

A close-up portrait of Lord Alan Sugar, an older man with grey hair and a beard, wearing a dark pinstripe suit, a blue shirt, and a patterned tie. He is looking slightly to the right with a serious expression, and his hands are clasped in front of him.

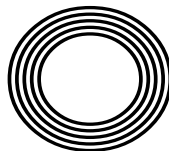
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Editor's notes...



Nik Allen, Editor

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

My father often says to me and anyone in earshot that "The company you keep matters". His take on things is that if you hang around with

positive, can-do attitude type people, that can only have a good influence on you. The opposite is also true, and I recently experienced a little of this.

We are launching another **VISION** title in Leigh-on-Sea, and as part of my sales push, I visited stores and businesses in the area. I met a business owner and explained that I was launching a magazine in the town. I had hardly got the words out of my mouth when he responded: "No mate, you don't want to do that. Those magazines never work."

I was a little taken aback, but not as much as he was when I told him that **VISION** Leigh-on-Sea was our eighth edition in Essex, and we have more in the pipeline owing to the magazines' success.

It was all very polite, and in fairness to him, he took my words on board. But imagine if I was new to the publishing world and was selling space in my first magazine and I listened to him? I would have probably killed the idea due to the doom-mongering.

How many dreams or goals get quashed by people offering up their opinions rather than experience-based facts? So, the moral for this month folks, is if you want to achieve something positive it's best to avoid those who are negative. Thanks for reading,

Nik



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Rise AND Shine



A LIFE IN THE LENS – LOOKING AT THE IMPACT LORRAINE KELLY HAS HAD ON OUR MORNING ROUTINES

Lorraine Kelly is a doyenne of the terrestrial TV morning schedule – a homely, kind, softly spoken presenter whose ability to mix everyday life with A-list red carpet celebrity excess has made her one of our most cherished broadcasters.

At the end of November, the Scottish presenter turns 60. She has dedicated more than half of her life to the interview sofa, in the process achieving the quite unique feat of never seeing her popularity wane, despite the wildly changing fortunes of the shows she has been a part of, from *TV-AM*, *GMTV*, *ITV Breakfast* and *Daybreak*, not to mention revisions to her own lifestyle and entertainment show *Lorraine*.

Since joining the first of those ITV breakfast show incarnations in 1984, the Glasgow-born journalist has been a stalwart, effortlessly combining heavy news, serious topics and controversy-laden stories with light entertainment's feel-good factor.

From covering the Lockerbie bombing in 1989 to guest-hosting BBC2 comedy-quiz series *Never Mind the Buzzcocks*, to providing voiceovers and narration on CBeebies programme *Raa Raa the Noisy Lion*, Lorraine's appetite for variety is only ever at odds with her constant chipper, chirpy, uplifting tone that effervesces warmth and friendliness.

'EMOTIONAL, FUNNY, ENTERTAINING AND WITH A HEART OF GOLD'

Lorraine was the recipient of an OBE in 2012, and a year later fellow weekday morning magnate Piers Morgan made Lorraine the subject of one of his *Life Stories*. Emotional, funny, entertaining and with a heart of gold, she wept at recalling the images of Dunblane, a massacre that occurred just 35 miles from where she grew up.

And yet Lorraine, like Piers, has always been able to mix tragedy with optimism in almost Shakespearean flits between heartache and happiness – from the most exposed portrayals and gravest of real-life stories to, in complete contrast, Lorraine's own "exposure", made public by a temeritous Piers who embarrassed the Scot when he displayed a picture of her naked on a sunbed from a newspaper cutting, before presenting it to her in a frame.

Morgan's comment that the host's secret to her seemingly ageless demeanour is that she is "such a great laugh both on and off-camera" is the truest ode. Her instantly-recognisable giggle has kept her liked and adored by the British public. Combining this with a sense of style that is brave, bold, free from convention and with the specific intention of making the wearer feel satisfied, she flies a flag for anyone putting themselves first.

"It's true, sometimes I do find myself wearing clothes an 18- or 19-year-old might have in their wardrobe," she has said. "In the past I would have thought twice, but I think as the years go on you realise how important it is to dress in a way that makes you feel happy."

Weight loss has also been another topic close to the TV personality. Brutally honest about her appearance, she recently revealed that she'd been able to lose almost a stone in weight in just over six weeks thanks to cutting out carbs.

It is perhaps the one thing we will allow the "Queen of Daytime TV" to limit. The rest – the friendly smile, the sense of community and the ability to make every viewer feel like they are in the room with her – we will keep... thank you, Lorraine.

THE TALENT

A LOOK AT THE HOW *BGT*'S TWIST AND PULSE RETURNED TO THE BIG TIME AFTER A GAP OF NINE YEARS

It's clear 2019 is going to go down as the year when everything got a little mixed up. There's Brexit, Man United's inevitable slide towards the lower leagues, and even a freshening up of established TV formats. Yet while the changes to *X Factor* will play out fully over the coming months, we've already seen the first "champions" emerge from the *Britain's Got Talent* stable... and in true Simon Cowell irreverent style, they weren't even winners in the first place!

When the saviour of light entertainment announced the concept of *BGT: The Champions*, it's likely he foresaw the likes of Colin Thackery, Lost Voice Guy, Richard Jones and perhaps even Paul Potts coming back to relive past glories.

The fact Twist and Pulse took the big prize is slightly baffling, given that the street dance duo were actually beaten into second place in 2010 by gymnastic troupe Spelbound. What's most surprising, given it's almost a decade since they were first on *BGT*, is the

fact Twist and Pulse are still together.

In the immediate aftermath of finishing runners-up in 2010, the duo – Ashley Glazebrook and Glen Murphy – appeared on a number of TV shows including *Magic Numbers*, *This Morning* and *Celebrity Juice*. They returned to *BGT* in 2012 with their own dance troupe, reaching the semi-finals, and travelled extensively in the early years as their popularity held.

Quieter times were to follow though, and only festive pantomime bookings kept the pair in the limelight. However, behind the scenes, they choreographed extensively, working with leading brands such as Red Bull, Kellogg's, Cadbury, Disney, Lego, Sky One, Specsavers and more.

Now, in 2019, their return to the top of the tree bucks the trend of Simon Cowell's acts burning out so quickly after fame. Perhaps these are the true champs after all...



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JEWEL *of the aisle*

WHAT TO LOOK FOR WHEN SHOPPING FOR JEWEL SHADES THAT WILL BRING LIFE TO YOUR INTERIORS

Prepare yourself: jewel shades and tones are very much back in this autumn. Bold and strong, these colours are perfect for catching the eye. While a good start point is to match new purchases to existing wall colours or pieces of art, here's a more extensive guide, outlining the effect each jewel shade can produce in your home.

PERFECT PURPLE



Purple is the deepest form of amethyst, and using a sofa in this colour to blend into or complement a dark wall behind can make for stunning décor and a real statement piece in a room. Other audacious types, like deep jade or mustard yellow, can be great combos too.

ROYAL RUBY



Red already does what it says on the tin, but adapting ruby, a versatile, multi-mooded colour, can offer warmth, passion, brightness and fire. A ruby red lamp will transform the

space in a room. It instantly sets it apart from anything else, such as the regally revered hue, and combined with amethyst creates reflection and balance.

SUMPTUOUS SAPPHIRE



Sapphire is another bold jewel tone that's very adaptable. The darker blue creates feelings of peace, tranquillity and purity, and, added as a cushion or a throw onto a light object, such as a chaise longue, offers a perfect contrast that is "statement stylish".

ELEGANT EMERALD



Emerald is a gorgeous jewel tone and works brilliantly with whites, silvers, greys and browns. Its presentation, especially with wood, gives the feeling of nature, life and the outdoors, indoors; while paler shades of formal colours will allow the emerald's deep, solid earthy quality to come to the fore, giving the room an alluring mystique.



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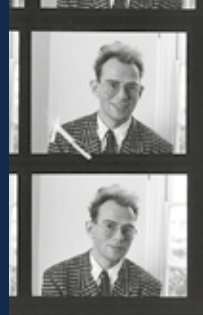
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DAVID COLLINS

and a design legacy that continues to evolve



HOME & DIY



Walk into any number of swanky bars, restaurants or boutiques opened or refurbished in the capital since the 1990s and there's a good chance the place you're standing in may have been strongly influenced by Irish interior designer David Collins.

The designer passed away just over six years ago, but his impact on the industry was profound, and his legacy continues to be enjoyed on a daily basis by the millions who flock to London every day.

Collins' style was in luxury interior design. Flanked by his David Collins Studio, the organisation has become renowned for chic, clean, glamorous design with an eye on heritage – ideas that are so applicable to London's sleek, rich, cosmopolitan feel, and often embracing his favourite colour, Lutyens blue.

Designing restaurants for Marco Pierre White, Pierre Koffmann and Marcus Wareing; patterning The Wolseley, The Delaunay Hotel, Claridge's, The Connaught and retail interiors for Harrods, Jimmy Choo and Alexander McQueen, Collins' style is as ubiquitous as it is unique – mainly because he has had an effect on so many.

The designer also swayed effortlessly into the pop world, and was responsible for Madonna's London and New York apartments which he curated with such swagger she gave him a co-writing credit on the track 'Drowned World/Substitute for Love', which appeared on Madge's 1998 album 'Ray of Light'.

Collins died in mid-July 2013 through complications arising out of a particularly virulent skin cancer – it had only been

diagnosed three weeks previously.

Regardless, his studio continues to deliver iconic works of art and interior design, and is the recipient of numerous top-ranking awards.

It would be fitting to end with a quote from Madonna: "When I look around my houses, I am struck by what an influence he has had on me. He has left his souvenirs everywhere: his touch, his taste, his flair and his blue."

Photo credit: Terence Donovan and www.davidcollins.studio





Go wild WITH WHITE

If subconscious associations with colours are to be believed, then it's little surprise that we prefer our kitchens to be glossy white, but just how white do they need to be?

The truth is, if everything in life was plain white, we'd get bored of it pretty quickly. It follows then that, while this may be our favourite kitchen colour, the real devil is in the detail when it comes to living things up:

MARVELLOUS MARBLE

If your obsession with white is fixed, fair enough, but try a splash of alternative colour in your marble work surfaces or, better still, add a design to your splashbacks.

ECLECTIC ELEGANCE

Use white simply as a platform for a decorative mix of shades and styles. This eclectic angle means you won't spend all your time stressing over drops of colour, and you can relax into your home surroundings while maximising productivity.

RETRO SPLASHES

An orange lampshade or a lime green chair will offset perfectly a wicked wash of white, showing

individualism, excellence and no small amount of bravery.

THE APPLIANCE OF COLOUR SCIENCE

If your budget allows you to choose either cupboards or a new selection of white goods, stick with the latter but match your white wood to appliances. That dated oven, dodgy fridge or flustered freezer won't look half as clumsy if the shade of white matches the rest of your kitchen.

WHITE ON ITS WAY?

Of course, go through any paint swatch and you will see countless variations on the theme of white. Classic off-white is a clever, subtle and persuasive way of taking our favourite kitchen colour while not selling out completely.

Of course, the only downside to having a kitchen that shows off a wicked willingness for white is that you'll need a constant supply of cloths, wipes and sprays to keep the damn thing clean...

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SEVEN USES FOR A USED TOOTHBRUSH

Dentists recommend that you replace your toothbrush every three months to prevent infection, but it seems such a waste to simply throw out the old ones.

1. CLEAN YOUR KEYBOARD

If you have ever eaten your lunch at your desk, then chances are your keyboard needs a good clean. A toothbrush is perfect for reaching between the keys to shift stubborn dirt. Apply a simple solution of alcohol and water.

2. REVIVE OLD JEWELLERY

Soak any delicate jewellery in hot water mixed with dishwasher soap for around 30 minutes. Remove and gently brush with a soft toothbrush and rinse.

3. DUST YOUR BLINDS

A household task that can often be forgotten, the dust that builds up between blind slats or around curtain rings can be shocking. A toothbrush is the perfect size for tackling hard-to-reach spaces.

4. APPLY HAIR DYE

Especially good for touching up your roots or grey hairs, a toothbrush is the ideal tool for blending colour into roots; it is much more effective than a mascara wand.

5. POLISH METAL ITEMS

A toothbrush can work wonders on any metallic item, but especially those that are prone to trapped dirt or residue. Simply mix water and baking soda and scrub the affected area.

6. GROOM YOUR EYEBROWS

Why waste money buying an expensive eyebrow brush when an old toothbrush will do the job perfectly? Ensure that your toothbrush has been thoroughly cleaned and that the bristles are all still intact and then groom away.

7. REMOVE CRAYON MARKS

Crayon stains on the wall are the worst, but they can be removed by applying a small amount of shaving foam to a toothbrush and scrubbing the offending area.



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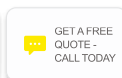
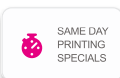
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Blooming marvellous as town celebrates gold

Rayleigh Town Council is celebrating after the town picked up several prizes at the annual Anglia in Bloom awards.

The awards were held last month in St Ives, Cambridgeshire ahead of a special Rayleigh in Bloom awards ceremony on October 16, where the town council recognised the town's floral winners.

Rayleigh itself picked up a gold award in the Large Town category, which is for towns in Anglia with a population between 12,000 and 35,000.

King George V Playing Field in Rayleigh also won gold in the Parks category.

It's the second successive year both the town and King George V have won gold.

Elsewhere, the silver gilt was awarded to Lower Wyburns Woodland in Daws Heath Road for the best

woodland category.

Holy Trinity in Rayleigh also won a Silver Gilt in the Cemeteries category.

The Rayleigh in Bloom Working Group is comprised of town councillors, members of local organisations and volunteers who help with sprucing up the town throughout the year.

Rayleigh Town Council chairman, councillor June Lumley, said: "The Anglia in Bloom judges visited our town in July and seemed very impressed, not only with the flowers, but also with the high level of involvement by volunteers, schools and residents in numerous community activities and competitions."

"The town council are very proud of the town and the people who have contributed to this second successive gold award."

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Mum and princesses in bid to help cancer sufferers

A courageous mum from Rayleigh took on the Three Peaks along with seven men dressed as princesses to raise money for the UK's first germ cell cancer charity which she is setting up in memory of her daughter.

Eilish Flanagan lost her three-year-old, Aoife Flanagan-Gibbs, to the rare cancer in July and she is now looking to raise funds for Aoife's Bubbles.

Over the weekend of October 19 and October 20, Eilish successfully completed the challenge.

The challenge fell on the same weekend which would have been Aoife's last cycle of chemotherapy.

Eilish is fighting to make changes in her daughter's name and has set up the charity to raise awareness and money for other sick children.

Aoife's Bubbles aims to have enough funds in the

next 18 months to buy a place of respite, completely paid for and maintained by the charity.

Following the Three Peaks success, Eilish said: "All three mountains done in 24 hours. I am so unbelievably proud, honoured and truly flipping overwhelmed.

"The momentum is huge and I am truly blown away. Most of the time I walk around feeling overwhelmed and dazed, but just seeing what people are prepared to do for Aoife's Bubbles keeps both feet on the floor and my mind focussed on what we are setting out to achieve.

"The focus is to spread as much awareness as possible about germ cell cancer, something which is beyond important. Early diagnosis is key, we aim to educate and empower parents to push for further tests and to get more awareness."

Army engineer reunited with letters

A retired army engineer has been reunited with letters he wrote to his wife after they were found in a Rayleigh loft 50 years later.

Charlotte Mohamed shared pictures of the letters on social media after her parents found them in the loft around 15 years ago.

Days later, thanks to the power of social media, John, 80, was located and the letters are set to be sent to him, much to his delight.

The letters were from John Bosworth, who wrote to his wife, Milly, in Germany in 1967, while he was posted at the North Yemen Civil War.

His wife, Milly, died of cancer in the early 1970s, and Mr Bosworth remarried and now lives in Germany.

The house belonged to John's elder brother who

looked after John's children as they attended boarding school in Essex.

Over time, more and more of John's belongings ended up in the house with the letters eventually being left in the loft, where they remained for several decades.

John's brother moved out of the Rayleigh house many years ago.

Charlotte said: "If these belonged to my family, I would want to have them - they're part of their history.

"My mum and dad found them when they bought an empty house about 15 years ago.

"We came across them again recently and hoped, with social media, we might be able to find who they belong to."

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THE LIONS CLUB of Rayleigh

Rayleigh Lions has honoured three long-serving members who have worked tirelessly for their local community for many years. Alex Astley Cooper, Brian Mead and Graham Roberts (pictured) have all been awarded the Melvin Jones Fellowship, named after the founder of Lions Clubs International.

All have been serving their communities through their Lions Club work for several decades. Graham Roberts is the current president of Rayleigh Lions and has been president on three other occasions, as has Alex Astley Cooper.

All three award-winning Lions will, once more, be part of the Rayleigh Lions team helping to organise the annual Rayleigh firework display at King George V playing fields, Bull Lane, Rayleigh on Saturday, November 2.

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 has donated around £65,000 to local good causes, including:

- > £15,000 towards a new minibus for the Hockley Day Centre
- > £8,000 for a breakout area at Fitzwimarc School

- > £5,000 towards refurbishment of two classrooms for hearing-impaired pupils at Swayne Park School
- > £3,000 towards a new scanner at Southend Hospital
- > £2,700 for one mission for Essex Air Ambulance.

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



Lineker's World Cup semi-final shirt sold

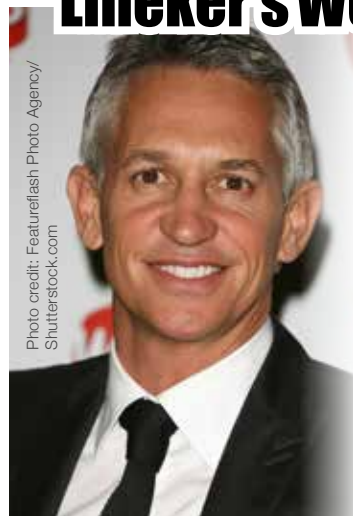


Photo credit: Featureflash Photo Agency/ Shutterstock.com

A football shirt worn by Gary Lineker in the World Cup semi-final in 1990 has sold at auction in Rayleigh.

The heartbreaking semi-final defeat to West Germany on penalties was lit up when Lineker gave England fans hope after he equalised on the night.

The shirt worn by Lineker that night was sold for £2,500 on October 7 at Stacey's Auctioneers, Websters Way, to a football memorabilia website.

The shirt, an Umbro white home jersey with a red number 10 on the back, was signed by Lineker himself.

The auctioneers in Rayleigh had estimated it could be sold for as much as £3,500 before David Alexander, from memorabilia website Football Wanted, brought the shirt for £2,500.

He said: "There's a huge market for items such as match day programmes and match-worn shirts so many people are interested, and the items end up all over the world. A lot of the shirts seem to go to China in particular."

England, led by manager Sir Bobby Robson, lost the semi-final at Turin's Stadio delle Alpi. Lineker equalised with 10 minutes to go and scored in a penalty shootout but England lost 4-3 after Chris Waddle and Stuart Pearce failed to hit the net.

MARK FRANCOIS MP

Member of Parliament for Rayleigh and Wickford



LOCAL NEWS

I chaired a special summit of representatives from Essex County Council Highways, property developers and residents' groups, at my House of Commons office recently, to discuss the situation surrounding all the problems caused by developers digging up roads in the Rayleigh and Hullbridge area in the last couple of months.

The meeting was attended by county councillor Kevin Bentley, the deputy leader of Essex County Council and cabinet member for highways, along with his senior highways officers. Also present were a number of property developers, including Barratt – David Wilson (who have been digging up the roads in Hullbridge); Countryside Properties (who have been digging up Rawreth Lane); Silver City Estates (who have been digging up London Road) and representatives from the new development at Timber Grove, also based off the London Road. Residents' groups invited included the Rayleigh Residents' Association and the Hullbridge Residents' Association, plus Action Groups Resisting Overdevelopment (AGRO), Rochford District Council and Rayleigh Town Council.

During the meeting, all present discussed what had gone wrong and agreed to try and learn lessons to prevent such a situation from happening again. Most of the current work is now nearing completion and will hopefully be done by early November. However, as the countryside development is linear in nature and stretches from Rawreth Lane in the North, to London Road in the South, this is likely to necessitate further work on London Road next year.

All present, whether Essex Highways, developers or residents, agreed that we cannot allow the shambles that have taken place over the last couple of months to happen again. In particular, Essex County Council agreed to monitor, much more closely in future, the giving out of permits to allow developers to work on the highway to try and ensure that we don't have multiple obstructions on the key roads at the same time. I would like to thank county councillor Kevin Bentley and all those others who took the trouble to come to Westminster to attend this meeting. I genuinely hope it will lead to lessons being learnt in the future – which I'm sure my constituents would be grateful for.

Hero police officer awarded for bravery

A police officer who was stabbed in Rayleigh has won an award for the Outstanding Act of the Year at an Essex Police ceremony.

The officer, who can't be named, was stabbed in Church Road (pictured) in April and he has been recognised for his actions at the annual Essex Police Force Awards.

The awards, held on October 10, recognised the best and bravest officers in the force.

The hero officer won the Wilson Trophy, awarded for the 'outstanding act of the year'. The officer received a standing ovation after the ceremony heard that despite his injuries, he did all he could to safeguard his family and neighbours and apprehend his alleged attacker.

He suffered six stab wounds to the centre of his chest and lacerations to his chest, arm and abdomen. John McCartney, 39, is currently awaiting trial over



Photo credit: Google maps

the incident charged with attempted murder.

Elsewhere, Marc Judd, head cadet at Castle Point and Rochford's Volunteer Police Cadet Unit, won the Volunteer Police Cadet of the Year prize.

He was praised for his professionalism and willingness to help others.

A police spokesman said: "Just a few weeks ago, on a Duke of Edinburgh expedition, he carried a fellow cadet's bag for several miles so that they could both finish the course."

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News from THE ROTARY CLUB

Rayleigh Mill

The aims of Rotary International are twofold – the original aim is to foster fellowship and friendship between groups of like-minded individuals and the second aim is to provide help in not only our local community, but to communities in need nationally and internationally.

In our community service role, at our July Business Meeting the club voted to donate £250 towards a piece of personal equipment for a pupil, Charles, at the Glebe School Hearing Impaired Unit which would allow him to study at home. Fortuitously the appeal was oversubscribed but the club voted to donate the money towards the future needs of the Hearing-Impaired Unit.

In our international service role, the club voted to donate £500 to the Mercy Ships charity. They operate in some of the world's poorest countries where access to surgical procedures is extremely limited and provide life-changing surgery to thousands of people who otherwise could not be able to afford the treatment.

On the social front, the highlight of our sporting activities was the annual Club Golf Championship. John Fairweather emerged as this year's champion with Martin Hodson in second place and Carl Watson



in third position. John also won the longest drive with Andrew Shackleton taking the prize for nearest the pin. Keith Mathams took the prize for the best visitor.

If you would like to find out more about both the club's social activities and the things that we do to help people and communities in need, please see the website at www.rayleighmillrotary.org.uk

Plans underway to create sensory garden

Plans are underway to transform an outdoor space at St Michael's Church in Rayleigh into a sensory garden for people with autism and learning disabilities.

Funded by Sanctuary Homes, the church's formerly unused area on Sir Walter Raleigh Drive will become an accessible haven for the wider community.

The garden is set to provide visitors with therapeutic and sensory experiences, including scented plants, edible herbs, textured features and relaxing sounds, as well as an inviting environment for wildlife.

The idea for the project came from Sanctuary resident Vicky Polley, a local mother who has an autistic son. She wanted to create somewhere families of children with learning disabilities can meet and get support.

The renovation will take place as part of the

developer's More programme, which connects with people in places where it is building new homes.

Rev Tracy Marlow, vicar at St Michael's Church, said: "Once the project is complete, we will open a daytime support group for parents and carers of children with special needs.

"As the project develops, we look forward to welcoming families and community groups to the garden. I hope it will make a difference and provide a facility to be enjoyed for many years."

Rochford District Council's portfolio holder for the community, councillor Mike Webb said: "Sensory gardens are a fantastic way for visitors to enjoy a wide variety of sensory experiences and it is well documented just how important they can be to stimulate those who have any kind of learning difficulty."

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Sliding doors





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Good Lord

THE BBC'S SUGAR DADDY PROVES HE STILL HAS THE APPETITE FOR A SWEET DEAL

It would be fair to say Lord Sugar doesn't much go for his lofty prefix. The East End barrow boy turned Amstrad founder and football club magnate is rarely seen mooching with the upper echelons of society in Westminster. Instead, he'd rather find himself on our TV screens, bellowing nuggets of entrepreneurial excellence at the latest band of misfits masquerading as the next big thing.

Lord Sugar's love affair with *The Apprentice* is one of modern reality TV's greatest hits, even though his command of a captive audience is merely a minor part of a genuine success story that evolved from car boot sales and market stalls to a wealth that now tops £1.1 billion.

Of course, anyone who has watched his flagship BBC1 business programme will be left in little doubt as to the credentials of the former Tottenham Hotspur owner, for the simple reason that the Sugar sales sound bites come thick and fast in almost every show... so much so that it would be wholly believable to find the 72-year-old off camera flogging a bag of ice to an eskimo in between takes.

Regardless, the longevity of Lord Sugar on our screens typifies perfectly the admiration we have of anyone achieving so much from so little. The Hackney-born trader epitomises the swashbuckling, charismatic, go-getter spirit that we all aspire to emulate, even if some of the swag he has peddled over the years has, by his own admission, been "an old pile of toot".

Starting out as a market trader in 1963, Sugar found a niche selling car aerials and electronic goods. From there he evolved, capitalising on the boom in demand for home computers. With IT continuing to provide additional commercial angles in an increasingly tech-driven age, the entrepreneur quickly accumulated huge wealth (he finally reached billionaire status in 2015).

Sugar has also dabbled in air travel and property investment projects, but neither offered quite the appeal of reality TV business mentoring, and when he was approached in 2005 by the BBC for a new TV series that would unearth a wealth of business hopefuls desperate to side with one of the UK's most respected commercial megaliths, his interest piqued. Few could have envisaged that, 14 years on, the (now) Sugar/Brady/Littner trio would still be chalking up viewing figures in excess of seven million in the immaculately delivered *The Apprentice* show.

His reward – other than a new business partner each year – is the sort of marketing power and celebrity kudos that he could only have dreamt of when flogging his clunky computer systems 40 years ago. And while recognition is often financial, being endowed with the title of Lord 10 years ago by Prime Minister Gordon Brown was significant. Many at the time saw it as a somewhat cynical ploy by a desperate Labour government to curry mainstream favour to someone almost universally popular (apart from with Arsenal fans); but in truth, the title envelops a spark and a spirit based in qualities that all of society will approve of... a desire to achieve and succeed.

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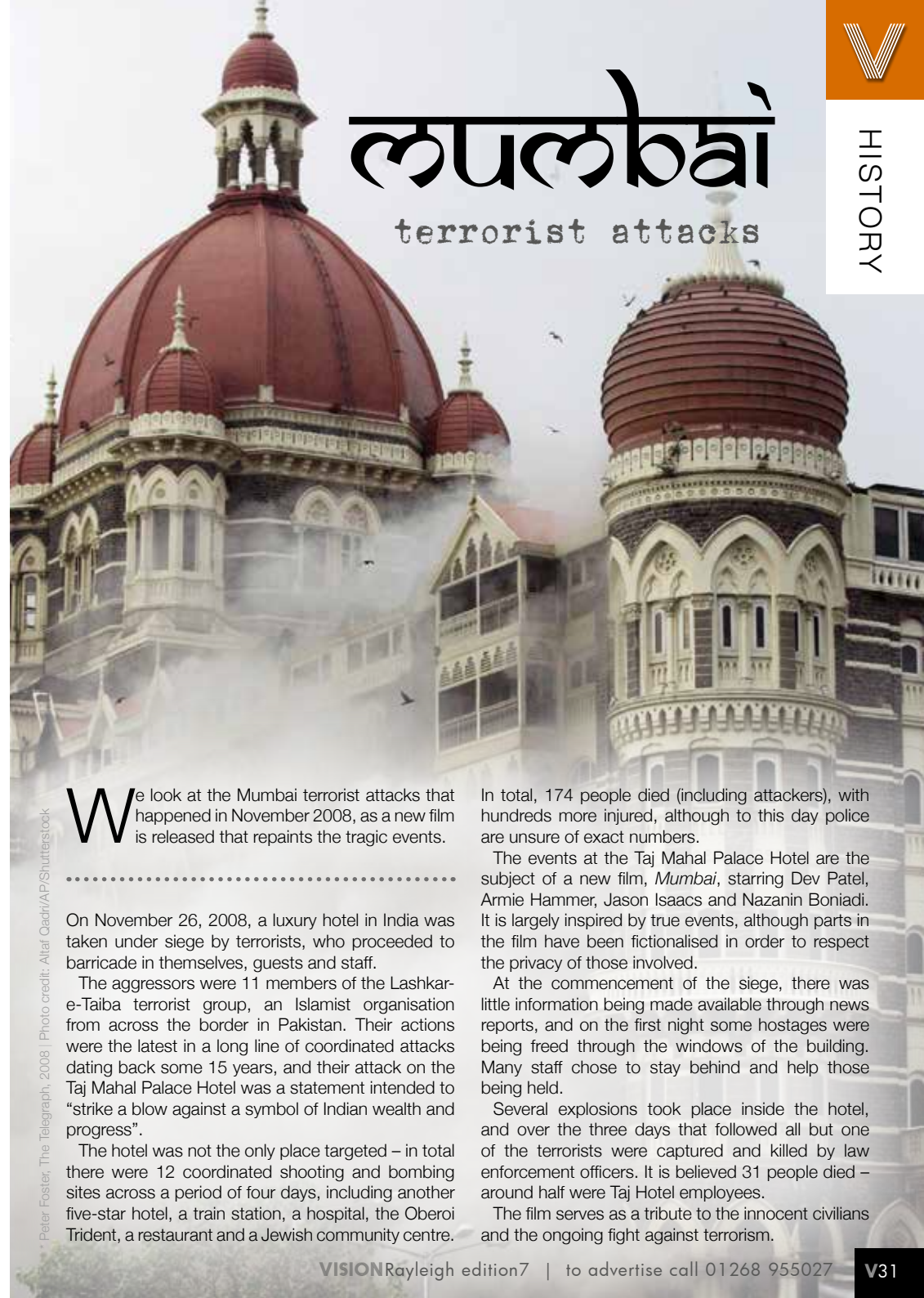
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terrorist attacks



We look at the Mumbai terrorist attacks that happened in November 2008, as a new film is released that repaints the tragic events.

On November 26, 2008, a luxury hotel in India was taken under siege by terrorists, who proceeded to barricade in themselves, guests and staff.

The aggressors were 11 members of the Lashkar-e-Taiba terrorist group, an Islamist organisation from across the border in Pakistan. Their actions were the latest in a long line of coordinated attacks dating back some 15 years, and their attack on the Taj Mahal Palace Hotel was a statement intended to "strike a blow against a symbol of Indian wealth and progress".

The hotel was not the only place targeted – in total there were 12 coordinated shooting and bombing sites across a period of four days, including another five-star hotel, a train station, a hospital, the Oberoi Trident, a restaurant and a Jewish community centre.

In total, 174 people died (including attackers), with hundreds more injured, although to this day police are unsure of exact numbers.

The events at the Taj Mahal Palace Hotel are the subject of a new film, *Mumbai*, starring Dev Patel, Armie Hammer, Jason Isaacs and Nazanin Boniadi. It is largely inspired by true events, although parts in the film have been fictionalised in order to respect the privacy of those involved.

At the commencement of the siege, there was little information being made available through news reports, and on the first night some hostages were being freed through the windows of the building. Many staff chose to stay behind and help those being held.

Several explosions took place inside the hotel, and over the three days that followed all but one of the terrorists were captured and killed by law enforcement officers. It is believed 31 people died – around half were Taj Hotel employees.

The film serves as a tribute to the innocent civilians and the ongoing fight against terrorism.

Peter Foster, The Telegraph, 2008 | Photo credit: Altaf Qadri/AP/Shutterstock



HISTORY



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PLANT OF THE MONTH:

Poppy

Most famous for being the symbol of remembrance for soldiers who died during World War I, poppies make a beautiful addition to any garden and are simple to grow.

WHAT TYPE OF PLANT IS A POPPY?

A poppy is part of the Papaveraceae family and is a herbaceous plant that is known for its colourful flowers. Poppies can grow to more than a metre tall and up to 15cm across.

WHAT TYPES OF POPPIES ARE THERE?

There are roughly 120 different varieties of poppies, with the most popular being the field poppy, or papaver rhoeas, which is an annual and bee-friendly variety that suits a wildflower-filled garden. Or if you want a real showstopper of a flower, then oriental poppies are about as flamboyant as they come and are available in many eye-catching colours, including salmon-pink, scarlet, plum and orange.

WHEN AND HOW SHOULD YOU PLANT POPPY SEEDS?

Poppies should be planted in either late autumn or early winter as they need to be exposed to the cold in order to germinate, making November the ideal month to sow poppy seeds.

- Start by preparing your soil by removing as many weeds as possible.
- Lightly dig the soil over and rake to create a bed for your seeds.
- Sprinkle the seeds over the surface – they do not need to be raked in owing to their tiny size.
- Water immediately and re-water only if weather is very dry.
- Expect flowers from June onwards.

WHAT GROWING CONDITIONS DO THEY LIKE?

The poppy is an easy plant to grow and favours full sun rather than a shady spot. Although they will grow in most soil conditions, they will flourish in soil that is well drained, erring on the side of dry.



WINTER JOBS in the garden

With winter on its way you might be tempted to hang up the gardening gloves and put your feet up by the fire for a few months. But now is a good time to think ahead and to start making preparations for spring. The hard work you put in now will pay off next year.

remove

First, remove any fallen branches, leaves and debris from around plants and beds. This will ensure dead plant matter doesn't cause damp problems to any underlying plants. It's also a good time to elevate containers onto pot feet to prevent plants becoming waterlogged by persistent winter rain.

prune

Winter is a good time to prune, as deciduous trees have lost their leaves so you can see clearly the shape of branches. Climbing roses, fruit trees and hedges all benefit from a good cut back. Remove dead, damaged, diseased or spindly growth.

move and protect

Move containers of shrubs, bedding plants or herbs such as bay, myrtle and olive to a sheltered spot to protect from frost damage. Put a cloche over thyme you use for cooking.

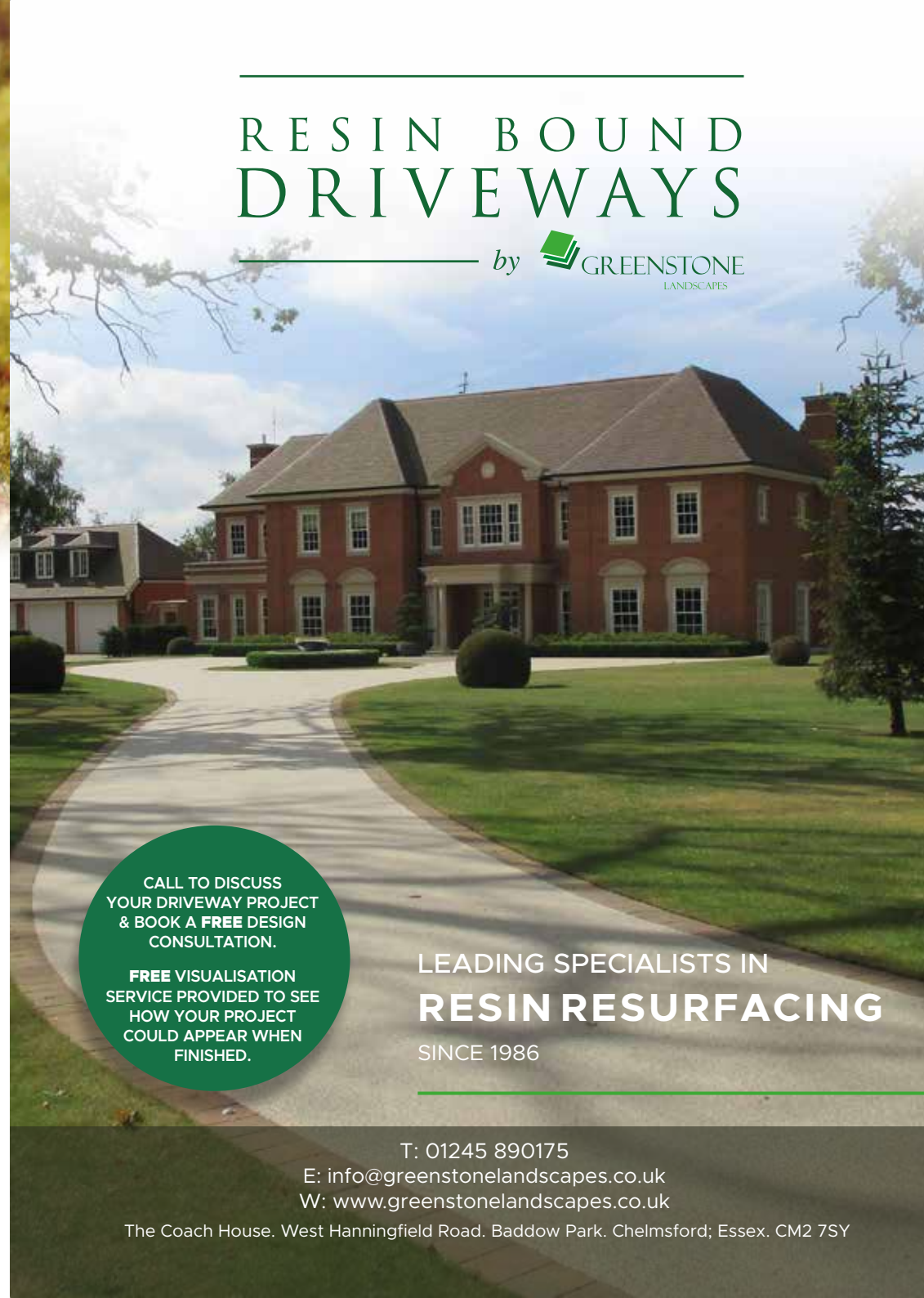
feed

Obviously in the winter less food is naturally available for birds to eat, so it is a good time to give nature a helping hand. The RSPB has a range of advice about what to leave out for the birds during the winter. Water is just as important, as natural resources freeze up, so make sure birdbaths stay ice-free.



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Microdermabrasion is a non-surgical, minimally invasive cosmetic procedure that uses crystals and a vacuum to remove dead skin cells; it can be used on the face, neck, chest, back and hands. You should notice an improvement in the elasticity, texture and appearance of your skin after only a few sessions.

What types of skin can benefit from this procedure?

This procedure is particularly effective for those suffering with the following skin complaints:

- Wrinkles and/or fine lines;
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- Blackheads;
- Acne scars;
- Stretch marks;
- Sun-damaged skin;
- A dull, tired-looking complexion.

Is it safe?

Microdermabrasion is a low-risk, painless procedure that does not use needles or an anaesthetic. The treatment should only be carried out by a licensed dermatologist, plastic surgeon or registered nurse.

How much does it cost?

This is dependent on what type of specialist you book with, but on average this procedure will cost between £40 and £100 for one session. You can have this procedure as frequently as every week to kick-start the desired cosmetic effect, with most switching to monthly maintenance after three to four sessions.

Does it take long to recover from the treatment?

Your skin will be pink and feel dry and tight after the procedure, a bit like a moderate case of sunburn. However, these effects will only last for around 24 hours and can be greatly improved by regular moisturising. It is advised to not wear make-up until the skin has completely healed.

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Top travel blogs for advice



Whether you love to travel or are simply devoted to daydreaming, we have scoured the web for the best travel blogs to see you through the long, cold winter ahead.

Two Travel Monkeys

Best for those who dream big

A husband and wife duo, Jonathan and Kach Howe started their blog back in 2014 when they decided to give up their jobs and travel the world. They have since visited more than 100 countries spanning all seven continents and their blog should be a go-to for anyone who has ever dreamed of selling up and starting over.



Global Grasshopper

Best for overall travel advice

Rather than the opinions of just one blogger, Global Grasshopper features a collection of diverse writers who are keen to share their experiences and knowledge of travel with others. Expect helpful posts such as how to pack light, the best pet-friendly hotels and hidden gems off the beaten track.



You Could Travel

Best for adventurous couples

If you love travelling with your other half and want to fall in love with the world together but need a little helping hand, then this married couple's blog is for you. Packed with intimate and candid first-hand travel stories, useful guides and stunning photography.



Budget Traveller

Best for those wanting more bang for their buck

Voted the National Geographic Traveller Blogger of the Year in 2016, Kash, aka the Budget Traveller, offers invaluable advice for those wanting a stylish and luxury break on a tight budget. From the best luxury hostels to free things to do in cities to finding the cheapest flights, the budget traveller has got it all covered.





ACANTHOSIS NIGRICANS...

What is it and why does it matter?

How do you know if you have it?

The main symptom is patches of skin that are darker and thicker than usual. They can appear anywhere on the body. The patches are dry and feel similar to velvet.

They're most common in skin folds, such as the armpits, neck or groin, and some people also have tiny growths on the patches.

The patches often appear gradually, without any other symptoms, but the skin may become itchy.

Although it's usually harmless, it's best to get any skin changes checked out by your GP because in rare cases it can be a sign of something more serious, such as cancer.

What causes it?

The most common cause is having raised insulin levels, hence it is more common in overweight people. Other causes include:

- type 2 diabetes;
- conditions that affect hormone levels – such as Cushing's syndrome, polycystic ovary syndrome or an underactive thyroid;
- taking certain medicines – including steroids or hormone treatments like the contraceptive pill;
- in rare cases, cancer – usually stomach cancer;
- in rare cases, a faulty inherited gene.

Sometimes acanthosis nigricans happens in healthy people with no other conditions. This is more common in people with dark skin.

How is it related to type 2 diabetes?

If your diet is high in carbs and sugars, your insulin will be high as a result. (Insulin controls blood sugar, so more sugar equals more insulin.) But insulin has numerous other effects on the body, one of which is cell proliferation (important, for example, at puberty, when the body grows rapidly). Uncontrolled cell growth is a bad thing, however; this is why people with type 2 diabetes are more prone to cancer. Acanthosis nigricans is essentially benign and harmless. However, the raised insulin (called hyperinsulinemia) causes proliferation of the surface of the skin as well as excess melatonin production. Hence the thickening and darkening of the skin. Interesting to note that acanthosis has the same cause, but different symptoms, as skin tags.

What is the treatment?

There is no treatment, but if you improve your diet and lifestyle you can bring your sugar levels back under control, your insulin levels will normalise and the dark, raised patches often fade over time.

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Men's health – worried about your prostate?

Thursday 7th November 2019

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

Weight loss surgery

Thursday 7th November 2019

At 6.30pm with Mr Sanjay Agrawal, Consultant General Surgeon.

Ageing aches and pains

Thursday 14th November 2019

At 6.30pm with Dr Matthias Toth, Consultant General Physician.

Varicose veins

Thursday 21st November 2019

At 6.45pm with Mr Sabu Jacob, Consultant Vascular Surgeon.

Cosmetic surgery

Thursday 28th November 2019

From 6.30pm with Mr Venkat Ramakrishnan, Consultant Plastic Surgeon.

 1:1 mini advice session

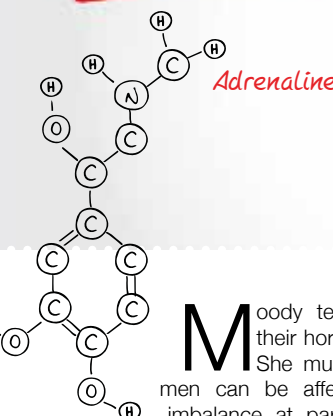
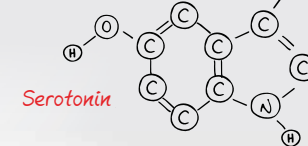
 Presentation

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*Time frames indicated may vary depending on choice of consultant, type of diagnostic investigation, and procedure package. A referral may be required before a consultation or diagnostics. ^Interest-free loans are subject to status and provided by our medical finance partner.

KNOW YOUR

HORMONES



Moody teenager? Blame it on their hormones. Nagging wife? She must be hormonal. Even men can be affected by a hormonal imbalance at particular points in their lives.

And it's no wonder really, as the human body secretes and circulates 50 different hormones which are responsible for regulating most of our major bodily functions.

The key hormones and their functions:

THYROID: This hormone helps regulate our weight and internal body temperature and controls our energy levels.

OESTROGEN: A female sex hormone that is in charge of reproduction, menstruation and menopause.

SEROTONIN: The happy hormone that regulates our moods, memory, sleep and digestion.

CORTISOL: A stress regulator, this hormone is produced by the adrenal gland.

ADRENALINE: Known as the emergency hormone, adrenaline causes the "fight or flight" response.

TESTOSTERONE: The male sex hormone; it helps build muscle and develop male reproductive tissues.

PROLACTIN: This hormone is released after childbirth so that the mother can lactate.

PROGESTERONE: This hormone helps the

body prepare for conception and pregnancy and regulates the monthly cycle.

INSULIN: Produced by the pancreas, insulin helps the body regulate blood sugar levels.

Symptoms associated with a hormonal imbalance:

- Unexplained weight loss or gain
- Excessive sweating
- Sudden sensitivity to cold or heat
- Long-term fatigue
- Feeling constantly thirsty
- Difficulty sleeping
- Anxiety/mood swings
- Brittle bones
- Changes in blood pressure
- Bloating

Natural ways to balance your hormones:

- Get sufficient sleep
- Manage your stress levels
- Exercise regularly
- Avoid sugars and refined carbohydrates
- Eat plenty of fruit and vegetables
- Eat healthy fats such as nuts and avocados
- Increase your fibre intake
- Eat one or two portions of oily fish per week

Suffering from a hormonal imbalance can have serious effects on your whole body, so if you are experiencing any of the above symptoms, you should talk to your GP who will investigate further.

Let's be having you

DYNAMIC DELIA CHALKS UP 50 YEARS OF FOOD



In many quarters, Delia Smith will forever be best known for her toe-curling, alcohol-provoked rant on the pitch at Carrow Road in 2005 when she did her best to gee up Norwich City fans in their Premier League encounter with Manchester City (a match they ended up losing 3–2 in injury time).

And yet, while the YouTube footage never fails in its Delia delight, there's plenty of content online, on TV and in book form that paint this food visionary in a much fairer light.

In an era when celebrity chefs were stern, pompous, slightly arrogant and very often male, Delia broke the mould with a fresh and friendly approach to home cuisine.

Across countless cookbooks, she informed and inspired, instilling in amateurs the confidence to create and innovate in the kitchen.

Delia launched herself into the public consciousness 50 years ago when employed as the cookery writer for the *Daily Mirror*. Penning *How to Cheat at Cooking* in 1971, she went on to create numerous *Collection* and *How to Cook* titles. While her love of a shortcut often provoked shrieks of derision from the traditionalists, it offered to a home audience a path into the culinary world that they would never otherwise have taken.

Sure enough, that connectivity has led the 78-year-old Woking-born chef to great success on the bookstand. This year marks five decades since her first published work, and in the time that has followed, the burgeoning success of more than 20 other tomes of first-rate food finesse endorses more than anything else Delia's unerring ability to stay timely, topical and with a finger on the pulse of cooking and dietary habits, many of which have changed wholly since her debut.

Combining bravery with brutal simplicity, Delia's message for magnificence in the kitchen is simply to do your best and enjoy the experience... and that goes for any footballers in earshot too.

Photo credit: ANL/Shutterstock

WHAT'S ON

in your area

The Quo Experience Live

The Mill and Arts and Events Centre,
Bellingham Lane, Rayleigh, SS6 7ED
November 15, 7.30pm – 10.30pm



The Quo Experience is an East Anglian-based band including David Wood as Francis Rossi and Dave Crawte as Rick Parfitt.

However, The Quo Experience is not all about Rick and Francis; it also features Graham Partridge, Leon Smith and Del Fletcher.

Tickets cost £15 and can be purchased from www.eventbrite.co.uk/e/the-quo-experience-live-2019-tickets-54613403159

Rayleigh Christmas Lights Fundraiser Marco's Spanish Restaurant & Wine Bar, 30 Eastwood Road, Rayleigh, SS6 7JQ November 21, sit down 8pm

This event aims to raise £1,000 towards the Rayleigh Town Christmas Lights.

There will be a three-course set menu for £25 per person, with £10 going to Rayleigh Town Council.

There will be live singing from Joe Palmer and a raffle on the night.

For table bookings, call 01268 773311.

Messy Circus

Rayleigh Methodist Church, Eastwood Road,
Rayleigh, SS6 7JP
November 23, 11am – 12pm

Join in the messy play classes, making memories, discovering new textures and making new friends.

Messy play is important for a child's development. It provides children with an exciting, tactile, and sensory experience that inspires their curiosity, allows them to explore and enhances their learning,

language, and creativity.

Prices range from £3.50 to £8.50.

For more information and to book, visit southessex.thelittlesensory.co

Pink Stiletto Nights

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

November 29, 7pm – late

A night of cocktails, buff butlers, fabulous food, wine, first class entertainment and much more.

Arrive for a butler-hosted drinks reception at 7pm, then take your seats for a sumptuous meal at 7.30pm where the fun will ensue.

For more information or to book, call Pink Vanilla Events on 07535 971292 or email hello@pinkvanillaevents.com

Winter Wonderland

Little Havens Hospice, Thundersley, SS7 2LH
November 30, 4.30pm – 8pm

Grab your torches and wellie boots and join Little Havens to enjoy the festive lights and fun at our Winter Wonderland.

This is a free entry event with festive stalls, activities, food and drink vendors and much more. No need to book, simply turn up on the day.

For £5 there will also be the opportunity to meet Santa and take part in 'come as yourself leave as an elf'. Weather depending there will also be Shetland pony rides for £4 for one lap.

For more information, call 01702 220356.



How to NIP NAIL BITING in the bud

An incredibly common problem, trying to stop your child from biting their nails, can be a hard task that you may keep putting off in the vain hope that they will simply grow out of it. Unfortunately, that may not be the case.

Why do children bite their nails?

There are many reasons why your child might be biting their nails, including boredom, to relieve stress, as a habit or simply because they have seen someone else do it.

Is it bad for your child to do this?

Nail biting, like thumb sucking, hair twisting and teeth grinding, is a nervous habit that your child may grow out of. Unfortunately, nail biting is the habit that children are most likely to continue into adulthood.

How can you help your child to break this habit?

- Try to identify when your child bites their nails. Is it during times of stress or do they do it mindlessly

when watching TV?

- If they are anxious, talk to your child and try to identify what is worrying them. Sometimes there can be an underlying problem, such as bullying, divorce or another big life change.
- Talk to your child about how to break a habit.
- Work with them to become aware of when and where they nail bite.
- Offer an alternative at these times, for example a fidget spinner to keep their fingers occupied.
- Try some relaxation and stress-busting activities, such as deep breathing or a shoulder massage.

What not to do

- Do not punish your child for nail biting.
- Do not continuously nag at them to stop; it takes time to break a habit.
- Try not to lose your temper with your child; this will only make them feel more ashamed of this behaviour.



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Never TOO LATE

SIX REASONS WHY CHANGING CAREER IN LATER LIFE COULD BE YOUR BEST MOVE YET

ACCESS

With the advent of the internet, it is easier than ever to explore, research and train for new avenues of employment. Access means opportunity, and the only thing holding you back from digging out a new path is your own ambition.

EMPLOYMENT TYPE

In 2019, more people work for themselves than ever before, thus presenting us with a more versatile way to earn money. It even means we can "dip our toes", so to speak, working evenings or weekends with the aim of building up work before making that big leap.

NEW INDUSTRIES AT HOME...

The reshaping of British industry over the past few decades means some jobs today simply didn't exist when we were setting out on the road of employment. As a nation, the service sector and technology cohabit perfectly with craft and manufacturing, and with new thinking come new opportunities.

...AND ABROAD

In addition, such is our connectivity through computers that the pursuit of new opportunities needn't find us restricted to the confines of the UK. Later life sometimes brings the desire for whole new challenges, so cast your net far and you never know what radical change you might draw in.

EXPERIENCE

They say with age comes experience, and never is that truer than in today's job market. In the past, the older generation used to fear the young upstarts fresh out of school or university, but that's changing. A generation of YouTubers and influencers hasn't particularly helped the reputations of 'millennials', with older, more experienced operators gleaning a newfound respect amongst employers.

TIME

The older we are, the freer we are of the things that held us back – childcare, in particular. When kids become more independent or fly the nest completely, the landscape becomes the most inviting it has been for perhaps two decades, and this is the time to strike.





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PUZZLES & TRIVIA

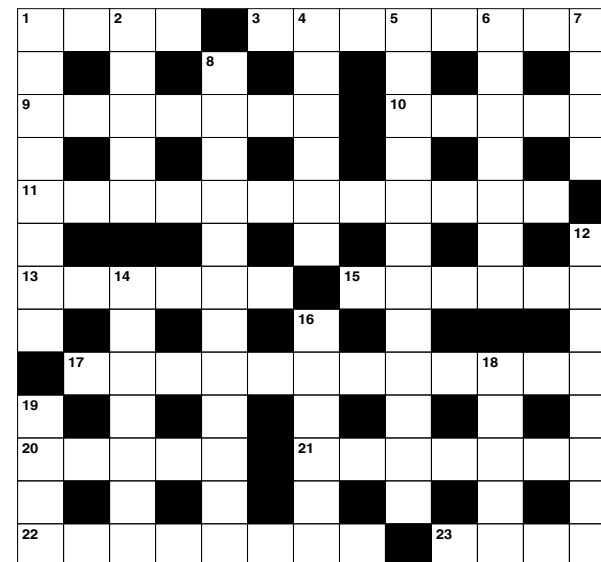
ACROSS

1. A single time (4)
3. Driver of a horse-drawn carriage (8)
9. Sent by sea (7)
10. Unfasten (5)
11. Advance payment (12)
13. ___ Wood: US actor (6)
15. Showy (6)
17. Heart specialist (12)
20. Small airship (5)
21. Outline of a natural feature (7)
22. Fairness (8)
23. Continent (4)

DOWN

1. Thinks about something continually (8)
2. Ascend (5)
4. Confer holy orders on (6)
5. Compensate for (12)
6. Shooting stars (7)
7. Christmas (4)
8. Spotless (5-3-4)
12. Exaggerated emotion (8)
14. Form a mental picture (7)

16. Compels to do something (6)
18. Images of deities (5)
19. Woodwind instrument (4)



DID YOU KNOW?

- ▶ Golf balls usually have between 300 and 500 dimples
- ▶ The Olympic flag was created in 1913 and released in 1914
- ▶ Dina Asher-Smith became the first British woman to win a sprint gold at the 2019 World Championships
- ▶ Volleyball was invented in 1895 in Massachusetts
- ▶ Jayne Torvill and Christopher Dean performed Boléro at the 1984 Winter Olympics, winning them the gold medal
- ▶ The first professional baseball league was set up in 1876
- ▶ Having begun in 1877, Wimbledon is the oldest tennis tournament

SUDOKU

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| | 7 | 4 | | | 6 | 3 | | |
| | 3 | | 4 | | | | 5 | |
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PUZZLES

Answers can be found on the Contents Page 4



The most

HATED REF IN ENGLAND?

WHY DAMIR SKOMINA IS NOT A MAN
TO BE MESSED WITH!

While no Englishman wanted our footballers to slip up against the Czech Republic in the middle of October, the 2-1 defeat in Prague did bring about one of the more incredible football statistics of recent times – it marked 10 years and one day since the Three Lions last tasted defeat in a European Championship or World Cup qualifying match.

To go an entire decade without losing in qualification is quite something, and perhaps referee Damir Skomina may have felt something of a lion tamer as he delayed England's Euro 2020 qualification at the Sinobo Stadium.

Except the Slovenian official has previous. England's last qualification defeat, a decade and a day before that, against Ukraine, was officiated by... yep, you guessed it.

More than that, this is the same man who sent us crashing to 1-0 defeats against Belgium in the World Cup and against Germany in 2017, and remember that abysmal 2-1 capitulation to Iceland during Euro 2016? Yes, him again.

Is it worth lamenting this silver-haired man-in-the-middle as the architect of our great side's downfall? Rather, should we not just look to the future – an attitude typified by England's brilliant 6-0 win in Bulgaria just three days after the Czech defeat? Probably, yes.

It used to be said that England was flawless in qualifying for major tournaments and deeply flawed by the time they got there... and with good reason.

The positive indications are that the era of abject, pitiful failure – penalty shoot-out or not – is over. England proved in Russia that if a World Cup semi-final is achievable, what price our ability to go all the way at the Euros next year?

Manager Gareth Southgate will exercise caution; fans will run away with expectation, while the bookies suggest we are second favourites... although those odds may well shorten if Mr Skomina keeps his distance.

Photo credit: Michael Zemanek/BPI/Shutterstock



USED

BANG-UP JOBS

HOW NOT TO GET RIPPED OFF WHEN BUYING A SECOND-HAND MOTOR

In 2019, used cars don't quite come with the same reputation as the Boycie and Arthur Daley four-wheelers of the 1980s, but it still pays to exercise caution where motors and money are concerned.

TEST RUN

Make sure you test drive the vehicle, in broad daylight and on a route you choose (unscrupulous sellers might avoid bumpy roads or sharp turns that could show up a vehicle's failings). If buying privately, meet at the vendor's house.

INSPECTION

In an ideal world, any potential purchase should be run past an independent garage who can give the vehicle a once-over to diagnose problems. An expert will be able to quickly diagnose excess wear and tear, leaks and rust.

If you don't have this as an option, inspect the car as much as you can. Look for any signs of collision repairs such as the overspray of paint near wheels, mufflers and door seals. Check beneath where the car is parked for oil, while a water leak will give off

a smell of mildew.

SELLER HISTORY

The seller should present to you a full service history and the most recent MOT certificate. If their details are hazy, ask them to clarify.

RETURN

Check out the terms and conditions over returns. Used dealers will offer warranties, but if purchasing privately you may be buying as seen. Either way, get any agreement in writing.

ONLINE RESEARCH

With a number plate, you can find out a reasonable amount of a car's history, so search online and consult with your insurance company over a quote, whereby any hidden issues with the car can show up.

Remember, when buying a second-hand car, the power is in your hands. Haggle, be firm, and be willing to walk away if you're not 100 per cent certain the motor is everything it should be.

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