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- 6 KYLIE MINOGUE
- 8 HISTORY
- 13 HOME & DIY
- 19 LOCAL NEWS
- 26 JAMES CORDEN
- 29 GARDENING
- 33 FOOD & DRINK
- 34 BEAUTY
- 36 HEALTH & FITNESS
- 39 TRAVEL
- 42 BUSINESS & FINANCE
- 45 PUZZLES
- 47 PETS
- 48 LOCAL TRADES & SERVICES
- 50 THE **VISION** LISTINGS

Editor's notes...



Leigh Fry, Editor

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

It's hard to believe we are over half way through the year and the weather continues to be outstanding.

When the sun is with us the UK is just as good as anywhere in Europe with our amazing beaches, scenery and quality attractions.

It's easy to become complacent about our country but there is always so much going on.

With the school holidays under way now all the parents will be looking to entertain the young ones. Having had young kids myself, I don't envy your challenges over the coming weeks.

The internet is such a great asset these days and really is full of ideas and best of all, discount vouchers.

Do your research, search for the vouchers and I'm sure the school holidays will go swimmingly.

In this month's local news, councillors honour the memory of fallen soldiers, the Rotary Club helps to fund a computer lab and a new service is launched by the county council to help prevent homelessness.

Enjoy the weather and remember to stay protected with lots of sun lotion.

Leigh

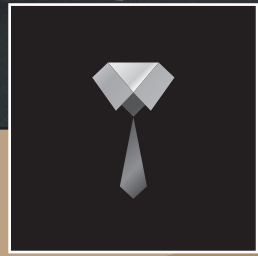
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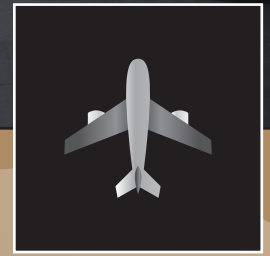
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ACROSS
1. SWAM, 3. WARRIORS, 9. IRKSOME, 10. OXFLIP, 11. THE, 12. OWNER, 13. URGED, 15. SATIN, 17. INPUT, 18. PSI,
19. AWARD, 20. VIOLATE, 21. EXTERNAL, 22. CLAY
DOWN
1. SPITTING IMAGE, 2. ANKLE, 4. AGEING, 5. RHODODENDRON, 6. OBLONGS, 7. SUPERLATIVELY,
8. CONQUISTADOR, 14. IMPLANT, 16. TRIVIAL, 18. PEARL

Kylie Minogue

REINVENTING THE ICON

As princess of pop Kylie Minogue celebrates her 50th birthday, we look at the Aussie's phenomenal career, and her recent reinvention as a bejewelled country star.

There are few popstars who could boast a three-decade long career, record sales of over 80 million and enough awards and triple platinum discs to fill a warehouse. And yet, when it comes to Kylie Minogue, the media seems to fixate on one thing: her relationship status.

Part of this is down to the fact that she recently celebrated her 50th birthday, looking as fabulous as ever in a series of photoshoots to mark the impressive milestone, with polaroid snaps of her birthday bash revealing her dancing the night away at London's exclusive Chiltern Firehouse with new beau Paul Solomons, the creative director of GQ. Meanwhile, her many fans and admirers ask how could someone so beautiful, talented and successful, not have settled down with the man of her dreams before now.

But then the mono-monikered popette has always danced to the beat of her own drum, and after winning our hearts as sparky mechanic Charlene in *Neighbours*, Kylie knew instinctively that her future lay in music. Her pop career began in earnest in the UK under the tutelage of 'hit factory' producers Stock, Aitken & Waterman, who steered the young singer towards a slew of number one hits and albums, with tracks like *I Should Be So Lucky*, *The Locomotion* and *Especially for You* (a duet with former *Neighbours* co-star and real-life lover Jason Donovan) becoming iconic hits of the Eighties.

By the early Nineties however, Kylie was growing

bored of her saccharine image. At the time she was dating fellow Aussie and INXS frontman Michael Hutchence, who seemed to fuel her desire to make darker, more complex music. Her fans weren't so sure, and although her 1995 collaboration with Australian artist Nick Cave for the song *Where the Wild Roses Grow* was a surprising highlight of this period, it seemed as if this might be the end of the road for the perky popstar.

But Kylie had other ideas, and when she returned in the new millennium wearing gold hot pants for the video of sublime disco hit *Spinning Around*, the world fell in love once more. Since then, Kylie's career has maintained a steady pace, though her personal life has had its turbulent moments. Aged 36, she was diagnosed with breast cancer (which she subsequently beat), then just last year she admitted to suffering a nervous breakdown following her split from fiancé Joshua Sasse.

Proving that she is as buoyant as her famous curls, Kylie always bounces back, making a triumphant return earlier this year with country-inspired record *Golden*, which zoomed straight to the top of both the UK and Australian charts.

Arguably, such impressive success deserves praise, not consternation at her decision not to bear children, because as generational music icons, few can ever hit the heights reached by Kylie Minogue.





HISTORY

Nelson Mandela

A MAN OF THE PEOPLE

ON THE CENTENARY OF HIS BIRTH, ROYAL CORRESPONDENT CHARLES RAE LOOKS BACK AT NELSON MANDELA AND HIS RELATIONSHIP WITH BRITAIN.

Nelson Mandela walked into a room with the Queen in Durban, South Africa. He briefly left her side as she talked to another guest. I suddenly found myself standing next to the great man and he turned to me and said: "Isn't Elizabeth wonderful?"

Slightly taken aback and wondering who he was taking about, I asked, "Who is Elizabeth?"

Mr Mandela, who had retired as South Africa's first Black president a few months earlier in 1999 looked astonished and pointed at the Queen and said: "Elizabeth of course, your Queen."

I was shocked as I had never heard anyone be so familiar with Her Majesty. I knew her family name was Lilibet and that the Duke of Edinburgh sometimes affectionately called her "Cabbage".

If that left me surprised, I was more shocked when I spoke to his daughter Zindzi who told me that when Mr Mandela and the Queen were alone together in private he called her "Lizzie".

If anyone could pull it off, it's the late South African president. He and "Lizzie" were quite close—she signed letters to him with "Your sincere friend, Elizabeth R."

She referred to him as Nelson.

The couple had become great friends ever since his release in 1990. Eighteen of those years were spent on Robben Island, off the coast of Cape Town. He had been jailed in 1963 after being found guilty of trying to overthrow the government.

The Queen had shown a remarkable piece of judgment. After all, Mrs Thatcher had called Mandela a terrorist in Vancouver in 1987.

The world mourned when he died in 2013, aged 95. This month (July 18) marks the centenary of his birth.

Although he spent his life fighting Britain's colonial legacy in South Africa, Nelson Mandela was an Anglophile. The roots of his close and contradictory relationship with Britain were in his childhood.

Born into a tribal aristocracy in the Transkei, the seven-year-old Rolihlahla Mandela was sent to a Christian mission school.

It was the custom then for all the African boys to be given English names, so on his first day his teacher renamed him Nelson Mandela and a man of the people was born.

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watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call David free on 0808 301 9559 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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Ice Cream COLOURS

Indulge in this delectable home décor trend which is good enough to eat

Ice cream is officially in. But if you're on a diet, don't worry, for this home décor trend is calorie free. You see, we're talking about knitted throws and cushions in sumptuous strawberry sorbet shades, rugs that are the colour of vanilla and mint choc chip cones, and vases which look like they've been dipped in rich raspberry ripple.

Basically, it's the perfect style for summer, and is a great way to brighten up your home without splashing out on a full redecoration. Though if you do have a room in your home that needs a lick of paint, Dulux has released some delectable ice cream-themed shades within their Easycare range, including Vanilla Sundae, Soft Peach and Pretty Pink.

For just a hint of mint (or cherry or violet), consider hunting out some soft serve furnishings. A cheery green vase perhaps filled with blush pink roses, a lemon lampshade, or even an art print with delicate splashes of colour. Table cloths and throws are another way to brighten up dull or dreary furniture, while a candy floss-scented candle both looks and smells delicious.

You could even have a go at making something yourself. For example, there is a popular marbling craft trend at the moment which can help you create wonderful pots or vases. Start by spraying your piece with white enamel paint, then once dry, fill a larger pot with warm water and pour in up to three different shades of nail varnish. Swirl using a toothpick, then dip in your vase. Before you know it, you'll have your own cherry or blueberry swirl design. Yummy.





MAKEOVER MAGIC

FIVE SECRET, COST-EFFECTIVE TIPS TO GET YOUR FURNITURE GLEAMING AGAIN

Revive with coconut oil

If your wooden surfaces or leather upholstery are looking a little lacklustre, they probably just need rehydration and nourishment. But you don't need to splash out on fancy furniture polish or beeswax, as a little coconut oil will do the trick just as well. Start by giving the surface a wipe down with warm water and soap, and when dry, apply coconut oil to an old rag before thoroughly rubbing into furniture.



Use vinegar to naturally stain wood

If you have a wooden table that's looking patchy, or you just prefer a new finish, you can stain naturally with vinegar. Simply combine one cup of vinegar (balsamic for a dark effect, apple cider for a lighter colour) with one cup of water and leave in a bucket for 24 hours with a steel wool pad. Then paint this solution onto your wood - note: it will look significantly lighter when wet (not darker, as you may expect).



Remove stains and marks with everyday products

Forget the harsh chemicals, by mixing up a solution that's three quarters vegetable oil and a quarter vinegar, you can get rid of most superficial wood marks - just rub on and leave. For leather, try using lemon juice, or for tough stains, rub in alcohol.



Shine up glass and mirror surfaces

Got smears that just won't budge? Start with a microfibre cloth to remove dust, then mix a solution that's half white vinegar and half water in a spray bottle. Apply and then buff with microfibre. Finish with a rub of crumpled-up newspaper.



Fill nail holes with wood

What's the best material to fill a hole in wood with? Wood, of course. Depending on the size, use a toothpick, or wooden skewer to fill the space, cut it to the right size and fix with a little wood glue. Sand to finish.



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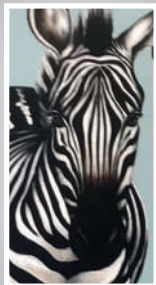


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Whether you want to give your existing pantry a makeover or create one from scratch, we can help you be the envy of all your neighbours with the below top tips.

THINK FUNCTIONALITY

Remember above all else a pantry should be an effective storage solution for any items that you do not want on show in your kitchen. Accessibility is vital; place heavy equipment at an easily reachable level, light items such as herbs and spices on the top shelves and any items you want your children to be able to help themselves to at the very bottom.

STYLE IT UP

Think of this space as an additional room in your house, it needs to have its own personality. Colour co-ordinated storage containers are a must; we

love pastel colours and mint in particular will make your pantry look fresh and clean. Feature wallpaper can be used to effectively inject some fun into this practical space, while well-placed lighting will brighten up any dark corners and help you keep track of all your kitchen supplies.

PLAN AHEAD

It is vital that you think about what you want from your new pantry before you storm ahead putting up shelves and picking colour schemes. You need to account for every cabinet, container and drawer to ensure you maximise the use of this amazing storage space.

ORGANISATION IS KEY

Labelling is essential, and we love chalk paint and pens for a homely yet stylish look that is easily changeable to adapt to your pantry. Glass jars offer visibility and stock rotation helps avoid food going out of date.



HOME & DIY

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Councillors honour memory of fallen soldiers

Little Chalfont and Amersham councillor Martin Tett was among those to honour the memory of fallen Buckinghamshire soldiers during a trip to Belgium.

With the sun shining down on the identical rows of gleaming headstones stretching as far as the eye could see, the mood was sombre and contemplative as the delegation of members from Buckinghamshire County Council silently paid their respects to those who lost their lives on the battlegrounds of Belgium during the First World War.

The group of councillors comprising chairman Netta Glover, vice chairman Brian Roberts, leader Martin Tett, cabinet member for health and wellbeing Lin Hazell, cabinet member for education and skills Mike Appleyard and Steven Lambert, leader of the

Liberal Democrats had been on a tour of battlefield sites in Belgium during Armed Forces Week.

During the tour, Netta Glover and Steven Lambert laid wreaths at the Menin Gate, Ypres.

The chairman also laid a wreath at the Tyne Cot Memorial at a commemoration ceremony for former Buckinghamshire County Council Weights and Measures officer Lance Corporal Arthur Ormerod of Mandeville Road, Aylesbury who was killed during the Battle of the Menin Road on September 20, 1917.

During the tour the group also visited many other sites including Lijssenthoek, Essex Farm, Langemark, Vancouver Corner, Brandhoek, Welsh Memorial, Polygon Wood, Nonne Boschen and Hooge.

Guides learn new bushcraft skills

Following tent pitching practice earlier this year, Guides in the Chalfonts took part in fire lighting and outdoor cooking.

David Willis, a teacher of bushcraft and wilderness living skills, led the evening.

David instructed the Guides on how to light the fire and all of them successfully managed to start a small fire using strike fire starters and some cotton wool.

Afterwards they cooked pancakes and elderflower and nettle fritters over the campfire.



Mother raising money following son's suicide

LOCAL NEWS



A mother from Chalfont St Peter is raising money after her son devastatingly committed suicide. Alex Selby, Clare Selby's son, committed suicide when he visited a friend in New Zealand and the pair fell out.

Alex was a pupil for three years at Robertswood School before the family moved to Shropshire.

When his parents divorced, Alex stayed near his friends in Shropshire with his dad. He later boarded at Thomas Adams House and at the time of his death was living with his stepmother in Shropshire.

He was due to start a new job in August as a trainee chef.

Clare and her partner were lent the large amount of money needed to travel out to New Zealand to see where Alex had died and to help the police with their investigation.

Alex arrived back in Chalfont St Peter on July 5. Clare said: "I am fundraising through Go Fund Me to pay back this money and maybe to help me with the cost of his funeral.

"Any excess money will be given to MIND, the charity for research into mental health.

"At some time in the future I would like to do something to raise people's awareness of the suicide rate in this country — it is the biggest killer of men aged between 18 and 41 — to make something good come out of this horrible event."

To donate, please visit www.gofundme.com/bringing-alex-selby-home

Road closed due to HS2 traffic concerns

A road in Chalfont St Peter has been closed following concerns of increased through traffic due to HS2 road closures.

The closure was proposed due to concern from the local community that Roberts Lane would be used for rat running following the temporary closure

of Chalfont Lane.

Buckinghamshire County Council proposed to introduce a Traffic Regulation Order (TRO) prohibiting vehicle using the section of Roberts Lane from Roberts Farm to Three Oaks Farm.

Mark Shaw, deputy leader and transport cabinet member, said: "Residents told us of their concerns that the temporary closure of Chalfont Lane by HS2 would push traffic along the very narrow Roberts Lane, so we decided to close a short section to ensure motorists choose other more suitable routes."

Gates in the road allow walkers, cyclists, pushchairs and wheelchairs through, and can be unlocked for maintenance vehicles.

New service launched to prevent homelessness

A new service is being launched by Buckinghamshire County Council to prevent vulnerable people in the county, including The Chalfonts, from becoming homeless.

Buckinghamshire Community Housing Support Service will provide support to people who are at risk of losing their home. The aim is to reach people before they reach crisis and become homeless.

They will then be supported for up to six months to reach a stage where they can resolve their housing situation and manage on their own again.

The service is being provided by charity P3 which has been delivering support services since 1972.

P3 will contact people in their home, over the phone, in group sessions or digitally. P3 will also make contact with people through a new mobile advice vehicle that will travel through communities.

Mark Simms, chief executive of P3, said: "We're delighted to be able to deliver this new service in Buckinghamshire.

"People reach crisis point for a multitude of reasons; money management problems, addiction, debt, health reasons or many other things. Our approach is to not offer a one-size-fits-all service, but to see each client as an individual and offer bespoke, tailored support to enable them to overcome their own personal barriers."



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Photo credit: Janet Walford

approved visits has increased and now also includes travel to the Rectory Meadow surgery in Amersham, Prospect House Eye Centre in Great Missenden and Harefield Hospital. For further information about how to join the scheme, please contact clerk@littlechalfont-pc.gov.uk or 01494 766655.

Village Day

Village Day in Little Chalfont was held on Saturday, June 16. The day started with the usual fun run in Westwood Park. There were lots of stalls in the village when the event kicked off at noon including the ever popular dog show on the village green and the bake off in the village hall. The scarecrow competition had the theme 'women in history' and had some excellent entries.

Community centre – new application

We are pleased to report that the planning application for the new community centre has been resubmitted to Chiltern District Council. At the time of writing, we are still waiting for the application to be validated but hope that the process will begin shortly. We will keep you posted on further developments with the application.

Taxi concessionary scheme

The taxi concessionary scheme, initiated by Bucks County Council Local Area Forum funding, was launched in Little Chalfont in January and already has a group of regular users. The scheme is available to residents of Little Chalfont who are 65 and over to offer support in travel to medical appointments. Following the launch of the scheme, the list of

Hedges and vegetation

The parish council is responsible for cutting the grass verges, footpaths and some hedges within the village. Please remember that householders are responsible for ensuring that hedges and shrubs on their borders do not cause a problem for pedestrians on footways. We do survey the area regularly, however, if you are aware of any areas that are particularly overgrown, please contact the parish office on clerk@littlechalfont-pc.gov.uk or 01494 766 655.



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Rotary Club funds school computer lab

The Rotary Club of Gerrards Cross and Chalfont St Peter has helped to fund a computer lab for a school in Haiti.

EduHaitian, which funds school and university scholarships, was able to build and install a fully functional secure computer lab thanks to the Rotary Club's £3,175 donation.

The last time the school and partners KoreTimoun had access to technology was in 2010.

Since the earthquake, the students in primary, secondary school and university have had no access to computers or the internet.

The computer programmes are up to date and the internet allows students to do research, write CVs, communicate with others globally, have fun and gain the essential skills for employment.

EduHaitian has also employed a computer teacher.

A spokesperson from EduHaitian said: "This project has been unfolding over many months and it is amazing to imagine the difference this will make over the long term. Thank you to the team at Gerrards Cross and Chalfont St Peter Rotary Club and Rotary International - your love and generosity is changing lives."

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TO THE POINT



David Martin, County Councillor for Chalfont St. Peter



LOCAL NEWS



Heathrow to expand, finally – but at what cost?

Approving large scale infrastructure projects in the UK usually takes a long time but this one, 50 years since it was first proposed, must be a record. Various options for a whole new airport have been forgotten in the mists of time – Cublington, Maplin Sands; and recently Boris Island in the Thames Estuary. Now in the House of Commons, 72 years after Heathrow opened for commercial flights, the Airports National Policy Statement has been passed by 415 votes to 119. The choice was to either extend Heathrow as our only airport hub or develop capacity elsewhere among other airports; and Heathrow won. The saga is still far from over however and legal challenges are likely to take years, with expensive lawyers set to pocket millions in legal fees, before the first spade even goes in the ground.

Over the years Heathrow expansion has cost many politicians their careers and it seemed that Boris Johnson was likely to join them. Boris vowed that to stop the project he would “lie down in front of the bulldozers”, so I believed he would at least show up in parliament for the vote. Conveniently he was

at the time in Afghanistan, thereby avoiding a choice of hypocrisy or resignation – actually only delaying his departure, as just a few days later he resigned over Brexit.

In addition to the destruction of localities and environmental damage, the new runway will decimate a large area of the Colne Valley Park. Of the nine MPs whose constituencies include areas of the park, and whose constituents will be most affected, only two voted against the scheme.

This project, like HS2, is (almost) too big to fail and the airport owners and developer consortia know it; but the principal issue is to my mind the lack of clarification over who is responsible if costs balloon beyond the official estimate of £15billion – and in something so big and complex, this is likely. We know for sure that the entire price of HS2, including all cost overruns (quadrupling original estimates), will be met by the taxpayer; but the Heathrow project is meant to be privately financed. It will be interesting, years hence, to read the report of the National Audit Office on the project, both in terms of value for money and the real cost to the taxpayer.

Photo Caption: Harmondsworth Moor is under threat from Heathrow's runway proposals – beneath six metres of concrete here.



@CllrDavidMartin

Crazy 'BOUT CORDEN



After upping sticks for the US three years ago, James Corden has become one of the biggest names in world entertainment, yet it's refreshing to find Uxbridge's most famous export hasn't lost any of his tenderness, humility or down-to-earth charm.

He presents one of the biggest talk shows in the world, stars in Hollywood blockbusters and calls Harry Styles his best mate. In December, he welcomed his third bundle of joy, Charlotte, and despite a burgeoning family life, remains hopelessly in demand for shows and events on both sides of the Atlantic.

With all the showmanship and perfect appearances that are required for TV work, it follows then, that if an opportunity arises to get a job done by putting in a little less effort, James Corden grabs it with both hands. Like his recent turn voicing the imitable Peter Rabbit in Sony's adaptation of the Beatrix Potter classic. 'Voicing' being the operative word. For to play the woodland scamp, the 39-year-old simply had to turn up in a recording booth... naked, if he wanted. "Any job where I don't have to make any effort with my appearance... where I can turn up looking like a hot mess, is fine by me," he laughs.

Cheeky, charming and affable as ever, it isn't hard to wonder why the star has enjoyed stellar success, though no one could have predicted he would crack America with such ease. But since taking over from Craig Ferguson as host of CBS's *The Late Late Show*, Corden's fanbase has swelled, as has his bank balance. His popularity is mostly down to a perfectly delivered, self-deprecating sense of humour, though is helped along by an impeccable contacts book, which has seen the likes of Justin Bieber, Mariah Carey and Adele booked for his brilliant *Carpool Karaoke* skit.

But away from the glaring spotlights, Corden likes to keep his life simple. Yes, he is mates with some of the biggest stars going, but outside of work the Brit loves nothing more than relaxing at his home in LA with wife Julia Carey, children Max, seven, Carey, three, and their recent new-born. Family life provides a necessary anchor in the sea of celebdom, as he jokes that his kids don't give a fig about his illustrious career. "They've got bigger fish to fry - I'm just dad. I do the dishes and make funny faces; that's all I'm good for," he jokes.

Having made his name in the late 1990s with the BBC Three sitcom *Gavin & Stacey* - which he co-wrote and starred in with his *Fat Friends* co-star Ruth Jones - Corden is living proof that anything is possible. For here is a man who started out with no connections to Hollywood, and who certainly doesn't boast the looks of your average film star. Yet his last role was opposite some of cinema's hottest and most celebrated stars, in the *Ocean's 8* all-female reboot starring Sandra Bullock, Cate Blanchett and Rihanna.

"*Ocean's 8* was really fun," he says with a grin. "I mean, with a cast like that, you know it's going to be incredible.

"I still count myself as lucky every day. To be successful is all I wanted, but as time goes on, you come to realise that to be happy and to feel loved is much more important."



Photo credit: Coco Van Oppens, Adrian Rogers, Bret Hartman



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GARDENING

BECOME AN Eco Warrior

WITH YOUR VERY OWN ALLOTMENT SHED

Do you have a love for all things homegrown and fancy dipping your toes in sustainable living but don't have a lot of outdoor space? Building or converting an allotment shed could be the perfect solution for you.

Utilise recycled materials

In keeping with the sustainable vibe, try to source as many recycled materials as possible; old pallets are perfect for building a shed from scratch, used tyres are ideal to create raised vegetable beds and recycled water bottles make great hanging planters.

ambience and to allow you to enjoy the space late into the night without any detrimental effects to the environment. For the winter months a wood burning stove is a must-have; logs are considered a carbon neutral fuel and therefore much greener than gas or electric heaters.

Create space to escape

It is just as important to create a place to relax in your shed as well a place to store your garden appliances and grow produce. Don't shy away from interior design; injecting your personality into your shed will make you want to spend more time in it, as will a comfy, upcycled chair.

Know your limits

Building a green space on your shed roof is a brilliant way to create an allotment with limited space, but this type of project is not for beginners. Drainage, weight distribution, possible planning permission and choosing suitable plants are all important factors. If you are not an experienced gardener then it might be best to start small with a selection of veg you can grow in your shed such as tomato plants, lettuces, potatoes and a selection of herbs.

Be environmentally friendly

Lighting can transform a shed from dank and damp to warm and inviting; invest in solar panels to create





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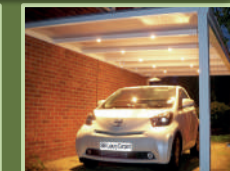


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The thought of a cool glass of Pimm's on a hot summer's day is enough to send anyone running to their nearest supermarket. And although we love a classic Pimm's, we have three fabulous alternatives using summer fruits and herbs that are perfect for impressing your friends.

Pimm's Ginger & Peach Punch

YOU WILL NEED:

260ml Pimm's | 750ml ginger beer | 500ml lemonade | Mint leaves | 2 peaches, halved, stoned and cut into thin wedges | Ice cubes to serve

HOW TO MAKE:

Put peach wedges into a cocktail pitcher | Add a generous handful of ice cubes | Pour in Pimm's, ginger beer and lemonade | Top with mint leaves



Pimm's Tropical Fruit Fusion

YOU WILL NEED:

400ml Pimm's | 800ml pineapple juice | 200ml sparkling grapefruit juice drink | Half a chopped mango | 1 sliced kiwi fruit | Quarter of lime | Mint leaves | Ice to serve

HOW TO MAKE:

Pour the Pimm's and pineapple juice into a cocktail pitcher | Add the mango, kiwi and ice cubes | Squeeze in lime juice and then throw in the wedges with the mint leaves | Top up with the sparkling grapefruit drink, stir and enjoy



Pimm's-icles or Pimm's Ice Lollies

YOU WILL NEED:

500g of halved strawberries | 10 mint leaves | 75ml Pimm's | 100g caster sugar | 20 thinly sliced cucumber pieces

HOW TO MAKE:

Blend the strawberries and mint until smooth | Pour the mixture through a sieve to remove any seeds | Stir in the Pimm's, lemonade and sugar until dissolved | Add the cucumber pieces to 10 individual ice lolly moulds and pour over the mixture | Freeze for 45 minutes and then insert lolly sticks | Continue to freeze until solid | To serve, dip the mould in hot water, then slowly remove the lollies



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Did you know that by simply applying a tinted primer before your foundation you can mask a multitude of skin complaints? Start using colour correction for a perfect complexion today.

PURPLE FOR SALLOW SKIN

If you are fair-skinned and prone to unwanted yellow undertones, purple and lavender shaded correctors are what you need to achieve brighter, glowing skin.

GREEN FOR ACNE-PRONE SKIN

Skin that is prone to acne, rosacea or even blushing can benefit from a green primer as it can help to mask any redness on your face. If using a green primer, always apply foundation afterwards as it can make you appear ill when used on its own.

PINK FOR TIRED-LOOKING SKIN

Had a few too many late nights? Too little sleep combined with sugary foods that you have most likely consumed for a much-needed energy boost can leave your skin looking dull and exasperate any early signs of ageing. Pink primers add luminosity to all skin tones which will help disguise any fine lines and leave you looking fresh even if you are not feeling it.

YELLOW FOR VISIBLE BLOOD VESSELS

Those with light skin can struggle to hide unsightly blue-purple blood vessels that are sitting beneath the skin. Yellow primer can help minimise the appearance of dark blue tones without the need for excessive concealer.

Darker skin tones can also take advantage of this shade of primer by using it to enhance their naturally darker complexion beneath foundation.

PEACH FOR SUN-DAMAGED SKIN

Sun worshippers can use peach primer to hide the detrimental effects of the sun on their skin such as age spots, dark circles and any unwanted pigmentation. However, this only masks sun damage, so always protect your skin from the sun with a suitable sunscreen.

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Travel BUG



If travel sickness means you dread long journeys, these helpful dos and don'ts may serve you well on your next vacation.

- ✔ DO choose the best seat. The front of the car, the middle of the aeroplane over the wing, or the lower levels of a ship are where you should be.
- ✔ DO have a steady flow of fresh air.
- ✔ DO be prepared. If you are prone to sickness, take antihistamines the night before, then on the morning of your trip. If you only think you might be sick, pack hyoscine tablets such as Kwells, which can work within 15 minutes.
- ✔ DO dose up on ginger. Studies have shown that this warming spice can really help travel sickness. So, take ginger capsules half an hour before travelling, have ginger candies in your bag (from health food stores) and if you are sick, drink plenty of water to overcome the effects.
- ✔ DO trust in acupressure. Travel bands around your wrist work by stimulating a specific pressure point; but if you don't have these, try holding your thumb firmly on the middle of the underside of your wrist.
- ✘ DON'T sit backwards. These conflicting motion cues can discombobulate the hardiest of traveller.
- ✘ DON'T have constant air con on. The cold air will dehydrate you and the warm air will increase your sense of nausea.
- ✘ DON'T suffer in silence. Strike up conversations, play games and do whatever you can to stop your mind fixating on the sickness.
- ✘ DON'T eat too much pre-travel. If you know you are prone to sickness, eating a huge greasy meal before you start, or travelling hungover, will make your life hell.
- ✘ DON'T be ashamed. Worrying will only make your sickness worse, so take precautions and carry sick bags just in case... but mostly, relax.

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TRAVEL

MASTERING THE BASIC Languages

Travelling to a new country can be a daunting experience, especially if you have a family to look after or are travelling alone. However, simply learning a few basic words and phrases before you go can make the world of difference when you first arrive in an unknown environment.

3. How much is this? – What is a holiday without a little bit of shopping? Learning how to ask how much something costs is a key phrase when trying out the art of haggling.

- Spanish:** ¿Cuánto es? (koo-ahn-toh es)
- French:** Combien ça coûte? (kohn-byan sa kooht)
- German:** Wie Viel kostet . . . ? (vee feel kos-tet . . .)
- Italian:** Quanto costa? (kwahn-toh koh-stah)
- Turkish:** Ne kadar? (nay-kad-ar)

4. I am sorry - Always a good phrase to know where ever you are in the world.

- Spanish:** Lo siento (Loh syehn-toh)
- French:** Je suis désolé (zhuh swee day-zoh-Lay)
- German:** Es tut mir leid (es tuet meer lied)
- Italian:** Mi scusi (mee skooch-zee)
- Turkish:** Özür dilerim (ouz-ur dilL-ear-im)

Other useful phrases you may want to look up include;

- Where is the bathroom?
- I need help
- Where is the nearest hospital?
- I don't understand

1. Let's start with an obvious one, *Hello*. It is common courtesy at the very least to know how to greet people when visiting their country. It will instantly put a smile on yours and their faces if you can say hello in their language.

- Spanish:** Hola (oh-Lah)
- French:** Bonjour (bohn-zhoor)
- German:** Hallo (ha-Loh)
- Italian:** Ciao (chou)
- Turkish:** Merhaba (mare-ha-ba)

2. Goodbye – In many cultures it is considered rude to not say farewell to someone when leaving them so make sure this is one of the phrases that you learn and remember before travelling abroad.

- Spanish:** Adiós (ah-dee-ohs)
- French:** Au Revoir (ohr-vwahr)
- German:** Auf Wiedersehen (ouf vee-der-zey-en)
- Italian:** Arrivederci (ahr-ree-veh-dehr-chee)
- Turkish:** Hoşçakal (hosh-cha-kal)



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HAIL MARY

THE QUEEN OF THE HIGH STREET WAXES LYRICAL ON BUSINESS, LIFE AND FACING FEARS



From humble beginnings in Watford, retail expert and TV star Mary Portas has rose to the highest heights.

Her stellar career has seen her become a board member of Harvey Nicholls by the age of 30.

She went on to run her own highly successful retail consultancy and star in popular shows on national TV.

At a recent conference she talked candidly about her past, present and her brilliant approach to business you couldn't help but be moved, motivated, entertained and inspired. Especially as Mary is such a powerful advocate of empowering women in society to soar to heights unimaginable in less enlightened times.

Here are some of the gems from Mary. Not only do they help people in business, but they are wise words to help us all get the most out of all aspects of our lives.

Mary's background was an interesting one.

Her story started on the tough streets of Belfast during the time of the Troubles.

Sectarian violence was a daily occurrence. And Mary's parents were that often targeted rarity – a cross sectarian relationships between a Catholic and a Protestant.

To escape the troubles her family moved to England. It was a toss up between Watford and Dagenham. Watford won, and the Portas family moved into a terraced house in Windsor Road.

But the stability of her family life was shattered when her mum died. Mary was only 16 years old.

Her grief-stricken father died just three years later.

At just 19 years old Mary was thrown into being the head of her family.

But rather than shrink she grew quickly into the challenge. The rest as they say is history.

A super successful career, massively popular TV shows, a respected figurehead and champion of independent businesses, a mum, partner and loyal

friend – it's fair to say this Wonder Woman has done well, very, very well.

HERE ARE PORTAS POWER POINTERS:

• **When a business is not making money, you must take risks.**

• **Be relentlessly persistent** – she phoned Harrods dozens of time looking for a job – finally she got one at the world's most famous store.

• **Always innovate in your business and life**

• **Get people excited about what you do**

• **Only do things that make your soul sing**

And one final gem from Mary... She told a story about how terrified she was before her interview as a talented youngster at the world famous Royal Academy of Dramatic Arts.

Almost paralysed with fear her tutor told her a poem that she has never forgotten and we'd all do well to remember when faced by fear and seemingly an overwhelming situation.

Here it is in all it's beautiful brevity.

**Come to the edge,
we might fall...**

**Come to the edge,
it's too high...**

**Come to the edge...
and they came,
and he pushed,
and they flew.**

CHRISTOPHER LOGUE

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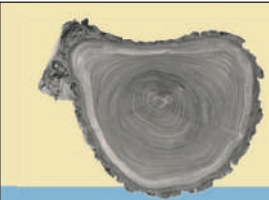
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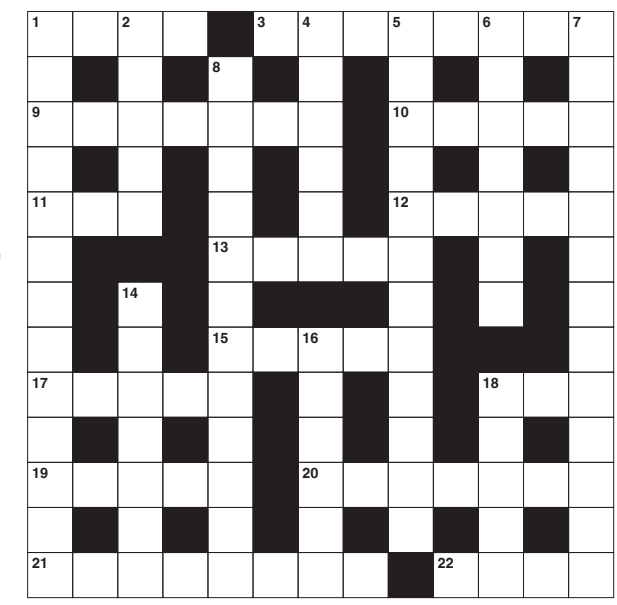
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- Moved through water (4)
- Fighters (8)
- Annoying (7)
- Spring flower (5)
- Definite article (3)
- Possessor (5)
- Recommended strongly (6)
- Silk fabric (5)
- Data entered into a system (5)
- 23rd Greek letter (3)
- Prize (5)
- Break a rule (7)
- Outer (8)
- Pottery material (4)

DOWN

- Perfect likeness or double (8,5)
- Foot joint (5)
- Getting older (6)
- Evergreen shrub (12)
- Elongated rectangles (7)
- Magnificently (13)
- Spanish adventurer (12)
- Irrelevant pieces of information (6)



- Insert in a person's body (7)
- Jewel from an oyster shell (5)

DID YOU KNOW

- ▶ Indonesia has around 120 active volcanoes.
- ▶ The Maldives will one day disappear as it will be swallowed up by the sea.
- ▶ Almost all of the electricity produced in Norway is clean and renewable.
- ▶ The Great Wall of China is over 13,000 miles long.
- ▶ Spain produces nearly half of the world's olive oil.
- ▶ Dubai has several of the tallest buildings in the world, including the tallest structure and tallest hotel.
- ▶ There are more than 300 languages spoken in London.
- ▶ The water of geysers in Iceland are around 100 degrees Celsius.

SUDOKU

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5 POISONOUS PLANTS

Beware the hidden dangers that are lurking in your garden which could prove fatal to your beloved family pets if consumed. We have identified the most common garden plants which could poison your dog or cat to help you keep your animals safe.

1. TULIPS

From the stem to the petals, the tulip flower is toxic, but the bulb specifically is poisonous to dogs and cats and when consumed will result in a nasty case of nausea, mouth irritation and excessive drooling. If you are a horse aficionado, it is worth noting that this flower is toxic to our equine friends also.

2. TOMATO LEAVES

If you are a keen allotment gardener, always ensure that your tomato plants are not accessible to either cats or dogs as the leaves of this plant are toxic to them.

3. AUTUMN CROCUS

This variety of crocus is extremely dangerous for both cats and dogs and if ingested can lead to liver and kidney damage, seizures and even death. The spring crocus is not without fault as it can still cause vomiting and diarrhoea but doesn't lead to fatalities.

4. LILIES

The beautiful lily flower is a complete no-no for any cat owners as every part of this plant is toxic to them; as little as one petal can make them very ill indeed. Certain varieties are also toxic to dogs.

5. FOXTAILS

This common perennial grass weed that can grow up to two feet tall is incredibly harmful to dogs. Most likely to be found in open fields but it could be growing in your garden, this weed shows itself in the form of a spikelet that carries the foxtail seed. This seed, if buried in your pets, can lead to infections, abscesses, perforated lungs and eventually death.



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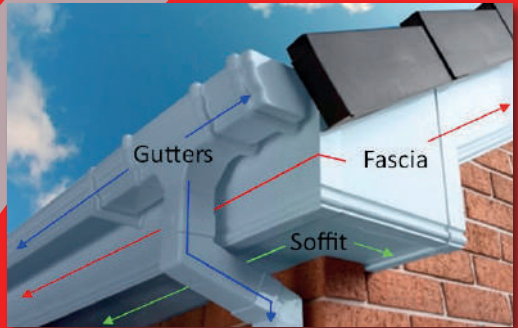
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