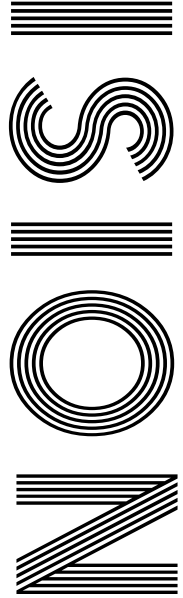


2020
VISION

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BEFORE



AFTER

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AFTER



BEFORE



AFTER



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Editor's notes...



Nik Allen, Editor

Hello and welcome to the first edition of **VISION** ChelmsfordBeaulieu, the new voice of your neighbourhood.

It is a real pleasure to have ChelmsfordBeaulieu as part of the **VISION** Family that, in Essex

alone, already features nine other titles.

Our promise is a simple one: to deliver to the people of Chelmsford and Beaulieu a magazine that showcases the very best local news, events, community issues and lifestyle content. All this landing free on your doormat, every month.

VISION has built itself on a passion for being hyperlocal and 100 per cent relevant.

Across our many existing titles, we know readers want to connect with each other; they want to know about the good, the bad, and yes, sometimes even the ugly; they want to shop nearby and use local tradesmen connected with this great community, whether that's having a latte at an independent coffee shop or finding a local group where they can meet people and learn new skills. You'll find this and much more in **VISION**.

Most importantly, this is your city and your magazine; so if you have a local news story, an event that needs publicising or just want to get something off your chest, please get in touch and let's begin the conversation.

Thanks for reading, and I hope you enjoy **VISION** ChelmsfordBeaulieu. Until next month, take care of yourselves and each other.

Nik



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 Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry
 CO-ORDINATORS | Rebecka Fryer, Amy Pollard
 CONTRIBUTORS | Tabatha Fabray, Tim Green

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

ACROSS: 1. MOCK, 3. SANCTIFY, 9. COMPART, 10. NASAL, 11. INCOMPATIBLE, 13. ACCEPT, 15. LESSEE, 17. WHOLEHEARTED, 20. CUBIT, 21. OILSKIN, 22. EXTENDED, 23. ONLY
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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.britishtennotes.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.

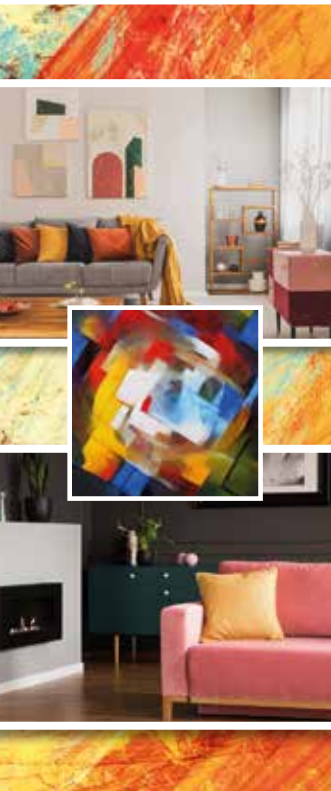
For the likes of Jackson Pollock and Mark Rothko, abstract expressionism was a way to defy the confines of post-war time life in 1940s New York through an art form which was deeply personal, spiritual and often unfathomable to anyone but the artist. Similarly, getting a little abstract with your décor 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.



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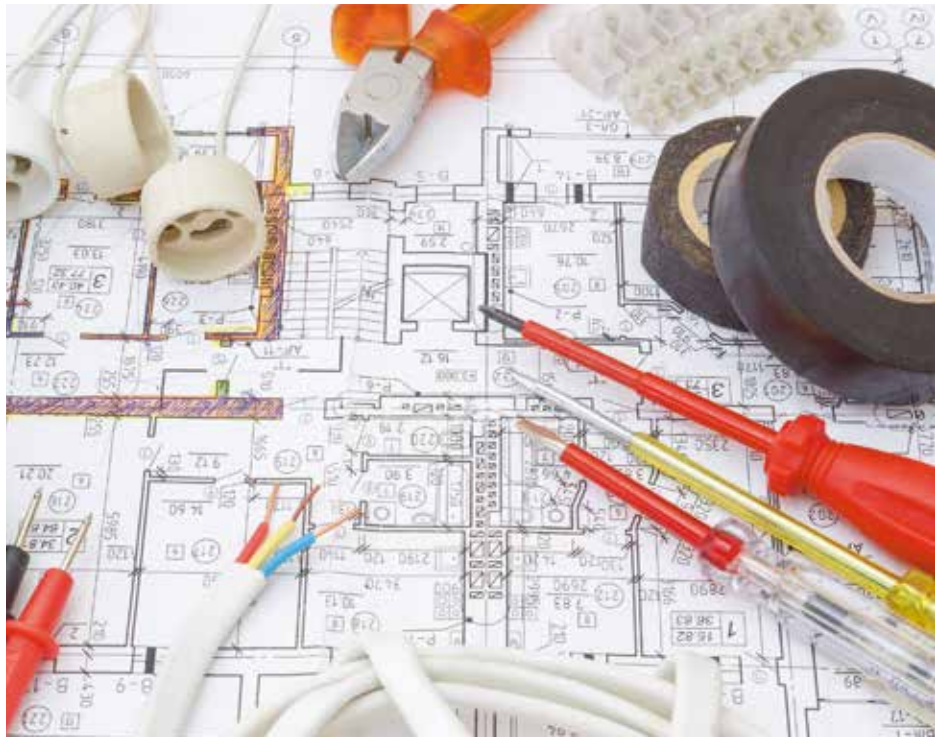


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DESK DESIGNS FOR SMALL SPACES

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.

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.

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.

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.

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

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





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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Broken Or Damaged Windows? Faulty Locks, Handles, Hinges?

LOCAL NEWS

from your neighbourhood



Views invited on new bridge and road for city waterfront

A new bridge and access road is being proposed for Chelmsford's waterside area, where the Rivers Chelmer and Can meet near Wharf Road.

The area, near the Essex Record Office, was identified in the Chelmsford Local Plan (which was adopted in May 2020) as a key location for housing development in the city centre. It is made up of various parcels of land, including the former gasworks site. There is the potential to deliver up to 970 new homes over the next 10 years.

The proposed new access road and bridge are required to provide local access to the new neighbourhood. Later this year, a planning application will be submitted. Before the application is submitted, the city council is engaging with residents, businesses and stakeholders to set out the key issues that will be considered as part of the planning application for the

road and bridge project.

Councillor Chris Davidson, cabinet member for a fairer Chelmsford, said: "There is an opportunity to turn a former industrial site into a great new quarter with homes, businesses and public areas on the waterfront. We are determined to ensure that we put in an attractive infrastructure first, so this is a real improvement to the centre of our city."

Interested parties are invited to give their feedback on these infrastructure proposals in an online consultation that will run until midday Monday, August 24.

Visit chelmsford.gov.uk/waterside to read the documents, make comments and register to be notified when the planning application for this scheme is submitted. If you require further information or wish to discuss the proposal in more detail, please contact economy@chelmsford.gov.uk

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Lights, camera, action for city filmmakers

LOCAL NEWS



A group of filmmakers in Chelmsford is preparing for its first feature film.

Electric Copper Films, which has been running for almost two years, is a family-run business with a passion for moving images.

Tina Emmett, producer, explained what she and her husband Ben Cohen, writer/director, are trying to achieve.

She commented: "Essentially we try to tell stories, whether in the music videos we do for the plethora of talented musicians and songwriters in Essex, or in the community with a variety of local businesses and charities that we have filmed promotional videos for."

The company has an extended group of actors it works with and rehearsals are expected to start soon for *Stand Still*, Electric Copper's first feature film.

Tina explained: "The script was already in a rough draft before lockdown, and the financial and social upheaval we've experienced lately chime ominously with the film's themes, namely isolation, perversions and racism. But don't worry, it's a comedy. We've got a great cast and crew primed to begin rehearsals just as soon as we can safely do so."

Tina said Electric Copper is set to begin crowdfunding to raise the £15,000 needed for the film.

She added: "We are searching for that oh so special location. We're currently testing some of the special effects at home; and it's not an exaggeration to say that we are chomping at the bit to make this unusual and cool film. Trust us – it's going to be good."

Chief constable assists with arrest in city centre

Essex Police chief constable BJ Harrington wasn't afraid of getting stuck in when he joined his colleagues to make an arrest while on patrol in Chelmsford City Centre recently.

Sergeant Graham Thomas and police constable

Casey Armstrong were accompanying the chief constable out on patrol in Chelmsford on July 28, as the force marked a year since Town Centre Teams were created.

Together with his two colleagues, Mr Harrington arrested a man of no fixed address on Springfield Road on suspicion of a public order breach following reports that a man had failed to heed warnings from police community support officer (PCSO) colleagues to stop swearing in front of children.

Following the arrest, the Chief Constable and Sgt Thomas escorted the man to a police vehicle to be taken into custody.

Sgt Thomas, who leads the Chelmsford Town Centre Team, has been responsible for 33 of the team's 123 arrests over the past year.

Town travel agent in running for national recognition

A travel agent in Chelmsford who specialises in luxury tailor-made holidays and adventures worldwide is set for a memorable end to the year after he was nominated for a prestigious national award.

Daniel Salmon, founder of Never a Wasted Journey, has been named a finalist in the Service Excellence category at the National SME Business Awards 2020, with the final to be held at Wembley Stadium in December.

He said he is delighted.

Daniel commented: "Having gone above and beyond to support my clients in making the right decisions over the last few months, while being as flexible as possible as the current situation evolves, I am thrilled to be recognised with such a prestigious nomination."

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LOCAL NEWS



Station and bypass plans launched following investment

Plans for Beaulieu Station and a Chelmsford North East Bypass have launched to the public in a specially created 'virtual village hall' event, following the award of £218million of government funding.

Welcoming the launch, councillor Kevin Bentley, Essex County Council deputy leader and cabinet member for Infrastructure, said: "The new bypass and station are important pieces of the jigsaw in how we support and manage the growth of Chelmsford and the surrounding areas over the coming years.

"The station will help reduce pressure on Chelmsford Station and the need to drive into the city centre. It will also provide a transport hub for people travelling on the Great Eastern mainline and into London or wishing to access public transport or walking and

cycling networks.

"The bypass will enhance our strategic road network between Chelmsford, Braintree, London Stansted Airport and the wider area as well as improve congestion around the surrounding villages by taking traffic off the local roads."

The new 8km bypass, running between the A131 close to Great Leighs and the A12 at Boreham, will remove traffic from the B1008 in Broomfield village, Essex Regiment Way and rural routes to the east and west, while supporting the ongoing development of Beaulieu. The provision of the bypass will also support and encourage sustainable transport options.

For more information, visit www.essex.gov.uk/chelmsford-north-east-bypass

Season preparations continue for Clarets

Chelmsford City FC's preparations for the new season have continued by confirming the signing of former Reading striker Adam Liddle.

After a spell at League of Ireland side Derry City, where Liddle was playing until coronavirus suspended the football calendar, he has now joined the Clarets and admits he's excited for a potential promotion push.

Speaking via the club's website, Liddle said: "My aim for the season as an individual is to score lots of goals, but more importantly it is to win games as a team and help the push for promotion.

"The type of player I am is a hard working one who loves to press from the front. My style is to run behind, but also to be that fox in the box."

During the last season with Derry, Liddle played in front of crowds of more than 6,000 people.

Meanwhile, departing the club is midfielder Chris Whelpdale, who has signed for Eastbourne.

He made his debut against Hungerford Town in 2018 and went on to make 77 appearances overall, scoring an impressive 21 goals during that time.

He also managed to earn a spot in the National League South Team of the Season in his debut campaign.

Manager Robbie Sampson said: "Whelps has made up his mind to sign for a club closer to home in Brighton.

"We thank him for his service for the Clarets and wish him all of the best at Eastbourne."



Students celebrate maths performance

LOCAL NEWS



Staff and students at The Beaulieu Park School are celebrating after it was placed in the top 10 per cent of 1,700 schools across the country who use Hegarty Maths, an online maths platform with a mission to positively and materially change maths education at scale in the UK.

The school tweeted its congratulations to students. It read: "Beaulieu is a Hegarty Maths Super School. Well done everyone – the next generation of Mathematicians @hegartymath"

Hegarty Maths has won backing from across the country, including multimillionaire Richard Branson.

New climate change champion appointed



People in Beaulieu who are passionate about climate change can voice their concerns to a new climate ambassador, appointed by Chelmsford City Council.

Councillor Tom Willis (pictured) will work closely with councillor Rose Moore, the cabinet member for Greener and Safer Chelmsford, and the Love Your Chelmsford team, to engage with the wider community about the climate emergency and the role

we must all play.

The appointment was made at the Chelmsford Full Council held online last month.

The role will create links with parishes, community groups, schools, businesses, faith groups and more.

Cllr Rose Moore said: "I am delighted to nominate cllr Willis for this role. His passion for the environment and his deep awareness of the damage we have done to the planet is evident and it is always moving to hear his wisdom. It will be an honour to work alongside him."

Cllr Willis added: "I'm delighted to take up this role, to be a link between the council, which has declared a climate and ecology emergency, and the wider community. We will be setting up meetings to discuss how we can work together to combat climate change in Chelmsford.

"The news has been dominated by coronavirus for months, but climate change will be longer-lasting and remains the biggest medium-term threat to our way of life."

MP welcomes government minister to city

Vicky Ford, MP for Chelmsford, welcomed housing minister Chris Pincher MP to Beaulieu Park at the end of July.

On her social media pages, Vicky Ford explained the reason for the ministerial visit.

She wrote: "Great to have the housing minister Chris Pincher in Beaulieu Park, Chelmsford today, seeing how our community has grown, meeting the team building new affordable housing, hearing how local residents have supported each other during the pandemic and a good chance for me to explain why our new railway station is so vital."

Beaulieu Park is a modern development built in the early 2000s. The initial phases comprised mainly four- and five-bedroom homes. It features its own park and open green spaces which include a vista towards New Hall School.



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AUGUST BIRTH FLOWER OF THE MONTH:

Gladiolus

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.



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Nick from Chelmsford

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Biodegradable Urns



One of Secure Haven's founders, Cheryl Yarwood, is a manufacturer and importer of memorial products. She has widely sourced the perfect solutions for post cremation products which can be viewed at our premises in Broomfield, Chelmsford.

As part of our range, we offer a wide selection of beautiful biodegradable urns so that those wishing to return their loved ones to nature can do so in a compassionate and respectful manner. We have outlined each biodegradable urn below:

BIOS URNS

The Bios Urn is a biodegradable urn designed to turn the ashes of your loved one into a memorial tree. This funeral urn is built from biodegradable materials, such as cellulose and natural fibres.

SPIRITREE

Spiritree is an organic shaped container designed to function as a biodegradable two-piece funeral urn that facilitates the growth of a living memorial.

LIMBO OLEA URN

The Limbo Oléa Urn allows for the dignified and ceremonial laying to rest of adult ashes or a large

pet. This innovative urn can nurture the growth of a living memorial or be used for the committal of ashes to water.

LIMBO WATER SOLUBLE URN

This 100% water-soluble urn allows for the dignified and graceful laying to rest of adult, infant and pet ashes at sea or in fresh water.

LIMBO GEOS URN

This innovative urn is produced to nurture the growth of a living memorial using a loved one's ashes. This urn may be buried alongside an existing tree to aid on-going nutrition.

Secure Haven supply free tree seeds including: Beech, English Oak, Norway Maple, Ginkgo Biloba. These seeds can be germinated in an indoor environment during the year to grow into a healthy sapling and then planted with the Bios Urn.

For more information on prices and to arrange to view the collection, please contact Secure Haven on 01245 377077 or email for a digital brochure of our full range of products at enquires@securehaven.co.uk.

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safe until such time as decisions have been made.

These simple oak-lined niches are deliberately kept modest and have individual locks. Each niche has two keys - one kept by us securely in a safe and one is kept by you. Niches

can be visited (by appointment) and can also be personalised with a letter or photograph.

The use of the niches is also available to those who haven't used our funeral services, this can be as long as required and costs just £1 per day. If you wish to store ashes with us for a year the charge is £360 inclusive of a beautiful brass urn.

For more information regarding Secure Haven's private ashes storage, please contact us via 01245 377077 or email support@securehaven.co.uk.

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.”

“
For me it's always
been about grabbing
as many opportunities
as I can. 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.”

”



PUZZLES & TRIVIA

PUZZLES

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)

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

DID YOU KNOW?

- ▶ 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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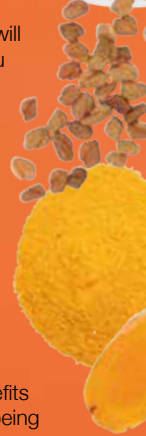
FIVE FOODS TO DEFEAT THE HEAT THIS SUMMER...

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



FOOD & DRINK

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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Going back 120 years to trace the roots of our most famous drink import

You wouldn't ever think to label Coca-Cola a 'slow burner'. Whether it's the bubbles or the sugar rush that accompany the world's best-selling soft drink, it's immediacy is a big part of why we love it so much.

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.



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.

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.

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.



PET Sounds



How our pets communicate with each other, and what it is they say

While the very fabric of our society is built on the way we communicate, scientists have always been rather less certain when it comes to the animals we share our lives with.

What is clear is that cats and dogs have methods of conversing with each other which, while not breaking into full conversation, does imply a heightened sense of intelligence and social awareness compared to the likes of hamsters, rabbits and goldfish.

While the trademark meow and bark sounds do not convey definitive messages as do the words we use as humans, the vocalisations are known to reference and communicate such things as pain, fear, relief, satisfaction and, of course, aggression.

In other actions – from rubbing noses to wagging tails and lifting paws – there are unspoken gestures that pattern emotions, while any snuggling up together, grooming or even lying near to each other implies obvious comfort and contentment.

It's also worth keeping an eye on a pet's ear position, where surprise, alertness, curiosity and danger can be detected by position and angle.

Perhaps, however, the most advanced form of communication between animals of the same species comes as pheromones. Evolved over thousands of years, these odourless and colourless secretions are the most calming method of letting another animal know they are not under threat.

As for our other household pets, hamsters have scent glands and the ability to detect a friend by the odour of its breath, while rabbits use smell and physical cues. Finally, bird call notes and song can be a tremendously effective method of conveying anything from danger to an alert to food, perhaps a mating call or just a nod to others that they are present and have survived the night.



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BREATHE IN THE TAPORS

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'.

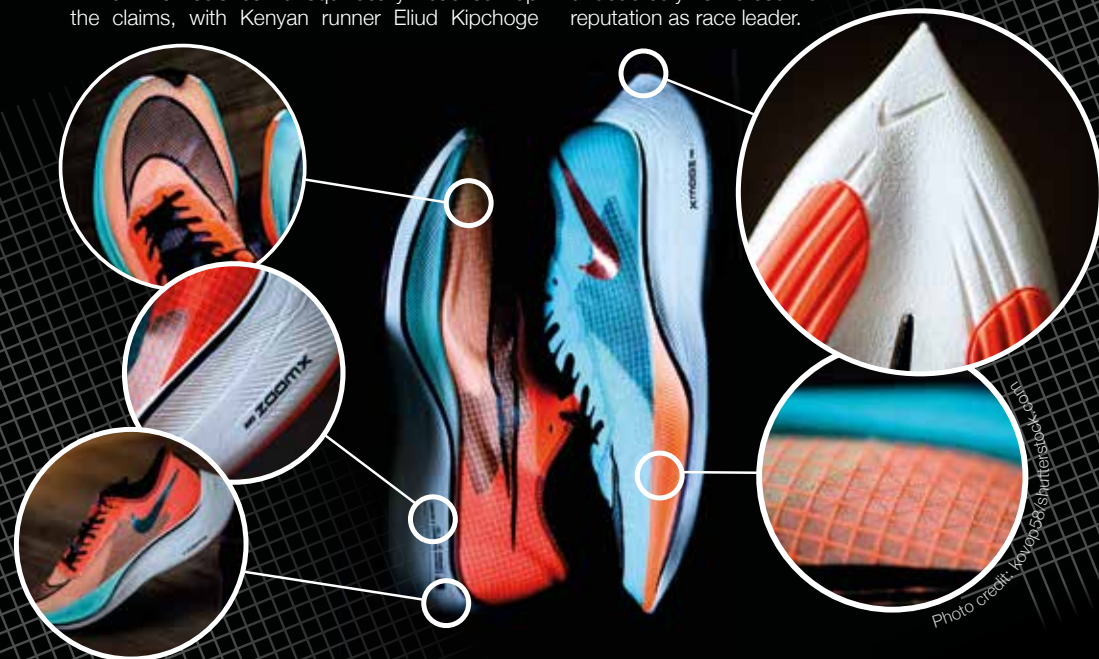
And the science unequivocally backed up the claims, with Kenyan runner Eliud Kipchoge

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 Mail, Nike has undoubtedly reinforced its reputation as race leader.



HEALTH & FITNESS

Photo credit: <https://www.pexels.com/photo/running-shoe-1090958/>



Don't fear KEFIR

You'll have seen kefir in and around those uber-healthy supermarket aisles, you'll have heard it mentioned on fitness videos, you'll have seen it lauded on Twitter and Instagram... and all this for a bit of cultured milk?

Kefir originates from the mountainous region that divides Asia and Europe. The raw kefir grains are added to milk, where they set about consuming the lactose present. The result is a fermented drink loaded with yeast and healthy bacteria.

As a fermented milk liquid it probably sits closer to yoghurt than anything else, though its thin consistency makes it perfect to swig. The result is a tart, slightly sour but not unpleasant taste that features a lingering fizz on the tongue (thanks to the carbon dioxide present).

Traditional kefir (the word comes from 'keif', the Turkish word for happiness) uses grains mixed with whole cow's milk, but the evolution of our dairy products means it is now found combined with goat's, sheep's, coconut, rice and soy milk.

As for the health benefits, well, where do you want to begin? It is a great source of protein, calcium and probiotics (friendly bacteria), so the effect on our guts is huge, with better digestion and reductions in IBS symptoms.

Add in a lowering of blood pressure, better cholesterol balance and blood sugar management, and it's little wonder this 'whole grain solution' has revolutionised the health and well-being market.

And yet, perhaps the best thing of all is that you can make it yourself at home. You'll need to ensure correct temperatures and sterile equipment, as well as keeping a close eye on fermentation times, and while the grains are expensive at first, they'll keep feeding, meaning you can use them over and over again.



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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.



Pleats

FOR ALL OCCASIONS

Pleats are officially back in style for summer/autumn 2020 and we couldn't be any more excited about this surprising resurgence. Flattering, versatile and offering a sexy yet understated vibe, you can wear a pleated skirt anywhere, as long as you know how.

How to wear the pleated skirt:

Whether you are invited to a party, are heading for a picnic in the park or have an important meeting at work, you can find the perfect pleated skirt outfit combo for you.

Daytime chic – Team a pastel-coloured midi pleated skirt with a stripy blazer and ankle boots for a smart yet effortless look that will work just as well for lunch with the ladies as it will for a presentation with the boss.

Evening glam – Opt for a black satin pleated skirt that cinches you in at the waste and gives you killer curves and team it with a cropped top and a pair of stiletto heels for an instant vampish vibe.

Casual cool – Who says you can't wear a skirt for a stroll in the woods? The trick to toning down the pleated skirt is to add a simple fitted tee, an oversized denim jacket and a pair of fresh white trainers.

Choosing the right pleat for your shape:

- Regular pleat** – Depending on where the skirt is pleated, you can choose to emphasise your hips, waistline or bottom, making this pleat ideal for most body types.
- Box pleat** – Best for those with narrow hips and slender waists.
- Kick pleat** – Normally found on shorter skirts, this style is ideal for apple body shapes.
- Inverted pleat** – Most often worn at knee length, the inverted pleat is best suited to pear-shaped women.
- Knife pleat** – Another mini style; if you don't mind showing off your legs.
- Accordion pleat** – Full and feminine, this style suits everyone.

“Love the world again,
don't be afraid of it.”

As hotels around the globe begin to unbolt their doors, there's no denying that travelling the world has become more complex. Expert help and guidance, with that all-important human touch, will be a prerequisite to making your travels as seamless as possible in a world where transcending borders is now more intricate.

I'm here, whenever you're ready, to decipher the wealth of information and what that means for you - selecting the right experiences to ensure the safest and most private travel possibilities so you can love the world again.

I know you have choices, but thank you for shopping local and enjoying a service from someone who truly appreciates your business.



Dan Salmon, Owner



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.



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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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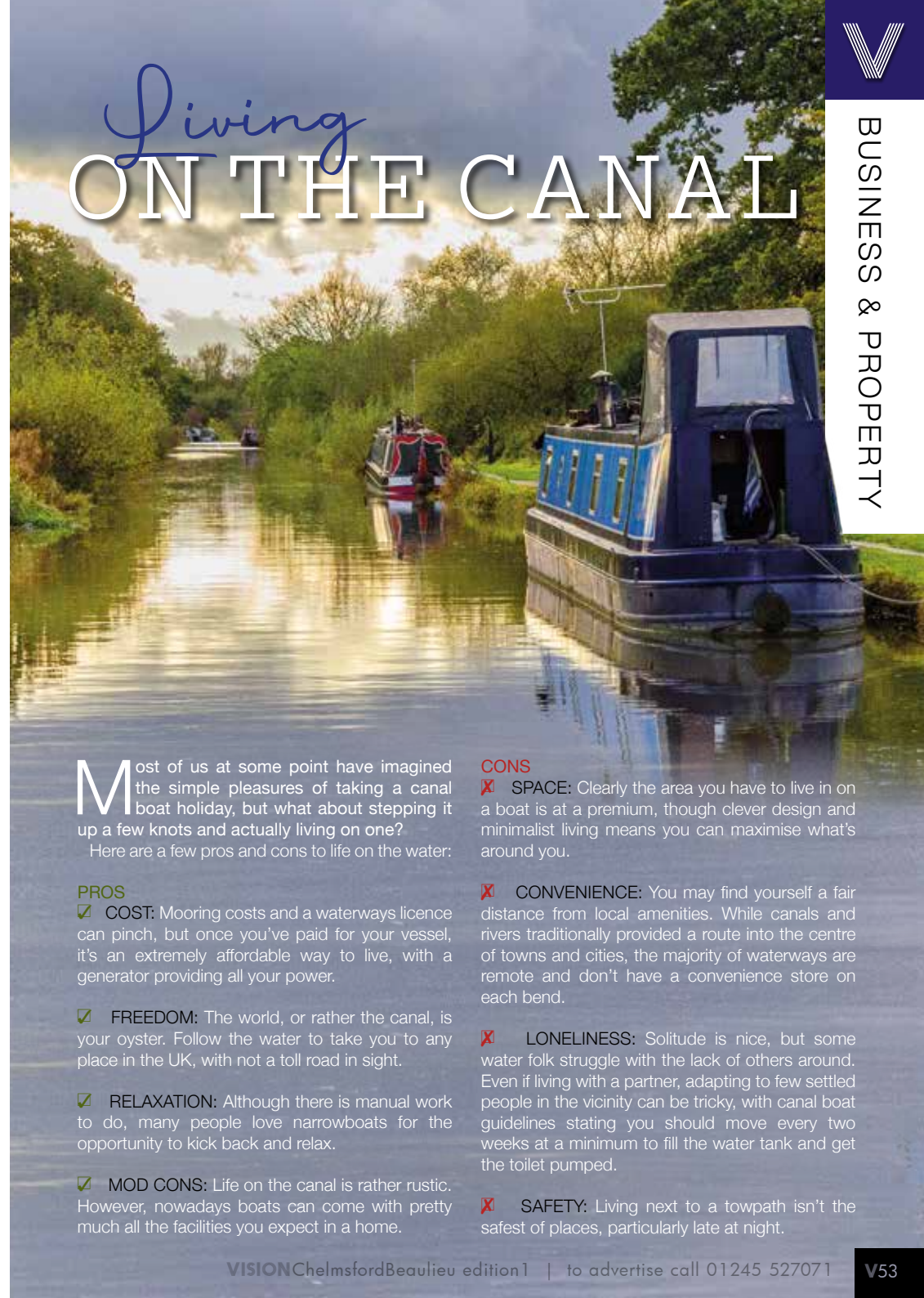
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Living ON THE CANAL



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:

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.

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.

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

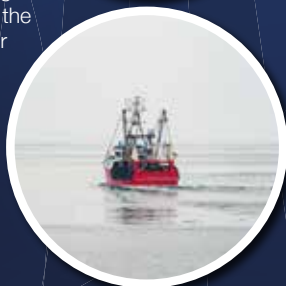
UK fishermen have long bemoaned the EU's Common Fisheries Policy for the restrictions it has caused, even around our own shores.

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.



Bid farewell TO THE COVID MOT

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

August 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.



CAPTAIN SLOW

James May stated he'd be proud to own a Peel P50 (even if it was Jeremy Clarkson who got to test drive one on *Top Gear*); after all, the so-called 'Captain Slow' would be right at home in a car recently dubbed the slowest ever.

The P50 was recently listed at an eye-watering £90,000, although previously it has sold well into six figures. Already the smallest production car in history at just 54 inches long, the car, manufactured on the west coast of the Isle of Man at the start of the 1960s, is distinguishable by its single-seat capacity.

Operated off one cylinder and balancing somewhat precariously on three wheels, it offers virtually no luggage space and has a top speed of around 35mph (depending on the model).

Yet for all its impracticalities, the Peel P50, with its Standard, Touring and beefed-up 125GT



versions, is breathlessly iconic. It represents an era of motoring versatility, freedom and innovation, and you only have to look at the recent spate of smart car models to realise its creators were not so far off track when they sketched out the blueprint... perhaps in a 1960s design era of cars increasing in size, they just went a bit too far in the other direction.

Being marketed as a car that cost the same as a moped (£199 when new) stretched as far as the performance – even a 50cc motorbike has more oomph compared to the basic model – but while only 50 were made across a three-year period, its iconic legacy has lasted more than half a century. Even Aston Martin and Jaguar have toyed with their own versions of a car that sways between novelty and intelligent innovation, not least in an era of overcrowded roads.

Photo credit: p50cars.com



IT'S SPORT...



Photo credit: Paul Greenwood/BPI/Shutterstock

...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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