

FREE

Photo credit: Everett/Shutterstock

HRH
PRINCE PHILIP

Celebrating the life of the Duke of Edinburgh, June 1921 – April 2021

**PRIME ADVERTISING
SPACE AVAILABLE
RIGHT HERE RIGHT NOW**

Why waste a perfect opportunity?

Your
Monthly
Lifestyle
Magazine

VISION

CONTACT US TO FIND OUT MORE

Call 01279 939134 | E mail bishopsstortford@visionmag.co.uk



Editor's notes...

MAY 2021



Brett Shohet, Editor

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

It's been great to see people face to face again as we venture out of lockdown. I've had proper conversations with readers and clients again, many of whom have said they were very pleased to see us still up and running during the pandemic.

What's more, I'm seeing so many local businesses that have been in the community for as long as I can remember continuing to move forward despite the pandemic - it truly is uplifting.

I'm expecting there will be enough local events lined up that we'll soon be able to reintroduce our 'What's On' page, which is hopefully as exciting for our readers

as it is for us.

With the weather improving, I've been able to enjoy my garden a lot more, which is exciting both because it's encouraged me to finally cut the grass and because it's provided me with the opportunity to buy gardening goods from local businesses.

I wanted to say a quick "happy birthday" to my girlfriend, Kirstie, who recently turned 30. It's the support of people like Kirstie around me that helps make **VISION** the success that it is.

Brett Shohet

This is your town's hyper-local magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US: www.visionmagessex.com | bishopsstortford@visionmag.co.uk | 01279 939134

[@visionmagessex](https://twitter.com/visionmagessex) | [@visionmagessex](https://www.instagram.com/visionmagessex) | [Vision Magazine Essex](https://www.facebook.com/visionmagazineessex)

CONTRIBUTORS | Tabatha Fabray, Tim Green

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

Inside pages recyclable

BOOK THIS SPACE

CALL 01279 939134 TO GET YOUR BUSINESS SEEN BY MORE THAN 13,000 READERS MONTHLY

Checkatrade.com



City & Guilds Qualified

EMPIRE UPVC & ROOFING SPECIALISTS LTD

We guarantee our customers a friendly, reliable & professional service



The UPVC and Roofing Experts in Hertfordshire

Empire UPVC and Roofing Specialists are an independent business trading throughout Hertfordshire and a surrounding 40-mile radius from our office in Nazeing.

- ✓ Felt, Tile & Slate Roofing
- ✓ Liquid Rubber Roofing
- ✓ ALL Roofing Repairs
- ✓ Roofing Maintenance
- ✓ Roofing Leadwork
- ✓ Gutter Cleaning & Unblocking
- ✓ UPVC Fascias, Soffits & Guttering
- ✓ Roof Moss Removal
- ✓ 15 - 20 Year Guarantee
- ✓ Highest Quality Materials Used

COME AND VISIT OUR SHOWROOM AT HILLGROVE BUSINESS PARK



CALL OUR FRIENDLY TEAM TODAY FOR YOUR FREE QUOTATION

Office: 01279 939103

FULLY INSURED

Email: chris@empireupvcandroofing.co.uk • Web: www.empireupvcandroofing.co.uk



WILLIAM & KATE:

Ten years on

Looking back to celebrate William and Kate as they reach the milestone of their 10th wedding anniversary.

When asked, Prince William and Kate Middleton, the Duke and Duchess of Cambridge, would doubtless suggest their first decade together as husband and wife has been wonderfully happy, uplifting and rewarding... albeit not without its challenges.

To most couples in the early throes of wedded bliss, the faint cry of babies and the bringing on of previously untapped levels of tiredness is a challenge enough. Yet it is to the couple's unending credit that they have never swayed away from their other royal duties, while having the ambition to pursue new challenges and initiatives. They are every bit the exemplars of people wanting the best for themselves, their family and those around them.

In isolation, those challenges of early parenthood – when we saw the arrival of Prince George in 2013, Princess Charlotte two years later and, most recently, Prince Louis in 2018 – are considerable, yet in recent years family events have compounded further the complications of life. The Prince Harry and Meghan Markle spat, notably, has left a devastating scar across how we perceive the Royal Family; then there's been the controversy of Prince Andrew and his links to Jeffrey Epstein; while the recent passing of William's grandfather, Prince Philip, Duke of Edinburgh, has further shrouded the institution at a time when the rest of the nation is finally managing to pull away from the darkness.

Regardless, the April 29, 2021, anniversary reaffirms the couple as a modern inspiration. The ceremony, 10 years ago, was a typically lavish affair, albeit laced with the style and individuality that William and Kate have wanted to imprint in the way they go about their duties.

Former Archbishop of Canterbury Rowan Williams conducted the ceremony, as 26 million UK viewers watched it live. The Royal Family and the Middletons picked up the bill for almost 2,000 guests, with 300 special invitees going on to an evening dinner hosted by Prince Charles.

Naturally, the day went off without issue, and their work as a couple was only just beginning. Few would disagree now that, during an era when criticism of the royals has been fervent, William and Kate uphold the value and purpose of the Royal Family, even if others in the clan are less proactive.

Over the past decade, the prince has committed huge amounts of time to mental health issues, as well as opening up to a more mainstream audience with his love of sport; while the Duchess of Cambridge's elegant embracing of the mum role model is notable for the familiarity it has with Princess Diana and her boys.

More than anything else, William and Kate speak to the world with the shutters up. Rarely have a royal couple been so close to the people, with honesty, humility and even the ability to laugh at themselves.

It gives all of us hope that not only will the Windsors overcome this recent spate of negative events but, more than that, with William and Kate excellent exemplars, the institution of marriage – itself in decline – once again has those to uphold its values.

"We have always loved being married," says William. "I think we are more in love now than before, and we both truly feel we have found a soulmate who will be there forever."

BETTER THAN Just O-kay

Vernon Kay and 25 years on camera

There's something unmistakable about people from Bolton – think Peter Kay, Paddy McGuinness, Amir Khan. Perhaps it's the accent, perhaps the exuding of confidence, or maybe it's just an ability to look on life with uplifted energy.

Whatever the mechanics are, Vernon Kay, like so many of his Greater Manchester contemporaries, has them in abundance.

The husband of Tess Daly, Kay has just celebrated 25 years on screen – no mean feat for someone once described in the Nineties by Mark Lamarr as “a lanky indie kid with bad taste in clothes”.

That's ironic, given that Kay was actually first spotted at Clothes Show Live when he agreed to strut some clothes in return for free drinks. He went on to model for several years before using the catwalk as a platform to launch a TV career.

One of the many to emerge through the T4 stable, he has gone on to present *All Star Family Fortunes*, *Beat the Star* and *Splash!*, among others. Yet it was his appearance in *I'm a Celebrity... Get Me Out of Here* last year that truly reacquainted the watching public with someone who has also spread his talent across radio DJing (notably on Radio 1) and even movie cameos (in *Shaun of the Dead* and *Keith Lemon: The Film*).

A father of two, Kay famously talks down his talents, but has become one of terrestrial TV's go-to faces. Most recently, his *Game of Talents* show has allowed him to rediscover some of the spontaneity so associated with those T4 days.

“A lot of entertainment is very sanitised these days and I want to bring energy and unpredictability back to it,” says Kay, who said recently he blames the sterility of autocue for ruining so much live programming.

“Having fun is difficult when you're reading words off a script, so I'd love us to get back to really immersive TV that throws off the shackles.”

The shackles are off, Vernon.

Photo credit: Kieron McCarron/ITV/Shutterstock

home
hub group

YOUR VISION
IS OUR VISION

NOW OPEN ON EPPING HIGH STREET



Home Hub Group is now open on Epping High Street. We supply and install windows, doors, bifold doors, sliding doors and rooflights.

137-139 High St
Epping CM16 4BD
essex@homehubgroup.co.uk
homehubgroup.co.uk

01992 276 046



CALL US TO BOOK AN APPOINTMENT AT OUR STUNNING NEW LIFESTYLE SHOWROOM.



@HomeHubGroup

REACH FOR *Retro*

Forget spending a fortune on a new wardrobe this season – simply dig into your cupboards and pull out some pieces that are back in fashion.

SUPER-STATEMENT TROUSERS

Ditch your skinny jeans and leggings, because this season it is all about the high-waisted, wide-legged trousers. A huge trend in the Eighties, this is the perfect style for anyone who likes to feel comfy in their clothes while also being fashion-forward.

ALL THAT GLITTERS

If you were a huge fan of disco, then you will be thrilled to know that glitter is back! From Louis Vuitton's stunning silver suits to Balmain's super slinky sparkle dresses, the catwalk will be lit up with glitzy, glittery glam.

TOP OF THE CROPS

Not for the faint-hearted, crop tops are making a huge comeback. Best matched with a loose blazer and high-waisted skirt or jeans – ideal if you love your tum, but not your hips! – this is the ultimate throwback look for when the heat rises.

POWER PUFF SLEEVES

You may have to reach right back into your wardrobe to find this look; the ultimate symbol of Eighties glam. That's right – puffy sleeves are back, and this time they mean business. Whether summery and voluminous or structured to create that classic silhouette, this is a big, bold trend that's here to stay.

SHEER LUCK

Incredibly versatile, this is a fantastic trend for almost every body shape. Whether you want to emulate Seventies beach chic with patterned maxi-dresses and a bikini peeking through, Nineties grunge with a see-through loose layer over a tight minidress and chunky boots, or simply a semi-sheer camisole under a blazer, this is a great way to reveal a little extra flesh while still remaining modest.

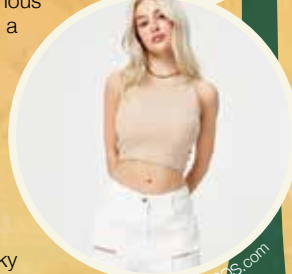


Photo credit: ASOS.com

RICE, RICE baby

When you rinse rice before cooking, chances are you let the water simply run down the drain. However, you may think twice about wasting this leftover liquid when you discover its many beauty benefits below.

WHAT MAKES RICE WATER BENEFICIAL?

Rice water is packed with vitamins, minerals and amino acids which are all needed for maintaining healthy skin, hair and nails. It contains ferulic acid, an antioxidant that helps to nourish skin and nails, as well as allantoin that has healing properties. For your hair, rice water contains inositol, which strengthens your follicles and reduces surface friction.

BEAUTY USES FOR RICE WATER

Facial cleanser: Give your skin a boost of goodness by pouring rice water onto a cotton pad and massaging over your face, both in the morning and before bed.

Acne treatment: Apply to spots to help reduce redness to act as an astringent and to prevent future breakouts.

Age spot treatment: If you suffer with age spots or skin discolouration, mix 1 tsp of rice water with

two drops of fractionated coconut oil and massage into your face and neck.

Hair conditioner: For those with dry or brittle hair, apply rice water and a few drops of lavender essential oil after shampooing, leave for 10 minutes and rinse with cold water.

Nail treatment: To help your nails grow faster, soak them in a bowl of rice water for five minutes once a day. This can also help to reduce the signs of ageing on your hands.

HOW TO MAKE YOUR OWN RICE WATER

- > Rinse ½ cup of uncooked rice to remove any dirt or impurities
- > Place the rinsed rice in a bowl and cover it with two cups of water
- > Swirl and leave to soak for 30 minutes
- > Strain the rice and set aside the water
- > Store the rice water in an airtight container. It will keep for one week in the fridge.



Barringtons Funeral Directors

— Our family, here for your family —



— Female led Funeral Directors —
Providing the highest standards,
genuine compassion, honesty
and exceptional value.



Telephone (24 hour service): 01279 860055

50 Hockerill Street, Bishop's Stortford, Hertfordshire CM23 2DW

Bishop's Stortford and all surrounding towns and villages

www.barringtonsfuneraldirectors.co.uk

Home Instead
SENIOR CARE®
to us, it's personal.



96%*

OF CLIENTS*
RECOMMEND

The best home to
be in is your own

Tailor made to your individual requirements

- ✓ Award winning care
- ✓ Companionship services
- ✓ Home help services
- ✓ Personal care services
- ✓ Highly trained CAREGivers

East Herts & Uttlesford, G1 Allen House, The Maltings,
Station Road, Sawbridgeworth, Hertfordshire, CM21 9JX
01279 721443 or 01920 897355 | www.homeinstead.co.uk/eastherts

Each Home Instead Senior Care® franchise office is independently owned and operated.
Copyright © Home Instead 2020. *Smith & Henderson 2020 PEAQ survey



Hello hay, FAREWELL FEVER

As the weather gets warmer and the pollen count grows, hay fever sufferers across the nation lament. If you are already in the throes of a hay fever attack, you don't have to turn to over-the-counter medications. Instead, try one of the below natural remedies.

VITAMIN C

A natural antihistamine, vitamin C can be found in oranges, lemons and grapefruits, as well as red bell peppers. As vitamin C cannot be stored in the body, you need to offer consistent and low doses to support your nasal lining and minimise the effects of hay fever.

HONEY

If you know anyone who sells local honey, then this is the perfect hay fever remedy for you. With the ability to desensitise your body to other pollens, the bee pollen found in honey can help to significantly reduce the most common hay fever symptoms, including a runny nose and persistent sneezing.

GARLIC

Known for boosting your immune system, garlic can also act as a decongestant which can help to alleviate minor hay fever symptoms. This potent plant is also an anti-inflammatory and a good source of quercetin, a natural antihistamine.

PETROLEUM JELLY

Not just a lip saviour when the weather turns cold, petroleum jelly has been praised by hay fever sufferers for its ability to trap pollen before it enters the nose. Simply apply a thin layer inside your lower nostrils to prevent your symptoms from becoming any worse.

CHAMOMILE TEA

High in antioxidants, as well as being a natural antihistamine, chamomile tea can be drunk to act as an anti-inflammatory agent. Alternatively, choose to place cooled teabags on swollen, red eyes for an instant calming effect.

CHILLI PEPPERS

Chilli peppers contain capsaicin which, when eaten, opens up the nasal passages, helping to reduce congestion caused by hay fever.



HEALTH & FITNESS



BESPOKE HOME CARE WITH PROFESSIONAL & FRIENDLY STAFF

Kindherts Care Ltd provides a professional care service that is tailored to suit your lifestyle, needs, choices and preferences in the comfort of your own home.

Our range of services are planned through meetings with yourself, family and friends and our care planning team.

We offer -

- A visiting day care service (at variable times to suit)
- Personal care, dressing & medication
- Night care (sleeping or waking nights)
- Live in care
- Assistance with shopping or domestic duties
- Companionship & more.

PHONE 01279 654 999 TODAY FOR A CHAT ABOUT YOUR REQUIREMENTS, OR FOR MORE INFORMATION



Unit 3, Twyford Business Centre, London Road,
Bishops Stortford, Hertfordshire CM23 3YT
Email: john.marsden@kindhertscare.co.uk



Do you want to move your body more this month?

STRENGTHEN AND TONE YOUR WHOLE BODY THROUGH PILATES CLASSES WITH DANIELE

- Group Classes ● One to One Classes

Pre and Post Natal Classes ● Corporate Workshops

FACE TO FACE CLASSES HAVE RESUMED IN BISHOP'S STORTFORD!

All experience levels welcome

Pure Pilates, Wednesday's @ 6.30pm, Sworder's Yard

Pilates in the Park, Sunday's @ 9.30am, Sworder's Field

**LIMITED SPACES, ADVANCE BOOKING REQUIRED
CALL OR EMAIL TO BOOK NOW**

info@onetwowellness.co.uk ● 01279 939091

[f @onetwowellness](https://www.facebook.com/onetwowellness) [i @onetwowellness](https://www.instagram.com/onetwowellness)



DANIELE,
PILATES INSTRUCTOR &
MEDITATION TEACHER

ONE • TWO
wellness



HAVE A brew-tiful DAY

Coffee lovers rejoice, your morning cuppa can not only help kickstart your day but it can also help your health in more ways than you can imagine.

ENHANCED LONGEVITY

Recent studies have found that coffee drinkers are less likely to die from some of the most leading causes of death, including heart disease, stroke, diabetes and kidney disease.

REDUCED RISK OF ALZHEIMER'S AND PARKINSON'S

Drinking two or three cups of coffee a day can reduce your risk of developing dementia and Parkinson's disease. Plus, for the latter, it can help you control your movements.

INCREASED FAT-BURNING ABILITIES

There is a reason why caffeine is found in nearly every fat-burning supplement, and this is because it has the ability to boost your metabolic rate by between three and 11 per cent and potentially increase fat-burning by up to 29 per cent.

IMPROVED PHYSICAL ABILITIES

Caffeine increases epinephrine, also known as adrenaline, in your body, which can help to improve physical performance by between 11 and 12 per cent.

DECREASED RISK OF DEPRESSION

The drinking of coffee is linked to positive emotions such as pleasure, satisfaction, calmness and happiness. In fact, a study by Harvard found that the risk of depression in

women decreased as their caffeinated coffee consumption increased.

WHAT IS THE COFFEE DIET?

Popularised by the book *The Coffee Lover's Diet* by Dr Bob Arnot, the coffee diet is based around the idea that health and longevity is enhanced by a high intake of antioxidant-rich coffee. The diet is said to help boost your metabolism, burn fat, block calorie absorption and decrease your appetite.

HOW IT WORKS

- Drink a minimum of three cups of light-roast coffee per day
- Avoid adding milk or sugar
- Replace one meal with a home-made, high-fibre, green smoothie
- Stick to 1,500 calories per day
- Avoid highly processed foods





Jicama

The jicama, also known as a Mexican yam bean, is a starchy root vegetable that is recognisable by its thick, brown skin and turnip shape. Low in calories and sweet in taste, this veg makes a great alternative to the humble potato.

WHAT DOES JICAMA TASTE LIKE?
The jicama has been described as a cross between a potato and a pear owing to its distinctive flavour which is both nutty and sweet. Its flesh is juicy and crunchy and, because it has a fairly mild taste, it blends well with other flavours.

WHAT ARE THE HEALTH BENEFITS OF JICAMA?
The perfect vegetable for people with diabetes, the jicama is naturally low in sugar but still sweet to taste. It is also high in fibre, a great source of vitamin C and low in fat and calories.

IS JICAMA SAFE TO EAT?
It is worth noting that only the root vegetable of the

jicama plant is safe to eat, as the rest, including the beans and flowers, contain rotenone, a natural insecticide that can be toxic to humans in high doses. You should also remove the brown skin before consuming.

HOW TO USE JICAMA
> Slice thinly and add raw to a vegetable salad or Mexican fruit salad for added crunch
> Sauté with other veg such as broccoli and carrots
> Use as a substitute for water chestnuts in a stir-fry
> Bake in the oven or place in an air fryer for healthy chips

HOW TO STORE JICAMA
The most important thing to remember when storing jicama is that you must keep it dry, as any moisture can cause rot and mould. Store unwrapped at room temperature if still whole or, once cut, wrap tightly in cling film and store in the fridge for up to one week. Alternatively, wrap a whole jicama in foil and freeze for up to one year.

NOW OPEN

PASTICCERIA —
by ALESSANDRO DI LEO

REAL AUTHENTIC ITALIAN PASTRIES & SWEETS

Pasticceria DiLeo - from the simplest and most traditional to the most modern and refined



- Professional Pastry Chef ● 10 Years Experience
- All Fresh Italian Ingredients

01279 939212

www.pasticceriadileo.co.uk | pasticceriaDiLeo@outlook.com

8 Florence Walk, Bishops Stortford, CM23 2NZ




THE B7 MEDIA GROUP

PRINTING ● BUSINESS CARDS ● LEAFLETS ● DISTRIBUTION

SIGNAGE ● MENUS & BROCHURES ● EXHIBITION BOARDS & BANNERS

RETAIL PACKAGING ● WINDOW VINYLs ● LOGO DESIGN

BRAND ALIGNMENT ● VEHICLE WRAPPING ● CARBON PADS

WORKWEAR ● WEBSITES ● SOCIAL MEDIA ● I.T. SOLUTIONS

ENQUIRIES@B7MEDIAGROUP.COM

01279 939134





B.B.Q. 101

THE DOS AND DON'TS OF GRILLING OUTSIDE

DO expand your repertoire beyond sausages and burgers. From slow-roasted delectable cuts of beef to a delicately grilled entire sea bass, there really is no limit to what can be cooked on the barbecue provided you get your temperature and technique right.

DON'T only barbecue in the summer. It is almost criminal that we limit our grilling to just one season when so many other meals could benefit from being barbecued. Whether slow-roasting pork belly for a sumptuous Sunday lunch or smoking ribs for a night in front of the footie, your barbecue is waiting to bring that added wallop of flavour, whatever the season.

DO let the flavour linger. Another plus of the outdoor grill is that it requires little maintenance. During periods of regular use, you can simply heat it up and brush off any food debris with a steel brush – this will also help preserve your non-stick seasoning.

DON'T leave it to the elements. Barbecues may be hardy, but they aren't invincible, so cover them up when not in use.

DO your research. Just as you wouldn't blast every cut of meat with heat in the oven, the key to successful grilling is to adapt your barbecue accordingly by having areas with and without coal underneath. For example, steaks benefit from a few minutes over really high heat before being taken off to rest, whereas chicken thighs need a few minutes over a direct heat and then a longer period with indirect heat to cook properly.

DON'T go full caveman. Grilling may seem like a primitive cooking method, but using the right tools will really enhance your experience and the food you produce. Whether using chimney fire starters to expertly preheat coals, or heatproof gloves for effortless handling of utensils, or a meat thermometer for supreme cooking accuracy, these nifty gadgets are more than just a gimmick... although the "kiss the cook" apron remains optional.



HOW TO CLEAN YOUR Curtains

Did you know that you should be cleaning your curtains at least once a year and preferably once every three to six months? Although this may not sound like a lot, can you honestly remember the last time you gave yours a good wash? If not, don't worry. Discover below how to clean your curtains in five simple steps.

STEP ONE: Remove all the hooks and curtain weights and loosen the heading tape. If you are worried about the fabric shrinking, you may want to let down the hem. Take outside and shake well to remove any dust.

STEP TWO: Check the washing label of your curtains to see if they are machine washable. If they are made using a lightweight fabric such as cotton, they probably are. However, if they are large and heavy you may want to have them dry cleaned or wash them by hand. This is also the case for curtains made from velvet, wool, silk or chenille.

STEP THREE: If machine washable, place your curtains in your washing machine and add your usual detergent. Set the machine to either a "delicates" cycle or a cool wash with a slow spin to avoid damage.

STEP FOUR: If you want to iron your curtains, you should do this while they are still damp. Work lengthways, on the wrong side, stretching the fabric gently to prevent seams from puckering. If not, simply hang to dry either outside if the weather permits or inside until they are at least 95 per cent dry. Do not rub or wring out your curtains.

STEP FIVE: Thoroughly dust and clean your curtain tracks, windows and sills before hanging your clean curtains back up. You should also try to incorporate a weekly curtain vacuum into your cleaning schedule to keep them in tip-top condition for longer.

NEXT MONTH WE'LL TELL YOU HOW TO CLEAN YOUR BLINDS



**No Problem
No Call Out Charge**

Gutters Cleared
We remove leaves - moss - grass - growth & debris

Photos Before & After
We do a camera survey first

**Working Safely
Contact Free**
during Coronavirus
See gutterpro.co.uk for more information

8000+ Reviews
4.96 Excellent

REVIEW

Conservatories & up to 4 Storeys
Tall buildings, schools, nursing homes and industrial units.

£5million insurance & a Receipt
Peace of mind that we're a proper business.

Timed Appointment
You can track our arrival online

Pay after the Job

Service Pledge

GUTTER PRO.co.uk

up&up

PROFESSIONAL GUTTER CLEANING

01279 882 133
or online gutterpro.co.uk

J Rose Carpentry Ltd

Bespoke Carpentry – we design and build especially for you

All 1st & 2nd fix Carpentry ● Kitchen Design & Fitting ● Home Refurbishment

Bespoke Wardrobes ● Media walls ● Loft Conversions

01279 939 087 ● jrosecarpentry@gmail.com

5 alternative uses for nail polish remover

Did you know that nail polish remover is not just for nails? Oh no, it can be used for a whole myriad of other purposes around the home.

- 1. To shine your shoes**
Although you may be wary about using acetone on your prized shoe collection, as long as you only use it on patent shoes, you are completely safe. Simply dip a piece of kitchen towel in nail polish remover and gently buff to remove unsightly scuff marks.
- 2. To clean your china**
If you are an avid tea drinker, your china may be prone to the odd mark or two. Remedy this by scrubbing these stubborn stains with a cotton bud soaked in nail polish remover. Wash as normal before using.
- 3. To remove paint from your windows**
Painting your windows can inject a new lease of life into the interior and exterior of your home. However, flicks of paint on your glass are a hazard of the job. Remove any wayward paint by applying acetone, letting it settle for five minutes and then rubbing away with a damp cloth.
- 4. To dissolve superglue**
Got a bit overenthusiastic with the superglue? Don't stress. Nail polish remover will quickly and easily unglue your hands or unclog the cap of your glue. Just apply to the affected area for instant results.
- 5. To get rid of ink stains**
Whether you have spilt ink on your fabric sofa or your child has come home from school with their shirt covered in pen marks, acetone will save the day. Mix one part nail polish remover with two parts water and dab at the stain with a soft cloth.

Other uses:

- > To sanitise your beauty tools.
- > To clean blades – dip a cotton bud in the remover, apply and rinse with soap and water.
- > To smooth minor watch scratches – drop a tiny amount onto a cloth and gently buff affected area.

nail polish remover strengthening

gelatin helps add nail strength and resiliency for natural nails
Delete & repeat

up&up

WARNING: EXTREMELY FLAMMABLE
• KEEP AWAY FROM FLAME

6 FL OZ (177 mL)

HOME & DIY



WHY BUY A beanbag?

If you are wanting to update the furniture in your home without breaking the bank, you may want to consider investing in bean bag furniture. Synonymous with comfort and cosiness, the benefits of bean bags are numerous.

1. LOOKS STYLISH

Furniture for your home needs to look the part as well as feel it. Luckily, bean bags come in a wide variety of colours and designs, meaning you are guaranteed to be able to find one that complements your home's interior. Plus, you can accessorise your bag with cushions and throws in the same way you would a sofa.

2. OFFERS PORTABILITY

If you have a small home or limited space in your living room, a bean bag is a great option as it can be moved from one room to another with ease, owing to its lightweight nature. It can also be stored away when not in use.

3. EASY TO MAINTAIN

Bean bags come in a wide variety of different fabrics, meaning you can pick the perfect one for

your needs. Choose from faux leather that is super-easy to clean, cotton that is long-lasting, and even waterproof and UV resistant material for outdoor use.

4. SAVES YOU MONEY

Even with the seemingly never-ending furniture shop sales, it is still expensive to buy a new three-piece suite for your home, with prices potentially running into the thousands. Fortunately, bean bag furniture is extremely cost efficient and you can choose from single chairs, loungers, three-seaters and more.

5. IMPROVES YOUR HEALTH

If you suffer with either muscle or joint pain, then bean bag chairs can help you by moulding to your individual shape and offering optimal support. They can also help to relieve tension headaches and correct poor posture.



Steamed Up Double Glazing?



Are Your Windows Steamed Up, Misted or Broken?

Why Replace The Frames?

We can carry out the repairs to any Timber, Aluminium or uPVC Window, Door or Conservatory

**Handles • Hinges • Locks • Cylinders • Rubber Seals
Silicone • Letter Boxes • Cat Flaps • Dropped Doors
Conservatory Roofs • Soffits, Fascias & Guttering**

We also supply & fit new energy rated windows & doors

**Elite uPVC Repairs
0800 0830 428 or 07412 766665
Find us on Elite-UPVC-Repairs**



APPLIANCE REPAIRS AND SALES

We repair all makes and models

**Washing Machines • Tumble Dryers
Dishwashers • Ovens • Hobs • Cookers
Fridge/Freezers • Extractor Hoods**

New appliances in stock for same day delivery & installation

Prices listed on our website

**Call 01279 310793
Or Book Online
www.spindotoruk.co.uk**



Specialists in High Quality & Cost Effective Flat Roofing Installations



**SINGLE PLY MEMBRANES • TORCH ON FELT • LIQUID APPLIED WATERPROOFING • ASPHALT
BESPOKE METAL CAPPINGS • SLATING • TILING • LEAD WORK • PITCHED ROOF REPAIRS**

- WIDE VARIETY OF ROOFING PRODUCTS AVAILABLE
- HIGHLY SKILLED & PROFESSIONALLY TRAINED ROOFERS
- 10 YEAR INSURANCE GUARANTEE ON ALL FLAT ROOF SYSTEMS



**Contact us at 01279 939 082 • 07850 009 518
www.cardinalflatroofing.co.uk • info@cardinalflatroofing.co.uk**





SOVEREIGN

HOME IMPROVEMENTS

The premier way to update your homes
glazing has arrived for...

**WINDOWS, DOORS
AND GLAZED EXTENTIONS**

Give your home some royal treatment



BY APPOINTMENT ONLY

T. 01279 29 5678
www.sovereignwindows.uk.com

Sovereign, Office T9, Allen House Business Centre,
The Maltings, Sawbridgeworth, Hertfordshire CM21 9JX



A PRINCE *among men*

CELEBRATING THE LIFE OF HRH PRINCE PHILIP, DUKE OF EDINBURGH

Photo credit: Tim Graham/Shutterstock

Meticulous, measured, majestic and more than a little eccentric... and that was just the funeral procession – HRH Prince Philip departed these strange shores just two months short of his 100th birthday, leaving behind a partner so hopelessly and publicly bereaved, and a nation of admirers wondering who could live up to the Duke of Edinburgh's lofty lovability.

Rarely is someone's passing met with almost universal solemnity and respect. It appears we all admired Prince Philip for different reasons – his faithful devotion to Queen Elizabeth II; his stolid determination to affect positive change; his humorous tendency to stray over the boundary of political correctness; or perhaps simply because he embodied so wholly that 'grandad' figure. Whatever it is, whatever it was, he had it, and in the stuffy silliness of modern media, he was exactly the antidote so many of us needed.

On Saturday, April 17, Prince Philip was laid to rest. In a ceremony he planned and choreographed himself, his coffin was lifted onto the back of a modified Land Rover Defender. Decorated in a stunning matt



Photo credit: Tim Rooke/Shutterstock

bottle green, the hearse was Philip's own creation, while various other touches clearly bore the mark of a man who wanted to slip away with energetic, original reflections of life, not the formal bleakness of most ceremonies.

There was the empty seat on the carriage, decorated with his blanket, flat cap, whip, brown gloves and pot containing a sugar cube for the ponies; then his military cap and sword on a coffin adorned with the most beautiful personal standard flag which referenced his overseas roots, family name and Edinburgh Castle. Meanwhile, various other marine references were present during the ceremony, each a nod to his cherished naval career, which came to an end in 1951.

In truth, there was so much of this special life to be celebrated. He was born on June 10, 1921 in Corfu, his family holding both Greek and Danish royal heritage. Banished from their homeland, he spent parts of his early life in France and Germany before settling in Britain.

It wasn't an easy childhood – his mother was admitted to a psychiatric institution, and he was separated from his family after landing in the UK. He studied at Cheam School before relocating to Scotland. He served in the British Navy during the Second World War, despite members of his family effectively fighting for the opposition as part of the Axis.

He denounced his Greek and Danish titles and adopted the surname Mountbatten – from his mother's side – so he could marry Princess Elizabeth in 1947 at Westminster Abbey, eight years after they had first met.

He was doted on by his four children – Prince Charles, Princess Anne, Prince Andrew and Prince Edward (Prince Edward will now take his title) – and never wavered from his role as the Queen's consort... in fact, the longest in royal history. A passionate supporter of everything she did, he also undertook his own projects, notably the Duke of Edinburgh's Award which, to this day, continues to promote youth achievement across many different disciplines.

He enjoyed polo, boat racing, piloting aeroplanes, painting and antiques, and while deteriorating health in recent years proved concerning, it was supposed he had recovered from a recent stay at St Bartholomew's Hospital; yet he slipped away peacefully on April 9, 2021 at Windsor Castle.

In total, almost 14 million of us watched the Duke of Edinburgh's funeral, and even the staunchest anti-royal must have pitied the senior Windsors being forced to display their grief in public. Such are the realities of a state funeral, and so it is conditioned that the only follow-on from a life played out in the public eye is a memorial on the same terms.

Prince Philip was born of a different time and a different generation of royalty, yet he fit so wonderfully into modern-day society and brought joy to many.

His unique, charismatic, eccentric take on the world is something we just don't see very often these days, with most public figures keeping their cards close to their chests for fear of repercussions.

His truly one-of-a-kind presence will be sorely missed by the Royal Family, the nation and the world.

LOCAL NEWS

from your neighbourhood



Multiple properties closed in drugs clampdown

Police in Bishop's Stortford secured a record number of closure orders after investigating antisocial behaviour and suspected drug crime linked to five properties.

The court granted the orders after raids on properties in Benhooks Avenue, Newland Avenue, Lovett Close and two addresses in Radley Lane.

The closure orders stop anyone from going into the buildings, and anyone who breaches the rules can be arrested.

Neighbourhood Inspector Chris Hunt said he hoped the action sent the message that police would act swiftly where drug-related crime is concerned.

He added: "We've received numerous calls about these properties and have worked to gather evidence

in support of these closure orders, to help provide some respite to the local community. This type of behaviour can have a hugely detrimental effect on others living in the area and will not be tolerated.

"This is the highest number of closure orders we have secured in East Herts in quick succession and I hope it sends a message to people that we will not hesitate to take this action wherever necessary.

"Anyone with information about antisocial behaviour or drug activity in their neighbourhood is urged to please report the details to us."

You can report information online at www.herts.police.uk/Report/Report, speak to an operator in the Force Communications Room via the online web chat or call the non-emergency number 101.

WANT MORE BUSINESS?

CALL 01279 939134 TODAY TO ADVERTISE



The Premier Scent Co.

Strong, long lasting designer fragrance for your home

ORDER ONLINE FROM

PremierScentCo

www.ThePremierScentCo.co.uk

Essex Roofing

ROOFING SPECIALISTS
VELUX INSTALLERS
FLAT ROOFING
PITCHED ROOFING
LEAD WORK
UPVC WORK

Certified Installer

NEED MORE LIGHT IN YOUR LIFE?
WE SPECIALISE IN VELUX WINDOWS • BALCONIES • LANTERNS
• BLINDS • SERVICING, REPAIRS & REPLACEMENTS

CONTACT US TODAY
01279 939131 Mobile: 07557 952390
www.essexroofing.co.uk info@essexroofing.co.uk



New information point for public opens at police station



A new police information point has opened in Bishop's Stortford to provide advice to the public. Situated at the police station in Basbow Lane, the new facility launched on Tuesday, April 13, and will be open every Tuesday, Wednesday and Thursday between 10am and 1pm.

The desk will be manned by specially trained police support volunteers, who will be able to give advice to members of the public and direct them to relevant agencies.

Neighbourhood Inspector Chris Hunt said: "We're really pleased that we're able to open this facility to members of the public, thanks to the dedication of our fantastic police support volunteers.

"While the service will not be run as an operational front desk for reporting crime, it will provide an additional resource in the town and an opportunity for people to get face-to-face advice. It will also mean that operational police officers can continue to focus on front-line duties."

have you seen anyone acting suspiciously? "If you do witness a similar incident take place, it's vital that it is reported to the police control room via 999 immediately, to give us the best chance of identifying any suspects and gathering evidence."

If you have any information that may assist the ongoing investigation, you can report this online at www.herts.police.uk/Report/Report, speak to an operator in the Force Communications Room via the online web chat, or call the non-emergency number 101, quoting crime reference 41/25860/21.

Boost for bookworms as library reopens

Bookworms in Bishop's Stortford were delighted last month when the town library reopened.

Avid readers will be able to visit the library on The Causeway for up to 15 minutes to browse the bookshelves and use the self-service kiosks for borrowing and returning items.

Public computers are also available for pre-booked one-hour sessions.

Social distancing measures in place include queue management, screens on enquiry desks, hand sanitiser stations and quarantine areas for returned books.

Customers are required to wear face coverings during their visit, while opening hours have been adjusted to allow for additional cleaning and for staff to safely restock the shelves.

Seating areas, study spaces, toilet/baby changing facilities, newspapers/periodicals and group activities are currently unavailable.

More information is available at www.hertfordshire.gov.uk/about-the-council/news/news-archive/library-services-during-the-coronavirus-outbreak



Drug addict jailed after shoplifting and theft spree

A drug addict began a 22-month prison sentence last month after a spate of shoplifting and theft offences.

James How, 36, and an accomplice stole expensive bikes and drills, worth £9,659, from a garage in Hoddesdon on February 15 this year.

He appeared for sentence at St Albans Crown Court, having admitted to the burglary and 17 further thefts from shops, including several in Bishop's Stortford, and possession of crack cocaine.

The thefts included alcohol from Marks & Spencer and £114 worth of chocolate from Aldi in Bishop's Stortford.

How also stole £130 from Tesco Express, £252 worth of whisky from Marks & Spencer, £271 worth of chocolate and alcohol from B&M, and four bottles of brandy worth £148 from Sainsbury's, all in Bishop's Stortford.

When he was arrested, a small wrap of cocaine was found in his sock, the prosecutor said.

Defending, Michael McAlinden said How was stealing to fund his "chronic drug addiction".

Recorder Stephen Lennard said the burglary, which was committed while How was on bail, and the long sequence of thefts meant he had to pass an immediate custodial sentence.

Runner helps raise thousands for hospice

A member of Bishop's Stortford Running Club put in an impressive performance at the 27th annual St Clare's Hospice 10k last month, when he finished second in the men's race.

Mark Spiller, together with other members of the club, joined nearly 400 athletes taking part in the popular annual sporting event in Hastingwood, Essex.

The race raised more than £11,000 for the hospice, which cares for people in East Hertfordshire and West Essex.

Emma Broadbent, St Clare's Hospice challenges and events fundraiser, said: "We were thrilled that our 10k race was able to take place safely this April, after last year it had to be postponed owing to COVID-19. We're delighted to have put on our first COVID-secure event since the autumn.

"We have had fantastic support from our local running clubs, supporters and volunteers. We're over the moon that the event has raised more than £11,000 for the hospice, which is needed this year more than ever."





Tributes paid to public servant Shirley Williams

LOCAL NEWS



The chairman of the Hertford and Stortford Liberal Democrats has paid tribute to Baroness Shirley Williams after her death last month.

Andrew Porrer said Baroness Williams, who lived in Little Hadham, was an inspiration to many.

He commented: "She was also a wonderful person. She was happy to help out locally and was able to give a 20-minute impromptu speech at short notice that would have the audience in rapt attention. I fondly remember canvassing her village in December when Shirley came round with us to deliver her Christmas cards."

Julie Marson, MP for Hertford and Stortford, added: "She was deeply rooted in our local community, continuing to live in Little Hadham while serving in the House of Lords and very often attending community events in Bishop's Stortford. She was a popular figure among local residents, and those in Bishop's Stortford and beyond remember Shirley fondly.

"Above everything, Shirley Williams was a true public servant, doing what she thought was right for her community and her country."

Top-rated escape room attraction moves to new site

One of the largest escape room operators in the UK is moving to a new site in Bishop's Stortford.

Know Escape is family owned and includes games that involve escaping prison, robbing banks and finding lost cats.

The venue is moving from Peek Business Centre to the Millars One development in Bishop's Stortford town centre.

Director Will Hazon commented: "In these uncertain times, the site is more affordable financially, and we can deliver bigger games without having to raise our prices beyond what is realistic."

The new venue will offer free parking for players and is within a five-minute walk of the train station.

Will added: "The people of Bishop's Stortford have been amazing to us since 2018 and our team are looking forward to welcoming everyone back into all our venues."

The expansion will allow the team to introduce a new game called At Death's Door. Co-director Matthew Eaves added that other exciting developments are also in the pipeline.

Dog owner wins Winter Walkies photo competition

A one-and-a-half-year-old puppy, Pudding, who lives in Bishop's Stortford with her owner, Dawn Ingram, will be taking the lead when St Clare Hospice holds its popular rescheduled Winter Walkies event on Sunday, May 23.

Pudding, a Shetland Sheepdog, has been named St Clare's Cutest Canine after winning the charity's Facebook and Instagram photo competition to find the top dog to lead the pack at the sponsored 5k countryside walk.

A total of 18 dogs and puppies entered the online photo competition, with 636 votes cast in the five-day competition.

Dawn said: "I'm absolutely thrilled that Pudding won the competition. We are taking part in Winter Walkies because, not only do Pud and I love investigating different walks together and meeting new friends, but we also wanted to support the amazing charity that is St Clare's and help raise awareness of the incredible support it offers to so many people."

Dani De'ath, St Clare challenges and events fundraiser, said: "We know our supporters are barking mad for their pets, but we were overwhelmed with the response to our Winter Walkies photography competition.

"The event, which has been kindly sponsored by Forest Vets, is one of the most popular in the hospice fundraising calendar and we can't wait to meet all our new four-legged friends on May 23."

For more information call Dani on 01279 773738 or email dani@stclarehospice.org.uk



HERTS AIR CONDITIONING

KEEP COOL DURING THE SUMMER AND TOASTY ON COLD WINTER NIGHTS

COME TO THE PREMIER AIR CONDITIONING EXPERTS IN HERTFORDSHIRE FOR AIR CONDITIONING & INSTALLATION SERVICE & MAINTENANCE

FREE SITE SURVEY

Contact 01279 939096 | sales@hertsaircon.co.uk | www.hertsaircon.co.uk

Checkatrade.com Where reputation matters

DAIKIN LG Midea MITSUBISHI ELECTRIC MITSUBISHI HEAVY INDUSTRIES

Your Garden

If you can dream it, we can design and build it!

**Landscape Design
Plant & Tree Solutions
Landscape Management
Landscape Enhancements**

Pathways & Patios • Construction • Maintenance • Ponds & Water Features
Planting • Artificial Grass • Block Paving • Bespoke Garden Buildings

Contact us for your free quote
01371 871551
www.phippslandscapes.co.uk
phipps@mail.com

Facebook, Instagram, Twitter icons



MAY BIRTH FLOWER OF THE MONTH:

Lily



The May birth flower is the delicate and sweetly scented lily. Available in a wide range of vibrant colours, each shade conveys a different meaning. Planted as bulbs, lilies are perfect for containers and flower borders, making them a great choice for small and large gardens alike.

What does the lily symbolise?

As mentioned above, the lily holds many different meanings which are dependent upon its colour:

- > Pink lilies symbolise femininity and admiration
- > Red lilies represent love and passion
- > Orange lilies convey confidence and energy
- > Yellow lilies are used to say thank you
- > White lilies portray purity and rebirth

What does this birth flower say about you?

If your birth flower is the lily, you are said to be practical, with the ability to tackle even the most challenging situations. Contrary to the toxic lily flower, you are sweet, tender and with a huge capacity to love, meaning that others always feel safe in your company.

How to grow lilies

Lilies are planted as bulbs and are ideal for placing in containers or in sunny borders. There are two main types of lily that you can choose from: Oriental lilies and Asiatic lilies. The former give off an intense aroma and are large in stature, whereas the latter are available in a wide variety of vibrant colours but are sadly unscented.

Lily bulbs thrive in moist, acid soils, so if placed in a container, be sure to add ericaceous compost.

Do lilies come back every year?

Lilies are perennial flowers which mean that they will return year after year. Requiring minimal care if planted correctly, make sure you do not overcrowd your bulbs and place in full sun where possible.

IBBco RESIN

 01992 276190
 office@ibbco.co.uk
 www.ibbco.co.uk



Resin Bound Natural Aggregate

Based just outside Epping, IBBco have been providing surfacing solutions to Essex and Hertfordshire for the past 24 years. Resin Bound natural aggregate allows us to create beautiful designs for your drive, patio, paths or even swimming pool surrounds! Please call us to discuss all the options or to request a free survey.

- 46 Bespoke Colours
- Fully Permeable
- No Drainage Required
- Total Flexibility of Design
- Long Lasting Results
- Easy to Maintain
- Tested to BS EN 13892
- UV Colour Stable

Unit 11, Esgors Business Centre, High Road, Thornwood Common, Epping, CM16 6LY



ALL HANDYMAN SERVICES



**OUR SERVICES INCLUDE: BATHROOMS & KITCHENS INSTALLATION & REFURBISHMENT
WINDOW REPLACEMENT • BRICKWORK & PLASTERING • PLUMBING & ELECTRICAL
NO JOB TOO SMALL • WORK UNDERTAKEN BY QUALIFIED TRADESMEN**

CONTACT US TODAY: 07703 441201

f www.buildinginstortford.co.uk • Email: info@buildinginstortford.co.uk **ig**

SUPPORT LOCAL BUSINESSES



Let your local businesses know that you saw them first in... **VISION**



GARDEN OF LIFE

MOISTURE *in the air*

In the final part of our series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the role of moisture in this wondrous ecosystem.

While we may bemoan the washing getting wet when we forget to bring it indoors, the cycle of moisture in our gardens is perhaps nature's greatest wonder of them all. Consider it – we've all gazed out across our lawns or poked around a plant on a window ledge and known that when nature either dries out or floods, the end is nigh.

On a local level, moisture in our plant soil is the difference between a flowering plant and a wilting one; or perhaps a ripe, juicy tomato and one that fails to develop.

On a national, mass-market scale then, getting the moisture content right means looking after the production of every variety of crop, for both human

and animal consumption.

And yet, controlling moisture goes far beyond even that, because the density of water in the soil is vital in regulating the exchange of water and heat energy between plants and the atmosphere, via evaporation. This leads to the production of weather patterns all across the world, and especially determines levels of precipitation.

Even on its way into the atmosphere, moisture is stabilising our climate, plus helping animal life that's dependent on perspiration to regulate internal body temperature – something that's key to survival.

It all adds up to the fact that the humble bit of soil around your petunias is, in the most minute of ways, contributing towards the maintenance and welfare of the flora and fauna and of people's lives in towns, villages and cities all across the world, whether their fear is flash floods, droughts or even potential starvation.





TRAVEL



Brexit, travel and your

PASSPORT

ENSURING YOUR PASSPORT IS FIT FOR OVERSEAS TRAVEL IN 2021

We've become used to the uncertainty suffered from the drawn-out Brexit process and what our departure from the EU ultimately means for the UK; yet gradually the intricacies of us operating as an independent nation are becoming clear.

A hot topic has been the use of our passports when going abroad, although the intensity of this discussion has been held back by COVID-19 and a general inability to travel anywhere in the world.

In essence, there are two main points to take into consideration: from January 1, 2021, anyone leaving the UK needs to have six months left on their passport in order to be able to travel throughout Europe. Not only that, but your passport will need to be less than 10 years old.

The one exception here is when travelling to Ireland. Although this is still part of the EU, you

are able to use your passport any time up until its expiry date.

While these are the immediate changes when it comes to travelling to Europe, throughout 2021 we will continue to be issued with new blue passports. These are a throwback to the old-style British passports which were in use until 1988, before the burgundy EU passport came into play.

As far as visiting EU countries goes, no visas are required when travelling to mainland Europe, and stays are permitted for 90 days in any 180-day period. Again, there are some exceptions – when travelling to Bulgaria, Croatia, Cyprus and Romania, for instance – so it's best to check the finer details on the Foreign Office portal of the gov.uk website to ensure your deserved holiday doesn't come unstuck before you've even made it to the aircraft.

We.Recruit **HR** **We.Outsource** **HR** **We.Consult** **HR**

KINGSWOOD GROUP
HR SOLUTIONS
RECRUIT • OUTSOURCE • CONSULT

www.kingswoodgroup.org

Providing expert, fully tailored HR Solutions to businesses across Essex

For a confidential discussion, please email us at: enquiries@kingswoodgroup.org, alternatively call us on:

Bishops Stortford 01279 939094
London 0203 984 6677

NAOMI HAYNES
FINANCIAL PLANNING

*You can't predict the future, but you **can** prepare for it*

My aim is to provide every client with the very best financial advice and support to help meet their individual needs.

I work holistically with clients in a wide variety of areas, incl:

- Pension Planning ● Protection ● Investment Planning
- Estate & Tax Planning ● Business Financial Planning ● Mortgages

Your home may be repossessed if you do not keep up repayments on your mortgage.

WANT TO SEE IF WE ARE A GREAT FIT TO WORK TOGETHER, HELPING TO SECURE YOUR FINANCIAL WELLBEING? GET IN TOUCH TODAY

www.naomihaynes.co.uk | Naomi.Haynes@sjpp.co.uk
01279 939 127 | 07785 530 555 [naomihaynesfinancialplanning](https://www.facebook.com/naomihaynesfinancialplanning)

Associate Partner Practice of St. James's Place Wealth Management

The Partner Practice is an Appointed Representative of and represents only St. James's Place Wealth Management Plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the Group's wealth management products and services, more details of which are set out on the Group's website at www.sjp.co.uk/products. The 'St. James's Place Partnership' and the titles 'Partner' and 'Partner Practice' are marketing terms used to describe St. James's Place representatives.



COASTAL HOTSPOTS

for home buyers

With summer staycations being on the cards for many families this year, homes by the sea are attracting more interest than ever before.

But if you are thinking of making a more permanent move to a coastal location, check out the below hotspots that are proving to be popular with home buyers across the UK.

SWANAGE, DORSET - average asking price £394,762
Only six miles from Bournemouth, Swanage was recently named as one of the best places to live in the South West by *The Sunday Times*. Offering an old-fashioned seaside charm, this town is your best bet for affordable family homes with sea views.
Choose from Victorian terrace houses, bungalows and modern sea-view apartments.

ROTTINGDEAN, EAST SUSSEX - average asking price £596,699
Another highly popular spot for home buyers, Rottingdean combines a picturesque village with a beautiful beachfront and boasts a lively community. Explore a mix of Georgian town houses, Edwardian family homes and character cottages.

ST MAWES, CORNWALL - average asking price £963,398
For those with a larger budget, the small fishing village of St Mawes, near Falmouth, is the perfect coastal location. With more than five million searches on Rightmove in February, Cornwall has now overtaken London as the most searched for place for home buyers.
Popular for boating and yachting, if you want to do a bit of daydreaming, check out its selection of stunning sea-view mansions.

THORNHAM, NORFOLK - average asking price £223,898
A small coastal village situated in the Norfolk Coast Area of Outstanding Natural Beauty, Thornham's attractive and traditionally styled properties make it a highly sought-after location for home buyers. Ideal for those looking for a more remote place to live; if you work from home, you won't find a more idyllic setting.

DOES YOUR WORK LIFE NEED

- FLEXIBILITY • INSPIRATION
- BALANCE?

We have the solution!

- BRAND NEW COWORKING SPACE
- CUSTOM BUILT CONTEMPORARY BARN
- WITHIN THE BEAUTIFUL GROUNDS OF WICKHAM HALL, BISHOPS STORTFORD

OPENING JUNE 21
create the working life you deserve




A Perfect Community & Business Space for Innovators, Influencers, Remote Corporate Workers & Ambitious Business People

THE SPACE WILL INCLUDE:

- SINGLE PERMANENT DESKS • HOT DESKS
- PRIVATE OFFICES FOR 2-11 PEOPLE
- MEETING ROOMS • COMMUNAL HUB
- COUNTRYSIDE VIEWS • FREE PARKING

RESERVE A PERMANENT DESK AHEAD OF LAUNCH FOR £99

CALL 01279 939145 OR EMAIL [KAREN@THERESIDENCECOWORKING.CO.UK](mailto:karen@theresidencecoworking.co.uk) TO RECEIVE FLOOR PLANS AND SCHEDULE A PRE-LAUNCH TOUR



NATALIE CAROLINE COACHING
Moving your business forward

YOUR SUCCESS IS MY PRIORITY

Hi, I'm Natalie Caroline and I'm a local business coach. My role is all about supporting business owners to create meaningful changes within their ventures. I work across a wide variety of principles from social media management, business planning, digital marketing and more. My service provides bespoke coaching packages, tailored to your needs.

To discover more please visit: natalie.caroline.coaching.com or call 01279 939123 ✉ nataliecarolinecoaching@gmail.com @nataliecarolinecoaching 📱 @nataliecarolinecoaching 🌐 natalie-small



Your dedicated Marketing agency.

JJD MEDIA

Don't just survive the new normal, adapt and flourish! We will be with you every step of the way.

☎ - 01279 939126
 ✉ - JJD.socialmedia@gmail.com
 @ - JJD.socialmedia

teachnow

Are you looking for work in Education?
Are you struggling to find the right role for you?

We are seeking passionate and dedicated education professionals for full, part time, long term, permanent and daily supply positions in Primary and Secondary schools in Hertfordshire and surrounding areas.

We are looking for individuals who:

- Are passionate about helping children develop and reach their potential
- Understand how pupils learn
- Are dedicated and hardworking
- Have a sound knowledge of the principles of good teaching and supporting learning
- Are reflective and strive to be the best teacher/teaching assistant they can be

Successful candidates will benefit from:

- Competitive rates
- CPD training
- Working alongside a supportive team
- A designated and committed consultant to support you in your role
- An excellent referral bonus scheme

How to apply: Please contact Leah on 01279 939129 or leah@teach-now.co.uk to register your interest or please visit our website teach-now.co.uk to find out more.



CHECKING IN

WHY PROTECTING THE YOUNG PEOPLE AROUND YOU MEANS INSISTING ON THE RELEVANT CHECKS

In the past decade or so, Criminal Record Checks (CRCs) have become commonplace in situations where organisations need to safeguard the welfare of children, young people and vulnerable adults. And this can be the case in everything from 9–5 employers ensuring their staff have been honest in job applications, to volunteers working for charities, right through to local sports teams safeguarding the welfare of young players.

The checks are done by the Disclosure and Barring Service (DBS) and take the form of a simple and relatively cheap process that takes a couple of weeks. The application can be submitted by the individual or an employee (but only after an offer of employment has been made – in other words, for a successful applicant, not for an interview candidate).

The request goes to the DBS, where a criminal background check will be made. A certificate is subsequently issued that lists any convictions.

The process has become an essential part of

verifying people who are in positions of responsibility where young and vulnerable people are concerned, and replaces what was previously a somewhat more convoluted process between the Criminal Records Bureau and the Independent Safeguarding Authority. By merging these two organisations into one entity, the DBS, in 2012, the government was able to streamline welfare checks, which meant not only a safer and more comprehensive system, but also one where people could begin helping and assisting youngsters without having to go through swarms of red tape.

Of course, while a DBS check will list noted convictions, organisations can and do undertake additional protection, welfare and safeguarding training. And as ever, as parents, the most effective reference to those helping our children comes through our own communication with both our loved ones and the organisation – it always pays to be vigilant.

Photo credit: Ascammio/Shutterstock.com



SPORT

Masterful MATSUYAMA



Photo credit: Gregory Bull/AP/Shutterstock

HOW A SHY JAPANESE GOLFER MADE HISTORY AT THE MASTERS

In all honesty, golfer Hideki Matsuyama probably isn't cut out for a life in the spotlight of the sporting world. The 2021 Masters champion, who originates from the place in Japan that gave him his name – Matsuyama is a city in the Ehime region on the island of Shikoku – claimed victory at the iconic Augusta course in April, finishing a shot clear of American youngster Will Zalatoris.

"I am relieved," he said afterwards. "It looked good coming into the final day – the course was playing well for me and I knew I just had to hold my nerve.

"It is the proudest moment of my sporting life." Success hasn't come quickly or easily. Indeed, Matsuyama has had to wait four painful years to make amends for a catastrophic loss of confidence on the back nine of the 2017 PGA Championship when he seemed set to take the title.

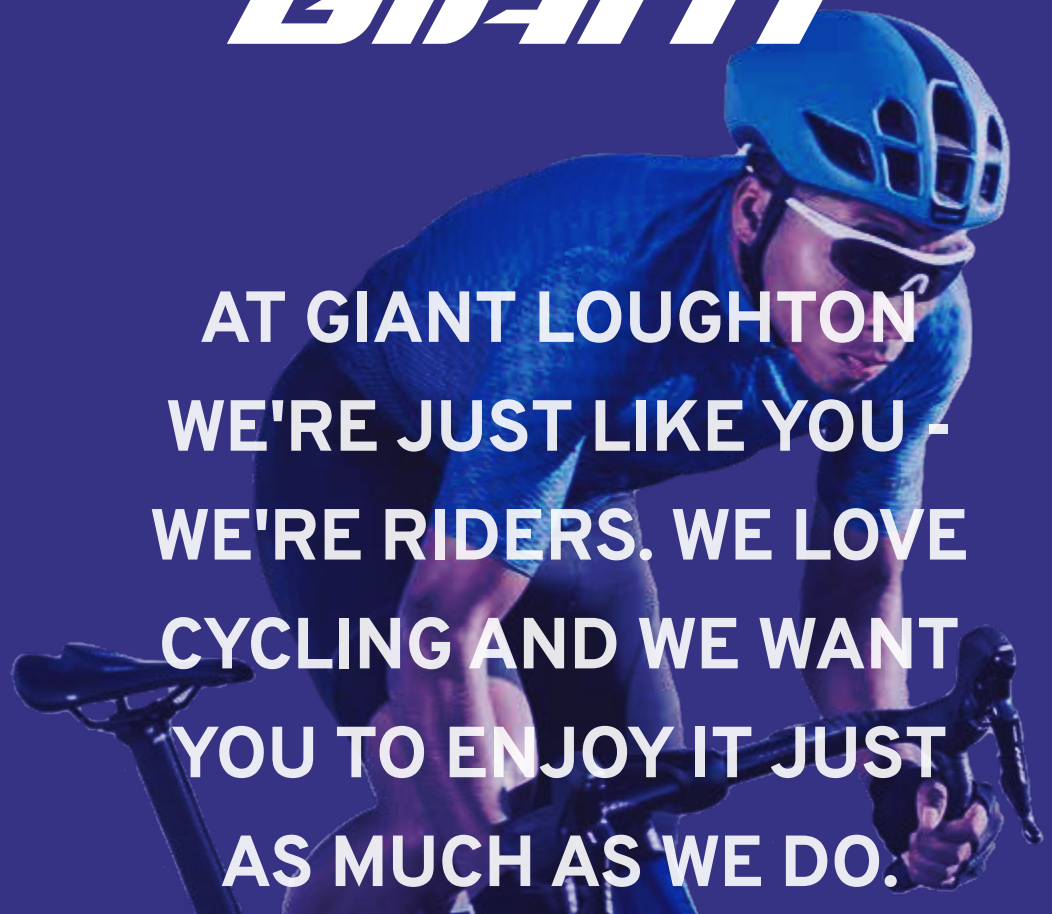
Recovering from hitting five bogeys in the final

trappings that cost him that victory has taken the 29-year-old time, and although he again wobbled on his way to finally setting the record straight as he posted an overall 10 under par, this time he held on to the clamours of delight emanating from his homeland.

Japan is a golf-mad country and finally it has a golfing champion to call its own; not just that but a man who values respect and humility. He bowed to the 18th fairway at Augusta as a mark of respect and, despite pocketing the \$2million first prize, still flew back to his homeland alone, on a standard flight. Indeed, perhaps the most iconic image of the whole weekend was Matsuyama sitting at Augusta airport on the Monday, dressed down, checking messages, and that famous green blazer casually draped over a neighbouring seat.

Japan has a champion to be proud of, as does the sport of golf.

GIANT



AT GIANT LOUGHTON WE'RE JUST LIKE YOU - WE'RE RIDERS. WE LOVE CYCLING AND WE WANT YOU TO ENJOY IT JUST AS MUCH AS WE DO.

NEW STOCK ARRIVING WEEKLY

- 5 YEARS FREE SERVICING FOR ANY BIKE PURCHASED IN 2021 (EXCLUDING MY21 RANGE)
- FREE PUNCTURE REPAIRS FOR LIFE RANGE (T&Cs APPLY ORIGINAL OWNER ONLY)
- FREE SAFETY CHECKS FOR LIFE ON ALL NEW ARX AND ATX BIKES
- PRICE MATCH PROMISE - FIND IT CHEAPER ANYWHERE ELSE & WE WILL MATCH THE PRICE
- FREE UK DELIVERY ON ANY IN-STORE PURCHASE (CALL US FOR MORE DETAILS)

GIANT LOUGHTON, 235 High Road, IG10 1AD

T: 0208 508 1384 W: giant-loughton.co.uk E: info@giant-loughton.co.uk

**FULLY FITTED
ROLLER
GARAGE
DOORS**
FROM **£895** * WAS **£1,354**
INC VAT

* Offer Valid For Openings Up To 2.4m Wide & 8' High
2 Remote Controls, 3 Year White RAL9005, Internal Manual Override

WHATS INCLUDED:
ACOUSTIC & THERMAL INSULATION
TWO REMOTE CONTROLS
EXPERT MEASURING & FITTING
24 COLOURS AVAILABLE

GAROLLA
ROLLER SHUTTER DOORS
www.garolla.co.uk

Made To Measure...
ROLLER GARAGE DOORS

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of head-room! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

CALL US TODAY
Phone: **01279 510 063**
Mobile: **07537 149 128**

CE Approved

Palmer & Martin Hire

FREE LOCAL COLLECTION AND DELIVERY

CAR HIRE VAN HIRE
PROVIDING A ONE-STOP-SHOP FOR ALL OF YOUR HIRE REQUIREMENTS

FAMILY RUN COMPANY ■ CLOSE TO STANSTED AIRPORT
120+ FLEET OF NEW VEHICLES ■ CARS ■ PANEL VANS
LUTON VANS ■ 7 SEATER MPVS ■ 9 SEATERS MPVS

Call us on **01279 505072**
or book online at **www.palmerandmartin.co.uk**
Unit 14 Twyford Business Centre, London Road Bishop's Stortford CM23 3YT

Buy or Lease?

The ins and outs of buying versus leasing, and which one you should choose

The trend in modern motoring, certainly where new cars are concerned, is to lease rather than buy. The advantages of leasing speak for themselves – you'll need to put down only a small amount of money upfront, your monthly payments can be configured according to the budget you set out at the start, and you have the option of upgrading the car every few years so you're always rocking about town in the latest model.

There's also the reassurance of knowing that if something goes wrong with the vehicle, you'll be covered by the manufacturer's warranty; and that fear of the unexpected, when you hear that horrible, grinding sound... well, it's someone else's problem!

You'll also find that road tax can be covered, and you may even get the vehicle delivered to your door.

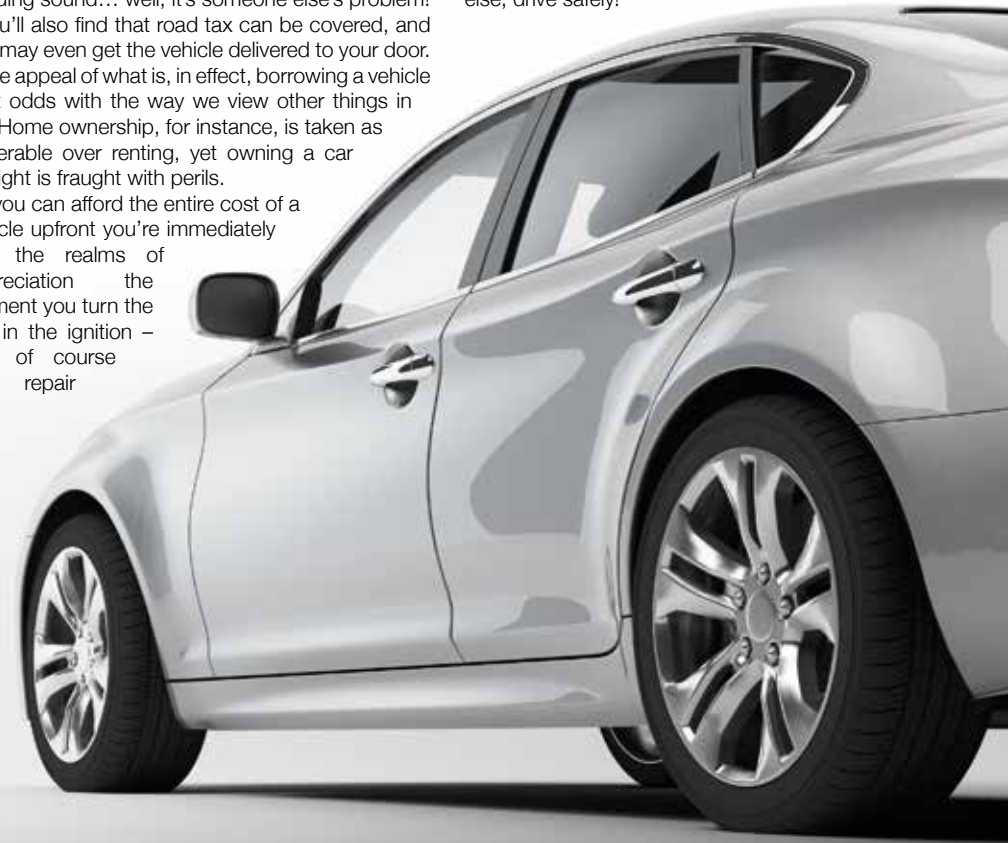
The appeal of what is, in effect, borrowing a vehicle is at odds with the way we view other things in life. Home ownership, for instance, is taken as preferable over renting, yet owning a car outright is fraught with perils.

If you can afford the entire cost of a vehicle upfront you're immediately into the realms of depreciation the moment you turn the key in the ignition – and of course any repair

bills fall to you and you only.

That said, you won't have to subscribe to any mileage limitations, nor will you be dealing with broker fees. And while many pay for new cars through PCP (personal contract purchase) or HP (hire purchase) finance, you do have a potentially substantial asset ready to be cashed in when you decide you want to switch to another vehicle.

Buying over leasing very much comes down to personal circumstances – what's right for you will be wrong for someone else. As ever, do the maths and, more than anything else, drive safely!



ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation.

AIRPORT TRANSFERS

PRIMROSE AIRPORT CARS

Competitively priced efficient, clean & reliable service using satellite navigation and tracking of all return flights for Business or Leisure - 01992 364000 | 07966 180531

AUDIO & VISUAL

ULTIMATE AV

We create bespoke systems designed and built especially for you. Small projects to complete home cinema environments. Based in Essex call us on 07531 214339

BEAUTY & NAILS

BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babtac insured and approved. 07961 462672

SPECIAL NAILS

Dedicated to provide the best quality nail care for Men & Women. Walk-ins welcome, appointment bookings & gift vouchers available. 01708 442248

THE NAIL STUDIO

Nail Studio lets you switch off and pamper with highly skilled technicians providing top treatments and nail products to meet your every need. 07572 526519

BUSINESS CENTRE

THE TOWNHOUSE HERTFORD

Modern business centre in the heart of hertford offering a variety of office space, meeting rooms and hot desking facilities. 01992 350132.

CARPET & UPHOLSTERY

ARWIN CLEANING SERVICES

Over 30 yrs of exp, we can offer a professional, efficient and cost-effective solution for carpet and upholstery, cleaning and maintenance. 07973 417764

CAR & VAN HIRE

SCENIC SELF DRIVE

Your self drive hire specialists. Whether you require modern cars, motorhomes, vans or minibuses. Rest assured we will provide you a professional service 01708 753461

CLEARANCE & WASTE

THE CLEARANCE TEAM

From clearing a room, house or garden to clearing an entire office block. Fast, reliable and affordable. Working 24/7 so you can book us at your convenience 0207 101 3387

COMPUTER REPAIR & I.T.

MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-Fi, Internet router & network. 0203 865 7174

ELECTRICAL & WHOLESALERS

CH ELECTRICAL WHOLESALERS

Essex & East London's leading electrical wholesalers providing the trade & public a professional service with access to all leading brands. 01708 730591

ELECTRICIAN

CAPITAL ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 0208 088 2916

TACK ELECTRICAL

Reliable, affordable, fully qualified and insured. We guarantee we'll deliver unrivalled service and workmanship every time. No job too small. 01992 276128

FRENCH POLISHING

DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

FURNITURE ASSEMBLY

FLAT PAC KING

Assembly of all flat pack items. London and Essex areas covered Collection and delivery service is available call Jo on 0208 088 2976

FURNITURE RESTORATION

ABBHEY GROUP

Abbey Group are specialist in creating, repairing & restoring quality furniture & wood surfaces to the highest standard. 01708 741135

KINGS UPHOLSTERY

Handmade sofas & chairs designed especially for you to your required specifications. Also providing in re-upholstery & repair work. 01708 444125

GARDEN DESIGN

ARBELLUS

Arbellus solutions for your outside space. Design, planting plans and consultancy. Private and commercial. Contact 01992 236043 | www.arbellus.co.uk

GARDEN SERVICES

JOHN HEARNE

We take care of it all Lawn Mowing, Weeding, Planting, General Tidying, Fence/Shed Painting, Driveway/Patio Pressure Washing and more. Call for details 07908 523101

THE ORIGINAL TREE SURGEONS LTD

Taking care of all your tree care needs and providing a personal first-class service to both domestic and commercial clients. 01708 715440

JOIN THE LISTINGS... for just **£180** +VAT per yr

HEALTH & WELLBEING

IMPROVE YOUR SMILE DENTAL PRACTICE

Est. in 1986. Encompassing all needs from basic oral health to advanced dental procedures and high-end cosmetic treatments. New patients welcome. 020 8504 2704

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

From everyday washing, drying & ironing. We can pretty much launder anything & everything. Self service launderette available. 01708 447710

LOFT CONVERSIONS

HIGH END LOFTS LTD

Beautiful Lofts, Expertly Built. Our "Hand-Holding" service takes you from ideas, through Plans & Building Control, to make your [home alteration] vision a reality 0208 088 2805

MASTICS AND SEALANTS

QUALITY MASTICS LTD

Bathroom and shower mastic joint sealing. Kitchens, windows, floors, external seals around windows. For information call 01245 520981

MOBILE PHONES & ACCESSORIES

HORNCHURCH MOBILE PHONES & ACCESSORIES

Support with the latest models of phones & tablets. Screen Repair. Competitive pricing, fast turnaround & satisfaction guaranteed. 01708 469103

PAINTING & DECORATING

PGA DECORATING SPECIALIST

Interior - exterior - paper hanging specialists in Window repair care. 07769 646357 | www.pgadecoratingspecialists.co.uk | pgadecorators@yahoo.co.uk

TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

PLUMBING & HEATING

CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

PROPERTY MAINTENANCE

LILLYWHITE PROPERTY SERVICES

For all building works, full refurbishments & property maintenance inc heating, plumbing, electrical, decorating, flooring, tiling & plastering etc. Call today on 07949 394403

STUART GREEN PROPERTY SOLUTIONS

Property maintenance specialist. Carpentry, painting/ decorating, laminate flooring, bath/shower re-siliconing, gutters cleared/repared, insurance work, PLI. 07917 870879

ROOFING

JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

WHITE GOODS & APPLIANCES

T.E.J. DOMESTIC APPLIANCES

Stockists of all major brands. Installation available, FREE local delivery. Free standing & Built In Appliances. Extensive stock. 01708 447752

DISCLAIMER: VISION does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

To advertise call **VISION** on **01279 939134**

PUT YOUR BUSINESS IN THE **VISION** LISTINGS...CALL **01279 939134** TODAY

WORDLADDER: BACK, BARK, BARN, DARN, DAWN, DOWN



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

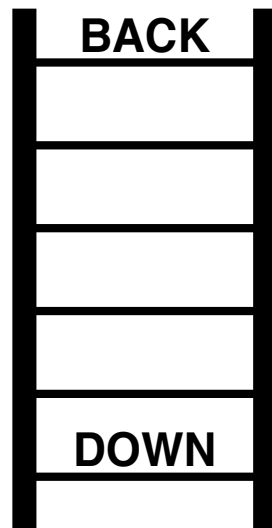
- ▶ QUACK
- ▶ QUALIFY
- ▶ QUALITY
- ▶ QUARREL
- ▶ QUARTER
- ▶ QUASH
- ▶ QUEEN
- ▶ QUEUE
- ▶ QUICHE
- ▶ QUICK
- ▶ QUIET
- ▶ QUINTUPLE
- ▶ QUIRK
- ▶ QUITE
- ▶ QUITTER
- ▶ QUIVER
- ▶ QUIZ
- ▶ QUORUM
- ▶ QUOTE
- ▶ QUOTIENT

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

DID YOU KNOW?

- ▶ Lots of plants are used as dyes. For example, teabags and stewed onion skins
- ▶ According to Guinness World Records, the tallest planted tree was a Eucalyptus regnans planted in Dunedin, New Zealand. It measured 82.25 metres on November 15, 2018
- ▶ Pollen from trees provides essential food for bees in the early spring
- ▶ Orange carrots were created by crossing various other colours of the vegetable
- ▶ Seeds can be dispersed in several ways. Some of the most common are the wind, water and animals
- ▶ The stem of a plant is used to transport water and nutrients to different areas
- ▶ Mushrooms have their own immune system

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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



Photo credit: Cranger/Shutterstock

IT'S NOT ROCKET SCIENCE!

CALL NOW FOR AN OUT OF THIS WORLD DEAL

Your Monthly Lifestyle Magazine **VISION** : t: 01279 939134 m: 07967 079101
 : e: bishopsstortford@VISIONmag.co.uk

Elements

HOME & GARDEN

Luxury Outdoor Furniture



Bar Sets • Broil King BBQs • Corner Sets • Daybeds • Dining Sets Dining Suites
Fire Pits Sets • Gazebos & Pergolas • Hanging Chairs • Indoor Furniture
Outdoor Accessories • Parasols Cantilevers & Bases • Sofa Sets • Sun Loungers

Call us today: 01279 755294

sales@elementshomeandgarden.co.uk

www.elementshomeandgarden.co.uk

Bishops Stortford Showroom: 2-6 Dane St, Bishop's Stortford CM23 3BX

Ongar Showroom: 4 Fyfield Rd, Chipping Ongar, Ongar CM5 0AH



[@elementshomeandgarden](https://www.facebook.com/elementshomeandgarden)



[elementshomeandgarden](https://www.instagram.com/elementshomeandgarden)