

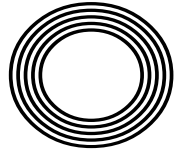


SUN SAFETY FOR YOUR BABY

RSPCA CELEBRATES 200 YEARS

PUMP IT UP
How to rock ballet pumps

STUCK IN A RUT?
Top tips to help improve productivity



FREE

Photo credit: Dave Shopland/Shutterstock

Emma
HAYES OBE

Manager aims to continue winning streak in USA



THE DIFFERENCE IS CLEAR

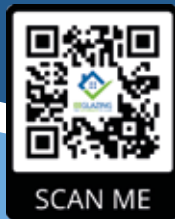
- WINDOWS
 - DOORS • PORCHES
 - SOFFITS • GUTTERING
 - CONSERVATORIES • FSG
- * Solar Batteries now available *

TAKE ADVANTAGE OF OUR
 UP TO **50%** OFF
SALE

Uncompromising when it comes to quality

At EE Glazing, we have over 70 years of combined glazing industry experience behind us. During this time, we've learned what sets a top product apart from merely a good one. We have also centred our company ethos around quality, and every product we install is evidence of that commitment.

Take the Kommerling 70mm uPVC window system that we use, for example; it is hands down one of the best uPVC window systems on the market. It's highly durable, very efficient, secure, easy to maintain, and ultra-versatile, making it the perfect window option for every homeowner.



Contact us now for a no-obligation quote

01279 939152



www.eeglazing.co.uk



“ The whole experience from initial order to installation and completion was carried out with efficiency, good humour and professionalism ”

Mr & Mrs Lambert



Editor's notes...

JUNE 2024



Brett Shohet, Editor

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

We're busy gearing up for the business exhibition at South Mill Arts in Bishop's Stortford this October. This event is a chance to showcase our fantastic local businesses and for people to find out more about the services available on their doorstep. To find out more, visit bsmb.co.uk

Last month, I joined more than 40 people in my networking group in climbing Mount Snowdon to raise money for a local hospice. Though I realised it would be difficult, I think I underestimated just how challenging it would be! I knew I had a reasonable level of fitness; however, a very steep hill at the start of the route had me questioning this belief!

I did, however, make it to the top - 24,000 steps and two hours and 45 minutes later. It was inspiring to see all the people taking on the challenge. Many of them carried pictures of people they'd lost, or logos of the charities they were supporting. No matter how hard the climb, they refused to give up. I know for me, it was the thought of my close friend Dave, who passed away from cancer, that kept me going.

This is a lesson that can be applied to everyday life, as well as business. The challenge may seem difficult, but all it takes is to focus on one step at a time. By the time you look back, you'll realise you've come a lot farther than you thought. Maybe something for you to think about...

Brett Shohet

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

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



CONTACT US:

bishopsstortford@visionmag.co.uk | 01279 939134 | www.visionmagherts.com

[X](#) @visionherts [i](#) @visionmageastherts [f](#) Vision Magazine East Herts

CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Bryn Holmes

All pages are recyclable

THE B7 MEDIA GROUP

PRINTING • BUSINESS CARDS • LEAFLETS • DISTRIBUTION
SIGNAGE • MENUS & BROCHURES • RETAIL PACKAGING
EXHIBITION BOARDS & BANNERS
WINDOW VINYLs • LOGO DESIGN
BRAND ALIGNMENT • VEHICLE WRAPPING
CARBON PADS • WORKWEAR • WEBSITES
SOCIAL MEDIA • I.T. SOLUTIONS

ENQUIRIES@B7MEDIAGROUP.COM

01279 939134

Excelcare

Belong with us

Luxury care in the heart of Harlow

Now open to viewings

We are delighted to announce the grand opening of The Jubilee Suite - our new luxury care suite situated within Abbot Care Home in Harlow, Essex.

Our new Jubilee Suite has been expertly designed with kindness, and dignity at its heart, providing person-centred nursing, residential and dementia care. With a variety of excellent facilities and spaces to enjoy, we welcome the people who live here to play an active part in everyday life - as we ensure activities, events and mealtimes are carefully tailored to the personal preferences of each individual.

Abbot Care Home is situated amongst peaceful open parkland and features beautiful, landscaped gardens. The people who live here enjoy a comfortable environment and benefit from the home-from-home atmosphere.

It is important to our team that we work as part of your family, as we plan in partnership whilst providing the same caring support that we would wish for our own loved ones to receive, whilst enjoying a life well-lived, each and every day.



We welcome you to visit us to meet with our friendly team who will be happy to work around your schedule.

To find out more about Abbot Care Home and book in to view our newly opened Jubilee Suite, please get in touch

01279 594 610

info@excelcareholdings.com

PROTECTING ANIMALS FOR

200
YEARS

The Royal Society for the Prevention of Cruelty to Animals (RSPCA) was founded 200 years ago this month. A small group of dedicated people gathered in a London coffee shop to discuss how to prevent animals from being badly treated. They shared a common goal: to stop cruelty to animals and improve animals' lives. This humble beginning marked the start of a flourishing national movement.

In many ways, animal welfare has improved considerably since the 19th century – partly because of the RSPCA. But new times bring new challenges, and the organisation's work throughout England and Wales remains vital. Despite all the progress, there are still many issues that need attention, and the RSPCA must continue to adapt and respond to these challenges to ensure animals are treated with respect.

THE RSPCA IN HISTORY

The RSPCA has made countless contributions to animal welfare over the years – far too many to list! But here are just a few key milestones – each one representing a significant victory in the fight for

animal rights and welfare.

- **1835** – Cruel sports like bear and bull baiting are banned
- **1870** – The last bullfight in England takes place
- **1914** – A fund for horses wounded in the First World War is set up
- **1998** – Testing cosmetics on animals is banned
- **2019** – Wild animals are banned in circuses

ON THE FRONT LINES

The RSPCA has its own teams dedicated to saving animals in danger, investigating animal crimes and providing advice on animal care. These teams work tirelessly, often in difficult and dangerous situations.

The organisation also runs several hospitals and wildlife centres. These facilities are staffed by skilled veterinary surgeons, nurses and carers who provide treatment and support to help animals recover.

Wherever possible and appropriate, animals are returned to their natural habitats.

SHAPING LAWS AND MINDS

The organisation also campaigns for improved animal welfare laws, educates young people about animal care, and provides expert advice to help ensure animals are well treated. Through its advocacy efforts, the RSPCA has influenced significant changes in legislation, leading to better protection for animals. Meanwhile, education programmes in schools are teaching future generations about the importance of compassion and proper care for pets and wildlife.

BIRTHDAY CELEBRATIONS

To celebrate its 200th year, the RSPCA is launching a year-long campaign to grow its movement to one million supporters, so people can join in creating a better world for animals – and a better world for us all. There will also be special events such as the One Fun Day, the #50MilesForAnimals challenge,

and the RSPCA Young Photographer Awards. These events are designed to engage the public, raise awareness and generate support for the RSPCA's essential work.

For more information on getting involved in the RSPCA's 200th birthday celebrations, please visit www.rspca.org.uk/200th or contact your local RSPCA branch or shop. Whether you choose to volunteer, donate or participate in events, your support can make a difference. Join the RSPCA in celebrating 200 years of compassion and help create a brighter future for animals everywhere.





Watch out for this year's National Bingo Day on Thursday, June 27. Even if you've never played before, now's the time to have fun, meet new people, and maybe even win a prize!

BINGO THROUGH THE AGES

- Bingo began in Italy in the 1500s, when people played a lottery game called Il Giuoco del Lotto d'Italia (The Game of Lotto of Italy).
- A version of the game reached the US in the 1920s, where it was first called Beano. The name Bingo started by mistake when someone called out "Bingo!" instead of "Beano".
- Bingo became popular in the UK in the 1960s, and the first bingo halls and clubs soon appeared.
- The first online bingo sites were established in 1996 – and there are now more than 200.

National Bingo Day is a chance for people of all ages and backgrounds to get together and celebrate the excitement of bingo (although remember that bingo halls are usually for ages 18 and over).

Activities will be held at bingo clubs around the

country, and online events will also be held.

MAKE THE DAY YOUR OWN

You don't have to follow the crowd. There are lots of ways you can put your own twist on the day, and here are just a few ideas:

1. Throw a bingo party with family and friends.
2. Organise a charity bingo game to raise money for your favourite cause.
3. Set up a game of Reverse Bingo – you start with a full card and erase numbers as they're called.
4. Organise a bingo walk or scavenger hunt where participants collect bingo numbers at various checkpoints.

WHY NATIONAL BINGO DAY MATTERS

National Bingo Day is more than just playing games. It's a chance for people to enjoy an entertaining tradition that many of us love – and it's a great way of meeting and making friends.

Remember to mark Thursday, June 27, on your calendar – and get your dabbers ready for a day of bingo joy!



THANK YOU ARTA 2023
for an amazing Gala Event and Dinner!
We Hope To Capture The Big One Next Year, Cheers!



10% OFF WHEN YOU DINE IN FOR 2 PEOPLE
£50 MINIMUM SPEND



SUNDAY SPECIAL BUFFET
EAT AS MUCH AS YOU CAN!
12pm to 2.30pm & 5pm to 10pm

Adults £16.95	Child £9.95
------------------	----------------

WE HAVE WIDE VARIETY OF DISHES TO CHOOSE FROM
New dishes added every week
You can choose your own



PRIVATE HIRE

MINT LEAF IS A GREAT PLACE FOR ANY CELEBRATION, FROM AN INTIMATE FAMILY DINNER, AN OFFICE PARTY, OR A GRAND CELEBRATION, WE CAN PROVIDE YOU WITH THE PERFECT VENUE.

BANQUET NIGHT

EVERY MONDAY TO THURSDAY ENJOY A FIVE COURSE MEAL ONLY £19.95

BRING YOUR OWN BOOZE

ALL FOOD IS SERVED | TERMS, CONDITIONS AND EXCLUSIONS APPLY

ORDER ONLINE: WWW.MINTLEAFONLINE.COM

CALL TO BOOK: 01279 939151

[mintleafrestaurant](#) [Mint Leaf Bishop's Stortford](#)



SCAN ME



HOW TO TACKLE TROUBLESOME

TANLINES

Whether you have a t-shirt tan from working in the sun or swimsuit tan lines from a recent holiday abroad, these noticeable patches of paler skin can wreak havoc with your summer look. Here's how to tackle your tan lines.

1 LEMON SCRUB

Scrubbing can help to get rid of dead skin cells which can make your tan lines a lot less visible, and lemon is the perfect natural exfoliant. Simply mix the juice of one lemon with a little bit of sugar and a tablespoon of honey and work the mixture into your skin. Rinse off and see your tan lines start to fade after applying for only a few days.

2 SELF-TANNER OR BODY BRONZER

If you are struggling to get rid of unwanted tan lines, why not try covering them up instead? A self-tanner or bronzer can help to hide lighter areas and make them blend in better with your tanned skin. Just make sure you choose a shade that matches your tan or you could end up looking even more patchy. Body make-up coupled with setting powder and a setting spray is also effective.

3 BAKING SODA

Baking soda is a natural whitener, making it ideal for reducing the appearance of unwanted tan lines. To treat a single area of skin, create a thick paste using half a cup of baking soda and a few tablespoons of water, or, for a full body fade, add a cup of baking soda to your bath. Leave on the paste or soak in the bath for around 15 minutes and start to see results in one or two days.

4 POTATO SLICES

Potatoes are a rich source of vitamin C which has been proven to help lighten the skin. To use this method, either apply thinly sliced potatoes directly to the skin or make a mask by blending potatoes and applying them to the outer edges of your tan lines. Leave on for 20-30 minutes and then wipe off with a clean cloth. Repeat for two or three days or until you get the desired results.

WANT YOUR ADVERT HERE?

CALL TODAY ON
01279 939134
TO BOOK



Black and White

Darkroom

For Hire
In Ware

Make Silver Gelatine Prints up to 20"x 24"

Process, Contact and Scan Film
35mm to 4X5

Colour Epson Inkjet Printing

For all experience levels

Tuition Available

Please Call 07964 006 521



www.hertsphotographichub.co.uk



EPR SERVICES LTD
COMMITTED TO CARE

Website: www.eprservices.co.uk
Email: info@eprbusiness.co.uk

COMPASSIONATE CARE RIGHT AT YOUR DOORSTEP



Health care practitioners who are dedicated to provide assistance with daily living activities in the comfort of an individual's home.

Our Services:

- ✓ Home Support
- ✓ Live-In Care
- ✓ Dementia Care
- ✓ Domiciliary Care
- ✓ Complex Care
- ✓ Supported Living

Call us on 01279 939182
or 07359 201197 | 07914 839319





SCAN ME



Hummingbird
CANCER SUPPORT

Monday's 10:30 - 1:30
@South Mill Arts

Bishop's Stortford

07510 178200





www.hummingbirdcancersupport.org
enquiries@hummingbirdcancersupport.org
Registered charity 1199955



APPLIANCE PROBLEM?
WE'LL FIX IT!
Any make
Any model

LOCAL ENGINEERS IN YOUR AREA!

If we can't fix it, we can supply and install new appliances same day



SAME DAY CALL OUT AVAILABLE

View our sales page for list of machines ready to install today!

ALL MAKES
ALL MODELS
REPAIRS
SALES

CALL OR BOOK ONLINE **SPIN DOCTOR**
01279 310793
www.spindoctoruk.co.uk



Services Operating across Essex & East Herts

Has your loved one been struggling day-to-day?
WE CAN HELP

- Personal Care
- Companionship
- Light Domestic Cleaning
- GP & Hospital Visits
- Shopping Assistance
- Dementia Care
- Home from Hospital Care
- Nights and Day Sit-in Care



SCAN ME

For more information contact Kare Plus Bishop's Stortford

01279 939169 kareplus.co.uk/bishops_stortford/
BishopsstortfordRM@kareplus.co.uk







PUMP
it up

FASHION

Ballet pumps are one of the biggest shoe trends of the summer, having dominated the catwalks earlier this year. Versatile, comfortable and super stylish, these can be worn for all occasions and with many different outfits.

What are ballet pumps

Ballet pumps are a type of flat-heeled, round-toed shoe that are typically lightweight and look similar to the shoes worn by ballet dancers. They are often made from soft leather, but you can also find them in materials such as canvas, PVC and nylon.

Where to wear ballet pumps

To the office: Simple, soft leather ballet pumps are perfect for the office owing to their neat design and flat soles. Avoid embellishments and pair with a smart skirt, dress or formal trousers.

To a party: If you don't like wearing heels, embellished ballet pumps are a great alternative for parties and nights out. Wear with your favourite dress, jumpsuit or midi skirt.

To a wedding: Elegant and graceful, ballet pumps are the ideal match for a wedding guest outfit. Opt for pale pastel colours such as cream, pink or powder blue.

For every day: Ballet pumps are comfortable and stylish, making them the obvious choice for everyday casual outfits. Great with straight-legged jeans and a shirt or vest top.

How to wear ballet pumps

- > Avoid wearing tights, stockings or socks with ballet pumps as these can cause unsightly creases and wrinkles around the ankles.
- > Different strap styles can make your legs look either shorter or longer. Thick ankle straps can take length off your leg, whereas thinner straps can help to elongate them.
- > Show some skin. Ballet flats look most flattering when the lower leg or ankles are showing, so keep dresses and skirts above ankle length or pair them with cropped trousers.
- > Complement your ballet pumps with statement accessories such as a chunky necklace, a large clutch bag or a bold belt.



Photo credit: ASOS.com

Isabel Hospice Appeals for Funds to Buy Essential Medication

Isabel Hospice, the hospice charity serving eastern Hertfordshire, has launched an appeal to raise money to help buy essential medication needed at its In-Patient Unit. Only 30% of this medication is funded by the NHS, meaning Isabel Hospice must raise a staggering £70,000 each year to pay for the rest.

The Medication Appeal features the story of local couple Rich and Katy. In 2021, aged just 38, Katy was diagnosed with cancer and sadly began to deteriorate rapidly with severe bouts of pain. Katy was later admitted to the Isabel Hospice In-Patient Unit where she was given a bespoke number of carefully balanced medications which had an immediate impact.

“Within days she was up, showering and washing her hair” said Rich “Our family were so surprised by how quickly she improved – it almost seemed like she was going to make a miraculous recovery.”

Manisha, a nurse at Isabel Hospice



commented: “A person could be struggling with a whole range of other symptoms contributing to, or on top of their pain. Suddenly, the simplest of tasks can be overwhelming.”

“But when we manage to get these symptoms under control, it can make an enormous difference. Medication, alongside our incredible team of doctors and nurses, plays a crucial role in that care; without it there’s only so much we can do to ease their journey.”

AROMATHERAPY awareness week

Aromatherapy Awareness Week (June 8-14) is designed to highlight the important role aromatherapy can play in the management of our health, with activities and events taking place all over the UK.

What is aromatherapy?

Aromatherapy is a holistic healing treatment that uses aromatic essential oils to enhance physical and emotional health. Considered to be a science and an art form, aromatherapy is used to treat a variety of different conditions.

What can aromatherapy oils be used for?

- ♥ Peppermint to manage pain
- ♥ Lavender to improve sleep quality and for discomfort during labour
- ♥ Ylang ylang to reduce stress and anxiety
- ♥ Eucalyptus to soothe sore joints and to boost immunity
- ♥ Rosemary to treat headaches and migraines
- ♥ Cardamom to improve digestion
- ♥ Ginger to alleviate the side effects of chemotherapy

How to practise aromatherapy at home

1 Use a diffuser – Diffusing essential oils provides a great way to enjoy their aromatic properties. This works by taking a few drops of concentrated essential oil and disseminating them into the air over an extended period. Good for uplifting your mood, promoting relaxation and aiding sleep.

2 Inhale the steam – Steam inhalation is particularly effective for respiratory issues and sinus congestion, as well as being good for the skin. This involves adding a few drops of essential oil to a bowl of hot water, covering your head with a towel and inhaling the steam deeply for several minutes.

3 Apply topically – Some essential oils can be applied topically to the skin, but these must be diluted with a carrier oil such as coconut oil, almond oil or olive oil. This method is good for massage, making bath oils, and creating soothing balms for pain relief.

Safety precautions

- ♥ If you have any allergies or sensitivities, perform a patch test on the skin before using a new essential oil.
- ♥ Keep essential oils out of reach of children and pets.
- ♥ Pregnant and breastfeeding women should consult their doctor before using essential oils.





Cooking with ARTICHOKES

Many people shy away from artichokes as they do not know how to prepare or cook them. While it is true that this tasty vegetable does require a little bit of TLC, the result is well worth the effort!

How to choose and buy artichokes

Look for artichokes that feel heavy as these will be more meaty. The leaves should ideally be closed with a little separation, but not wide open.

Which parts of an artichoke are edible?

The most common part of an artichoke that people eat is the heart. Within the heart, you will find the 'choke', which is too fibrous to consume. Surrounding the heart are the petals, which you can eat by pulling the base of the petal through lightly clenched teeth to strip off the petal meat.

How to prepare artichokes

- > Cut off the tips of the leaves.
- > Slice off the top of the artichoke.
- > Remove the small leaves at the base and on the stem of the artichoke.

- > Trim any excess stem, leaving up to 1 inch.
- > Rinse the artichoke in cold water.

How to cook artichokes

Steaming is considered to be the easiest method and also helps the vegetable retain moisture. Boiling is also a popular choice if you prefer a softer texture.

Our favourite artichoke recipe:

Artichokes with parmesan butter sauce

YOU WILL NEED:

- > 1 lemon, halved, and juice of 1 lemon
- > 4 globe artichokes
- > 200g chilled butter or vegan alternative, chopped into cubes
- > 100ml dry white wine
- > 25g parmesan or vegan alternative

HOW TO MAKE:

- > Bring a large pan of salted water to the boil.
- > Add the lemon halves.
- > Cut the stalks off the artichokes and add to the pan of water.
- > Boil for 40-45 minutes until soft and tender.
- > Pour the wine into a pan and reduce by half.
- > Whisk in the butter, one cube at a time.
- > Whisk in the parmesan and lemon juice.
 - > To eat, pull off the leaves and dip the broken end into the sauce.
 - > When you reach the middle of the artichoke, remove the centre leaves, scrape out the choke and eat the heart.



Nigerian Authentic & Caribbean Cuisine
Vegan / Meat Eaters / Pescatarian

Would you like *Flavour Full* Afrocaribbean Cuisine at your next private or social event?

Such as, weddings, corporate events, birthday parties and much more...

We also provide "Party Packs" variety meals for children's parties

Contact us today: 01279 939154

www.delicasil.co.uk

support@delicasil.co.uk • info@delicasil.co.uk
597 Hertford Road, Enfield EN3 6UP



PUT THE SPARKLE BACK INTO YOUR KITCHEN



Domestic Oven Cleaning Specialists
Est. since 2007

Prices

- Single oven incl. shelves & grill pan..... £48.00
- Double oven incl. shelves & grill pan £59.00
- Range incl. shelves & grill pan From £68.00
- AGAs From £100.00
- Hobs From £17.00
- Extractors From £18.00
- Microwaves From £20.00

No VAT to pay



PLEASE CALL FOR A FREE QUOTATION
01279 432444 * www.ovenbright.co.uk



BEFORE



AFTER

Magic MAYO

Mayonnaise is one of the most popular condiments, boasting a creamy texture and tangy taste. However, did you know that it can also be surprisingly useful around the house?

TO DUST HOUSEPLANTS

If you have any faux houseplants in your home, you will know only too well how dusty these can get. Give them a whole new shine using just a clean cloth and a little bit of mayonnaise. Dust the leaves first, wipe with the mayo and then buff to finish.

TO SHINE STAINLESS STEEL

Stainless steel is susceptible to smudges which can make your surfaces and appliances appear dirtier than they actually are. To remedy this, grab a clean cloth and a small dab of mayo and use them to buff and restore any stainless steel in your home.

TO BANISH SQUEAKY HINGES

If you are driven to distraction by a squeaky hinge in your home, then all you need is a small amount of mayonnaise and 10 seconds of your time. Simply slather the mayo onto the hinge using your finger and then open and shut it several times to get it worked into the hinge. Wipe away any excess mayo using a paper towel or clean cloth.

TO REMOVE CRAYONS FROM WALLS

Have your little darlings let their artistic side run wild? Crayon marks on the walls can be a nightmare to remove, but you will be pleased to hear that mayonnaise offers the perfect solution. Use your finger to apply a layer of the condiment to the crayon marks and leave to sit for 10-15 minutes. Then wipe away with a clean cloth.

TO ERASE WATER STAINS

Erase water stains and rings on wooden furniture using just mayonnaise. Cover the mark completely, leave for 48 hours and then wipe with a clean cloth.

NB: You can use either full-fat or light mayo to achieve the same results.



ORDER NOW FOR

50% OFF

50% OFF PIZZA ONLY, ONLINE ONLY.

Use code **Vis50** at checkout

www.thepizzaguysonline.com




SCAN ME

For full Ts&Cs please visit [ThePizzaGuys UK](http://ThePizzaGuysUK.com)




CLEAR INSPIRATION – ENDLESS POSSIBILITIES





Infinite Glass

BUILDING TRUST WITH QUALITY WORK





01279 939123 | info@infiniteglass.co.uk

Unit 2 The Links, Raynham Road, Bishops Stortford CM23 5NZ



SCAN ME



That's CORKSOME!

Have you ever looked at a wine cork and thought, "I wonder what I could make with that?" Well, now you'll find out!

MINIATURE PLANTERS

YOU WILL NEED: 1 wine cork for each planter | A small knife | Soil | Small succulents

HOW TO MAKE: Carefully use the knife to hollow out the centre of the cork, leaving enough space to plant | Add a small amount of soil to the hollowed-out cork | Place your chosen succulent into the soil and water sparingly when needed

A KEYCHAIN

YOU WILL NEED: A wine cork | A small eye screw | A key ring | Decorative beads or charms (optional)

HOW TO MAKE: Screw the eye screw into one end of the cork, twisting gently until secure | Add the key ring to the eye screw | If desired, thread beads or attach charms

A BIRDHOUSE

YOU WILL NEED: Wine corks (50-70, depending on the desired size) | A wooden base | Adhesive glue or a hot glue gun | Wooden shingles or metal sheets (for the roof) | A dowel or small perch

HOW TO MAKE: Glue the corks to the base (standing upwards), creating the walls of the birdhouse | Attach the roofing material to the top, creating a slope to shelter the structure | Glue the dowel or small perch near the entrance of the birdhouse for the birds to land on | Add any desired decorations like moss, twigs, flowers or hand-painted details

A HEAT-PROOF TABLE MAT

YOU WILL NEED: Wine corks (20-30, depending on the desired size) | Strong adhesive glue or a hot glue gun | Some ribbon or twine

HOW TO MAKE: Arrange the corks on their sides into your preferred shape, such as a circle or square | Apply the glue to the sides of the corks, pressing them together according to your chosen pattern | Hold each cork in place briefly to secure them | Wrap the ribbon or twine around the mat and secure with glue | Allow to fully dry.

Photo credit: thesucculentclinic.com, rustic-creats.com, lpinning.com



Interior Design

Soft Furnishings

Lighting

Flooring

Wallpaper

Paint

Furniture

Kitchens

Bathrooms

Building

Project Management



SCAN ME

01279 939 153

info@lark-interiors.com





YOUR DREAM FLOORS AWAIT

Book a consultation and bring your vision to life

Whether you are looking to create your dream space at home or work, LKJ Flooring can help. With over 20 years experience in the flooring sector, we specialise in supplying and fitting a wide range of carpets, Amtico, Karndean, LVT, laminate and many other floor coverings.

AT LKJ we offer a friendly and knowledgeable service as we believe everyone deserves a beautiful floor, that's why our passion for fist class customer service and expert advice is at the heart of everything we do.

We provide a free estimate service - this entails a room measure, professional advise and assistance on deciding which would be the most suitable flooring options for you. With a vast array of samples for you to view in the comfort of your home or work place. Plus we will go through any preparation work required to give you the most professional finish whilst also finding the most cost-effective option for you.



LKJ Flooring Services Ltd

☎ 01279 939103
 🌐 www.lkjflooring.com
 ✉ info@lkjflooring.com



MAMMA MIA! THE PARTY

DANCE, DINE, HAVE THE TIME OF YOUR LIFE

VISION VENTURES TO THE O2 TO SAMPLE THE MUSICAL EXTRAVAGANZA EVERYONE IS TALKING SINGING ABOUT



At the point of being invited along to perhaps the ultimate immersive theatre experience – *Mamma Mia! The Party* at the O2 in London – there was, admittedly, a small sense of trepidation.

We've all been to and sampled the splendour of musicals; and sometimes we've found ourselves woven into the performance in terms of, perhaps, our seat being a little too close to the action!

To combine that accidental participation with knocking back a four-course meal and expensive bottle of plonk... well, it's enough to pique the interest of even the most reluctant theatre-goer!

Mamma Mia! The Party, which has a year-plus run at the O2 Arena booking through to June 2025, follows the main characters' love story in Greece, while celebrating the influence ABBA has had on modern music.

Make no mistake, this is no bargain basement night out – what the creators have put on is a premium, all-encompassing experience.

The fun theatrical dining experience starts with

a free welcome drink, and is set in a taverna in Skopelos with the audience seated as if they are in a restaurant.

As the story begins with foot-tapping brilliance, so too does a marvellous celebration of the Mediterranean food landing on each table. Guests can enjoy a wide selection of hot and cold Greek delicacies, from fluffy mezzes to succulent lamb shanks, delicious tabbouleh to sweet loukoumades (doughnuts).

The actors, band, set design, atmosphere and hospitality are all second to none, and at no point do you feel the need to rush the process... a key factor in the show's duration of more than four hours. Performers buzz around, firing up songs and interacting with the audience at any opportunity.

By the end, you're left wondering if you really have been taken back a few decades to a sun-trapped corner of Greece. On departure, the sight of North Greenwich Tube station will confirm that, sadly, you have not; but until then, transport your imagination, your mind, and your perception of musicals to a whole new place.



24 HR ASSISTANCE

FROM LOCKOUTS TO LOCK CHANGES

Lockey Locks are a five-star rated, fully qualified and insured emergency locksmith service, covering Bishops Stortford and the surrounding areas.

- Locked Out? ● Lost Keys?
- New Locks Fitted ● Insurance Upgrades
- UPVC Specialists ● Safe Engineers



CALL FOR YOUR FREE QUOTE

☎ 01279 939183 ● 07532 053 986

✉ info@lockeylocks.co.uk

🌐 www.lockeylocks.co.uk



LEARN HOW TO BE A LOCKSMITH
WITH LOCKEY LOCKS

LEARN ALL THE NECESSARY SKILLS TO START YOUR OWN LOCKSMITH BUSINESS IN JUST 3 DAYS



HISTORY



George Mallory...

‘BECAUSE IT’S THERE’

One hundred years ago this month, on June 8 1924, the 37-year-old mountaineer George Mallory disappeared on Mount Everest. He was presumed dead, leaving a widow and three young children. But his body wasn't discovered till decades later.

Mallory was born in June 1886 in Mobberley in Cheshire. He started climbing while still at school and proved himself a natural.

SCHOLAR, TEACHER AND CLIMBER

When he graduated from Cambridge, he became a teacher, though he also served in France during the First World War. But his heart remained in the mountains. In 1921, he was selected for the first major British expedition to Everest.

Sadly, the 1921 expedition failed because of strong winds. Another try was made in 1922, with three more attempts to reach the top. However, they didn't make it, and tragically, seven Sherpa porters lost their lives.

FAMOUS WORDS

Before the third expedition in 1924, a reporter from

The New York Times asked Mallory why people wanted to climb Mount Everest. In response, Mallory offered the simple yet profound reply: "Because it's there."

THE THIRD AND FINAL EXPEDITION

Mallory and his less-experienced companion, 22-year-old Andrew Irvine, set out for the summit from their last camp on the morning of June 8. It was the expedition's third attempt to reach the summit. They were last spotted about 800 vertical feet (some 240m) below the summit but never returned to camp. Britain was shocked by the news.

THE GRIM DISCOVERY

An expedition dedicated to solving the mountaineers' disappearance was launched in 1999. Mallory's well-preserved body was found – he was identified by his clothing and personal items. Evidence suggests he died from a fall during his descent in darkness. Despite extensive searches, Irvine's body has never been found. And to this day, no one is sure whether either man reached the summit before his death.

EMMA HAYES
AND HER...

BARCLAYS WOMEN'S SUPER LEAGUE
CHAMPIONS
2023-24



AS SHE DEPARTS FOR THE UNITED STATES WITH A FIFTH SUCCESSIVE WSL CROWN AS CHELSEA BOSS, A NATION OF FOOTBALL LOVERS SALUTES THE ENIGMATIC EMMA HAYES OBE

The spectacular rise of women's football in this country has made household names of the game's best players; yet the likes of Mary Earps MBE, Lauren James and Sam Kerr OAM are not the only stars on show, a fact proven by outgoing Chelsea manager Emma Hayes OBE.

The fiery, firm-talking Blues boss is arguably the most recognisable manager in the game – although England coach Sarina Wiegman OON CBE may disagree! – and someone whose tenure in West London has been nothing short of sensational.

In the Women's Super League's (WSL) most competitive era, Hayes has led Chelsea to 14 major trophies, including five successive Super League titles – the last wrapped up on the final day of the domestic season with a 6-0 demolition of Manchester United.

She now departs to take charge of the US women's team.

The fact that Hayes has chosen to venture to the burgeoning football across the pond shouldn't come as too much of a surprise. Her managerial career actually kicked off Stateside when she took charge of the Long Island Lady Riders in 2002, progressing on to Iona Gaels. A short stint at Arsenal Ladies followed before Hayes found her niche at Chicago Red Stars, where she worked as head coach and director of football operations.

Arguably, this insight, refined on both sides of the Atlantic, has informed the 47 year old's approach to football. She is a master tactician and one of the sport's most resilient characters, as well as a driving force behind mental and physical health in sport.

Her own evolution has run alongside that of

the game, and moving back Stateside in what is perhaps the biggest job in the game will add another layer to an already flourishing career.

"There are some opportunities in football that become just too great to refuse," says Hayes, "and I think this is one of them.

"The US women's team job is massive in every way, and I look forward to reconnecting to life over there, as it gave me some of my happiest memories.

"In my head, it was probably time to look for a new challenge anyway. We have done marvellous things at Chelsea, but I think both myself and the club need a new approach and direction, and I've no doubt we will both find it."

Ever controversial, Hayes has stoked the furnaces in the past with her comments on equal pay, player-to-player relationships, and the use of the tag "male

aggression" in describing a co-manager.

"When I've caused a stir, it's usually been in the heat of the moment," she says. "I am big enough to admit to my mistakes and to own them. I will make more in future, I'm sure!

"If I can supplement those slip-ups with winning trophies and continuing to push forward everything within this brilliant game, I'll take that!"

Hayes's first task is to restore the US women's team to their number one FIFA ranking. They currently sit fourth – their lowest-ever rating – behind world champions Spain, England and France.

"It's a big job, but I can't wait to get started," she says. "Hopefully, my experiences will go on to inspire not just the next generation of footballer, but coaches and managers as well. That really will be my greatest achievement."



LOCAL FEATURE

A magnificent example of conservation in action

Managed by the Woodland Trust, an ambitious project with the aim of creating the largest continuous new native forest in England began in 2008. Spanning more than 850 acres, Heartwood Forest has become a sanctuary for biodiversity, offering a mix of ancient woodland, newly planted areas, wildflower meadows and open grassland.

enjoy. A network of footpaths and bridleways make it accessible for walking, horse riding and nature observation.

The diversity of habitats also supports wildlife, from a variety of birds to mammals and insects. It's a fantastic location for nature enthusiasts and families seeking outdoor adventures.

As Heartwood Forest continues to grow, it serves as a living example of how human intervention can positively impact the environment, restoring lost habitats and creating a green space for future generations to cherish.

The forest not only contributes to the landscape's beauty but also plays a crucial role in conservation efforts, showcasing the power of community involvement in environmental stewardship.

Heartwood Forest lies three miles north of St Albans and less than 30 miles from the centre of London, on either side of the B651. Visitors can embark on walks, attend regular music, art and performance festivals and fairs, or just enjoy the serenity of the secluded space.

The forest boasts more than half a million new trees, planted with the help of volunteers, which are set to rejuvenate the landscape and support wildlife. This vast tree-planting effort not only aims to increase forest cover, but also creates a resilient ecosystem that can withstand the challenges of climate change.

Heartwood Forest is home to ancient woodlands like Langley Wood, an existing fragment of ancient forest that has been incorporated into the site, providing a vital link to the past and a rich habitat for species to thrive.

It is a place for the community and visitors to

Photo credit: Judith ParnyWTNL and Heartwood woodlandtrust.org.uk



FLO-RIGHT Guttering & Drainage

- All Guttering Work Undertaken
- Repair / Replacement Guttering
- Fascia / Soffits Repair & Replacement
- Gutter Cleaning
- Toilets / Basins / Sinks / Baths Unblocked
- High Pressure Jetting
- Drainage Work Undertaken

T: 01279 939184

info@flo-right.co.uk | www.flo-right.co.uk

No Call
Out Charge



Fully Insured



Fixed Prices



All Works
Guaranteed

Quote: VISION24 for your
EXCLUSIVE
10% DISCOUNT



100 YEARS
WOOD BROS
ENGLAND 1924

***20% OFF**
with this advert



* T&C's see instore

UPHOLSTERY | CABINET | FABRIC | ACCESSORIES

Visit us: Online woodbros.co.uk Showroom in Ware

**DO YOU WANT TO SAVE ENERGY?
DO YOU WANT TO RETAIN HEAT?
DO YOU WANT TO SAVE MONEY?
DO YOU WANT TO PROLONG THE
LIFE OF YOUR EXTERIOR PROPERTY?**



As Properla Approved Installers we offer a range of exterior super hydrophobic waterproof and 100% breathable coatings for your roof or walls, designed to reduce energy costs and protect the exterior of your property and save you money.

CLEANING & COATING SERVICES

**PROPERLA & RENOTEC WALL & ROOF COATINGS
APPROVED INSTALLERS**

**ENERGY SAVING TRUST APPROVED PRODUCTS IN THE RANGE
ALL PRODUCTS COME WITH A 10-20 YEAR
MANUFACTURERS GUARANTEE**

- Roof & Wall Coating
- Driveway Cleaning & Coating
- Wood impregnator
- Damp & Mould Prevention
- Insulation Removals
- Solar Panel Cleaning

Call us: 07810 562 506 or visit: www.ecocoats.co.uk



At Hainault Trade Windows we are built upon reputation, trust, High-quality items at cost-effective prices and a clear understanding of supply and demand for the trades.

Are you a tradesman in Essex and the surrounding areas? Are you looking for trade products including any the following, then we can help :-

- ✓ FSG
- ✓ Doors
- ✓ Windows
- ✓ Aluminium
- ✓ Conservatories
- ✓ Roof Lights/Lanterns

Get a quote now
0208 088 4153
www.hainaulttradewindows.co.uk



From the streets of Watford to worldwide fame



LOCAL FEATURE



Born on August 6, 1972, Geri Halliwell, the woman who later became famous as Ginger Spice, grew up on Jubilee Road in Watford.

As a member of the Spice Girls, Halliwell was pivotal in the band's rise to global fame in the mid-1990s, supercharging not just a pop revolution, but also the rise of girl power.

The group's debut single, *Wannabe*, released in June 1996, catapulted them into international stardom. They went on to become one of the bestselling female groups of all time, shifting more than 85 million records worldwide. Halliwell, as the eldest of the five, frequently stole the show with her vibrant personality, distinctive voice and flamboyant dress sense.

Halliwell always held greater ambitions than being part of a manufactured pop group. Indeed, no sooner had she departed the Simon Fuller project in May 1998 than her influence spread across everything from television to fashion, from writing to becoming an ambassador for the United Nations.

This was on top of launching a successful solo career, releasing her debut album, *Schizophonic*, in 1999.

In later years, Halliwell authored children's books and autobiographies, and has served as a judge on *American Idol* and *Australia's Got Talent*. Now 51, her philanthropic efforts involve contributions to numerous charities.

Yet the Watfordian – who was born in Watford General Hospital and still lives in Hertfordshire – retains strong links to the area. Indeed, her sister, Natalie, currently works as a communications officer at West Herts Hospitals Charity. When Halliwell hosted a launch event for her book, *Rosie Frost and the Falcon Queen*, she invited West Herts Hospitals nurses to attend the evening at the Tower of London.

Married to Christian Horner, team principal of Red Bull Racing's Formula One team, since 2015, he and Geri have a son, Monty, now seven; while Geri has an 18-year-old daughter, Bluebell, from her previous relationship with British film director Sacha Gervasi.

Photo credit: JM International Shutterstock



YOUR LOCAL EVENTS

WHAT'S ON

DANCIN' FOOL

South Mills Arts Centre,
1-3 South Road,
Bishop's Stortford, CM23 3JG
Saturday, June 29, 1.30pm and 6.30pm



Photo credit: South Mill Arts

Students from age four upwards at Tracey Walker School of Dancing present this energetic show for all to enjoy. Expect styles such as ballet, jazz, tap, contemporary, modern and more.

Tickets cost £21.50. To book, visit www.t.ly/FNeFu

UTTERLY RUTTERLY!

Bishop's Stortford Methodist Church,
34B South Street, Bishop's Stortford, CM23 3AZ
Saturday, June 29, 7.30pm

Bishop's Stortford Choral Society presents a summer concert packed with uplifting songs accompanied by a brass ensemble. There will also be some more reflective songs by Pearsall and Elgar, among others.

Tickets cost £15 for adults and are free for under 16s and students. To book, visit www.t.ly/ZuijL

PICNIC & PIMM'S AT THE PAVILION

Doggart Pavilion, Maze Green Heights,
Bishop's Stortford, CM23 2RU
Sunday, June 30, 2pm – 6pm

Enjoy a variety of entertainment, complimentary picnic food, Pimm's and more, with the centrepiece being the cricket match for the coveted Hudson Trophy.

Adult entry is free of charge, and a wristband can be bought for £12.50 for children aged three and over to enjoy all of the activities, including an inflatable assault course, penalty shootout, crazy golf, bouncy castle, and more. The wristband is free for children aged two and under. Book your place at www.bit.ly/3VE1DGD

SIGN OF THE TIMES FESTIVAL

Church End Farm, Little Hadham,
Bishop's Stortford, SG11 2DY
Friday, July 5, 3pm – 11pm; Saturday, July 6,
11am – 11pm and Sunday, July 7, 11am – 11pm
Returning for a fourth year, some huge acts are on their way to perform at this summer festival. These include singer-songwriter Jake Bugg, folk rock group The Waterboys, and pop rockers Scouting for Girls.
Ticket prices start from £29 and under 18s must be accompanied by a ticket-holding adult aged 21 or over. To book, visit www.ents24.com/festival/sign-of-the-times-festival-2024/6930642

THAT'S DRAG BINGO

South Mills Arts Centre, 1-3 South Road,
Bishop's Stortford, CM23 3JG
Tuesday, July 9, 7pm

Enjoy a contest of bingo with a fun difference! Hosted by Orange Gina, there will be games and lip sync battles galore in this dazzling show of cheeky humour and drag artistry.

This event is strictly for those aged 18 and over. Tickets cost £17. To book, visit www.t.ly/4AQzD

BEATING THE BOUNDARIES CYCLE RIDE

The Courtyard, The Old Monastery, Windhill,
Bishop's Stortford, CM23 2ND
Saturday, July 13, pre-ride preparation begins at
8am and ride begins at 10.30am

Travelling around the boundaries of Bishop's Stortford, this 12-mile cycle ride is hoping to encourage more people to cycle in the local area.

Participants must be aged 14 or over, and helmets are necessary. This event is free and there is no need to register.



Photo credit: Josie Davy

FIRST CLASS UPGRADE FOR YOUR LOFT...



We are specialists in loft ladders and hatches for easy and safe access to your loft. We also provide boarding, lighting and insulation - to take the heat out of packing your bags (and help you get away from all that clutter for good).



WHAT MAKES US DIFFERENT?

- No waiting around. We arrive on time, every time
- Lifetime Guarantee
- Reliable, local company working in your home
- Extra confidence because we are accredited by Which? Trusted Traders
- Absolutely no mess and no fuss



Call Des to book a FREE survey & quotation

01279 976379

WWW.ACCESS4LOFTS.CO.UK



DOM'S HEATING & PLUMBING

Friendly Reliable Service
Free Estimates & Advice
T 01279 871 818 M 07981 982 864
E info@domsheating.co.uk

Installations • Breakdowns • Servicing
Boilers • Gas Fires • Unvented Systems
Complete Bathroom Design • Bathroom Installation



www.domsheatingandplumbing.co.uk

Services we provide

- Dog walking £14 per hour (discount for 2nd pet) £10
- Doggy day care £30
- Overnight care £35

Contact Charlie [we are insured](#)

facebook: [Charlies pawsome adventures](#)

info@charliespawsomeadventures.com

number: 07359 750327

AERIALBASE.COM
TV • AERIAL • SATELLITE
INSTALL • SERVICE • REPAIR

AERIALS FULL FITTED from £59.97 **AERIALS SET UP / REPAIR / TUNING ONLY £29.97**

digital

FREE CALL OUTS
SAME DAY SERVICE (where possible)

01279 939212 / 01375 460964
FREephone 0800 193 0017
BOOK ONLINE @AERIALBASE.COM

The GOODLIFE LODGE CO.

BIG COUNTRY Views

GREAT HADHAM COUNTRY CLUB

Don't just take our word for it.....

Having always been a bit of a golfer and having reached a point where it was time to downsize, Great Hadham Country Club was perfect.

We were moving from our family home in Hertford and looking to downsize and for an escape.

We met with Dani at Great Hadham who showed us round several homes before we eventually plumped for a Prestige Plantation House

Once the sale of our home went through the actual purchasing was quick and easy, mainly due to the updates we had from the sales team.

We have now lived at Great Hadham for almost 7 months and really couldn't be happier. The wife has even bought some clubs now.

Mr and Mrs S

[www.goodlifelodge.com](#)
info@goodlifelodge.com
01279 939082

QR code: SCAN ME

STAY COOL

this summer in the Faroe Islands

If you don't want to risk the sweltering heat of Britain in August, never mind the crowded beaches, why not make a beeline for the enchanting Faroe Islands? Tucked away in the North Atlantic, the best thing for heat-haters is that summer daytime temperatures average just 12°C. But there's much more to the islands than cool breezes.

WHAT'S IT LIKE?

The 18 islands that make up the group offer rolling green hills dotted with colourful cottages. There are also mountains, waterfalls, rugged coasts, caves and fjords. But there are some lovely towns as well. Many of the 18 islands are now connected by tunnels and bridges.

The Faroes are a self-governing region of Denmark. It has its own language – Faroese, which is closely related to Icelandic. But English is also widely spoken.

WHERE CAN I STAY?

There are plenty of places to stay, from quaint wooden cabins to luxury hotels. Airbnb is an excellent way to explore the main options. Prices aren't rock bottom, but they're generally similar to those in the UK – and public transport is cheap.

IS IT SUITABLE FOR WILDLIFE LOVERS?

Yes, especially birdwatchers. Thousands of puffins fly freely, and there's an astonishing array of other seabirds, including gannets, fulmars, loons and petrels. Summer is the perfect time to visit because it's breeding season. There are also seals, dolphins, and plenty of sheep.

WHAT ELSE CAN I DO?

As well as outdoor activities like fishing, kayaking and surfing, there's a lively music scene and plenty of great restaurants specialising in lamb, fish and seafood.

HOW CAN I GET THERE?

You can fly direct from Edinburgh in around an hour. You can also fly via Denmark from most UK airports. Alternatively, you can get a ferry from Edinburgh, which will take around five hours.

For more information, see visitfaroeislands.com



COOL CORALS

Are you a first-time reefer? Corals are easy to care for, inexpensive, colourful, and grow fast. What more could you want for your reef aquarium?

WHAT IS A REEF AQUARIUM?

A reef aquarium is a type of marine aquarium that displays live corals and particular species of fish to mimic the natural environment of a real coral reef.

WHAT ARE THE BEST CORALS FOR A REEF AQUARIUM?

Zoanthids: Zoanthids grow fast and tolerate a wide range of light and water qualities. Available in many different colours, these appear in tight clusters of individual polyps that are all connected together. Best suited to putting on islands (these can be made from aquascaping rocks) that are down in the sand where they can be controlled.

Sinularia Leather: A soft coral that resembles a tree, Sinularia is most commonly found in green but it is also available in pink, purple, yellow and brown. Adding movement to your aquarium, this coral grows fast so you will need to prune regularly.

Weeping Willow Toadstool: Another soft coral, the Weeping Willow is both hardy and tolerant, with fast-growing rates. Adept at soaking up unwanted nutrients in new tanks that develop from overfeeding or poor filtration and maintenance, this coral is perfect for beginners.

Xenia: If you are looking for a coral that demands to be seen, then Xenia is exactly what you need. Not only does this soft coral move from side to side, but it also has the unique ability to open and close its tentacles. Xenia is very prolific, so is best grown close to islands where it can be controlled.

Bubble Corals: As the name suggests, Bubble Corals look just like bubbles or little balloons. Great for adding a bit of fun to your aquarium, these grow reasonably fast and are easily controlled. They are available in yellow, white, light pink and neon green.

Mushrooms: Arguably the easiest and most affordable coral, mushrooms come in a huge variety of colours. The only downside is that they can grow too much and take over your tank if left to their own devices.



CANINE HYDROTHERAPY AND PHYSIOTHERAPY

Ensuring your pet enjoys the best physical wellbeing



- For best comfort, strength and mobility
- Post op and injury rehabilitation
- Osteoarthritis and senior dog support
- Fitness conditioning
- Puppy development
- Gait correction
- Professionally qualified and insured
- Members of RAMP and NAVP

**TO BOOK CALL
07977 548395**

UNIT 4, LITTLE HYDE HALL, HATFIELD HEATH ROAD,
SAWBRIDGEWORTH, CM21 9HX

07977 548395
info@pettherapyrooms.co.uk
www.pettherapyrooms.co.uk



KIDS



SUN SAFETY

tips for babies

Whether you are planning to stay in the UK this summer or you are travelling to another country, if you have a baby, you need to make sure you are keeping them safe in the sun.

Keeping your baby protected from the sun

Babies under six months old should be kept out of direct sunlight as their skin does not contain enough melanin to protect them from the sun. Sunscreen is not recommended for babies under six months. Older babies should be kept out of the sun as much as possible, particularly in the summer and between 11am and 3pm when the sun is at its strongest.

Dressing your baby in the sun

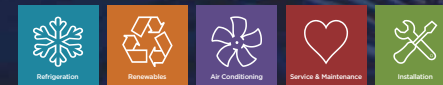
Choose fabrics that are made from natural materials such as organic cotton and bamboo as these will feel cool and allow your baby's skin to breathe. Always make sure your baby wears a sun hat with a wide brim or a long flap at the back to protect their head and neck from the sun.

Avoiding dehydration

Babies need to have access to plenty of fluids when they are exposed to hot temperatures, in the same way that adults do. Breastfed babies do not need any water until they have started to consume solids, but they may want to breastfeed more than normal during hot weather. Formula-fed or combi-fed babies under six months can have a little cooled boiled water as well as their usual milk. Once you have started to introduce solids, your baby can have sips of water with their meals.

Keeping your baby cool

There are many ways to keep your baby cool when the sun is shining, such as running them a cool bath before bedtime, keeping their bedroom cool in the day by closing the blinds or curtains, and using a fan to allow air to circulate. In the daytime, babies can play in a paddling pool as long as they are supervised at all times and kept in the shade.



Complete temperature control solutions

Our success for delivering complete temperature controlled solutions, service and planned maintenance, is built on 70 years of experience and ongoing excellence. Everything we do starts with people; our success is built on long-term working relationships with our customers, employees and suppliers. We are a large, local family company that pride ourselves on delivering excellence through service.



Bishop's Stortford office: 01279 939094
Email: sales@pitkin-ruddock.co.uk
www.pitkin-ruddock.co.uk



BEEWISE

£1 ONLY

CARD MACHINE OFFER

- Free next day settlement
- Low rates
- £1 terminal rental
- 24/7 Helpdesk

MERCHANT SERVICES

Beewise with what your business needs.

Join the Beewise Family

01279 939128
www.beewiseltd.co.uk



SCAN ME



LOOKING FOR
SOME EXTRA
CASH?



NO CREDIT CHECK REQUIRED ✓

RAISE CASH
QUICKLY USING
THE BUYBACK
SCHEME

WE ALSO BUY
LUXURY ITEMS



CASH CONCEPTS
HERTFORDSHIRE

WE BUY AND SELL VALUABLE ITEMS

GET INSTANT CASH TODAY FOR
YOUR GOODS WITH THE OPTION
TO BUYBACK LATER

01279 641535  
cashconceptsherts.co.uk

DREAM
DIGITAL

Your friendly,
local digital
marketing team

Accelerating business growth with powerful websites
and effective digital marketing campaigns

Our digital marketing
services include:

- Web design
- SEO
- Paid advertising
- Graphic design
- Marketing strategy
- Social media management

We offer a **FREE** consultation
to discuss a customer's
existing online presence

enquiries@dreamdigital.agency

0800 0438 894

www.dreamdigital.agency



GARDENING



PRUNING *climbing* PLANTS

In part 2 of our feature on how to prune climbing plants, we look at how to prune sausage vines, wisteria, clematis and climbing roses.

HOW TO PRUNE CLIMBING ROSES:

- > In the first year after flowering, prune away any stems that are growing away from the structure.
- > In the second year and beyond, repeat this step and, if your roses are getting too vigorous, cut away some of the weaker growth.
- > Cut out any dead, damaged or diseased parts of the plant each time you prune.

HOW TO PRUNE WISTERIA:

- Wisteria can be left unpruned if you have enough space for it to do its own thing. However, for the best blooms, you should prune it twice a year, in late summer and again in winter.
- > In summer, control the size of your plant by pruning any green shoots that have grown during the current year to a length with five or six leaves.
 - > In January or February, when the plant is dormant, cut back the same stems to two or three buds from the main stem.

HOW TO PRUNE SAUSAGE VINES:

- During the spring and summer, sausage vines have the potential to put on metres of new growth, which means that you may want to prune them to keep them under control. However, no regular pruning is needed.
- > Wait for any blooming to finish and then remove as much from the longer shoots as necessary.
 - > Remove any dead, damaged or diseased leaves.

HOW TO PRUNE CLEMATIS:

- Clematis plants fit into one of three pruning groups and it is vital that you identify which group your one is in so that you can prune it effectively.
- > Group 1 clematis, such as Montana and Alpina varieties, require no pruning at all.
 - > Group 2 clematis, such as Niobe, Pulu and Nelly Moser (large flowering varieties), should be pruned lightly in February.
 - > Group 3 clematis, including smaller flowered Viticella varieties, need to be thoroughly pruned in spring.



Working from home comes with a whole host of benefits, such as a better work/life balance and no commute, but that doesn't mean it's without its challenges. If you struggle to maintain productivity levels throughout the day, these products are just what you need.

1 AN ERGONOMIC MOUSE

A standard mouse can cause discomfort to the hand, wrist and forearm over time, whereas an ergonomic mouse is designed to keep them in a more natural position. It also requires less grip and force, which can help to prevent strains and other injuries.

2 AN ADJUSTABLE DESK

If you do not have a good workstation setup, you are at risk of injuries such as carpal tunnel syndrome, mouse shoulder and repetitive strain injury, all of which can harm productivity. An adjustable desk allows you to alternate between sitting and standing to encourage movement and reduce strain.

3 A WELLBEING PLATFORM/APP

Working from home can be stressful, especially when family life starts to overlap with your office hours. To ensure you can work productively without damaging your health, consider downloading a wellness app such as Unmind, Headspace or Happify which can help you de-stress, sleep better and improve your mental wellbeing.

4 A DESK PLANT OR TWO

Indoor plants have been scientifically proven to improve concentration and reduce stress in the workplace. They have also been shown to boost productivity and creativity. Choose low-maintenance plants such as the snake plant, peace lily and aloe vera.

5 A WI-FI RANGE EXTENDER

As a remote worker, you will know only too well how important a good Wi-Fi connection is, and that there's nothing worse than poor signal when you have a deadline looming. A Wi-Fi range extender connects to your Wi-Fi router and works to strengthen its signal to areas it cannot reach on its own.

GET PRODUCTIVE!






Come home to a clean house

Our professionally trained team of maids will make your home sparkle. We tailor our cleans to your individual needs, schedule and budget.

- Uniformed and professionally trained staff
- Regular and occasional cleans
- 100% guaranteed and fully insured
- Free in home estimate
- All materials supplied
- No contracts

Arrange your no obligation in home quote today

Please call: **01279 944 688**
or email: bishops-stortford@mollymaid.co.uk

www.mollymaid.co.uk 







DOES YOUR WORK LIFE NEED - FLEXIBILITY - INSPIRATION - BALANCE? -

FIRST DAY ALWAYS FREE

We have the solution!

Join us at The Residence - a collaborative space for people to work, connect and grow in a community-led environment.

Hot Desks | Permanent Desks | Private Offices | Meeting Rooms









CALL 01279 597497 OR EMAIL [KAREN@THERESIDENCECOWORKING.CO.UK](mailto:karen@theresidencecoworking.co.uk)
WWW.THERESIDENCECOWORKING.CO.UK 

Photo credit: FellowNeko/Shutterstock



EV ELECTRICAL
TAKING THE LEAD ON CAR CHARGING

**YOUR LOCAL EV CHARGE POINT,
SOLAR PV AND BATTERY INSTALLERS**

PROFESSIONAL AND EFFICIENT SERVICE IN ESSEX

CONTACT US FOR A **FREE QUOTE** AND ADVICE ON WHICH CHARGER SUITS YOU BEST

📞 01371 532487 ✉ info@ev-electrical.com 🌐 www.ev-electrical.com 📱 f in

Unit 4 Zone D, Chelmsford Road Industrial Estate, Great Dunmow CM6 1XC

IS YOUR CAR TRULY SAFE?

CAR & VAN SECURITY SPECIALISTS



SMART CAR PROTECTION WITH GHOST IMMOBILISER

📍 Greater London & surrounding M25 areas

🕒 7 days a week
8am to 10pm

📞 01279 939129

• carkeyssolutions.co.uk • 01279 939129
• contact@carkeyssolutions.co.uk

**FROM ONLY
£450**

**UK'S MOST TRUSTED AND REVIEWED AUTO
LOCKSMITH WITH EMERGENCY RESPONSE**



DON'T
STALL ON FINANCE

While car finance may seem an exhausting ride, for younger four-wheeled wannabes, it can light up the road to the fulfilment of driving dreams.

The word finance can sometimes bring about a wealth of negative connotations, yet as far as young drivers are concerned, it's a gateway to fast-lane freedom, and finally a way to steer clear of trains, bikes, buses and the repeated blagging of lifts.

While the advantages of buying a car on finance can be enjoyed by anyone, it's particularly helpful for younger drivers.

Finance, as a whole, removes the burden of coughing up the full price for a vehicle in one, with monthly payments to be made over an agreed period.

There are three main routes. Hire purchase offers flexible terms that can facilitate payments over longer

periods, and leads to the ownership of the vehicle at the end of what can be a long road. This is good for someone with an undeveloped or poor credit score (such as a young driver), and imposes no annual mileage limits.

However, the finance company retains ownership until full and final payment, and monthly payments can be higher than other finance options since they cover the car's full value rather than its depreciation.

In addition, failure to keep up with payments risks repossession of the vehicle.

Slightly different is personal contract purchase (PCP). This is formed of a deposit, lower monthly repayments – albeit with mileage terms and fees for excessive damage, wear and tear – and a balloon payment at the end to either purchase the vehicle outright and hand back the keys, or part exchange for a new car.

Personal Contract Hire (PCH) financing eliminates depreciation concerns, includes delivery, breakdown cover, road tax and warranty, and offers lower monthly payments than PCP, allowing frequent car changes. However, you will always hand the car back at the end.

The good news is even drivers with a provisional licence can qualify, meaning the dream of owning a car can soon become a reality.



**Palmer
Martin &
Hire**

FREE LOCAL COLLECTION
AND DELIVERY



CAR HIRE VAN HIRE

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

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

Call us on 01279 505072

or book online at www.palmerandmartin.co.uk

Unit 14 Twyford Business Centre, London Road Bishop's Stortford CM23 3YT

FULLY FITTED
PRICES FROM
£995

UNBEATABLE VALUE ELECTRIC GARAGE DOORS

- ✓ FREE installation
- ✓ FREE 5 year warranty
- ✓ Manufactured in the UK
- ✓ Fitted by a local Garolla engineer
- ✓ The UK's No.1 recommended

GAROLLA
ELECTRIC GARAGE DOORS



BOOK A FREE SURVEY TODAY
01992 830 024
GAROLLA.CO.UK



SPORT



Photo credit: worldrecordacademy.com

UNUSUAL SPORT:

WELLY WANGING

On Sunday, June 30, there will be another Welly Wanging World Championship in the small village of Upperthong, West Yorkshire. Welly wanging is a sport where people chuck a rubber welly as far as they can. The champ is the one who lobs it the farthest.

Legend has it that, a long time ago, two farmers were enjoying a drink and a chat when one accidentally spilt his beer down the other's leg and into his boot. In a fit of rage, the beer-soaked farmer chased the other one outside, took off his boot and flung it at his drinking buddy.

YORKSHIRE'S GIFT TO THE WORLD

The villagers thought the spectacle was hilarious and started throwing boots at each other for fun. And that's how welly wanging was born. The 'sport' has now caught on worldwide, with competitions in New Zealand, Russia, Finland, Italy and beyond.

RULES OF THE GAME

This year's world championship will have four

categories: men, women, boys and girls.

Players must maintain a cheerful attitude at all times, and the welly has to be a size 9 Dunlop green boot.

Adult winners get a trophy, and the top children get a crisp £5 note that they can spend on whatever they fancy.

You can throw your welly in a choice of styles: one-handed, double-handed, between the legs or, if you're feeling super confident, backwards.

WHO'S THE BEST WELLY WANGER?

The current world record holder for men is Teppo Luoma from Finland, with a throw of almost 64 metres. Sari Tirkkon, also from Finland, holds the women's record with a throw of more than 40 metres.

So there you have it – welly wanging in all its glory. Ready to give it a go? If so, keep a look out for local events. Or why not arrange your own championship to raise money for charity?

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

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

AIRPORT TRANSFERS

PRIMROSE AIRPORT CARS

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

GREEN SKY EXECUTIVE

Demand a higher class of travel for business or leisure. Competitively priced executive vehicles for the more discerning traveller. 0800 066 9979.

AUDIO & VISUAL

ULTIMATE AV

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

BUSINESS CENTRE

THE TOWNHOUSE HERTFORD

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

CANCER SUPPORT

HUMMINGBIRD CANCER SUPPORT GROUP

We are a friendly group based in Bishops Stortford. We meet Mondays 10:30 - 1:30 at South Mill Arts - 07510 178200 | www.hummingbirdcancersupport.org

JOIN THE LISTINGS... for just **£15** +VAT per month

CARPET & UPHOLSTERY

ARWIN CLEANING SERVICES

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

CAR & VAN HIRE

SCENIC SELF DRIVE

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

CLEANING SERVICES

GLOWWHITE CLEANING

Serving Hertford and surrounding areas. We specialise in end of tenancy cleaning for tenants, landlords and property managers. Fully insured. Contact: 07561 138855

CLEARANCE & WASTE

THE CLEARANCE TEAM

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

BOOK VIA BISHOPSTORTFORD@VISIONMAG.CO.UK

COMPUTER REPAIR & I.T.

MAPTEC IT

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

ELECTRICAL & WHOLESALE

CH ELECTRICAL WHOLESALE

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

ELECTRICIAN

ARCH ELECTRICAL SERVICES LTD

Domestic and Commercial Electrical contracting company covering Essex. Design, installation, maintenance. Contact us on 07986 663793 | @APElectricalEssex

FLEXIBLE WORK SPACE

MANTLE SPACE LTD

We offer flexible offices, co-working spaces and meeting rooms. With 24/7 access, enhanced cleaning, beautifully designed interiors. mantlespace.co.uk | 03330 066330

FRENCH POLISHING

DC POLISHING

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

FURNITURE RESTORATION

ABBAY GROUP

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

GARDEN SERVICES

JOHN HEARNE

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

THE ORIGINAL TREE SURGEONS LTD

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

HEALTH & WELLBEING

IMPROVE YOUR SMILE DENTAL PRACTICE

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

LOCAL MARKETS

LITTLE CANFIELD LOCAL SUNDAY MARKET

Join our Family friendly market, every 2nd Sunday of the month with something for everyone. Contact llocalsundaymarket@gmail.com for more information.

LOCKSMITHS

KEYTEK LOCKSMITHS

From Lock outs to security upgrades, our fully trained DBS checked Locksmiths are the experts | Call 01279 216349 | Quote: 15075

MASTICS AND SEALANTS

QUALITY MASTICS LTD

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

PAINTING & DECORATING

PGA DECORATING SPECIALIST

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

TRADITIONAL DECORATIONS

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

PLASTERERS

TF PLASTERING LTD

Professional quality workmanship, over 25 years' experience. Public liability insured. Skimming, coving, dry lining, rendering. Free quotes 07738 278036 | 01279 416311

PLUMBING & HEATING

BOILER

BOILER offer servicing, installations, repairs and plans. Local Gas Safe engineers for all your needs. 7000 Homes EVERY MONTH. Call 01279 927074

CMS PLUMBING HEATING & BATHROOMS

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

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

PROPERTY MAINTENANCE

LILLYWHITE PROPERTY GROUP

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

STUART GREEN PROPERTY SOLUTIONS

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

ROOFING

JIM BARR ROOFING

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

WHITE GOODS & APPLIANCES

T.E.J. DOMESTIC APPLIANCES

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

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



PUZZLES & TRIVIA

PUZZLES

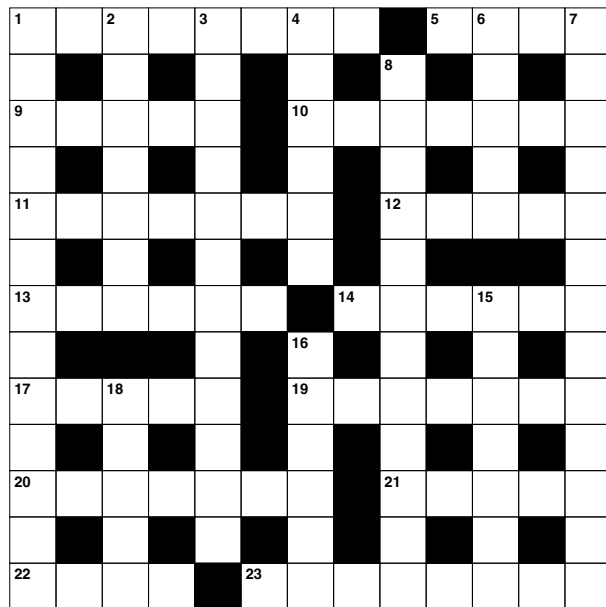
Answers: see end of The VISION Listings

ACROSS

- 1. Outlines (8)
- 5. Individual article or unit (4)
- 9. Path or road (5)
- 10. Nocturnal burrowing mammals (7)
- 11. Country whose capital is Kyiv (7)
- 12. Main artery (5)
- 13. Food that is not liquid (6)
- 14. Pain in the side (6)
- 17. Do extremely well at (5)
- 19. Ignores (anag) (7)
- 20. Storm (7)
- 21. Not concealed (5)
- 22. 365 days (4)
- 23. Is composed of (8)

DOWN

- 1. Warily; cautiously (13)
- 2. Impartial (7)
- 3. Ate too much (12)
- 4. Stole from (6)
- 6. Belonging to them (5)
- 7. State of the USA (13)

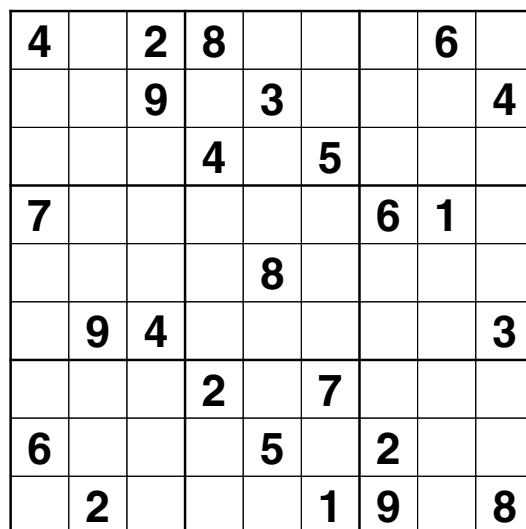


- 8. Beneficial (12)
- 15. Gardening tools (7)
- 16. Small cave (6)
- 18. Punctuation mark (5)

DID YOU KNOW?

- ▶ Megalosaurus was the first-ever dinosaur to be described and named. It walked on its two hind legs and could grow up to three metres tall.
- ▶ One of the largest land animals ever found is named Patagotitan; it could grow up to 37.5 metres in length and weighed up to 57,000kg.
- ▶ In contrast, the Microraptor is one of the smallest known dinosaurs, and was only about the size of a crow. It had wings on both its legs and arms.
- ▶ The Tyrannosaurus Rex had 60 teeth and could deliver up to six tons of pressure in one bite.
- ▶ Though the Stegosaurus could grow up to nine metres in length, its brain was only the size of a lime. It had a spiked tail which it used to defend itself.

SUDOKU



7 STATION ROAD.
 PHONE: 01279 704070
 WEBSITE: WWW.WOODGRILLRESTAURANT.CO.UK/

WOOD GRILL

STORTFORD'S NEW TRENDY, FRIENDLY RESTAURANT.

A PLACE FOR EVERYONE



STEAKS, PIZZAS,
 BURGERS AND £7.95
 CHILDREN'S MENU!

**GORGEOUS VENUE
 AND FAMILY
 FRIENDLY.**

SEAFOOD, CHICKEN
 WINGS,
 SALADS AND MORE

NEED A DECORATOR? CALL US FOR RECOMMENDATIONS

YOUR GO-TO DESTINATION FOR PAINT SUPPLIES



PAINTS
more than paint

Unleash your Creativity, Unleash our Colours
JDC Paints – the Best Choice for Paint



**PAINT MIXING
SERVICE AVAILABLE**

- In store colour matching
- Any colour in any finish
- Local express delivery service
- Harlow & Bishops Stortford
- Harlow open 7 days a week



BISHOPS STORTFORD



HARLOW

Enjoy a
free coffee
while you wait



**ORDER ONLINE: www.jdcpaints.com
OR CALL 01279 213 877**

BISHOPS STORTFORD

6 Raynham Close,
Raynham Road
Bishops Stortford
CM23 5PJ

(T) 01279 213 877

HARLOW

Unit A, St James Centre
Temple Fields
Harlow
CM20 2SX

(T) 01279 444 213



SCAN ME

www.jdcpaints.com

