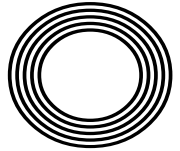


**HOW TO
PERFORM
CPR ON
A CHILD**

Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors



FREE

Photo credit: BBC & Nick Eagle

ALEX SCOTT

The sport pundit rising through the ranks



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Editor's notes...

SEPTEMBER 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. The end of lockdown has given us all a chance to make changes to our routines. I've certainly noticed a difference when out and about on the high street, with more people feeling confident enough to step out and explore their local area.

I've made an effort to frequent local businesses, particularly those that have supported **VISION**, and to keep my pound local. It's more important than ever to ensure businesses have our support.

I've been making up for months of inactivity and am now averaging 14,000 steps a day. After three lockdowns spent sitting on the sofa and eating junk food, I've made a conscious effort to be healthier. As a result, I feel more focused and ready to take on whatever life throws at me.

There's certainly a sense that we are now coming out of the other side of this dark time. A weight has been lifted, and with this, a renewed sense of optimism as new bookings and enquiries from local businesses flood my inbox. It seems everyone is ready to get back out there and prepare for better times ahead.

As for **VISION**, we're looking to expand into new areas in the future, so watch this space...

Brett Shohet

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

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Jake Levison

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

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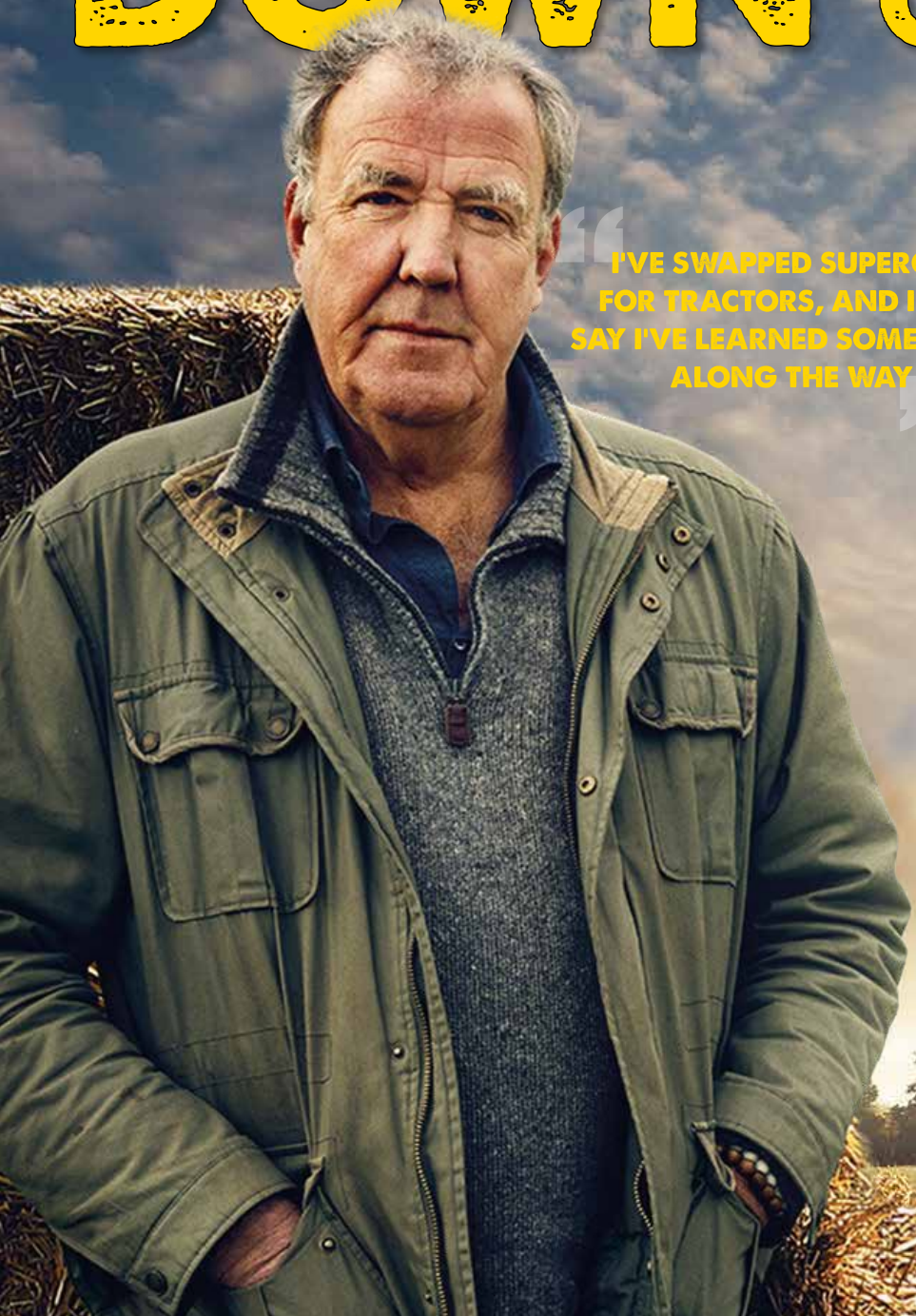
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DOWN ON THE FARM



“I’VE SWAPPED SUPERCARS FOR TRACTORS, AND I DARE SAY I’VE LEARNED SOMETHING ALONG THE WAY.”

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”





HISTORY

Photo credit: Anthony Correia/Shutterstock.com

REMEMBERING

20

YEARS OF 9/11

September 11 marks two decades since the largest modern-day assault on the Western world



Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

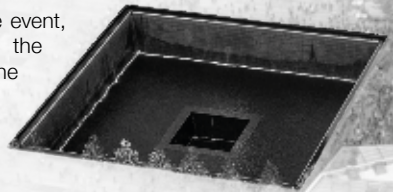
It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



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FASHION

Brighten YOUR whites



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Soak in citrus juices

If your white items have developed a yellowy tinge from sweat, you can restore them to their original glory by boiling them with lemons or lemon juice. Simply add cut lemons or lemon juice to a pan of water with your whites, turn up the heat until bubbles appear and then leave to soak for an hour. Alternatively, add lemon juice to your regular wash cycle.

Add white vinegar

If you want brighter whites that are also super soft against your skin, simply add a small cup of white vinegar to your usual whites cycle and wait for the magic to happen. Don't worry about the smell; it will dissipate after drying. Vinegar can also be sprayed on spot stains and collar/underarm stains.

Use baking soda

If you don't have any white vinegar to hand, baking soda can be just as effective at whitening your whites. Just combine four litres of water with one cup of baking soda and drop in all your white laundry. Leave to soak and then thoroughly rinse.

Soak in dissolved aspirin

Not just for banishing headaches, aspirin is also great at breaking down stains on your whites. To get the chemical process started, dissolve five white (not coloured) aspirin pills in a bucket of water and then add your items. Leave to soak and then wash as usual.

Lay in the sun

After your whites have been washed, rather than put them in the tumble dryer, use the natural lightening properties of the sun to whiten them. Aim to hang them out during the hottest part of the day to enjoy bright whites and fresh-smelling laundry.



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BEAUTY

How to repair damaged hair

Do you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

Which type of leave-in conditioner should I use for my sun-damaged hair?

Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

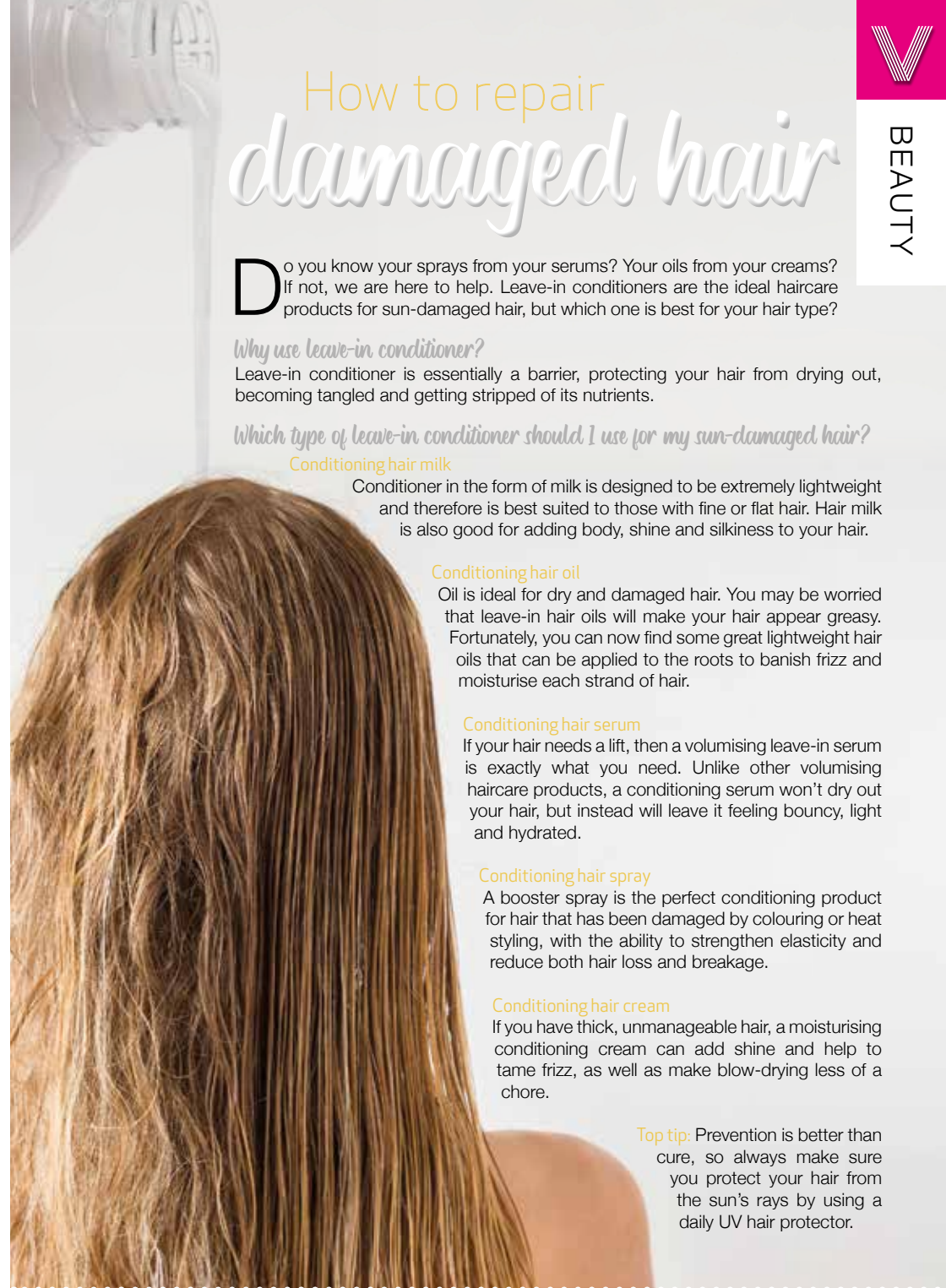
Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

Top tip: Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.





Know Your Numbers!

Week 2021

Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

How to check your blood pressure

In previous years, Blood Pressure UK set up free checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

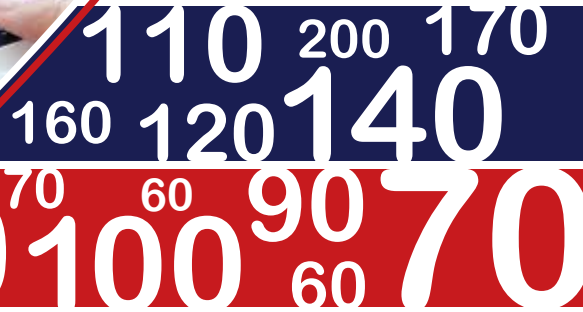
There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- Clinically validated. This means that it has been tested and gives results you can trust
- Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.



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UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish

You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.



FOOD & DRINK



ORGANIC *September*



PROS AND CONS OF CHOOSING ORGANIC

Organic September is a month-long campaign to raise awareness of the benefits of organic food and farming, but is organic food really as good as it's made out to be?

WHAT DOES 'ORGANIC' MEAN?

The term 'organic' refers to the way agricultural products are grown and processed. Standards vary worldwide but, as a general rule, organic produce must be grown without the use of synthetic herbicides, pesticides and fertilisers or bioengineered genes.

PROS FOR BUYING ORGANIC FOOD:

- > Organic farming is friendlier to the environment
- > Organic processed food contains no hydrogenated fat
- > Organic food is often fresher
- > Organic farming ensures that animals are fed a natural diet and kept in free-range conditions
- > Genetically modified (GM) crops are not permitted under organic farming standards
- > Organic food contains lower levels of pesticide residues.

CONS FOR BUYING ORGANIC FOOD:

- > Organic food tends to go off quicker than non-organic food as it does not contain artificial preservatives
- > Organic food is more expensive
- > Organic food production does allow a limited number of chemicals to be used
- > Some research suggests that organic food is no safer or more nutritious than non-organic food.

ORGANIC FOOD BUYING TIPS:

1. Buy in season as this is when fruits and vegetables are freshest and most affordable.
2. Prioritise meat, eggs and dairy if your budget can stretch to this.
3. Know your produce pesticide levels. Some types of conventionally grown produce are higher in pesticides than others.
4. Shop around. You can find organic produce at your local grocer, farmer's market, online and even in the freezer section of your supermarket.
5. Remember that organic food doesn't always mean healthy. Organic baked goods, desserts and snacks can still be high in sugar, salt and fat.



A CLEAN *night's sleep?*



HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month



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HOME & DIY

Boujee BOUCLÉ



If there's one home trend that Instagram can't get enough of, it's bouclé. Cozy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

THE OCCASIONAL CHAIR: A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

THE STATEMENT BENCH: If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

THE STYLISH ACCESSORY: If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

THE FURNITURE MAKEOVER: If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?

Photo credit: [rockandfind.co.uk](https://www.pinterest.com/pin/1000000000000000000/), [apachestore.com](https://www.pinterest.com/pin/1000000000000000000/), [Heal's via housebeautiful.com](https://www.pinterest.com/pin/1000000000000000000/)



LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook



With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to "inspire with achievable home decor ideas, tips and makeovers". The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides. Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.



WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases "inspirational yet achievable home interiors". Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family homes don't have to be boring.

EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- > Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- > Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- > Look to your high street, local independant shops or boutiques to find some amazing items.



Photo credit: lovechicliving.co.uk

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Fix up your FRONT DOOR

As they say, first impressions are everything, and this is particularly true when it comes to your home. Whether you are looking to sell or you simply want your property to look its best, these front door ideas promise to boost your kerb appeal and make your neighbours green with envy.

WONDERFUL WOOD: If you are looking to invest in a completely new front door, you can't go wrong with good old, reliable wood. Offering warmth and visual appeal, wooden doors can be easily refreshed and updated and, when looked after properly, can last a lifetime.

CLEVER COMPOSITE: A slightly more luxurious option to uPVC, composite doors are made using a variety of different materials, such as timber, reinforced plastic and, occasionally, steel. Offering durability and longevity, composite doors will not warp, rot or crack, so there will never be a need to sand, strip or paint them.

COLOUR CONSIDERATION: Although white remains the most popular choice for front doors, bold colours, such as vibrant reds and deep blues, are becoming increasingly popular for properties in cities. If you have a brick house, look for shades that sit opposite on the colour wheel. Red bricks suit blue or green tones, whereas sandstone looks great with yellow or red.

DOUBLE UP: If your property boasts a wide entrance, you are in the fortunate position to be able to select a double door. Perfect for homeowners who are looking for the wow factor, double doors come in a range of different styles and colours, with options to suit both traditional and contemporary homes.

ADDED TOUCHES: If you don't want to invest in a new front door, why not update your current one?

- > Add a seasonal wreath
- > Invest in new hardware, such as door handles and a letterbox
- > Upgrade your lighting with lanterns or a hanging door pendant



HOME & DIY

GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK. Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."



LOCAL NEWS

from your neighbourhood



Football club partners with mental health charity

Bishop's Stortford Football Club (BSFC) have announced a partnership to help improve the mental health of players and coaches.

Go Again, a mental health consultancy, delivers support for managers and coaches from grassroots to professional level. The partnership means that BSFC first team and academy players will have access to confidential, fast-response consultancy.

Robert Broomhead, founder of Go Again, said: "We are delighted that Bishop's Stortford FC have signed up to our service, which provides professional mental health support to players and staff at non-league level. "We passionately believe that people playing at non-

league level should have equal access to psychological support. We believe that by offering a confidential and fast response support service, we will make it easier for people to reach out if they are struggling or want advice on how to support someone they are worried about."

James Baker, first team player-coach and academy head coach, said: "We are delighted to be able to work with Rob and the team at Go Again. Their passion, knowledge and experience for supporting mental health and wellbeing in sport, in particular football, is fantastic."

To keep up with the club, visit www.bsfc.co.uk

Resident smashes TV record to bring home £75k



A 20-year-old man from Bishop's Stortford shocked the nation when he walked away with a record-breaking amount of money on popular ITV show, *The Chase*, in an episode that was aired at the end of August.

Eden, who told presenter Bradley Walsh that he was currently not working, was the only contestant out of four who got through to the final chase to face off against the newest chaser, Darragh 'The Menace' Ennis.

Eden took the highest offer of £75,000 and beat the odds to take home the prize, which is the biggest sum of money won by a single contestant in any daytime TV show.

The victory also saw Darragh Ennis's six-month winning streak end in emphatic style.

After the win, Bradley Walsh said: "That's the single highest win in a daytime show ever and you're 20 years old."

Police seize electronic devices during pub raid

Police carried out a raid at a pub as part of an investigation into suspected drug use and supply.

Police seized phones and electronic devices at The Marne Inn in Bishop's Stortford on August 20. No substances were seized and no arrests were made.

In a Hertfordshire Constabulary statement released on Saturday, August 21, a spokesperson said: "A number of phones and electronic devices were seized following a warrant in Bishop's Stortford."

"The operation was carried out at The Marne public house after concerns were raised to police about potential drug use and supply at the venue."

"Officers from East Herts Scorpion, Operational Support Group and Safer Neighbourhood Team entered the pub at around 5pm. A search was carried out and a number of electronic devices were seized."

Detective Inspector Chris Ross, from the East

Herts local crime unit, said: "While we have previously worked with the pub to address antisocial behaviour issues, we've continued to receive numerous calls from concerned members of the public about suspected drug activity at the venue."

"We've been working hard behind the scenes to gather intelligence and carried out yesterday evening's operation as a result."

"I hope this sends a clear message that we will not hesitate to take action against licensed premises that are suspected of facilitating criminal activity of any kind."

Headteacher praises students for exam results

Despite the challenges posed by the pandemic, students at schools across the town recently celebrated achieving excellent exam results.

Because of the COVID-19 pandemic, students were unable to sit their exams and grades were instead determined by teachers' estimates.

Among those celebrating were The Bishop's Stortford High School's A Level students (some pictured), many of whom will be going on to top universities, including Oxford and Cambridge.

Dale Reeve, headteacher, said: "Our students have experienced so much disruption and uncertainty in their education this year, so it is wonderful to see so many of them achieving fantastic grades."

"I have been really impressed with the attitude and resilience they have shown in the face of such adversity. We're delighted to see seven students gain a place at Oxford or Cambridge University."

"Many others are now heading off to really challenging courses at the most prestigious universities or taking up apprenticeships with world-leading employers."

Commenting on the school's GCSE students, he added: "It is great to see the boys achieving recognition for their hard work. These excellent results are a true reflection of both their ability and their attitude towards their studies and they should be extremely proud of their success."





Photo credit: Herts.police.uk

Police investigate crash after man left in critical condition

Police are appealing for information after an accident in Bishop's Stortford which left a man in a critical condition.

The man's electric bike collided with a stationary van near the Hockerill crossroads in Bishop's Stortford on Thursday, August 12, at around 9.25pm.

A spokesman for Hertfordshire Constabulary said: "For reasons unknown at this time, an electric bicycle collided with a stationary van in Stansted Road, between the junctions with Kings Court and All Saints Close. The rider of the bicycle suffered serious injuries and remains in a critical condition in hospital."

The driver of the silver Renault panel van, similar to

the one pictured, was at the wheel of the stationary vehicle with the engine running.

PC Gavin Craig, from the Bedfordshire, Cambridgeshire and Hertfordshire Road Policing Unit, said: "Enquiries are continuing at this time to establish the circumstances around the collision.

"As part of this, we're appealing for anyone who saw the incident, or who thinks they may have seen the bicycle prior to it, to please get in touch."

Anyone with information is asked to email gavin.craig@herts.police.uk or call the non-emergency number 101, quoting Op Orphrey. You can also report information online at herts.police.uk

Information point offers help to community



Following the successful launch of the Community Information Point at Bishop's Stortford Police Station, it has been confirmed that the service will continue to operate.

The desk is staffed by specially trained police support volunteers, who give advice to members of the public on a range of subjects and direct them to relevant agencies for further assistance.

The service has already successfully supported several members of the public since it launched in mid-April and will continue to operate at the station in Basbow Lane every Tuesday, Wednesday and Thursday, between 11am and 2pm.

New Neighbourhood Inspector, Mark Collins, said: "We are delighted that we can continue to offer this facility to members of the public, thanks to the dedication of our fantastic police support volunteers.

"The information point provides an additional resource in the town, and utilising the skills of our volunteers means that operational police officers based at the station can continue to focus on front-line duties."

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Police appeal after brutal homophobic attack on two men

A group of 10 teenagers brutally assaulted two men in a homophobic attack in Bishop's Stortford at the beginning of last month.

Following the attack, which took place in the Waitrose car park, Northgate End, at around 2.20am on Sunday, August 8, the two victims were taken to hospital.

One of the victims was kicked in the head as he lay on the ground, causing him to lose consciousness. He was left with fractures to his cheek, eye socket and nose.

The youths were likely between the ages of 16 and 17, including at least two girls, both brunette.

Investigator Gary Bangs, from Hertfordshire Police's East Herts Local Crime Unit, said: "This despicable attack was completely unprovoked and left both men with serious injuries."

"They are being supported by specially trained officers at what is understandably a very difficult time.

"Meanwhile, our enquiries are continuing to trace those responsible, and we are appealing for anyone with information to please come forward. Did you see a large group of people in the area around the time stated? Any information could assist our enquiries.

"Hate crime can have a devastating impact on victims and the wider community as a whole, and will simply not be tolerated."

Anyone with information about the incident can email gary.bangs@herts.pnn.police.uk or call 101, quoting crime reference 41/60806/21. You can also report information online at herts.police.uk/report or speak to an operator in the force communications room via online web chat at herts.police.uk/contact

The Blues suffer winless start to new season

Bishop's Stortford FC suffered a winless start to their Pitching IN Isthmian League campaign after being unable to pick up a victory throughout their four games in August.

Competitive football returned for the Blues last month after a positive pre-season campaign, and it was an away trip to Bognor Regis Town which kicked off their campaign. Blues fans had to wait a little longer to see their first goal in more than 16 months, after both sides took home a point in a 0-0 draw.

Despite getting on the scoresheet on the return to the R and D Advisors UK Stadium, it was disappointingly overshadowed by Kingstonian's five-goal haul.

Another defeat followed at the hands of Carshalton Athletic away from home, before they welcomed Essex-based side Bowers and Pitsea and scored another two goals at home, but were again unable to take home the three points.

Following the game against Bowers and Pitsea, manager Steve Smith summed up the game as being the story of their season so far.

He said: "We said at half time that we could have gone on and won the game. We have to score from the chances we are making and it's so frustrating at the moment. We need to pick up our first win sooner rather than later as belief will start to fade."

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5 Gardens

TO VISIT THIS AUTUMN

Make the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG
Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ
Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

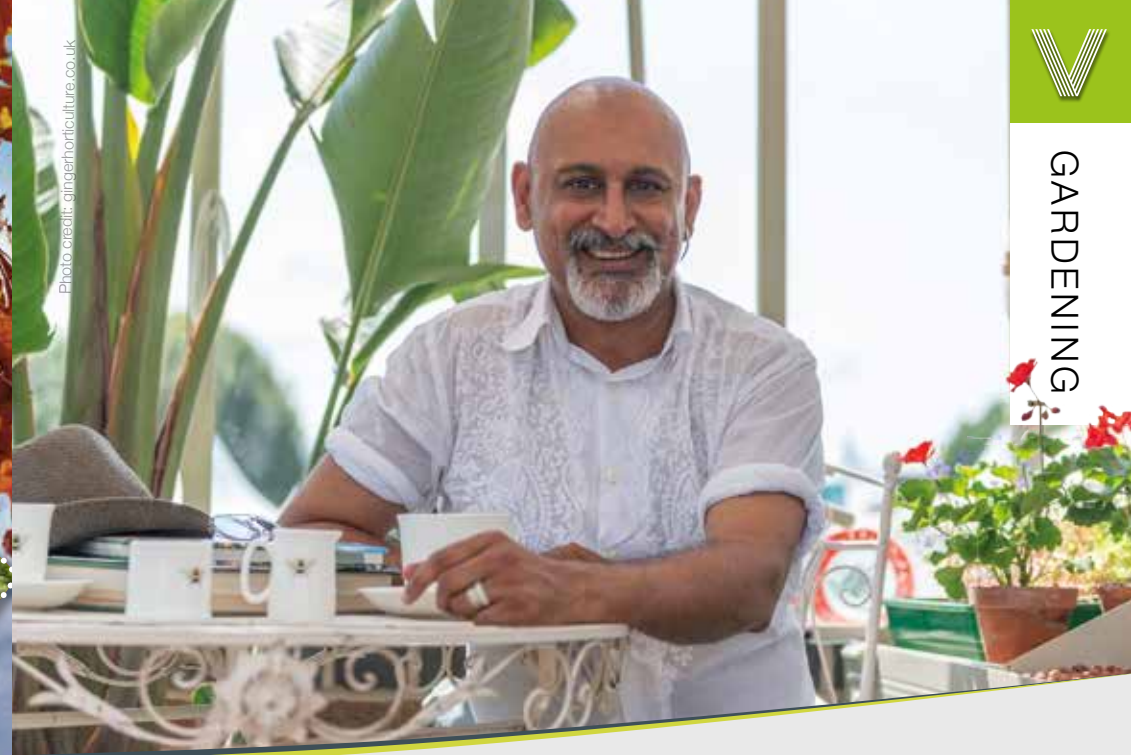
KNOLL GARDENS – Hampreston, Dorset, BH21 7ND
If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU
At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breathtaking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX
Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds. Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



Photo credit: gingerhorticulture.co.uk



MANOJ MALDE FROM THE RUNWAY TO ROSES

As far as creative design is concerned, there's a fair amount of crossover between the artistic sensibilities of fashion and home design. After all, dealing with shapes, styles and moods should be pretty ubiquitous, right?

Proving the concept in recent times has been Manoj Malde. These days, the London-based landscape designer is widely admired at the RHS Chelsea Flower Show and recently appeared on our TV screens on BBC2's *Your Garden Made Perfect*.

The craft and creativity he offers now see his eponymous Manoj Malde Garden Design company operating as a renowned entity, engaged by clients with outdoor spaces of all sizes.

Yet for many years, the affable Kenya-born 54-year-old regularly traded outdoor space for the hubbub of retail outlets, the relentless nature of catwalks and the studios of fashion designers. Throughout his two-decade tenure in the fashion

world, he worked in Italy, Germany, the United States, India and Hong Kong, though he was always swayed by flora and fauna. In a spectacular career switch, he began studying garden design at The English Gardening School.

The *Your Garden Made Perfect* host explained: "The thought process behind garden design is not unlike fashion design – the concept still begins with themes, mood boards, colour palettes and textures.

"Designing a planting scheme is like creating a beautiful silk print. I've gone from haute couture to 'hort' couture," he laughs.

As for what we can look forward to in the coming months, Manoj says more rugged, even unkempt gardens are en vogue. He also promotes the idea that creating closer synergy between the home and the garden is vital.

"Gardens are now seen as another room and an extension of our homes. This is really driving garden furniture, and there is such an excellent selection out there, while outdoor kitchens are really on trend."



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GROW YOUR OWN – available for free on iPhone and Android devices

Created by the experts at The Royal Horticultural Society (RHS), this handy app is ideal for people who want to grow their own fruit, vegetables and herbs. Perfect for beginners, you will find a profile provided for each plant, complete with detailed horticultural advice.

PRO LANDSCAPE HOME – available for free on iPhone and Android devices, £14.99 for access to more items

One of the most popular garden design apps available, this easy-to-use app provides all the tools and advice you need to redesign your landscape. To get started, all you need is a picture of your garden. Then you can search for plants, add focal points such as water features, and create your dream space.

GARDEN TAGS – available for free on iPhone and Android devices

If you are worried about keeping your garden in optimal condition once it is complete, this app can help you. Providing instant plant identification, growing advice and plant care instructions, you can log every plant in your garden and enjoy peace of mind that you are looking after them in the best possible way.

LEAFSNAP – available for free on iPhone and Android devices

Have you ever been for a walk and seen a tree or plant that you would love to have in your garden? Leafsnap is the ultimate plant identification tool, providing both ease of use and unrivalled accuracy. Create your own collections and use them as inspiration for your next shopping trip.





Does your home qualify for a green mortgage?

Green mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

you may be eligible for a green mortgage.

That being said, you should always compare the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.

HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- > Lower rates for people who buy energy-efficient properties
- > Standard mortgages that offer cashback to people who buy energy-efficient properties
- > Mortgages that offer cheaper rates or cashback when people make green home improvements.

SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you. Alternatively, if you are buying a new build or an existing property with an energy rating of A or B,



THE 'P' WORD – PENSIONS!

Just one mention of the 'P' Word and many people run for cover!

If you are one of them – you are not alone.

The word 'pension' can instil fear in many – people can find them complicated and hard to understand.

It is difficult thinking about the future, and sometimes the easy solution can be to push the concept to one side and deal with it another day.

But Pensions (and here I am talking about the money purchase / defined contribution / money pot pensions – basically pots of money that are invested in a tax efficient way for you) are a great way to save for your future. Here are some of the reasons why:

■ You receive tax relief on your contributions – plain and simple, you either pay less tax, or the government tops up your pension for you

■ Money inside your pensions will grow free of UK income and capital gains taxes – giving your money more opportunity to grow

■ Your pension funds are outside your estate – this means they are usually not subject to inheritance tax

■ Other people can contribute to your pension – that includes family members and employers. You can even start a pension from the day you are born

And if the thought of pensions still fills you with dread, there are many professionals out there that can help reduce this uncertainty and feeling of being overwhelmed. I help empower people with their money, so that they can take control of their finances.

You have worked hard to earn your money - and it is time to get your money working hard for you!

Remember, whilst you can't predict the future.... You can prepare for it.

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"You can't predict the future.... But you can prepare for it...."

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The Residence Coworking



Flexible workspaces that offers professional business people the opportunity to work, meet, and connect in a community-led environment!

Tell us a little about you...

We are flexible workspaces that offer a place to work, from freelancers, micro-business, start-ups, corporates and everything in between, in fact, we are for ANYBODY who needs a productive space to work.

Our flexible approach means that you can book a hot-desk for the day, a week, or become a permanent member with a designated desk for you and your pot-plant! Perhaps you are a small team who need their own office as part of a larger community, or a quiet space to take a Zoom call, or a large meeting space to host a presentation, then we can help.

Who is the face behind the brand?

My name is Karen Tait, a former city worker in a previous career, my life was faced paced and frenzied however once I left the city and started on my own, I knew that I needed to continue my professional approach yet maintain a level of authenticity for myself.

When did you set-up The Residence Coworking?

After setting up my VA business six years ago and working from home, it soon became clear that not only were my boundaries between work and home becoming blurred, but I was also starting to feel isolated, lonely and was missing my busy office.

When searching my local area I couldn't quite find exactly what I was looking for so I decided to create my own, and here we are four years into our journey with our second

space open at Wickham Hall in Bishop's Stortford.

What are your future plans?

The pandemic has caused many of us to steer clear of commutes into city centre locations, and as a result to rediscover our local areas.

This significant reduction in travel into centralised workplaces has sparked an increase in the utilisation of our local high streets and nowhere is this more prominent than in London, due to the sheer size of its commuter belt. So in short, what I am trying to say is, watch this space to see where we might open next!



We've created our spaces with you in mind: Custom-built to embrace adaptable working solutions, every detail is designed to help you work smarter.

What do you offer?

We have hot-desks, dedicated desks, private offices and meeting rooms.

CALL 01279 939145 OR EMAIL [KAREN@THERESIDENCECOWORKING.CO.UK](mailto:karen@theresidencecoworking.co.uk)
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HOW TO

PERFORM CPR



KIDS

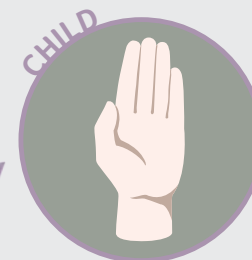
ON CHILDREN AND BABIES



HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > Check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100-120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:
Use the beat of the song *Nellie the Elephant* to keep the right pace





SPORT

2.15.25

TIMEX

FLORA LONDON MARATHON 2003

BRITAIN'S GREATEST SPORTING MOMENTS...

KEEP ON RUNNING



DETERMINATION AND DRIVE – THE GREATEST RUN OF MANY FOR PAULA RADCLIFFE MBE

She is the runner whose contorted expressions suggested every stride was an exercise in attrition, whose thin yet powerful figure made her look much taller than her five-foot eight-inch frame, and whose competitive potential came despite being diagnosed with asthma at the age of 14.

Yet the record books do not list discomfort, disappointment or struggle – for Britain's Paula Radcliffe, they note the Cheshire-born runner as the most successful we have ever produced.

On April 13, 2003, years of preparation came together to create what remains one of the finest performances of any long-distance runner.

Radcliffe stepped up to the start line of the London Marathon knowing that victory should be hers, having won the previous year's race by a colossal three-and-a-half minutes.

As it materialised, her winning margin was almost exactly the same, yet the time of 2:15.25 was

something superhuman. It took two minutes off the world record that she herself already held, and meant she had run the distance three minutes quicker than anyone else, ever.

The scale of Radcliffe's achievement only really became evident in the years that followed, during which no female athlete could get anywhere near her time. Even her rivals were clamouring to praise her.

American record holder Deena Kastor said: "Fans of this sport will continue viewing her 2:15 performance as iconic, heroic and a stunning sprint of 26.2 miles."

It took 16 years for the record to finally be broken, by Kenyan Brigid Kosgei at the 2019 Chicago Marathon.

Radcliffe, who made two comebacks in the sport after having children, retired in 2015. She was awarded an MBE for services to running, and now works regularly for sports media around the world.

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TOKYO 2020



TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet - with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds - the literal flagbearers for the sport's sensational ascent in the modern era.



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How CAR-THARTIC!

HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

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> Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

FOR THE SOUL:

> Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.

FOR THE MIND:

> Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

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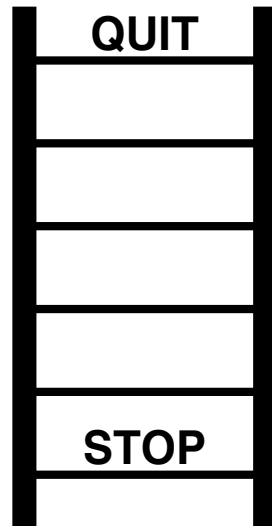
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DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

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.



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