetime TV thanks to her enduring role as a judge on *Britain's Got Talent*.

With her down-to-earth charm, brilliant wit and stunning looks, Holden is the epitome of the woman the girls want to be and the boys want to date.

Long gone are the days when she was best known as the wife of gameshow host Les Dennis – the Portsmouth native is now an icon in her own right. And though Chris Hughes, husband and father of her two daughters – Alexa, 13, and Hollie, seven – is himself a successful record producer, there is little doubt who the primary breadwinner is in their London household thanks to the announcement in August that Holden had beaten the likes of Holly Willoughby and Claudia Winkleman to be named

television's highest paid female star.

Though she has been steadily maintaining her starry status since joining the judging panel of BGT back in 2007 – the debut season of the talent show – her recent rise to the top of the money tree is thought to be thanks to her new role as a Heart Radio DJ. Replacing Emma Bunton as the co-host for the breakfast show opposite Jamie Theakston, it is rumoured that the blonde beauty is raking in a £1.5million for the pleasure of rousing millions of Heart listeners every weekday morning.

Proving that Britain really does have talent, the former actress turned presenter is embarking on her own pop career after a clip of her and her two daughters singing *Tightrope* from the hit film *The Greatest Showman* went viral. Meanwhile, her foray into the world of fashion has seen her style a critically admired wardrobe with Fenn Wright Mason. Flattering, affordable and perfect for the coming party season, the seven-piece occasion wear collection with the British brand looks set to spell out many more style-based endeavours for the savvy entrepreneur.

Having proved she is far more than just a pretty face, you can be certain we won't be seeing the back of Amanda Holden anytime soon... which is ironic really, as she also recently added 'Rear Of The Year' to an already long list of awards.





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PLANT OF THE MONTH:

Galanthus

AKA SNOWDROP



More commonly known as the snowdrop, Galanthus is one of those flowers that can brighten up your garden (and spirit) after a long, cold winter by signalling that spring is well on its way. Materialising en masse, snowdrops can create a white blanket of beauty across any garden or woodland area.

What type of plant is Galanthus?

The snowdrop is an herbaceous plant that belongs to the Amaryllidaceae family. It is recognisable by its snowdrop appearance that appears early on during flowering between January and April each year. Each snowdrop can grow to approximately 7-15 cm tall with each bulb producing two leaves and one flowering stalk.

How many different varieties of snowdrop are there?

There are 20 different snowdrop species including the Galanthus Nivalis which you are mostly likely to see in your local woodland area, the Galanthus Atkinsii, recognisable by its honey scent and longer outer petals and the Galanthus Magnet, a hybrid variety that sports an unusually long and elegant stalk.

How do I plant snowdrops?

Great for beginners and pros alike, the snowdrop is a hardy plant that is easy to grow and flowers quickly; plant in October for flowers in late winter/early spring.

- 📌 Find a spot in your garden where the soil is well drained and there is moderate shade
- 📌 Plant your bulbs 3 inches apart, with their pointed tops 2-3 inches below the surface
- 📌 Water well directly after planting

What does the snowdrop symbolise?

The name Galanthus Nivalis actually means 'milk flower of the snow' but has gone under many other names over the years including 'February fairmaids' and 'Candlemas bells.' The flower is said to symbolise purity, optimism, virtue and sympathy, making it the perfect plant to kick start a new season.



BOUNCE *yourself fit*

If the thought of going to the gym feels you with dread and you can't think of anything more boring than pounding the pavement in an attempt to stay fit and healthy, then trampolining might just be the fitness craze for you.

IS TRAMPOLINE FITNESS FOR ME?

Nearly everyone can get involved in trampolining; whatever your current fitness levels. It is a great activity for those who find workouts boring or can be used as a way of mixing up your existing training schedule.

WHAT ARE THE BENEFITS?

- Bouncing improves cardiovascular fitness
- Increases leg strength and power
- Can feel less taxing and more enjoyable than jogging or running
- Improves balance
- Strengthens your core muscles
- Good for enhancing coordination
- Aids weight loss
- Helps protect and strengthen your bones and joints

ARE THERE ANY RISKS INVOLVED?

As with any form of exercise there is a risk of injuries; with the most common ones including

ankle sprains, fractures or shin splints as well as soft tissue injuries such as bruising from falling. However, most trampoline enthusiasts feel that the benefits of bouncing outweigh the potential hazards.

HOW DO I ENSURE MY WORKOUT IS SAFE?

If you do not fancy taking a class and would prefer to bounce in the comfort of your own home, then you need to make sure that you are not putting yourself at risk of injury.

- Place your trampoline on a flat and non-slippery surface
- Ensure that the springs, frame and any hooks are covered by shock-absorbing pads
- Always wear shoes that support your ankle
- Start with small jumps

HOW CAN I GET INVOLVED?

There are hundreds of trampolining clubs and classes that run across the UK; for more information visit www.british-gymnastics.org

Fitness Fact: On average, an adult will burn around 200 calories per hour bouncing.

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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1:1 Varicose Veins

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P Thursday 21st November 2019

6.45pm–8pm with Mr Sabu Jacob, Consultant Vascular Surgeon.

P Snoring and Sleep Apnoea

Thursday 10th October 2019

6.30pm–8pm with Mr Paul Chatrath, Consultant ENT Surgeon.

P Foot Disorders

Tuesday 15th October 2019

6.30pm–8pm with Mr Amit Bhargava, Consultant Orthopaedic Surgeon.

P Cataract Surgery and Ageing Eye Diseases

Thursday 17th October 2019

6.30pm–8pm with Professor Rajesh Aggarwal, Consultant Ophthalmic Surgeon.

1:1 Men's Health – Worried About Your Prostate?

Thursday 7th November 2019

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

P Ageing Aches and Pains

Thursday 14th November 2019

6.30pm–8pm with Dr Matthias Toth, Consultant General Physician.

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P Presentation

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KEEPING
abreast
OF THINGS

18 Oct 2019

With October being Breast Cancer Awareness Month, is it time to reassess our perceptions of this illness?

As a nation, our understanding of cancer has never been better, our healthcare is in its best ever place, and rates for the successful banishing of this dreadful biological disease are the best recorded.

We have so much to celebrate where breast cancer is concerned, yet the reality is someone will still wake up tomorrow, and the next day, and the day after that, and have their life ruined by this terrible disease.

Breast Cancer Awareness Month is a global campaign running across October that aims to engage as many people as possible in raising both awareness and funds in the fight against the disease. You can take part in wear it pink on Friday, October 18, and find out more on how to get involved by visiting wearitpink.org

The aims coming from the scientific world are big, with the intention that, by 2050, everyone

who develops breast cancer will live. Research is focused into four areas – risk and prevention, early detection and diagnosis, treatment, and secondary breast cancer.

By focusing on these stages of the disease and monitoring progress and results, specialists can use the most advanced techniques to save lives. In 2018, that meant the five-year survival rate topped 95 per cent; up from 82 per cent three decades ago.

So to answer the question posed at the top of this piece – no, it's definitely not time to reassess our perceptions where breast cancer is concerned. It is an affliction that ends lives, as well as causing untold pain for those left behind. It is an enemy of women of almost any age, any background, any social status, and the only thing we need to recalibrate is how we can fight in ways harder, tougher and even more stubborn than before.



GO GO graphic EYES

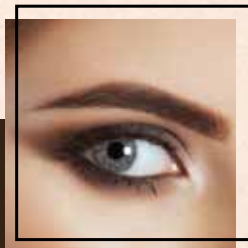


With the start of a new season comes the opportunity to revamp your look and embrace the latest beauty trends that have been showcased on the runway; with inspiration from Tom Ford, Louis Vuitton and Dior, there's something to suit everyone.

FUTURISTIC FALSIES

Create a striking look with a set of over the top fringed, silver lashes; don't scrimp on the glitter.

Simply purchase the longest, metallic silver false eyelashes that you can find and apply to either your bottom or top lash line. Finish with a sweep of white liner.



ULTRA-BLACK EYES

Nothing says glam more than a set of sultry eyes adjoined with the darkest eyeliner and eye shadows. This season the more smudge the better.

Prime your lids and then use a pencil eyeliner and shadow and get smudging.

GLITTER GALORE

If you favour a more upbeat look then this Seventies style trend is for you; think disco nights with full-on glitzy eyes.

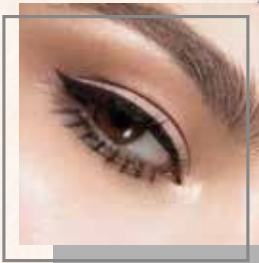
Apply a neutral eyeshadow, brush your lids with primer and then using a flat shader brush apply your glitter.



NEON

Not for the faint-hearted, shocking shades of neon were seen splashed across the runways, with pink, orange and green featuring highly.

Prime your lids, then using a pointed eyeliner brush, apply your chosen shade across the crease of your lids and down towards the outer corner of your eye.



TWIGGY-ESQUE LOWER LASHES

Who doesn't want to look like the iconic Twiggy? Take a leaf out of Dior's book and rock the painted on exaggerated lower lashes look this autumn.

But if painted on lower lashes are a bit too OTT for you then simply apply individual false lashes to your lower lash line and finish with lashings of mascara on your upper lashes.

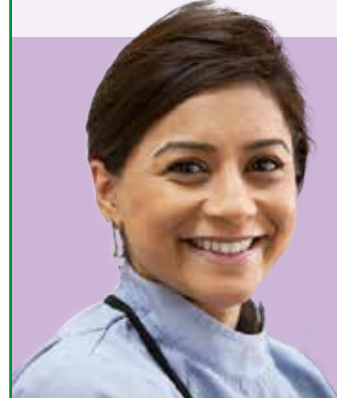


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fashion fixes

If you are already feeling the desire to ditch the day dresses, to say sayonara to sandals or to toss out the tank tops, then these key autumn fashion trends for men and women are just what you need.

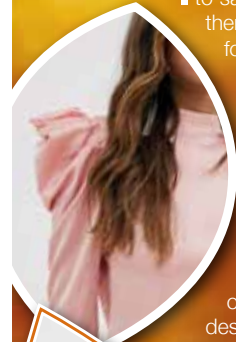
Baggy Trousers

Nope, not a homage to pop band Madness, but a distinctive steer away from the beloved skinny jeans. Not only does this look flatter most body shapes but it can also be dressed down with a jumper and trainers or smartened up with heels and a blouse.



Statement shoulders

If you loved the '80s then you are in for a treat this season, as shoulder pads are back, baby. Or, to be more precise, statement shoulders are the look du jour. Look out for big, bold and embellished designs which will definitely see you stand out from the crowd.



Scarf up

Men look out, this is your autumn accessory: an oversized scarf. Think thick, woolly and super long. You know, the kind your nan used to knit for you. Simply wrap nonchalantly around your neck, over a lightweight jumper.



Go hell for leather

A biker jacket is always a must-have item for the colder months, but this year you can expect to see a plethora of leather pieces hitting the high street, from tight leather pants to loose-fit leather dresses. Men can also rock this trend by embracing their inner Hells Angel and buying a leather trench coat asap.



Velvet galore

Luxurious and decadent, this fabric took over the men's catwalk shows with Dolce & Gabbana, Ralph Lauren and Emporio Armani all showcasing their velvety designs. Expect to see velvet shirts, suits, coats and even ties.



Photo credit: ASOS.com

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TRAVEL

TURN ON THE

Northern Lights



WHERE ARE THE BEST PLACES TO SEE THE AURORA BOREALIS?

The Northern Lights are one of Planet Earth's most amazing natural phenomena, having drawn in, enchanted and amazed generations of travellers to Scandinavia and North America for hundreds of years.

First witnessed by astronomers Gassendi and Galilei in 1621, the stunning, dancing sprays of neon light, almost extra-terrestrial in their appearance, form when charged particles are emitted from the sun at the time of a solar flare. These penetrate the earth's magnetic shield, then collide with atoms and molecules in the atmosphere.

The key areas for seeing these displays of nature's beauty can be found in a zone within northern Scandinavia, between 66°N and 69°N, otherwise known as the Aurora Zone. The band can become larger when there is high activity of geomagnetic action which is why the lights can, on occasions, even be visible from north-west Scotland.

Traditionally, it's been said the best places to

witness the Northern Lights were Sweden and Norway, but Finland, Iceland and Greenland can all lay claim to offering stunning tourist experiences. Much of this factors in the tranquil majesty of surroundings lakes, forests and fells which, while almost completely devoid of light pollution, also add to the mystical air of this remarkable sight.

In recent times, northern territories in Canada have also attempted to take advantage of what is now a global fascination for the Northern Lights. The Yukon provides wild animals, scattered towns and villages and delicate snowfall against a backdrop of shimmering lights.

And the display isn't just a visual treat to those in the Northern Hemisphere. The Southern Lights (Aurora Australis) are rarer in their visibility but can be spied from Australia, New Zealand and South Africa.

It's also known that similar displays can be seen above Jupiter and Saturn, although tourism numbers, thus far, have been disappointingly low.



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SCIENCE MADE SIMPLE

FIZZING RAINBOW

Difficulty rating: Very easy

YOU WILL NEED:

- Baking soda • Vinegar • A syringe
- Food colouring

WHAT TO DO:

- Mix 4 tbs baking soda with 3 drops of colouring and 1tsp water
- Set aside on a tray
- Fill the syringe with vinegar
- Squirt on the soda and watch as it fizzes

FANTASTIC PLASTIC

Difficulty rating: Easy

YOU WILL NEED:

- 1 cup milk • 4 tsp white vinegar
- A bowl • A strainer

WHAT TO DO:

- Heat up the milk (with adult supervision)
- Pour the milk into the bowl
- Add the vinegar and stir for 1 minute
- Pour the milk through the strainer
- You will be left with lots of lumpy blobs
- Leave to cool slightly and rinse
- Mould into your desired shape
- Leave for 2 days to completely harden

BEND WATER

Difficulty rating: Medium

YOU WILL NEED:

- A plastic comb • A tap • A head of clean hair

WHAT TO DO:

- Turn on the tap until you have a very thin stream of water
- Brush the top of your hair 15 times
- Closely bring the comb towards the water. Do not touch the water with the comb
- Watch as the water bends towards the comb as if by magic

BUILD A BALLOON INFLATOR

Difficulty rating: Medium to hard

YOU WILL NEED:

- 1 empty plastic bottle • ½ cup vinegar
- Baking soda • A funnel

WHAT TO DO:

- Pour the vinegar into the bottle
- Stretch the balloon a few times and then, using the funnel, fill it half way with baking soda
- Place the neck of the balloon over the bottle top.
- Lift the balloon up so that all the baking soda falls into the bottle and mixes with the vinegar
- Watch as the balloon fully inflates itself



shakshuka

Are you looking for a quick midweek snack or a lazy weekend breakfast? Shakshuka, which literally means "all mixed up", is a popular Middle Eastern dish full of flavour.

This recipe contains a large amount of tomatoes which have numerous health benefits. These include improved eye sight, a good stomach health and reduced blood pressure.

Tomatoes contain a large number of antioxidants that have been proven to fight different forms of cancers. They are also a rich source of vitamins and minerals.

SHAKSHUKA - serves 6

INGREDIENTS:

- > 2 tbsps olive oil
- > 2 diced onions
- > 2 red peppers, cut into strips
- > 3 tins chopped tomatoes (1.2kg)
- > 1 1/2 tsp garlic purée
- > 1 tbsp tomato purée

- > 6 tbsps SPICE WAY Shakshuka Fast Gourmet www.spicewayuk.com/product/shakshuka
- > 6 large eggs
- > Salt and pepper to taste
- > Handful fresh parsley

METHOD:

- > In a lathe deep frying pan, fry the onions in the olive oil until translucent.
- > Add the peppers and continue frying until they are soft.
- > Stir in the tomatoes, Shakshuka Fast Gourmet mix, tomato and garlic purée, salt and pepper and simmer for 30 minutes. The mixture will thicken.
- > With the back of a ladle, make six small indentations in the sauce and break the eggs into them.
- > Cover the frying pan with a lid and continue to cook for approximately 5-6 minutes, depending on how you like your eggs.
- > Sprinkle chopped parsley on top and serve with crusty bread or pita.

Credit: Karen & Louise www.spicewayuk.com

THE RISE OF Sourdough

THE SECRET BEHIND THE ORIGINAL RAISED BREAD

They say that bread is older than metal, though the kind our ancestors made before the Bronze Age was the flat, unleavened kind. It was those clever Egyptians who were one of the first cultures to discover that grains could be fermented and turned into delightful doughy treats.

But the trouble with sourdough is it's a slow rise; it takes patience. Instant yeast transformed the way we made bread when it was developed in the 19th century, thanks to its ability to guarantee fast and reliable leavening. But that speed and consistency comes at a cost, which is precisely why sourdough is popular once more. Not only does it have a lot more flavour than regular white bread, thanks to the lactic acid-producing organisms that help it rise, it will also leave you feeling less bloated.

You don't even need to go to a fancy bakery to buy it, as once you've mastered a sourdough starter you can replace instant yeast in the bread you make at home. You can even use it to make pizza dough, waffles, pancakes and doughnuts, for a more flavoursome life.

HOW TO MAKE A SOURDOUGH STARTER:

- Grate one organic apple (skin but not core) and mix with 1kg strong white bread flour and 360ml tepid water. Tip into an airtight container and mark the level outside. Leave to ferment for three days.
- Discard half the mix and add another 250g bread flour and 170ml water – this is called 'feeding'. Mix thoroughly in the bowl. Tip back into the container and leave for a further two days.
- Once your starter is active, discard half of it, as before, and mix in another 250g bread flour and enough water to return it to the consistency of a very wet dough. Leave for 24 hours.
- Provided your starter is bubbling, it is now ready to use.
- Cooking temperatures and timings may vary depending on your plan on using the dough, double check specific recipes before baking.



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5 easy ways to £earn extra money



Who couldn't do with some more money in the run-up to Christmas? And what if you could do this without disrupting your daily life or causing yourself any additional stress? You'd be crazy to say no.

1. Sign up for online surveys

You won't make a fortune by signing up to these sites that offer cash or shopping vouchers in return for your information and opinions, but you can make around £50 per month if you put in the work.

2. Become a mystery shopper

This is a great option for those who love to shop and aren't afraid to be honest. Most companies are free to sign up to and there is no commitment to carry out assignments. The only drawback is that you sometimes have to pay for goods or services up front and wait to be reimbursed.

3. Rent out your home (or housesit someone else's)

If you are planning some winter sun, why not rent out your home while you are away? Popular destinations such as London, coastal areas or cities that have a particular seasonal attractions demand the highest fees. Reputable companies like Airbnb will cover insurance in case of any damage.

4. Make money from your skillset

Did you know that more than a quarter of workers in the UK have some sort of secondary income? But if the thought of a second job seems too much, consider offering your services as a freelancer.

5. Become a dog walker

With the cold weather setting in, many people will want to outsource the task of walking their dogs, so if you don't mind the outdoors and are comfortable around our four-legged friends, why not give it a go?





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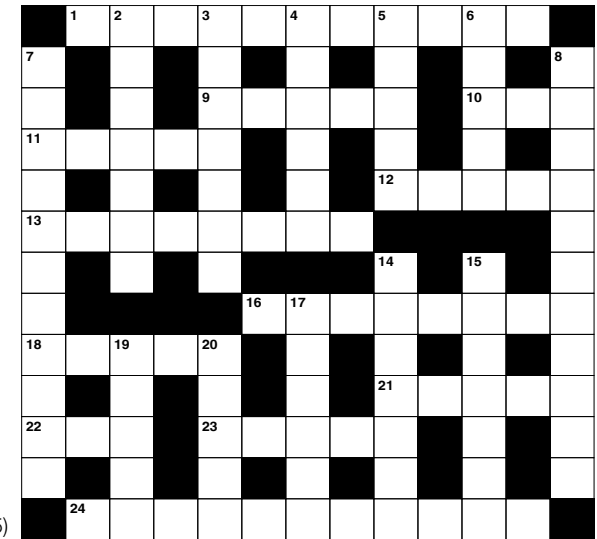
Answers can be found on the Contents Page 4

ACROSS

1. American actress (5,6)
9. Suffuse with colour (5)
10. Pub (3)
11. Walked at a steady speed (5)
12. Showered with love (5)
13. Sufficiency (8)
16. Figure of speech (8)
18. Financial resources (5)
21. Edge (5)
22. Bun (anag) (3)
23. Awake (5)
24. Tumultuous (11)

DOWN

2. Prophets (7)
3. One of the platinum metals (7)
4. Material; textile (6)
5. Role; office (5)
6. George ____ : *Middlemarch* writer (5)
7. Act of making peace (11)
8. Unintentional (11)
14. Upstart; one who has recently gained wealth (7)
15. Henry David ____ : US author and poet (7)
17. Follows (6)
19. Stroll casually (5)
20. Device used to sharpen razors (5)



DID YOU KNOW?

- ▶ The 2022 Commonwealth Games will be held in Birmingham
- ▶ Tiger Roll became the first since Red Rum to win the Grand National race back-to-back
- ▶ The 2018 Netball Commonwealth Games was the first final since netball was introduced at the 1998 Games that didn't feature both Australia and New Zealand
- ▶ Wheelchair rugby was originally known as murderball
- ▶ Abe Mitchell is depicted on the top of the Ryder Cup trophy
- ▶ The FIFA World Cup was first held in 1930 and Uruguay was crowned the winner after beating Argentina 4-2 in the final

SUDOKU

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



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**BRITAIN'S
 BEST ROADS**

For the motoring enthusiast, there are few things in life more pleasurable than an open road, a fast car and a bit of Canned Heat on the stereo.

While many of the UK's best roads wind their way through, along and on top of stunning geological features, mostly in the north of England or Scotland, there may be some 'must-drive' routes a little closer to home:

ONE: A838, Laxford Bridge to Tongue, Scotland

Let's start right at the top, and a road that pivots through the Highlands' incredible natural beauty. At 77 miles long it is the perfect distance to savour sea vistas and mountain landscapes, yet with an average of just 96 vehicles using it each day, you really will feel you have your own slice of tarmac.

TWO: The M6 Toll

For those who have driven through the mess that is the M6, the sheer joy of gliding along the M6 Toll is a sensation like no other. Always clear of incidents, its winding, graceful curves allow fast and satisfying driving. In fact, a recent poll found the average speed of all vehicles on the road to be 76mph, a full 6mph above the speed limit.

THREE: A40, Wales/England Border

On the face of it a dual carriageway linking two countries, the road that skips through Pencairg, Whitchurch and Monmouth burrows deep into the Wye Valley, flanking its river and can be likened to the experience of a rollercoaster ride through the Canadian Rockies.

FOUR: A592, Windermere to Penrith

Better known as the Kirkstone Pass, this incredible route reaches almost 1,500ft, with spectacular valley views, drystone walls and wonderful winding roads.

FIVE: The Snake Pass

Edging through the Peak District towards Glossop, the Snake Pass is true to its name in offering a slithering track often seen on car adverts. The tranquility of the spot is what draws drivers in, with elevation and adverse cambers testing driving skills to the max.



Photo credit: Richard Hayman/Shutterstock.com



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DEAD AND BURY-D

The sad demise of a once proud football club and what it means for 91 other Football League members.

In September, and in a scenario football fans have seen played out countless times, most expected the white knight to ride in and save Bury Football Club's 125-year membership of the Football League.

The nearer the deadline became, perversely, the more belief grew that things would resolve themselves. And yet, there was no white knight, there were no further stays of execution, and having failed to prove funds were in place for them to survive the season whilst taking care of the Company Voluntary Arrangement agreed a few months previously with creditors, Bury Football Club were expelled from the world's richest football league.

On the face of it, to let a former FA Cup winner wilt for the equivalent of two weeks of Alexis Sanchez's wages is preposterous, but the Shakers' plight is a

stark reminder that self-sufficiency is a requirement, not an option, and the Lancashire club's drive for higher division football – and the wages that accompany it – must be a salient warning to all clubs.

Emotionally, the situation was made worse for the Gigg Lane outfit by local rivals Bolton Wanderers' survival, though this isn't necessarily the end for Bury. They exist still as a business, with owner Steve Dale seemingly desperate to relinquish all ties as the club seek entry at a much lower level – probably the Northern Premier League – for the 2020/21 season.

What's left is very much the same as before. The pursuit of the riches at the top of the game is as fervent as ever in English football, and clubs will continue to gamble big time in pursuing that. What's changed is that chairman and owners know the trap door is no longer bolted shut.

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WHAT'S ON

WHAT'S ON

in your area

Pub crawl Saturdays

The Roebuck, 138 High Street, Rayleigh, SS6 7BU

Every Saturday, 7pm

Looking for a free local pub crawl event? Look no further. Attendees come from all walks of life and all share a passion for pub crawls.

The group meet every Saturday at The Roebuck between 7pm to 7.30pm. There is no agenda, order a drink, discuss where to head next and let the night unfold. There is no fee to join this club.

Because it's an unmanned event, wear something purple. When you see someone wearing purple at the right-hand side of the main bar say "Hello".

If you wish to attend, you have to reserve your free ticket for every attendee. For more information, visit pubcrawlsaturdays.co.uk

80's vs 90's party night

The Spread Eagle, 93 High Street, Rayleigh, SS6 7EJ

October 12, 9pm – 1.30am

Rayleigh's biggest old school party night - 80's vs 90's #THROWBACK- with a glow in the dark fancy dress theme. Free entry.

Bully and MJ are bringing the throwback party anthems for 2019. Think cheesy, think old school clubbing.



Fast on the Draw

Half Moon, 5 High Street, Rayleigh, SS6 7EW
October 12, 9.30pm – midnight

Fast on the Draw are a four-piece cover band from mid-Essex and they play an eclectic mix of stuff, from all decades.

The material emphasis is always on crowd pleasers, playing big singalong choruses alongside material to get people dancing. Rock/pop/indie probably best describes the genres they tackle.

Acoustic session

Paul Pry, 14 High Road, Rayleigh, SS6 7AA

October 23, 7pm – 11pm



Stock image

Hosted by Chris Hobart, acoustic sessions is an exciting night of live music where performers are invited to perform either cover versions or their own material.

Acoustic sessions bring the best upcoming artists together and provides a platform for them to share their craft.

Don't miss out on this brilliant evening of music, jam sessions and fun. You'll also get a professional live recording of your performance.

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Beaujolais Day

The Rayleigh Club, Hullbridge Road, Rayleigh, SS6 9QS

November 14, 9am – 5pm

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