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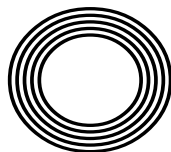
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MARCH 2021

# Editor's notes...



Nik Allen, Editor

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

I am, at the moment, planning our areas of expansion this year, in regard to the towns where we will be launching new editions of **VISION**. In a year of ups and downs so far, it would certainly be looked at as a bold move by most, especially because the last 12 months have been focused on preserving and saving what we have.

I mentioned this plan to a friend the other day and he was aghast. "Why are you expanding?" he said. "Most people I know are scaling back."

He had a point, of course. And yet I answered him by explaining that everything I've done in business and, more importantly, in life has been with a focus on positivity, expecting change, planning for it, and hitting the ground running when it comes about.

To some, planning expansion so soon after a lockdown is a strange move, but to me it says nothing more than this - we will get out of this (sooner rather than later), we will get back to normal, and those wise and brave enough to prepare for when we come out of it now will have the ultimate head start. Why not start planning your next chapter now? I believe the message will be more than ever about supporting your local high street and tradespeople. Keep supporting local.

*Nik Allen*

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



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# MORNING HAS BROKEN

HOW PIERS MORGAN AND SUSANNA REID PUT THE 'GET UP AND GO' BACK INTO BREAKFAST TV, BUT WHAT COMES NEXT FOR GMB?

In many ways, the Piers Morgan/Susanna Reid combo shouldn't have worked. The former was an ex-red-top editor decorated in a history of salacious headlines, controversial tabloid practices and a puffed-up sense of self-importance that flitted between entertaining and aggravating.

The latter, a vastly experienced journalist across many specialisms who, while possessing a chipper, jagged edge, acted as a calming weekday morning influencer, a sympathiser and an empathiser whose delivery was – and still is – effortlessly measured and reassuringly sensible.

Put mildly, Piers and Susanna were poles apart, yet as far as breakfast television went, there was a chaotic chemistry that linked the two and, in the process, knitted together perfectly two and half hours of early-morning chat, debate and news delivery. Perhaps not since the days of Anne

Diamond and Nick Owen had there been a duo who seemed so comfortable, calm and considered as our breakfast companions; and their ability to spar, speak up and fire off each other was borne out in viewing figures that have shown *Good Morning Britain* (GMB) to be making impressive moves in the breakfast TV battle.

Of course, all that came crashing to a sensational halt in the fallout of Prince Harry and Meghan Markle's sensational Oprah interview at the start of March.

Piers, who had once forged a friendship with the Duchess of Sussex, but in recent times had flipped to become one of her (and Harry's) fiercest critics, had been his usual animated self as topics of racism and mental health rose to the surface of the debate. In the aftermath, it was revealed that Piers' vitriolic assault on both the subjects and the "woke"

around them led to more than 41,000 complaints being lodged with Ofcom. As it was, during an impassioned speech by weather forecaster Alex Beresford on March 9, Piers' patience finally snapped. Without even responding to accusations of his behaviour, he rose from his seat, claiming: "I've had enough of this, I'm off." Later that day his permanent departure was confirmed.

ITV will hope it can find a replacement who courts opinion in the same way, although it'll have a job on its hands when it comes to landing 'the new Piers', with Richard Madeley, Ben Shephard, Eamonn Holmes and Beresford himself the early front runners.

Whoever is chosen, they will have to create immediate synergy with Susanna's punchy, spiky, slightly girl-next-door approach to topical news. Fifty-year-old Susanna first came to our attention in

the early Noughties when she worked for Radio 5 Live, before moving to *BBC News 24* and, latterly, *BBC Breakfast News*. The broadcaster made a controversial switch to ITV in February 2014 as GMB replaced the outgoing *Daybreak*, and has flourished since.

What made the show work was a 'good cop, bad cop' approach to getting sunrise viewers the news headlines they demand. There's little of the stuffy formality that decorates the styles of Dan Walker, Louise Minchin and others over on the Beeb; instead, issues are tackled using a tried and tested approach which delivers debates without holding back.

In conclusion, it's fair to say the Piers/Susanna dynamic duo may have seen its time concluded rather abruptly, but we have at least been treated to perhaps the best wake-up call of a generation.





Photo credit: 10 Downing Street

# DOCTOR'S ORDERS

THE *LOVE ISLAND* DOC HELPING US FIND A HAPPIER REALITY

Doctor Alex George is the *Love Island* contestant who wowed viewers with an altogether different take on what constitutes 'national health'. For an army of admirers, his great looks, impeccable shape, well-spoken manner and charm added up to a dream combination. He's also rumoured to be particularly good with a stethoscope.

Moving away from the reality show, the doc has carved for himself an impressive career in the spotlight. And yet, unlike so many other names who have built their brand through reality TV, there is real substance behind the style.

The 30-year-old was announced Youth Mental Health Ambassador by Prime Minister Boris Johnson in February and is a passionate advocate of well-being initiatives, not least because he sees a nation struggling to come to terms with the various effects of the COVID-19 pandemic.

Indeed, the death of his brother, Llyr, who took his own life having suffered with depression, only reinforces a desire in the popular doc to open up channels of communication and encourage people to talk.

Alex's five top tips to boost mental health and well-being:

**> ONE:** Get outside

"Getting natural light and filling our lungs with air is crucial for well-being. It's uplifting and can instantly make us feel better."

**> TWO:** Exercise

"We've all had those times when we just can't be bothered to get out and exercise, but be it a run, a walk or a bike ride, just 20 minutes per day will boost blood flow and increase endorphins."

**> THREE:** Call a friend

"Lockdown has been very frustrating and a lonely experience, but staying in touch with friends is essential."

**> FOUR:** Eat well

"What we consume affects the way we feel, so fuel and replenish your system, and eat as much green stuff as possible."

**> FIVE:** Sleep routine

"Sleep is very important, but so is resting at regular times, so monitor your sleep habits and ensure you're getting what you need."



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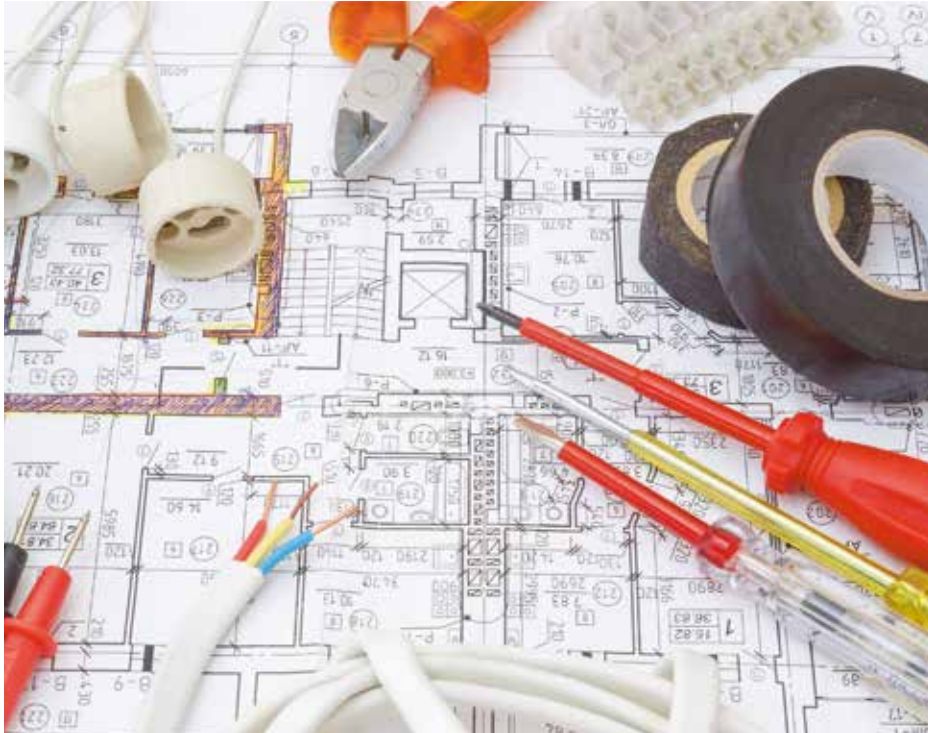
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HOME & DIY

# INTERIOR traveller



Embrace the global influence trend to cure your wanderlust

**H**ave you tried catching a flight out to Zambia recently in order to sample the breathtaking, unique wonder of an African safari? Let's just say, your luck is out.

Of course, so much of interior design is about taking ideas and influences from around the world and incorporating those into our living spaces. With that in mind, and ignoring the fact all our planes are grounded, the trend of 'global influence' aims to embrace the charm and beauty of the world, while we remain resolutely stationed at 29 Acacia Avenue.

While 'global influence', as a term, suggests embracing interior design influences from all corners of the globe, in reality its focus is on the colours, textures and ideas you might commonly associate with African savanna safari expeditions – nature's most expansive showcase of wildlife.

Global influence takes on board woven fabrics; it focuses on earthy colour palettes, shows off cooling stone patterns and embraces natural textiles and all manner of woods, rattan and bamboo. The styles are uncomplicated, uncluttered and unpretentious.

Furniture and objects are wholesome, earthy and rugged. In matched a leather sofa, linen and perhaps some animal-themed art prints, you can truly bring the breathless elegance and simplicity of nature into your living space.

Of course, the individuality of interior design ultimately means global influence can represent whatever you may want it to. So if tropical flavours and flourishes are more your thing, why not embrace bright colours, wicker items, a beach vibe and miniature palm trees? Similarly, a Scandinavian vibe is easily put together with hardwoods, light colours and a style vision that's stripped back and simplistic.

Ultimately, whatever your individual taste, global influence is there to compensate for the fact that while we may not be able to visit these enchanting places, we can at least still sample their uniqueness.





# CUTLERY

## care guide

**W**hether you use stainless steel, silver-plated or silver cutlery, or a combination of all three, if you want your silverware to last and look its best for longer, you need to take care of it.

**STAINLESS STEEL CUTLERY:** The most popular material choice for cutlery, stainless steel is both durable and versatile, but that doesn't mean it is completely stain-resistant.

**HOW TO CLEAN:** > Rinse before placing in dishwasher  
> Never leave to soak or in damp conditions as this can lead to corrosion  
> Remove stubborn stains using stainless steel polish and a soft cloth

**HOW TO STORE:** > Store in its original canteen to prevent pieces rubbing together  
> Can be stored in kitchen drawer but may reduce lifespan

**SILVER-PLATED CUTLERY:** A more decadent choice, silver-plated cutlery is relatively easy to care for but does require some special care.

**HOW TO CLEAN:** > Keep away from stainless steel cutlery, as contact can cause corrosion  
> Place in dishwasher, but turn off the drying cycle and dry each piece by hand to avoid staining  
> Polish to maintain shine

**HOW TO STORE:** > Store in a tarnish-proof cutlery roll and then in an airtight container

**SILVER CUTLERY:** Ideal for use at dinner parties and other special occasions, silver cutlery is both lavish and luxurious.

**HOW TO CLEAN:** > Clean as soon as possible after use  
> Wash separately from stainless steel and silver-plated cutlery to avoid corrosion  
> Do not put in dishwasher; instead, clean by hand  
> Do not polish too often as this can wear down the finish

**HOW TO STORE:** > When not in use, roll each piece of silver cutlery in acid-free tissue paper or unbleached cotton muslin and then place in a resealable plastic bag.  
> Add a piece of chalk wrapped in cheesecloth to the bag to absorb moisture and prevent tarnishing.

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# DIY reed diffuser

If you want to enjoy an aromatherapy experience at home, then a scented reed diffuser is the ideal choice. However, you don't need to spend your hard-earned cash on shop-bought varieties when you can make them at home with a few simple ingredients and supplies.

**WHAT YOU NEED:** Small bottle or vase | 20–25 drops of your preferred essential oil | ¼ cup of baby oil | 3 tbsp of vodka or rubbing alcohol | Bamboo skewers or ideally diffuser reeds | Zest peels and herbs are optional

**HOW TO MAKE:** Pour the baby oil into a bowl | Add the rubbing alcohol or vodka | Carefully add the drops of essential oil and zest peels and herbs if preferred | Pour the mixture into your vase or glass bottle using a funnel until it is ¾ filled | Place five skewers into the vase | Cut the skewers to size if necessary so that they stick out roughly 4–6 inches

## Top tips for your DIY diffuser

1. Check the liquid quantity monthly and top up if needed
2. Rotate the diffuser reeds once a month
3. Replace diffuser reeds after 4–6 months
4. Recycle a perfume bottle if you don't have a suitable vase
5. Cut your skewers carefully to avoid splinters

## How to choose essential oils for each season

**Spring:** Choose fresh floral notes, such as a mix of citrus, lavender, geranium and jasmine.

**Summer:** Uplift your home with magnolia, bergamot and lemon.

**Autumn:** Embrace the cooler weather with a combination of juniper berry, cedarwood, cardamom and cinnamon.

**Winter:** Cosy up with a warming blend of spruce, patchouli and Douglas fir.

## An alternative to reed diffusers

You can purchase an electronic oil diffuser, but make sure to do your research first as they come in different sizes. These diffusers produce a more concentrated fragrance and add moisture to the air, albeit in quite small amounts.



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# O, Easter tree!

Who says that decorative trees are just for Christmas? We think everyone could do with a bit of extra cheer this year, so why not have a go at creating your own Easter centrepiece tree, complete with ornamental eggs?

### How to create your Easter tree:

For the tree itself, simply gather a selection of branches and place in a vase. The best tree branches to look out for include:  
Cherry blossom | Magnolia | Willow | Forsythia | Dogwood

### How to hollow out your eggs:

Poke a small hole in the pointier side of an egg and then another, slightly larger, hole on the opposite side. Place your mouth over the smaller hole and blow out the egg. Wash the shell and leave to dry.

### Marbled eggs:

Mix 1 cup of hot water with 10 drops of liquid food colouring and 1 tsp of vinegar. Submerge the eggshell in the water for two minutes and leave to cool. This is your base colour.

Next, fill a bowl with fresh hot water and add a darker food colouring and 1 tbsp of olive oil. Roll your egg around to allow it to absorb the second colour.

### Egg nests:

If you favour a more natural look, these miniature nests, complete with tiny Easter egg treats, are the perfect decoration for your tree. Gently break away some of the egg shell on the front of your egg, fill with straw and then add a single mini egg to each one.

### Glitter eggs:

Create a pattern across your egg using tape, apply PVA glue to the rest of the egg and sprinkle generously with glitter. Leave to dry and remove tape. Choose to paint your eggs first for more a more vibrant end result.

### How to hang your eggs:

To finish, simply thread a ribbon or piece of cotton through the top hole of each egg, wiggle it until it pokes out the other side and tie a knot to secure.

Photo credit: designimprovised.com, Pinterest, hobbycraft.co.uk





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# Marvellous marble



HOME & DIY



## HOW TO FAKE THE MARBLE EFFECT FOR YOUR BATHROOM WALLS

**A**lways liked the look of the marble bathroom but baulked a little at the price tag? Worry no more. You can create your own luxurious lining with a few sure-fire shortcuts.

**Wall panels:** You can buy marble-effect wall panels in many different colours and styles, each offering a multitude of patterns giving off the impression of this much sought-after polished stone. The most popular choice is the calacatta – it's a word derived from the Greek language and means to sparkle, flash and gleam. The detail is in the rich and familiar graining, and that's what most people associate with marble.

Not only do panels look great and give a feel of authenticity, they're also incredibly easy to maintain – simply wipe down. Panels also remove the pain

of grouting – nor will the filled parts lose colour over time. And as for the frustration of chipped marble; well, you're covered there too. Panels are also far easier to maintain and clean.

You can also use panels as a design feature – decorating the whole bathroom, or perhaps a select area (usually in the shower cubicle).

Of course, if you've rather more time on your hands and still fear the look of marble panels is slightly manufactured, you can use a light paint effect to recreate the classic marble veining.

Begin by painting your wall a grey-white shade; then, using a small paintbrush, detail in your own marble-effect veins and streaks. It's time-heavy and labour intensive, but the added detail will have you singing your own praises in the shower.



# LOCAL NEWS

from your neighbourhood



## Drug dealer sentenced for supplying £6m worth of cocaine

A man from Chelmsford has been jailed for 11 years for his role in supplying £6million worth of cocaine.

Lazarus John Loizides (pictured left), 27, of St Anthony's Drive, appeared at Snaresbrook Crown Court on February 4 along with Joe Sawyer (pictured centre), 26, of Fieldhouse Close, Redbridge, who was sentenced to eight years behind bars, and Robert Beckley (pictured right), 31, of Church Road, West Malling, Kent, who was sentenced to four years and four months.

The court heard that after a series of bags were exchanged between the trio on Fieldhouse Close on October 6 last year, Beckley was followed by officers onto the M25, where he was stopped. Officers found five kilograms of cocaine.

Officers followed and arrested Loizides in North London. They searched his home address, where they found three kilograms of cocaine, cash totalling more than £55,000, several expensive watches and many

receipts for high-value purchases at Harrods.

Sawyer was arrested around 45 minutes after Loizides. Officers found the keys to a white van the trio were using. Inside they found two holdalls. Inside one of the bags were 24 1kg bricks of cocaine. The second bag was empty. In the rear of the van was a concealed compartment which contained a further 17 1kg bricks of cocaine.

Overall, 41kg of cocaine was found in the rear of the white van. In total, 49kg of cocaine was seized, with an estimated street value of almost £6million.

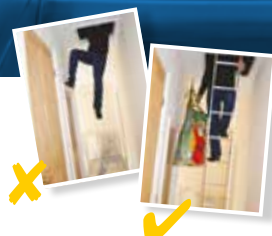
All three men were charged with conspiracy to supply class A drugs (cocaine) and all three pleaded guilty in November 2020.

Detective Chief Inspector Driss Hayoukane, from the Met's Specialist Crime Command, said: "We are committed to putting handcuffs on those involved in drugs supply offences and making sure they spend a significant amount of time in prison."

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## Police officers cherish colleague's memory



A group of police officers will be undertaking a unique charity challenge later this year in memory of one of their colleagues who died last year.

PC Ewan Smith (pictured with his family), who served in Chelmsford, died at the age of just 36 in March. After he was unable to attend work because of a headache, he suffered a seizure and was rushed to hospital. He was diagnosed with a brain tumour and died three days later.

His teammates DS Charlie Cronin, PC Andy Gore, PC Dave Roberts, DC Karen Bryant and PC Charlotte Vale will be walking exactly 71.449 kilometres in less than 24 hours in honour of Ewan's police collar number 71449.

In May, COVID-19 regulations permitting, the five officers will begin their walk in Ewan's home town, Southend. They will walk to Grays Police Station, where they worked together, and then head to Chelmsford.

The team have so far raised more than £7,500 for Ewan's family, having originally set out to raise £2,500.

Ewan's wife, Natalie, hailed the team's efforts. She said: "I can never begin to thank everyone enough for their thoughtfulness, kindness and generosity. It's nice to know that we have the continued support of his friends and colleagues from Essex Police."

You can donate by going to [www.justgiving.com/crowdfunding/pcewansmith](http://www.justgiving.com/crowdfunding/pcewansmith)

## House fire started by candles

Firefighters have issued a candle safety warning after they tackled a fire in a house in Chelmsford last month.

Crews were called to the house in School Lane at around 11pm on February 7 after the residents noticed that their log burner was on fire.

When firefighters arrived, they quickly extinguished the fire and cleared the room of smoke.

Watch manager Gavin Ellis said the residents had

placed a number of candles on top of the log burner, which had started to melt and drip down.

He added: "The glass then failed and caught alight to the wax, starting a fire outside the log burner. Don't put anything on your log burner – keep it, and the area around it, clear. When you're using candles, always make sure they are secured in a proper holder and keep them away from anything flammable.

"And if you do discover a fire in your home, get out, stay out and call 999."

Two adults were treated for smoke inhalation at the scene.

The log burner and the area around it suffered fire and smoke damage.

## George's fantastic fundraiser for children's hospice

A six-year-old boy from Chelmsford raised more than £1,200 for Essex's only children's hospice by challenging himself to stay in his self-made den at home for 48 hours.

George Cussell had a lesson in building dens at school so decided to build one in his lounge. After George suggested he wanted to sleep in the den for a night, his father Richard challenged him to stay in it for 48 hours.

The family set up a fundraising page for Little Havens, which provides care to babies, children and young people with complex or incurable conditions.

Richard said: "We are so proud of George for raising such an incredible amount of money for Little Havens. We weren't sure if he would last the 48 hours, but he certainly persevered to raise money for a good cause and had lots of fun."

Rachel Hawsworth, voluntary income team leader at Havens Hospices, said: "When I first heard of George's fundraiser it certainly put a smile on my face. We must raise more than £40,000 each week to be there for every baby, child and young person who needs us, and thanks to supporters like George we can continue to provide this front-line hospice care."



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## Partnership champions education



A new alliance has been formed between Chelmsford College and Billericay Town Football Club, resulting in the launch of the Billericay Town FC Academy, ready for September 2021.

The objective is to produce well-balanced football professionals through providing a diverse range of education and career opportunities.

Representatives from Chelmsford College and Billericay Town say they are delighted with the new partnership.

Andy Sparks, principal of Chelmsford College, said: "We are thrilled to partner with Billericay Town Football Club. Our aim is to create outstanding opportunities for our learners. Our team of specialist coaches, former professional footballers, goalkeepers and health professionals are excited to begin working with new academy players."

Billericay co-owner Nick Hutt said: "One of the prime objectives was to partner with an educator who was flexible in terms of the qualifications that an individual could aim for. Chelmsford College provides the ability to ensure that we can provide an education to give students the best route into a career – be that inside the game or out in the wider world."

To apply, please visit [www.billericaytownfc.co.uk/academy](http://www.billericaytownfc.co.uk/academy)

## Funeral price hike to go ahead

Controversial plans to increase the cost of funerals in Chelmsford were approved last month.

Fees for cremations will go up by 12 per cent from April, which equates to about £100 per cremation, after Chelmsford City Council's budget for 2021/22 was approved at a full council meeting last month.

The move has drawn widespread criticism from across the area. Vicky Ford, MP for Chelmsford told the BBC the move was "completely immoral", while both the Conservative and Independent groups tabled

amendments saying the increase should be 2 per cent instead.

Councillor Chris Davidson, cabinet member for a Fairer Chelmsford, said the increase had been a hard choice.

He told the meeting: "This is one of our services that, very sadly, has been operating at more than normal capacity in the pandemic. It's a service we need to invest in. We have to maintain the cemetery and the facilities to the highest possible standards so that families can remember their loved ones in a well-kept environment.

"We currently charge less than most cemeteries and crematoria in the same market."

## Spin e-scooter sharing launches

A public hire e-scooter trial launched in Chelmsford last month.

The Everyday Heroes programme was available immediately to NHS workers so they could benefit from free 30-minute e-scooter rides with a socially distanced means of transport.

There are now 50 e-scooters available for hire in a geo-fenced area covering the city centre and surrounding area. They will be available for all residents once the lockdown lifts.

Riding will cost 20p per minute with no "unlock" fee. Daily, weekly and monthly passes will also be available.

Chelmsford City Council's cabinet member for sustainable development, councillor Mike Mackrory, said: "This trial will provide an opportunity to promote sustainable travel options, reduce traffic congestion and cut carbon emissions. It will also benefit people in accessing their workplace while social distancing is in place on public transport."

Find out more at [www.chelmsford.gov.uk/leisure-theatres-and-museums/visiting-chelmsford/](http://www.chelmsford.gov.uk/leisure-theatres-and-museums/visiting-chelmsford/)



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# VICKY FORD MP

Member of Parliament for Chelmsford



Thanks to the hard work and enormous sacrifices of the British people, as well as the incredible success of our vaccination programme, I am delighted that we are now able to cautiously start easing lockdown restrictions and that children have now returned to school. I know many Chelmsford children, teachers and families have been looking forward to this. There will be regular testing of secondary school students and all school staff in order to help keep COVID-19 out of the classrooms.

It is very important that we all continue to follow the guidelines so that restrictions do not need to be reimposed. By the end of February, more than 30,000 Chelmsford constituents had received the first jab of the vaccine; many thanks to each of them and to all

those working on the vaccine programme.

The NASA Mars Perseverance Rover recently landed safely, with two products made in Chelmsford on board. The SuperCam and the SHERLOC (Scanning Habitable Environments with Raman & Luminescence for Organics & Chemicals) will convert Martian light into radio waves to be sent back as signals to Earth. Congratulations to Teledyne e2v.

Since the beginning of the pandemic my small team and I have helped constituents with more than 10,000 individual queries on a huge range of subjects. We always endeavour to find a solution and will always prioritise urgent cases. You can email me on vicky.ford.mp@parliament.uk. If you have a complex problem, I am holding virtual surgeries. If you need an appointment please call 01245 352872.

## Drug dealer begins prison sentence

A drug dealer who provided police with a fake name and identity documents has been jailed for more than three and a half years.

Florjan Hidri, 27, of no fixed address, provided false documentation after he was arrested in April 2020 on suspicion of drugs offences.

Hidri admitted possession with intent to supply cocaine and cannabis, perverting the course of justice and possession of false documents, at Chelmsford Crown Court on Thursday, February 4.

He has been sentenced to three and a half years in prison for drugs offences, with a further three months for perverting the course of justice.

PC John James Hogan of Chelmsford CID led the investigation.

He said: "Hidri was stopped by officers on West Hanningfield Road in Great Baddow. Upon searching the car they found 116 bags containing cocaine with an estimated street value of £5,700, and a further quantity of cannabis.

"He continued to try to evade justice by giving a false identity and a fake driving licence, but later admitted his true name.

"Hidri has finally shown he can be honest about something – and that was done in admitting his guilt at court."



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Just as you would only buy your electrical appliances from a trusted vendor, the same ought to be true of a puppy. Unless you are getting an older dog from a shelter, it is imperative you seek a registered dog breeder, or you risk buying from a puppy farm. Puppy farms put profits over the welfare of the animals. Cramped and unsanitary, these businesses often facilitate inbreeding and overbreeding, which leads to poor health for both mum and pups. Furthermore, the babies are often separated from their mother before the recommended 10 weeks.

Remember, too, these criminal enterprises go to great lengths to appear as legitimate breeders, which is why it's important to know the signs of a farm. This will save both your pet and your family a lot of heartache in the long run.

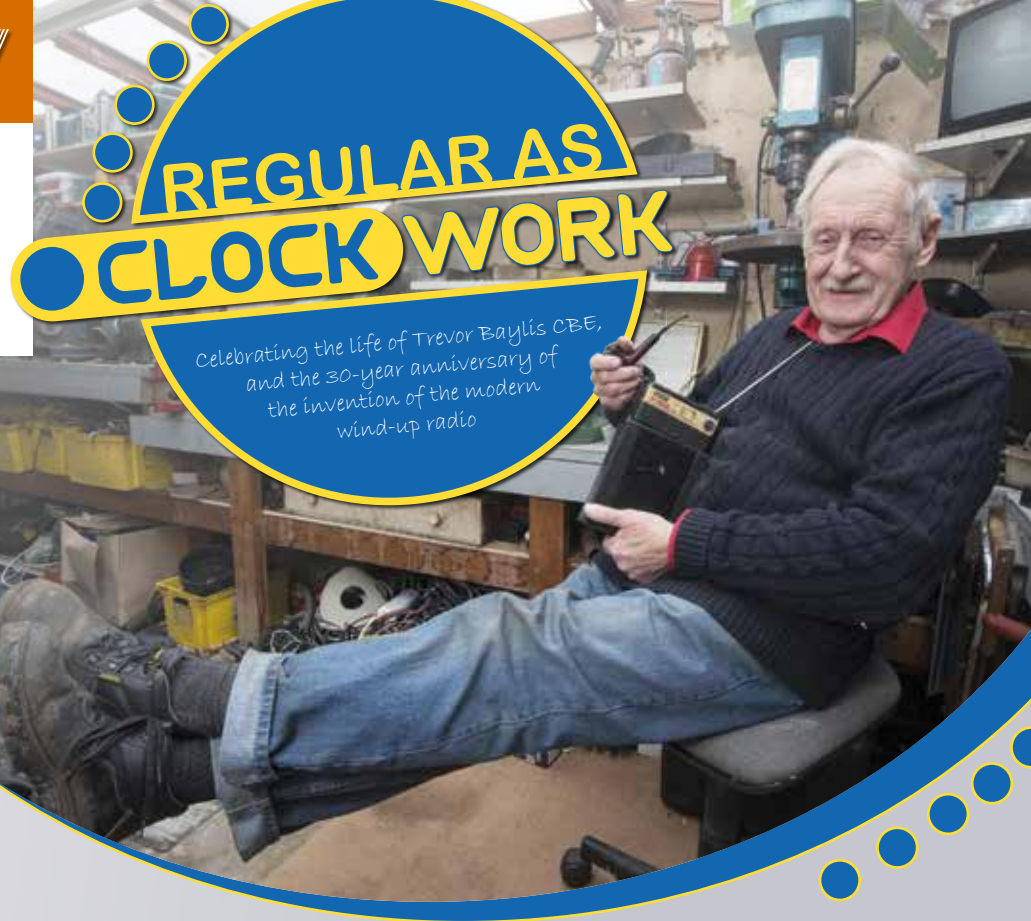
### HOW TO SPOT A PUPPY FARM:

- ✿ It's too good to be true – The dogs look perfect in their advert photo, both parents are

thoroughbreds and the price is so reasonable, but your gut instinct is telling you otherwise, so investigate further.

- ✿ They have multiple ads – A legitimate breeder will often only have one litter and breed available at a time, so if there are several ads with similar wording, styles or even phone numbers, there's every chance it's a farm.
- ✿ They only take cash – Legit breeders want to make sure their pups go to good homes which means offering refunds if the buyer changes their mind. In short, they don't do 'cash and dash'.
- ✿ They want to meet at a public place – Always see your new pet in their natural habitat and meet its mother to ensure reliable provenance.
- ✿ They are already vaccinated – No dogs ought to be vaccinated until they are at least eight weeks old, so if an ad tells you otherwise, it's a scam.





# REGULAR AS CLOCKWORK

Celebrating the life of Trevor Baylis CBE, and the 30-year anniversary of the invention of the modern wind-up radio

It's now three decades since British inventor Trevor Baylis CBE came up with a prototype that was to have a profound effect on limiting the spread of AIDS across Africa. Invented in his garage, the wind-up radio took less than an hour to construct, and came about after the then 54-year-old saw a programme on the BBC detailing a devastating swathe of developing-world deaths provoked by poverty and lack of sexual education.

While radios powered by handcranked generators were, in themselves, nothing new, Baylis's modern clockwork model was free of batteries, meaning information could be broadcasted to places in Africa without electricity. A patent was granted the following year.

It wasn't the first time the eccentric inventor had stepped out of the shadows to help those less fortunate than himself. As a young man he was a brilliant swimmer – he narrowly failed to qualify for the 1956 Summer Olympics in Melbourne – and his dexterity led him into stunt work. This in turn

exposed him to the needs of disabled people, and he subsequently invented and developed a range of products for the disabled, named Orange Aids.

Wind forward to 10 years after the invention that truly made him famous, and in 2001 Baylis launched a similar energy-generating product in the form of a pair of shoes that produced electricity as people walked. He trialled the invention with a 100-mile walk across the Namib Desert, at the same time raising money for the Mines Advisory Group.

Baylis, who died in March 2018, lived on Eel Pie Island on the River Thames. His fame in later life saw appearances on *The Big Breakfast*, and he was awarded an OBE and a CBE for humanitarian efforts and services to intellectual property respectively.



Photo credit: Paul Grover/Shutterstock



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# Cloudy2Clear, A Local Service With A Smile.

I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of

supporting the local community by providing a service that saves the public money.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Chris commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help again".

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# Positivity of the MIDDLE MAN

## ANT MIDDLETON'S CLIMB TO PHYSICAL AND MENTAL MAGNIFICENCE

Anyone who has watched his SAS series knows Ant Middleton isn't a guy to be messed with. Grit, steel, determination, power and a large dose of bloody-mindedness have propelled the former military man into the mainstream; and while a new career in the lens suits the 40-year-old Army and Royal Marines veteran nicely, the impact he is having on everyday folk is profound.

For a long time the various fitness, health, strength and well-being trends that have taken up countless column inches and patterned our social media feeds have needed a confident, high-energy figure to take them forward. Yes, we have various reality stars putting out fitness tutorials, and Joe Wicks is always there to advise on the best way to pull off the perfect burpee, but can they do it on a cold Tuesday night in Stoke? The answer, undoubtedly, is no.

Ant Middleton, however... let's just say he makes The Potteries look like a beach holiday in the Maldives.

So much of what this inspirational tour de force has done up to now has been about physical determination. His Channel 4 SAS: *Who Dares Wins* series, which he fronted for five years before announcing recently he will no longer be part of the show due to differences with the production company, is a military training show of brutal extremes, with an adventure/reality crossover that pushes participants to the absolute limits of body endurance.

While this type of programming has seen the Portsmouth-born hardman make his mark, in truth it represents only one half of what it takes to truly ascend to the next level. Thus, squaring the circle in his new project, which centres on a series of talks on the subject of positive mindset, seems the natural progression.

"We all know that physical toughness can only take you so far," says the author of the best-selling book *Zero Negativity*. "You need to have the mental strength to keep pushing on when the body says no."

"The brain can outlast and outpace anything the body can do, so training our minds to interpret, recycle, repair and renew the messages flowing through us means we can achieve things way beyond what our muscles tell us is possible."

Middleton's emergence as a mainstream player is no better exemplified than in the fact he was joined on a recent project by terrestrial TV poster boy Ben Shephard. "Ben's a good guy who has absolute determination in his career. He's a great example of someone who is a winner – we all come in different shapes and sizes."

In a streamed live event that took place at the start of February, Middleton's *Be Prepared for 2021* did exactly what the title suggested, with an unscripted, unrehearsed and unfiltered conversation designed to unpick the various roadblocks that 2020 had put in the way of so many of us.

"The past year felt like such a crushing low for a lot of people, but rather than dwell on the negativity, as a nation we need to look at the things we learned, and appreciate the positives we took out of the year," he says.

"We need to appreciate how we grew and developed strengths many of us never knew we had."

**"This is the road to ensuring 2021 is a better year. We cannot change the world around us, but we can alter the way we decide to tackle its challenges."**

Photo credit: Ken McKay/ITV/Shutterstock





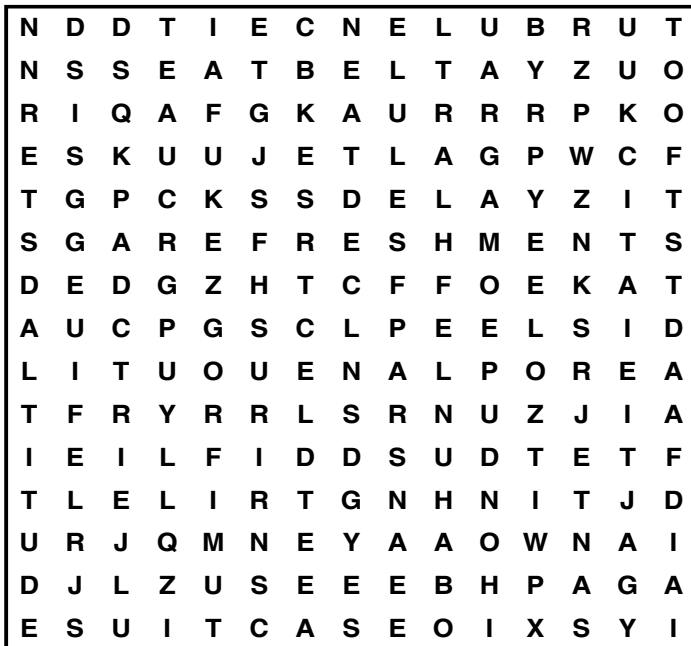


# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

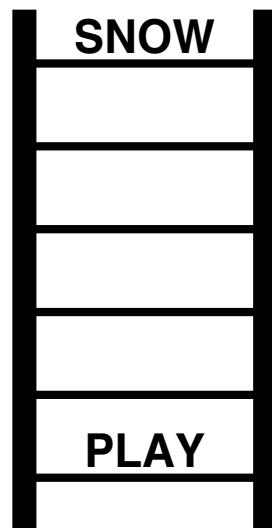
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## DID YOU KNOW?

- ▶ Central Park in New York is one of the world's largest urban parks, covering 843 acres
- ▶ Paris has few skyscraper buildings compared to other cities owing to building height restrictions
- ▶ The Flavian Amphitheatre in Rome became known as the Colosseum because of a colossal statue that is situated nearby
- ▶ Istanbul lies in two continents – part in Europe and part in Asia
- ▶ The world's first electric traffic signal was put into place in Cleveland, Ohio, in 1914
- ▶ It's thought that Amsterdam has more bikes than people
- ▶ More chocolate is bought at Brussels Airport than anywhere else in the world

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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# Kohlrabi

This month we will be starting a new regular feature: we will be introducing you to a lesser-known fruit or vegetable, allowing you to expand your palate and widen your repertoire of recipes. This month we bring you kohlrabi, an undeniably odd-looking vegetable that packs a real punch in terms of flavour.

## WHAT IS KOHLRABI?

Kohlrabi is also known as a cabbage turnip and is very popular in northern and eastern European countries. Part of the broccoli and cabbage family, it can be green, white or purple in colour and is available all year round. When buying kohlrabi whole, look for crisp-looking and vibrant leaves, which indicate freshness.

## WHAT DOES KOHLRABI TASTE LIKE?

It has a similar flavour to cabbage but with the spicy kick of a radish; the smaller the bulb, the milder the taste. Crunchy when eaten raw, the stems and leaves can also be cooked and eaten; they resemble a mild-tasting Swiss chard.

## HOW TO COOK KOHLRABI

All edible elements of kohlrabi need to be peeled before cooking to avoid a bitter taste. Once peeled, trim the brown end and separate the leaves from the bulb.

Choose to steam, sauté or roast kohlrabi, or you could even hollow out the bulbs and stuff with other vegetables or grains. Alternatively, serve raw in thin slices on a salad or added to coleslaw. You can also steam or sauté the leaves in the same way that you would fresh kale or spinach.

## HOW TO STORE KOHLRABI

A kohlrabi bulb can be kept uncovered in the fridge for up to one month. The stems and leaves should be cooked as soon as possible as they wilt within a day or two.

## WHAT ARE THE NUTRITIONAL BENEFITS OF KOHLRABI?

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MARCH BIRTH FLOWER OF THE MONTH:

# Daffodil

If you were born in the month of March, your birth flower is narcissus, also known as the daffodil. The quintessential flower of spring, the daffodil is instantly recognisable by its bright yellow petals. Perfect placed in beds and borders, daffodils will brighten up your garden every year.

### WHAT DOES THE DAFFODIL REPRESENT?

Named after Narcissus, a character from Greek mythology who was so in love with himself he drowned in a pool of water while admiring his own reflection, this flower is said to be a symbol of vanity. It is also known to represent new beginnings, rebirth and rejuvenation. The daffodil is also:

- > The national flower of Wales
- > The official 10th wedding anniversary flower
- > The official emblem of cancer charities
- > A symbol of luck and prosperity during Chinese New Year

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

If your birth flower is the daffodil, you are said to be extremely creative. You are also known for being kind and welcoming to everyone you meet and dedicated to living a life of peace and happiness.

### ARE DAFFODILS EASY TO GROW?

Anyone can grow daffodils in their garden and you can choose to plant your bulbs in beds, borders, grass verges, lawn edges, hedgerows and banks. Plant your bulbs between September and November in well-drained soil and aim to keep your bulbs 4-8 inches apart, as overcrowding can cause daffodil blindness – when daffodils shoot up with foliage but no flower.

### HOW TO LOOK AFTER DAFFODIL BULBS FOR ANNUAL GROWTH

- > Allow the leaves to die back naturally before cutting off
- > You can lift bulbs between June and August and store in a cool, dry place ready for replanting
- > Apply a rich fertiliser to the soil once you have removed bulbs



GARDENING



# GARDEN OF LIFE

# TREES AND SOIL *socialism*

In the second of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the role of trees and fungi below the surface.

We view our trees with respect and admiration – a fluttering, swaying mass of potency and life that evolves with every passing season, presenting a haven for all manner of wildlife, from insects to birds, plant-life to rodents, as well as being a valuable source of oxygen for all living things.

And yet, the true strength of a tree is not what we see above ground, but its rooted, tangled masses beneath it. At the heart of this are microbes called mycorrhizal fungi.

Once considered an enemy to plant life, in recent decades the fungi – which release hyphae, tying together tree and fungus at cellular level – have been better understood. This mycorrhiza bond links below-surface connections... a 'Wood Wide Web'.

It leads to the creation of one superorganism that looks after, supports and talks to each tree, be that a small crab apple just a few yards away, or a thundering oak several hundred metres down a ravine.

The creation of this network is for mass sustainability – the fungi have minerals that the tree needs; the tree has carbon that the fungi need – but the result is a kind of soil socialism that looks after its own.

For so long it was believed that trees and fungi were at war, both looking to snatch what they could from the ground. Now, it's believed that without the mycorrhizal fungi, trees would be toy-sized, and in the case of the 400 species of mycoheterotrophic plants that cannot photosynthesise, they would die out altogether.

So the next time you stand back and admire the beauty of a tree, perhaps take a respectful glance towards ground level while you're at it.



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# Why your garden NEEDS A GREENHOUSE

If you are considering getting a greenhouse installed in your garden but are not entirely convinced it's the right decision for your property, check out these seven benefits of greenhouse ownership.

## 1. GROW FRESH, ORGANIC PRODUCE

Arguably the best aspect of having your own greenhouse is that you can grow a wide variety of fresh fruit and vegetables, as well as plants, from the comfort of your own garden. Plus, you can change what you want to grow in it each year.

## 2. STORE GARDENING TOOLS

If you struggle to find somewhere to store all your gardening tools, supplies and equipment, a greenhouse can double up as a garden shed, offering quick and easy access to everything you need, all in one designated spot.

## 3. ENJOY CONSISTENT CONDITIONS

By growing your plants within the safety of a greenhouse, you can avoid any problems caused by extreme weather conditions and seasonal changes.

This offers you more flexibility when it comes to the plants you can grow.

## 4. PROTECT YOUR PLANTS FROM PESTS

As well as protecting your plants from the elements, a greenhouse can help to keep them safe from pests such as caterpillars, spider mites and locust swarms.

## 5. OFFER AN OPTIMUM ENVIRONMENT

Plants love warm and humid environments, which is why they thrive when grown in a greenhouse.

## 6. SAVE MONEY

If you spend a fortune every spring in your local garden centre, then a greenhouse can save you a lot of money. You can grow as many seeds as you want and you may even find you have plenty of plants left over to give to friends and family.

## 7. ENHANCE THE LOOK OF YOUR GARDEN

Greenhouses comes in many different designs and you can pick the perfect one to complement your garden.

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MOTORING

# Fanbelt failure

## HOW TO DIAGNOSE ONE OF THE MOST COMMON MOTORING ISSUES

The serpentine belt, alternator belt, or fan belt as it is better known, is a peculiar piece of rather essential kit as far as your car engine goes. We all know our car has one, a few of us can locate it, yet very few know what it does.

What's important is that when it does malfunction – usually through being worn out – we can get it fixed cheaply and easily.

### THE SIGNS

Most people become aware of fan belt failure when they begin to hear a loud screeching or squealing sound coming from the engine. You may also discover the power steering or air conditioning isn't working, and in really bad cases the engine may overheat.

All of these effects result from the fan belt's faulty function, and that function is working with the idler, tensioner and pulleys inside the accessory drive

belt system – essentially, it provides power to key components in the engine.

A dodgy fan belt is bad news, and although the car may be driveable, you're risking a breakdown.

### THE DIAGNOSIS

Fan belts can become cracked, split, grazed, misaligned or might fall off completely. Unless your amateur mechanic skills are really up to Henry Ford levels, it's probably best to take your motor to the nearest garage.

### THE COST

Thankfully, a faulty fan belt won't see you off the road for too long; nor should it set you back any significant amount. Typically, a new one will cost somewhere in the region of £100–£200. It's a relatively quick job and your garage should be able to turn it around in a couple of hours.

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## Are HIGH HEELS good for your health?

**M**arilyn Monroe famously once said, "I don't know who invented high heels, but all women owe him a lot." A pair of killer heels is undeniably the most effective way to add oomph to any outfit, but do you know what they are doing to your overall health?

**Stress on your spine:** Walking in high heels causes your spine to sway unnaturally, which, in turn, results in stress on your lumbar erector spinae muscle and an increased risk of a sore lower back.

**Pressure on your knees:** High heels put extra weight on the inner side of your knees and knee joints. This can increase your chances of experiencing twisting injuries to the knees.

**Swelling of the feet:** Bunions are synonymous with high heels, but the uneven weight distribution that occurs when wearing this type of shoe can also cause blisters, calluses, pinched nerves, swollen joints and tendonitis.

**Restricted circulation:** High heels force your ankle to bend forward, which restricts blood circulation in your lower limbs, leading to varicose veins.

**Shortening of the calf muscle:** Over time, wearing high heels can cause the muscles and tendons in your calves to shorten. This can lead to stiffness, reduced range of motion and a higher risk of strains, sprains and lower-body injuries.

### Treatment & pain relief

- > Look for cushioning in the soles to absorb the impact of your foot hitting the ground
- > Opt for high heels with a wider toe box
- > Carry out foot and toe stretching exercises
- > Choose a thicker heel rather than a stiletto
- > Treat any blisters or sores with a foot balm and use blister pads
- > Ice your feet after wearing
- > Take an over-the-counter pain reliever





# Beat Eating disorders

## Recognise the signs

Concerned that someone you know and love is suffering with an eating disorder such as anorexia nervosa or bulimia? Eating disorders can affect anyone regardless of age, gender or background, but early intervention can be life-saving.

### What are the signs?

There are many symptoms to look out for that may indicate a loved one is struggling with an eating disorder. However, it is worth noting that each individual case will be different.

- > A distorted body image
- > Using stimulants or laxatives
- > Frequent weighing
- > Extreme weight change
- > Mood swings
- > Loss of hair
- > Brittle nails
- > Depression
- > Skipping meals
- > Purging
- > Anxiety
- > Insomnia
- > Skin rash or dry skin
- > Erosion of tooth enamel
- > High interest in exercise
- > Withdrawal from friends

### How can I support someone?

As well as seeking treatment, your loved one will need your love and support in order to overcome their eating disorder. Ways in which you can help them include:

- > Learn about their eating disorder
- > Be honest about your feelings
- > Be a role model by eating a nutritious diet
- > Help to build up their confidence
- > Suggest activities to do together than don't involve food

### Where can I get help for someone?

If you suspect that someone in your family or a close friend has an eating disorder, your first course of action should be to sit down and talk to them in a non-confrontational way. It can also be a good idea to suggest they schedule a check-up with their doctor, who can determine any unusual changes in body mass index or weight percentile.

If diagnosed with an eating disorder, they are likely to be prescribed a treatment plan, which may include talking therapies and medication if they are also suffering with depression.

### Charities and organisations

- > Beat: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)
- > Anorexia & Bulimia Care: [www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk)



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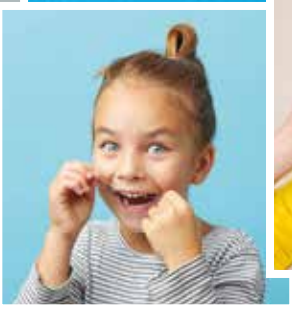


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# to floss

## or not to floss?



No, we are not talking about the dance craze that swept the nation in 2018, but the act of cleaning in between your teeth using dental floss.

Sadly, only an estimated 31 per cent of people clean between their teeth on a daily basis. This is despite the fact that the NHS recommends that from the age of 12 people should include flossing in their daily oral health routine.

### HOW TO FLOSS: A STEP-BY-STEP GUIDE

1. Break off between 18 and 25 inches of dental floss
2. Wind the floss around both of your middle fingers, leaving between one and two inches for your teeth
3. Hold the floss taut with your thumbs and index fingers
4. Place the dental floss between two teeth
5. Gently glide the floss up and down, making sure to rub against both sides of each tooth
6. When the floss reaches your gum, curve the floss

- at the base of your tooth, creating a C shape
7. Be careful not to scratch or bruise your gums
8. Repeat as you move from tooth to tooth
9. Always use a clean piece of floss for each tooth section
10. Do not recycle or reuse dental floss as this can redistribute bacteria around your mouth, even if you wash it first

### WHEN SHOULD YOU FLOSS?

For optimal oral health, you should always floss first and brush your teeth afterwards. It is recommended that you brush your teeth twice a day and floss once, preferably in the evening.

### WHY SHOULD YOU FLOSS?

Flossing helps to remove food and plaque from in between your teeth. Brushing alone cannot do this as the bristles are not able to reach deep enough. Regular flossing can result in less dental plaque in your mouth and therefore a lower risk of developing gum disease.



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*"Life is not measured by the number of breaths we take,  
but by the moments that take our breath away"*

Nothing has the power to enrich your life more than travel and here are my top five experiences that might just do exactly that...

#### The Maldives

Expect to lose all sense of time and what's going on elsewhere as you sink into your overwater villa's private pool and drink in the views. Here, working your way through the hand-crafted cocktail list is as strenuous as it gets. Need more? How about venturing beneath the ocean's surface to glide alongside turtles and whale sharks; sipping Champagne on a luxury cruise as the sun sets; or escaping to an uninhabited island, Robinson Crusoe-style, for an unforgettable evening-for-two under the stars.



Dan Salmon,  
Owner

#### Antarctica

Head south – hundreds of miles off the tip of South America – and you will reach the bewitching icy and rocky landscapes of the great white continent. Antarctica has long been the destination of dreams for many an intrepid traveller and stepping foot on the 7th continent is at the top of most must-do lists. And now with luxury cruises, as well as the traditional expedition ships, visiting these far off shores – once frequented by only the most courageous explorers – is more accessible than ever.



*"discover travel that's meaningful,  
intimate and more than worthwhile"*

#### Japan

Japan's unique culture and startling contrasts make it a captivating holiday destination. From the modern, high-tech capital of Tokyo, with its futuristic neon-lit streets, Michelin-starred restaurants and quirky pop culture, to the timeless traditions, evocative geisha districts and beautiful temple gardens of the ancient imperial city of Kyoto; the tranquil beauty of the Japanese Alps and the haunting history of Hiroshima, this rich country offers an abundance of vibrant cities, cultural treasures and natural beauty.



#### South Africa

A holiday in South Africa is the taste of a plum-tinged red from the vines of a world-class winery, or your first sight of a leopard slinking silently through the grass on a game drive at dawn.

It's a place to experience the kind of wonders you'd never expect to find in one country: whale-watching from your hotel room in Hermanus, internationally famous wineries in the Cape Winelands, vintage train journeys and safaris where you can take a walk on the wild side with Africa's Big Five in Kruger National Park.

#### Indonesia

Smouldering vistas, rich cultural diversity, beach-blessed coastlines and languorous charm – this nation of more than 17,000 islands offers countless adventures and unforgettable experiences. Every island here seduces with its own vision of paradise. From the beautiful beaches and emerald interior of Bali – the fabled 'Island of the Gods' – and the stunning volcanic landscapes of Lombok, to the exotic shorelines of Komodo – the land of dragons, this picture-perfect archipelago really does have it all.



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# BE INSURANCE

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THE COVER YOU'LL NEED IN PLACE WHEN TRAVELLING TO EUROPE POST-BREXIT

The very notion of overseas travel seems slightly optimistic at the moment, but as 2021 rolls on there is hope we may be able to stretch our legs on foreign shores before long. And if that's the case, it pays to know how to insure against travel pitfalls as we prepare for jaunts and journeys to EU countries in this post-Brexit world.

The first thing to ensure is that you have six months left on your passport, or you may not be going anywhere, with travel restrictions having tightened post-Brexit.

Next, there's the relinquishing of the European Health Insurance Card (EHIC). You cannot replace this – we're no longer in the EU – but it is still effective until the expiry date listed. If yours has timed out, you will need to apply for a Global Health Insurance Card (GHIC). This, like the EHIC, will cover you for pre-existing conditions, maternity and emergency care. Go without one and you run the

risk of incurring expensive healthcare treatment.

Remember, though, the GHIC is not an alternative to purchasing travel insurance, as it doesn't cover any private medical healthcare, such as being flown back to the UK in the event of serious injury.

And as part of your own private insurance, you should still take out cover for unexpected events, such as cancellations or lost luggage, just as you would have done previously.

As for other matters, you are permitted to stay in the EU for 90 days in any 180-day period (see slightly differing rules for Croatia, Bulgaria, Cyprus and Romania), with a visa required if you're hanging about for longer. Mostly, though, EU countries are keen to make the transition period as smooth as possible. It doesn't suit nationals travelling in either direction to find themselves held up or, worse still, turned away at customs; but it does pay to double-check on everything in these uncertain times.

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**Don't put it off.** Often it takes a life changing event to prompt someone into action, which can sometimes be too late. Many others don't consider making an LPA at all, believing that "it won't happen to me". However, planning ahead and having LPAs prepared before they are needed can stop the evitable roadblocks faced by those dealing with your financial & business matters and health & welfare choices if the worst does happen and you are not able to make decisions yourself.

**Contact us today to protect yourself and your loved ones.**  
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BUSINESS & PROPERTY

## WHAT TO CONSIDER WHEN BUYING A HOLIDAY HOME IN EUROPE POST-BREXIT

It's a piece of escapism almost all of us love and crave – even just the thought of having a holiday home we might slip away to is enough to keep us going through those long, cold, monotonous months of work.

Of course, for those of us who will at some point be lucky enough to own an overseas abode, the question of how accessible and affordable that place in the sun will be has arisen recently in light of the UK departing the European Union.

Within that, perhaps the most profound impact of Brexit will be that UK residents are only permitted to stay in the EU for a total of 90 days in every 180-day period.

As far as purchasing a home goes, British nationals will now need to undertake the same procedures as non-European residents, and while this doesn't prohibit us from investing in a holiday hideaway, it does mean an extra layer of paperwork, and in future may require applicants to apply for a visa in order to claim residency.

In time to come it may also be seen that Brexit leads to an increase in stamp duty for British buyers, while changes in the currency markets could mean that mortgage availability becomes more limited.

As it stands, though, the subsequent transition period – and with it, a large

amount of uncertainty – hasn't led to any profound changes. Indeed, people who already own property in an EU country are protected by the United Nations Universal Declaration of Human Rights and the European Convention on Human Rights – the longwinded premise being a simple one, namely that whether a member of the European Union or not, individual property rights must be respected.

So if you do move forward in retaining or investing in property abroad, your little piece of homely heaven is assured.





# Make a wish

**Are the bargains from this frequently discussed website all they're cracked up to be?**

Scouring for bargains online will always present one or two sites where the deals appear to be too good to be true, but over the past couple of years, Wish, a retail platform based in China, has cemented its place as being one of the most affordable and diverse sites on the net.

While a good proportion of wish.com caters for the peculiar and the downright perverse, a huge chunk of goods appear well priced and reasonably well made. Its secret is to connect millions of shoppers with sellers all over the world. Different from eBay, sellers are registered companies, and while China and south-east Asia provides a common source for products, it may come as a surprise to hear that the site was actually conceived in Ontario, Canada, back in 2010.

By June 2020, Wish could boast 122 million visits, with almost 70 million of those being unique users.

From sportswear to phones, jewellery to lingerie, tech to trumpets, Wish's diversity is its greatest strength.

And yet, weaknesses are prevalent too. Such is the breadth of the site – it is a truly global entity – that quality control checks aren't the strongest, and waiting times for the transportation of goods can be long.

You also need to consider that regulations and guidelines for products in the UK won't be the same abroad, so with something like a child's car seat, some imported products might be substandard.

What Wish ultimately represents is another opening-up of trade, often directly between the individual and the product manufacturer and/or retailer.

The world is a much smaller place today, but while that's true, there's nothing to suggest the famous old adage 'buyer beware' isn't as important now as it ever was.



## Getting Ready for A Busy Spring and Summer

**The Government's Spring Budget has certainly added a bounce to the property market in Chelmsford.**

In the run-up to the announcement on March 3rd, we heard from many people who had put their moving plans on hold. They were playing a game of 'wait and see'.

But with the news that the stamp duty holiday was to be extended to June 30th for properties £500,000 and under and until September 30th for homes under £250,000, people's moving plans are well and truly back on.

Put it this way – they waited and like what they saw.

We noticed a significant rise in the number of people calling us for valuations and seeking properties in the days after Rishi Sunak's announcement.

There was also the launch of Government-backed 95 per cent mortgages meaning buyers (mainly first-time purchasers) could secure funding for a new home with 5 per cent deposits rather than the usual 10 per cent.

I can see a hectic period for the local housing market this spring and summer for four major reasons.

Demand is outstripping supply.

The stamp duty holiday extension and the Government-backed mortgage scheme.



Stephen Frost and John Frost, Martin & Co

There's a much greater sense of hope in the air that we are through the worst of the pandemic, and our lives will go back to normal very soon.

Many people we speak with are prioritising a home move before an overseas holiday this year. This will mean the traditional July and Autumn lull in the market will be nowhere near as pronounced as usual.

If you'd like an informal chat about what the budget news could mean for your moving plans, give me a call on 01245 330 503.

PS: We work very closely with a team of mortgage experts and can introduce you to them if you'd like to talk through your options.



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[For a free initial consultation, please contact me to book an appointment.](#)

I'm based in Chelmsford and look forward to meeting you!

Louise

Louise Selvage  
CertPFS, CertCII (MP)  
Independent Mortgage and Protection Adviser

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## BRITAIN'S GREATEST SPORTING MOMENTS...



# Torvill & Dean

Each month we look at significant events in British sporting history. This month, it's 40 years since ice skaters Torvill and Dean were awarded MBEs, but their greatest moment was yet to come.

To an entire generation of terrestrial TV watchers, the mere sound of Ravel's *Boléro* will instantly bring about memories of Jayne Torvill OBE and Christopher Dean OBE's incredible gold-medal-winning routines at both the Olympics and the World Championships in 1984.

At both events, the duo performed a modern artistic masterpiece that captivated a generation of fans. The routine had emotion, precision and drama packed into four and a half minutes of twists, turns, lifts and pirouettes.

At the World Championships, in Ottawa, the couple received a standing ovation from the entire crowd as flowers rained down onto the ice. It was the last amateur performance of the greatest ice dancers the world had ever known, performed with such ease that it belied the incredible technicality of a routine coached by Betty Callaway.

Their score of 13 perfect 6.0s was the most ever

scored by any skaters in competition, as the couple, who had been performing together since 1975, truly went out on top of the world, having taken 11 6.0s at the Olympics two months previously.

While 1984 was ultimately the pinnacle, it's easy to forget how respected and regarded they were before then. Already prolific World and European champions, they had been awarded MBEs previously, with the 40th anniversary of their trip to Buckingham Palace being marked this year.

That these iconic skaters could still push for perfection as amateurs was the ultimate endorsement of their decision to turn professional and begin to earn a living for their art beyond grants and sponsorship. And that has been borne out in the fact that their dedication to ice skating in all its forms rolls on even today, with the pair regulars on our television screens, notably in ITV's *Dancing on Ice*.

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