

HOW TO
MAKE
BUBBLE
TEA

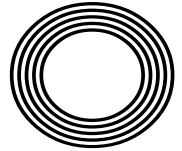
FIVE
TIPS FOR
HIRING
A CAR

Remembering jockey
LESTER PIGGOTT

NATURAL REMEDIES
to treat sunburn this summer

Sue
BARKER CBE

Presenter announces Wimbledon retirement after 30 years




FREE

Photo credit: BBC


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Editor's notes...

JULY 2022



Hello and welcome to this month's edition of **VISION** Bishop's Stortford. Last month, we celebrated the Queen's Platinum Jubilee, and it was amazing to see people coming together to celebrate this momentous occasion. After the difficult time we've gone through over the past couple of years, this was a chance to recognise how far we've come since we first went into lockdown. Though many things have changed since then, our love for a party certainly hasn't, and I enjoyed attending a couple of street parties in my local area.

It was great to watch the concert at Buckingham Palace; it was truly a spectacular evening and reminded me how proud we should be of our country.

When I've been out and about recently, I couldn't help but notice that many of our local businesses have been quiet, so I'd like to once again appeal to our readers to support them. I heard a statistic recently that said when you spend money in your community, it circulates five times in the local area. So your money not only has the potential to help one business, but it can also make a positive difference across the whole community.

The weather is improving and summer is finally here. So make sure you take advantage of the longer, warmer evenings - let's get out and about with friends and family.

Brett Shohet

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A RACE *for the* TAPE

CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.



Full of PRIDE

CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



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HOW TO REMOVE sun cream FROM CLOTHES



Sun cream is a summer essential, helping to protect your skin from the harmful rays. However, do you know how to protect your clothes from sun cream stains? Find out how below.

STEP 1: REMOVE ANY EXCESS CREAM
Start by scraping off any excess sun cream from the item of clothing. This can be done with a dry cloth or your fingers if you do not have anything else to hand.

STEP 2: RINSE UNDER WARM WATER
Rinse the garment under warm water to remove further residue from the stain. Do this for between 10 and 15 seconds.

STEP 3: POUR WASHING LIQUID DIRECTLY ONTO THE STAIN
Look for a washing liquid that specifically offers stain removal aimed at these types of stains, such as Persil Small and Mighty Bio, which is designed to tackle grease and oil stains.

STEP 4: LOAD INTO YOUR MACHINE
Place your garment in your washing machine with

other similar items and add your usual laundry detergent to the drum.

STEP 5: WASH YOUR GARMENT
Wash your items on the usual cycle but use the hottest wash temperature indicated by the instructions on the garment's fabric care label.

STEP 6: DRY YOUR GARMENT
Remove the garment from the washing machine and allow to air dry outside for optimal results.

TOP TIPS FOR GETTING SUN CREAM STAINS OUT OF WHITE CLOTHING:

- After washing, hang your item out to dry in the sun, which can naturally bleach your clothing and banish sun cream stains.
- For stubborn stains, squirt a little lemon juice onto the affected area before drying on the washing line.
- Apply a chemical bleaching agent that is diluted with water to the stain. Always make sure you do this in a well-ventilated area and ensure pets and children are kept out of the way.



Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- ◆ A dotted or pitted appearance on the skin of your legs
- ◆ The darkening of open pores on your legs
- ◆ The appearance of brown or black spots after shaving

WHAT CAUSES STRAWBERRY LEGS?

- ◆ **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- ◆ **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- ◆ **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- ◆ **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

HOW TO TREAT STRAWBERRY LEGS

Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

Home remedies: Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid.

Professional treatments: Electrolysis | Laser therapy.



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IT'S GOOD TO

talk



Talking therapies are becoming increasingly popular in the UK as people seek out alternatives to mental health medication. There are several different types of talking therapies available, most of which are covered by the NHS.

Who can benefit from talking therapies?

While anyone who feels like they need someone to speak to can benefit from talking therapies, some specific issues that can be dealt with are: Mental health problems | Low self-esteem | Traumatic past events | Bereavement | Redundancy | Relationship problems.

What are the different types of talking therapies?

Cognitive behavioural therapy (CBT)

CBT involves looking at how your thoughts and beliefs affect your feelings and behaviours. This type of therapy tends to be short term, between six and 12 sessions, and often involves tasks or practising the skills you have learnt.

Good for: Depression | Anxiety | Obsessive compulsive disorder | Eating disorders | Post-traumatic stress | Schizophrenia

Dialectical behavioural therapy (DBT)

DBT is an adapted form of CBT that is designed to help people who experience intense emotions by

helping you to cope with stress.

Good for: Borderline personality disorder | Addiction | Depression | Self-harm/suicidal thoughts | Eating disorders

Psychodynamic therapy

Psychodynamic therapy explores how your childhood and unconscious mind influence your current feelings and behaviours. This therapy involves talking freely about what is on your mind and understanding your past relationships.

Good for: Depression | Anxiety | Post-traumatic stress | Eating disorders | Long-term physical health problems | Addictions

Humanistic therapy

Humanistic therapy involves exploring your entire self rather than just a specific problem. It is designed to help people grow and become their true self.

Good for: Obsessive compulsive disorder | Post-traumatic stress | Personality disorders | Anxiety | depression

How to find a therapist

Your GP or another health professional may be able to refer you to a qualified therapist or you can self-refer if you live in England. It is worth noting that there are often long waiting lists for NHS therapists.



NATURAL SUNBURN REMEDIES



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According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

WHAT NOT TO PUT ON SUNBURNT SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.



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TRAVEL

HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

Being taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

INSURANCE INSANITY: Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

THE POWER OF THE HOUR: Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the

rental centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

THE FUEL RULE: It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

BOOK IN ADVANCE: As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

THE AIRPORT AGGRO: As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.



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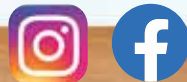
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Bubble BONANZA

FOOD & DRINK

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

consistency that is somewhere between jelly and chewing gum.

WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

HOW TO MAKE BUBBLE TEA

You will need:

Tea | Milk | Tapioca pearls | Honey or agave

How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired.
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

POPULAR BUBBLE TEA FLAVOURS

Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.





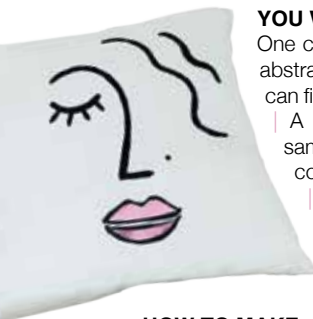
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HOW TO CREATE YOUR OWN

abstract cushion

Could your cushions do with a makeover? High street cushion covers can be expensive and a little generic, so why not design your own? We love this simple yet bold abstract design that anyone can create at home with just a few craft essentials and a little artistic flair.

- YOU WILL NEED:**
- One cotton cushion cover | An abstract face template (you can find these online) | A pencil
 - A piece of cardboard the same size as your cushion cover | Black fabric paint
 - Thin paintbrush | Iron-on foil in your choice of colour | An iron | A tea towel



HOW TO MAKE:

STEP 1: Print out the face template
Print out your chosen face template onto a piece of plain white paper and carefully cut out the different parts of the face. Alternatively, if you are feeling

artistic, you could draw your own abstract face design and use this instead.

STEP 2: Draw around the template
Position the template pieces onto the front of your cushion cover and draw around each one using a pencil. Take your time with this step as accuracy is key.

STEP 3: Paint the face design
Place the piece of cardboard inside your cushion cover – this will stop your paint bleeding through to the back of the cushion. Using a thin paintbrush and the black fabric paint, carefully paint the face design and then allow to dry fully.

STEP 4: Create the lip design
Use the template to cut out a pair of lips from the iron-on foil. Set your iron to a cool setting with the steam off and then place the lips onto the cushion cover. Lay a tea towel on top of the lips and then gently iron until the foil has bonded with the fabric. Remove the tea towel and allow to cool before peeling off the top carrier layer of foil.



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ISLAND HOPPING

BY DESIGN

Greece's design aesthetics have typically been regarded in the sense of the ancients – the coming together of the Doric, Ionic and Corinthian orders in an appreciation of the classical architecture found in towering columns, stone temples and buildings.

While the template was set by others many thousands of years ago, the classic but cool elements of design from modern style contemporaries is leading a whole new generation of fans to flock to the Greek islands.

Take **Milos**, for instance – an island whose fishing heritage has led to the creation of a proliferation of single-storey lodges made of stone and decorated with local materials with, typically, a white or grey palette.

Then there is the **Athens Riviera**, a more populous and money-motivated area, where nearby forests have provoked a string of seaside spaces that rely more on timber and versatile fabrics, such as woven leather, particularly those with weather-resistant capabilities.

In **Syros**, the island vibe leads to artistic flair dressed in a veil of sustainability and self-

preservation. A two-hour ferry ride from Athens transports people to a neoclassical paradise that offers echoes of Capri, without the unnecessary excess.

And what about **Antiparos**? Although a stylish idyll first made popular by the English poet Lord Byron, there remains a rustic, simple charm to the architecture on show, with stone walls, wicker frames, rattan furnishings and a mass of driftwood.

In **Santorini**, this volcanic isle does everything at sharp angles. Like much of the Amalfi Coast, buildings overlap and overhang, yet the dazzling white brightness of apartments disguises very well their angular elements. Medieval hilltop towns feel a world away from the seaside cafés and restaurants, but there is a cleanness to both that makes the island so special.

Finally **Mykonos**, which has discovered a recent surge in popularity, enveloping everyone from entrepreneurs to indie bands. The vibe is totally relaxed, however, on an island inspired by cubic architecture, and with a mood that combines sharp lines with stylish poolside pads.

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HOME & DIY

ART THERAPY

with Rebecca Sicardi

WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND

We can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017. Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought.

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."



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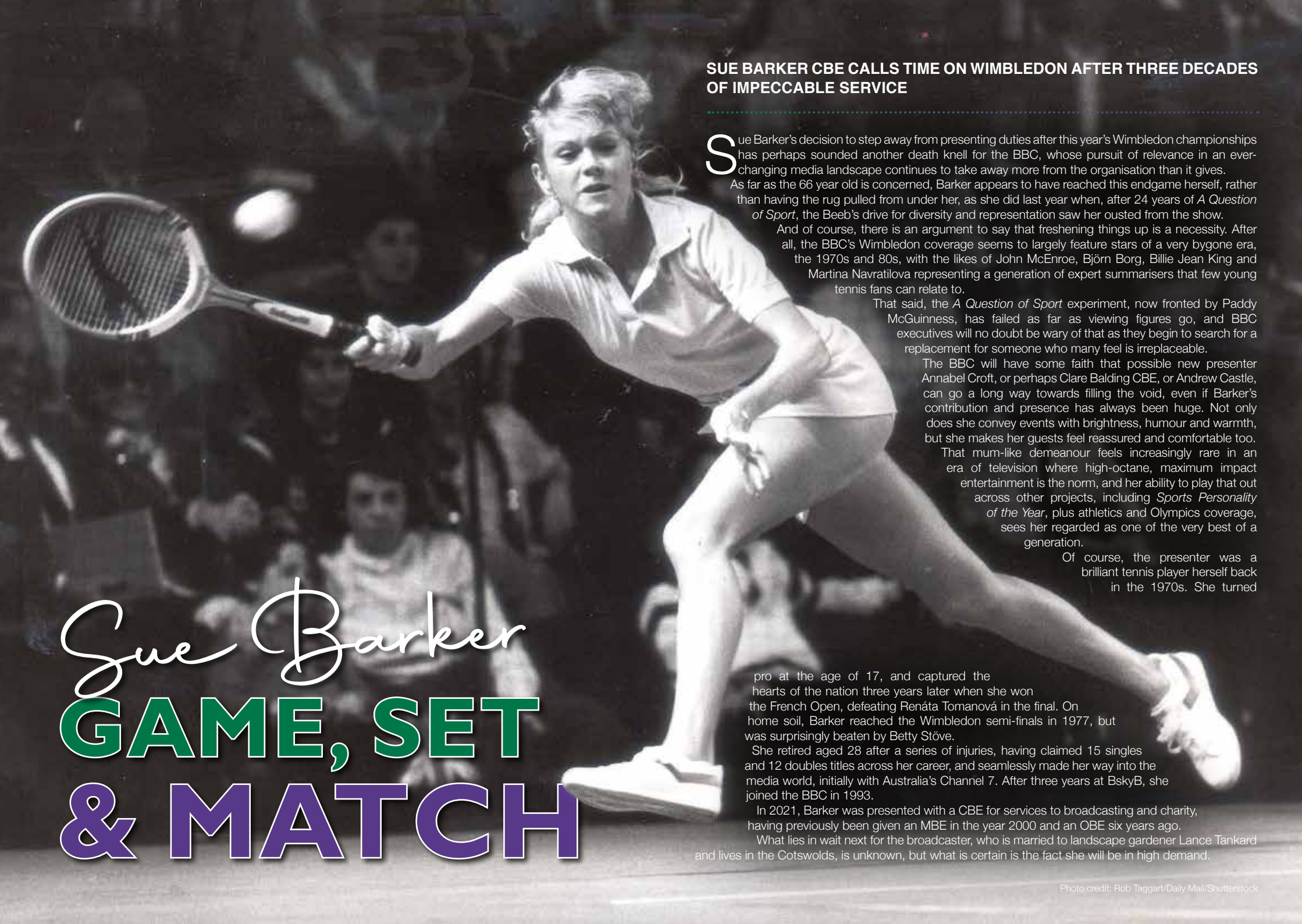
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Photo credit: rebeccasicardi.com



SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

Sue Barker GAME, SET & MATCH



LOCAL NEWS

from your neighbourhood



Photo credit: ISG

Work begins on £32m school construction project

Work has started on a new £32million secondary school in Bishop's Stortford.

Construction specialist ISG has begun construction of Avanti Grange Secondary School, which will provide 1,200 places and serve the new Stortford Fields and St Michael's Hurst communities, across a 11.4-hectare site that straddles the A120.

The contemporary two-storey concrete structure will feature a large sports hall and floodlit multi-use games area, as well as car parking and drop-off areas.

There will also be a focus on sustainability, with a roof-mounted photovoltaic array providing the school with emission-free energy.

Richard Skone, regional director for ISG, said: "The scale and complexity of the new Avanti Grange Secondary School project marks this out as a keynote regional scheme that will have a positive legacy for the new communities it serves for many generations."

Councillor Terry Douris, cabinet member for education, libraries and lifelong learning at Hertfordshire County Council, said: "We are delighted that construction work has now begun on the Avanti Grange Secondary School. This school will cater for 180 students from September 2023. However, the school is opening temporarily on the site of Avanti Meadows Primary School in September 2022, with 120 spaces."



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LOCAL NEWS

New multistorey car park opens to the public

Last month, a new multistorey car park dubbed “a catalyst for town centre revitalisation” opened in Bishop’s Stortford.

Northgate End car park, which was jointly funded by East Herts District Council (EHDC) and Hertfordshire Local Enterprise Partnership (LEP), offers 573 parking spaces.

Councillors and representatives from Bishop’s Stortford Business Improvement District, the Chamber

of Commerce and LEP gathered to celebrate the opening, which marks the first step in plans to free up surface-level car parking for redevelopment into new arts, retail, office, leisure and residential space as part of the Old River Lane project.

Councillor Linda Haysey, Leader of EHDC (pictured second from right), said: “Consolidating parking means that we can breathe new life into this part of town and ensure its long-term prosperity.”



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Councillor awards grant for community fridge

A £5,000 grant from a Hertfordshire county councillor will help fund a community fridge to combat food poverty in Bishop’s Stortford.

Every year, Hertfordshire’s 78 county councillors are provided with a Locality Budget of £10,000 to spend on projects that support local residents.

Councillor Graham McAndrew (pictured right) decided to award half of this budget to the purchase of a community fridge where surplus food will be shared for free, in the hope that this will reduce food waste and help those in need.

Speaking about why he decided to fund the fridge, cllr McAndrew said: “With COVID-19 over the past couple of years and now the emergence of fuel poverty, food banks are community organisations aimed at supporting people who cannot afford the essentials in life.

“The emergence of a chilled food bank gives those in need a better choice of foods. There is a huge amount of food wasted by supermarkets, cafés and hospitality in our town – and this will go towards establishing a community fridge where people can access this food for free.”





Photo credit: Isabel Hospice



Hospice brings back in person support groups

A local hospice's programme to help those with life-limiting conditions has returned to Bishop's Stortford after it was forced to move online for two years owing to the pandemic.

Isabel Hospice's Living Well with Isabel programme has relocated to the newly renovated Bishop's Stortford Methodist Church in South Street.

The new location will bring the hospice's wellbeing course, nurse-led clinics, support groups and therapies back under one roof.

Karen Bell, Living Well manager, said: "We are so

pleased to be back and look forward to being able to make a positive difference to the lives of local people who are living with a life-limiting condition, and their loved ones."

The hospice has also launched a Compassionate Café, which runs every Wednesday from 10.30am to 12.30pm in the Oasis Lounge. Open to all, the café will provide a friendly place to chat over a cup of tea and cake.

For more information, visit isabelhospice.org.uk or call 07593 137539.

Woman suffers injuries in serious assault

Police are appealing for information after a man seriously assaulted a woman in Bishop's Stortford town centre.

Ardit Billa, 28, of no fixed abode, has been charged with Section 20 grievous bodily harm. He appeared at St Albans Magistrates' Court on Friday, June 24, and was remanded in custody. He is next due to appear at St Albans Crown Court on Monday, July 25.

At around 2am on Saturday, June 18, the victim, a woman in her 30s, was sat in a taxi in Market Square when she was punched in the face through an open window. She was left with a serious eye injury.

Detective Inspector Chris Ross, of the Local Crime Unit, said: "This was a shocking incident where a

woman suffered potentially life-changing injuries.

"We will not tolerate this kind of violence and have conducted swift enquiries which have resulted in a man being charged.

"However, our investigation remains active and we are still keen to speak to anyone who was in the area at the time and who may have seen anything to assist our enquiries."

Anyone with information is asked to come forward and report it online at herts.police.uk/report, speak to an operator in the Force Communications Room via the online web chat at herts.police.uk/contact or call the non-emergency number 101, quoting crime reference 41/48698/22.



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Man cleared of three separate charges after trials

A Bishop's Stortford man has been cleared of three charges following three separate trials.

Wayne Rogers, 46, of Plaw Hatch Close, was accused of performing oral sex on a drunken worker who had been to his firm's Christmas party.

Mr Rogers said he had gone out dressed as a woman on the evening of Friday, December 20, 2019. He said he had sexual activity with another man in Harlow before encountering the complainant in Bishop's Stortford.

At St Albans Crown Court, Mr Rogers denied sexual

assault and assault by penetration. He was cleared by a jury on Friday, May 20.

At the end of the second trial on June 7, Mr Rogers was cleared of causing a person to engage in sexual activity without consent on at least two occasions between May 12, 2018, and April 14, 2020.

The third trial involved allegations of coercive control against a man who had lived with Mr Rogers, said to have taken place between January and July 2016. He was found not guilty of coercive control in an intimate or family relationship.

Resident honoured for decades of kind service

A volunteer from Bishop's Stortford has been recognised in the Queen's Birthday Honours for her dedication to charity.

Angela Khalil (pictured left) received a British Empire Medal (BEM) in recognition of her decades of work with the British Red Cross in Essex.

Angela became involved with the charity when she was living in Australia in the 1960s, and went on to serve in Papua New Guinea and Libya before moving to the UK in the 1980s. She organised numerous fundraising events, including the annual Essex Autumn Gift Fair which has raised more than £300,000 for the British Red Cross over 25 years.

Angela said: "I'm quite overwhelmed; this is the last thing I would ever have expected. I've just told my daughter and she was thrilled to bits. This is the first time something like this has ever happened to anyone in our family."

Red Cross chief executive Mike Adamson said: "We would like to offer Angela our sincerest congratulations. We are delighted that her work has been recognised on a national level. I would like to thank her for her tremendous hard work."



To bee OR NOT TO BEE



THAT IS THE QUESTION – AS IN, 'WHAT'S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?'

When it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we're looking at – we'll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they're happy as long as they believe it's a safe and secure space.

Bumblebees will create homes underground. They

have less of a need to build high as they're not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

STING

We all know the peril of a bee sting, though it's only a honeybee sting that's terminal... for the bee. Bumblebees have the ability to sting many times – you've been warned.

HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



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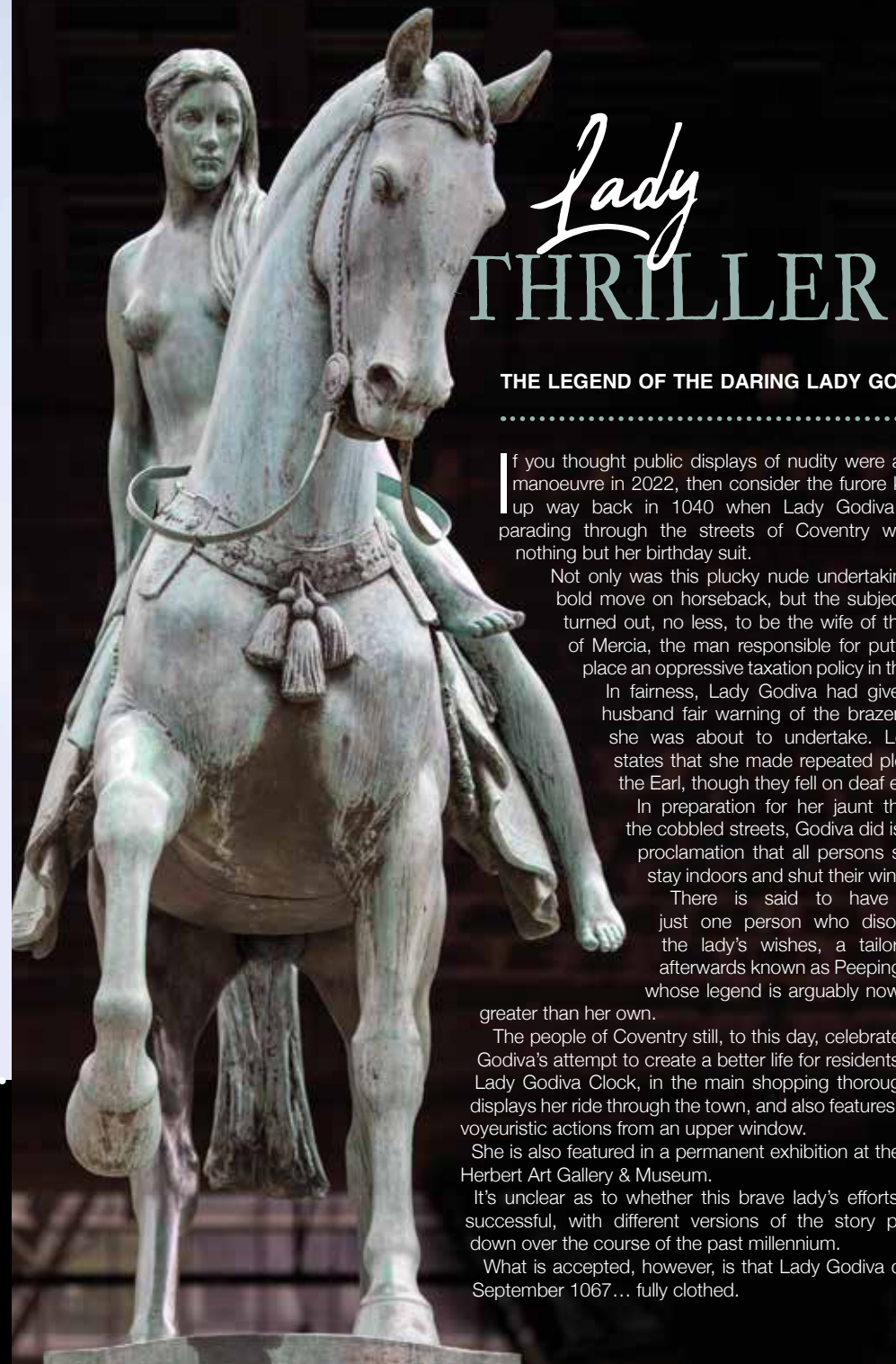
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HISTORY



Lady THRILLER

THE LEGEND OF THE DARING LADY GODIVA

If you thought public displays of nudity were a risky manoeuvre in 2022, then consider the furore kicked up way back in 1040 when Lady Godiva went parading through the streets of Coventry wearing nothing but her birthday suit.

Not only was this plucky nude undertaking the bold move on horseback, but the subject also turned out, no less, to be the wife of the Earl of Mercia, the man responsible for putting in place an oppressive taxation policy in the city.

In fairness, Lady Godiva had given her husband fair warning of the brazen task she was about to undertake. Legend states that she made repeated pleas to the Earl, though they fell on deaf ears.

In preparation for her jaunt through the cobbled streets, Godiva did issue a proclamation that all persons should stay indoors and shut their windows.

There is said to have been just one person who disobeyed the lady's wishes, a tailor ever afterwards known as Peeping Tom, whose legend is arguably now even

greater than her own.

The people of Coventry still, to this day, celebrate Lady Godiva's attempt to create a better life for residents – the Lady Godiva Clock, in the main shopping thoroughfare, displays her ride through the town, and also features Tom's voyeuristic actions from an upper window.

She is also featured in a permanent exhibition at the city's Herbert Art Gallery & Museum.

It's unclear as to whether this brave lady's efforts were successful, with different versions of the story passed down over the course of the past millennium.

What is accepted, however, is that Lady Godiva died in September 1067... fully clothed.

Photo credit: chrisdomey/Shutterstock.com

How to deal with...

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes

• Court fines

These debts need to be paid back first as they could result in you losing your home or being disconnected from a service.

Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at www.moneyhelper.org.uk/en

Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at www.stepchange.org to find out more.



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Homes & Property: www.standard.co.uk/homesandproperty

The *Evening Standard's* guide stands apart as one of the most comprehensive pieces of property intelligence on the market. An outstanding resource for professionals and enthusiasts alike, it doesn't just focus on the London market, and combines celebrity nods to both areas and interiors.

Boomin: www.boomin.com

Blogging and social presence are the name of the game with Boomin, which offers a site that's split into various property categories – from videos to news, buying to letting, selling to renting, home design to mortgages, and more.

Houzz: www.houzz.co.uk

Detail is the name of the game with Houzz, with

endless inspiration on offer for interior design devotees. While useful for sourcing professionals to take care of jobs in the home, Houzz also showcases homewares and furniture, with expert advice and guidance at every turn.

Property Week: www.propertyweek.com

Authority at your fingertips, Property Week covers topics around property investment and both commercial and residential real estate. It also features analysis and in-depth reporting on the biggest issues facing the industry.

LandlordZONE: www.landlordzone.co.uk

Finally, as the title suggests, LandlordZONE is a dedicated blog for homeowners who rent out their abodes, highlighting both opportunities and threats at play in a frequently changing market.

Zoopla Discover: www.zoopla.co.uk/discover

If you're looking for something rather more UK-centric, Zoopla is the way forward. Catering for buyers, sellers, tenants and landlords, the property portal has invested big time in education, courses and tools that will make you a smarter player on the market.



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CHOOSING THE BEST WORKSPACE OPTION FOR YOUR BUSINESS IS CRUCIAL TO ITS CONTINUED GROWTH AND ULTIMATE SUCCESS ESPECIALLY IF YOU ARE A START-UP.

A study by Hacker Young, the international accountancy network, reported that there were 726,000 new businesses created in the UK in 2020 compared to just over 636,000 in 2019.

Data from HMRC also shows that in March 2021 more new businesses were created than in any other month since records began in 1989. This might be attributed to the pandemic and people searching for a better work life balance. Of course, not all of these companies will be generating revenue at this juncture, not all of them ever will. But here in the UK we have an amazing entrepreneurial spirit to see so many newly started businesses over a time period that came with so much uncertainty.

When you are setting up a business, amongst all of your considerations one will be office space. Securing office space is a substantial overhead that you might want to avoid straightaway as it does come at a premium within the most popular towns and cities, so how do you establish a credible business address to help you flourish.

We've noticed a popular trend recently and thought we would share our insights with you. The first option proving popular is a virtual office. Virtual offices provide businesses with a professional corporate address without the expense of a physical office space.

Packages include giving you a credible business address, call answering and mail handling, which are useful commodities. It enables you to place your business in the best possible location and become established creating a winning impression with clients, customers, investors and potential business associates.

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With some virtual space packages there are often attractive "bolt on extras" which might be available, such as meeting room hire. It's worth doing a little research to find out what is going to work for you. Overall, the flexibility which is offered can be extremely attractive when you are first setting up.

You might also like to consider a hybrid option whereby you work from home part of the month, and within a co-working space for the other part. Companies may find it makes perfect financial sense and allows them to become more cost effective. It will benefit the employee when a company offers them space to work in a business environment, removing them from the home environment and it has been found to increase the collaboration opportunities and open up additional networking.

Certainly, companies who are trying to attract new talent or encourage employees back to the workplace could use this as an incentive tool. Industry figures prove that productivity is increased within a co-working environment which means it's a win, win all round.

Whatever you decide, Mantle are here to guide you in your preferred choice, offering a space that works.

If this article resonates with you, and you are looking for a space that works for you, please get in touch with our friendly team to chat through your requirements so you can make an informed decision on which is the best package for you. Call 01279 939127

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Just **JAKE**

JAKE DANIELS BECOMES THE UK'S FIRST OPENLY GAY FOOTBALLER IN THREE DECADES

They say young footballers go about their craft with a sense of fearlessness, and that's certainly the case where Blackpool forward Jake Daniels is concerned.

The 17-year-old, who signed pro terms with the Championship club in 2022, is yet to make a league appearance for the Seasiders, though he has singlehandedly cultivated more column inches than any of his vastly more experienced teammates by coming out as the English Football League's only gay footballer.

For many years, conjecture over the possible treatment of gay footballers – in an environment where terrace banter very often crosses the line between acceptable and not – has clearly led to a huge number of gay footballers afraid to fly their true colours.

That's what makes Jake's revelation all the more brave – namely that someone right at the start of his football career has the confidence and honesty to nail his LGBT colours to the mast and declare, as would Gloria Gaynor, "I am what I am".

He said: "I can't really put a date on it, but I was probably five or six years old when I knew I was gay, so it's been a long time that I have been living with the lie."

"Now is the right time to speak. I feel like I am ready to tell people my story. I want people to know the real me."

"I have been thinking for a long time about how I want to do it, when I want to do it. I know now is the time. I am ready to be myself, be free and be confident with it all."

The UK's first openly gay footballer since Justin Fashanu way back in 1990, Jake is correct in his assertion that attitudes and values have changed. And while the late Fashanu was derided for his honesty and bravery, the fact Jake Daniels has been roundly praised shows just how far society has come since then.



Photo credit: Paul Dennis/TGS Photo/Shutterstock



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BRITAIN'S GREATEST SPORTING MOMENTS...

Andy Murray WINS WIMBLEDON



SPORT

Each month, we look at one of the most significant events in British sporting history. This month, we go back to the day when Andy Murray fulfilled a life's ambition at Centre Court.

In the modern era, men's British tennis failed to live up to expectations for a long time. Players such as Tim Henman and Greg Rusedski teased and toiled, but in all honesty were some way short of mounting real and repeated Grand Slam challenges.

When Andy Murray turned pro in 2005, immediately there was something different about this sparky, confident, sometimes arrogant Scot. Buoyed on by a fiercely supportive mum and partner, he had an all-round game that, on the right day, and on the right surface, could challenge anyone.

That day came on July 7, 2013, as the then 26 year old strode out onto Centre Court in the Wimbledon men's final. Only Novak Djokovic stood between Murray arresting a 77-year wait for a men's British champion, and the opening exchanges proved the ride wasn't going to be easy.

Even so, Murray broke his opponent to take the first set 6-4, then recovered from 4-1 down to win the second 7-5. Victory was soon one game away, and as BBC commentator Jonathan Overend said, the arena represented "a cacophony of support, elation and fear. That noise, in those 90 seconds, will never, ever be heard again. So loud, so impassioned, it was like Murray was about to play the final game of his life."

Murray held his serve, and his nerve, to take the final set 6-4. Victory was his.

Of course, Murray repeated his feat three years later, and in a rich spell of success – which saw him rise to the top of the world men's rankings – also took the US Open title and made it to six further Grand Slam finals.

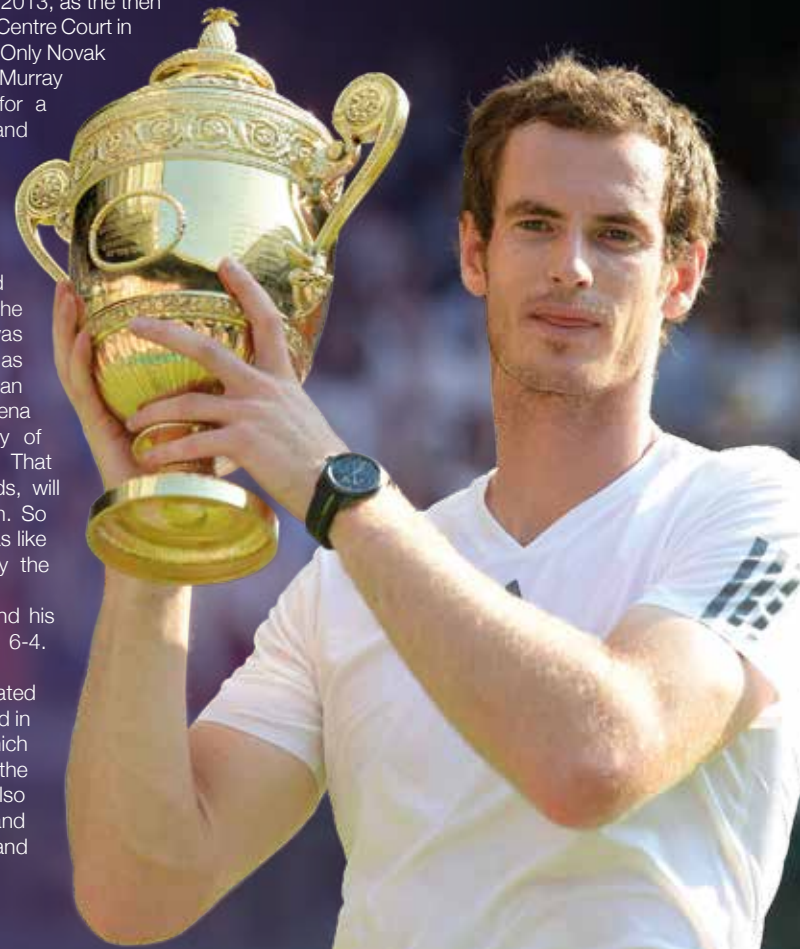


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FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.91/litre for petrol and £1.98/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

PETROL PRICES OVER TIME

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10 years ago (Jun 2012)	£1.32/litre
5 years ago (Jun 2017)	£1.15/litre
3 years ago (Jun 2019)	£1.27/litre
1 year ago (Jun 2021)	£1.30/litre
7 months ago (Dec 2021)	£1.45/litre
4 months ago (Mar 2022)	£1.67/litre

DIESEL PRICES OVER TIME

15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.31/litre
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PUZZLES

Answers: see end of The VISION Listings

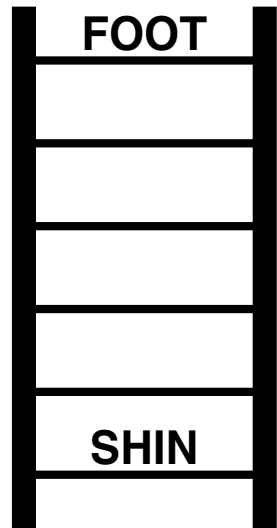
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- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

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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