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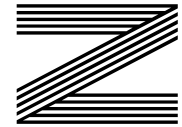
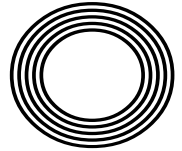
**HOW TO  
MAKE  
POTATO  
MILK**

**LEARN HOW TO**  
become a crypto trader

*A tribute to the iconic actress*  
**JUNE BROWN OBE**

*Denise*  
**VAN OUTEN**

The actress and presenter marking 25 years on our screens



**FREE**

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Keeping your build on track as Home Hub introduces a next day range of bifolds, sliding doors and roof lights.

**The constant challenge of supply-chain issues and stock availability throughout the pandemic looks set to get even worse with the increase of sanctions to Russia and the ensuing squeeze on commodities having an impact on all aspects of the building sector, prolonging build times and pushing costs even higher.**

With such a challenging landscape, it's no wonder that Home Hub Group, a specialist supplier of windows and doors servicing the South East came up with a solution to the problem which enables their customers to manage costs and quality whilst getting the product when they need it.



Bifolds, sliding doors, roof lights & lanterns  
Next day delivery

Home Hub has always taken great pride on their ability to provide fast response, quick delivery and price consistency. The pandemic put paid to all of that, with lead times stretching as far as 16 weeks and with no guarantee on prices - it has become so difficult to run a build project, or indeed a business, with so many unknowns. This has made an incredibly challenging environment for Home Hub and their customers.



Home Hub's beautiful  
Epping Showroom

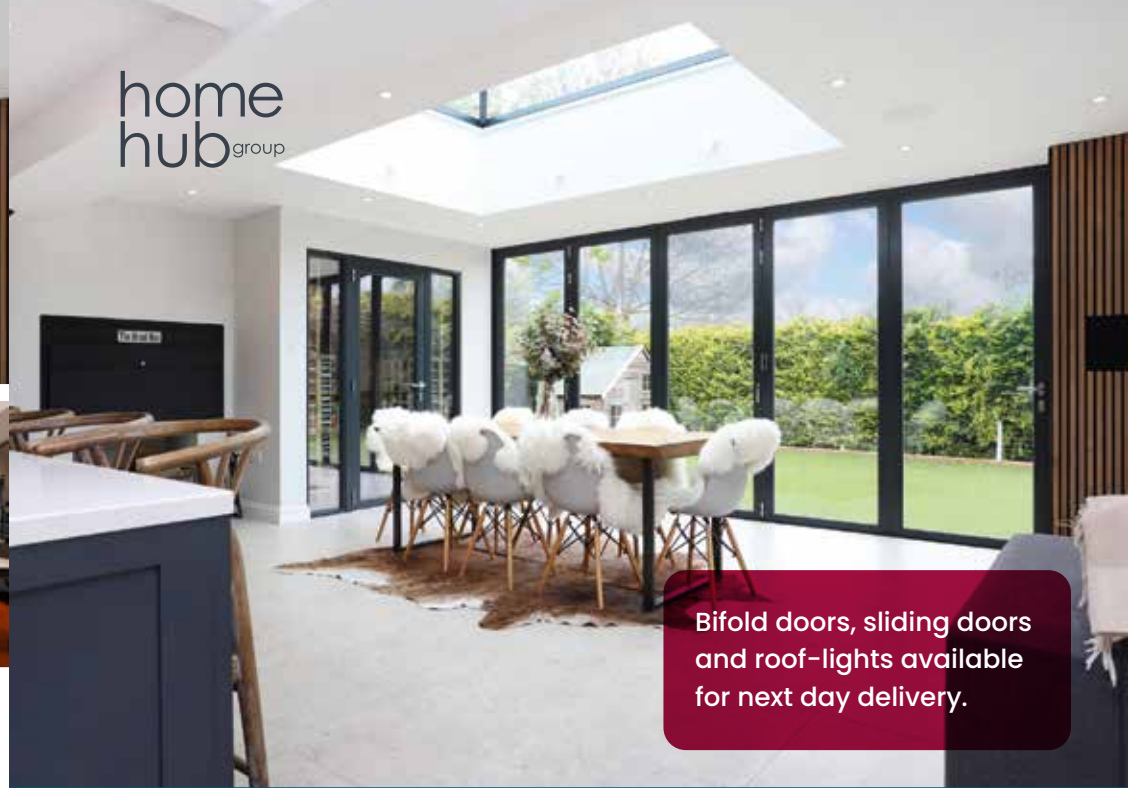
But never shy of a challenge, the team at Home Hub went about investigating the feasibility of developing a range of stock products in order to 'beat the system', offer customers peace of mind and avoid long and costly delays in their build projects.

Home Hub investigated how they could get the situation back under control and continue to offer cost effective solutions, on-time, with no compromise on quality.

This led to Home Hub identifying the most popular products and sizes and investing heavily in both product, assembly and storage space to enable customers to take advantage. A next-day selection of the popular 'Serenity' range was developed to fit traditional brick measurements and was launched in February this year and has been welcomed by both builders and home-owners with a hugely positive response.

Home Hub is now stocking bifolds, sliding doors, roof lights and roof lanterns for delivery tomorrow and they'll even provide a former for doors and kerbs for roof lights to help your builder avoid any costly mistakes.

Home Hub has beautiful lifestyle showrooms in Bracknell and Epping where you can browse all products including the next-day range with the team on hand to answer all of your questions. Having been established over 20 years, it's no wonder they are leading the way on how to get things done, on time, on budget whilst looking beautiful.



Bifold doors, sliding doors and roof-lights available for next day delivery.



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**homehubgroup.co.uk**

# Editor's notes...

MAY 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Bishop's Stortford. Last month was the first time our magazines went 100 per cent recyclable. It was great to receive so much positive feedback on this from our readers. It's important we all do our bit to help the environment, and to know that our readers support us in this endeavour makes all the hard work to get to this stage worthwhile.

This month, I've been trying to inform our readers and followers about what goes on behind the scenes at a magazine. Often, people only see the glamorous side of working in publishing - dressing up to attend events, and reading the final polished product. What they don't see is when we're standing in the pouring rain, loading magazines into the back of the car, and working evenings and weekends to meet deadlines. But this is all part of being a business owner, and it's all worth it when the hard work pays off.

Here at **VISION**, we're continuing to go from strength to strength, and alongside this we're looking to grow our team. If you're interested in a sales position and being part of a friendly team, please do get in touch.

I hope you had a wonderful Easter and got to spend time with family and friends. Coming up next month is the Queen's Platinum Jubilee, so keep an eye on our social media for events taking place in your local area.

*Brett Shohet*

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# Golden BROWN

## BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way."

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*'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'*

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"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."



# Long live THE QUEEN

On February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service.

So, what is the secret to her success and her longevity? Let's take a closer look.

## REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

## LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

## MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

## MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

## DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

## THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.



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# Flip OFF

**A** summer footwear essential for many, you may be surprised to learn just how bad this flimsy footwear can be for your overall foot health.

**RISK OF SPRAINS:** Although flip flops are fine for the occasional trip to the beach, when worn all day, they can cause your feet to start to turn towards the middle of your body instead of staying straight. This can put you at a much greater risk of spraining your ankle.

**LACK OF SUPPORT:** Flip flops provide a distinct lack of arch support, which can cause your plantar (the band of tissue in the arch of your foot) to start to pull. This can lead to a painful condition called plantar fasciitis, which may need a combination of physical therapy, anti-inflammatory medications and possibly even cortisol injections to treat.

**TWISTING OF TOES:** As the name suggests, flip flops tend to be floppy, meaning you will often have to curl your toes down to stop them flying off while you walk. Over time, this can mean the toes stay fixed in this curled position, causing an affliction called hammertoe.

**COULD CAUSE DANGEROUS DRIVING:** Although there is no law in the UK that explicitly bans wearing flip flops while driving, it does put you at higher risk of an accident. Their lightweight design makes them prone

to falling off, which could lead to dangerous driving. It is, however, illegal to ride a motorcycle while wearing flip flops.

**EXPOSURE TO SHARP OBJECTS:** Flip flops are not known for their sturdiness, and as they become worn down, you may find your feet on the receiving end of a sharp nail or piece of glass.

Footwear styles that are healthier AND more stylish than flip flops: Sandals | Espadrilles | Woven slip-ons | Boat shoes | Penny loafers.



GET READY TO

# ice-roll

**T**he beauty world is currently going crazy for cold, with a massive surge in popularity for treatments such as ice baths, cryotherapy and cool sculpting.

So, what is the latest freezing fashion? Introducing ice-rolling, the new skincare technique that promises to tighten and brighten in an instant.

### WHAT IS ICE-ROLLING?

The process of ice-rolling is actually very simple and involves massaging your face with an ice-roller. This nifty gadget contains a mixture of gel and water which turns to ice once placed in the freezer. However, unlike normal ice, which when placed on the face melts in a matter of seconds, the ice within an ice-roller will stay solid for longer so you have more time to reap the rewards.

### HOW DO I USE AN ICE-ROLLER?

- For best results:
1. Roll the device in a zigzag motion up and down your forehead and then from left to right.
  2. Move down to beside your nose and lower cheek, working upwards and applying a little pressure.

3. Roll outwards on the sides of your mouth and then down under your chin.
4. Finish with your neck.
5. An ice-roller can also be used on your collarbone and upper chest if desired.

### WHAT ARE THE BENEFITS OF USING AN ICE-ROLLER?

There are multiple benefits to using an ice-roller, both in terms of the massage technique used and the application of cold. These include:

- > Boosts circulation
- > Restores radiance
- > Encourages optimum skin cell function
- > Reduces puffiness and redness
- > Reduces the appearance of broken capillaries
- > Decreases any inflammation
- > Tightens the skin

### DOES ICE-ROLLING HURT?

Although some cold therapies can be a little bit uncomfortable, ice-rolling is not one of them. However, it is recommended that you do not leave the roller on one area for too long as it will get very cold, and this can cause discomfort.



# boo baby scan

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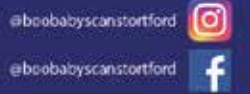
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That all too familiar burning sensation in your chest coupled with persistent acid regurgitation? Yes, we are talking about the nightmare that is acid reflux. It affects as many as one in four adults in the UK, but you don't have to turn to shop-bought medications when acid reflux rears its ugly head.

**EAT SLOWLY AND SPARINGLY**

If you are prone to grabbing a quick sandwich at lunch or, even worse, not eating all day and then consuming a huge meal in the evening, then you are much more likely to suffer from acid reflux. Instead, aim to eat little and often, and as slowly as you can.

**SIT UPRIGHT AFTER EATING**

While lying down on the sofa after a big meal is one of life's little joys, this is not a good idea if you suffer from acid reflux. Instead, remain upright directly after eating and avoid eating anything just before bedtime.

**AVOID CERTAIN FOODS**

Some foods are much more likely to trigger acid reflux and should be avoided, including fatty foods, tomatoes, onions, garlic, chocolate and anything spicy. You should also limit your intake of tea, coffee and alcohol.

**DRINK MILK**

One of the most popular natural remedies for acid reflux, milk is alkaline, which means it can feel soothing to drink. However, it can worsen heartburn once digestion begins. To prevent this, opt for lower-fat milk where possible.

**CHEW GUM**

The act of chewing gum stimulates the production of saliva, which is another alkaline substance. This can help reduce the symptoms of acid reflux and help to push your stomach contents back into the stomach.

**SIP GINGER TEA**

Ginger root has been used for centuries to cure stomach aches and nausea and can help to reduce acid reflux. Sip ginger tea slowly for best results.

# Sun, Sea and Sand

## THE SECRET TO BETTER HEALTH?

**W**hen the sun's out, there's one place we all want to go – the beach. A trip to the beach gives us those feel-good vibes, reminding us of holidays and childhood outings. But did you know that a visit to the beach can give you a health boost?

Discover some of the health benefits of a trip to the beach.

*It helps you get your dose of vitamin D*  
Vitamin D is known for boosting your immune system and maintaining strong teeth and bones. And one of the best ways to get it is from the sun. A trip to the beach on a sunny day can help you get a dose of vitamin D that can do wonders for your health.

*Sunlight is good for your sleep*  
Getting outdoors during the day is good for regulating your serotonin levels. This can help you sleep easier, enabling you to get into a sleep pattern to make sure you get the rest you need. Spending time outdoors is also good for your mental health, helping to reduce depression and other conditions.

*Walking on the sand is great for fitness*  
Taking a walk on sand can be a big calorie

burner. It's harder to walk on sand than on concrete or other surfaces, so you'll burn energy as you move. You could even try running on the sand for an even bigger workout.

If you're feeling brave, jump in the sea and enjoy a swim. A lot of people find this invigorating and great for their health. The seawater can also help alleviate symptoms of arthritis and even skin conditions like eczema and psoriasis.

*The sea air could help you relax*  
Breathing in the sea air could be just what you need to help you relax. The negative ions have a calming effect, helping to ease stress and boost your mood. The sea air has also been said to help reduce the symptoms of asthma, improve allergies and alleviate respiratory problems.

Next time you're feeling down and in need of a quick pick-me-up, head to your nearest beach and take advantage of this natural health booster.

# PurrFECT CATNAPS

**C**ats love to sleep – it's one of the things we envy the most about them. But have you ever given much thought to what your cat's sleeping position means?

**BELLY-UP CAT:** A cat that sleeps with its belly exposed and paws splayed is a cat that feels secure and comfortable in its surroundings. It's exposing the most vulnerable part of its body, showing you it feels safe in its home.

**CURLED-UP KITTY:** A curled-up cat with its tail wrapped around its body and head tucked in, means several things. This position helps it stay warm and also helps the cat protect itself from potential threats.

**IN A BOX:** Cats love to sleep in a box or any small space as it makes them feel safer than being in an open space. It's a normal behaviour that helps them feel warm and secure.

**EYES HALF-SHUT:** A cat that sleeps with its eyes half-shut is doing so to enable it to react quickly to any threat or disturbing noise. It's common in noisy

households, or for cats in new surroundings.

**LOAF OF BREAD:** The 'loaf of bread' position is where a cat sleeps with its paws and tail tucked under its body, making it look like it has no legs. Cats choose this position for comfort and to stay warm. This position is also a sign that your cat is happy and relaxed.

**SLEEPING ON YOU:** A cat sleeping on you can be for a couple of reasons. It either wants to feel added protection with a 'safety in numbers' approach, or it wants to feel close to you and benefit from some extra warmth.

**STRETCHED OUT:** A stretched-out cat is a happy and relaxed cat, who's usually in a deep sleep. When a cat is in this position, it's best to let it stay there.

**PAWS ACROSS FACE:** A cute position to witness, paws across the face can mean your cat is trying to keep its nose warm or block out the light. A cat that's hiding its face wants to be left alone, so it's best to let your cat be in this position.



Information provided by Purrable of Cats. For more cat facts visit [www.purrablecats.com](http://www.purrablecats.com)



# ENJOY A healthier HOLIDAY

**H**otels are a place to go to enjoy luxury, comfort and relaxation. But one hotel in Costa Rica is taking things to the next level with a completely holistic experience.

The Hacienda AltaGracia describes itself as “an escape for those seeking total wellbeing and unbridled adventure”.

You’ll find the hotel in the Talamanca Mountains in Costa Rica, a truly tranquil spot that lets guests take things at their own pace and helps them recharge, reconnect and expand their horizons.

### WHAT BENEFITS DOES IT OFFER

A stay at Hacienda AltaGracia is tailored to you, and is inclusive of all meals and non-alcoholic drinks. Throughout your stay, you’ll be able to enjoy a range of adventure, wellness and cultural activities, helping you truly focus on your wellbeing.

### WHAT TO EXPECT AT THE HOTEL

On arrival, guests are given a virtual health coaching consultation, resulting in a tailored plan to aid each individual’s stay.

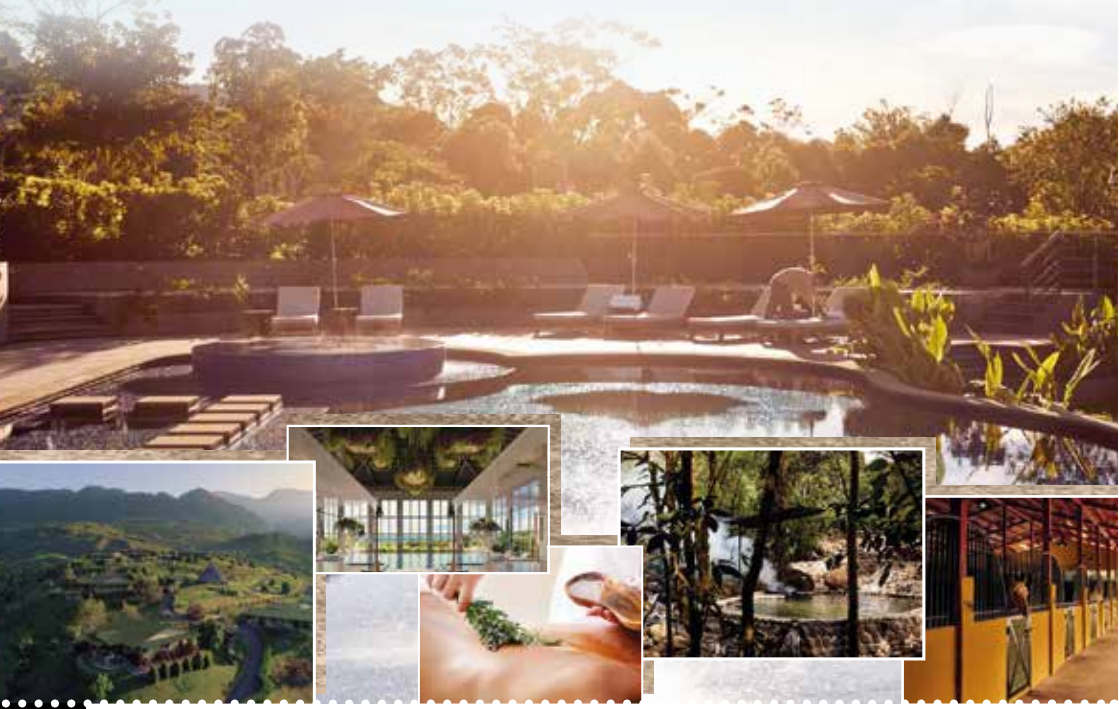
The hotel offers many different activities, including jungle hikes, botanical yoga, horse riding, trips to the bird observatory, river baths, and much more. Your visit is altered to suit you and also includes a range of dining experiences.

### WHY YOU SHOULD VISIT

The hotel has already won a place on *Condé Nast Traveller’s* top 50 resorts in the world and is attracting attention for its unique approach and wide range of experiences.

If you’re looking to get away from it all and focus on getting your life back on track, then this could be the hotel for you.

Photo credit: altagraciarestaurants.com, thetimes.co.uk



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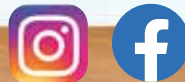
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# POTATO MILK

THE NEW VEGAN AND  
DAIRY-FREE ALTERNATIVE

**P**otato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

### WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

### WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

### WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

### HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsp of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.





# STEPHANIE BARBA MENDOZA *world*

EXPLORING THE ART OF CONTRASTING STYLES THAT SYNERGISE SEAMLESSLY

As a designer, finding a defined route between contemporary and classic is no mean feat. It requires vision, patience and nerve to throw energy behind contrasting, conflicting styles, before emerging with something precise and exact.

Interior designer Stephanie Barba Mendoza's ability to do this stands her apart from many of her contemporaries.

For more than 40 years, the London-based designer has toyed with vintage and modern, classic tiling and smooth walls, rich sprays of flowers and hard-edged furniture, producing a sumptuous smorgasbord of style that layers material and colour, and completing a look with an abundance of warmth.

Mendoza works with talented craftspeople to create interiors, often bringing antique items into a space to add not just visual interest, but also a feeling of provenance and purpose.

She cites influences as diverse as Freddie Mercury, René Magritte and Serge Roche, and admires others who push their boundaries to the limit.

"It all comes from a rejection of conformity for me," she says, "and when I find clients who share that idea of rebellion, it inspires me as much now as it did the first time I took to styling a space.

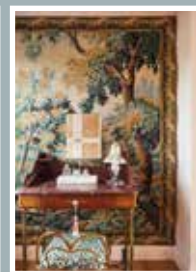
"We must appreciate in interior design, in art, in creativity, the fact that escapism and fantasy is as deep and wide as the imagination, and in that respect is endless.

"If we can live in a space, then we can envision anything, and it will always be correct."

The trick to replicating Mendoza's statement style is to individualise on carpets, fabrics, furniture and objects. No matter the style or era, the devil is truly in the detail, and the designer proves the sum total is most definitely greater than the parts.



Photo credit: barbamendoza.com



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# HOME DÉCOR TRENDS 2022



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.

**ARTIFICIAL GREEN WALL:** Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.

**VELVET FURNISHINGS:** If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.

**AUTHENTIC DESIGNS:** Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.

**ROYALCORE:** Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.

**SOFTER SHAPES:** Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.



## BEST WAY TO PAINT A ROOM

When you decide to go down the DIY route with painting, you'll want to make sure you get it right.

Understanding the order to paint a room in will help you achieve the best finish, as well as make your paintwork look professional.

Learn what order to paint a room in, ready for your next interior décor project.

### START WITH THE CEILING

Once a ceiling has been prepped, you can get to work with painting.

Start by cutting in the edges with your desired paint. Then you can quickly roller the remainder of the ceiling with the desired number of coats.

### TACKLE THE WALLS

Painting the walls requires a little more precision. You'll need to cut in the edges, either freehand or by using some masking or decorators tape. Using a roller, you can paint the remainder of the wall. You may need a smaller roller to get to the hard-to-reach areas.

### DO THE DOORS AND WINDOWS

Take your time applying special woodwork paint to your doors and windows. This type of paint dries slowly, so you'll need to give yourself plenty of time between coats. Remember to mask your edges for a clean finish.

### FINISH WITH THE SKIRTING BOARDS

When the rest of your paintwork is dry, fill and sand any cracks between your wall and skirting, mask up the edges then apply two coats of your woodwork paint, letting it dry thoroughly between each coat.

And there you have it. Now you know exactly what order to paint a room in to get the best results.





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# Colourwashing

THE INTERIOR DECOR TREND YOU NEED TO TRY



HOME & DIY

Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

## WHAT IS COLOURWASHING?

Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

## WHAT YOU NEED TO DO A COLOURWASH

To create a colourwash at home, you will need:

- > Two types of paint, a lighter and a darker shade – one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.
- > A transparent water-based glaze. You could also use water.
- > A roller or brush to apply your base colour.

> Either a sponge or a soft brush to paint the wash.

## HOW TO DO A COLOURWASH

- > After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.
- > Mix the colourwash using four parts glaze to one part paint.
- > Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.
- > Leave to dry, and apply a second coat if desired.

This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.



Photo credit: Brand - Zinc Textiles, Stylist - Sarah Harwood, Photographer - Alex J Curtis via [www.livingetc.com](http://www.livingetc.com)



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HOME & DIY

# WAYS TO GET SUPER soft towels



There is nothing quite like getting out of the bath or shower and wrapping yourself up in a big, fluffy towel. Sadly, over time, your towels can turn from super soft to super stiff. Discover five simple tricks for softening your towels below.

**WASH IN WARM WATER:** Washing your towels in warm water, ideally around body temperature, can help to keep them softer for longer. This is because it helps them to absorb the detergent better, resulting in less build-up on your towels.

**REPLACE FABRIC SOFTENER WITH VINEGAR:** Most fabric softeners contain silicon, which makes your towels repel water, meaning they will not get the best wash. Instead, add one cup of white vinegar once every six weeks when washing your towels to remove soapy residue and restore full absorbency.

**USE LESS DETERGENT:** As mentioned above, a build-up of detergent can leave your towels feeling stiff. Counteract this by adding a little less detergent when washing them so that your machine's rinse cycle can eliminate every last bit of stubborn soap.

**ADD BAKING SODA:** Another staple from the storecupboard, baking soda can help to loosen the fibres in your towels, as well as clean off any chemicals and dirt. Mix half a cup of baking soda with your normal detergent and wash as normal. Baking soda can also banish any musty odours from damp towels.

**TOSS IN A TENNIS BALL:** If you have any unused tennis balls lying in your garage or garden, toss a couple of these into your next load of towels. As they bounce around your machine, they will remove any lumps of soap and simultaneously fluff up your towels. Dryer balls can also be used.



# WATCH OUT(EN) *Denise is about*

**CELEBRATING THE STAR QUALITY OF DENISE VAN OUTEN, WHO MARKS 25 YEARS ON OUR SCREENS**

---

**D**enise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.



HISTORY



*Penny*  
FOR YOUR  
THOUGHTS

**HOW THE SIMPLE PENNY BLACK STAMP KICKSTARTED A SOCIAL REVOLUTION IN THE UK**

In 2022, the Penny Black is one of the most sought-after stamps philatelists seek out. Not just expensive, it also represents a cornerstone in the world of collecting; it's something of a rite of passage to own one.

Yet for all its perceived collectable and material worth today – the first Penny Black stamp was recently listed by Sotheby's with a possible sale price of up to £6million, although it failed to sell – the name itself reveals very simple beginnings.

The stamp, impeccable in its design and rich in simplicity, and bearing the image of Queen Victoria in profile, was a communication revolution upon its launch on May 6, 1840.

Quite simply, it enabled anyone to send a letter weighing up to half an ounce to any destination in the country, for just one penny.

It opened up a platform for people in all locations and of all social classes to be able to connect with

one another – previously, the idea of sending a letter was complex and expensive, with the recipient required to pay to receive mail.

This dawning of social communication was brought about by Robert Wallace, an MP who led a commission on postal reform, and was brought to life by Sir Rowland Hill in the form of prepaid postage. As well as enabling all levels of society to communicate with each other, it led to a huge boom in business and commerciality.

In total, 68 million of these stamps were used – that's a considerable number given that the entire UK population in 1840 was around a quarter of that figure.

These days, our postal system is complex, convoluted and extremely competitive. While the Penny Black had simplicity at its heart, it also represents the kind of revolution that modern postal service providers will never be able to replicate.



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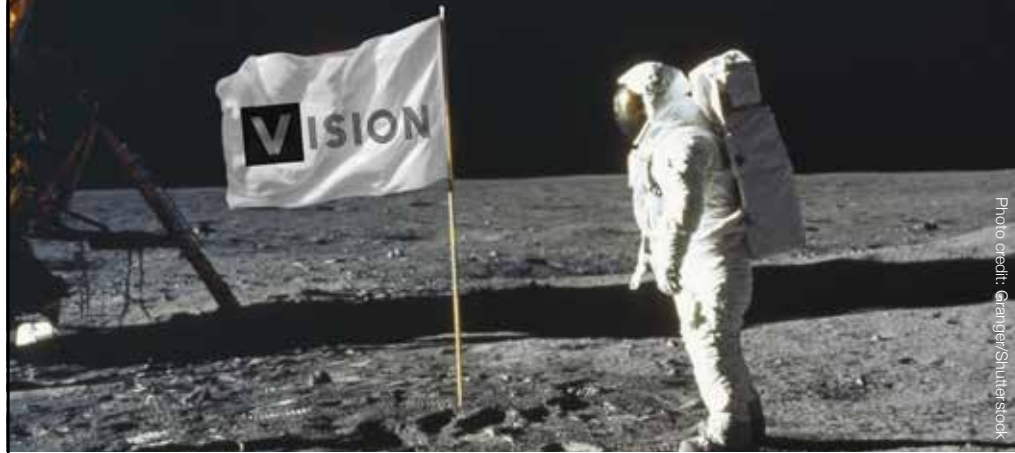


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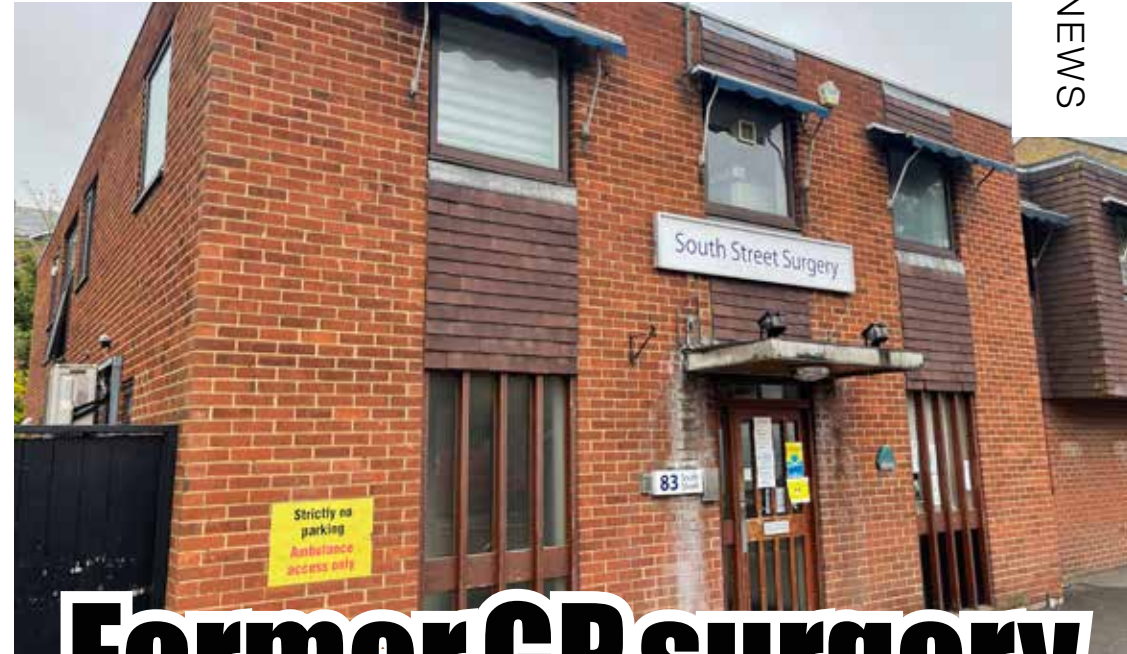
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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



## Former GP surgery will be turned into flats

Plans to turn a former Bishop's Stortford GP surgery into flats have been approved.

East Herts District Council (EHDC) gave the green light to turn the South Street GP practice into three flats at a planning meeting last month.

The flats will be one-bed apartments on the first and second floors of 87-89 South Street, while the ground floor will continue to be occupied by Trinity Pharmacy.

The offices, which were advertised for commercial let without success, were connected to the main surgery building via an elevated link.

The South Street GP practice, which also operates Bishop's Park Health Centre, plans to move to new premises at Stortford Fields.

EHDC's officer concluded before granting permission: "While it is acknowledged that the building has previously been used in association with a doctors' surgery, the length of time that the upper floors of the building have been vacant, the current advertisement of the unit for lease as office space and the removal of the link structure indicate that the building is no longer required for its previous use.

"It is concluded that the proposed change of use would be unlikely to result in a loss of health services for the local community."

The full plans and report can be read at [publicaccess.eastherts.gov.uk/online-applications/](http://publicaccess.eastherts.gov.uk/online-applications/) and searching reference 3/22/0222/COMP.



# MP delivers hundreds of free books to schoolchildren

Julie Marson, MP for Hertford and Stortford (pictured left), has delivered hundreds of books to primary schools after she won a competition. Mrs Marson MP entered a draw by the Publishers Association on World Book Day to win 600 books for schools in her constituency. She donated the first lot of 200 fiction titles to Avanti Meadows Primary School in Bishop's Stortford and Fawbert and Barnard Infants' School in Sawbridgeworth. She will be giving the remaining books to other schools in her constituency in the coming weeks. Mrs Marson MP said: "I was thrilled to win this draw

and be able to give out so many books to my local schools. "The love of reading needs to be nurtured from a young age, and having even more resources for pupils to choose from will make the job easier. "Other schools will be receiving their books soon. If any school would particularly like some, then please do get in touch and I will be happy to drop some off as soon as possible." Head of Avanti Meadows, Cimone Brown, said: "It is our aspiration to create a generation of enthusiastic readers who have a lifelong love for reading. These books are a welcome addition to our growing library."

# More than 1,000 attend archaeological open day

More than 1,000 people took advantage of the rare opportunity to view historical Roman artefacts at a special open day in Bishop's Stortford last month. The guided tours at Grange Paddocks on April 23 allowed visitors to view the artefacts, which were uncovered as part of the archaeological excavations undertaken for the footprint of a new 3G football pitch. Archaeologists from Oxford Archaeology have found a Roman road, possible temple, coins and pottery. Items that can be removed from the site will be preserved by Bishop's Stortford Museum. A cemetery was also unearthed, from which skeletal remains have been exhumed for analysis. The graves were aligned east to west, which suggests that the cemetery dates back to an era when the Roman Empire switched to Christianity. Visitors were fascinated by the historical artefacts and commented on the "excellent displays and tour". Councillor Eric Buckmaster (pictured right), executive



member for wellbeing at East Herts District Council, said: "The archaeologists working on site explained that their findings tell them this was a settlement on a major transport route, not dissimilar to Bishop's Stortford today with its road and rail connections. "I hoped that residents would find the visit as interesting as I did, and from the feedback received, it seems that was certainly the case."



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# Hundreds of runners take part in popular 10k run

Hundreds of runners, including many from Bishop's Stortford, took part in the popular St Clare Hospice 10k last month.

The event started at the hospice in Hastingwood and wound its way through Essex.

The racers raised £8,000 for the local charity, which provides care for people living with life-limiting conditions in west Essex and east Hertfordshire.

Sam Pendleton, of Bishop's Stortford Running Club, finished second with a time of 33 minutes and six seconds.

Allan Bogle came first with a time of 32 minutes 44 seconds, with Nick Greenwood finishing third with a time of 33 minutes 59 seconds.

St Clare challenges and events fundraiser, Dani De'ath, said: "We had 306 racers, including two wheelchair athletes, take part.

"Events like this bring our community together and have a great atmosphere.

"Every penny raised helps us care for people facing death and loss, to support and guide them, so they are not alone at the most difficult of times."

# Blues left heartbroken in brutal play-off semis

Bishop's Stortford will not be playing in the National League South after a heartbreaking loss to Cheshunt that ended 3-2 to the away side.

During the game, which took place on Wednesday, April 27, at their own Woodside Park, Stortford stumbled at the second-to-last hurdle.

Though both teams remained deadlocked at 1-1 or 2-2 for most of the match, a 90th-minute goal from opposition side player, Taylor McKenzie, brutally ended the Blues' hopes of reaching the play-off finals.

In lighter news from the end of the main part of the season, Stortford finished victorious at a game against Cray Wanderers, where a well-played 3-1 win clinched them that second place spot.

The losses of relegation rivals East Thurrock United and Merstham meant that Cray avoided the drop, meaning it was a jubilant game for both sides.



# Four arrested after intruders found in man's home



Four people have been arrested after a man found intruders wearing balaclavas in his home in Bishop's Stortford.

Police were called at around 10.35am on April 7 after a householder in Mulberry Court, off South Road, discovered the group of males in his home.

They fled the area in a silver Skoda Octavia.

Police then received a report of four people wearing balaclavas exiting a property in Cambridge Road, Puckeridge, shortly after 1pm, before leaving the area in a similar car.

Officers soon identified a vehicle which was traced to Roydon, where four males – aged 16, 17, 20 and 21 – were subsequently arrested.

Detective Inspector Chris Ross, from the East Herts local crime unit, said: "This has been a fast-moving enquiry which has resulted in four people being arrested.

"The investigation is continuing at this time and we're still keen for anyone with information that may assist us to please come forward.

"We'd be particularly keen to hear from anyone who may have captured doorbell or dashcam footage of a silver Skoda Octavia travelling in the relevant areas around the times stated, or who may have seen a similar vehicle in suspicious circumstances."

If you have any information, report it at [www.herts.police.uk](http://www.herts.police.uk) or call the non-emergency number 101.

# Applications open for council grants up to £50k

Bishop's Stortford Town Council is providing £500,000 in grants for local organisations.

Councillor David Snowdon, chairman of the council's Finance and Policy Committee, said: "Each organisation may bid for up to £50,000 towards a capital project. There are very few restrictions on what these projects may be other than that they must benefit the people of Bishop's Stortford.

"We have so many great local groups and charities who have great plans for themselves and our town. I

look forward to seeing their applications and hearing of their projects."

Late last year, the council distributed £250,000 to clubs and organisations to improve the town's sports facilities, and the scoring system adopted to sift through the applications will be used to decide how the new grants are distributed.

All organisations that benefited from the sports grants will be ineligible and there is a limit of one grant for all other applicants.

The council is also prepared to spend up to £6million on larger projects, such as land purchases for leisure.

To find out more, search 'grants' on [www.bishopsstortfordtc.gov.uk](http://www.bishopsstortfordtc.gov.uk)

# Woman dies after being rescued from flat fire

A woman who was rescued by firefighters from a fire in a flat in Bishop's Stortford later died in hospital.

Emergency services were called at around 7am on April 6 to reports of a fire in a ground-floor, two-bedroom flat on Cavell Drive.

Firefighters rescued the woman and carried out CPR, but she later passed away.

A spokesman for Hertfordshire Fire and Rescue Service said: "On arrival, crews found a fire in a ground-floor flat, with reports that a person was inside. Firefighters in breathing apparatus forced entry into the property and located and rescued one person.

"Firefighters carried out CPR and assisted paramedics with immediate medical care, and the person was taken to hospital by the ambulance service."

A spokesperson for Hertfordshire Constabulary said: "Sadly, the woman has since died. Her next of kin have been informed. A file is being prepared for the coroner.

"The cause of the fire is not being treated as suspicious at this time. Witnesses or anyone with information about the incident is asked to call 101 quoting ISR 97 of 6 April."



Photo credit: Google Maps





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# Planting A PALM TREE

A huge trend this summer, palm trees make a great addition to any garden. Although most palm trees need warmer climates, there are some that are suitable for planting outdoors in the UK.

**CHOOSING A PALM TREE:** You need to choose a hardier variety of palm tree if you want it to be able to survive the cold and frost. There are three types of palms that have a track record of growing well in the UK. These are Chusan Palm (*Trachycarpus*), Dwarf Fan Palm (*Chamaerops*) and Needle Palm (*Rhapidophyllum*).

**PLANTING A PALM TREE:** You can plant palm trees at any time of the year, although during spring or early summer is best as this will give your palm five or six months to grow strong before the first frost. Palm trees love a sunny position so are perfect for patio pots or for areas in your garden that get ample sunlight.

### TO PLANT IN THE GROUND:

- > Dig a hole twice as wide and a few

inches deeper than the root ball.

- > Add a handful of slow-release palm fertiliser to the centre of the hole.
- > Remove the root ball from its container and carefully straighten out any coiled roots.
- > Place the top of the root ball in the hole and fill with one-half soil and one-half rotted manure or compost.
- > Make sure that the palm trunk is not deeper than it was in its original container and that the roots are not at all exposed.
- > Water the palm tree – aim for between 10 and 20 per cent of the original container size. The soil should be wet, not soggy.
- > Apply a six-inch layer of mulch over the root zone.
- > Water again.

### CARING FOR A PALM TREE:

- > Water your newly planted palm daily for the first two months.
  - > After three or four months, apply a slow-release fertiliser for palms.
  - > Wrap the trunk in the winter with water pipe insulation or heat tape.



Photo credit: palmcentre.co.uk





GARDENING

# Create your own DIY BAR



When it comes to entertaining at home, there's one thing everyone needs – a garden bar. Garden bars have grown in popularity in recent years, and you can easily build your own with a little creativity and determination.

Get ready to transform your garden into your new local with these tips for building the perfect garden bar.

**HOW BIG CAN YOU GO?** Garden bars come in all shapes and sizes. From a tiki bar to your own garden pub complete with flat-screen TV and pool table, you can be as ambitious as you like. Decide on your budget and how much space you have to create the perfect outdoor bar.

**TRY DIY OR READY-MADE.** A DIY garden bar is the perfect chance to get creative. You can use recycled materials and design a space that's ideal for your needs. Alternatively, you can find ready-made garden bars in places like Argos or Etsy, or hire someone to custom build your bar.

Using a pre-existing structure, such as a shed or potting bench, your extension or garage, could also help you make the most of your garden space, and give you a good foundation for your garden bar.

**MAKE IT SHELTERED.** Some shelter is a must for any British garden bar. Whether you choose to have your bar enclosed or build a solid weatherproof canopy, having shelter will protect your bar while helping you make the most of it in any weather.

**ADD APPLIANCES AND STORAGE.** From fridges to pumps and spirit dispensers, your garden bar can have it all. Buy your equipment and get it installed by professionals to make sure the job is done safely. Don't forget to add storage.

**BUY SOME ACCESSORIES.** Some of the essentials you'll need for your garden bar include: Glasses (you could create your own labels too) | Bottle holders | Ice bucket | Cocktail shakers | Towel hooks | Bottle openers/corkscrews

**GIVE IT A NAME.** Once your bar is all in place, the last thing to do is give it a name. Name it something unique – it's your bar, after all.

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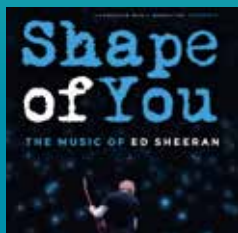
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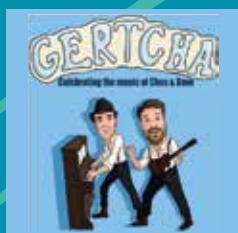
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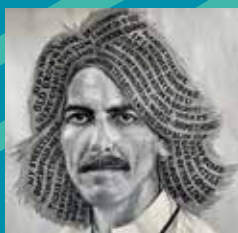
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# BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

### Choose a cryptocurrency trading programme

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

### Pick crypto to invest in

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.

### Select your strategy

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

### Consider automated crypto trading

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

### Our top trading tips for beginners

- Start with a small investment
- Choose a secure wallet to keep your digital assets safe
- Research the market thoroughly first
- Set stop-loss levels and stick to them
- Don't be afraid to diversify your portfolio
- Do not let your emotions dictate your decisions.



BUSINESS & PROPERTY



# PICTURE Perfect



## Getting your home ready for those seller snaps

You shouldn't judge a book by its cover, but that's exactly what happens when potential buyers explore a house for sale. Those seller images have become increasingly important for putting your home in the best light and generating interest in your property.

Take a look at these tips to get your home ready for those all-important photos:

- > Put away all clutter. If it doesn't need to be there, get rid of it.
- > Clear the worktops and put accessories away; it will help to create a more spacious look.
- > Add flowers and other decorative features to give a more homely feel.
- > Make sure windows and other glass surfaces are fully wiped and dust-free.
- > Hide away unsightly items like bins.
- > Curate your toiletries so they don't appear cluttered – put out your most premium products.
- > Fold any towels neatly, and don't leave wet towels lying around.
- > Make sure curtains are properly hemmed and dust-free.
- > Make all beds and change your bedding regularly.
- > Put away all your shoes and clothes.
- > Create an ambience with a lit fire and candles.
- > Make the front of your house more appealing by keeping the lawn mowed and bins out of sight.
- > Give your garden a once-over to remove any debris.
- > Put the toilet lid down – nobody wants to look inside someone's toilet.
- > Finally, get into the habit of regular cleaning to keep your home dust-free and sparkling.

These easy tips will help your home look its best in seller photos, and will hopefully inspire someone else to make memories there.

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BRITAIN'S GREATEST SPORTING MOMENTS...



SPORT



# CHAMPIONS LEAGUE FINAL 1999

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S MANCHESTER UNITED'S LATE LATE SHOW AT CAMP NOU IN THE 1999 CHAMPIONS LEAGUE FINAL

The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when super-sub Ole Gunnar Solskjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as Solskjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.





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MOTORING



# DEATH TRAP

THE DANGERS POSED BY LOOSE OBJECTS IN YOUR CAR

We all know the dangers represented by cars and, as responsible drivers, invest time and effort in protecting the occupants of our cars from the dangers of the road. Yet what if there were a collection of hazards inside our vehicles – things that account for more than 15,000 injuries every year?

What we're talking about here is the threat posed by everyday items within a car. From a metal tissue box on the back shelf to dashboard air fresheners, from tablets and devices right the way through to cans of drink and snacks. The point is, when a collision occurs, it's not just the things on the outside of the vehicle that can cause harm.

A string of recent awareness campaigns has been designed to make motorists more aware of the risks when our vehicles are decorated with possessions. Securing items or, better still, putting

them away in door or back-of-seat pockets, or the glove compartment, ensures that if impact occurs, those possessions won't come hurtling through the air towards you.

Think carefully about luggage storage, make sure floor mats are secured in the correct positions, and do your best to keep pets secured and still.

Furthermore, if you think the threat of being hit by a loose or unsecured object in your car only comes about in the event of a road traffic accident, think again. Anything from sharp cornering to speed bumps may dislodge an item and send it on a path towards you or your passengers.

In the modern era, cars are more and more becoming extensions of our home. While that gives us the chance to adorn them with small items and luxuries, it's always smart to keep a close eye on the potential danger they might pose.

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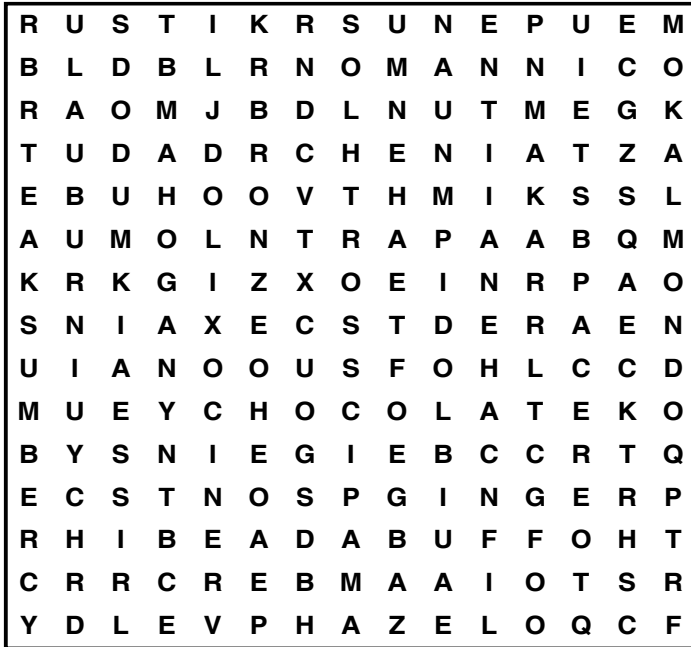


# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

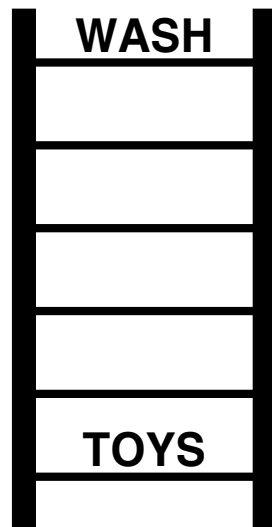
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## DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

## 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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