

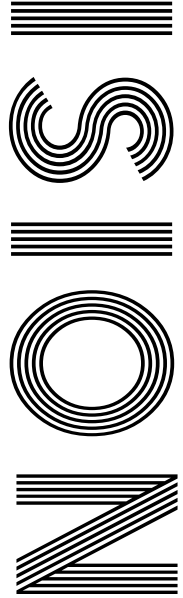


2020
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GONE TOO FAR?



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Editor's notes...



Nik Allen, Editor

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

There's a strange contrast many people feel between the thrill of climbing the property ladder and simpler times when a family or

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

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

On the financial side, it makes sense to move now. Many are keen to capitalise on the current stamp duty holiday, and lingering uncertainty over coronavirus actually makes the housing market more attractive.

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

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

Nik

CONTACT US

www.visionmagessex.com
rayleigh@visionmag.co.uk | 01268 955027

@visionmagessex @visionmagessex
 Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry
CO-ORDINATORS | Rebecka Fryer, Amy Pollard
CONTRIBUTORS | Tabatha Fabray, Kathy Miller

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HOW ADMIRAL LORD NELSON MADE THE ULTIMATE SACRIFICE FOR HIS COUNTRY

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

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

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

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

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

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

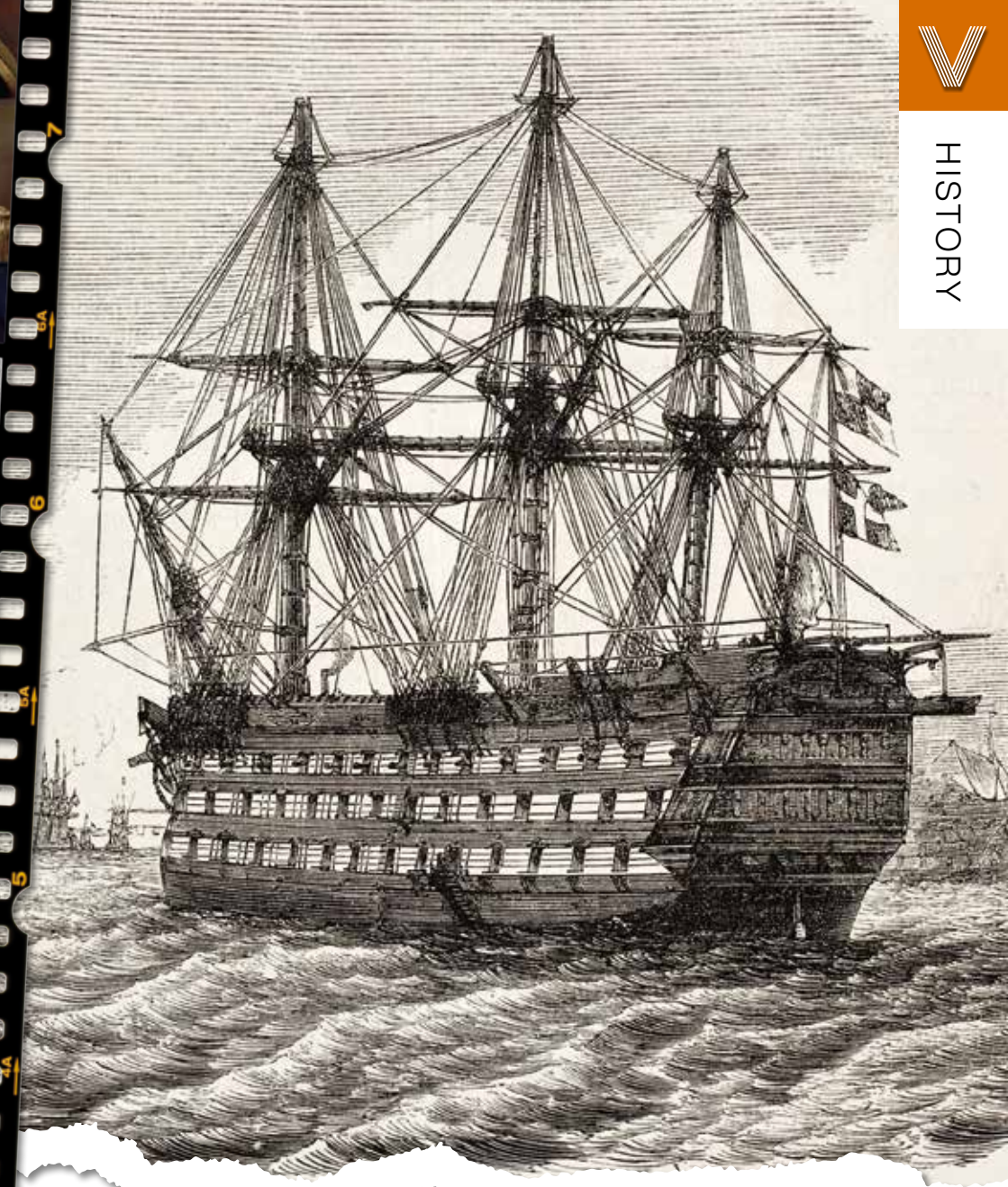
And yet, duty continued. Hardened and seemingly unfeared of death, at Trafalgar the leader was, ultimately, the truest exemplar of his word. On the afternoon of October 21, at 4.30pm, Nelson succumbed to the targeted enemy fire that rained in around his own ship, and was killed. As a leader of men he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

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

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

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

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



Nelson's LAST BATTLE

AGENDA NEUTRAL

~~man~~kind ~~human~~kind

~~chair~~man ~~chair~~

~~congress~~man ~~legislator~~

~~business~~man ~~representative~~

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

~~land~~lord ~~owner~~

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

~~sales~~man ~~salesperson~~

~~man~~power ~~workforce~~

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

~~fire~~man ~~firefighter~~

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

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

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

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

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

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

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

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

Written by James Evans

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HOME & DIY

BRUSH

UP ON DIY

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

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

CHOOSE THE RIGHT BRISTLE

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

CHOOSE THE RIGHT SIZE

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

CHOOSE THE RIGHT SHAPE

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

HOW TO CLEAN YOUR PAINTBRUSH

- > **WATER-BASED PAINT**
Scrape off any excess paint | Wash the brush in soapy water | Rinse the bristles in clean, cold water | Wrap the brush in heavy paper and fasten loosely with string
- > **SOLVENT-BASED PAINT**
Wipe the brush clean of excess paint or gloss | Swirl the brush in a jar of white spirit | Leave to soak for 2 hours or longer | Wipe the brush clean with newspaper



GLow WORM - BAXI - VAILLANT - POTTERTON - WORCESTER - IDEAL - BIASA - FEROLLI - MAIN
 - BAXI - VAILLANT - POTTERTON - WORCESTER - IDEAL - BIASA - FEROLLI - MAIN - GLOW WORM - BAXI - VAILLANT -
 - BAXI - VAILLANT - POTTERTON - WORCESTER - IDEAL - BIASA - FEROLLI - MAIN - GLOW WORM - BAXI - VAILLANT -
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Radiate SOPHISTICATION...

...with these DIY radiator covers



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

THE 'PERFECT PALLET' RADIATOR COVER
If you are looking for a raw style that will cost you virtually nothing, then this is the DIY radiator cover for you. The wide slats allow for maximum heat transmission, and you can choose to paint your pallet or simply leave it in all its rustic glory.

Top tip: Be sure to thoroughly remove any spills to avoid unpleasant smells when your radiator heats up.

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

which can be simply stretched across the front of your radiator cover frame.

Top tip: Soak the cane in water first to make it softer and more malleable.

THE 'SPACE-SAVING SEAT' RADIATOR COVER
If you are lacking seating options in your home, then this multipurpose radiator cover can help you. All you need are 15-20 vertical hardwood slats to create an L-shaped radiator cover that doubles up as a bench.

Top tip: Add a few pillows across the top for added comfort.

THE 'IKEA SLAT BED BASE' RADIATOR COVER
You can purchase an IKEA slat bed base for as little as £20 and repurpose it to create a stylish and multifunctional radiator cover.

Top tip: Use the additional table surface as a pop-up bar and you'll never have to go to the pub again.

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HOME & DIY

THE Grandmillennial GRAB



WHO SAID NOSTALGIA WAS DEAD? NOT THE MILLENNIALS, THAT'S FOR SURE

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

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

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

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

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

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

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

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

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



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GO GREEN

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

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

What is the Green Homes Grant Scheme?

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

Solid wall insulation

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

Savings per year = £225*

LED and CFL lights

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

Savings per year = £100

Triple glazing

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

Savings per year = £105*

Install a water meter

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

Savings per year = £55*



*based on an average semi-detached house



HOME & DIY

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS

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Man charged with making threats to kill

A Rayleigh man was due to appear at Southend Magistrates' Court on Monday, October 19, charged with making threats to kill, as **VISION** Rayleigh went to print.

Police officers were sent to Albert Road, Rayleigh, on Wednesday, August 26, following a phone call expressing concerns about a man's welfare.

A spokesman for Essex Police said: "We have charged Jack Rudd, 24, of Albert Road, Rayleigh, with making threats to kill.

"It follows reports that a man was shouting from an address in Albert Road at around 3.30pm on Wednesday, August 26.

"We attended and arrested a man at the scene."

The police spokesman said that Mr Rudd previously appeared at Chelmsford Magistrates' Court on Wednesday, September 2.

He added that police are grateful to members of the public for their patience and cooperation while officers managed this incident.

Remembrance service to be streamed online

Rayleigh Town Council, Holy Trinity Church and Royal British Legion, Rayleigh branch, have been organising events for Remembrance Day 2020.

Due to COVID-19 and government guidelines, there will be no parade or wreath laying as in previous years.

A remembrance service will be held on Sunday, November 8 at Holy Trinity Church, however this will

be limited capacity and invitation only.

The service will be streamed to allow residents to take part virtually.

Details of how this can be accessed will be displayed on the town council, church and Royal British Legion, Rayleigh branch websites and social media pages, as well as High Street notice boards nearer the date.

MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS

Despite all the pressures of COVID-19, our government is having to deal with a number of other challenges as well, including the ongoing negotiations regarding our future relationship with the European Union (EU).

While we formally left the EU on January 31, 2020 (and withdrew our MEPs from the European Parliament as a result), both sides had previously committed to something called the 'Political Declaration', to seek to agree a comprehensive Free Trade Agreement (FTA) that would govern our future economic relationship into the foreseeable future.

Those negotiations have now been ongoing for a matter of months but, unfortunately, have not yet reached a successful outcome. As an 'insurance policy', against the possibility that the talks will fail, the government has been putting a UK Internal Market Bill through Parliament, to help govern internal trade within

the United Kingdom and also to allow Parliament reserve powers to make sure the EU cannot interfere in our domestic trade.

I support the spirit of this legislation, as having left the EU we cannot, for instance, allow ourselves to be under the authority of the European Court of Justice (ECJ). However, by the time this edition of VISIONRayleigh comes through your letter box, I am hopeful that we may yet have been able to make further progress in the talks – such that the measures included in this Bill will not ultimately prove necessary. So, I still hope that it might be possible to successfully negotiate an FTA by the end of the year.

In any event, we did vote democratically and peacefully to leave the EU and it is important that we continue to be robust in these ongoing negotiations, not just for the sake of our businessmen but for our farmers and fishermen too.

Quiz postponed owing to pandemic

Rayleigh Lions are running a paper quiz after their annual autumn quiz night was postponed owing to the pandemic.

The Lions have traditionally held two fundraising quiz evenings each year, but instead they are taking inspiration from Peterborough Lions, who have successfully held a paper quiz for 18 years.

Dave Bodimeade, vice president of Rayleigh Lions, said: "There are 100 general knowledge questions in our paper quiz, some of which are easy, some hard and some cryptic.

"You can look the answers up and you have three months to do it in the hope of winning a prize of £75, £50 or £25."

Mr Bodimeade added: "Rayleigh Lions have raised more than £1million for charitable causes since we started in 1974 and about £65,000 in the past three years alone."

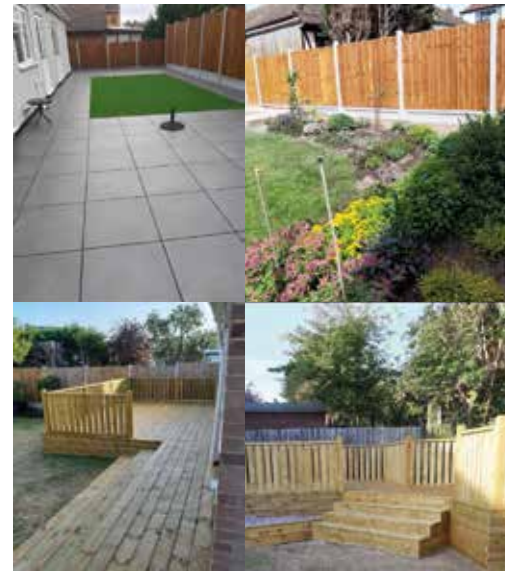
He explained that fundraising has been put on hold because of COVID-19, which has made it harder for the Lions to support good causes.

"We hope the quiz will be fun and will keep people going over the next few months," he said.

Quiz sheets cost £2 and must be returned by December 31.

For quiz sheets and further details, contact Dave Bodimeade on 07798 618226 or email davesuncat@gmail.com

Photo credit: Jodie Bodimeade



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NEWS FROM

RAYLEIGH TOWN MUSEUM

On a beautiful September morning, I, David Pymar (complete with face mask), walked around the various war memorials that Rayleigh has to offer, as we approach the 2020 Remembrance Day observance.

The main memorial, where we lay our community wreaths in 'normal' times on Remembrance Sunday, has the badges of the Royal British Legion and the Royal Naval Association on its front-facing wall and two plaques inside the main niche, commemorating those of our fellow Rayleigh citizens who fell in the service of their country during both World Wars.

In this year we are faced with another 'invasion', that of a dangerous virus which kills as indiscriminately as

a V-1 or a V-2 rocket. Once again, an 'army', with no regard for personal safety and with immense heroism, has stood up to face the 'foreign invader'.

Our brave doctors, nurses, care workers, cleaners, ambulance staff and thousands of support personnel and volunteers came forward again, just as they did in 1914 and 1939, to fight a great evil.

When you buy your poppy this year and pay your respects to the fallen during the two-minute silence, please remember the thousands of heroes of 2020 as well.



COVID-19 hits Sweyne Park School

Staff and pupils were sent home after a member of staff at Sweyne Park School tested positive for COVID-19.

Headteacher Katharine Dines (pictured) confirmed that the Rayleigh school heard on September 8 that a staff member had tested positive and been told to self-isolate for 10 days.

Mrs Dines said: "We sent home a very small number of pupils and staff who had been in close contact with that member of staff and informed them of the need to self-isolate for 14 days.

"While it is unfortunate that we had to take action so close to the beginning of the new school term, we

do have thorough and comprehensive policies and procedures in place to deal with the situation."

Mrs Dines confirmed that all necessary areas of the school had "an immediate deep clean".

She added that the school had taken advice from Public Health England which stated that anyone sent home only needs to take a test if they start to show COVID-19 related symptoms and that other members of their household do not need to isolate unless they too show relevant symptoms.

At the time of writing, the 1,200-pupil school remains open to all pupils and staff members who have not been affected by the incident.



LOCAL NEWS



News from THE ROTARY CLUB

Rayleigh Mill

In a normal year, September tends to be a quiet month at the Rotary Club of Rayleigh Mill. This year has been especially quiet owing to COVID-19. The guidance has meant that the club has not been able to hold its normal meetings or any fundraising events.

We have soldiered on by using Zoom. We have had had virtual visits from district representatives, a quiz and a speaker on the subject of Old Time Music Hall acts. Alec Gibb keeps us amused with his weekly diet of weird and wonderful items from the internet.

Immediate past president, Jackie Wellman, has continued her efforts to collect unwanted bikes and has now collected more than 200 bicycles for refurbishment at the Re-Cycle centre in Colchester and onward shipment to Africa.

Elsewhere, on August 25, the World Health Organization's (WHO) Africa region was officially certified free from wild poliovirus. This is a major milestone and the result of decades of effort from Rotary Clubs and volunteers around the world since the project was started by Rotary in September 1979 in the Philippines.

Since the initial initiative, Rotary was joined by the WHO, US Centers for Disease Control and Prevention,



UNICEF and, latterly, by the Bill Gates Foundation. Rotary International has donated more than \$2billion to the effort to eradicate polio. The Bill Gates Foundation has contributed many millions over the years since joining the scheme and has now pledged to match the Rotary contribution 2-to-1.

The number of cases of wild polio has reduced from 400,000 in 1985 to 102 cases in Pakistan and Afghanistan today.

This incredible milestone is the result of decades of effort from Rotary Clubs and volunteers around the world, who have fundraised, campaigned and worked tirelessly since Rotary pledged to rid the world of polio more than 30 years ago.

Town remembers Battle of Britain

Shops, schools, care homes and offices pulled together to honour pilots who lost their lives during the Battle of Britain, as Rayleigh Town Council remembered September 15, 1940, the day when RAF Fighter Command claimed a decisive victory over the German Luftwaffe.

Throughout the town and surrounding area, more than 150 organisations agreed to display a laminated biography of a pilot killed during the Battle of Britain, with servicemen's stories researched by councillor Bruce Smart.

One such airman featured in a poster was Sergeant Frederick Dixon from Lancashire, who was shot down over the English Channel in July 1940. His body was later recovered and buried in a military cemetery in Abbeville, France.

Following the success two years ago of the display of knitted poppies commemorating the end of the First World War, Rayleigh Town Council decided on the poster initiative as a way of marking the 80th anniversary of the Battle of Britain.

Councillor June Lumley, chairman of Rayleigh Town Council, said: "We hope that adults and children will look and read these sheets and appreciate the sacrifice these young men made to preserve our freedom."



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A photograph of Robert Pattinson in a tactical vest, looking off to the side. The background is a blurred outdoor setting.

THE RISE OF

ROBERT BAT-TINSON

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

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

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

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

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

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

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

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

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

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

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

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

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

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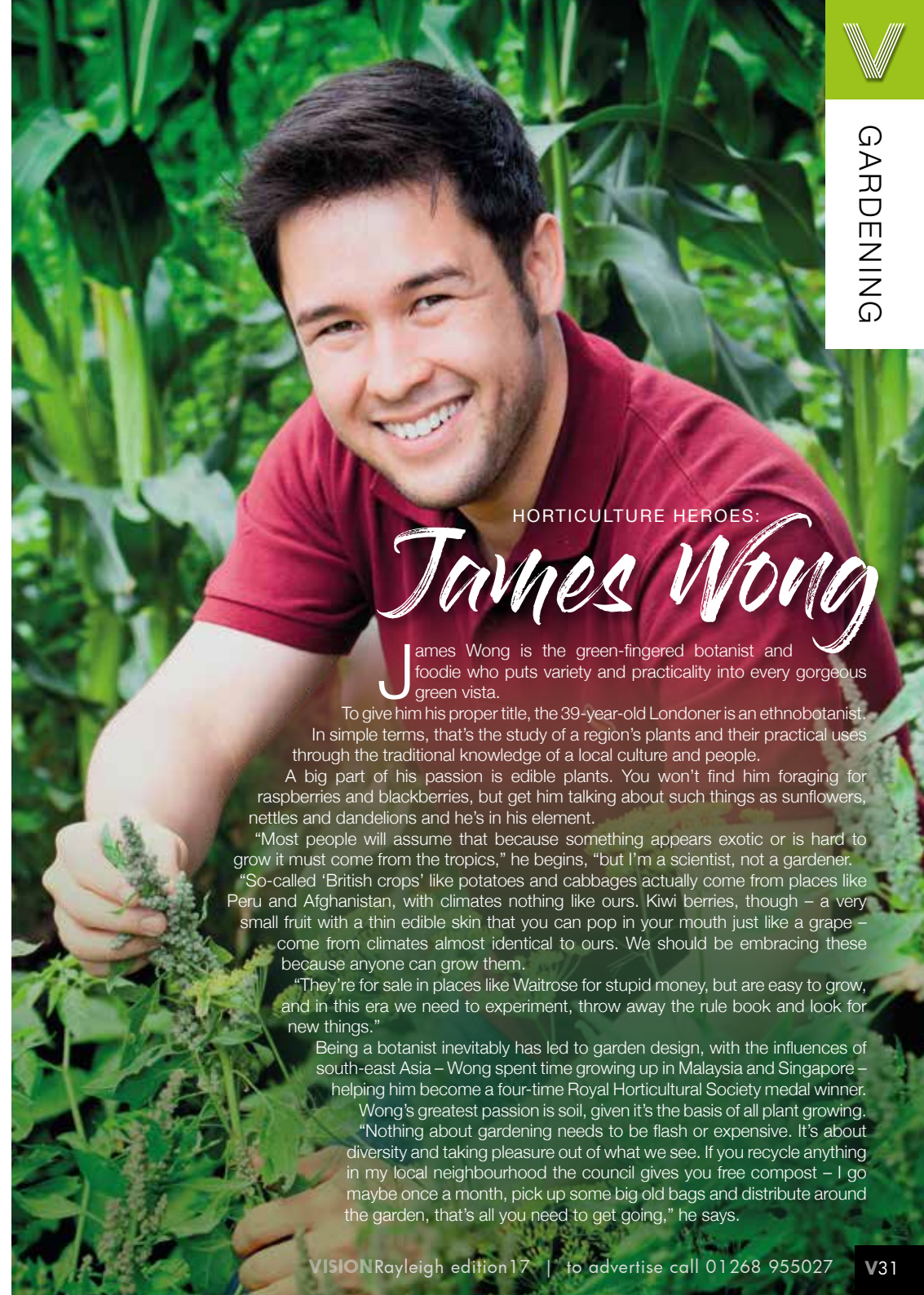


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GARDENING



HORTICULTURE HEROES:

James Wong

James Wong is the green-fingered botanist and foodie who puts variety and practicality into every gorgeous green vista.

To give him his proper title, the 39-year-old Londoner is an ethnobotanist. In simple terms, that's the study of a region's plants and their practical uses through the traditional knowledge of a local culture and people.

A big part of his passion is edible plants. You won't find him foraging for raspberries and blackberries, but get him talking about such things as sunflowers, nettles and dandelions and he's in his element.

"Most people will assume that because something appears exotic or is hard to grow it must come from the tropics," he begins, "but I'm a scientist, not a gardener.

"So-called 'British crops' like potatoes and cabbages actually come from places like Peru and Afghanistan, with climates nothing like ours. Kiwi berries, though – a very small fruit with a thin edible skin that you can pop in your mouth just like a grape – come from climates almost identical to ours. We should be embracing these because anyone can grow them.

"They're for sale in places like Waitrose for stupid money, but are easy to grow, and in this era we need to experiment, throw away the rule book and look for new things."

Being a botanist inevitably has led to garden design, with the influences of south-east Asia – Wong spent time growing up in Malaysia and Singapore – helping him become a four-time Royal Horticultural Society medal winner.

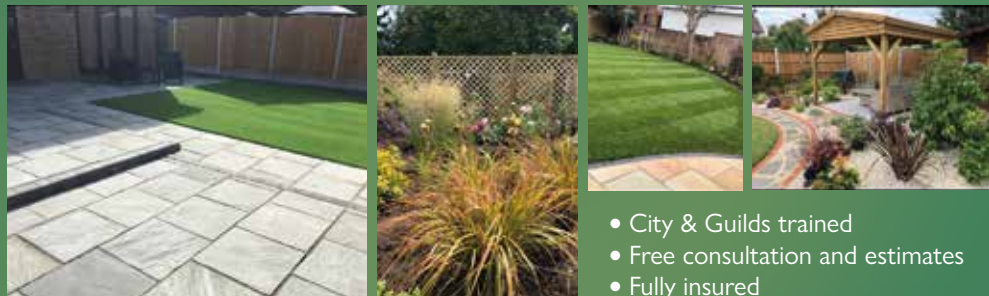
Wong's greatest passion is soil, given it's the basis of all plant growing.

"Nothing about gardening needs to be flash or expensive. It's about diversity and taking pleasure out of what we see. If you recycle anything in my local neighbourhood the council gives you free compost – I go maybe once a month, pick up some big old bags and distribute around the garden, that's all you need to get going," he says.

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OCTOBER BIRTH FLOWER OF THE MONTH

Marigold



GARDENING

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

What does the marigold symbolise?

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

What does this birth flower say about you?

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

How to grow marigolds

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

Fun facts about marigolds

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



PUZZLES & TRIVIA

PUZZLES

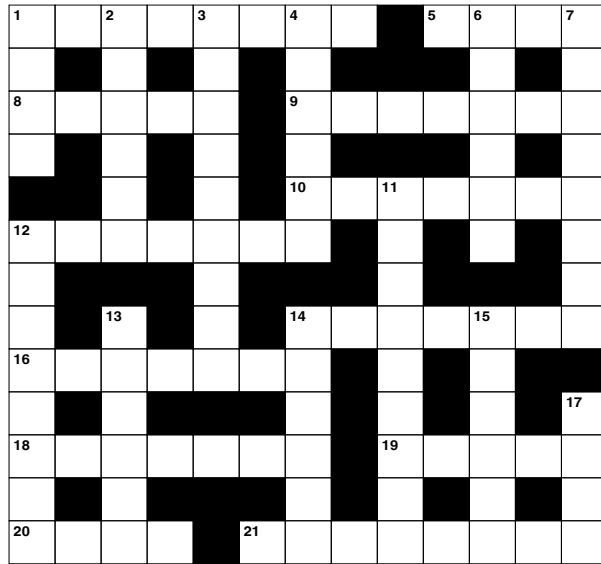
Answers can be found on the Contents Page 4

ACROSS

- 1. People who consume a particular beverage (8)
- 5. Cut (4)
- 8. Paved area (5)
- 9. Deserved (7)
- 10. Ideas (7)
- 12. Long pins (7)
- 14. Small Arctic whale (7)
- 16. Gather (7)
- 18. Biting (7)
- 19. Immature insects (5)
- 20. Overly curious (4)
- 21. Definitions (8)

DOWN

- 1. Depressions (4)
- 2. Chant; speak solemnly (6)
- 3. General erudition (9)
- 4. Manors (anag) (6)
- 6. Country (6)
- 7. Base of a statue (8)
- 11. Immediately following that (9)
- 12. Astronaut (8)



- 13. Entraps (6)
- 14. Hold close (6)
- 15. Occur (6)
- 17. Not as much (4)

DID YOU KNOW?

- ▶ The name Big Ben only refers to the bell inside the Elizabeth Tower, not the Tower itself, as commonly thought
- ▶ In 1952, a double-decker bus, driven by Albert Gunter, jumped a gap across Tower Bridge after it started to rise to allow a boat to pass
- ▶ The London Eye pods are numbered one to 33, missing 13 with superstitious passengers in mind. Each pod weighs 10 tonnes, the equivalent of one million pound coins
- ▶ From the 1200s to 1835, the Tower of London was home to a zoo of exotic wild animals that were given as royal gifts, including lions and a polar bear
- ▶ Buckingham Palace was originally known as Buckingham House and was built as a private townhouse for the Duke of Buckingham

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			5				6	

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Return

TO YOUR ROOTS part 1

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

TURNIPS

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



CARROTS

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



PARSNIPS

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



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



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STOP TOBER

How to help someone with an addiction

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

DON'T BE AN ENABLER

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

BE COMPASSIONATE

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

ENCOURAGE HEALTHY HABITS

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

DON'T FORGET YOURSELF

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

DO...

Focus on building trust • Be honest • Respect their privacy

DON'T...

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



Love your LEFTOVER PUMPKIN

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

BEAUTY BENEFITS OF PUMPKIN

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

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

PUMPKIN MOISTURISING FACE MASK

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

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

PUMPKIN LIP SCRUB

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

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

PUMPKIN HAND CREAM

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

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

PUMPKIN DEEP CONDITIONING TREATMENT

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

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

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



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CLOSED SUNDAYS

CHECK mate!

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

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

CHECKED SHIRTS

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

CHECKED COATS

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

CHECKED ACCESSORIES

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

CHECKED TROUSERS

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

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HOW TO ENJOY A

SOCIALLY DISTANCED HALLOWEEN



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

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

HOST A VIRTUAL PARTY

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

ORGANISE A NEIGHBOURHOOD DECORATION PARTY

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

SET UP A HALLOWEEN PHOTO BACKDROP

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

DECORATE A FACE MASK

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

OTHER IDEAS INCLUDE:

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



YOUR HOME

under the hammer

The pros and cons of auction properties

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

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

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

And yet, when buying under the hammer, the

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

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

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



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ONE FOUR ALL

Is the four-day week a commercial and social experiment that's here to stay?

While none of us needs reminding of the devastation COVID-19 has brought to society, an unexpected upside has been the way we've all been encouraged to reset, recalibrate and readjust.

Businesses and individuals have stripped back processes and preconceptions, but if you think this all begins and ends with Zoom, think again.

While many corporations will insist staff return to a central place of work rather than work from home and lose the valuable mechanics of 'the team', it could be that retaining the sort of four-day week many businesses have trialled has a bit more longevity.

Advantages for the employer:

- Research shows staff embed processes better on longer shifts (perhaps 10 hours) over four days than they would do across five. This so-called 'super-efficient' mode can be up to 40 per cent more productive.
- Work needing to be completed in a shorter time frame brings about urgency and removes an

employee's tendency to be distracted (such as checking social media or news sites).

- The modern nature of the four-day week is great for the image of a business, and staff can still field calls and enquiries on the fifth day.
- A 'three-day weekend' removes Friday afternoons from the work schedule, notoriously the most inefficient segment of the working week anyway.
- Overheads are reduced.

Advantages for the employee:

- 'Four on, three off' means extended breaks.
- The perception is staff will make the most of their additional day by taking up new pursuits and hobbies, meaning better mental health and greater efficiencies when back in the workplace.
- A reduction in the cost of travelling to and from work.

The success of a concept widely embraced on mainland Europe is dependent on the business sector and employee buy-in, but the idea of a three-day weekend is a prospect many will relish... even those in charge.

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From naff to NEAT



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Rover SD1



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Renault 5 GT Turbo

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

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

TOYOTA COROLLA

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

FORD CAPRI 2.8

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

ROVER SD1 VITESSE

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

RENAULT 5 GT TURBO

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

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JÜRGEN KLOPP: THE WORLD'S BEST MANAGER?

Liverpool's narrow opening-day Premier League victory over newly promoted Leeds United provided an interesting array of feedback from pundits suggesting the Reds' profligacy in defence would see them struggle to repeat last season's saunter to a first league championship in three decades.

Perhaps those naysayers have forgotten the fact that Liverpool possess Jürgen Klopp, possibly the world's best manager when it comes to drawing every last ounce out of his squad.

The way he does this is through charisma and unity, and that's obvious to anyone who has witnessed the German in press conference mode – he is charming, charismatic, funny, reflective... yet fiercely competitive at all times.

Klopp's playing career saw him a decent footballer with Mainz who, by his own admission, exceeded the limitations of his talent. That type of personal elevation is what he now expects of his players, and all those at the club. It is a philosophy of unity that begins right at the top and ends with programme sellers and stewards.

The ethos of self-improvement has decorated his own life – he worked multiple jobs through university and his early playing career; then returned to higher education aged 28 while a professional footballer, to gain a diploma in Sports Science.

The simple psychology he emits has transformed 'eight of out 10' footballers such as Salah, Milner, Robertson and Wijnaldum into truly global stars, and the confidence he has in both himself and his troops means the 53-year-old has resisted the urge to splash the cash this summer.

While the doubters will circle, hopeful of a slip from the world's best side, anyone who truly believes Liverpool will sink back again into the also-ran abyss should probably take another look at the talismanic German at the helm, and think again.



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