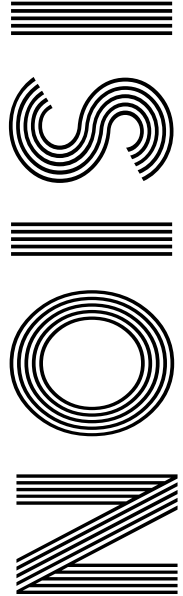


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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



Nik Allen, Editor

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

I hope you are all keeping well. As the world starts to open up again for business, don't forget that face mask.

I must say, when my family and I have ventured out into shopping areas, I've been intrigued by the approaches of various businesses to enforcing COVID-19 regulations.

Companies, leisure spaces and retail outlets of all sizes have come up with practical, innovative and smart ways of adapting what they offer, while still being as accessible as they possibly can. In many ways these act as a metaphor for all of us - each doing what's necessary, all pulling in the same direction to ensure we have no second wave of coronavirus over the winter.

My own adaptations have been more on a parental level over these past two months as my family has expanded... think nappies, Sudocrem and 3am feeds.

As many of you know, working from home more requires a lot of structure and balance between work time and play time, and having your own space is crucial. Happily, **VISION** continues to thrive with our **VISION**ChelmsfordBeaulieu edition, the second of three new launches, meaning that despite the uncertainty we have had to live through recently, 2020 could yet be a good year.

I truly, profoundly hope the light is there at the end of the tunnel for you too.

*Nik*

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Photo credit: James Gourley/ITV/Shutterstock

# Kate's RETURN

## How the UK has rallied behind Kate Garraway and stricken husband Derek Draper

Kate Garraway has lived a very public life – she has been on our screens for more than three decades having first appeared on regional ITV news back in 1989. Being such a recognisable face means that when tragedy strikes, that same, visible presence is played out to the gaze of tens of millions of people.

Yet while such intrusion is often unwelcome, by the broadcaster and journalist's recent admission, the empathy, warmth and support that has come her way in light of husband Derek Draper's illness has helped her through the very toughest of life experiences.

Derek was struck down with coronavirus at the end of March. He was admitted to intensive care and spent a concerted period battling the illness. While many overcome symptoms quickly, in the first week in July, Kate revealed her husband had been close to death on six separate occasions owing to his organs failing. She also said that a doctor in charge of Derek said the former political advisor was as ill as anyone he had treated in more than 35 years on the front line of medicine.

At the start of June, Derek was deemed COVID-free but remained in intensive care. While many overcome the disease in a couple of weeks before entering a gradual phase of recovery, for others the intensity of the illness is much more profound and can go on for months, as has been the case with Derek.

---

*'One of the wonderful things is that they've changed medical practices. they have changed pathways because of Derek'*

---

Regardless, the positive news of his slow improvement encouraged Kate to return to *Good Morning Britain* on Monday, July 13. At the end of an emotional few hours in front of the cameras, during which she was admirably supported by co-host Ben Shephard, she tweeted: "Thank you for all the messages – much like you I thoroughly enjoyed it, especially the hair chat. And I'm looking forward to tomorrow. #katesback"

Kate and Derek married in September 2005. They have two children together – Darcey, 14, and Billy, 10. None of the family has been able to visit him in hospital, so weak was he, and so great was the risk of further infection.

"His lungs are starting to recover – his kidneys are doing better, his liver, but they don't know how much better he can get," Kate said, adding that although her husband was slightly overweight when he contracted the illness, they were unsure as to why he was so badly affected by it.

"I think what's happened is at every stage they've been learning," she told viewers. "One of the wonderful things is that they've changed medical practices, they have changed pathways because of Derek. I keep telling him on Facetime he should be very pleased about that."

Kate's willingness to open up about her own experiences is certain to have elevated further the love and affection she already holds from a nation also still battling the fallout from the pandemic. "This isn't about me, or Derek," she said. "This is about all of us getting through these times together, and we will..."





# Plenty of TWENTIES

HOW THE OLD £20 NOTE WILL BE RECYCLED

The new £20 polymer note is gradually creeping its way into our pockets, and it says a lot that for a society edging its way towards cashless operations that we're still thrilled to see the shiny, shimmering beauty of these works of art... even if the time they spend in our hands is all too brief.

As the old £20 notes are worked out of circulation, it's interesting to see what becomes of them.

Firstly, the bad news – anyone hoping to dive head first into a pool of cash in a back room at the Bank of England is to be disappointed.

That said, prior to 1990, all notes were incinerated at the building itself, with the heat being used to warm its corridors. By 1995, operations went off-site, though again the energy created went to good use as homes felt the benefit of perhaps the most expensive heating system ever.

At the turn of the millennium, and with the process of seeing currency going up in smoke starting to be frowned upon given society's desire to push forward with rather more eco-friendly approaches, the Bank of England started to explore alternative methods.

As a result, notes began to be recycled using a soil composting treatment. The technique adopts a similar process to the way food waste is handled, with the resulting mix being used in agriculture operations, such as on farms.

So the next time you find yourself in the country, gazing across freshly ploughed fields, consider just how rich that soil may be.

Photo credit: www.britishtimes.co.uk, © Bank of England [2015]



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## ABSTRACT INTERIORS

HOME & DIY



### TAKE YOUR CUES FROM THE ABSTRACT EXPRESSIONISTS FOR A LOOK THAT IS BOTH CHEERY AND MODERN

There are a multitude of reasons to invite abstract art into your living space – after all, you'll be hard pushed to tour London's art galleries with all the freedom of old.

Where art is concerned, colour, texture and design are known to lift spirits, provoke creativity and stir interaction, so with that in mind you may as well surrender and let a little weirdness into your home.

For the likes of Jackson Pollock and Mark Rothko, abstract expressionism was a way to defy the confines of post-war life in 1940s New York through an art form which was deeply personal, spiritual and often unfathomable to anyone but the artist. Similarly, getting a little abstract with your décor can be a great form of escapism and personal expression, and, of course, to your guests you will come across as profoundly arty and cool.

If your current colour scheme feels a little neutral, adding a bold print – be it a throw, cushion or framed picture – is a great way to apply a little abstract flair.

If patterns aren't your thing, consider livening up your lounge with block colours – perhaps a Rothko-inspired wall of two shades or a brightly coloured velvet sofa (citrus hues are particularly hot right now).

The beauty of this trend is that it requires no ambitious makeovers, and can be achieved with the addition of a few key pieces. Let a simple geometric print or a statement piece of furniture become the star of an otherwise forgettable room. Alternatively, dedicate an entire space to retro hues, bold designs and metallic highlights.

Either way, the invigorating energy of the abstract movement is bound to fill your heart and your home with joy.







# FOUR winning wine bottle CRAFTS

Whether you favour a dry white, a robust red or a fruity rosé, as a wine lover you will no doubt have one or two, or five, empty bottles taking up valuable space in your recycling bin each week.

So why not use these bottles to create something beautiful?

## ART DECO VASES

All you need for this super-quick craft is a few bottles, white spray paint and three different colours of acrylic craft or chalk paint.

- Start by spray painting the bottles white; you will need to do this three times for full coverage.
- Next paint the top of each bottle in one of your chosen colours, adding vertical brush strokes around the neck.
- Finally paint around the base, adding vertical strokes up the sides.
- Leave to dry.

## BIRD FEEDER

What could be better than sitting in your garden listening to the sweet song of the surrounding birds?

All you need is an empty wine bottle, a few pieces of wood, a hose clamp and some acrylic paint in your preferred colour to create this stunning garden feature.

## MINIATURE PLANTER

Unfortunately, you can't use a regular wine bottle for this project, but it is so impressive that we decided to include it anyway.

- Purchase a wine bottle planter.
- Fill the planter with soil.
- Arrange a selection of succulents.
- Leave for 2–3 days without water to allow roots to heal.

## CHEESE BOARD

To make this craft, you will first need to flatten your wine bottle. This involves using a kiln – you can find a simple tutorial for this online.

You can then add your preferred decorative touches.



Photo credit: greenhouseglassworks via glitterinspire.com, Belle Vous via amazon.com, guidepatterns.com, thecrazycraftlady.com



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# MOOD *for thought*



Creating a physical mood board may seem a little old-fashioned when you have the likes of Pinterest allowing you to collate all of your interior design inspirations at the touch of a button. That being said, there is nothing quite like the feel of fabric and the touch of textures to get your creative juices flowing.

## WHAT IS A MOOD BOARD?

A mood board is a collection of items that offer you inspiration for your next design project within your home. The purpose of the board is to help you choose which specific items and styles you want included in your design.

## STEP ONE: CONSTRUCT YOUR MOOD BOARD

Although you can make a mood board from any material, your best bet is to use reusable cork or foam board as you can then easily pin your samples on to it.

## STEP TWO: COLLECT IMAGES

Look through interior design magazines to help cement your vision for your design and to gain insights into trending interior design styles.

## STEP THREE: GATHER ACTUAL SAMPLES

Collecting samples of your preferred materials is vital if you want to really get an idea of how the space will look and feel. Look for fabric swatches, carpet samples, tile samples and paint colours, all of which will act as a guide for both the texture and colour of your newly decorated space.

## STEP FOUR: ARRANGE YOUR BOARD

You want to arrange your mood board so it is simple to see the correlation between colours, styles and textures. It can also be useful to sort samples in relation to each other, such as a carpet sample next to a sofa fabric sample.

**TOP TIP:** Only include items you truly love to avoid an overcrowded board that pulls you in different design directions.



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## Four CLEANFLUENCERS

*to follow on Instagram*

While some people have used lockdown as an excuse to completely transform their homes, clearing out cupboards and casting out clutter, others might need a little bit more encouragement before donning their yellow gloves and starting to scrub.

**LYNSEY QUEEN OF CLEAN @lynsey\_queenofclean**

If you favour a more natural way of cleaning your home then this is the Instagrammer for you. Educating her 192k followers on how to use store cupboard staples to remove stubborn stains and eliminate odours, Lynsey also tests out cleaning products, so you don't have to. Don't miss "Cleaning Tip Tuesday".

**THE ORGANISED MUM @the\_organised\_mum**

For those who hate housework and want to get it done as quickly as possible, Gemma Bray, aka The Organised Mum, is the ideal Instagrammer. Coining the phrase TOMM (The Organised Mum Method), this lady believes that life is for living, not for housework. She splits household tasks into three groups – daily jobs, daily specific tasks and Friday focus – and each chunk of chores is never more than 30 minutes long.

**STYLE SISTERS @styleisters**

If you are wanting to inject a little bit of glamour into your home, then the Style Sisters can help you. Most famous for overhauling the wardrobes of the likes of Amanda Holden and Millie Mackintosh, sisters Gemma and Charlotte have now turned their attention to helping their followers detox, organise and restyle their homes and wardrobes. Be sure to check out their space-saving tips.

**CLEAN MAMA @cleanmama**

Clean Mama, aka Becky, has been keeping a little corner of the internet clean since 2009 with her simple routines that promise to eliminate working-week household chaos. With tips on organising and decluttering your home, as well as her signature cleaning schedule, you will never again have to dedicate your entire weekend to housework.



Photo credit: Facebook



HOME & DIY



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TODAY INTERIORS

5 alternative uses for

# HAIRSPRAY

A can of hairspray is just one of those beauty essentials that you always seem to have in the cupboard. Fortunately, even if you aren't trying to create a firm hold hairstyle, there are many other uses for it.

### TO PROLONG THE LIFE OF CUT FLOWERS

If you have been gifted a bouquet of flowers but are worried about them wilting sooner than you would like, simply spray the underside of the cut stems with hairspray. This will help seal in the moisture and keep your flowers fresh for longer.

### TO TIGHTEN SCREWS

Loose screws can be incredibly annoying, and tightening them is just another household task that you could do without. Fortunately, you can keep your screws more secure with just a few sprays of hairspray once every month or so.

### TO KEEP CURTAINS CLEAN

If you are fed up with seeing dust all over your curtains but can't cope with having to take them down to thoroughly clean them, all you need to do is spray hairspray from top to bottom and enjoy dust-free curtains for longer.

### TO REMOVE PET HAIR

As much as you love your cat or dog, pet hair can be an absolute nightmare to remove from furniture and clothing. However, by simply spraying hairspray on a towel and then rubbing it on the affected areas, you will find it much easier to pick up the hair.

### TO REMOVE INK OR HAIR DYE

Ink stains are notoriously difficult to remove, yet hairspray can handle it. Just spray directly onto the stain and gently blot. The same process can be used to remove hair dye from clothing – simply spray and blot away.



HOME & DIY







# DESK DESIGNS FOR SMALL SPACES

Working from home is not without its challenges, with distractions seemingly coming from everywhere and the work/life line becoming severely blurred. Fortunately, we have your desk space covered, thanks to the super space savers below, so that's one less thing you have to worry about.

## TRANSFORM A CORNER

If you have an open-plan kitchen or living room, you are in the advantageous position of being able to convert a spare corner into a secluded and compact home office space. Focus on creating an area that complements your existing interior design and make sure you add as much storage space as possible.

## OPT FOR AN ALCOVE

Alcoves in the home are very seldom used, and even though they are small, with a bit of imagination you can convert this wasted space into your own working retreat. If you can't fit in a

desk, why not instead mount a work surface and a light fitting to the wall?

## GO TEMPORARY

If you really do not have any spare space that can be purely dedicated to working from home, you can still create a designated working area. Simply choose a room that offers you some solitude and add a fold-down workspace. An ottoman is a great investment, doubling up as seating and storage.

## CONVERT YOUR SHED

If you are planning to work from home in the long term, you may want to consider converting your shed or perhaps even your loft into a spacious working area. Think of this as an investment and remind yourself of all the money you are saving on commuting.

## PLUMP FOR THE RIGHT OFFICE CHAIR

Make sure you treat yourself to a proper office chair that offers back support, helps you to concentrate and instantly puts you in work mode.



Photo credit: decoist.com, realhomes.com, trendir.com

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# LOCAL NEWS

*from your neighbourhood*



## Town man set to take on world record challenge

A Brentwood man will attempt to break a Guinness World Record by travelling the 128-mile length of the Thames on a pedalo.

Alex Gibson will attempt to pedalo the mammoth distance in the quickest-ever time to raise funds and awareness of Motor Neurone Disease (MND).

MND is a rapidly progressing neurological disease that affects the brain and the spinal cord. It can leave people locked in a failing body, unable to move, talk and swallow.

Alex was diagnosed with MND in January 2018 but still continues to push himself to his limits.

Alex's challenge will begin on August 25 alongside his friends Alun Thomas, Rob Weaver and Joel Reid. They will attempt to break the record, which currently stands at four and a half days.

Alex told **VISION**BrentwoodOngar: "It should be great fun and I'm looking forward to it. It sounds daunting, and I suppose being on the pedalo for 13 or 14 hours a day will be tough, but I can't wait.

"The challenge was suggested to us by a friend of ours and we felt it kept within the ethos of trying to do a big challenge each year and increase awareness of MND.

"It was a great event cycling the 480 miles and Three Peaks last year, in just over seven days – it was a fantastic and memorable experience and we probably had 70 or 80 people with us on the way up Snowdon.

"What has been raised goes beyond my expectations and I am so appreciative of the support we have had."

To donate, visit [uk.virginmoneygiving.com/Team/GuinnessWorldRecordThamesPedaloChallenge](http://uk.virginmoneygiving.com/Team/GuinnessWorldRecordThamesPedaloChallenge)

## Burglar jailed for attacking pensioner in his home

A man who burgled a Brentwood home before dragging an elderly man out of his bed and assaulting him with a baton has been jailed for 17 years.

At around 11.50pm on May 12, 2018, Amos Wilsher, along with two others, broke into a property wearing balaclavas and armed with weapons.

Wilsher will serve a minimum of 12 years along with five years on licence following a hearing at Basildon Crown Court on June 29.

In his summary, the judge gave him three months, to run concurrently, for failing to surrender to police. Following his release, he will have to wear an electronic tag for 203 days.

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## Couple ensures nurses are kept safe and cool



Nurses at Saint Francis Hospice (SFH) will be kept cool and safe this summer thanks to the generosity of a Brentwood couple.

Jim and Anne Bender wanted to help the hospice and used their 45 years' experience in the textile industry to produce scrubs that will keep nurses and patients safe.

The scrubs are also water-resistant, antiviral and cool to wear.

Jim and Anne, who are commercial denim jean manufacturers, also called upon their contacts in the industry as they sourced local and high-quality fabrics.

The couple's connection with the hospice began in 2002 when Anne started as a volunteer and then became a nurse for SFH.

After Anne retired, the couple became founding members of the Patrons Circle — a group of local philanthropists who have come together to support the services the hospice provides.

Anne said: "We'd been working non-stop for months and had just delivered more than 175,000 gowns and scrub sets to the NHS, but the chance to help SFH was an easy decision for us.

Tes Smith, a director at SFH, said: "We cannot thank Anne, Jim and their partners enough for coming to our aid.

"The generosity and speed of their work has been incredible. Many thanks to everyone who helped."

As they headed to the area, a further report was received that a Fiat Punto had collided with a lamp post and central reservation in Ongar Road by Pilgrims Hatch.

On arrival, police found the car to be badly bashed up and the 29-year-old driver at the scene.

He had suffered minor injuries and refused to provide a breath sample for police, who subsequently reported him for the offence.

A spokesperson for Essex Police said: "A 29-year-old man from Romford was taken to hospital with minor injuries and reported for failing to provide a specimen for analysis."

## Schoolgirl awarded for orienteering success

A schoolgirl from Brentwood has been awarded a prestigious award for her commitment to orienteering.

Janie Horton, 15, from Brentwood School, was given the Jack Petchey Award after getting the orienteering bug when she started at the school.

She regularly represents Essex Stragglers Orienteering Society (SOS) in local, regional and national competitions.

Janie, who will be presented with her award when social distancing rules allow, has inspired her family to test their navigational skills and see if their map and compass reading prowess is up to the challenge.

Janie's proud dad, Glenn Horton, paid tribute to Brentwood School's former head of orienteering, Rachel Barford, who inspired Janie to take up the sport.

He said: "Janie not only represents her club, but she also continues to represent the school in a manner which is befitting of the school motto: Virtue, Learning and Manners.

"She tries very hard and is determined to do her best. She has inspired me and her mum, Emma, to have a go as well as her brother, Jake.

The Jack Petchey Foundation was set up by Sir Jack Petchey CBE to inspire and motivate young people and recognise them for their achievements.



## Suspected drink-driver ends up in hospital

A suspected drink-driver ended up in hospital after crashing his car into a lamp post in Brentwood.

Just after 10.15pm on June 30, Essex Police received a tip-off that the driver of a Fiat Punto was under the influence of alcohol while driving around William Hunter Way.

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## News from THE ROTARY CLUB

Brentwood

Even though the rules on social distancing are reducing, are you still looking for a safe and fun way to spend a Friday night? Then why not join our virtual quiz?

The Rotary Club of Brentwood has been running its monthly quiz for a long time now. Faced with the difficulties of meeting in large groups, it ran its first virtual quiz in June when it raised around £400 for its crowdfunding appeal for Saint Francis Hospice. The Club faced the logistics of signing so many people in at one time, but once the quiz was up and running a lot of fun was had by all, and we are now becoming experts.

Future dates and the chosen charities are:

➤ Friday, 21 August – Home-Start

➤ Friday 18 September – Barrow Farm  
➤ Friday 23 October – SNAP (Special Needs and Parents)

➤ Friday 27 November – Bloodwise

So if you fancy joining and testing the brain matter, get in touch. You can email [quiz@brentwoodrotary.org.uk](mailto:quiz@brentwoodrotary.org.uk), telephone 01277 424027 or go to [www.rotary-ribi.org](http://www.rotary-ribi.org)

The quiz is run using Zoom. You can have up to eight in a team or, if you are just one or two people, the Club will link you with a team. The quiz starts at 8pm but we recommend that you join Zoom early, make a cup tea or another tippie of your choice and sit back and wait for the fun to start.

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## Happy snapper wins national competition



A budding photographer from Brentwood has won a national photography competition for her wild bird snap.

Janis Knight was a winner in the Wild Bird Calendar competition run by national home and garden retailer, Wilko, with the photo now set to appear in a 2021 calendar.

Wilko was so impressed with the image that Janis was awarded a £100 Wilko voucher and selected as one of 12 winners to be featured in next year's calendar.

Talking about her success, Janis said: "I was delighted to discover that I had won the Wilko Wild Bird photography competition and that my photo would be used in the 2021 calendar."

Daniel Bingham from Wilko said: "With the UK spending more time in their gardens throughout lockdown, we saw a big increase in the number of entries and the quality of the photos of wild birds submitted to the competition this year."

"We can't wait to see the final printed calendar in stores with the vast array of wild bird photography. It was a tough decision as there could only ever be 12 winners, but we were extremely impressed by Janis's photo."

The 2021 calendar will be on sale in store and available online at [www.wilko.com](http://www.wilko.com)





# BURGHART for BRENTWOOD

Alex Burghart MP for Brentwood and Ongar

LOCAL NEWS BRENTWOOD



As we head into what would usually be the exciting summer holiday break, with the prospect of spending some quality time with the family, there is no doubt that life is still under the influence of the coronavirus pandemic.

After four months of home-working, home-schooling and home-alone time, this summer's excitement is centred on being able to get out and about in our local community again, catching up with friends and family, while still remembering to keep our distance and wash hands frequently. The peak of the COVID-19 infections have passed, but common sense and careful socialising must still be a priority if we are to avoid a second wave later this year.

By the time you read this, most businesses will be open again. Swimming pools and gyms will be welcoming back those wishing to rid themselves of the 'corona stone' brought on by too much home cooking and not enough exercise during lockdown.

Wearing a face covering in shops and supermarkets is now mandatory for all except those with a medical condition or children under 11. There is now growing evidence that wearing a mask in enclosed spaces helps protect both the individual wearing it and the

people around them – especially when there is contact between people who don't usually meet. It is also important to note that the British Retail Consortium has said that, together with other social distancing measures, face coverings can make shoppers feel even more confident about returning to the high street.

For those who feel that covering their face is a heinous violation of their civil liberties and fear the Parliamentary recess will prevent MPs voting for change, I can reassure you that all the measures in the Coronavirus Act are temporary, and proportionate to the threat we face. They are only being used when strictly necessary and will only be in place for as long as required to respond to the situation.

August also brings the roll-out of the Eat Out to Help Out Scheme, where participating restaurants, cafes, bars, pubs and canteens will be offering a 50 per cent discount on food or non-alcoholic drinks to eat or drink in (up to a maximum of £10 discount per diner) every Monday, Tuesday and Wednesday between August 3 and August 31.

If you've been able to save some money during lockdown, or had your holiday cancelled and refunded, this is your chance to help these businesses get back on their feet. So please go out with your family or socially bubbled friends, and spend. And spend locally – your local community needs you.



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Photos from last year's event

# Festival set to go ahead thanks to extraordinary committee

This year's popular South Weald Festival will go ahead, thanks to the extraordinary effort and commitment shown by organisers.

The event, which has been running for 57 years, has been rearranged to run between September 8 and 13 after the pandemic caused the original dates to be scrapped.

The newly arranged dates are testament to the festival committee who have worked non-stop to ensure the event can go ahead, with the programme for the festival still promising to have something for everyone.

As well as being a major event in the local calendar, it supports St Peter's School and Church in South Weald village, with £28,000 raised last year.

Chris Luck, the festival coordinator, couldn't praise the committee enough.

He said: "We initially thought that we would have to cancel everything, but my extraordinary committee felt that we should press on and offer hope and expectation to all with something of a celebration of our school, church and village."

"They have come up with a slimmed-down version

which is still well within the current guidelines.

"This year is special in many ways, as the theme is 2020 Vision not only as we celebrate those wonderful people who assist us with our sight but also as we develop our vision of Earth as we would wish to see it.

"The festival will, yet again, offer something for everyone, with most of the usual events taking place but some in a revised form.

"Please ensure that you are not going away that weekend, especially if you have connections with South Weald. All will be clear on the day, as we celebrate a South Weald Harvest Festival.

"My repeated thanks must go to Nik Allen of VISIONBrentwoodOngar and to the festival committee, as well as to the individual events coordinators who do such a wonderful job every year.

"It was a record year in 2019, raising almost £28,000 for the joint benefit of the School and the Church. We are not going to beat that this year, but we will hopefully offer joy and comfort."

For more information on the event, how to buy tickets and how to volunteer if you want to get involved, visit [www.southwealdfestival.co.uk](http://www.southwealdfestival.co.uk)



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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS ONGAR



Photo credit: Bond Bryan Architects

## Ongar Academy staff hailed by governors for pandemic efforts

As the staff at The Ongar Academy enjoy a well-deserved summer break, they have been praised for their efforts during the pandemic.

In a letter from the academy governors, teachers and staff were praised for their efforts in adversity, with everyone hailed for "going above and beyond".

The letter from Anna Wallbank, who was writing on behalf of the governing committee for The Ongar Academy, was sent to staff.

It says: "We would like to offer our enormous appreciation and gratitude for all of your hard work

during the pandemic.

"Many of you have gone above and beyond, keeping the health and well-being of our students in mind while simultaneously looking after yourself and your family and friends. This has been an immense ask of anyone.

"Without the scaffolds that schools provide, our young people's well-being and futures were in jeopardy.

"You recognised this and were galvanised to ensure you did your best to educate our students."

The letter can be read in full at [twitter.com/theongaracademy](https://twitter.com/theongaracademy)

## Play in the Park returns to town this summer

If you need some help keeping the kids occupied over the summer, Play in the Park returns to Ongar this month.

The scheme is all about playing and having fun outdoors. The difference for 2020 is that children will be given a fun-filled activity pack, which includes craft activities and games.

They can then enjoy them at a safe distance in the

park within their own bubble or take the pack home to do at a later date.

Sessions are being held at Shelley Park, St Peter's Avenue, Shelley, Ongar, from 1.30pm to 3.30pm on August 14 and 17 and Jubilee Park, Love Lane, Ongar, from 1.30pm to 3.30pm on August 6 and August 20.

No need to book; just turn up on the day. Social distancing measures will be in place.



# Popular railway reopens after four-month closure



Photo credit: Katie Pickersgill

Epping Ongar Railway (EOR) has confirmed that it will resume services from August 1 between North Weald and Ongar. Initially, the services will be operated by one train taking passengers between North Weald and Ongar, with an additional excursion to the Forest on the return trip from Ongar.

The return after a four-month break is only possible because of the tireless efforts of the team of volunteers at the Railway.

All services will need to be booked in advance so that social distancing can be ensured.

The Railway will also continue with a limited number of its popular dining services, but with some changes so that people can eat in comfort and safety.

Dean Walton, general manager at EOR, said: "It will be exciting to see passengers back on the Railway.

"We hope that people will be encouraged to come back, buy a ticket and support our Railway through this difficult time."

# Gym coach to face extradition trial for child sex offences

A gym coach from Ongar faces extradition to the USA for an alleged child sex offence that took place in 2003.

Anthony Stevens, 46, who has used the name Anthony Rae for the last decade, was arrested in the Zinc Arts centre near his home, where he had founded a gym called Basement Fitness.

In 2003 he was facing trial for having sex with his alleged victim and two counts of sexual assault.

The girl was just 12 at the time of the alleged offences.

In December, US prosecutors discovered he was in the UK and running a gym in Ongar.

He now faces being sent back to the USA.

At the time of the alleged assault he was living in

Texas and skipped bail after failing to appear at Grayson County Courthouse.

The gym where Stevens worked is part of an arts and education charity and offers classes to kids over the age of eight and their families.

He now faces an extradition hearing in November, having appeared via a video link from Wandsworth Prison at Westminster Magistrates Court on June 23.

# Households to help shape virus recovery effort

Hundreds of households in Ongar are set to be contacted as the council seeks to see what services people need to recover from the pandemic.

Epping Forest District Council will contact 400 households in Ongar and in Waltham Abbey to find out more about their mental and physical health.

This pilot project looks at health and well-being, and information gathered will help develop a multi-agency action plan to deliver projects and interventions that support the council's ambition to create more-resilient and sustainable communities.

Chairman of the health and well-being board and cabinet member, councillor Aniket Patel, said: "These doorstep conversations are a first step towards engaging with people locally to discover what they need to support their physical and mental health in the coming months and years.

"We're working with a variety of partners on this project so that together we can provide better support and care for our residents, while coordinating services more closely across our different organisations.

"In 2019, the board agreed to develop a pilot project looking initially at these two areas of the district. Other areas will be added going forward."

Housing and community services portfolio holder, councillor Holly Whitbread, said: "COVID-19 has brought mental and physical health challenges for many of our residents. We're hoping this project will offer useful feedback to help us plan how best to support our residents in the future."



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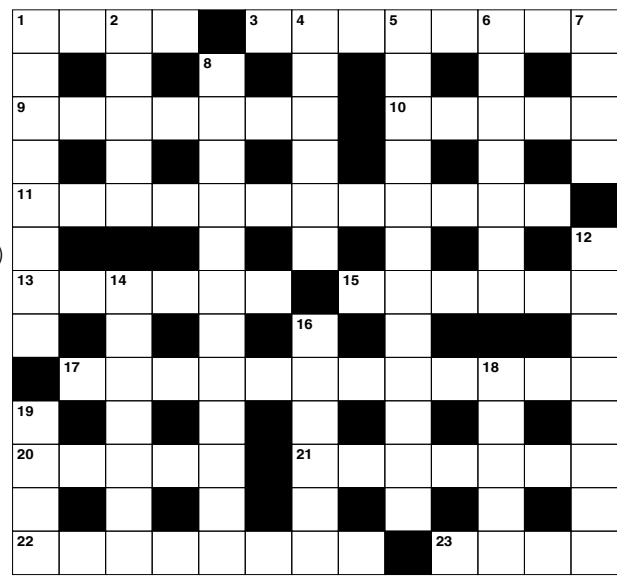
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## ACROSS

- 1. Make fun of (4)
- 3. Consecrate (8)
- 9. Behave well (7)
- 10. Of the nose (5)
- 11. Contradictory (12)
- 13. Consent to receive (6)
- 15. Person to whom a lease is granted (6)
- 17. Showing total commitment (12)
- 20. Ancient measure of length (5)
- 21. Waterproof fabric (7)
- 22. Stretched out (8)
- 23. Solely (4)

## DOWN

- 1. State of the USA (8)
- 2. Comedian (5)
- 4. Real (6)
- 5. Significant (12)
- 6. Disparaging remarks (7)
- 7. Ivy League university (4)
- 8. Worldly (12)
- 12. Inclination (8)
- 14. Live together (7)



- 16. Royal chair (6)
- 18. Spoken for (5)
- 19. Pinnacle (4)

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- ▶ Sound travels around four and a half times faster in water than it does in the air
- ▶ In winter, bowhead whales sing for almost 24 hours a day to attract mates
- ▶ Walrus mothers and calves recognise each other by their voices
- ▶ The underwater noise from ships is doubling every decade
- ▶ Common dolphins are usually seen in large groups of up to 1,000
- ▶ A basking shark can be up to 11 metres long
- ▶ Jellyfish have been around longer than dinosaurs and have survived five mass extinctions
- ▶ Dolphins sleep with one eye open

## SUDOKU

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6		5		9				
		2			3			

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# Maya Jama MAKING WAVES

## WHY MAYA JAMA NO LONGER HAS A FACE FOR RADIO

When Maya Jama announced at the end of last summer that her four-year romance with rapper Stormzy had come to an end, it brought to a conclusion a relationship during which the careers and statuses of both stars had elevated to levels previously unimaginable.

She, the model, fashion designer and presenter whose opportunities now encompass both broadcasting and retail in equal measures; he, the urban musician whose impact on the charts was, if anything, topped by his accidental appointment as a political campaigner, notably for the rights and career opportunities of black youngsters in inner-city areas.

When the announcement came that the pair had separated so as to “focus on their careers”, there were the usual Twitter-led sniggers and sneers, declaring that this much overused excuse was just a front for troubled termination of a previously happy partnership. However, on this occasion, and considering the professional pathways both have taken since, we may well take the statement at face value.

Certainly, from Maya's perspective, she is someone who has cultivated a clutch of positive headlines throughout her time in the spotlight, during which she rarely passes up an opportunity to extend her reach. While she's sexy, confident and unafraid of controversy, the bigger part of who she is involves taking risks – her breakthrough came soon after she moved to London from Bristol aged just 16 in order to set up her own YouTube channel alongside landing a gig as a presenter for JumpOff.TV.

MTV spotted her talent and she became host of MTV Base show *The Wrap-Up*, before moving on to *MTV Essentials* and *MTV News*.

Next, finding herself in the gaze of sports directors, she fronted Copa90's 2014 World Cup coverage, before being invited to host Radio 1's weekend morning shows.

TV projects for Channel 4 and Channel 5 have followed, but her status has been elevated mainly by her engagement across social media – not least her 1.6 million Instagram followers. She regularly opens up to her wealth of supporters about topics including mental health, fitness, relationships and minority rights.

Yet fans of her Radio 1 shows were stunned in June this year when she chose not to renew her DJing contract – instead she can be found co-presenting the Saturday night BBC1 show *Peter Crouch: Save Our Summer*.

And from wowing admirers with a revealing Brit Awards dress to Kurt Geiger fashion campaigns that leave even less to the imagination, it seems Maya's future is certainly being mapped out with style in mind.

“For me it's always been about grabbing as many opportunities as I can,” she says. “I don't want people to get bored of my face but, at the same time, I do want to challenge myself, and have fun along the way.”

Sure enough, Maya's appeal is widespread and showing little sign of abating. “I want to do this for myself, but I want to do it for all the other teenagers sat at home dreaming of big things. That was me... and if I can do it, then anyone else can too.”

“  
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”

Photo credit: David Fisher/Shutterstock





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KIDS



# BACK TO SCHOOL after lockdown

If your children have been at home since lockdown began, the thought of sending them back to school in September will most likely bring about feelings of anxiety, fear and, let's be honest, a little bit of relief.

You have all been in your own little family bubble for so long that adjusting to a school routine will be a challenge for everyone involved.

Fortunately, there are steps you can take to help your kids mentally prepare for this big step.

### Get back into a bedtime routine

The importance of ensuring your child is getting enough sleep should never be underestimated, both physically and mentally. In the weeks ahead of their first day back, gradually start getting your child to bed earlier each night so that they wake up fresh and rested on the big day.

### Openly discuss concerns

Taking the time to talk to your child, in an age-appropriate way, about any worries or concerns they have about going back to school can help to alleviate their fears and reduce any stress that they may be struggling with.

### Share your own feelings

It can be a good idea to let your child know that they are not alone when it comes to worries about the "new normal". Be open and honest about your emotions and encourage your child to share theirs.

### Ask the school for help

Do not be scared to ask your child's school for help if you are concerned that your child will struggle on their first day, or even during their first few weeks back. They may be able to offer additional support during the initial transition period and be able to check on your child throughout the day.







HORTICULTURE HEROES:

# Carol Klein

**C**arol Klein is a true gardener of the soil – a presenter, author, columnist and former teacher still going strong at 75 but who could comfortably pass as someone two decades younger... it must be all that fresh air.

A tour de force in gardener terms, Carol has lived and worked through various horticultural revolutions, presented for 20 years on *Gardener's World*, as well as fronted a number of other BBC series such as *Life in a Cottage Garden*.

The Manchester-born gardener simply loves being outdoors.

"It's always such a breath of fresh air," she says, "and I'm just lucky I've had a career that's afforded me that privilege."

Colour is a big part of what stimulates the horticulturalist, with the plant or flower guiding ideas, rather than her shaping it to what she wants.

"I think we have to let everything flourish in the way that is most natural," she says. "Sure, you're going to have to cut back and tidy up, but for the most part you have to let your garden express itself; so if that means a few rough edges or loose beds, then let the garden have that... let it breathe. It will be all the better for it in the long run."

Klein is also a big advocate of growing your own produce, something that feeds into the ethos of the garden having its own life and its own bounty.

"The fact that the garden can produce so much beauty, yet something that fuels and nourishes us too, is incredible," she says. "It is such a versatile thing that we always need to appreciate and respect."

Her advice for converting your gardening space into something that might fill gaps in your weekly supermarket shop is to only grow what you like eating.

"We sometimes end up sowing a vast array of seeds out of curiosity. While that can be fun, there is ultimately most satisfaction in growing something that's simple, but done well. Who'd have thought a small carrot could be so satisfying?"

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AUGUST BIRTH FLOWER OF THE MONTH:

## Gladious

If you were born in August, your birth flower is the bold and beautiful gladiolus. Instantly recognisable by its long, skinny shape and vivid colours, this flower symbolises strength of character. Easy to grow and wonderful to cut, gladiolus should be a go-to flower for beginner and expert gardeners alike.

### WHAT DOES THE GLADIOLUS SYMBOLISE?

Gladiolus is the Latin word for "little sword". Greek warriors would wear this flower in battle to protect themselves from harm and death. The flower has long been associated with strength of character, remembrance and sincerity, as well as infatuation. Nowadays, the gladiolus is commonly given on fortieth wedding anniversaries.

### WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If you were born in August, you are said to be an intellectual who will do whatever it takes to succeed in life. You thrive in leadership roles at work and, like your flower, you are known for your strength and integrity.

### HOW DO I GROW GLADIOLI IN MY GARDEN?

This flower flourishes in rich but well-drained soil, but if you have another soil type such as clay in your garden, it can be planted in a pot. Gladioli need plenty of water if you want them to flower well, so it is advisable to dig a trench and add plenty of well-rotted manure. It is a good idea to purchase plenty of gladiolus bulbs and to plant 10–15 every couple of weeks to enjoy a succession of flowers throughout the summer and autumn.

### DO GLADIOLI GROW BACK EACH YEAR?

Gladiolus bulbs are not hardy enough to survive the cold winter months. Therefore, you should dig them up and store them ready to be replanted in the spring.



GARDENING





CREATE YOUR OWN

With many of us spending a lot more time in the garden than usual, what better time to decide to produce your own compost?

Did you know that composting is the most environmentally friendly way to deal with kitchen and garden waste? Plus, it will dramatically improve the quality of your soil, so what are you waiting for?

WHERE SHOULD I START COMPOSTING?

You have two options when it comes to composting: you can use a compost bin, or you can choose an open compost heap. A bin will allow you to make compost more quickly, but both options will result in compost eventually.

When choosing the site for your compost, you need to ensure that it is not subjected to extreme temperatures or excessive moisture. Opt for a shady area of the garden that provides good drainage.

HOW TO CHOOSE COMPOSTING MATERIALS

As a general rule, your compost should be made up of a 50/50 mix of green and brown materials.



Green materials include:

Vegetable peelings | Used teabags | Dead flowers and houseplants | Grass cuttings | Nettles

Brown materials include:

Eggshells | Newspapers (not glossy magazines) | Toilet roll tubes | Shredded plain paper | Dry leaves and small twigs | Young wood garden prunings

WHAT ARE THE BENEFITS OF COMPOSTING?

Composting enriches your soil, supresses plant diseases and pests, reduces the need for chemical fertilisers, encourages the production of good bacteria and fungi and helps to lower your carbon footprint.

ARE THERE ANY DRAWBACKS TO COMPOSTING?

There are a few downsides to home composting, namely that it requires quite a lot of effort on your part to see the right results. You also need to commit to creating quite a lot of compost if you want to fertilise your entire garden.



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TRAVEL

## BACK TO nature?

FOUR TOURIST SPOTS YOU REALLY SHOULDN'T  
VISIT IF YOU CARE ABOUT THE NATURAL WORLD

Our passion for exploring, adventuring and seeing the world has never been so great, which makes the travel limitations of the coronavirus all the more frustrating.

On the plus side, though, our lack of movement this year will undoubtedly aid the green shoots of recovery – or at least halt the destruction – for a host of popular destinations gradually being destroyed by our wanderlust.

### Fjaðrárgljúfur Canyon, Iceland

Made famous by a Justin Bieber pop video and ranging, panoramic shots in *Game of Thrones*, the spectacular canyon has become a hotspot, with tourists desperate to trace the steps of their high-profile heroes. However, with an estimated 750,000 people visiting in 2019, pathways and access routes have deteriorated fast, leading local authorities to impose temporary bans.

### Komodo Islands, Indonesia

Curiosity about the Komodo dragon, the largest living lizard, has attracted tourists and poachers alike to the island, which in 2019 led to it being shut to tourists. Still home to 1,800 of the reptiles, numbers had started to fall alarmingly, leading to desperate measures having to be implemented.

### Machu Picchu, Peru

The world-renowned village had a 2,500/day limit set by UNESCO around a decade ago, but tourist numbers are expected to be treble that. With pathways and walls under threat, tourists run the risk, literally, of eroding the very history under their feet.

### Galapagos Islands

Perhaps the go-to destination for over-tourism, the Ecuadorian government has recently taken strict measures to limit visitor numbers for fear that the habitats of the estimated 9,000 species present on the island and in surrounding waters are severely under threat.

While Sir David Attenborough's intentions were to celebrate a place that inspired Darwin's theory of evolution, no less, ease of travel (COVID-19 notwithstanding) has actually threatened the very species he was celebrating.





## SPOTLIGHT ON

## AUBERGINES

For some reason many people, even those who are confident in the kitchen, are afraid to use aubergines. Whether it's because they don't understand how to prepare them, are worried about them becoming too greasy or simply because they don't know what meals to make with them, we can help.

## WHAT IS AN AUBERGINE AND WHAT DOES IT TASTE LIKE?

For those who are completely unfamiliar with this fruit (yes, it is technically a fruit although it is used as a vegetable), the aubergine is recognisable by its deep purple colour and bulbous shape. Available in many different varieties, aubergines are known for their mild, smoky flavour and their ability to act as a sponge to any flavours they are cooked with.

## HOW TO STORE AND PREPARE AUBERGINES

Aubergines are fairly perishable, so you need to store them appropriately. Place them whole in a plastic bag in the fridge and they will last for a few days. Traditionally, aubergines were quite bitter so chefs would salt them before cooking, but this is no longer necessary unless you are planning to pan-fry to reduce the amount of oil they absorb.

## DIFFERENT WAYS TO COOK AUBERGINES

Aubergines are incredibly versatile, and you can cook them in a number of ways:

Baked whole | Diced up and fried | Coated in flour and deep fried | Sliced thinly and grilled | Cooked whole on the BBQ | Diced and stewed in water, great way to thicken sauces

## POPULAR AUBERGINE DISHES

Greek moussaka | Ratatouille | Baba ganoush | Aubergine parmigiana  
Aubergine and chickpea curry | Smoky aubergine dip

## WHAT ARE THE HEALTH BENEFITS OF AUBERGINES?

Aubergines are rich in antioxidants as well as being an excellent source of dietary fibre. They also contain several B vitamins and potassium and are low in calories, making them a great choice for those trying to lose weight.

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# Cool

## AS A CUCUMBER

FIVE FOODS TO DEFEAT THE HEAT THIS SUMMER...

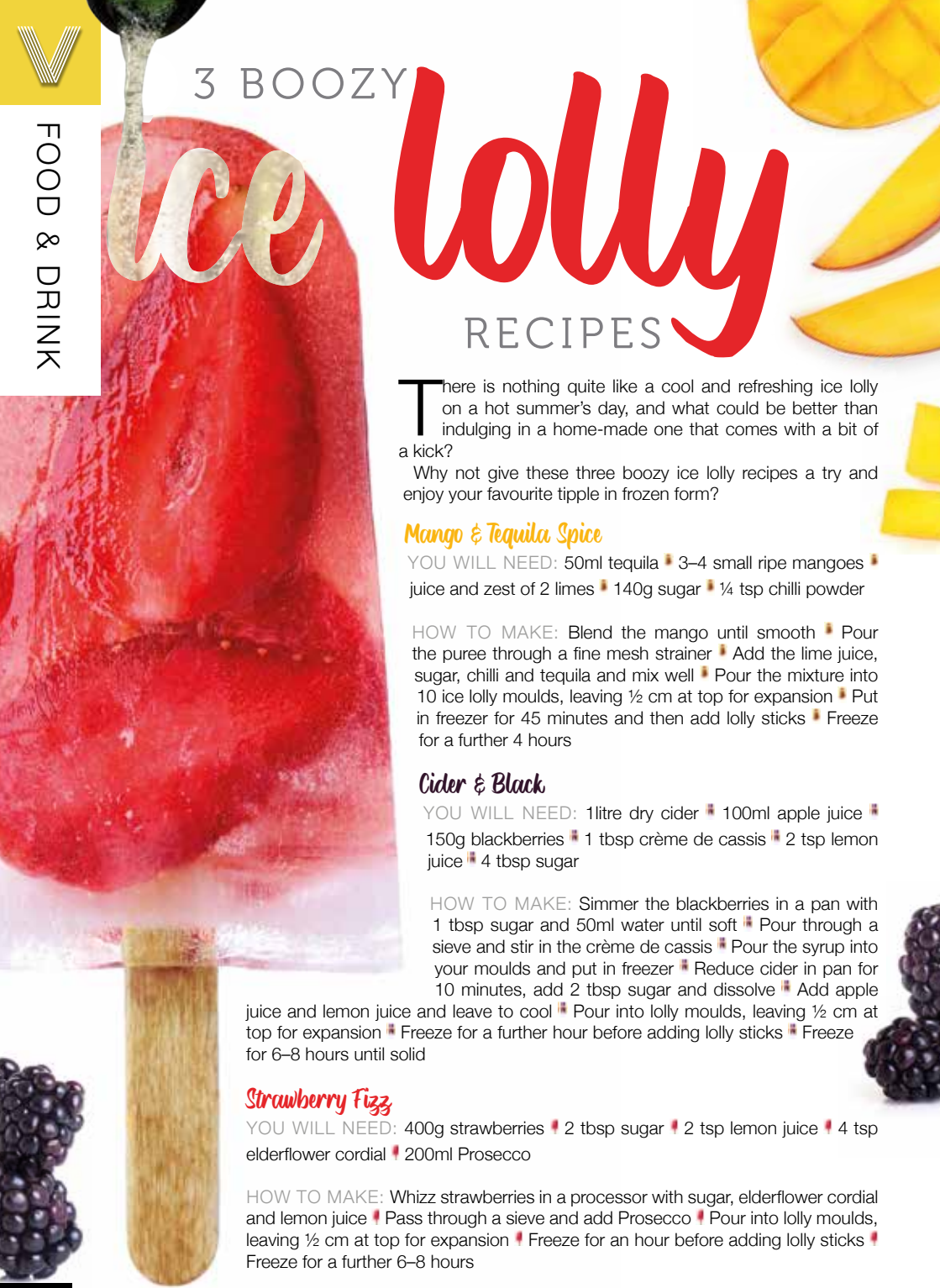
Most of us seem to spend the whole winter yearning for the summer, but when it arrives we are always poorly equipped to deal with the sudden increase in temperature. Not any more. Keep reading to discover five not-so-obvious food choices that will help you beat the heat.

- 1. CHILLI PEPPERS**  
No, we are not completely crazy. Eating a meal that contains chilli peppers will trick your body into thinking that it is hotter than it actually is, resulting in immediate sweating. And when you sweat, your body starts to cool down.
- 2. SPINACH**  
Fresh spinach is available all year round and has the unique ability to be able to balance out your blood pressure which in turn will help you to feel cooler.
- 3. A BOWL OF SOUP**  
In the same way that chilli peppers work, a bowl of hot soup will force your body into cooling itself down. A great option if you are not a fan of spicy food but need a quick way to relieve the heat.
- 4. FENUGREEK TEA**  
Fenugreek is a natural detoxifier and will help your body to get rid of any excess fluid. For best results drink it hot, but if you cannot manage this, simply chill in the fridge for an hour before consuming.
- 5. TURMERIC**  
Turmeric has a number of health benefits including boosting your immunity and being a great source of antioxidants. However, not many people know that it can also naturally cool the body. If you don't fancy a curry, add this spice to a couscous salad or enjoy a glass of "golden milk".

**FOODS TO AVOID:**

- > Carb-rich foods such as rice or grains
- > Foods that are high in protein, such as meat





# 3 BOOZY Ice lolly RECIPES

There is nothing quite like a cool and refreshing ice lolly on a hot summer's day, and what could be better than indulging in a home-made one that comes with a bit of a kick?

Why not give these three boozy ice lolly recipes a try and enjoy your favourite tippie in frozen form?

## Mango & Tequila Spice

**YOU WILL NEED:** 50ml tequila • 3-4 small ripe mangoes • juice and zest of 2 limes • 140g sugar • ¼ tsp chilli powder

**HOW TO MAKE:** Blend the mango until smooth • Pour the puree through a fine mesh strainer • Add the lime juice, sugar, chilli and tequila and mix well • Pour the mixture into 10 ice lolly moulds, leaving ½ cm at top for expansion • Put in freezer for 45 minutes and then add lolly sticks • Freeze for a further 4 hours

## Cider & Black

**YOU WILL NEED:** 1litre dry cider • 100ml apple juice • 150g blackberries • 1 tbsp crème de cassis • 2 tsp lemon juice • 4 tbsp sugar

**HOW TO MAKE:** Simmer the blackberries in a pan with 1 tbsp sugar and 50ml water until soft • Pour through a sieve and stir in the crème de cassis • Pour the syrup into your moulds and put in freezer • Reduce cider in pan for 10 minutes, add 2 tbsp sugar and dissolve • Add apple

juice and lemon juice and leave to cool • Pour into lolly moulds, leaving ½ cm at top for expansion • Freeze for a further hour before adding lolly sticks • Freeze for 6-8 hours until solid

## Strawberry Fizz

**YOU WILL NEED:** 400g strawberries • 2 tbsp sugar • 2 tsp lemon juice • 4 tsp elderflower cordial • 200ml Prosecco

**HOW TO MAKE:** Whizz strawberries in a processor with sugar, elderflower cordial and lemon juice • Pass through a sieve and add Prosecco • Pour into lolly moulds, leaving ½ cm at top for expansion • Freeze for an hour before adding lolly sticks • Freeze for a further 6-8 hours

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Yet wind back 120 years when Coca-Cola hit UK shores for the first time, and uptake of the famously fizzy drink was, shall we say, rather flat.

The fact Coca-Cola came to the UK was down to Charles Candler, the son of founder Asa Candler. Upon a trip to London in the year 1900, he brought with him five gallons of syrup. It was the first time this American staple had made it here, and it was something never before experienced by Londoners.

The initial limited quantities were lapped up by those who tried it in specialist outlets, but then more than two decades passed without any particular Coca-Cola revolution.

That was, until 1920, when the corporation arranged a deal that would see the soft drink go on sale at Selfridges, the London Coliseum and a few other high-ranking stores. Suddenly, with a bigger platform, with bottling plants in Paris and Bordeaux, and the buzz of the capital in the early post World War I years where renewed freedoms and new tastes were all the rage, the UK public found a new flavour to savour.

Sales rose gradually, although it wasn't until the 1970s that the first canning plant was opened in Milton Keynes. This facility was at the forefront of technology, capable of filling 1,500 cans a minute.

A drink that appealed to young people as well as acting as a mixer for adults was always going to have a sustainable shelf life, but the expansion of the key product (into diet versions as well as flavour additions, such as cherry) ensured our interest held.

The brand, as a whole, is now responsible for the likes of Fanta, Dr Pepper, Sprite, Lilt, Oasis, Smartwater, Schweppes, Powerade and even tinned Costa Coffee products, and the evolution continues into vegan drinks and zero-sugar products.

And of course, these days, Coca-Cola in the UK is more than just a drink. The marketing whizzes have turned it into a byword for sustainability, the environment, leisure and societal values.

When Charles Candler stepped off his ship in 1900 he couldn't possibly have imagined that the modest five gallons he carried with him would have such a

galvanising effect on our lives, our lifestyles and our passions, permeating everything from simple hydration to the most recognisable brand colours of them all, right the way through to the way Santa Claus is dressed.

Coca-Cola's start to life in the UK may have been slow, but its elevation in the last 100 years has been nothing short of thirst-quenching.



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BEAUTY

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When it comes to skincare problems, there is no one-size-fits-all method for tackling them as the causes can be anything from hormones to our diets, and even the weather.

A stubborn reality of angry pustules is that picking or popping them will go against every natural instinct you have, while reaching for your foundation risks irritating them further.

There is also the assumption that the way to tackle oily skin is to dry it out by bombarding it with all manner of potions and harsh exfoliators. However, when irritated, your epidermis will only put up more barriers to defend itself, leading to further blocked pores and more spots. Instead, see your acne as something more aligned with eczema and take a gentler approach.

Not surprisingly, a cleansing routine is very important, but it should only be twice a day and with products that are soothing but which also contain salicylic acid to gently remove dead skin and excess sebum. Once or twice a week you may want to treat your skin to a good-quality charcoal mask to deep clean your pores, or even a very gentle scrub.

Occasionally, you might find yourself dealing with sebaceous cysts which are hard, sore bumps buried deep under your skin. A good daily routine will help keep these at bay, but you can also apply a warm compress to help open the pore.

Moisturising is actually a vital part of rebuilding your skin's natural barrier, so invest in a lotion designed for oily skin and use it religiously. The same goes for sunscreen, which should be worn daily to protect against UV damage and further irritation.

While there is no quick fix, good habits will help you control your complexion, rather than your complexion controlling you.





CHECK OUT THIS

# chic CHIGNON

HOW TO CREATE THE  
PERFECT CHIGNON BUN

If you need an updo for a formal occasion, then the chic chignon should be your go-to hairstyle. It's classic, elegant and even has a bit of a vintage feel to it; just perfect for oozing glamour and sophistication.

## HOW TO ACHIEVE THIS LOOK

- Step 1:** Part your hair and then section off the front portion.
- Step 2:** Create a firm ponytail with the rest of your hair.
- Step 3:** Tighten the ponytail and check that the strands above it lie flat and smooth.
- Step 4:** Backcomb the ponytail, strand by strand, for added volume.
- Step 5:** Spritz with a light- to medium-hold hairspray.
- Step 6:** Lightly comb the top of your hair to smooth any flyaway strands.
- Step 7:** Make a simple loop out of your ponytail, using a clear elastic band to hold in place.
- Step 8:** Loosely wrap the free-hanging end of hair around the base of your ponytail.
- Step 9:** Fan out the end of the wrap and arrange it to cover the base of the looped ponytail.

- Step 10:** Pin in place securely.
- Step 11:** Divide your front section of hair into two sections.
- Step 12:** Tease the hair from the roots and lightly comb through to smooth.
- Step 13:** Bring one section to the chignon and cover its base with it. Pin to secure.
- Step 14:** Wrap the hanging strands loosely around the chignon a few times and pin.
- Step 15:** Repeat with the other section.
- Step 16:** Optional – gently loosen the hair above the chignon for a slightly messier look.

**TOPTIP:** Remember that a chignon should always be low, sitting at the nape of the neck or at the back of your head.



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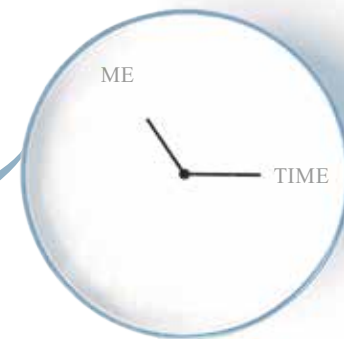
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ME,  
*myself*  
AND I



Whether you are a stay-at-home parent, a working professional or a combination of the two, finding time for yourself before lockdown was hard. Since the COVID-19 pandemic, it has become almost impossible; from trying to work from home, to attempting home schooling, to being on top of your partner 24/7.

However, taking the time to focus on yourself and your individual needs is crucial for maintaining good mental health.

### WHY IS "ME TIME" SO IMPORTANT?

If you are the kind of person who is used to always putting others first, then even the concept of making time for yourself may seem strange. However, failing to adequately care for your own personal needs can lead to a lack of concentration, reduced stamina, feelings of anger and resentment and even total burnout.

### HOW TO TAKE "ME TIME"

It's all well and good us saying that "me time" is important, but if you have a spouse, two kids,

a dog and a boss who rely on you every single day, the logistics can be a challenge. That being said, once you start taking, rather than asking for, a minimum of 30 minutes alone time, you will soon find that it becomes a seamless part of your daily routine.

### WHAT ARE THE BENEFITS OF "ME TIME"?

Taking the time to be kind to yourself can result in you feeling more energised and refreshed and can help to improve your overall self-esteem. It can also allow you to think more clearly and to make better life decisions both for yourself and for your family.

### POSITIVE "ME TIME" ACTIVITIES:

- > A relaxing bubble bath
- > A workout or yoga session
- > Cooking
- > Listening to an audiobook or your favourite podcast
- > Taking a walk in the park
- > Gardening and DIY
- > Getting crafty







HEALTH & FITNESS

# BREATHE IN THE VAPORS

## HOW THE NIKE VAPORFLY RANGE IS CHANGING SPORT AND FITNESS

In an era when the simplicity with which sportswear and leisurewear cross over can leave some brands struggling to stand out from the crowd, Nike's recent pursuit of record-breaking greatness is another step beyond.

The launch of its Vaporfly range, accompanied by some truly ambitious moves to fuel the company's marketing machine – not least a sub two-hour marathon – has seen the world's largest footwear and sports brand stylishly swagger through the finish tape, albeit while courting a fair amount of controversy in the process.

The furore began as soon as Nike launched the Vaporfly. As if running footwear wasn't already beefed and buffed up enough, the boffins from the Beaverton HQ produced a shoe enriched, enhanced and engineered to the hilt. It promised to better the performances not just of the world's elite runners, but also of those pounding the pavements for 'fun'.

And the science unequivocally backed up the claims, with Kenyan runner Eliud Kipchoge achieving what many thought would never be possible when he completed the iconic marathon distance in 1hr 59mins 40secs.

However, there was a twist in the tale. World Athletics, the governing body, quickly banned the shoe for its unfair structural and bounce advantage offered over competitors, with excessive carbon and a super-thick sole said to offer propulsion well beyond a fair standard – indeed, there was an estimated four per cent uplift in performance.

Nike's hopes of making a shoe that will truly transform the sports record book may have been dashed, but its advancements have at least brought about a firmer set of regulations that all athletes must adhere to.

And as far as the impact the shoe has had on the brand's reputation – well, given that sales of the Vaporfly have been accelerating quicker than Kipchoge in the final few yards on Mall, Nike has undoubtedly reinforced its reputation as race leader.



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# Living ON THE CANAL

BUSINESS & PROPERTY



Most of us at some point have imagined the simple pleasures of taking a canal boat holiday, but what about stepping it up a few knots and actually living on one?

Here are a few pros and cons to life on the water:

#### CONS

✗ **SPACE:** Clearly the area you have to live in on a boat is at a premium, though clever design and minimalist living means you can maximise what's around you.

✗ **CONVENIENCE:** You may find yourself a fair distance from local amenities. While canals and rivers traditionally provided a route into the centre of towns and cities, the majority of waterways are remote and don't have a convenience store on each bend.

✗ **LONELINESS:** Solitude is nice, but some water folk struggle with the lack of others around. Even if living with a partner, adapting to few settled people in the vicinity can be tricky, with canal boat guidelines stating you should move every two weeks at a minimum to fill the water tank and get the toilet pumped.

✗ **SAFETY:** Living next to a towpath isn't the safest of places, particularly late at night.

#### PROS

✓ **COST:** Mooring costs and a waterways licence can pinch, but once you've paid for your vessel, it's an extremely affordable way to live, with a generator providing all your power.

✓ **FREEDOM:** The world, or rather the canal, is your oyster. Follow the water to take you to any place in the UK, with not a toll road in sight.

✓ **RELAXATION:** Although there is manual work to do, many people love narrowboats for the opportunity to kick back and relax.

✓ **MOD CONS:** Life on the canal is rather rustic. However, nowadays boats can come with pretty much all the facilities you expect in a home.





# BRITAIN'S BREXIT BOOM

While it's too early to gauge the effects Brexit has had on the country, experts believe our departure from the EU will soon show a positive impact on a number of business types:

## 1. TURNING TO TECH

The tech sector has always been particularly strong in this country, and with freer conditions, the retention of skilled entrepreneurs plus the bouncebackability of the UK from what might be a COVID-19 global economic downturn, our digital boffins are expected to flourish in making up ground on global heavyweights China and the US.

## 2. MEDICAL MASTERY

The EU has frequently held back medical advancements and new technologies amid a flurry of admin and red tape. Its slow-moving approach has meant non-member countries have been able to steal a march on new medical developments, but this is expected to change now the UK has matters back under its own control. Combined with the world's finest health service, companies here in the 'life sciences' sector are expected to boom.

## 3. FISHING

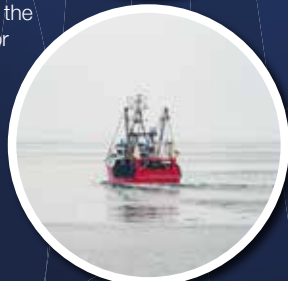
UK fishermen have long bemoaned the EU's Common Fisheries Policy for the restrictions it has caused, even around our own shores.

While the complexities of the industry are plentiful and the protecting of fish stocks is important, our hardworking seafarers appear certain to profit from Brexit as Brussels' stranglehold on how our coasts operate is removed.

## 4. AGRICULTURE

While our binning of the Common Agricultural Policy (CAP) – which has been in place since 1973 – has so far produced more questions than answers for our farmers, the government is optimistic that substantial improvements can be made for land workers who currently see 70 per cent of the UK geography under agricultural management.

Shedding the 'direct payment' aspect of the CAP where land prices were pushed up, causing a barrier for young farmers to get into the industry, could stimulate innovative and inventive UK farming, the like of which we've not seen in centuries.



## ON THE MONEY

Financial advice from our  
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## PENSION WOES: THE TALE OF GEN X

The changing financial pressures facing members of different intergenerational groups has been a recurring theme in recent years, with the narrative usually proclaiming how younger generations have lower income, assets and prospects than their older counterparts. However, there has been relatively little consideration of the potential retirement woes facing people born between 1966 and 1980 – Generation X.

### LIMITED TIME TO PLAN

Members of Generation X have between 12 and 28 years left to work and build up a sufficient pension pot to fund their post-working years. A recent report suggests this group is at greater risk of reaching retirement with insufficient income. This partly reflects an array of changes in the labour market and pension landscape, as well as a challenging economic climate, which have combined to increase the complexity of preparing for later life.

### CHALLENGES

A number of specific issues have also placed them at risk of reaching retirement with inadequate

funds. The decline in private sector defined benefit provision means a large proportion of this group will rely on defined contribution schemes, while they are also likely to receive a lower State Pension income than their predecessors. Additionally, automatic enrolment came too late for this group to benefit fully as most were in their late thirties or over when it was introduced.

### STILL TIME FOR ACTION

While it's imperative to make time to consider your pension needs, it's never too late to start saving for retirement. Diligent planning now could make all the difference to securing a comfortable future. So, if you have concerns about the adequacy of your pension, get in touch.

At HCR we take the time to understand our clients' unique planning needs and circumstances, so that we can provide you with the most suitable solutions in the most cost-effective way. For a free review of your current financial situation, please contact Karyn Vogel on 01277 654153.

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### Q How Can Insurance Protect You?

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### Q How Can You Save Money On Your Insurance?

**A** Whether combining multiple risks on to a single policy or simply looking at your cover levels, there's plenty of ways you could save money on your insurance. Why not get in touch with us and see if we can save you money?

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# ANOTHER BIG BITE

The latest Apple innovations were unveiled at the start of the summer, and in light of a global trend to eliminate infection, there was good news for handwashers...

In launching 13 exciting technological innovations across iPhone, Mac, iPad and Watch, Apple has proved itself capable of upping the ante again, even when its boffins have been locked down. Here are some of our favourites:

## macOS Big Sur

A big update that powers Safari like never before, with customisable start page and backgrounds, faster speeds and better extensions.

## iOS14

The new operating system brings a raft of improvements, including grouping of apps in folder categories and the ability to open a small part of an app to fulfil a specific task, such as purchasing a coffee or paying for your Deliveroo delivery.

## Apple Pencil

This neat tool means a message written on your iPad can be converted automatically into typed text.

## Cycling directions

Getting from A to B on your bike has been made

easier with an enhanced map tool that takes into account road traffic and other obstacles not conducive to an efficient cycling experience, such as steps. Your Deliveroo man will be grateful.

## Handwashing wonder

An upgrade to Apple Watch means it can detect when a user is washing his or her hands and will start a 20-second countdown timer. Stop scrubbing early and you'll be prompted to keep washing – patronising, but useful.

## Sleep tracking

The Watch also provides better sleep tracking after many called into question the accuracy of this being done on the iPhone. It does, however, mean you need to sleep with your watch on.

## TvOS

HomeKit-enabled video cameras can now broadcast alongside programmes you are watching. That means you can still watch Gordon Ramsay on screen while an image appears of Gordon Ramsay at your front, presumably delivering your Deliveroo dinner.



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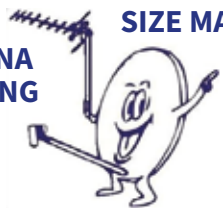
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**MOTORING**



*Bid farewell* **TO THE COVID MOT**

**THE CORONAVIRUS MOT HOLIDAY'S FINAL DAYS... OR ARE THEY?**

**A**ugust 1 has never been a particularly notable date in the diaries of car mechanics, though COVID-19's six-month MOT extension made it significant in 2020 like in no past year.

Depending on when you are reading this, you may well consider the moment to have passed. That 'moment' was essentially a six-month extension to the date of your car's MOT throughout the time the pandemic caused complete shutdown in the UK.

The logic when this unusual measure was announced back in April, when COVID-19 was really taking hold in the UK, was that the public should not be encouraged to venture out in their motors, neither for servicing nor for leisurely drives. Now, with coronavirus under control and various social restrictions eased, it's the right time

to lift these measures, as well as stimulating the economy again... car mechanics included.

The criteria was that any car due to have an MOT after March 31 would automatically have an additional six months added to its certificate. Naturally, in coming out of lockdown, that concession has been relaxed, so any cars with MOTs in August or thereafter will have to play by the old rules – get it MOT'd or stay off the roads.

That seems cut and dried, but perhaps it's not. For those of us not quite as up to speed as we should be with mechanical matters, it could be you've accidentally missed the date of your MOT. If this is the case, and it was actually due between April and the end of July, you will now have an additional six months from the listed date to get things checked, but this time, make sure you do.





SPORT

# IT'S SPORT...

THANK YOU  
NHS

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...but not as we know it

## HOW COVID-19 HAS CHANGED OUR CONSUMPTION OF SPORT

The elation many of us felt at the restart of Premier League football was soon replaced by a sort of bewilderment at a peculiar, slightly perverse, reconstructed version of the game.

Turn on the television to catch a Premier League game and, in many ways, it feels as if we are watching our favourite stars operate in something of a parallel universe – a contact sport played with social distancing (at least as far as goal celebrations are meant to go), drinks breaks, countless subs (all huge distances from one another) and, most crucially of all, zero fans in attendance.

Our broadcasters' move to dub in fake crowd sound has largely been deemed a success, and with studio-based expert summarisers every bit as pointed and punchy as before, this 'new normal' is at least watchable... but it's still very strange.

Of course, as a first phase of life post-COVID-19, it is the best we can do, and other sports

are following suit to get seasons finished and tournaments played.

As reported cases continue to decrease, the expectation is that full-contact sport (for us mere mortals as well as for the Premier League millionaires who, let's face it, are only back playing because of sponsor revenue) may return around September. The government knows it needs to stimulate grassroots and amateur sport, as well as open up the pathways to people attending events again – thousands of businesses, clubs and societies rely on it, and for those who do survive, it may take up to five years to fully recover from the effects of the 2020 coronavirus pandemic.

Yet as far as seeing capacity crowds at our sports arenas goes, we still appear some distance away, with few confident enough to stick their necks out in stating we may see everyday folk back in stadiums before Christmas.

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