STAR THURSDAY, NOVEMBER 22, 2018

Inside this week

FEELING FESTIVE
CHRISTMAS FAIRY: Birchwood High School, Parsonage Lane, Bishop's Stortford, Saturday, November 24, 3-6pm

The first ever Birchwood PSFA Christmas Fair will feature festive crafts, food and music.

Pitches for stalls (arts, crafts, gifts and food) are still available to book at £15 each.

To reserve a pitch email birchwoodpsfa@gmail.com. For more details visit: www.facebook.com/events/103038265540791/

WHAM! REMEMBERED
THE BEST OF WHAM: Rhodes Arts Complex, 1-3 South Road, Bishop's Stortford, Friday and Saturday, November 23 & 24, 7.30pm

A new show featuring the best of George, Andrew, Pepsi and Shirlie with sensational vocals, choreography, costumes and an awesome live band.

It can really be 37 years since George Michael and Andrew Ridgeley formed one of the most enduring pop groups of the 80s.

In four short years Wham! sold more than 28 million records, topping the charts with 11 top ten hits. They featured in the Live Aid concert of 1985 and were the first western pop group to ever tour in China.

CHRISTMAS IS COMING
CHRISTMAS IN SAFFRON WALDEN: Saffron Walden market town, from Sunday, November 25, times vary

Experience the charming medieval market town of Saffron Walden this Christmas with a number of events taking place throughout the festive season.

On Sunday, November 25, 11am to 5pm, there will be a Christmas street market with plenty of activity for all the family - food and drink, screening of Frozen at 1pm in the Town Hall. Tickets £5, £3 concessions, under-2s free. For tickets visit: saffronscreen.com/frozen-2/ or from TIC.

There will also be live music, a visit from Hovis, the Audley End Horse, from 3.5-3.30pm. Hovis will be located outside, at Hovis, the Audley End Horse, from 3.5-3.30pm. Hovis will be located outside, at Saffron Walden, Friday, November 23, 7.30pm

Lights switch-on in the Market Square at 4.30pm, with Father Christmas, his elves, the Mayor and Councillor Paul Fairhurst.

There will also be live music, a visit from Hovis, the Audley End Horse, from 3.5-3.30pm. Hovis will be located outside, at the rear of the Town Hall.

Lights switch-on in the Market Square at 4.30pm, with Father Christmas, his elves, the Mayor and Councillor Paul Fairhurst. Santa’s Grotto from 2pm which is free. On Friday, November 30, there will be an all-day market from 9am. Late night shopping, for more information visit: www.saffronhall.com/frozen-2/ or from TIC.

For more details visit: www.facebook.com/events/103038265540791/

PUSHING BOUNDARIES
SÓ PERCUSSION: Saffron Hall, Audley End Road, Saffron Walden, Friday, November 23, 7.30pm

SÓ Percussion: The name is Japanese, the performers are American but their music is universal.

At the cutting edge of contemporary percussion, they are at home in minimalism, jazz, world music and dance, always pushing the boundaries with electrifying and innovative music-making.

This concert’s programme will include music by two of their favourite composers – Steve Reich and Bryce Dessner – as well as a special performance in collaboration with students from Saffron Walden County High School.

Tickets from £5. For more details visit: www.saffronhall.com
Netball gold winner back in home town

SCHOOL VISIT INSPIRES NEW PLAYER GENERATION

By HANNAH BROWN

NETBALL gold medallist Jo Harten returned to her home town of Harlow to help inspire a new generation of school children.

The 29-year-old competed in the 2007 and 2011 World Championships, and the 2010, 2014 and 2018 Commonwealth Games, where her team won gold after defeating Australia 52-51 in the final.

She shared the starring role in the Commonwealth Games final which kept millions on TV viewers gripped as England’s underdogs scored a famous win.

Jo also competed in the 2011 World Netball Series, where she won a gold medal and co-captained the 2012 team, picking up a silver medal, and has so far earned 81 caps for England.

She is currently playing professionally for the Giants in Sydney, Australia.

Jo visited Jerounds Primary Academy last Friday to speak to the kids about her life and sporting career to help inspire and encourage them.

Jo’s first netball coach from the Tegate Netball Club in Harlow, Carol Bull, now teaches at the school.

Jerounds head teacher, Laura Ciftci, said: “The excitement on the children’s faces was palpable when Jo came into the assembly hall.

“Jo shared her sporting journey with the children, emphasising the importance of commitment, self-belief, hard work, discipline, and emotional resilience - all the qualities necessary for life today - necessary to achieve success and self-fulfilment.”

In a question and answer session the children were able to ask Jo about her career and sporting success.

After this Jo highlighted to the children the importance of healthy eating, exercise and having the courage to try new disciplines and follow their passions.

The school’s netball team were also given the chance to wear Jo’s Commonwealth gold medal and have a picture taken with her.

Jo also donated a signed netball from her new range of netballs, entitled Netball is my World, which the school are hoping to auction off to raise money for extra sports equipment during their Christmas Fayre on December 7.
Christmas is on the way thanks to illuminations

By CHARLOTTE PAGE
charlotte.page@reachplc.com
@journopage

It’s beginning to look a lot like Christmas in Harlow after the town centre lights were turned on this weekend.

The festivities kicked off in The Harvey Centre on Saturday where there was a whole host of entertainers including two hilarious kings, the Sugar Plum Fairies who interpreted The Nutcracker and musical madness from Sister Ruth.

From 4pm, the festive procession made up of Santa and the cast of Harlow Playhouse pantomime Aladdin set off from the Harvey Centre and out into Broad Walk to turn on the lights. The cast then made their way down to The Water Gardens to turn on the shopping precincts lights.

Guests were treated to performances by members of Cheshunt, Epping and Harlow Rock Choir, the young musicians of Harlow Rock School and dancers from Hip Hop Pop. There was also plenty of snow, confetti and free festive face painting.

Centre manager at The Water Gardens, Simon Plumb, said: “The Christmas light switch on just keeps getting bigger and better.

“We had a fantastic mix of local and professional acts, Santa and even snow, helping us switch on the lights and mark the start of Christmas at the Water Gardens.”

The switch-on also marks the start of late night shopping in both The Harvey Centre and The Water Gardens.

The Harvey Centre will be open for late night shopping on Thursday, December 13 and then from Monday, December 17, through to Saturday, December 22.

Meanwhile shops at The Water Gardens will stay open until 7pm on December 13, 17, 20 and 22.

Free parking will also be available in The Water Gardens from 3pm on December 13 and 20.

There will be market stalls and much more. Live entertainment will be provided by Michael Jackson tribute act, Rory Jackson.

Harlow MP Robert Halfon will flick the light switch at 3.30pm.

By chARlOTTe pAge
charlotte.page@reachplc.com
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**News**

Members of Cheshunt, Epping and Harlow Rock Choir take to the stage

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News

Campaign to save county’s libraries gathers support

By JAMES GREGORY

ACTIVISTS and politicians across Essex have launched a series of campaigns to save a third of the county’s libraries that have been earmarked for closure.

Essex County Council (ECC) last week announced that 25 libraries across the county were at risk of closing should their plans go ahead.

A further 19 could be put at risk if they cannot be run by the community or other partners with support from the council.

The council is hoping to save an estimated £3.7 million with the closures and implemented changes to modernise the service provided.

A decision on whether a consultation period should run between November 29 and February 20, 2019 will be made at a cabinet meeting today (Thursday, November 22).

But while nothing has been decided at this stage, some fear the damaging effect this could have on their local communities.

In Harlow, Mark Hall library and Tye Green library are earmarked for closure.

In response, politicians across the spectrum have condemned ECC’s preliminary proposals.

Harlow Council leader Mark Ingall said: “The closure of the libraries is a really poor decision because I think libraries today are not just about books, although it is important particularly for pre-school children who can develop a love of books. But it is the wider services they provide today which are important too.

“They offer free computer access and access to the Internet - if you are a job seeker, if you are really disadvantaged, you do not have much money and have no broadband.

“So many jobs these days you apply for online - by closing this you are preventing these people the opportunity to get into work.

“You could say you could travel into the centre but buses are so infrequent and expensive that for some it is not an option.”

Cllr Ingall also added that many schools ask for school meals to be filled out online, adding that children “could go hungry” if families who relied on this service could no longer use their local library.

ECC says that traditional library use in Essex has collapsed in the last ten years, adding that there are 31 per cent fewer people using the libraries than there were in 2008 - which equates to 100,000 less users.

The council also says that book loans are down by 52 per cent but the use of the e-library service has more than doubled since 2013.

But Robert Halfon MP has sent a
Locals protest against library closures

Martine Xerri

A youngster makes her point

NEWSPAPER

THURSDAY, NOVEMBER 22, 2018

News

Martine Xerri

A youngster makes her point

Martine Xerri

letter to ECC leader David Finch expressing his concerns over the plans.

He said: “These libraries are in areas where people depend most on them. They are both very close to secondary schools in Harlow and provide a vital service to all in our community.

“As chair of the Education Select Committee, I greatly value these libraries’ ability to offer free educational resources to everyone and this will only help the people in Harlow.”

Laura McAlpine, Labour’s parliamentary candidate who set up a petition to save the libraries, said: “It is going to be completely devastating to a lot of the community in Harlow. I have received so many emails from people who are seriously concerned.

“The problem is ECC are missing the point - I feel like they are seeing libraries as simply for borrowing books whereas the emails I received show that they assist people with complex needs.

“A big factor is preventing social isolation - they use it for forming friendships, courses to learn new languages.

“We know they need modernising but the way to do it is not to close them, we have to look at other areas. You cannot compromise on libraries - it is the basic of every community.”

A total of 25 libraries in Essex were categorised as having service withdrawn “on the basis that because of relatively low demand, the availability of other services and considering the community served, a library service is not required in these locations.” Another 19 are at risk of shutting if they cannot be run by the community.

ECC comment

Councillor Susan Barker, cabinet member for customer services, said: “We want to create a library service with a wider appeal, which is more relevant to and a better fit with people’s lives - one which is online 24-7, is faster, and offers users more choice.

“We believe library services play a unique role in society for reading, learning, digital access and culture. Society has changed; libraries must not ignore the majority of our residents. And of those residents who are library users, only one in five is an active library user.

“Technology has transformed how people read books and access information and entertainment, which is why we must look critically at our current library locations and respond to these changes.

“We want to introduce better library spaces where we do have them - smart, modern and comfortable - and where, for instance, you might be able to swipe in using a smart card, pick up parcels or bring your toddlers for rhyme time.”

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Official Government Test Environmental Data. Fuel consumption figures mpg (extra urban 75/extra urban 62.7), CO2 emissions g/km. Vauxhall range: urban 47.9/47.9, extra urban 71.1/71.1, Combined 58.9/58.9, CO2 emissions 99 g/km. Fuel consumption information is official government environmental data, listed in accordance with the relevant EU directives. Official EU-regulated fuel data is provided for comparison purposes and actual performance will depend on driving style, road conditions and other non-technical factors. We act as credit brokers and we are not a lender. We will introduce you to a trusted number of lenders who may be able to help finance your purchase. These lenders may may not pay us a fee for introducing you. Offers available on orders between 07/12/18 to 31/12/18 and subject to approval by Vauxhall Financial Services. Offer applies to cars financed through Vauxhall Financial Services. Offer applies to vehicles supplied to the UK and within the UK. Any capital repayments due on the vehicle are subject to the vehicle being in good repairable condition. Vauxhall reserves the right to change, amend or withdraw this offer at any point in time. A guarantee may be required. Written details or interest. Closing date is subject to change. Offers end 31/12/18. Closing date is subject to availability and status. SFR supplied vehicles only. Fuel consumption information is official government environmental data, listed in accordance with the relevant EU directives. Official EU-regulated fuel data is provided for comparison purposes and actual performance will depend on driving style, road conditions and other non-technical factors. Library image shown for illustration purposes only. Bristol Street Motors Vauxhall are trading names of Bristol Street Motors Investments Limited registered in England with company registration number 00221148. Verla House, 5TH Avenue Business Park, Iver Heath, Buckinghamshire, HP5 1BA. Authorised and regulated by the Financial Conduct Authority. VAT registration number 902 737 238.
They are also offering a mobile service every Wednesday morning for those that are housebound and will cover the Harlow, Epping and Bishop's Stortford areas.

Alternative therapies including crystal healing are also on offer and exercise sessions will be run every Saturday at the Passmore’s Academy in Harlow. These sessions will run from 10.30am till 11.30am and 12am till 1pm, costing £5 per session.

The classes are led by Vivien Kavangh and Vanessa Seymour who specialise in Parkinson’s and are also personal trainers.

A spokeswoman from Move 4 Parkinson’s therapy centre said:

“The idea came from what was very much needed in the community to enable a Parkinson’s patient to improve and maintain their baseline.

“Through exercise we can build new neuroplastic pathways and generate cell growth. Since we started out in March of this year we have noticed fantastic results with improvement in posture, balance, dexterity, coordination, confidence, core strength and dual tasking.

“Not only does this benefit physically, but mentally it has improved social skills, anxiety and depression, giving those who attend a sense of purpose.”

For more information or to enquire about the services provided, email move4parkinsons18@gmail.com or call 01279 311325 or 07577 408723.
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Closing date 3rd December 2018, with interviews being held on the 10th December 2018

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IN BRIEF

Attackers with a knife stole mobile phone

A MAN sustained facial injuries and had his phone stolen in an attack by two people - one of them with a knife.

The victim was approached by two offenders in Taylifers at around 8.30pm on Sunday, November 11. He was later taken to hospital with injuries to his face.

Anyone with any information about the incident is asked to call Essex Police via the non-emergency number and quote 1151 of November 11.

People can also contact Crimestoppers anonymously on 0800 555 111.

Man, 25, denies trying to rape woman in town

By SIMON MURFITT

A YOUNG man told police that he “did not penetrate” a woman he is accused of attempting to rape in the Asda car park in Harlow.

Ebbs Artez appeared on trial at Chelmsford Crown Court on Thursday, November 15, accused of the attempted rape of a woman in her 30s.

The jury heard how when the 25-year-old, of Milwards, was arrested, he stated that he had at first been trying “to help” the alleged victim and that he knows “for a fact” that he did not penetrate her.

On May 18 this year, the alleged victim had been on a night out with her friends at Twenty One Bar - or CM20 as it is also known - before leaving the club at around 3.30am on May 19.

Prosecuting, Joanne Eley read out a statement from PC Thomas Butler, who visited the 34-year-old at home at around 6.40am. She was lying on the sofa covered in a blanket.

In the statement, PC Butler said:

“She was visibly upset and crying. I sat down on the sofa and asked her what happened.

“She replied, ‘I had gone on a night out with my friends and then we got in a taxi to go home, but we shared it with a man who was OK at first but then got aggressive and pinned me up against a wall in a car park by my wrists’.

“When asked by PC Butler which car park she was referring to, the alleged victim said: “The one in town, by Asda.”

“The town centre supermarket is near The Water Gardens."

PC Butler then went on to say the alleged victim then seemed to blame herself.

“She turned her face the other way and said ‘Why me? What did I do? He forced himself on me’,” he said. “She kept saying things like, ‘what did I do? Was it what I was wearing? Did I lead him on?’

“She kept blaming herself.”

He asked her if she had sexual intercourse, and the woman looked away and sobbed into the sofa. Accompanying PC Butler was PC Moore, who asked if she had consented.

The woman shook her head and described the man as a black male but would not talk any further.

Later on that day at around 1.30pm, PC Charlotte O’Brian arrested Artez.

Upon arrest, he said: “If it’s about last night, I cannot remember, I was drunk.”

In the police car before they left for custody, he said: “I know for a fact I didn’t penetrate her.”

Then, during the car journey he said: “For the first 20 minutes I tried to help her.”

■ The trial continues.
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Fun and festive cheer as Harvey Centre gets into Christmas spirit

SEASONAL FUN FOR ALL AS MALL LAUNCHES ITS COUNTDOWN TO THE ARRIVAL OF SANTA CLAUS

The Elf Shuffle proved a hit with visitors to The Harvey Centre.

The Harvey Centre in Harlow has kicked off Christmas in spectacular style with a day of free special events and entertainment, which took place last Saturday from 11am until 4pm.

The centre was filled with festive cheer as customers were joined by a host of extraordinary entertainers including two hilarious kings, who spent the day amusing shoppers of all ages with their gags and ridiculous props.

Joining them were the festive market traders who showed off their catalogue of weird gadgets including a sprouting catapult and Christmas cracker safety goggles.

Bringing a further touch of comedy to the event, the Sugar Plump Fairies re-interpreted the famous story of The Nutcracker in their own special way.

Plus a musically-gifted Elf Band entertained guests with their traditional songs including Jingle Bell Rock and Winter Wonderland.

Everyone joined in and danced with the band as they taught shoppers their iconic ‘elf Shuffle’ and got everyone into the Christmas spirit.

The Harvey Centre would also like to announce that the centre will be open for late night shopping on Thursday, December 13, and then from Monday, December 17 to Saturday, December 22.

The centre’s Santa’s Grotto is now open for children to enjoy and this year is bigger and better than ever before and styled as a giant cookie house.

Bryan Young, Centre Manager at The Harvey Centre says: “We’re thrilled at the success of our Christmas launch event.

“The entertainment provided a great mix of comedy and nostalgia, which went down really well with customers throughout the day – truly getting them in the festive spirit.

“We’d like to wish our customers a very Merry Christmas.”

The hilarious Sister Ruth on her mobile piano.

The Granny Turismo duo on their souped-up shopping trolleys.

The Christmas market traders demonstrated some amazing gadgets.

The Elf Shuffle proved a hit with visitors to The Harvey Centre.

Her tongue-in-cheek comedy act performed on a baby grand piano, built onto an electrically powered vehicle definitely had the wow factor.

Finally the iconic Granny Turismo duo were at the event, ready to tell tales of the good old days of Christmas past.

Riding their souped-up shopping trolleys, complete with racing car sound effects and festive music, around the centre they created laughter and mayhem wherever they went.

The Harvey Centre would also like to announce that the centre will be open for late night shopping on Thursday, December 13, and then from Monday, December 17 to Saturday, December 22.

To give shoppers extra time to prepare for Christmas, the centre will be open until 7pm on each of these days.

The centre’s Santa’s Grotto is now open for children to enjoy and this year is bigger and better than ever before and styled as a giant cookie house.

Bryan Young, Centre Manager at The Harvey Centre says: “We’re thrilled at the success of our Christmas launch event.

“The entertainment provided a great mix of comedy and nostalgia, which went down really well with customers throughout the day – truly getting them in the festive spirit.

“We’d like to wish our customers a very Merry Christmas.”
The Sugar Plum Fairies put a new spin on the story of The Nutcracker.

ENJOY LATE NIGHT SHOPPING UNTIL 7PM...
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How VERY exciting, how VERY Harvey Centre!

find out more at theharveycentre.com
The four candidates standing in the latest Harlow by-election have been announced.

The by-election is for the Toddbrook ward after former councillor Karen Clempner announced her resignation. Mrs Clempner left her role with immediate effect on Friday, October 19. The candidates running in the election are Dan Long for Ukip, Frances Lenise Mason for Labour, Christopher Millington for the Liberal Democrats and Tom Reynolds for the Conservative Party. Polling cards were hand delivered to residents this week. The deadline for the new postal vote will be next Wednesday, with the by-election taking place on Thursday, December 13.

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News

Mobility scooter stolen from store

CARER NOW UNABLE TO VISIT GRANDMOTHER

By CHARLOTTE PAGE
charlotte.page@reachplc.com
@journopage

A WOMAN has been left restricted after her mobility scooter was stolen from outside a Harlow Co-op.

Kirsty Horsfield had visited the convenience store in Maunds Hatch early on Saturday, November 10, but as she headed for home, she found that her mobility scooter, which she had left outside the shop, was not working.

The 28-year-old returned to the shop later in the day with her mum, who was visiting that day and could help get the mobility scooter home.

Kirsty said: "I went down to the Co-op about 7.30am on Saturday morning to do a bit of shopping. "I came out and the scooter wouldn't start. "So I left it outside knowing I was going to go back for it because my mum was coming down that day. "We could both pick it up and bring it back home."

But when Kirsty returned at around 2.15pm, she discovered that her mobility scooter had gone.

The theft has since left Kirsty, who is a full-time carer for her 81-year-old grandmother, restricted.

Kirsty has used a mobility scooter for the past three years due to leg and back pain.

"I'm restricted to go out now," continued Kirsty. "I can't go shopping or anything. It's just restricted me. My nan goes to the hospital every two weeks - and that's my only way of going up to see her."

The incident was reported to the police and the last Kirsty heard, CCTV footage outside the shop was being reviewed.

Kirsty said she would ask those who took her mobility scooter: "Why did you take it?"

"They have no reason to take it," she added.

Anyone with any information should call Essex Police on the non-emergency number 101 or Crimestoppers anonymously on 0800 555 111.
A TEENAGER has been found guilty of poisoning a friend with the zombie drug spice in Harlow.

Jason Woods, 19, stood trial charged with causing or administering poison with intent.

Zombie spice can be lethal

The jury in the trial found the teenager guilty on Monday of this week, following the incident on October 24, 2017.

A second 19-year-old, Jamie Wingrove, was also charged with the same offence and stood trial along with Wood but was found not guilty by the jury at Chelmsford Crown Court.

During the incident in October, 18-year-old Alfie Steele, who was 17 at the time, took two drags of a cigarette containing the harmful drug before going limp and having seizures.

CCTV played in front of the jury on November 15 showed Wingrove, of Ladyshot, and Woods, of Salmon Row, was also charged with the same offence.

The three made their way to a nearby Sainsbury’s supermarket in Harlow, from the Harlow train station to the town centre but had stopped to ask for a man for a cigarette in an underpass by Sainsbury’s.

Wingrove called for a cigarette and asked him for a cigarette and he gave me one.

“I didn’t know him, it was just some random person. I just asked him for a cigarette.

“It’s something that I’ll do if I haven’t got a cigarette. It was already rolled. It was a tobacco roll up. I had it behind my ear. I wasn’t finding it funny. I was like, ‘what you on?” he told the court how he had walked.

Wingrove had two pulls and then within like 10 or 15 seconds he said he felt funny.

“I might have smirked. I wasn’t finding it funny but I do that when I get nervous.

“There was no reason for him to feel funny as I thought it was a roll up. He said he didn’t feel right, he felt a bit funny. I was like, ‘what you on about?” and he was like ‘no I’m being serious’.

The three made their way to a nearby bench, when Woods describes Steele not being able to hold his weight.

“At first it was me thinking he was light-headed but when he sat on the bench and stopped responding I was thinking more in depth, ” he said.

The test results showed that Steele contained the harmful drug before going limp and having seizures.

The trial Woods will now face a sentencing hearing.

Mustafa said during the trial: “He suffered two episodes of seizures when he was with the ambulance crew and the hospital undertook a number of tests. A blood sample was taken at 4.59pm at the hospital.”

The test results showed that Steele had traces of a metabolite of a synthetic cannabinoid - often a product of spice.

After being found guilty during the trial Woods will now face a sentencing hearing.

It is currently scheduled to take place on December 20 at Chelmsford Crown Court.
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<td><strong>(12) Citroen C1 VTR 5Dr</strong>, in grey, One previous owner, full history, full electric pack and much more £3499 or £212pw</td>
<td><strong>(15) Renault Clio 0.9 TCe Dynamique 5Dr</strong>, in black, One previous owner, full service history, Park sensors</td>
<td><strong>(15) Toyota Aygo 1.0 VVT-i MOVE STYLE MULTIMODE 5Dr</strong>, in black, One previous owner, full service history, Park sensors</td>
<td><strong>(14) Citroen C4 Picasso EXCLUSIVE 5Dr MPV</strong>, in grey, One previous owner, full service history, 3.0 inch touch screen media system, Bluetooth, DAB Radio</td>
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<td><strong>(12) Volkswagen Golf 1.0 TDI Match</strong>, in grey, One previous owner, full service history, 3.0 inch touch screen media system, Bluetooth, DAB Radio</td>
<td><strong>(12) Honda Accord 2.0 i-VTEC 5GT 10Dr</strong>, in black, One previous owner, full Honda service history, climate control, full leather</td>
<td><strong>(13) Toyota Prius + 3 SPORT PETROL</strong>, in blue, One owner, full service history, Hybrid, 7 Watk, Nav and much more £13999 or PDA</td>
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<td><strong>(10) Honda Jazz 1.4 i-SE 5Dr</strong>, in red, One owner, full service, great condition, fresh 1 year MOT £4699 or £262pw</td>
<td><strong>(15) Volkswagen Polo 1.0 TDI Match</strong>, in grey, One previous owner, full service history, Park sensors</td>
<td><strong>(12) Nissan Qashqai 1.6 dCi Tekna</strong>, in grey, One previous owner, Nissan service history, Park sensors and much more £7999 or £44pw</td>
<td><strong>(16) Porsche 911 TURBO S</strong>, in black, One owner, full service history, Park sensors and much more £13999 or PDA</td>
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<td><strong>(15) Hyundai i30 1.6 ACTIV 5Dr</strong>, in grey, One previous owner, low mileage, £2399 or £12pw</td>
<td><strong>(15) Volkswagen Polo 1.4 4-Door 3Dr</strong>, in grey, One previous owner, full service history, Park sensors and much more £3499 or £212pw</td>
<td><strong>(13) Bmw 3 Series 316i SPORT SALOON</strong>, in white, One previous owner, Sports Seats, DAB radio, Cruise Control</td>
<td><strong>(13) BMW 3 Series 316i SPORT SALOON</strong>, in blue, One Previous owner, Sports Seats, DAB radio, Cruise Control</td>
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<td><strong>(9) Ford Fiesta 1.25 ZETEC 5Dr</strong>, in black, Full service history, Bluetooth, Sat nav, Head up display, Full leather, Top spec £22999 or Ppa</td>
<td><strong>(15) Ford Focus 1.0 EcoBoost Titanium Navigator</strong>, in red, One previous owner, full service history, sat nav, Parking Sensors, Cruise control, £7999 or £45pw</td>
<td><strong>(12) Citroen C1 VTR 5Dr</strong>, in grey, One Previous owner, full history, Bluetooth, Leather Upholstery, Parking Sensors</td>
<td><strong>(13) Fiat 500 1.2 Lounge (s/s) 3Dr r</strong>, in black, One owner, full service history, Parking sensors and much more £7999 or £45pw</td>
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<tr>
<td><strong>(14) Nissan Note 1.5 DCi Acenta (Style Pack) 5Dr</strong>, in silver, One owner, full service history, Bluetooth, Sat nav, Parking Sensors, Cruise control</td>
<td><strong>(13) Fiat 500 1.2 Lounge (s/s) 3Dr r</strong>, in black, One previous owner, full service history, Parking sensors and much more £7999 or £45pw</td>
<td><strong>(15) Suzuki Swift 1.2 5Dr</strong>, in red, One owner, full service, great condition, 5 year MOT</td>
<td><strong>(14) Nissan Note 1.2 S 5Dr</strong>, in black, One previous owner, Full Nissan history, still under Nissan warranty till 2018, 10 mile</td>
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Call to action over council house repairs

ARE Harlow Council tenants being short-changed in respect of housing repairs? I would suggest they are.

Why?

Well the current list of repairs made the responsibility of the tenant has been increasing over many years and now consists of three pages of A4 paper with the result that many tenants have not had important repairs completed due to financial, skill set and therefore problems.

The sad thing about that is that the majority of tenants’ were not told of these changes and what is even sadder is that these changes were not subject to any consultation with all council tenants. The council as their landlord and therefore responsible for maintaining the housing stock should be prepared to discuss this important issue with all tenants and where applicable the current tenancy agreement adjusted to reflect their concerns.

Therefore, I have asked the council to convene a public meeting to discuss this important issue. Sadly it appears the council are reluctant to do so. I asked why and got a press release type of reply which just insulted my intelligence.

Finally I would ask all council tenants’ through your paper, to express their views on this issue thereby putting pressure on the council to call a meeting to discuss this important matter.

Gary Roberts
Harlow

Get your glitter on this Christmas

I’d like to invite your readers to get their glitter on this Christmas and help us fight back against meningitis.

At Meningitis Now, we’re inviting everyone to hold one of our festive Time 4 Tea fundraisers and bring your friends, family and colleagues together for a glittery party with a purpose.

It’s the perfect excuse to spend time with your loved ones and start the festive season with a sparkle – whilst helping to save lives and rebuild futures.

Of course, it doesn’t get more glittery than Strictly Come Dancing, which I was fortunate enough to reach the final of a few years ago.

Why not plan something around an episode of the show in the run up to Christmas?

There are lots of other ideas, from invitations to recipes and decorations in Meningitis Now’s free ‘Get your Glitter on’ welcome pack to make it an easy and fun event to organise. We’ve even found a source of biodegradable eco glitter for you from our good friends at Eco Glitter Fun - so you can do your bit for the planet too.

The serious point is that you will be making a real difference to those at risk of meningitis and those whose lives have already been changed forever because of it.

Money raised will help to fund awareness and support those affected by the disease through Meningitis Now’s unique range of services. I know only too well the misery meningitis can bring. Thankfully I made a good recovery; others are not so fortunate. Let’s sparkle this Christmas and fight back against meningitis. Find out how at www.MeningitisNow.org

Lisa Snowdon
Meningitis Now Ambassador

Bullying: No need to suffer in silence

ANTI-BULLYING Week is a great campaign which places the spotlight firmly on bullying.

What we mustn’t forget is that this serious issue blights the lives of many children and young people day in, day out, week after week, sometimes every year.

In 2017/18 the NSPCC’s Childline service delivered 24,571 counselling sessions about bullying and cyberbullying but the reality is the number of children affected is likely to be far higher as many victims don’t seek help. There are no hard and fast rules about bullying. It can happen to any child at any time for any number of reasons. It can include being called names, teased, put down or humiliated, pushed or pulled about, having money and other stuff taken, rumours being spread, being ignored and left out, hit, kicked or physically hurt, threatened or intimidated.

Gone are the days when bullying only happened in the playground. Today bullies can reach their victims in the safety of their own homes by targeting them online via their phone, laptop, games console or tablet. This form of bullying, known as cyber-bullying, means some children literally have no means of escape from their tormentors.

In turn bullying can have a devastating effect on a person. It can cause depression and anxiety, low self-esteem, social isolation, and can even lead to someone harming themselves or having suicidal thoughts and feelings.

That’s why it’s so important that children and young people know that help and support is available should they need it.

By calling Childline on 0800 1111 they can speak to specially trained counsellors about their concerns and worries, 24 hours a day, seven days. An online chat facility is also available via the website www.childline.org.uk.

Adults worried about a child or in need of some advice can call the NSPCC’s Helpline on 0808 800 5000.

In addition, useful tips can be found at www.nspcc.org.uk.

By working together we can beat the bullies and restore victims’ childhoods to how they should be - happy and memorable for all the right reasons.

Wendy Robinson
Childline Service Manager

Our Policy

Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words.

We reserve the right to edit material. Please send your pictures in JPEG format marked “Get your glitter on” to community@harlestonews.co.uk. Please add your name, address and daytime telephone number, where you took the photo and, if possible, a picture of yourself. We reserve the right to reuse pictures at our discretion.

We reserve the right to reproduce material. Please do not re-print from community@harlestonews.co.uk. Please add your name, address and daytime telephone number, where you took the photo and, if possible, a picture of yourself. We reserve the right to reuse pictures at our discretion.
A few crimes have been on the increase over the past month, catalytic converters have been stolen from a number of vehicles especially Toyotas, and theft of pedal cycles continue to be an issue especially in and around the town centre.

I would encourage everyone to record the serial number of their bike and to take a picture to assist with identification should it get stolen and later recovered, we are working closely with the town centre security to reduce this type of crime.

Another crime that has increased is garage burglaries, these have generally been occurring overnight and are spread across a number of wards in Harlow. Please make sure that your garage is secured and where possible do not leave any valuables inside.

Please do call police if you see anyone acting suspiciously or around garage blocks and if you have any information regarding those responsible you can contact Crimestoppers anonymously on crimestoppers-uk.org or telephone number 0800 555 111.

There have also been some house burglaries which have taken place as a result of UPVC doors not being locked correctly, especially overnight.

Please ensure that these types of doors are double locked which makes it much more difficult to gain entry to a property. Further advice can be found online at Essex.police.uk/home-safety.

We have plans for additional patrols in and around the town centre in the run up to Christmas, as usual there are a number of local events planned when you can come and see us at one of the above areas around Harlow in December between 11am and 1pm.

Dates are as follows: December 6 – The Stow; December 13 – Staple Tye; December 17 – Old Harlow; and December 21 – Bush Fair.

Coffee with Cops at McDonald’s Staple Tye will be on December 6 between 12 and 1pm.

Please take the opportunity to come and see us at one of the above events to discuss any local issues.

As always contact can be made with the Community Policing Team via email harlowcpt@essex.pnn.police.uk or via telephone 101.
We need to nurture the skills in UK’s own workers.

**LABOUR:** Frances Mason

**UKIP:** Peter Day

**TALKING POINT**

**How can we best manage legal migration to fill skills gaps?**

**LIB Dems:** Dave Bromage

**CONSERVATIVE:** Jonathan Kaye

**SKILLS gaps? What skills gaps?** That’s what Theresa May must think if she reckons Britain is in a position where it can end “low-skilled migration”, with “low-skilled” in her eyes meaning jobs paying less than £50,000.

Ouch, thanks, Prime Minister. Now we can measure exactly the low regard in which the Tories hold well over 80 per cent of UK workers.

Low-credentialed (a far more accurate term than low-skilled) jobs in the vital areas of cleaning, construction and care homes are done by disproportionately large numbers of immigrants. With low unemployment, it’s unclear where the Tories hope to find the Brits to fill these vacancies.

However, Theresa’s threshold also means we won’t be importing highly qualified professionals either, including nurses, teachers, scientists, architects, civil engineers and many other highly skilled workers.

Put bluntly, those aiming to reduce immigration significantly are wrong. With our ageing population, we need an influx of working-age immigrants to avert our pensions timebomb. The alternative will be to extend retirement age significantly.

Studies show that, on average, immigrants – particularly from the EU – contribute more to the economy than they take out. These studies also show they have little or no impact on wage levels, as is commonly claimed.

Still, many people have a negative take on immigration and it’s important to ascertain why the facts don’t always tally with public perception. Largely, it’s due to a failure of the government to divert those net fiscal gains into the areas with the highest numbers of immigrants. So let’s get these hard-working (if low-credentialed) immigrants in, highlight the brownfield sites necessary for a major housing push, and pump money into improving the infrastructure of the areas most affected by immigration.

Otherwise, we’ll all be working long into our 70s – and most of us on our meagre “low skilled” sub-£50k pay.

When a majority of people voted in 2016 for Britain to leave the EU, I personally do not think they were voting for Britain to be able to do extra trade deals but voted purely on the basis of concerns about migration.

For much of history, Britain has been a tolerant country accepting immigrants including French Protestants (Huguenots) fleeing violence from catholic France, Jewish people escaping pogroms and persecution in Russia, eastern Europe and Nazi Germany, Ugandan Asians leaving their comfortable homes when the dictator Idi Amin no longer wanted them and we have seen waves of immigration from our former colonies in the Commonwealth as well as a free flow of people in recent years from the EU.

They have all contributed immensely to our culture and economy – and that’s before we have even gone further back in time to ‘migrants’ including the Normans, the Romans and even the Vikings from Scandinavia.

The recent concerns have been the numbers. Many people have felt we could not continue with the equivalent size of the city of Portsmouth coming here each year and it is a shame governments had not addressed this previously. I am not a great fan of President Trump but when he speaks about **** hole countries, he is right. Countries often ruled by dictators where organised crime and violence is rife, the economy is a disaster and corruption is part of everyday life.

That’s why good people (and sometimes not such good people) want to leave and help their families.

When Trump is wrong is that the ‘caravan’ moving towards the United States border from central and south America is not full of criminals and ‘aliens’ but families who just want a decent home and a job and want to escape crime-ridden communities and drug dealers.

Once a deal with the EU is completed, it will enable the government to come up with a policy to help fill any skills gap whether from the EU or outside but let us not forget we will still need law abiding unskilled workers on our farms and in our restaurants and they should be given opportunities to help their families thrive too. They are often some of the hardest workers in our communities.

**The Big Question**

**How can we best manage legal migration to fill skills gaps?**

We must leave the EU with no strings/controls attached (as with the current plan by Theresa May). If this doesn’t happen, we can never manage any migration matters as it will be out of our control and an open door forever.

Many big business owners want the open door to stay and build their growth on cheap EU labour which of course then creates a large population growth and huge demands on our resources and infrastructure that cannot be sustained. The result is the free for business owners get richer and the people of the UK get poorer.

Once out of the EU fully (if the three main parties don’t stop it happening), we must create a full and fair structure to manage all migration to the UK and the only sensible way to do that is through a points-based system that allows the right people into the UK as and when required. Full and fair means that British workers get the first opportunities.

Many companies advertise abroad for staff immediately and make no effort to look at the home market at all. This must stop and a points system will enable this to happen.

It will also enable us to look at all countries (including our Commonwealth) for those that wish to come here with skills or not.

That’s a much fairer system than the idea of the restrictive, dictatorial EU – let everyone in.

UKIP will develop the UK border force into a migration control department directly responsible to a minister. This department will oversee the immigration system and border control.

The government should have been working on such a plan over the past two years and if they were really going to carry out the will of the people, this would have been a priority.

Now, because they have done nothing, things need to move a lot faster to set such a plan in motion.

So, the best way to manage legal migration to fill skills gaps is to take action now to secure our borders, put in a workable control system, stop voting LibLabCon and support UKIP’s plan to save our country.
YOUR CHARITY NEWS

Intrepid son conquers Mount Kilimanjaro in memory of Mum

AFRICAN ADVENTURE RAISES £2,200 FOR ST CLARE HOSPICE

DANIEL Mackay, 40, from Harlow, has completed the renowned Northern Circuit to Uhuru peak on Mount Kilimanjaro.

According to 5,895m above sea level over the course of the nine day trek, Dan climbed 63km over six days to Uhuru peak, and then descended for 21km over three days.

He was inspired to take on this African adventure in aid of St Clare Hospice after the charity cared for his mother in December 2016.

He said: “The whole trip was a very strange mix of emotions for me, to be honest. I was very excited to be travelling alone to a continent I had never visited before, but at the same time I was very conscious of the challenge I had in front of me and the expectations of all those back at home who were supporting me.

“When coupled with the obvious emotions I had attached to my Mum, this all became a huge melting pot of many different feelings.”

“On average, we were walking for around six hours or so a day over a mix of terrain, some of it very interesting and some of it difficult to negotiate.

“On ‘summit day’, we woke at 10am and started hiking in the pitch black. The small rainy season that usually arrives in November had decided to turn up a little early for us, so along with strong winds with 50 to 60mph gusts, we also had ice crystals being blown in our faces and an expected wind chill at the summit of around minus 24C. Those hours I spent marching through the darkness in the cold were without a doubt the strangest of my life so far.

“I spent a lot of time inside my own mind, thinking about so many things. I thought about my Mum an awful lot. I thought about how proud she would be of me, doing something like this, and how pleased she would be about the amount of good that the money I raised would do for the others who depend on the hospice. There were times when I felt like the trek to the summit was never ending, but then I’d focus on home, my family, my friends, and of course the reason I was doing it: my mum and St Clare.

“It was these things that gave me the extra strength to persevere and lift my spirits back up. When we reached the summit, I almost couldn’t believe it! I took a good while for it to finally sink in before I composed myself enough to get some pictures in my St Clare T-shirt.

“My Dad gave me a little something to put at the top of the mountain for Mum, and I also took something with me, too. I carried them all the way to the top and they are buried in a little spot about 10ft away from the summit.

“So, in a way, Mum made it to the top of that mountain with me and part of her will always be there. For the past 18 months this trip has more or less been my life, I made some good friends, had an awesome adventure, made my Mum, my family and my friends proud and more importantly raised a lot of money for an amazing, caring, charity that will forever hold a special place in my heart.”

So far, Dan has collected more than £2,200 for the charity. His fundraising page closes on December 1st to make a donation visit virginmoneygiving.com/DanielMackay2

Celebrities join beard campaign

SPORTS broadcaster Jim Rosenthal, celebrity chef Brian Turner CBE and Olympian Carl Hester MBE are encouraging men across England to grow a beard this December and raise money for Bowel Cancer UK.

Taking part in Decembeard is really simple.

All you need to do is clean shave on November 30, and let your facial fuzz grow throughout the month. Already bearded?

No problem. Dye, ditch or decorate your beard and join the campaign.

Bowel cancer is the third most common cancer in men in the UK and the nation’s second biggest cancer killer.

However it shouldn’t be, as it’s treatable and curable, especially if diagnosed early.

Olympic gold medallist for Dressage Carl Hester has pledged his support for Decembeard.

He says: “I’m thrilled to be supporting Decembeard, which is especially personal to me.

I’ve had polyps removed from my bowel and now have annual check-ups, but the realisation that it could have developed in to bowel cancer really hit me.

This disease affects one in 14 men in the UK, it’s a very important cause.”

Sports broadcaster Jim Rosenthal agrees: “Dads, brothers, sons, nephews, grandads, uncles – get growing and raise as much as you can.

“It’s easy to do and a great chance to keep your face warm during the winter months.”

Save lives this December. Grow a beard and raise funds to support our vital services and lifesaving research, go to: bowelcanceruk.org.uk/decembeard for more information.
PASSMORES Academy commemorated the First World War Armistice Centenary with a range of activities centred on the remembrance of those who gave their lives.

The History Department led the way by decorating the area in a First World War theme.

On display was a trench with the walls covered in facts and details relating to the war and a timeline of events.

Each classroom was set up to represent a different aspect of the war. This included a recruitment office, dressing station, cook house, trench life, an officer’s communication dugout, and a victory street party. The artefacts were supplied by Keeley’s of Hoddesdon.

On Monday November 12, staff dressed in First World War outfits which were kindly donated by Joce-yln Johnson of the Harlow Theatre Group.

At break time the Technology department were selling poppy cakes, and Mr Butler wowed everyone with tunes from the First World War played on the piano.

Hip Hop Pop show how it’s done at tribute concert

DANCE group Hip Hop Pop, who are based at the Harlow Playhouse performed a tribute concert to Bruno Mars – and they’re already planning to repeat the show next year.

The dancers spent nine months working on the 24K Bruno show, produced by talented musician Shane Lee Smith.

Hip Hop Pop director Jenny Bater-Sinclair choreographed the show and provided consultation on the production, and 14 crazy talented Hip Hop Pop students performed in the show too that was staged at the Harlow Playhouse in early November.

The audience we’re on their feet singing along throughout. Front man Andres Cruz from Aruba wowed the sold-out crowd with his 100% per cent live vocals, all while replicating Bruno’s slick dance moves and showing off guitar and piano skills too.

Now the show is set to return on November 8, 2019.

Tickets are on sale now from the box office 01279 431945 or online at www.harlowplayhouse.co.uk.

Jenny said: “Choreographing for this show has been a dream, the style of dance is right up our street, excuse the pun.

“Our dancers have worked incredibly hard to create an exciting show, and Andres Cruz has been a pleasure to train, he does Bruno proud.

“For those that missed the show, don’t miss out again get your tickets for next year.”

For more information about Hip Hop Pop or how to get a free trial visit www.hiphoppop.net/freetrial.

For more information about 24K Bruno visit www.24kbruno.co.uk
Hindu Diwali festival of lights is celebrated at day nursery

The children and staff at Kiddi Caru’s Harlow day nursery have been celebrating Diwali. Diwali, the festival of lights, takes place each year in the autumn. One of the most popular festivals of Hinduism, it celebrates the victory of light over darkness and good over evil.

As well as learning the story of Rama and Sita, the two central characters in the Hindu epic Ramayana, the children made tea light holders from clay and playdough to celebrate their return from the jungle.

They also explored traditional foods eaten during Diwali, including Burfi, a delicious dessert, which was made especially for them by one of the parents.

Everyone dressed in traditional Indian outfits and enjoyed dancing to bhangra music, and there was lots of colourful rice play too.

Louise Farrow, nursery manager, said: “The children loved hearing all about Diwali and why it is such an important time of year.

“They very much enjoy getting involved in different calendar events, and we regularly organise activities to help them to learn more about their own and other cultures.”

For further information about Kiddi Caru please visit the website at www.kiddicaru.com, like us on Facebook - www.facebook.com/Kiddicaru - or call them on 01279 626111.
These award-winning dancers are walking tall after a fantastic year

YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so our readers can come along.

Harlow

**WALKING FOOTBALL**: 50-plus fitness group. A great way to keep fit newcomers welcome to come along and give it a try £3 per session 3G pitch. Hosted by Paringdon Sports Club. Session times Mondays 4-5pm; Thursdays 10am - 12pm; Sundays 2-3pm.

Hip Hop Pop create countless opportunities for its members to perform, socialise and have fun. In 2018, completely organically, without putting itself forward for any awards, Hip Hop Pop has come away with five prestigious titles. Among them was the Best Walking Group title at both Harlow and Bishop’s Stortford Carnivals. And it was certainly more than a ‘walking group’ as 50 Hip Hop Pop dancers danced the entire length of both carnivals in rain and shine. Hip Hop Pop also won two awards at the Harlow Town Centre Awards evening in June.

They were named Small and Independent Business of the Year while Hip Hop Pop’s director Jenny Bater-Sinclair was voted Entrepreneur of the Year – an accolade she is very proud of.

Most recently, Hip Hop Pop won the Heart 4 Harlow Award for their contribution to the community for health and wellbeing, and collected the award in October.

Jenny said: “It’s been wonderful to see the work we do at Hip Hop Pop being recognised without prompt. “But we can only thank our staff, freelancers, volunteers, students and their families for their continued support and belief in Hip Hop Pop, they are the main reason behind our success, we couldn’t be prouder of how far we’ve come, and the sky’s certainly the limit for the future.”

Hip Hop Pop at the Harlow Carnival winning 1st prize

**CHRISTMAS EXHIBITION**: Present Arts exhibition until, December 23, Tuesday - Friday 10am - 5pm, Sunday 2 - 4pm.

Harlow Gardeners’ Club meets every second Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook. Beginners are welcome to join the group, where tea, coffee and biscuits are supplied - although you will need to take your own lunch.

For more information, call Eva on 01763 288357.

**CHRISTMAS FAYRE**: On Tuesday, November 27 from 10am to 1.30pm and Thursday, November 29 from 12 noon to 1.30pm at Potter Street Baptist Church Hall.

Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook. Beginners are welcome to join the group, where tea, coffee and biscuits are supplied - although you will need to take your own lunch.

For more information, call Eva on 01763 288357.

**GREEN FINGERS**:

Sandon Gardeners’ Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

If you have an interest in gardening.
A great Restart a Heart Day raises awareness of CPR for students at Passmores Academy

PASSMORES Academy recently celebrated Restart a Heart Day which was run by the British Red Cross.

In the UK, the chances of surviving a cardiac arrest are just one in 10 - while in some parts of Norway, where children are taught CPR in schools, it's as high as one in four.

Together with the partners - Resuscitation Council UK, St John Ambulance, the British Red Cross and the Yorkshire Ambulance Service, Passmores is working on training as many people as possible in life saving CPR.

Throughout the day students from various year groups were trained on how to perform CPR on adults, a child and a baby.

Around 200 students took part in the event and every student made a fantastic effort.

The British Heart Foundation had already provided the school with the resources as they felt it is very important that young people have this training.

Jamie Scott, a Year 10 pupil, said: "I think the session was very helpful and I acquired knowledge around how to help someone with CPR and the recovery position."

The day went really well and is something that Passmores Academy will be rolling out to all students in the future.

Go along and join. New members are always welcome. Contact chairman John Handley at: johnhandley5@btinternet.com for more.

Sawbridgeworth
- MORRIS MEET: Fiddlers’ Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth.

Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going. Musicians also welcome.

Call 01279 723707 or email neilandgillmunro@aol.com or see our Facebook page.

- DEMENTIA SUPPORT: Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with Dementia, memory loss or brmld cognitive impairment as well as their carers.

At The Hailey Centre, 18 Bell Street, Sawbridgeworth CM21 9AS, every Wednesday 9.30 to 11.30am. £5, no charge for carers or NOK. Public car park next door.

To book your place or for more information please call 0300 123 40 44. You can also simply turn up on the day.

Standon
- CREATIVE LITTLE ONES: Art, craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Go along and have some creative fun with your little one.

Email Becky to book a free trial at: artexplorers5@gmail.com or visit: www.artexplorers.co.uk for more information.

- TEEN DANCE: DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time. No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week.

Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

- FIT FOR ALL: Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue. It is suitable for everyone, easy to follow, sociable and light-hearted.

Call Denise, your local fitness instructor, for times and classes on 01920 823072 or 07703 277862.

- MUSICIANS AND MOVERS: Put a jingle in your step and become a Morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from 10 years old upwards.

No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm.

To find out more, call Catherine on 07808 969379 or email standon.morris@gmail.com

Widford
- PILATES CLASSES: Mondays 6.45 to 7.45pm and 8 to 9pm.

Friendly and welcoming classes. Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information or to book your first complimentary class (limited places) contact Anne at Active Health Pilates and More on 07717 333234 or email: activehealthpam@gmail.com or visit: www.activehealthpilatesandmore.com
Kenneth Thomas ARNOLD (Kenny)
Passed away peacefully at home, with his family at his side, on Sunday 18th November 2018, aged 86 years. Eldest Son of Joan and the late Peter Abbott, Brother to Susan, Roger and Lesley. Sadly passed away on November 6th after a long and painful illness bravely borne. Sincere thanks to the very caring nurses and staff at St. Helena Hospice, Colchester and Little Holland Hall Nursing Home. Funeral service at St. Andrews Churchyard, Earls Colne on Friday November 16th at 2pm. Flowers welcome and donations to St. Helena Hospice can be sent to Daniel Robinson & Sons, Ltd., 52, Trinity Street, Halstead, CO9 1GB.

Jill DALLADAY
Formerly head of Margaret Dane School
Passed away peacefully in her sleep, at her home in Whitby, on 16th November 2018, aged 51. Jill was a much loved Mum to David & Mark, Nan to Sam, Amy & Shavonne, Great Grannie to Harrison & Tim. Sincere thanks to nurses and staff at St Clare Hospice on Tuesday 27th November at 12.15pm. Family flowers only; donations if desired to St. Clare Hospice or Princess Alexandra Hospital charity trust.

David John ABATT
Aged 63 years. Eldest Son of Joan and the late Peter Abbott, Brother to Susan, Roger and Lesley. Sadly passed away on November 6th after a long and painful illness bravely borne. Sincere thanks to the very caring nurses and staff at St. Helena Hospice, Colchester and Little Holland Hall Nursing Home. Funeral service at St. Andrews Churchyard, Earls Colne on Friday November 16th at 2pm. Flowers welcome and donations to St. Helena Hospice can be sent to Daniel Robinson & Sons, Ltd., 52, Trinity Street, Halstead, CO9 1GB.

Anne Elizabeth COOPER
Passed away suddenly on 8th November 2018 aged 71 years. Much loved Mum to David & Mark, Nan to Sam, Amy & Shavonne, Great Gran to Harrison & Bryony, Mother in Law to Diane, Sister, Auntie & Friend. Sweet dreams you’re forever in our hearts. Service will be held on Monday 12th November at 10.00am, followed by a burial in the Churchyard. Family flowers only please, but donations for Leukaemia UK may be sent c/o Daniel Robinson & Sons 79/81 South Street, Bishopstortford, Herts CM23 3AL or via the In Memory Pages www.drobinson.co.uk.

Shirley KEMP
Passed away peacefully on 13th November 2018 aged 83 years. She will be sadly missed by her family. Family flowers only please, but donations for Dementia UK and for funeral enquiries please contact Daniel Robinson & Sons, 79/81 South Street, Bishopstortford, Herts CM23 3AL. Tel: 01279 625477.

.Register today to set up custom alerts
Set up custom email alerts to notify you via email when a matching death notice is announced. Alerts can be for Surname or Town/Area.

Add Tributes
Add tributes of condolence, light candles or add a picture/video to any notice.

As a member you can save any death notice that is important to you.

Register Today

View daily updated notices online today
Albert English Funeral Directors

Lasting Power of Attorney available
£150 per LPA plus registration fee.
Please call for details.

Golden Charter Funeral Plans also available.

Albert English Funeral Directors
The Stow, Harlow CM20 3AQ
01279 427362

Funeral Directors

Rita Margaret RUSSELL
Sadly passed away on Sunday 4th November 2018 aged 84 years.
In Loving Memory
Mum to Kevin, Leigh & David
Nan & Great Nan.
Rita’s Funeral Service
Friday 16th November 4.45pm
Parnord Wood Crematorium.
Daniel Robinson & Sons
Wych Elm, Harlow, CM20 1QF
Tel: 01279 426990

Golden Charter Funeral Plans also available.

Brian SELL
Passed away suddenly on 16th November 2018 aged 85 years. Beloved husband, father, grandad, great grandad and good friend.
He will be greatly missed by many. Enquiries to Daniel Robinson. Family flowers only. Donations if desired to RNLI c/o Daniel Robinson & Sons, Bishops Stortford or via the “In Memory Page” www.drobinson.co.uk.

Jean ZELLNER
Passed away peacefully at Princess Alexandra Hospital on 15th November aged 89 years.
Funeral Service will be held at Parndon Wood Crematorium on Tuesday 27th November at 10.45am.
Family flowers only but donations if desired may be left at the service.

Ronald SIMMONS
Funeral 30th, November, St Mary at Latton Church, 11.15 am. No Flowers please, any donations to the National Ankylosing Spondylitis Society (NASS.co.uk).

KEITH CURTIS
1926-1990
We miss and think of you all the time.
Love June & all the family.
XXX

LOWE James Jim - 22-11-2017
Longest Loneliest Year
Miss You So Much
Love Pat

Beryl Evelyn McLEAN
In memory of a wonderful Wife, Mother and Grandmother to Husband Peter and Children Peter, Jacqueline & James.
In our hearts and thoughts everyday.
We will be together again.

Register today to get these great online benefits
Register today to get these great online benefits

Add Tributes
Add tributes of condolence, light candles or add a picture/video to any notice.

Set up custom email alerts to notify you via email when a matching death notice is announced. Alerts can be for Surname or Town/Area.

As a member you can save any death notice that is important to you.

Share your loving memories with family & friends online today completely free of charge

funeral-notice.co.uk

we get thousands of visitors interacting with notices every month online

Adding pictures to notices online

Adding videos to notices online

Add video to a notice online

funeral-notice.co.uk
Lisbeth returns but not in style

THE GIRL IN THE SPIDER’S WEB (15)

ALMOST a decade after Noomi Rapace originated the role of emotionally damaged hacker Lisbeth Salander, Stockport-born actress Claire Foy becomes the third actress to wage war on abusive men as Swedish author Stieg Larsson’s avenging angel.

It’s a far cry from the elegance and pageantry of her award-winning portrayal of Queen Elizabeth II in The Crown and Foy embodies the physicality of the eye-catching role.

Unfortunately, this incarnation of Lisbeth lacks the emotional complexity of earlier instalments including David Finch’s redundant American remake of The Girl With The Dragon Tattoo starring Rooney Mara.

The tormented heroine has been reduced to a two-dimensional action hero, who screams around Stockholm on her motorbike like Batgirl and weathers a flurry of body blows and bullets with a grimace.

Adapted from the fourth book in the Millennium series, which was penned by David Lagercrantz after Larsson’s death, The Girl In The Spider’s Web is a convoluted conspiracy thriller, which forces Lisbeth to confront ghosts of her past as she uses her tech expertise to avert nuclear armageddon.

The slender plot takes a couple of predictable narrative detours while Uruguayan director Fede Alvarez struggles to recapture the heart-stopping tension of his 2016 home invasion horror Don’t Breathe.

Computer scientist Frans Balder (Christopher Convery) is the key to cracking the case. He uncovers a connection to Lisbeth’s estranged sister Camilla (Sylvia Hoeks).

“Told you I can’t wait to write a story about this ... about me, my psycho family,” Lisbeth snaps at Mikael.

She follows a trail of evidence and realises that the brilliant mind of Balder’s autistic son August (Christopher Convery) is the key to cracking the case.

Foy adopts a solid Swedish accent and looks suitably brooding with tattoos, body piercings and motorcycle leathers but the script scrawls on mealy psychological detail.

Gudnason is a handsome if bland sidekick while Hoeks fails to thaw out her chief antagonist.

Wrap up warm because Alvarez’s picture will leave you cold. Damon Smith

THE CLIMACTIC STAGE PERFORMANCE TO JUSTIFY COVENTRY’S CLAIM AS CHRISTMAS TOWN OF THE YEAR

WHEN you hit rock bottom, the only way is up. That’s certainly true of writer-director Debbie Issett’s series of improvised comedies, which began in 2009 with the rollicking Nativity!

The 2012 sequel subtitled Danger In The Manger! was sporadically entertaining but lacked some of the original’s charm.

“Wonderful things come in three: musketiers, amigos, times a lady...” notes a madcap teaching assistant in Nativity Rocks!, who evidently didn’t have to sit through Nativity 3: Dude, Where’s My Donkey?, a pre-Christmas turkey which earned the ignoble distinction of being my worst picture of 2014.

Thankfully, the fourth instalment is a small step in the right direction, which shamelessly tugs heartstrings and manipulates our emotions by addressing the global refugee crisis alongside the usual Yuletide tomfoolery.

Marc Wootton has vacated his signature role as deranged teaching assistant Mr Poppy and been replaced by musical theatre star Simon Lipkin as his longest-brother Jerry.

Lipkin’s formidable singing talent comes to the fore as the bright-eyed students of St Bernadette’s Primary School in Coventry compete for the fictional honour of Christmas Town Of The Year by auditioning for a rock opera.

The film opens on a sombre note with a Syrian boy called Doru (Brian Bartle) and his father (Ramin Karimloo) arriving on these shores in search of a better life. They boy is separated from his old man and ends up homeless in Coventry where rosy-cheeked social worker Miss Shelly (Helen George) places him with a foster mother (Meera Syal) and enrols Doru at St Bernadette’s under headmistress Mrs Keen (Celia Imrie).

Doru arrives just as Mr Johnson (Daniel Boys) and his class are warming up for auditions under formidable director Emmanuel Cavendish (Craig Revel Horwood), who is an unwelcome face from the past of teaching assistant Jerry Poppy (Lipkin).

Jerry takes Doru under his wing and encourages a friendship between the refugee and a wealthy boy called Barnaby (Rupert Turnbull), whose workaholic parents (Anna Chancellor, Hugh Dennis) are too busy to spend the holidays with their lad.

Of course, Christmas is a time for miracles and hyperactive man-child Jerry resolves to remind everyone about the importance of family during the festive season with help from a kind-hearted farmer called Beatie (Ruth Jones).

Nativity Rocks! doesn’t live up to the promise of its title but there are fleeting moments of amusement drizzled in sugary sentiment.

Lipkin fizzes with energy in every frame, even when the film around him is stagnating, while Strictly Come Dancing judge Revel Horwood.

The climactic stage performance to justify Coventry’s claim as Christmas Town Of The Year is sweetly shambling if overlong, reuniting characters with a generous sprinkling of tears. Damon Smith

Lisbeth's actions attract the attention of NSA agent Edwin Needham (Lakeith Stanfield), who travels to Sweden to retrieve the stolen software and bring the hacker to justice.

The theft is complicated when masked assailants storm Lisbeth’s hi-tech lair and leave her for dead.

The battered and bruised heroine reluctantly re-establishes contact with tenacious journalist Mikael Blomkvist (Sverrir Gudnason), whose interest in Lisbeth continues to frustrate his publisher, Erika Berger (Vicky Krieps).

Mikael exploits personal connections to Gabriella Grane (Synnove Macody Lund), deputy director of Swedish National Security (SAPO), to identify the attackers.

He uncovers a connection to Lisbeth’s estranged sister Camilla (Sylvia Hoeks).

“My story isn’t over. We’re just starting,” Lisbeth snaps at Mikael.

She follows a trail of evidence and realises that the brilliant mind of Balder’s autistic son August (Christopher Convery) is the key to cracking the case.

The Girl In The Spider’s Web is a slickly executed thriller-by-numbers, which resuscitates the franchise with a whimper rather than a bang, notwithstanding the pyrotechnics of a frenetic final showdown.

Foy adopts a solid Swedish accent and looks suitably brooding with tattoos, body piercings and motorcycle leathers but the script scrawls on mealy psychological detail.

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Wrap up warm because Alvarez’s picture will leave you cold. Damon Smith

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Computer scientist Frans Balder (Stephen Merchant) hires Lisbeth to gain illegal access to the servers of the National Security
Sunscreen release Out Of The Woods, more than 20 years after it was recorded

Lost and found

TWENTY YEARS AFTER IT WAS RECORDED, SUNSCREEN ARE RELEASING THEIR ALBUM OUT OF WOODS. PAUL CARNELL TELLS DARYL WEBBER WHY IT’S TAKEN THIS LONG

THIS week, a time capsule will be released into the world. It takes the form of music, a moment in time from more than 20 years ago, from when the country had the swagger of Cool Britannia about it.

Sunscreen's album, Out Of The Woods, has never before seen the light of day. Financial problems, legal wrangles and bad luck all combined to keep the Essex dance band's much anticipated third long-player from ever getting released.

As we reported back in September, Sunscreen were on a high back in the mid 1990s in the wake of the rave scene and the rise of club culture. Their combination of techno beats and memorable tunes had catapulted them to the top of the dance charts both sides of the Atlantic. The future looked bright for the band as they started recording their third album. And then it all went wrong. Horribly wrong.

Signed to Sony, they had a great relationship with the UK arm of the label but had constant fallings out with head office in the USA. Songwriter and keyboard player Paul Carnell takes up the sorry tale.

"We had an unusual deal with Sony [in the UK], we had the sign off on everything. Music, artwork, press releases, everything. But the Americans said we wouldn't get paid and the way it worked with didn't get paid and the way it worked was that we were liable to pay the producer even though we didn’t have an advance payment from the label to do it with."

"The producer issued a writ to the band demanding payment and they simply didn't have the money. "It was pretty bleak," admits Paul.

"Drowning his sorrows, Paul told a friend down the pub about the situation and the friend said he should call a hotshot lawyer he knew who might be able to help. With nothing to lose, Paul got in touch with the lawyer and went to meet him with singer Lucia Holm. Paul describes the encounter with the lawyer in a side street near Liverpool Street station as "freaky and frightening" but the guy knew his stuff and the injunction was overturned."

"We associated it with bad times. It felt like we were done with it, that the album was out of synch with the times. We felt we wanted to move on."

So the album was shelved and gathered dust as Sunscreen moved onto other things but an unmastered promo version of it that Pulsé had sent out found its way into the hands of fans. Over the years it got shared and there was a growing clamour for it get a proper release.

"People kept getting in touch with us asking when we were going to release it," says Paul. "It didn’t feel right to do it before, possibly because it was too painful. It had bad associations. We also wanted to do new stuff before we revisited Out Of The Woods."

But a couple of years ago it felt like the time was right and Paul, Lucia and co decided to listen to it again and liked what they heard. With experienced Australian producer Julian Mendelsohn, Paul mixed and mastered the tracks.

"I was pleasantly surprised how much I enjoyed hearing it again," he admits. "It was good to go back to it." It’s quite odd really. You think ‘maybe we’ll do this’ and then you do it and suddenly it feels very momentous. It’s great to get it out there at last."

Out Of The Woods by Sunscreen is released this Friday, November 23.

RICHARD Townend brings his Mighty Bosscats to Chelmsford this weekend. The band play songs inspired by jazz, blues and country and have been compared with artists such as JJ Cale, Dire Straits and Chris Rea. You can catch their laid-back sounds at the United Brethren, New Writtle Street at 9pm on Saturday.

Gigs for November 23-25

■ Star & Garter, Moulsham Street, Chelmsford: Friday (8pm) – Bif Bam Pow; Saturday – Bob Collum & The Welfare Mothers; Sunday (afternoon) – Marc Cecil

■ Boars Head, Braintree: Saturday – Mr Spankey & The Hiphunters

■ Welcome Club, Stanford-le-Hope: Friday - Saviours; Saturday - Fever

■ United Brethren, New Writtle Street, Chelmsford: Saturday – The Mighty Bosscats; Sunday (4.30pm) – Paul Steven Wood

■ ABC, Cliffs Pavilion, Southend, Sunday, April 7, 2019

Premier purveyors of luxuriant ‘80s pop, ABC are back on the road next year with a series of shows in which they’ll play their classic album, The Lexicon Of Love in its entirety as well as all their greatest hits. The band will be joined by the Southbank Sinfonia and longtime collaborator Anne Dudley who will conduct the evening. Tickets are on sale now via www.gigsandtours.com and www.ticketmaster.co.uk
HEALTH & LIFESTYLE

A HECTIC lifestyle and demanding family life is often blamed for a lack of exercise, and it’s true. For many of us, finding an hour to exercise isn’t in the top priority in between working, feeding the kids or enjoying a social life.

But being busy doesn’t mean you have to compromise. There are plenty of opportunities to work exercise into your existing routine without giving up your precious down time.

The Government recommends that adults undertake 150 minutes (or two and a half hours) of moderate to high intensity activity each week. That’s just 30 minutes a day.

When you break it down like that it actually sounds more realistic, especially when you consider these daily 30-minutes can be broken down into smaller time slots and easily be completed by working them into your commute.

BIKE IT

ONE of the most popular forms of active transport, switching the car for a bike, is a no-brainer.

You can cover larger distances, you are unlikely to be affected by traffic jams, and you can pick up enough speed to get your heart pumping.

You can fit your cycling habits around your own personal preferences. Whether you want to enjoy it as a serious sport or as a casual commuter, both are great ways of boosting your active minutes.

Its popularity also means there are lots of options when it comes to equipment and clothing, including stylish outfits for the fashion conscious and suitable gear to help you get on your bike even when the great British weather isn’t in your favour.

Check with your work, many have Cycle to Work schemes in place which can help make a bike and kit more affordable.

WALK NOT WHEELS

THE simplest way to increase your activity is by simply walking more.

Take a brisk walk to work, the shops, playground or school a few days a week and you’ll meet your exercise quota without thinking about it.

If it’s too far to walk, then compromise a little. Park your car a little further away than usual, get off the bus a stop earlier than scheduled, or simply use stairs instead of the lift.

Walking to school with kids is not for those of us who aren’t self-conscious whizzing around on what is often perceived as a kid’s toy – but they are a great alternative for those of us who aren’t bike friendly and whose commute to work is a little too far to walk.

Faster than walking, and requiring less equipment than a bike, scooters are a great compromise.

You can also take a scooter on a bus or tram, so if distances dictate that you have to rely on public transport, you can still get active along the way.

Scootering is also a great way to get kids interested in exercising more, without thinking their exercising!

There’s a whole range of scooters out there – with prices ranging from around £30 for a basic model to £200-plus for top of the range.

They can help make your active commute more manageable, and are definitely worth considering if biking or running (see below) isn’t an option.

RUN HARD

RUNNING is a great form of exercise, and if you can build up the endurance to run to and from work a couple of times week, it can work wonders for your fitness.

Most offices are set up with showers these days, so it’s easy enough for you to leave a change of clothes in the office and shower once you get there.

If running to and from work is a little daunting, then mix and match your transport to support you until you feel more confident running long distances.

For example, take your running kit to work and go for a run at lunch time, or get off the bus several stops earlier than usual.

You can build up your stamina by taking part in a couch to 5k course, building up your confidence in a gym, or listening to a motivational podcast.

A fitness tracker will also help you track your progress, recording the distances covered and time taken, which can be a great motivation to keep going.

LUNCHTIME CHALLENGE

IF you can’t get active during your commute, an hour’s lunch break is plenty of time to eat and take part in some exercise without cutting into your day.

Going for a run, or simply walking around the block, will work towards your activity goals.

Or look for a gym close to work, many have 30 minute lunch classes exactly for workers.

If all this sounds a little daunting, head to your local gym or leisure centre and get some one-to-one advice.

Fitness experts can advise you on the right way to exercise base on your ability, age and objectives, and help you build a new active transport routine before you put it into practice.

■ Michelle Childs is a health development manager at Life Leisure sports trust.

Commute your way to fitness

Use your journey to or from work for those vital 30 minutes of exercise a day, says MICHELLE CHILDS

Whether you cycle to and from work, run there and back, or even hop on your scooter, below, exercising while you are commuting is a great way to get fit

One of the most popular forms of active transport, switching the car for a bike, is a no-brainer. You can cover larger distances, you are unlikely to be affected by traffic jams, and you can pick up enough speed to get your heart pumping.

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Four home remedies that can soothe a sore throat

ONE of the worst things about catching a winter cold is a painful sore throat, which can indicate that a cold virus has penetrated the immune system. Here are some home remedies to try.

1 HAVE A TEASPOON OF HONEY

HONEY has long been touted as a natural healing agent in traditional medicine, thanks to its antibacterial properties that can reduce inflammation. It is also a demulcent, which means it coats the throat with a sticky film that eases irritation when you swallow.

3 DRINK CHAMOMILE TEA

STUDIES have found that chamomile’s anti-inflammatory, antioxidant and astrigent properties may have a soothing effect when you start to feel the first stirrings of a throat prick.

4 SQUEEZE OF LEMON IN HOT WATER

LEMONS create an acidic environment in the throat, making it harder for viruses and bacteria to breed. They are also high in vitamin C, which some studies suggest could help to fight colds.
Arlene Phillips, 75, says she has no plans to retire.

Four reasons to...

How do you feel about hearing loss?
I know how old I am chronologically, but I honestly don’t really know what old age feels like, because I’m still busy, busy working. Apart from a few things my body doesn’t like – I can’t slam down on my knees any more, because they’ve sustained a bit of damage through years of dancing – I feel the same as I ever did.

Do you feel your age?
I know how old I am chronologically, but I honestly don’t really know what old age feels like, because I’m still busy, busy working. Apart from a few things my body doesn’t like – I can’t slam down on my knees any more, because they’ve sustained a bit of damage through years of dancing – I feel the same as I ever did.

Will you ever retire?
RETIREMENT isn’t an option at the moment – I get bored if I have too much time to laze around – but I think it will come gradually. Mind you, I’ve always done everything late – I think there’s a delay on my time clock!

I had my second daughter, Abi, when I was 47 and was even told at the time I might find it hard to bond with her, as at that age, I should be a grandmother!

Candor choregrapher Arlene Phillips reveals her health secrets to Gabriele Fagan.

How do you look after your appearance?
As I’ve got older, I’m more relaxed about it. I think I’m generally more confident and certainly don’t feel any pressure to look perfect. Oddly, the things that bothered me so much as a teenager – big cheeks and oily skin – stand you in good stead for old age. I still have a full face and smooth skin, perhaps down to the oil. I also have occasional fillers done, and go for lifting facials.

Comedian Sean Walsh and his married professional dance partner, Katya Jones caused a storm when they were pictured ‘kissing’ on a night out. Do you believe it was down to the so-called ‘curse’ of Strictly?
NO, I don’t believe in curses – I think there’s a delay on my time clock. 

Are you still upset about your exit from Strictly?
NO, you have to choose to move on. I’m good at moving on. I think I’m generally more relaxed about it. I think I’m generally more confident and certainly don’t feel any pressure to look perfect. Oddly, the things that bothered me so much as a teenager – big cheeks and oily skin – stand you in good stead for old age. I still have a full face and smooth skin, perhaps down to the oil. I also have occasional fillers done, and go for lifting facials.

How do you look after your wellbeing?
I’m always up and down like a yo-yo mood-wise, but if I feel a little low, I make myself get active. I go for a walk, dance, cycle, swim, listen to music, and, of course, talk to friends and family.

I’m very lucky with my partner, Angus. We’ve been together since 1985 and we’re always there for each other. I couldn’t wish for a better life companion. We never get bored with each other.

Arlene during rehearsals for Starlight Express in 1984.

Arlene Phillips, 75, says she has no plans to retire.

Four REASONS TO...

1. Romanesco broccoli contains zinc, carotenoids, iron and folate, which is essential for reproductive health.
2. It contains vitamin C, an antioxidant needed for the body to develop resistance against harmful free radicals.
3. Romanesco broccoli is also rich in glucosinolates and thiocyanates that help support the liver against potentially toxic substances.
4. It is also high in fibre which is essential for healthy digestion.
**Style Files**

**The Latest from the Catwalk, Red Carpet and High Street**

- WE’VE become faithful fans of Gap’s annual Christmas campaign - the rainbow-striped jumpers are not only a cheery must-have for any winter wardrobe, they make gorgeous gifts too. This year the brand is back with another ‘soulful’ selection, and Grammy-nominated singer/songwriter Leon Bridges (pictured above, centre) is fronting it. The stripes are likely to sell out fast, so stock up on these snugglies quick smart.

- SPECSavers has just added Balmain designer glasses to its AW18 collection. The frames feature Balmain’s signature colour palette of black and gold – and are priced at £169 for two pairs.

- WITH fans such as Victoria Beckham, Rita Ora and Sienna Miller, Moccis are a celeb must-have. They feature a soft leather sole that prevents you from slipping and are available for babies, children and adults. Prices from £25. We love these ‘Make a Wish’ unicorn Moccis, moccis.co.uk

- RAYS of Sunshine, a charity which brightens the lives of seriously ill children and their families, has launched a range of unisex ‘Sunshine’ sweaters in collaboration with Off Duty. The perfect antidote to the autumn gloom and £40 each, 20% from the sales will be donated to RAYS of Sunshine. See raysofsunshine.org.uk and offduty.com

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**THIS SHADE REIGNED SUPREME ON THE AUTUMN/WINTER CATWALKS AND HAS NOW HIT THE HIGH STREET. HERE ARE SIX DIFFERENT WAYS TO WEAR IT.**

**BY AMBER GRAAFLAND**

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- **DEEP PURPLE**

  - Purple fluffy crewneck jumper £22.99, jeans £25.99, mustard boots £27.99, all New Look
  - Funnel neck coat £59, floral pleated midi skirt £39.50, ankle boots £45, jumper £45, all Marks & Spencer
  - Debut gown £150, Debenhams
It’s here, that most wonderful time of the year, when the high street retail giants go head to head with their Christmas TV campaigns. These 90-second blockbusters are now so popular and eagerly anticipated that we’ve seen countdown teasers going viral and bets taken on who will appear in them.

For the past decade John Lewis’s mission has been to make us weep with its offering. Only the truly cold of heart could have failed to shed a tear at 2011’s The Long Wait, with the little boy who eagerly looked forward to Christmas morning to present his parents with his gift.

And who can forget the brave snowman and his snow-girlfriend from 2012? Or my personal favourite, Man on the Moon from 2015 which touched on a particular weakness of mine, as it highlighted the plight of loneliness during the festive period. They all tug relentlessly on our heart strings and are often accompanied by an acoustic version of a classic song. The 2017 commercial featured Elbow singing one of my top Beatles tracks of all time, Golden Slumbers, and reduced me to a blubbering wreck every time Moz the Monster came on screen.

This year the John Lewis advert stars Sir Elton John through the decades of his career, from little boy receiving his first piano on Christmas morning to becoming a worldwide superstar on stage, playing to thousands of adoring fans, all to the sound of Your Song. While I love the sentiment of buying someone a gift that encourages them to find their “gift”, I am afraid the message is lost in the spectacle of Elton. The magic gets swallowed up by the tribute to a celebrity, albeit a talented one. I would have preferred someone I could get sentimental over. I’m hoping one of the other big stores has a nice, weepie advert ready for me to get the tissues out for.

Q&A

Q | I read your recent column about shopping from small independent brands and feel inspired to shop a bit more carefully. Do you have any suggestions?

A | YES! Tons! But I will start with one.

‘My Love’ BFF organic adult and child T-shirt £12

‘My Love’ BFF organic adult T-shirt £12

Familyhood

JOANNE WATKINSON

ELTON DOESN’T AD UP FOR ME

JOANNE is a stylist and personal shopper with more than 16 years experience in the fashion industry. Email: Joannecwatkinson@me.com
FOOD & DRINK

I always think of Christmas white wines as being in two camps. Fresh and fruity wines I always think of Christmas as being in two camps. Fresh and fruity wines like Chablis, Chasselas, Pinot Grigio and Frascati, can sometimes be a bit of a disappointment to me. They are often light and refreshing, but I like a little more substance in my white wines.

To counteract this, I look for wines that have more body and richness. Some of my favorite Christmas white wines are from Germany, Austria and California.

**METHOD**

1. Place the noodles in a large bowl with the carrot, red cabbage, broccoli, spring onions, and coriander. Combine the dressing ingredients in a bowl and whisk well to combine. Taste and adjust

2. Add the dressing to the noodles and vegetables. Toss thoroughly. The best way to make sure they are well combined is to use your hands to massage the noodles with the dressing.

3. Serve with peanuts on top and a scattering of coriander leaves to garnish.

**INGREDIENTS**

- 250g wide or medium rice noodles
- 1 tbsp light soy sauce
- 1 tbsp Sriracha
- ½ tsp sesame oil
- 1 tbsp vegetarian “fish sauce”
- 1 tsp lemongrass
- 1 garlic finely chopped
- Small (250g) white cabbage, shredded
- 200g wide or medium rice noodles
- Vegetable oil, to fry

**RECIPE**

**RAISE A GLASS WITH JANE CLARE**

I’ll move into France with my second choice, a Bordeaux white, Château Le Coin Sauvignon Gris 2017 Entre-Deux-Mers, 2016 (£10.99, Laitwaite’s) has a flash of lemon on the nose and a playfulness of stone fruits as apricot and peach. The palate is intense with citrus freshness and aingle of spice. This wine could add zing to your prawn starter and then pour through the rest of your meal. We’ll stay in Europe (not in the Brexit sense) and wander lazily over to Italy with a glass in hand to try Co-op Irresistible Gavi Broglio 2017 (£8.50). It is dry and refreshing, with delightful, not a little shy, aromas of white peach and lemon. There’s also a subtle peep of orange peel in the mouth. Mmmmm, salmon please and a squeeze of lemon.

We’re going to head to the southern hemisphere now. Peter Yealands Sauvignon Blanc 2018 (RRP £8-£9, in Sainsbury’s and the Co-op) is a vibrant New Zealand wine, very confident in itself and the stone fruit and herbal nuances it delivers. A dash across the Pacific takes us to Chile and another sauvignon Blanc, Errazuriz Aconcagua Costa Sauvignon Blanc 2017 (RRP £13.75, Waitrose). The grapes are from the Aconcagua Valley and the classic herbal notes of sauvignon blanc are found here too, plus allaisances with mango and mandarin fruits. They’re both tasty versions of this ever-popular grape, grown almost 6,000 miles apart. One of my favourite wines for a seafood starter is riesling. I’m staying below the Equator with McGuigan The Shortlist Eden Valley Riesling (£14, Sainsbury’s). White peach, pear and lemon set the scene with this Australian wine, as a freshness and good acidity lift the palate and a subtlety of flint adds backbone. Oh my, finally a pinot grigio (I know, I never mention pinot grigio). Credit where it’s due and a nod to Spar’s Pinot Grigio Dolomiti (£7). The grapes of northern Alpine Italy deliver a nose of pears and lychees and taste, a freshness and purity.

**Also in my glass... gin. It seems we can’t get enough of gin. A festive lovely is Spiced Plum and Clementine Gin (£13.99, Aldi) which has lush, rich, warming aromas of plums (it reminds me a little of sloe gin) and a wave of citrus and clementine notes. Aldi suggests you pair with slices of plum, a sprig of rosemary and a dash of soda water. I enjoyed it on its own with a couple of lumps of ice.**

**Jade is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.**

**RAISE A GLASS**

**Twist and shout**

MasterChef winners Ping Coombes and Shelina Permalloo tell ELLA WALKER how to put a spin on classic dishes
INGREDIENTS

6 egg whites, at room temperature; pinch of salt; 1 packet pea shoots; 2 slices Serrano ham; 1 packet pea shoots; 1-2 tbsp creme fraiche (optional); 90–120 ml balsamic vinegar

For the raspberries: 500g raspberries; 4 tbsp icing sugar; 90-120 ml balsamic vinegar

For the marmalade: 1 tbsp vanilla extract; 1-2 tbsp caster sugar; milk, to loosen

METHOD

1. Preheat oven to 130°C. Draw two 20 cm (8 in) circles on greaseproof paper and place on baking trays. Make the meringue by whisking the egg whites and caster sugar together until soft peaks, fold in the cornflour and vinegar. Place on baking trays. Make the meringue by whisking the egg whites and caster sugar together until soft peaks, fold in the cornflour and vinegar. Place on baking trays. Make the meringue by whisking the egg whites and caster sugar together until soft peaks, fold in the cornflour and vinegar. Place on baking trays. Make the meringue by whisking the egg whites and caster sugar together until soft peaks, fold in the cornflour and vinegar. Place on baking trays. Make the meringue by whisking the egg whites and caster sugar together until soft peaks, fold in the cornflour and vinegar. Place on baking trays. Make the meringue by whisking the egg whites and caster sugar together until soft peaks, fold in the cornflour and vinegar. Place on baking trays. 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Let’s get this show on the road

You know you have a TV hit on your hands when guest stars of the calibre of Dame Helen Mirren, Whoppi Goldberg and Gwyneth Paltrow sign up to appear. Glee followed the fortunes of an oddball assortment of music-loving students who join a high school glee club and the American series quickly became a global phenomenon.

Creator Ryan Murphy wrote the part of Rachel Berry with Lea Michele in mind and she sang On My Own, from Les Miserables, as her audition piece. The musical has always been special to her because she began her Broadway career as a child actress playing the part of young Cosette.

“I started at a young age,” she smiles. “I went to see Phantom Of The Opera when I was seven years old and I loved the show so much a year on I was performing on Broadway myself. It was something I was always meant to do. From the time I was born I was always meant to be on stage.”

Lea appeared on stage in shows like Fiddler On The Roof and Spring Awakening... and then Glee came along.

“I don’t think anything prepares you for that level of success,” she admits.

“I come from a background of theatre and was working from an early age and I think that was a good preparation for everything. “I’m so grateful for everything. It was just amazing and I met an amazing group of friends.”

In fact, she and Glee co-star Darren Criss have announced it’s time to RSVP for the William McKinley High School reunion as they prepare to head to the UK for their first co-headlining tour. The concert specials launch on December 1 and see the duo playing Brighton, London, Glasgow, Manchester and Birmingham. They will hit the stage solo and together, performing a range of popular songs, and many of the fan favourites from Glee.

“They broke the news on Ellen DeGeneres’ US talk show saying: ‘We’ve always had so much fun performing together for one-off gigs, so it’s high time we took that show on the road. ‘We share so much musical history together between Glee, Broadway and our own solo projects, so it will be fun to put it all together for our fans in one big show. ‘I was just so impressed by how relaxed he was,” she laughs.

“He came into Glee half-way through the second season and he was such a great addition. He fitted right in and was so calm and not overwhelmed at all. We didn’t work together much at the beginning of the show, but when both our characters moved to New York we ended up spending a lot more time together then.”

Lea, who is renowned for her extensive vocal range, says the joint tour is the culmination of a long-held dream.

“The 32-year exclaims: “It’s so, so exciting and it will be so great. This is an idea we have had for a really long time and we couldn’t wait to announce it on Ellen. We were thrilled.

“We had known about it for a couple of months beforehand, but the pieces for the tour came together very quickly.

“We had a long, long list of songs and Darren came up with so many good ideas. We will be playing some of our own music and we will be doing most of our duets from Glee as well as songs from outside the show. “I think it’s a good mix. We will be switching it up to give a good experience each night and, well, we just have fun.

“I went on tour last year and it was amazing and very different, but it can be quite lonely day after day. It’s really good to be touring with a friend.”

The New Yorker has come through tough times following the shock death of her partner, Glee actor Cory Monteith, in 2013. He was just 31, his official cause of death given as ‘mixed drug toxicity’ involving heroin and alcohol.

Lea says she has got through the bad times by “surrounding myself with great people and my family.”

In fact, she is already counting down to Christmas with the Michaels.

“I get to spend the holiday with my family, which I’m so excited about and I get to spend some time on the East Coast. I just love being home. I love cooking a nice meal, having a delicious red wine, calling up my mum on the phone.

“I make most things in the kitchen, but I like a good bowl of pasta.”

So will Lea be fitting in some Christmas shopping when she arrives in the UK next month? “I will,” she says, “and I’m going for a walk as soon as I get there. I find it helps with jetlag.”

There won’t be much time for sightseeing though, as Lea says she will be saving her energy – and her voice – for the concerts.

“I’m very grateful that I have been able to do both TV and live shows in my career.

“There’s nothing like being on stage though. Nothing beats that feeling and that’s why I’m so excited for this tour.”

So are there any other musicals Lea still yearns to do? “Too many to count,” she admits with a laugh. Get ready for the next curtain call.

Go to lmdctour.com for tour details.
What do you give yourself for Xmas?
Given to everybody else? How about giving yourself good health and weight loss? Your loved ones will appreciate that gift.

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Tremendous value on Spring–Autumn 2019 Cruises

Welcome to the latest selection of tremendous value cruises aboard Columbus, Magellan, Marco Polo & Astoria. A quartet of beautiful ships operated by hugely respected British cruise line Cruise & Maritime Voyages, with sailings right through to Autumn 2019. Whichever ship you choose, you’re guaranteed the warmest of welcomes and a sense of gentle adventure on board this selection of cruises, which all depart at the perfect time of year to explore the Mediterranean, the Northern Fjordlands and destinations closer to home.

Glittering Columbus
Proud flagship of the CMV fleet and sailing from her home port of London Tilbury, beautifully appointed Columbus offers a range of hugely enjoyable, great value voyages, adding a touch of contemporary style to the traditional welcome and friendly warmth that have long been the hallmarks of the line.

Sleek, majestic Magellan
Since her arrival in the UK in 2015, sleek, majestic Magellan has built a fine reputation, and has been a welcome addition to the CMV fleet of tradition-strengthening cruise liners. Sailing from a choice of regional ports in Magnolias brings a touch of contemporary chic to the traditional welcome of the CMV cruise experience.

Elegant Marco Polo
In an age of vast, impersonal, floating hotels, 22,000-tonne Marco Polo, her profile making her out as the epitome of sea-going elegance ever before you’ve stepped aboard, is a beautiful ocean liner in the classic tradition. Offering high levels of comfort, sumptuous dining in stylish surroundings, and a warm welcome.

Intimate Astoria
Beautifully appointed 150-passenger Astoria, with her classic profile, fine lines and range of onboard amenities, is every inch the perfect complement to her sister ships. Originally built as a Transatlantic liner and beautifully restored, Astoria offers all the comforts, convenience and a warm welcome that is the hallmark of all CMV operations.

Sailing from London Tilbury, Bristol, Newcastle, Liverpool, Hull, Dundee, Cardiff, Rosyth & Portsmouth.

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<td>2019 Winter Mediterranean</td>
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Prices above are per person sharing the lowest twin cabin. A selection of cabin types is available at ranging prices. All prices are extremely limited & may be withdrawn without notice. Cabin are subject to availability and prices are correct at time of going to print. Please call us or visit our website for latest availability and pricing. Single supplements apply. Standard phone charges. Fares exclude gratuities. On-board prices in sterling. Payment of on-board accounts by card only. Offers operated by Newmarket Holidays Ltd ABTA V872Z. Book by 3 December 2018. Subject to availability & may be withdrawn any time.

The exact value of discount may vary. Price shown includes percentage discount. 2nd person pays half that price.
Pathfinder
Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Rock stars
K O B N J E F R Y L A X R
U C A A O T T E E O V R E B O
R T I N J R E D N U O T P O S
J R E R U C M D T R C A L R
A N P Y A L E I W I E N T T I
S I O O C I D B O R E T A M S
J L I N E C I V A I C N P I T
O P I J E N I X D L C O I J H
D S M I H D R R A A P T M I S
E D R C I R H V H J G A M R
B B A H B E T E Y P G J O R N
E I R Y T N I E K R E K C A K
H A R P A A T N T Y L M I T H
N R B S B Z Z A E T S E R H N L
E U O Y O R V E A N N A E

Split Decision
Cross out one of the two letters in each divided square to reveal a completed crossword grid.

Sudoku
There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Two Speed Crossword
This two-speed crossword has two sets of clues, but just one grid. If you can’t solve the Cryptic clue, try the Quick.

Cryptic
Across
1. It raises the whole tone extremely quickly (6,5)
2. Abstainer drinks nothing? Well – just a droop (3)
3. Removal of obstacles to clean race? (9)
4. Helps since wager taken in (6)
5. Hopelessness I spread around (7)
6. Rule: G _ N (6)
7. Immediately find a route without any turning (11)
8. When taken presumably it makes new men of us all (11)
9. Malik’s religion (5)
10. Getting undressed (9)
11. Helps since wager taken in (6)
12. Listen for secrets, partly bringing the roof down? (9)
13. Player giving an encore? (7)
14. Don’t give in to sister! (6)
15. The point in dispute is the children (5)
16. Hint taken by canary shooter? (3)

Down
1. Which actor played Detective David Mills who, along with Morgan Freeman’s William Somerset, investigates a series of murders, in the 1995 film Se7en? (5)
2. Which British explorer is traditionally credited with introducing the potato and tobacco to Europe? (5)
3. What name is given to the promontory made up of hexagonal basalt columns on the coast of County Antrim in Northern Ireland? (5)
4. Which singer and actress starred in Funny Girl and The Way We Were? (5)
5. Which coastal village in Cornwall has the ruins of a castle reputed to be the court of King Arthur? (5)
6. Who wrote The Children of the New Forest? (5)
7. Which king was overthrown in the so-called Glorious Revolution? (5)
8. Which Jewish initiation ceremony takes its name from the Hebrew for son of the commandment? (5)
9. What is the small target ball used in bowls called? (5)
10. Which tree provides the staple diet of koalas? (5)

Codeword
This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

Quick
Across
1. Type of note in music (6,5)
2. Young child (3)
3. Removal of objects (9)
4. Aids (5)
5. Lose hope (7)
6. Control (6)
7. Tension (6)
8. Having a will (7)
9. Muslim religion (5)
10. Runways (9)
11. Tin (3)
12. Builder’s device (6-5)

Down
1. Repeatedly (3)
2. Reverses (5)
3. Corrects (6)
4. Rigid (4-3)
5. Bring to mind (4,1,4)
6. At once (11)
7. Revival (11)
8. Listen secretly (9)
9. Nuclear device (7)
10. Withstand (6)
11. 15th Edition (5)
12. Prompt (3)

Wordsquare
Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in ‘s’ are permitted. There is one 9-letter word to be found.

How you rate:
15 words - average; 25 words - good; 35 words - very good; 40 or more - excellent.

LAST WEEK’S SOLUTIONS
Pathfinder

Quizz
Q1 - Morgan Freeman

Wordsquare
MONEYWORT

Two-Speed Crossword
Across: 1 Dare; 3 Commuter; 9 Tedious; 19 Etna.
14 Settle; 18 Drill; 19 Etna.
16 Settle; 18 Drill; 19 Etna.

Down: 1 Duty-free; 2 Radio; 4 Ousted; 10 Sever; 11 From the start; 13 Esprit; 17 Little wonder; 20 Tither; 21 Tension; 22 Arrested; 23 Flee.
15 Gets on; 17 Little wonder; 20 Tithe; 21 Tension; 22 Arrested; 23 Flee.

Sudoku
There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Split Decision
Cross out one of the two letters in each divided square to reveal a completed crossword grid.
This new development in Chelmsford offers one- and two-bedroom apartments just a short walk from the city centre.
You can now buy a stunning property at one of Chelmsford's newest developments. Goldlay Square, located on Goldlay Gardens, was the once the site of the city's library headquarters until they were moved in 2015.

It is now the home of 23 impressive one and two bedroom apartments - and you can buy one of them.

Each apartment comes with either a balcony or terrace and there is on-site parking for two people per property.

Some properties come with a private landscaped garden and the main garden in the centre of the development is immaculate and serves as a communal area.

Located on the edge of the city centre, you'll only be a short walk or drive away from the shops, bars and restaurants which Chelmsford has become known for.

And it is also ideal for commuters, with the city's mainline railway station less than a mile away.

The properties range in price from 255,000 to 355,000.

For more information or to arrange a viewing, call Savills on 01245 269311, go to www.savills.co.uk or visit www.goldlaysquare.co.uk
Want a stylish tree this year? Choose between frosty, copper or emerald. **GABRIELLE FAGAN** explains where to start when creating a festive theme.

**Firs things first**

Christmas tree is the star of the celebrations, but choosing a style can be as tricky as untangling the tinsel. But this year, banish seasonal stress and take inspiration from these three decor themes – frosty, copper or emerald. Then add the bells and baubles, sit back and wait for the compliments.

“A Christmas tree is such a seasonal statement, and nowadays isn’t just for friends and family as its style is often shared on social media, so we all want it look as beautiful and stylish as possible,” says Lee Jackson, Christmas stylist and designer for Dobbies garden centres.

“The main influence on tree trends over the last few years can be summed up in one word – ‘craft.’ The huge resurgence in activities such as needlepoint, felting, paper crafts, hand-stitching and crochet are reflected in the styles as well as the materials – from wool and wood to felt – used for tree decorations, giving them a lovely personal hand-crafted feel.”

“The other influence is the Japanese craze, Kawaii, which means unashamedly cute, and that’s played a part in the popularity of cutesy woodland animals dancing across tree branches.

“Squirrels, deer, hedgehogs, stags and even mythical creatures like unicorns are all having their moment this year in the seasonal limelight.”

**LET IT SNOW**

“Our Snowy Forest tree trend uses lots of silver tones and snow-tipped animals to bring a midwinter landscape to life,” says Lee of the Dobbies offering.

“A traditional colour-combo of red and white is classic, but this interpretation is fresh but simple and conjures a stylishly serene, icy winter wonderland.”

Its Enchanted Garden theme, inspired by foliage and flowers, is a little more rustic. It features a selection of wooden and fabric decorations, featuring animals and birds, starting from £2.99 each.

**STYLE TIP:** Create your own ‘snow storm’ with artificial snow, 100g bag, £2, from Hobbycraft. Simply spread glue where you want the snow to stick – on baubles and present wrapping – and sprinkle on.

Follow the white and red colour theme when gift-wrapping parcels displayed under the tree and go all out with beautiful red and white ribbon and gorgeous gift tags.
GO GREEN

“"Our amber story – inspired by the golden tones of autumnal forests – is my absolute favourite," said Fionnuala Johnston, senior designer at John Lewis. “Inspired by nature, these decorations feature toucans, dragonflies, snails and parrots, with succulents and moss as well, to create an enchanting festivewonderland. "A favourite is the banana leaf hanger, a glass decoration shaped as an on-trend monstera leaf.”

STYLE TIP: Work stems of faux foliage into a tree to make it look fuller. Dress a mantel with a green garland: Real Christmas garland, white & silver, £65, John Lewis. Ramp up the luxe by treating a sofa to velvet cushions in shades of green: Plain velvet cushion, in dark spruce or ivy, £25, John Lewis.

“"This pays a nod to the sensory haven of a tropical rain forest and the Emerald collection incorporates clear glass, feathers and tropical leaves to create a lush, luxe setting." says Dan Cooper, Christmas buyer at John Lewis. “Inspired by nature, these decorations feature toucans, dragonflies, snails and parrots, with succulents and moss as well, to create an enchanting festivewonderland. "A favourite is the banana leaf hanger, a glass decoration shaped as an on-trend monstera leaf.”

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COPPER GLOW

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Fake views can be good

Luke Rix-Standing suggests you transform that blank wall with a window on the world

In the modern home, we have – in many ways – embraced the idea of fakeness. Fake leather covers our sofas, our fireplaces are warmed by fake fires, our window sills decorated with fake pot plants.

Of course, there is a limit to what aspects of a home can be fictionalised. You can’t buy a fake fridge or washing machine, and you can’t fake a toilet for well, obvious reasons.

But you can now fake a window, and it’s becoming increasingly popular to do so. Here’s why – and how you can try the trend, too.

Fake for purpose
Fake windows are examples of biophilic design – products that tap into our innate affinity with the natural world, and imitate positive stimuli, like greenery and natural light.

As far back as the 1980s, studies suggested that well-lit rooms and large windows tend to increase the welfare of occupants. While a 2014 study found that windowless rooms helped contribute to stress, anxiety and poor sleeping patterns.

In a poky office or dark, dismal basements, any window – even a fake one – can provide respite from the gloom.

Fake windows can brighten these rooms with tropical splendour, dazzling seascapes or any woodland of their choosing. It’s not quite the same as the real thing, but they can do a surprisingly good job of echoing the more expansive feel of the great outdoors.

More complex fake windows are even considered a boon for late-stage dementia. The fake ‘exterior’ can often be changed at will, and this can help patients feel an affinity with the outside world, maintain their sleep cycles, and stay connected with the passage of time.

Window of opportunity
Unhampered by the need to show the actual outside, fake windows come in a near-infinite array of shapes, sizes and prices, from £10 posters to sophisticated LED displays worth thousands.

Companies such as Icon Wall Stickers sell ready-made ‘window posters,’ depicting natural scenes with a visual depth that helps elongate a room. And even people that would lose a fight with a flat-pack wardrobe can knock together something themselves. Just pick a picture of your preferred scenery and construct your own made-to-order window frame out of wood or polystyrene.

If you’re a talented artist, paint yourself a personalised horizon, or – if you’re not – ask somebody else to do it for you. Score extra points by fashioning a set of shutters, and attaching them with hinges.

Multi-sensory experience
Some manufacturers have taken fake windows into the digital age, and a few well-placed LEDs can illuminate your window with a warmth akin to a sunti glow.

Add a conventional pair of curtains, and enjoy the classic sunshine-through-the-window feel of a nice weekend lie-in, whatever time you’re getting up.

Top-of-the-range models come complete with moving backgrounds – each babbling brook or rustling tree closely choreographed to feel relaxing and real. Sky Inside UK offers plenty of options – as well as a range of skylights, in which slowly swirling clouds gradually give way to a hemisphere of stars.

Aside from its domestic clients, Sky Inside has been catering to hospitals, office blocks, and even prisons – labyrinthine structures in need of an injection of light and tranquility. One success story involved a prison pharmacy – a dank and dimly-lit room which dealt regularly with inmates in distress.

Before installation, each inmate would be accompanied by two police officers; now one officer can escort multiple prisoners at once.
READY TO MOVE ON UP?

Getting on the first rung of the property ladder can be a struggle – however worth it. You have to scrimp, save and decide to go without that daily coffee shop drink (up to £600 a year). And you probably need to beg and borrow for the deposit. But it can be even tougher getting to that next stage – the second home you need because you have a growing family or because you want to be nearer to work or want a change of scenery. For some, it’s getting a garden.

According to Lloyds Bank – which owns the Halifax and Bank of Scotland – around a third of second steppers find it harder to move up the property ladder than get on it in the first place. Many have put off adding to the family or having children at all as a result. For some, it’s because they reckon selling the starter home is now more difficult than a year ago – or at least they won’t get enough for it to move upwards to what they want.

Affordability is an issue. They may have borrowed all they can from the Bank of Mum and Dad – parents may need the cash or they simply don’t have any more to lend.

In many cases, earnings have not kept pace with larger home prices – maybe one person has stopped or cut back on work for childcare duties.

The typical first time buyer wants to move on after three and a half years – but estimate they will take 18 months to sort out the next move.

Most wannahee second steppers are married or in a long term relationship. Around one in four expect the second home to be where they settle for the next 20 or more years. But most see it as a further step to the dream property and intend staying for about five years.

But getting the follow-on mortgage can be problematic without a “Together”, a specialist loan company, believes automated lenders are increasingly rejecting people – especially those under 35 – whose lifestyle does not conform to their computer generated patterns.

Typical reasons include self-employment – many lenders want at least three years’ worth of audited figures which cuts out those starting up – non-standard housing such as flats over shops, converted office space or even moving into former pubs, or where friends, rather than a couple, want a loan.

When your first home gets too small for your needs that second step on the property ladder can actually be a problem.

If you think getting into your first home was a struggle – we’ve got news about the next step

**TIPS TO EASE YOUR WAY INTO THAT DREAM HOME**

1. **When you buy your first home, think of who you might sell it to in a few years time.** Will it still attract buyers? Will there be a “new you”?

2. **Selling and buying is expensive – stamp duty, legal costs and moving are major money drains – so try not to do it often.**

3. **It can be better to rent rather than buy an unsuitable first home and then have to try and sell it a few years later when you’ve grown out of it.**

4. **Check your credit score before you apply for a home loan – you’ll get a low mark if you are not on the voting register.** CreditWise, Equifax, and Experian are amongst those offering free access to this vital number.

5. **If you move to get a better home, consider travelling costs or job opportunities or suitable schools.**

6. **Which! Mortgage Advisers on 0117 911 1812 can help you find a first or subsequent loan.”**

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Say hello to the UK’s largest regional media network. Not only can you communicate with our unrivalled audience, but you’ll also have access to an array of powerful online and offline marketing solutions all designed to help your business get noticed, get smarter and get response.

Chat to us today, and see how we can help you drive your business forward.
The autumnal colours this year have been super, a fiery and warm display to cheer us up throughout November.

Another happy activity is thinking about spring and summer colour for next year, and one of the best ways to do this is to browse seed catalogues, see what's new and make your selection.

There's so much promise and excitement contained within these little packets and they can make delightful Christmas gifts for your green-fingered friends.

Every year Fleuroselect, the international organisation for ornamental plants, singles one out for special mention and members have decided 2019 is the year of the nasturtium. A good choice - nasturtium seeds give so much colour for so little trouble.

I often recommend them as a way to get children interested in gardening - the seed is large and therefore easy to handle, germination is reliable and the circular leaves very identifiable when they push up through the soil.

Some gardeners use them for companion planting in vegetable patches to repel pests and attract insects.

If all that wasn't enough, they're edible and make lovely colourful additions to salads with a slightly peppery taste.

Thompson & Morgan's breeding programme has come up with 'Orchid Flame' a nasturtium that changes colour as it matures - developing from red with yellow splashes to fully yellow.

This exclusive annual nasturtium mounds up to a foot high and then cascades down a couple of feet so is perfect for hanging baskets or trellis.

'Ladybird' is a dwarf bushy variety with golden yellow flowers that have five bright red spots. Sow from March to May in situ. (Thompson-morgan.com).

Other interesting selections that caught my eye include Viola 'Black to Black' from Johnsons Seeds (johnsons-seeds.com).

The jet black blooms of this viola are very long flowering and will make a dramatic addition to pots and containers. Sow indoors in February and March or outdoors from April.

Over at mr-fothergills.co.uk, there's sweet pea Lathyrus 'Terry Wogan' which has warm salmon-pink blush blooms with a beautiful scent - what a lovely way to remember the much-loved Radio 2 broadcaster. Chiltern Seeds (chilternseeds.co.uk) is my go-to supplier for all that is rare and unusual. For 2019 the firm has a gorgeous Helichrysum 'Silvery Rose'. This has shimmering silvery-pink daisy-like paper flowers which are great for cutting and drying.

Sow this half-hardy annual indoors from January to April with a light sprinkle of soil at a temperature of 22-24°C.

Phlox drummondii 'Blushing Bride' also looks very pretty with blush pink and silvery white blossoms. Sarah Raven's new collection includes Scabiosa stellata 'Sternkugel' which she recommends growing for its paper globe seed heads which are beautiful and delicate, and suitable for drying.

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Q I have a hydrangea plant that I brought up as a cutting from Bristol to the Highlands in Scotland over 13 years ago! It grows really well, all nice and green and healthy, but it will just not flower. I’m quite sentimental about this plant and don’t want it to die and would love it to produce flowers. What am I doing wrong?

Julie Smith

A Common causes of hydrangeas not flowering are incorrect pruning or buds drying out in summer. Very cold weather in spring can also damage the buds so I’m wondering if this could be the case with you as Nethy Bridge is so far north. If this is so, you might try wrapping up your plant for winter with some horticultural fleece and see if this makes a difference to it. Good luck!

FLowering hydrangeas

SORBUS CASHMIRIANA

Many rowans or mountain ashes have red, orange or even pink berries, but the Kashmir rowan is recognisable at this time of the year by its drooping clusters of white berries. These linger on the tree considerably longer. It also distinguishes itself in spring with its pink-tinged flowers attractive to bees. Like other rowans it’s also great for autumnal colour, its elegant pinnate foliage maturing to red, orange and golden before dropping in autumn. Its small stature and gently spreading habit along with its multi-seasonal interest make it a beautiful specimen for a small garden.

Grow in full sun or dappled shade in moist, well-drained soil.

Bubbles or not it doesn’t matter, if you’re browsing or selling this is the place to be!
**Midnight special**

Go over to the dark side with these dramatic hues, says **DAN BEAVAN**

*All prices correct at time of going to press*
OLD HARLOW
\- Converted Barn
\- Two Bedrooms
\- One Allocated Parking Space
\- Gas Central Heating
\- Family Bathroom
\- Available Early January 2019
\* Admin Fees Apply

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\- Balcony to Lounge
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Located within easy reach to Schools and Amenities is this three bedroom detached home benefiting from two reception rooms, utility room, fitted kitchen, three bedroom with en-suite to the master, family bathroom, rear garden, garage and driveway. Ref 14635
View View View

Guide Price
£367,000
Bynghams
All About The Family
EPC D
Located on the outskirts of Harlow in the popular Katherine area is this well presented and extended three bedroom semi detached family home with garage to the side. Call haart today to book a viewing. Ref 14806

Guide Price
£210,000 - £220,000
Lower Meadow
Garage And Drive
EPC C

This bedroom semi detached home has now been sold SSTC, if you are thinking of selling please call us on 01279 443311. Ref 14375

Guide Price
£375,000 - £410,000
Little Brays
Spacious Family Home
EPC C
Back ing on to a woodland is this spacious four bedroom link detached family home. The property is being sold chain free and benefits from a garage. Ref 14375

Guide Price
£220,000 - £240,000
Milwards
Spacious Living Accommodation
EPC C

Offered for sale chain free is this spacious three bedroom middle terrace family home benefiting from a good sized lounge. Some modernisation required. Ref 14762

Another One Sold
OIEO £290,000
Sakins Croft
SSTC

Guide Price
OIEO £200,000
Ram Gorse
Spacious Living
EPC D
Located in a sought after area within walking distance to Harlow Station is this extended three bedroom family home. The property is well maintained by the current owners and offers spacious living accommodation throughout. Internal viewing is highly advised. Ref 14688

Guide Price
OIEO £265,000
Rundells
A Great First Buy
EPC D
Located in the popular Rundells area of Harlow near the common is this well presented two double bedroom terraced home with refitted kitchen and good sized through lounge-diner. Ref 13121

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Ram Gorse
Well Presented
EPC C

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£260,000 - £270,000
Wellesley
SOLD SOLD SOLD
EPC D

This two bedroom home on the Harlow Epping border has now been sold SSTC after many interested viewers. If you are looking to move in the new year please call. Ref 14739

Guide Price
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Walnut Tree Cottages, Mill Street
Fantastic Find
EPC F
Positioned in the desirable location of Mill Street, Hastingwood is this end of terrace cottage. The property also benefits from a large front which offers potential to extend. Ref 14666

Guide Price
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EPC C

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Guide Price
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Deer Park
All About The Location
EPC D

haart are pleased to offer this three bedroom semi detached home for sale benefiting from a detached garage and own driveway. The property is in the sought after road of deer park, being offered chain free it is perfect for a family. Ref 14502

Guide Price
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Spacious Family Home
EPC C
Back ing on to a woodland is this spacious four bedroom link detached family home. The property is being sold chain free and benefits from a garage. Ref 14375

Guide Price
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Wellesley
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Deer Park
All About The Location
EPC D

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Guide Price
£375,000 - £410,000
Little Brays
Spacious Family Home
EPC C
Back ing on to a woodland is this spacious four bedroom link detached family home. The property is being sold chain free and benefits from a garage. Ref 14375

Guide Price
£260,000 - £270,000
Wellesley
SOLD SOLD SOLD
EPC D

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Guide Price
£400,000 - £425,000
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Fantastic Find
EPC F
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ARE YOU LOOKING TO MOVE IN THE NEW YEAR?

WIN A LUXURY CHRISTMAS HAMPER!!

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Bob’s full house - his art and magazine collection, at least - is up for auction

IT HAS been a roller coaster week for collectors of comic book art. First, Stan Lee, the former president and maestro behind Marvel Comics died in Los Angeles. He was 95 and leaves a legacy of some of the most popular superheroes such as Spider-Man, The Incredible Hulk and X-Men.

Then, as if to soften the blow, news filters out of an auction of comic artwork collected by an enigmatic figure: comic and game-show host Bob Monkhouse.

Yes. The frontman to Bob’s Full House, Celebrity Squares, Bob’s Your Uncle, The 65,000 Dollar Question, Family, The Golden Shot and Bob Says Opportunity Knocks among others was one of this country’s foremost collectors.

His viewing fans - 20 million of them at his height - were aware only of his comic timing. Few knew of his passion for comic artwork and even fewer that writing and drawing them was how his career started.

One man who did was Malcolm Phillips, owner of Comic Book Auctions who got to know Bob personally as a buyer. Bob died in 2003 and over the last four years, Malcolm has been entrusted by his estate to disperse some of his amazing collection.

The latest is an online timed CBA auction, part of a 240-lot sale that can be viewed now on TheSellery.com (thesellery.com). Bids can be placed in advance, but the auction proper starts at 2pm on Friday, November 25. Each lot is open for 45 seconds and the sale is expected to last until 7pm.

The focus this time is on original comic artwork collected by Bob rather than the comics themselves, and such is his reputation among collectors, his name is expected to create a bidding premium.

“The fun thing was he was a comic who collected comics,” Malcolm says. “The sort of customers we have are pretty knowledgeable and they know that he had this wonderful collection of not only comics, but original film scripts such as the Goons, all kinds of things. He was a polymath as a collector, but his main area was comics.

“What put him on the map with collectors were Oh Boy! and Wonderman, where he often signed his work ‘RAM’ for Robert Alan Monkhouse. Other drawings were sometimes signed ‘Ramon’.

“As his career progressed, Bob kept in touch with comics illustrators. Malcolm describes him as an avid reader, he was well acquainted with artists who are now well known”.

Frank Hampson is best known as the creator and artist of Dan Dare, while Frank Bellamy is well known for his work on Eagle comic – later taking over the flagship Dan Dare strip. “Bob knew them both and was collecting their work from the 1950s-80s, right the way through, 40 years and they just used to send him stuff and inscribe it,” Malcolm says.

“He’d say ‘could I have a piece for the wall’ and they would just send it – it was like that in the old days - and in return, he would give them a few fun phrases, say, if they were making a speech at a wedding.”

The collection includes an original drawing from Ally Sloper’s Half Holiday No 1, dating from 1884, a penny weekly magazine considered to be the first comic strip magazine featuring a recurring character.

It is estimated at £250-£300, while “Vote For Sloper” artwork dated 1900, drawn and signed by WF Thomas, is estimated at £300-£350.

More recent works include double-page Thunderbirds artwork from 1966, drawn, painted and signed by Frank Bellamy for TV Century 21 No 90 (estimate £1,800-£2,200); Trigan Empire colour artwork.

“Trigo and his arch-enemy, Zer Thorus, face the searing wilderness”, drawn and painted by Don Lawrence from Look and Learn, February 28, 1970. It was reprinted later in Vulcan No 28 1976. Estimate £400-£450.

A previous lot sold by Comic Book Auction was Triumph/Superman (1939) Nos 771-792 the Superman run. It sold for £1,220.


In a timed auction in May this year, CBA sold copies of Oh Boy! from 1948 (Nos 3, 4, 5, 11, 12) published by Paget, which featured art and lettering by Bob Monkhouse. Together with a copy of Dynamic comic, they made £460.

THE LAST LAUGH

ROBERT ALAN MONKHOUSE (1928-2003) was born in Beckenham, Kent. He attended Dulwich College and began his career writing Christmas card verses for which he received a shilling (5p) for a dozen and drawing cartoons and stories for The Beano, The Dandy, Hotspur and Wizard.

After leaving school, he set himself up in business as the editor of his own publication, commissioning artists and writers for his comic, paying them by postal order.

He went on to write racy pulp books for the troops during the Second World War, but a turning point was winning second prize in a talent contest in December 1944. Triumphant telling the best joke.

After National Service in the RAF, he found work as one of the BBC’s resident comedians. He appeared in a sketch with Benny Hill in the late 1940s and later brought his sense of presenting gameshows like The Golden Shot, Family Fortunes and Family Fortunes.

The master of the self-deprecating one-liner, one of his finest was: “They laughed when I said I was going to be a comedian... they’re not laughing now!”
TRICK OR TREATERS have been and gone and Bonfire Night has gone up in smoke. It can only mean one thing: Christmas is coming.

And as December 25 creeps ever closer, so too does the temptation to head into the attic and retrieve all your Christmas decorations to create your very own winter wonderland.

As an interior designer, I am always asked for tips for stylish Christmas décor and quite honestly, there are no hard and fast rules. After all, the festive period is deeply personal for most people, with Christmas decorations curated over many years. However, Christmas 2018 has brought with it some fabulous trends. And whether you are looking to start afresh, or simply want to add one or two new pieces to your own collection, here are my guidelines for festive chic.

**OVER THE RAINBOW**

This summer it was hard to avoid all things unicorn and rainbow-inspired. From birthday cakes and T-shirts to lamps and jewellery, colourful creations were everywhere. So it’s no surprise, then, that the trend leading the way this Christmas is rainbow-inspired.

And fortunately, it’s a look that is very easy to achieve.

Simply divide your baubles by colour; then, using the colour you have least of, start hanging the baubles from the top of the tree. Work your way around the tree changing hues as you go.

You can also create your own handmade decorations to complement your rainbow tree. Something as simple as a paperchain made using bright coloured pieces of paper can be hugely effective, or if you want something slightly more minimalist, buy a collection of small baubles and use them to fill a clear vase.

Like the tree décor, simply organise by colour and stack them on top of each other.

**PASSION FOR PERSONALISED**

Personalised presents are big news this Christmas; from tins of chocolate to family portraits, Santa’s elves have magic-ed up bespoke gifts for everyone.

And it’s a trend that has trickled into Christmas décor too.

In fact, this Yuletide no Christmas tree would be complete without a personalised bauble for each family member, and even the family pet.

If you want something more significant you can find baubles to commemorate baby’s first Christmas, significant events to celebrate the life of a loved one no longer with us.

Sometimes, just sometimes, simplicity is best. Even at Christmas.

And I mean, minimalist. Simply wrap a set of warm white fairy lights from top to bottom and voila. It’s a look that works best on a real tree, allowing its natural beauty to take centre stage.

If a simple set of fairy lights is too bare for your taste, add some small white baubles. But don’t go overboard, remember simplicity is key.

As for the rest of your home, consider a simple garland around the staircase, again with fairy lights intertwined, and some small white baubles hung from the mantelpiece.

Where space is at a premium, consider a small potted tree. Here less is most definitely more, and some simple fairy lights will be hugely effective.

**MUTED BEAUTY**

Sometimes the most effective decorations are the most simple.

**LESLEY’S TOP TIPS FOR CHRISTMAS DECOR**

1. Go with your heart, festive decorations are hugely personal
2. Segment baubles by colour to achieve a rainbow effect
3. Use personalised decorations to celebrate significant events
4. Less is often more
5. Have a go at creating some handmade pieces

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**LESLIE TAYLOR**

Lesley Taylor is the author of 10 interior design books and has appeared on a range of network TV shows, including This Morning, giving inspirational advice on home styling. For more information on her work, head to lesleytaylor.co.uk
Our Finger On The Property Market Pulse

Guardian are delighted to offer an immaculate one bedroom flat in the sought after private area of Markwell Wood. Top floor, includes loft space. Recently refurbished throughout. Includes parking space and close links to Epping and M11.

EPC: D

Amberry Court, Harlow
£129,500

Hazel Gardens, Sawbridgeworth
£179,999

Markwell Wood, Harlow
£320,000

Greygoose Park, Harlow
£399,999

Guardian are delighted to offer for sale this two bedroom first floor flat situated within walking distance to the Town Centre and Princess Alexandra Hospital. The property boasts, security entry phone system, double glazed windows, electric storage heating.

EPC: C

Dadswood, Harlow
£188,000

Guilfords, Old Harlow
£199,999

Bromley Close, Harlow
£225,000

A usable loft space, two double bedrooms and a large garden. When are you able to view?

A great starter home for any first time buyer to jump on the property ladder or if you are looking to downsize. In close proximity to local amenities as well as great primary schools.

EPC: E

Primrose Field, Harlow
£244,995

Rectory Wood, Harlow
£240,000

Moorfield, Harlow
£249,999

Felmongers, Harlow
£259,999

Guardian are delighted to offer this recently renovated three bedroom mid terrace property situated in the Potter Street area of Harlow. The property is presented in good decorative order and features four double bedrooms, gas heating to radiators, high spec modern fitted kitchen and good sized rear garden.

Quary Spring, Harlow
£308,699

Glan Avon Mews, Potter Street
£399,995

Fir Park, Harlow
£495,000

Rectory Field, Harlow
£795,000

Guardian are delighted to offer for sale this two bedroom mid terrace property, ideally placed next to the hospital, town centre and train station. The property consists of entrance hall, large lounge, kitchen, single storey extension giving a second reception room.

EPC: (awaiting)

Rectory Field, Harlow
£795,000
<table>
<thead>
<tr>
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<th>Price</th>
<th>Additional Features</th>
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<tbody>
<tr>
<td>The Hepworth, Newhall</td>
<td>£439,995</td>
<td>BRAND NEW, BLACK FRIDAY DISCOUNT, Help To Buy Available, Huge Master Suite, Stamp Duty Incentives</td>
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<tr>
<td>The Mills, Newhall</td>
<td>£444,995</td>
<td>BRAND NEW, BLACK FRIDAY DISCOUNT, Help To Buy Available, Integrated Appliances, Stamp Duty Incentives</td>
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<td>The Rodin, Newhall</td>
<td>£459,995</td>
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<td>WESTBURY RISE, CHURCH LANGLEY</td>
<td>£560,000</td>
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<td>PARK AVENUE, HARLOW</td>
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<td>BRAND NEW, Help To Buy Available, Detached Home, 10 Year NHBC Warranty, EPC Rating F</td>
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<td>£515,000</td>
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<tr>
<td>ROUND HOUSE WAY, NEWHALL</td>
<td>£464,995</td>
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<td>TATTON STREET, NEWHALL</td>
<td>£455,000</td>
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<td>MALKIN DRIVE, CHURCH LANGLEY</td>
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<td>DACRES GATE, ONGAR</td>
<td>£415,000</td>
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<td>GOLDCREST WAY, NEWHALL</td>
<td>£375,000</td>
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<td>MULBERRY GREEN, OLD HARLOW</td>
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<tr>
<th>Location</th>
<th>Price</th>
<th>Details</th>
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| Morningtons, Harlow | £340,000 | NEW  
- Three Bedrooms  
- Garage & Driveway  
- Westerley Garden  
- Quiet Cul-De-Sac  |
| Willowfield, Harlow | £299,950 | NEW  
- Two Bedrooms  
- Lounge/Diner  
- New Kitchen & Bathroom  
- South/West Facing Garden  |
| Woodcroft, Harlow | £280,000 | NEW  
- Three Bedrooms  
- Lounge/Diner  
- Modern Bathroom  
- Well Presented  |
| Wharley Hook, Harlow | £334,995 |  
- Three Bedrooms  
- Open Plan Living  
- Newly Built House  
- End Of Terrace  
- 10 Year Build Warranty  
- EPC Rating: TBC  |
| Fullers Mead, Harlow | £339,995 |  
- Three Bedrooms  
- Driveway  
- Popular Location  
- Semi Detached  
- Conservatory  
- Cul-De-Sac Spot  
- EPC Rating: TBC  |
| Manor Road, Old Harlow | £334,995 |  
- Three Bedrooms  
- Two Receptions  
- Long Gardens  
- Study/Office  
- Semi Detached  
- Popular Location  
- EPC Rating: E  |
| Albert Gardens, Church Langley | £332,500 |  
- Three Bedrooms  
- Kitchen/Diner  
- Cloakroom/WC  
- Double Driveway  
- Semi Detached  
- Conservatory  
- Popular Location  
- EPC Rating: E  |
| The Maples, Harlow | £325,000 |  
- Three Bedrooms  
- Kitchen/Diner  
- Study/Playroom  
- Cloakroom/WC  
- Terrace Property  
- Terraced House  
- Two Parking Spaces  
- Chain Free  |
| Pytt Field, Harlow | £315,000 |  
- Three Bedrooms  
- Modern Fitted Kitchen  
- Two Parking Spaces  
- Close To Amenities  
- Well Presented  
- EPC Rating: D  |

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NEW
- Three Bedrooms
- Overlooking Green
- Close To Amenities
- EPC Rating: TBC

Dunstalls, Harlow £255,000
NEW
- Two Double Bedrooms
- Two Reception Rooms
- Conservatory
- Popular Location
- EPC Rating: TBC

Peacocks, Harlow £120,000
NEW
- Studio
- Top Floor
- Own Balcony
- Chain Free
- EPC Rating: E

ALEXANDER MEWS, HARLOW £299,995
- Two Bedrooms
- Gated Development
- Allocated Parking
- Chalet Bungalow
- Popular Location
- EPC Rating: C

FELMONGERS, HARLOW £299,995
- Three Bedrooms
- Potential For Drive STP
- Two Receptions
- Terraced Home
- Desirable Location
- EPC Rating: TBC

SADLERS MEAD, HARLOW £295,000
- Three Bedrooms
- Lounge/Diner
- Popular Location
- Middle Terrace Home
- Southerly Garden
- Utility Room
- EPC Rating: C

FESANTS CROFT, £294,995
- Three Bedrooms
- Two Receptions
- Modern Kitchen
- EPC Rating: C

AYNSLEY GARDENS, CHURCH LANGLEY £289,995
- Two Bedrooms
- Kitchen/Diner
- Driveway
- Lounge/Diner
- Popular Location
- EPC Rating: TBC

SPINNING WHEEL MEAD, HARLOW £284,995
- Three Bedrooms
- Kitchen/Diner
- Conservatory
- Ground Floor
- EPC Rating: TBC

BARN MEAD, HARLOW £280,000
- Three Bedrooms
- Lounge/Diner
- Front Extension
- Driveway To Front
- EPC Rating: D

TICKENHAN DRIVE, CHURCH LANGLEY £274,995
- Two Bedrooms
- Kitchen/Breakfast Room
- Recent Bathroom
- Parking For Two
- EPC Rating: C

CROSSBILL WAY, NEWHALL £267,500
- Two Bedrooms
- En-Suite Shower Room
- Open Plan Living
- Own Balcony
- Ground Floor
- Allocated Parking
- EPC Rating: B

ABBOTSWELE, HARLOW £260,000
- Two Bedrooms
- Modern Kitchen
- EPC Rating: D

BOWHILL WAY, HARLOW £252,000
- Three Bedrooms
- Lounge/Diner
- Modern Home
- EPC Rating: B

MARK HALL MOORS, HARLOW £192,500
- Two Bedrooms
- Lounge/Diner
- Well Presented
- EPC Rating: E

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Compliance
Our experienced property managers will ensure that your tenancy is fully compliant and up-to-date with the latest legislations before any tenancy commences.

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Our dedicated property managers have over 25 years of combined experience in property management & will manage every aspect of the tenancy, giving you peace of mind and taking away all the worries that come with managing your own property. We arrange all maintenance with our long list of approved trades people, provide a convenient key holding service & have an emergency out of hours facility should tenants need assistance. In addition, we conduct regular property visits which ensures a personal report is sent directly to you, process rents, produce landlord statements as well as yearly rent reviews and contract renewals.

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Jake Latch
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Negotiator

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Natasha Demetriou
Property
Manager

Liz Reynolds
Property
Manager

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<th>Description</th>
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<tbody>
<tr>
<td>Garden Cottage</td>
<td>Sawbridgeworth</td>
<td>£1195pcm</td>
<td>Located in the village of Little Laver in a mixed development of barns, a short drive from Matching Green. Exposed beams and timbers, enjoying a magnificent open plan kitchen and dining area. AVAILABLE NOW.</td>
</tr>
<tr>
<td>5 Bedroom Barn Conversion Semi-Detached</td>
<td>Sawbridgeworth</td>
<td>£945pcm</td>
<td>Delightful ground floor two bedroom apartment in an extremely rare and sought after location in the heart of rural Sawbridgeworth. Available November.</td>
</tr>
</tbody>
</table>
KEEPIng up with the foneses was a famous saying a few decades back and referred to a family household trying to compete with whatever car their nextdoor neighbours had parked in the driveway because they didn’t want to be seen to be socially and culturally left behind.

Volvo are very much in that kind of mould having in recent times moved their model range more up-market in a bid not to be outdone in the premium car sector by the likes of BMW, Audi and Mercedes-Benz.

It’s proved a highly successful move because the Swedish car maker now has a model range that more than matches its trio of German rivals with the proof being record sales here and on the continent.

Having been taken over by the Chinese car maker Geely eight years ago the Swedes have been able to maintain their renowned quality and ultra safety standards but back with finances from their new bosses to develop new cars in the upper premium sector.

Prime example is the latest XC60 Sports Utility Vehicle which is a stylish looking, luxury kitted out car with all the latest high tech mod cons on board and in effect a junior version of their bigger XC90 SUV.

This five-seater premium car certainly matches and in some areas betters its nearest rivals like the BMW X3, Audi Q5 and our own Jaguar F-Pace which again shows how far Volvo has progressed while naturally the XC60 inherits some of the engineering and mechanical hardware of its bigger sister, such as the platform.

Volvo may have slightly increased the prices on these latest models, which start at £37,770 for the entry-level Momentum diesel model through to £59,700 for the range topping hybrid powered version, but all have enhanced standard equipment.

Tested here is the D5 two-litre 235bhp turbocharged diesel powered all-wheel-drive R-Design Pro coming in at £49,838 and judging it after some 700-plus miles of what can best be described as effortless and rewarding driving the price tag is well worth it.

For starters its extremely comfortable with five adults on board – and for the driver the controls, dials and the like as all so conveniently positions while the eight-speed automatic gearbox is best in class in my book with such a smooth, quick and quiet up and down gearshift, either manually or left in automatic mode.

Like all XC60 models AWD is standard and there’s a choice of driving modes such as comfort, eco, sport and the like but this car is not about sporty driving more about enjoying a relaxed progressive drive but with quick acceleration when needed.

Officially acceleration from 0 to 60mph is 6.8 seconds and has a claimed top speed of 137mph but the two driving benefits are quite simple with first excellent mid range overtaking speed when required and a composed, comfortable ride whatever the road surface.

Some motorists believe driving a large SUV like the XC60 will prove expensive in fuel consumption but that’s not the case because on test it proved even more economical than the official combined figure of 47.1mpg coming in at a commendable 50.4mpg even with driving through some heavy stop/start city traffic more than one occasion.

What makes this car’s ride so relaxing is the combination of its suspension system – front double wishbone for extra stability while the rear integral-link set-up with transverse leaf springs helping to cope with the overall weight.

Sitting on 21-inch alloy wheels certainly helps too and with such a light steering for such a big car it’s so easy to drive it has no vices when it comes to driving all day so effortlessly.

The all-leather seats give excellent lumbar support and there’s ample head, knee and leg room in both the front and rear seats.

With a variety of diesel engines on offer and basically three different trim levels, starting with Momentum, then R-Design and finally Inscription but with extra models of the same names and with more extras on board as standard.

As a driver the dashboard and ‘front desk’ as it were are well kitted out with on the R-Design a 12.3-inch infotainment touch screen that includes a voice-activated navigation control system, all the connectivity one would expect plus all round parking sensors and camera, powered operated tailgate, lane steering assistance should the drive stray off line.

With all the usual high levels of Volvo safety equipment on board the XC60 has important city safety and steering support that includes pedestrian, cyclist and large animal detection, front collision warning with automatic braking and steering assistance. Boot space is a decent enough at 505 litres, perhaps not the biggest in class but still adequate and the rear seats easily fold down to provide more while there are plenty of interior storage spaces too.

Overall this new XC60 is much improved but in a subtle way and it’s the most comfortable and relaxing to drive compared to its rivals and is typically Swedish – ‘safe as houses’ as the saying goes.
THE STAR
THURSDAY, NOVEMBER 22, 2018

TEST DRIVE
Aston Martin DB11 Volante

CAR FOR ALL SEASONS

BY IAN DONALDSON

It's imagine a less than ideal environment to try a gorgeous drop-top Aston Martin; lashing rain and roads of wheel scraping narrowness surely fit the bill.

Probably more realistic, though, than the sun drenched coastline of the French Riviera the marketing people would rather you concentrate on. Welcome to a chilly, damp Britain.

Where the lucky UK-based few who can do more than lust after one of the prettiest cars on sale (for a minimum of £159,900) are likely to spend more time than on their yacht in the Med.

So they will be reassured to learn that Aston Martin's new DB11 Volante copes perfectly well with a typically brisk day in the English Midlands where the cars are turned out with bespoke thoroughness.

The eight layered hood vanishes in 14 seconds (and reappears in 16) and can be deployed on the move at up to 31mph, for a bit of street theatre if you go topless in town.

Obvious fine attention to sealing out draughts mean the interior remains almost tin-top hushed at speed although finding somewhere for the roof to live when in open top mode means an already modest boot then shrinks to overnight bag status.

Which is where the vestigial rear seats will come in handy, fulfilling the same luggage overspill role that makes Porsche 911 owners bless their car's practicality. A couple of wide eyed nippers will fit for the drive of a lifetime too.

The view out of the Volante's windscreen is the same as you'll enjoy in the fixed roof (and £15,000 cheaper) DB11 but rearwards it's a different matter as you snatch views of cars behind through a tiny rear window.

Better perhaps to turn van man and use the big door mirrors with the visual bonus of those sensually curved rear quarters in every glance.

When the rain subsides and the road widens you can then enjoy the headline grabbing part of any Aston Martin, in this case provided by a lusty twin turbo 503 horsepower 4.0 litre V8 sourced from the AMG performance arm of Mercedes-Benz, which now owns a small part of the UK company.

Bare performance figures (0-62mph in 4.1 seconds and a 187mph top speed) are for bragging rights only for any half-sensible on-road drive but there's compensation in spades from any speed when you press the throttle and put the eight speed auto gearbox through its paces.

The result is a barely muted explosion from beneath the bonnet that stays just the right side of well mannered while adding a frisson of excitement even as you accelerate out of a 30mph limit. Lovely.

Not too bad either, considering the potency of this machine, is an official economy figure of 28.3mpg with CO2 emissions of 230g/km.

Making this alloy built car a little lighter and stiffer in body than its predecessor has produced a car that clings like a well bred limpet on corners yet maintains a composed ride even as the going get rougher.

It's always sports car firm, as it ought to be, but there's an underlying composure that makes the prospect of 300 miles to dinner sound enticing, not a bottom numbing exercise.

Those miles will be enjoyed in an interior that's swathed in leather but lacks the ultimate panache of something like a Bentley Continental.

Still, the essentials are all there and well presented, from crystal clear instruments (you couldn't always say that about an Aston Martin) and a sat nav that's of this century (ditto) and controls that are as good looking as they are clearly marked.

It's the sort of attention to detail you'll enjoy whether the sun is shining or the heavens have opened.
QUIETLY CONFIDENT

BY PETER KEENAN

WHEN Citroen launched the C4 Cactus in 2014, the design was as spiky as the plant it was named after.

Huge airbumps to protect the side doors were the most obvious example of a compact crossover determined to make a big impression.

The latest version, introduced earlier this year, is less in your face but is a much more assured and individual as a result. Yes there are still bump panels lurking on the bottom of the doors - but they are much smaller so no longer dominate a modern look that is pleasing on the eye.

Citroen gives the latest Cactus a streamlined design which sees the ditching of roof rails and a new face featuring headlights that remind me of Marvel’s superhero Iron Man.

The tailgate is replaced and there are more new lights which provide able support to the rest of the model’s move towards respectability.

That doesn’t mean it is in any way staid or stuffy as there’s a joie de vivre about the whole look that Citroen does so well.

The French motor manufacturer’s traditional expertise when it comes to the ride is also demonstrated via a neat hi-tech suspension that smooths out the many humps and hollows littering our highways these days.

This makes it a comfortable cruiser when it comes to long trips on a motorway - aided and abetted by a decent level of refinement as most exterior noise is banished from the cabin – but it still offers enough grip to make country lanes anything but a chore although there is a touch of body roll when corners are taken at pace.

The driving position is low for an SUV so you don’t get the impression of height normally the preserve of these motors but thanks to the supportive seats and informative steering you do feel connected to the car in a way you sometimes don’t when perched up in the air.

The cockpit is well designed with everything logically located and easy to use while the oblong digital readout ahead of the driver is a delight.

The PureTech 110 three-pot petrol engine is a willing beast completing the sprint to 62mph from a standing start in just over nine seconds on its way to a top speed of 122mph.

It is frugal when it comes to fuel consumption with a claimed average figure just north of 55mpg coming in at around the high 40s mark in the real world with carbon dioxide emissions of 117g/km. Two other three-cylinder petrol and a 1.6-litre diesel are also offered in a small but select range.

The interior is surprisingly plush with a premium feel at odds with the relatively inexpensive price-tag of just under £20,000.

Luggage room is reasonably plentiful at 358 litres with the rear seats in place expanding to 1,170 litres when you fold them flat. There are also plenty of cubby holes including a clever top-hinged glovebox to accommodate the various nik-naks that accumulate with family motoring.

It all adds up to an assured package that isn’t perhaps as individual as the original Cactus, but overall benefits from the subtle changes Citroen has made.

BY PETER KEENAN

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Every Kia in this list comes with the balance of our 7 Year Warranty - this means a 3-year-old Kia will receive commission for the introduction.

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19 (19)  Kia Sportage 1.7 Diesel Auto '2', Black, 20,000 Miles, Sat Nav/Camera, Rear Parking Sensors, Bluetooth, R/C/Locking, Under Kia Warranty Until 03/2024 ................................................

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Irene told her bridge partner her grandson is a film star.

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INFLITE ENGINEERING SERVICES – WE ARE HIRING. TOP RATES PAID.

Inflite Engineering Services Ltd are one of the UK’s larger and most accomplished manufacturers of machined and fabricated detailed parts from most types of metals, hard and soft.

At our Stansted site we are recruiting for 15 people on day or night shift to cover the following roles:

CNC MILLERS AND TURNERS – TOP RATES
Previous experience of Heidenhain, Bridgeport, Mazak’s, Fanuc control, 3/4/5 axis machines preferred though we will also consider providing full training to those that have previous experience of machine operating.

CYLINDRICAL GRINDERS – TOP RATES
Previous experience of operating a cylindrical grinding machine required.

At our Bishop’s Stortford site we are recruiting for 20 people on day or night shift to cover the following roles:

DETAIL FINE LIMIT SHEET METAL WORKERS – TOP RATES
Previous experience of fine limit sheet metal working essential: Contact Richard Cross for an informal chat.

DETAIL ASSEMBLY FITTERS – TOP RATES
Previous experience of sub-assemblies and more complex assemblies in a manufacturing environment: Contact Richard Cross for an informal chat.

Signing on fee of £250 payable for all successful applicants.

In addition to a highly competitive salary we offer a contributory pension scheme and private health care. If you are interested in applying for any of the above roles please email your CV and current salary details to our HR Manager Bernadette.Warren@inflite.co.uk or phone for an informal chat with James Hawkins, Shop Supervisor on 01279 681681.

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We are looking to expand our team and recruit facilitators and associates to work with us on a range of leadership development and school improvement opportunities.

We are looking for serving school leaders and experienced facilitators to help us deliver high quality assessment and development across the country.

5 reasons to become a facilitator with EMLC:
- Enhance your professional development
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- Supplement your salary or income of the school
- Guide the next generation of leaders
- Access a network of top professionals

If this opportunity might be for you, register before November 23rd by emailing Samantha.hutchins@emlc.co.uk

If you are successful, you will be invited to attend training at our offices in Olney on Thurs 6th December 2018.

After School Care Manager
(2.30pm - 6.15pm, Monday to Friday, term time only)

This post involves the leadership and management of the After School Care Facilities and staff. This is a popular and well-utilised facility which offers a range of activities to New Hall pupils aged between 3 and 11 years of age.

This post would particularly suit a candidate seeking career development and opportunities to develop leadership and management skills, in this dynamic and forward thinking school.

The salary for this role is £6,635.89pa - £7,135.09pa (fte £19,381pa to £20,839pa at September 2018 rates)

Closing Date: Midday, Tuesday 27 November 2018
Interview Date: Monday 3 December 2018

Excellent benefits • free parking • superb working environment

New Hall is committed to safeguarding pupils. There will be an enhanced DBS check prior to appointment.

For further details & an application form please visit: www.newhallschool.co.uk/job-opportunities
Alternatively, please contact the HR Department on 01245 467 588

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A self-employed monitoring surveyor is required to assist with site valuations on small residential developments on a part-time basis.

A detailed knowledge of house construction will be required.

Must hold a full driving licence, own transport

Please email details of your experience pauline.biscoe@mvcfinance.co.uk

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From 7.00am daily.
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Turn up on day.

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24-25 Turners Hill
Cheshunt
Herts
EN8 8NJ.

email: ella.fletcher@kings-group.net

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To apply call Tatiana Carver 01992-785000 or send your CV to Tatiana Carver Kings Lettings LLP, Crown House 24-25 Turners Hill Cheshunt Herts EN8 8NJ.

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Do you have a full driving licence?

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email: ella.fletcher@kings-group.net

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THURSDAY, NOVEMBER 22, 2018
**Classified**

**Collectors Items**

**Computer/Games**

- Retro Formula 1 Slot Car
  - side view: white, 11 x 14 x 6 cm
  - price: £10.00

- Sega Genesis
  - game: Sonic the Hedgehog
  - price: £5.00

- Nintendo GameCube
  - game: Mario Kart
  - price: £10.00

**Furniture**

- Dark Stain Internal Door Glass
  - size: 30 x 78
  - price: £10.00

- Sideboard
  - dimensions: 40 x 18 x 15 cm
  - price: £20.00

- Mirror
  - size: 10 x 15 cm
  - price: £5.00

**Building Materials**

- Metal Tube
  - size: 2 cm x 2 cm
  - price: £2.00 per meter

**Books For Sale**

- **MRS BEETON** The Best of Mrs Beeton and Household management book bundle
  - price: £12.00

- **TRANSPORT HORNBY SELECT**
  - price: £20.00

- **MASTERS OF THE UNIVERSE**
  - price: £10.00

**Domestic Appliances**

- **LG Washing machine**
  - size: 60 x 80 cm
  - price: £150.00

- **Kitchen Hood**
  - size: 60 x 60 cm
  - price: £50.00

**Toys/Games**

- **Build A Bear clothes bundle**
  - price: £50.00

**Kitchens**

- **FLUFFY KITTEN**
  - colour: black and white
  - price: £20.00

**Disability Aids**

- **Vaughal Ashlin Design Auto wheel**
  - price: £200.00

**Electrical (Sales)**

- **DWP-NS305**
  - price: £100.00

**Agricultural Machinery**

- **CARAVAN OR BOAT POWER CABLE**
  - size: 25 mm x 28 m
  - price: £50.00

**Childrens Clothing**

- **Candle Cars**
  - composition: cotton, 80 cm x 60 cm
  - price: £10.00

**Sports & Leisure (Sales)**

- **BOWLING TROUSER S**
  - size: 10
  - price: £5.00

**Horse/Tack/Equipment**

- **Trotting Saddle**
  - size: 10
  - price: £50.00

**Pet Care**

- **Dog Chews**
  - size: 10
  - price: £5.00

**Home Improvement**

- **WJHILLS Lifts,**
  - size: 10
  - price: £100.00

**Household Goods**

- **COMBINED POTTY**
  - size: 10
  - price: £50.00

**TV/Video/Audio (Sales)**

- **DVD**
  - title: Horror
  - price: £5.00

**Disability Aids**

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**Childrens Clothing**

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Blasting OUT DEALS
The following applications have been received by Harlow District Council. These applications and others received can be inspected at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG on Monday - Friday, 9am - 4:45pm. If you are unable to view the plans during these times, please telephone Planning Services on (01279) 446856 where a suitable appointment can be made with the relevant case officer. Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application No: HW/LBC/18/00444 Ward: Netteswell
Application Type: Listed Building Consent
Location: Harlow Town Station Station Approach
Harlow Essex
Proposal: The Removal of All Plywood Fascia on All Building Levels and Canopies Across the Entire Station
Reason for Advert: Listed Building

Application No: HW/OASMR/18/00507 Ward: Mark Hall
Application Type: Outline Some Matters Reserved
Location: Latten Farmhouse Latten Street Harlow Essex
Proposal: Outline Application for The Erection of 17 No. Dwellings, With Access To Be Determined and All Other Matters Reserved.
Reason for Advert: Major Development Which Affects The Setting of Listed Buildings and Within A Conservation Area

Application No: HW/FUL/18/00486 Ward: Old Harlow
Application Type: Full Application
Location: 121 East Park Harlow Essex CM17 0SA
Proposal: Erection of 1 New Dwelling
Reason for Advert: Local Public Interest

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- Services of a tour representative

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Nairn fourth in her age group

HARLOW Tri Club members have been busy competing in events on the international stage recently.

At the ETU Aquathlon, also in Ibiza, which involved a 1km sea swim and 5km run, Paula Reynolds posted a time of 2hr 03min 47sec to finish fourth out of 71 finishers, was 30th and fourth in the 30-34 age group out of 71 finishers.

In the women’s race Holly Nairn was 30th and fourth in the 30-34 year age group out of 71 finishers, was 30th and fourth in the 30-34 year age group with a time of 2.11:16, while Louise Kedge was 34th and fifth in the 30-34 year category with 2.14:37. At the ETU Aquathlon, also in Ibiza, which involved a 1km sea swim and 5km run, Paula Reynolds posted 2.11:16, while Louise Kedge was 34th and fifth in the 30-34 year category.

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GALLERY

Angels win ends hellish home run

HARLOW Town manager Danny Chapman breathed a sigh of relief as the Hawks got their first home league win at the ninth time of asking, after putting in an excellent shift against high-flying Tonbridge Angels.

“It’s been a long time coming and we’ve had a tough time in the past few months,” admitted Chapman. “I’m proud of the team and I haven’t been able to say that for a while.”

Both teams had come close throughout the game, and although the visitors probably had more possession in the second half, they blanked for the third straight match, and fell to a defeat courtesy of Laurence Vaughan’s late goal.

The Hawks still sit bottom of the table with 11 points, but are now only three points from safety, and can take plenty of positives from the game.

“It wasn’t a great spectacle, we had to dig out the result and it was always going to be a messy result,” Chapman told the club’s website.

“You’re never going to get out of a relegation fight by playing pretty, you’re going to have to work for everything you are going to get and that’s exactly what they did. “They’ve shown me they are capable of doing it, it’s just with the results we’ve had, the belief fell away. “Hopefully now we can look forward and have that belief and if we do, we can do well. “It was great to have a clean sheet. We didn’t panic and always looked in control. “We threw bodies on the line but it was in a controlled manner. “We can’t get carried away with this result, but it’s a start. “The players realised we could win the game and hopefully this can be a turning point for us.”

“With the mistakes and were assured in most things. The players needed the win, the supporters and the club needed it, hopefully we can pick up results to get us out of where we are at the moment.”

Chapman also paid tribute to Fabion Simms, who was honoured before the game having made 250 appearances for the club.

“Fabion has had offers from many other clubs but stayed with us – 250 appearances is a massive achievement and I’m happy to have him in my corner.”

Tonbridge piled on the pressure in the final 20 minutes, with former Harlow striker Alex Reid’s glancing header from close range going just over.

Joe Turner then had a go from just outside the box, and his half- volleyed effort wasn’t far off breaking the deadlock.

Harlow had seen their chances limited, but managed to nick a goal in the 83rd minute.

JJ Da Cruz threw the ball in from near the corner flag, with substitute Emile Acquah heading it on.

Vaughan then pounced upon a lack of urgency from the Tonbridge defence to tap it into the net and secure a vital victory.

Chapman told the club’s website.

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