

Daisy

Birth flower
of the month

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FRUIT OF
THE MONTH
RAMBUTAN**

NIGEL OWENS

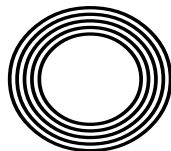
Highlighting LGBTQ+ in sport

Stacey Saloman

From TV personality to organising queen

Dame
JUDI DENCH

The actress showing no signs of slowing down



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AFTER

AFTER



AFTER



BEFORE



AFTER





Editor's notes...

APRIL 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** ChelmsfordBeaulieu. What a difference a year makes. It was 12 months ago that we found ourselves right at the beginning of a national lockdown.

It was, for all of us, a step into the unknown. It would be fair to say there was an intriguing novelty about the early days of social distancing and the need to stay at home, but that quickly changed when all around us the concerns for health, jobs and our loved ones grew.

Speaking personally, the early days of the pandemic saw my dad in hospital for more than a week. He eventually won his considerable battle

with COVID-19, while at home my wife and I were bracing ourselves for the imminent

arrival of our baby daughter. Now, a year on, I feel better equipped to take a view on those dark days.

Things were to get much worse before the corner could be turned.

No matter what our thoughts are on Prime Minister Boris Johnson, the economy or the COVID-19 response, one thing most people I speak to agree on is the speed and effectiveness of the vaccine roll-out so far.

It has given the nation the biggest lift possible. Sure, we will be living with COVID-19 and its variants perhaps indefinitely, but getting the job is ultimately the way we can all get our lives back on track.

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

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Stacey Solomon SPOTLESS IN THE SPOTLIGHT

FOUR BOYS... AND POTENTIALLY MORE ON THE WAY – HOW THE STACEY SOLOMON/JOE SWASH LOVE STORY IS A REALITY TV STORY WE ALL LOVE

Stacey Solomon isn't too worried about the airs and graces of celebrity life. Sure, she has grown up in the lens since being catapulted into the scene in 2010 with a stellar display on *The X Factor*. While she ended up falling short – coming third, behind Joe McElderry and Olly Murs – the dye was cast as far as a career on screen was concerned. It was her casual, considered, girl-about-town image that viewers admired; the fact she was never afraid to speak up, to share her emotions and to bridge the gap between viewer and star.

“Throughout my TV career I've always just tried to be myself,” she says. “It's strange when you receive criticism for that – perhaps I don't round my consonants as well as I should, perhaps I act a bit loud at times, but that's just me. I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love.”

.....
‘I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love’
.....

The 31-year-old Dagenham-born star's TV career has ultimately been the 'x factor' that has led her to love, having fallen for the charms of chipper, funny man Joe Swash, also a near-veteran of the reality TV industry. The pair got together five years ago, drawn together by a shared passion for... well, everything.

“We connect on such a perfect level,” says Stacey, “and we're always making each other laugh.”

The pair, who got engaged just before Christmas, now also have a little reality star of their own to share – baby Rex, who arrived in 2019.

“I have two sons from a previous relationship and Joe has one, so bringing everyone together in our home has been perfect.”

The Essex-based couple have recently moved into their new home - aptly named Pickle Cottage. Stacey admitted it would need some work, but what's certain is that she will get it looking spick and span – after all, Stacey has just released her latest book, entitled *Tap to Tidy*. It's a smorgasbord of houseproud hints that also details crafting and design, as well as cleaning and keeping shipshape.

Stacey, who has appeared on and won *I'm a Celebrity...Get Me Out of Here*, and has presented shows such as *The Love Machine*, *The Jump* and *Loose Women*, also has a new BBC series, *Sort Your Life Out*, arriving later in the year; while Joe's work ranges from *EastEnders* to *Dancing on Ice* – he is also a previous winner in ‘the jungle’, which is where the likeable pair first met.

“TV was always an industry I admired, and although it has been a strange year, I think so many people have been able to keep their spirits up by escaping for a few hours in the evening to watch something,” Stacey says.

“The pandemic has really brought us back to the basics, where spending time around our family now feels like the most important thing in the world, whereas before we were perhaps more side-tracked by work and careers and more selfish things in our lives.

“That said, I want to get back to normality – it's what we all need, and I've got a wedding to plan, after all!”

Jasmine Harrison WATER BABE



HOW JASMINE HARRISON BRAVED ISOLATION AND SLEEP DEPRIVATION TO BECOME A WORLD RECORD HOLDER

From rowing across the Atlantic Ocean with only the sound of waves crashing against the sides of a flimsy 21ft boat, to answering a Zoom call from the Duchess of Cambridge, Kate Middleton, on International Women's Day, Jasmine Harrison's journey from desperate isolation to taking centre stage as an example of true human endeavour and resilience has been magnificent.

The 21-year-old world record breaker was inspired to start rowing when she saw the event two years ago while teaching in the Caribbean. Yet despite having not set foot inside a boat until 12 months ago, she powered her way into the record books in February by becoming the youngest woman to row solo across the Atlantic Ocean as part of the Talisker Whisky Challenge.

Going up against a field of experienced entrants, the Yorkshire-based sailor drew on every last sinew of courage and conviction, to the delight of her friends, family and support crew who tracked

her every move across 3,000 miles of water.

The journey, from La Gomera in the Canary Islands to Antigua, took Jasmine 70 days. Despite extreme exhaustion – the longest duration of uninterrupted sleep she could have was two hours – searing heat, dehydration and no small quantity of challenges along the way – including capsizing her vessel just two days before finally making it to the finish line – the intrepid sailor says the experience was the most profound of her life.

"I will take away from this experience so many memories – some bad, but most of them good."

Asked what she was looking forward to most when back on dry land, she laughed: "That's easy – food... lots of food."

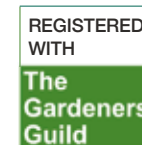
As for what comes next, the part-time bartender is almost certainly going to find herself in demand where other marine challenges are concerned.

"I'm going to take some time off then look around and decide what comes next. This isn't a one-off for me and I want to achieve more."

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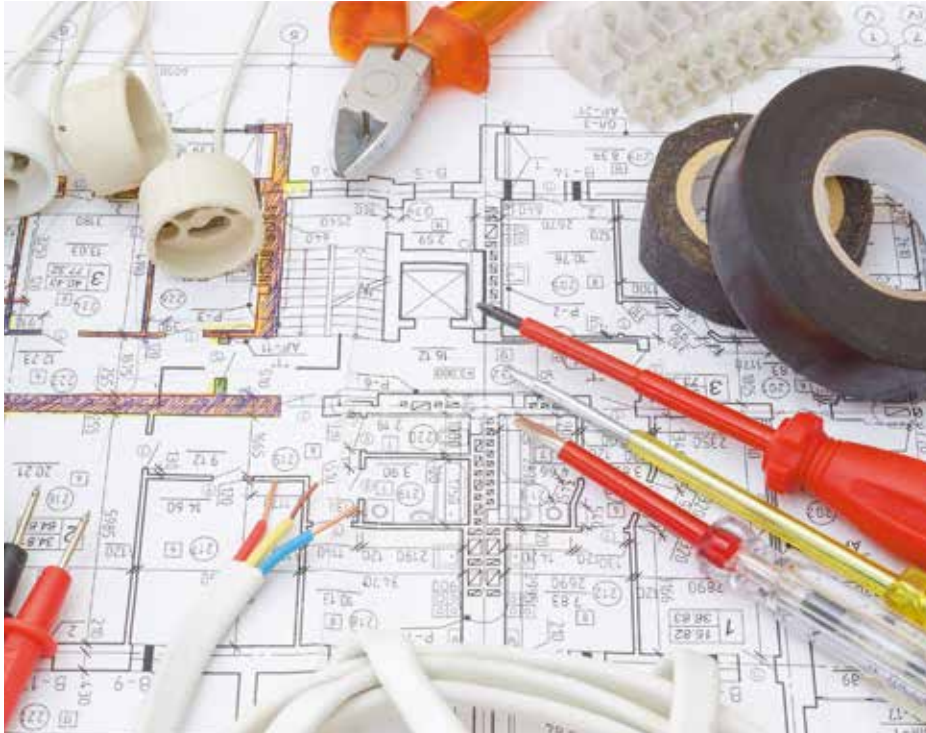
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STYLISH SPOKES



HOME & DIY

A cactus can make a great addition to any home thanks to its striking shape and often unusual flowers on some varieties. However, this spiky houseplant offers many other benefits.

CACTI ARE SELF-SUSTAINING PLANTS

If you want to inject some greenery into your home but you simply don't have the time to care for plants, then a cactus is the plant for you as it requires little to no maintenance. Native to the desert, cacti store moisture in their roots, leaves and stems and regulate their own food intake so you barely need to water them at all.

CACTI IMPROVE THE AIR QUALITY IN YOUR HOME

Green plants such as cacti actively absorb carbon dioxide from the air and release oxygen, which helps to improve the air quality in your home. Other health benefits of cacti include an ability to reduce stress levels, provide companionship and even enhance your memory.

CACTI CAN MAKE YOU MORE PRODUCTIVE

If you are currently working from home but are being driven to distraction by family life, a well-placed cactus plant can boost your productivity levels. In fact, controlled tests have shown that having a cactus in your office can improve your performance by more than 12 per cent.

CACTI OFFER SUBTLE BEAUTY

For those who follow feng shui in their home, a cactus is the perfect plant for adding an elegant visual experience while at the same time banishing any negative energy. Cacti love the sun, so choose to add one to your windowsill or near the entrance to your home. Avoid placing in the living room or your kitchen, unless you want to be on the receiving end of an unexpected spike.

BEST CACTUS VARIETIES TO GROW INDOORS:

Angel wings cactus | Rat tail cactus | Old lady cactus
Christmas cactus





FAWNING OVER flora

The floral effect, and how to achieve it

Although floral interiors are nothing new, they've certainly become on trend over the last few years. Flowery bedspreads, botanical cushions, jungle-print curtains and all manner of foliage frolics have been brought into the home, with our front rooms, kitchens, bedrooms and even bathrooms better places for it.

Vivacious ideas and vivid colours have become the order of the day, with ambitious, elegant results, all crafted in the knowledge that floral interiors never go out of fashion.

If you've kept your walls clear and fresh, it means that you can just add in colour with floral-print additions to your furniture, with vibrant cushions, rugs and throws in your living room. For perhaps the smallest of makeovers, your inside space can represent all the bounty of an outside garden.

If, however, your current styles mean a drastic design change, a mural or flowered wallpaper may be more in demand. If this is your route, supplement a complicated background with plain cushions and simple, flat, easy-to-digest whites and greys.

In addition, adding real or fake flowers will bring walls into the 3D realm, enhancing your look and creating energy, interest and talking points.

As for the palette you have at your disposal, floral colours offer all manner of outdoor shades, as we know. From pinks to purples, yellows, whites and reds, there are few colours out of bounds.

And once you've remastered a room with a full-on floral theme, you can progress the idea by making small, subtle changes that complement the look, such as adding small garden-themed pictures, or perhaps even candles with floral scents.

Very soon, you can find yourself bringing the outside inside, where opening a window and allowing a breeze to blow through the space completes what is an invigorating and inspirational design effect.



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JET PROPELLED

SEVEN HANDY HINTS FOR MAKING THE MOST OF YOUR JET WASH HIRE



You're about to embark on a bit of high-pressure jet washing – perhaps you're getting that grubbiness off the walls, maybe your patio needs bringing back to its original sheen, or it could be your windows that want rid of all that winter grime.

Whatever the case, here are some tips that mean when hiring a pressure washer you'll clean up... literally and financially.

ONE: The price is right

It sounds obvious, but it pays to shop around. Kärcher leads the market with consumer pressure washers, but they all work in the same way, so don't necessarily be swayed by a big name or a fancy trim.

TWO: Time is of the essence

Be realistic over how long you want to hire a pressure washer for. Most hire companies will let you extend, but it's cheaper and easier to plan out your workload first; and of course, don't ever waste money by hiring one that you're not going to use straight away.

THREE: Failing to prepare...

With the last point in mind, prepare the areas you're going to use the jet wash for before picking it up. Not only will it help with space and efficiency, but your hire time won't be wasted moving items around so you can get started.

FOUR: Safety first

While great fun, pressure washers pack a huge amount of power, and even a lower-grade machine has enough punch to break through human skin.

FIVE: Pre-wash

Pre-washing any area makes jet spraying so much easier when you come back to it a few minutes later.

SIX: Nozzle knowledge

The pressure washer comes with a variety of nozzles, so ensure you select the right one for the job.

SEVEN: "I need proof (waterproofs)"

Spray will quickly consume you and people in neighbouring counties, so ensure you have waterproof gear, and prepare for a huge amount of dirt while you're at it.

You can use a jet wash for cleaning windows, patios, driveways and even your car.

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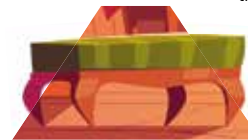
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HOME & DIY



In theory, the loft is the perfect storage place for old mementos, cherished gifts and all manner of items you will sort at some point down the line. What unites all of them is we don't want these books, records, paintings, clothes and pieces of furniture around us in our living spaces – fair enough. And yet, when it comes to retrieving them from the most ideal of home hidey-holes, will they actually return to the light in the same condition we left them?

All told, the evidence appears to be 'no'. Part of the reason for this is because your attic is a hotbed (literally) for wildly fluctuating temperatures. We all know heat rises, so at certain times of the day, and the year, all manner of warmth will spread upwards into your loft space. Conversely, during times of extreme cold, it will be the only place in the house neither insulated nor heated.

Consider as well the creeps and critters that reside in the dark, sometimes damp, sometimes blissfully dry conditions.

You should pay particular attention to:

WOODEN FURNITURE... Wood can expand and crack with frequent changes in temperature, so beware of leaving it in storage for long spells.

FABRICS... Mice, dust mites, beetles and even birds will quickly find a second use for clothes, carpets, toys and rugs.

LEATHER... While the appearance of an old leather jacket will tarnish and fade, a bigger problem may be trying to rid it of a dank, musty odour.

CANDLES, VINYL AND CASSETTE TAPE... Extreme heat will quickly compromise the quality of items that you have cherished, be it that wedding photo album or your Canned Heat LP.

The best way to avoid items deteriorating over time is to wrap them well, store them in boxes and ensure proper ventilation through your loft space.

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HOME & DIY



Modern glass showers and marble counters may look great, but they need care to maintain their lustre – bring forward the Great British Baking Soda solution.

You may not think glass shower doors and cubicles have much to do with those huge slabs of marble that comprise the worksurfaces in your kitchen, but think again. Both undergo daily use, both are largely mistreated – consider limescale and heat in the bathroom and all manner of spillages in the kitchen – and yet both can be kept in A1 shape with the required care and attention... and a bit of baking soda.

GLASS SHOWERS

Tending to a bit of cleaning is the last thing on our minds when we wander out of the shower in the morning, still half-asleep from the night before. Yet daily spraying – with a limescale-fighting premix – and wiping can preserve the lifetime of glass so it stays shiny for longer.

However, if you're the type who would rather do a one-off clean every couple of weeks, use washing-up liquid on a course brush and scrub the areas that contain the tell-tale white, bumpy marks.

Rinse with cool water, then use baking soda to break down some more of the mass, spraying vinegar over the top before rinsing away with warm water.

MARBLE COUNTERS

Baking soda is again your best friend when it comes to returning marble counters to the way they were before soups, sauces, pasta and pancetta took a rather appealing shine away.

Simply mix three tablespoons of baking soda into a litre of water. Apply the mixture to your worktops and leave in place for several hours.

When you return, wash the pasted solution off with warm water, then apply a shop-bought marble sealer.

As ever, regular cleaning, and ensuring you don't leave spillages to set, is the best way to keep your marble at a constantly high level.





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LOCAL NEWS

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LOCAL NEWS



New schools planned for children with additional needs

Plans for two new schools for children with special educational needs and disabilities have been submitted to Chelmsford City Council.

The Sir Geoff Hurst Academy and The Hawthorns School could be built on land off Fox Crescent. Both schools will cater for children with different needs.

The Sir Geoff Hurst Academy will be a 64-place school for children aged between seven and 16 with complex emotional and mental health needs.

It will also include residential facilities for up to 15 students.

The school will be made up of nine classrooms with up to eight young people in each.

The Hawthorns School will be built on the same site if planning permission is granted. This school, with space for up to 70 students, caters for children with complex autism aged between seven and 16. It will also offer residential accommodation for up to 10 students.

The planning documents for The Hawthorns read: "All pupils at The Hawthorns will be verbal but have language and social interaction difficulties, so providing the means, reasons and opportunities to communicate will underpin the curriculum."

"The school will have to blend therapeutic, vocational and academic learning. This demands therapy spaces and subject-specific classrooms, plus spaces to develop independence and functional skills/opportunities such as dining hall, outdoors and library."

The planning applications include a statement of support from Essex County Council.

It reads: "The two schools will be a key component in ensuring that there are sufficient places to meet demographic growth, as well as to enable pupils who may have previously been educated in independent and out-of-county provision to have their needs met locally."

Chemotherapy centre coming to city hospital

LOCAL NEWS



A new chemotherapy treatment centre is being built at a hospital in Chelmsford.

The state-of-the-art centre at Broomfield Hospital is costing £1.2million to build and is set to open to patients in May.

The centre will increase the number of chemotherapy stations in the hospital's day unit from 14 to 18 chairs and two beds. It will also include an outpatient consultation suite with two consultation exam rooms and two interview rooms.

Lisa Villiers, Macmillan nurse consultant at Broomfield, said: "We've really listened to patient feedback and they've told us that they would like a light and calming environment, a spacious waiting area and car parking next to the unit. It will create a more suitable environment to meet patient needs."

New station plans on track as funding agreement secured

Plans for a new station are progressing after Essex County Council's cabinet secured more than £217million for the scheme.

The project was thrown into doubt at the start of this year because of financial concerns, but the multi-storey car park planned for the scheme has now been removed.

Councillor Michael Mackrory, for the Springfield division, told the meeting he welcomed the development.

He added: "The report in January was somewhat pessimistic so I am pleased to see that progress has been made since then."

The project will also see the building of Chelmsford

North East Bypass, something that Cllr Mackrory also supports.

He said: "It will bring much-needed relief to residents of Springfield who have to suffer from HGV lorries coming off the A12 and thundering along the narrow White Hart Lane."

Members heard that the new station will support more than 14,000 homes. Due to open in 2026, it is predicted that more than two million passengers will pass through the station during its first year of operation.

Pupils raise more than £2,000 in memory of former teacher

Remote learning did not stop pupils in Chelmsford from raising more than £2,000 in memory of a former teacher.

Pupils from St Cedd's School took part in the school's Creative Century Challenge to raise money for the Helen Rollason Cancer Charity to remember Vanessa Ho You.

Inspired by Captain Sir Tom Moore's efforts to walk 100 laps of his garden, children were challenged to do 100 things, or spend 100 minutes on an activity, to celebrate Mrs Ho You's life and contribution to the school.

While some opted to get active by doing 100 press-ups or 100 ballet jumps, others chose mindful activities such as completing a 100-piece puzzle, making Lego masterpieces using 100 bricks or colouring for 100 minutes.

Matthew Clarke, headteacher, said: "The children of St Cedd's School have risen to the challenges laid before them and put their excellent levels of creativity to good use to raise money in memory of Mrs Ho You."



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Man jailed for burglary spree

LOCAL NEWS



A burglar who carried out a string of thefts in Chelmsford and elsewhere has been jailed for more than seven years.

Scott Osbourne broke into a house in Longstombs Avenue in November 2019 and stole a designer watch and perfume. He then stole a Mercedes GLA and jewellery from a home in South Woodham Ferrers in December.

He went on another burglary spree between January and March 2020. He stole cash and other items from a house in Witham on January 11 before stealing money and watches from a house in First Avenue, Chelmsford. On March 15, a Volkswagen Golf was stolen from a house in Shenfield. Forensic examinations resulted in DNA matches to Osbourne.

Then, on March 29, a designer watch, jewellery and cash were stolen from a home in Doddinghurst.

A witness told police they had seen someone climbing a fence earlier that day. The man claimed to be delivering COVID-19 PPE and gave the witness a first aid kit. DNA found on it was linked to Osbourne and he was arrested in July 2020.

The 29-year-old, of King Edward Road, Romford, admitted the burglary in Longstombs Avenue but denied the others. He was found guilty last month and jailed for seven and a half years.

New event is music to festival fans' ears

Music fans in Chelmsford have something to look forward to this summer as a new music festival is set to take place in the city in July.

New World Fest will take place, restrictions permitting, on July 17, on Dixie Fields, part of the V Festival site between Hylands Park and Chelmsford. The event will feature more than 100 artists, including Joel Corry and Nathan Dawe, across seven stages from 11am to 11pm.

The festival website describes the event as a

“one day outdoor event in Chelmsford, with all your favourite artists and DJs in one place performing the biggest house, garage, old skool and D&B”.

The event is proving popular and tickets are reportedly being snapped up quickly.

New World Fest will follow government guidelines on COVID restrictions and testing. If the event is cancelled or postponed, festival-goers will be refunded.

For more information, go to newworldfest.com

Clarets fans put their best foot forward

A group of Chelmsford City supporters is taking on a sponsored charity walk from Land's End to Winchester later this year.

The group of 10 Clarets fans will be raising money for the City of Chelmsford Mencap, the South Western Ambulance Charity and the Supporters' Club's Community Project when they tackle the 270-mile hike between May 22 and 29.

Jon Read, one of the organisers, explained why they chose the three charities.

He said: “We did it for the City of Chelmsford Mencap two years ago. It's such a good local charity. They need a lot of help and they don't get any funding, so we like to offer them what we can. We thought it would be wholly appropriate to raise for the NHS, too.”

The walk was originally planned for March 2020, with the group hoping to arrive in time for the Oxford City away game on April 4. After the event was cancelled during lockdown, they reorganised the trek for this year, with the endpoint at the Hungerford Town away fixture scheduled for May 22.

However, following the curtailment of the season, the group landed on their current plan to walk from Land's End to Winchester.

Jon explained: “When the season was knocked on the head again, we thought, ‘We have to do the walk. We've already raised more than £3,000’.”

With less than two months to go until their walk, the City supporters have raised just over £3,900 of their £5,000 target.

To sponsor the group, go to www.justgiving.com/crowdfunding/legsmiserables



Photo credit: Chelmsford City FC

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LOCAL NEWS



On the first day of schools reopening, I visited The Boswells School and Columbus College in Chelmsford. It was great to talk to some of the students about their hopes for the months ahead and to volunteers helping with on-site testing. This is so important to help keep COVID-19 out of classrooms. Thank you to all the teachers, students, staff, families and volunteers for making the return to school possible. I also visited some of the holiday clubs that were run over Easter, providing food and fun for children.

Plans to build a new railway station at Beaulieu and our North East Bypass have taken a significant step forward. In 2019, we were offered a grant of just under £218million from the Housing Infrastructure

Fund to support these projects. This was the largest grant anywhere in the country. The detailed contract for the grants for the station bypass has now been agreed between Homes England and Essex County Council. This is great news after more than 40 years of promises.

In the spring budget, the government announced it will continue to protect livelihoods and businesses. The furlough scheme has been extended to the end of September and 100 per cent business rates holidays will be extended to June, with a reduced rate for the following nine months. However, I am very concerned about the Lib Dem City Council's plans to charge for parking at Hylands Park and to hike up funeral taxes. In the midst of a pandemic, these extra charges seem extremely unjust.

New knife crime sculpture

A monument warning of the dangers of knife crime is arriving in Chelmsford this September.

The Knife Angel is a 27-foot sculpture constructed from 100,000 confiscated or surrendered weapons, including flick knives and samurai swords. The striking statue will be on display in Chelmsford's Central Park for a month.

The British Ironwork Centre created the sculpture, which travels all over the UK to raise awareness about the dangers of knife crime, aggression and violence.

Personal messages from families affected by knife crime have been engraved onto the feathers of the angel's wings.

A knife amnesty campaign will be held throughout September while the sculpture is in Chelmsford. New knife bins will be placed around the city and a special programme of youth-led events will also take place.

The visit is led by Chelmsford-based organisation Keep It 100 Youth CIC, with the support of Chelmsford City Council and Essex Police.

Keep It 100 founder Luisa Di Marco says the Knife Angel's visit to Chelmsford is a privilege.

She added: "This visit gives us an opportunity to spark honest conversations around youth violence and knife crime at a pinnacle moment and to replace statistics with the faces of victims."

This month, Keep It 100 will contact youth organisations and schools across the county about how they can get involved. A full programme will be unveiled in May.

The Knife Angel will arrive in Chelmsford on September 6.



Photo credit: The British Ironwork Centre

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Man jailed for three years following assault



A man who violently assaulted a woman in front of her children has been jailed for three years.

Sam Murray, 28, attacked the victim just five days before Christmas last year.

He repeatedly punched and kicked the victim to the floor as she pleaded for him to stop. She suffered bruised ribs in the assault.

Officers were called and responded quickly, arresting Murray within minutes of arriving on the scene.

At Chelmsford Crown Court in February, Murray pleaded guilty to three counts of causing actual bodily harm. He was sentenced to three years in prison on Tuesday, March 23.

Investigating officer PC Whelan Bassett, of Chelmsford's Domestic Abuse Investigation Team, said: "I'd like to thank the victim, and her support network and family, for their bravery and honesty throughout this investigation. I hope that this sends a clear message to anyone suffering behind closed doors: We are here for you."

"If you can't speak to us when you call 999, just press 55 and it will alert the operator that you're in a dangerous situation. You can also visit our website for advice, and you can hide the page from your search history afterwards."

For more advice, visit www.essex.police.uk/advice/advice-and-information/daa/domestic-abuse

City takeaway in running for national award

A takeaway in Chelmsford could be named as one of the best in the country after it was nominated for the British Takeaway Awards.

Burgers, Wings and Ribs serves customers from a double decker bus on Chelmsford High Street and also has buses in Colchester and Ipswich.

The business launched in Colchester last year and serves takeaways inspired by American fast food.

It has been nominated as a finalist in the East of England region of the British Takeaway Awards. The winners will be announced on May 15 before the national final later this year.

Visit www.thebtas.co.uk to vote for Burgers, Wings and Ribs.

Police called after mask-free customers visit supermarket

Police were called to a supermarket in Chelmsford late last month after a group of customers who were not wearing face coverings arrived at the store.

Videos of the group quickly went viral on social media, with some reacting with horror.

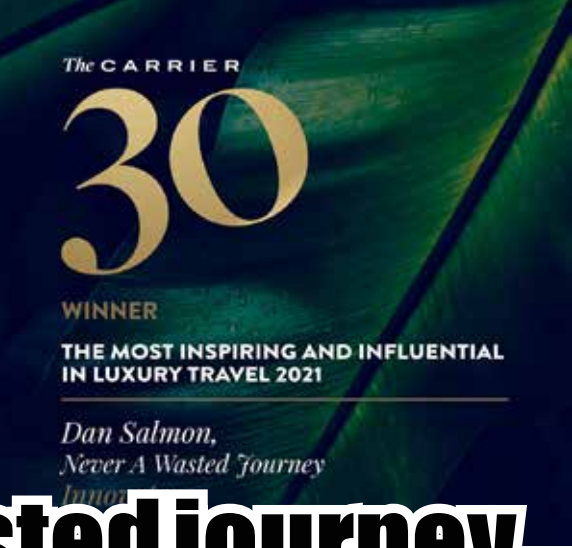
After arriving at the Princes Road store, officers spoke to the group, who claimed they were exempt from wearing face coverings. There are several situations, set out by the government, where a face covering is not required.

A Tesco spokesperson said staff would encourage compliance with the law but would not put themselves at risk if challenged.

He added: "Since the start of the pandemic, we have focused on ensuring everyone can get the food they need in a safe environment."

"To protect our customers and colleagues, we won't let anyone into our stores who is not wearing a face covering, unless they are exempt in line with government guidance. We are also asking our customers to shop alone unless they are a carer or are with children. To support our colleagues, we will have additional security in stores to help manage this."





Never a wasted journey for Dan as he wins another award

A travel agent in Chelmsford has been named as one of the most inspiring and influential people in luxury travel.

Dan Salmon, who founded Never A Wasted Journey, was named as an innovator by The Carrier 30, highlighting 30 people and businesses the tour operator deems as leading the way in luxury travel.

The innovators category is described by Carrier as: "Travel professionals who break the mould in terms of their approach. They favour a less conventional model and use their first-hand experience and social media engagement to influence their networks."

Dan shared that he has kept in touch with his clients throughout the pandemic, not just dealing with amendments and cancellations of their holidays, but also checking in on them and making sure they are well.

His social media channels have been updated regularly with inspiring content.

Dan said he was delighted with the award.

He added: "Having had just one person travel over the last 12 months, times have been tough, but I have tried to remain positive and continue to inspire people for their future holidays. Thanks to all at Carrier."

Market reopens following COVID-19 closure

Chelmsford Market has reopened to customers following government guidance.

A spokesperson from the market said: "We can't wait to see you again! Chelmsford Markets are delighted to welcome back all our traders and we've teamed up with Click It Local, the virtual high street, that enables you to buy from our small, independent traders and have it delivered to your door the same day. Just head to www.clickitlocal.co.uk for delivery and click and collect from the market, or if you prefer to browse in person then we'd love to see you from April 12.

"Our indoor market is arguably more outdoors as it's so airy and we've gone the extra mile for you by creating more space between the stalls, making it easier to follow social distancing. Don't forget our

hand sanitiser stations in every entrance so you can shop more safely.

"The indoor market is open Tuesday to Saturday and you can find more information about both markets at www.chelmsford.gov.uk/market and keep up to date on our social media.

"More people are choosing to shop safer outdoors, and with our high street market in its 14th year it's more popular than ever.

"Tuesday, Friday and Saturday the market operates, and you'll find artisan bread, fantastic fresh fish, aromatic coffee, fruit and vegetables, cut flowers and plants; not forgetting our gourmet street food vendors.

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Remembering the Brixton Riots

APRIL 10 MARKS FOUR DECADES SINCE THE START OF THE BRIXTON RIOTS

The Brixton riots were a terrifying, culturally defining 48 hours in which the black population of south London rose up to confront what they determined to be an unfair and illegal era of police brutality and wider social exclusion.

In a foretaste of some of the issues raised by the recent Black Lives Matter movement – albeit in referencing situations Stateside rather than events and actions in our own country – the 1981 Brixton riots, or ‘Brixton uprising’, were seen as a major turning point in the UK.

The background was a country in recession, and growing unease between police in areas such as Brixton and Lambeth. All it took was a spark of racial tension to ignite matters, and that duly arrived on April 10 when a black youth named Michael Bailey ran towards a policeman, bleeding from a four-inch stab wound. In attempting to get the injured man help, a crowd descended and supposed the police to be arresting him.

By the following day, rumours had spread that

Bailey had been unlawfully killed by police, kicking off a spate of riots, looting and arson attacks on shops, cars and property.

Inadequately protected police struggled to stem trouble, with 299 being injured in scuffles. A further 65 members of the public were injured.

Tensions were finally brought under control in the early hours of April 12, by which time more than 2,500 officers from the home counties had been deployed.

So-called ‘copycat’ riots broke out in a number of UK towns and cities, and in the aftermath, the Scarman Report concluded that “complex political, social and economic factors [created a] disposition towards violent protest”, while also blaming overzealous ‘stop and search’ tactics.

Four decades on there is undoubtedly greater unity in the UK, though recent events have brought racial tensions to the fore again, with Brixton forever serving as a reminder of the potential fallout from an unfair society.



Photo credit: Bob Dear/AP/Shutterstock






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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.

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JUDI DENCH

THE LIFE OF THE BUSY DAME

Why Dame Judi Dench is perhaps the most unique acting talent of them all

In a professional career on stage and in front of the camera, it's notable that Dame Judi Dench has, more often than not, played characters who are assertive, strong and definite. From Q in the James Bond films to Ophelia, Juliet or Lady Macbeth on stage; from Evelyn in the *Marigold Hotel* movies, right through to 13 years playing Jean, the comedic mainstay of classic BBC comedy *As Time Goes By*, there has always been a strength present.

And so it follows, then, that the 86-year-old embodies very much those same qualities in real life. How else do you explain the fact that, despite lockdown, the York-born doyenne remains ensconced in one of the busiest periods of her acting career?

"I think the intention was that when I stepped away from Bond I'd be calming things down a bit," she begins. "What actually ended up happening was I found more roles coming my way, as would, I guess, any actor breaking free of a big character."

And therein lies the problem. The determined and decorated cornerstone of British drama simply can't say no. During 2020, while the world's acting fraternity were sitting back doing very little as the entire industry fell into a state of dormancy, Dench was still busy promoting four projects – films *Artemis Fowl*, *Blithe Spirit* and *Six Minutes to Midnight*, as well as an appearance on *Staged*, the widely acclaimed lockdown-themed TV series starring David Tennant and Michael Sheen.

She was also filming parts of what 2021 presents as two major feature films. First up is *Off the Rails*, a drama about a group of friends recreating an interrail journey across Europe, in which she appears alongside Kelly Preston, Ben Miller and Sally Phillips. Then, in *Belfast*, Jamie Dornan co-stars in a drama about a working-class family in Northern Ireland in the late 1960s.

Indeed, since bidding goodbye to 007 in that dramatic, windswept Highlands setting in *Skyfall* in 2012, Dench has appeared in 24 big- and small-screen projects.

"I think, for me, it's about picking and choosing things that make me content and happy," she says. "If I'm being asked to fly halfway around the world for a few minutes on camera, or the brief means being away from home for weeks on end in some inhospitable backwater, I'll say no. The truth, though, is I'm as enchanted as much by acting now as I was when I first performed *Hamlet*, or first stepped in front of a television camera at the end of the 1950s.

"I won't deny the slower parts of lockdown were frustrating, but if you want to keep busy and you want to find yourself things to do, then those things are out there, no matter where you are in the world or in your life," says Dench, who has now been two decades without husband Michael Williams, who died of lung cancer aged 65.

"I know Michael will be looking down, proud of the fact I'm still a workaholic," she smiles. "The truth is it's the only way I know to live."



Photo credit: FAQUINDO ARRIZABALAGA/EPA-EFE/Shutterstock



APRIL BIRTH FLOWER OF THE MONTH:

Daisy

If you were born this month, your flower is the delightful daisy, a bloom that often doesn't get the appreciation it deserves. Incredibly versatile and easy to grow, daisies can make a cheerful addition to any garden, however big or small.

What does the daisy represent?

A quintessential symbol of both purity and chastity, the daisy can also be used to convey secrecy. In fact, daisies were once called "day's eyes", as they close their petals at night and only reveal their bright yellow centre in the day. This flower can also be used to symbolise true love.

What does this birth flower say about your personality?

If your birth flower is the daisy, you are said to be a happy-go-lucky kind of person who tends to brighten up everyone's day just by being you. You are also adventurous, cheerful and optimistic, all of which means you are often the person whom others choose to confide in.

Why grow daisies in your garden?

Sadly, in the UK, we have lost nearly all of our traditional meadow land, meaning that meadow wildlife is under strain. By planting natural and local meadow plants such as daisies in your garden, you will be giving a much-needed helping hand to meadow insects and other wildlife.

How can I ensure my daisies thrive?

Daisies are the perfect choice for those who are looking for garden plants that do not require much care and attention. English daisies thrive in well-drained and evenly moist soil so be sure to water them during droughts. For the best display of daisies, plant them in full sun.

Best types of daisies for a vibrant show:

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GARDENING

GARDEN OF LIFE

THE BIRDS *and the bees*

In the third 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 consider how birds and bees are so pivotal to everything outside our windows.

While they appear to be fluttering and buzzing about our gardens in blissful relaxation, the roles of our birds and bees is actually a vital one.

Let's take the humble bee, for instance. Forget a spoonful of tasty honey, the value of these buzzing beauties goes much deeper, with pollination the name of the game. In the first instance, bees as pollinators are responsible for more than one-third of the world's food. Add in the fact that more than 90 per cent of plants rely on bees' cross-pollination skills, and you can see why the move to halt the recent decline in global numbers has been taken so seriously.

Bees also

provide habitats for a huge quantity of insects and animals. Their complex, interconnected ecosystems allow a vast number of diverse species to co-exist. Put another way, a garden without bees would be bare, as would your plate.

A smaller role for bees is as a food source for birds, but go easy on our feathered airborne acrobats – while they have their own pollination qualities and act as pest controllers, they themselves, most crucially, act as a source of food for animals.

There's also something truly cerebral about birds, who predate our own time on the planet by some 150 million years. Sure, they're not cuddly or kinaesthetic, but through birdsong, breathless beauty, their solid commitment to building homes and raising families, and with a level of ingenuity and intelligence that many mammals can't even get close to, birds are a truly cerebral addition to nature's nest.



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NOT berry GOOD

THE BERRIES AND BUDS IN YOUR GARDEN YOU NEED TO KEEP YOUR KIDS AWAY FROM

They are colourful, attractive and plentiful – they bring visual decoration to what might otherwise be swathes of uniform greenery, and their presence can lift even the dullest of overcast days. And yet, as far as berries are concerned, keeping them away from curious kids (not to mention inquisitive animals) could be a smart move.

Holly berries

They are some of the most beautiful and easily recognised berries in our UK woodlands, yet the bright red, shiny, leathery holly berries that add such colour and interest are highly toxic and will most likely bring on vomiting or a trip to the bathroom.

Jerusalem cherries

The berries of this plant resemble cherry tomatoes, but they come with none of the niceness, and will bring about vomiting and stomach problems even in small quantities. And if evidence were ever needed as to how something so small can be so destructive, even horses can have serious ill effects from consuming Jerusalem cherries.

Black bryony

This plant decorates heart-shaped leaves with clusters of berries that can be anything from bright yellow to dark red; yet all that beauty is a foil for a terrifying range of effects – from skin irritation to swelling, welts to rashes, this is another one you'll definitely want to avoid.

Deadly nightshade

An old favourite, these sculpted flowers look like something you'd find in the cupboard under the stairs at your nan's house; yet there's no warm hug on offer if you ingest these. The consequences can be anything from blurred vision, loss of balance and headache, through to convulsions, confusion and urinary retention... all of which are best avoided.

Mistletoe

And finally, while mistletoe is a plant associated with affection, it's actually a romance turned rather sour, as the entire plant is poisonous. Ingesting it may lead to blurred vision, stomach cramps and diarrhoea. Love can wait.



PUZZLES & TRIVIA

PUZZLES

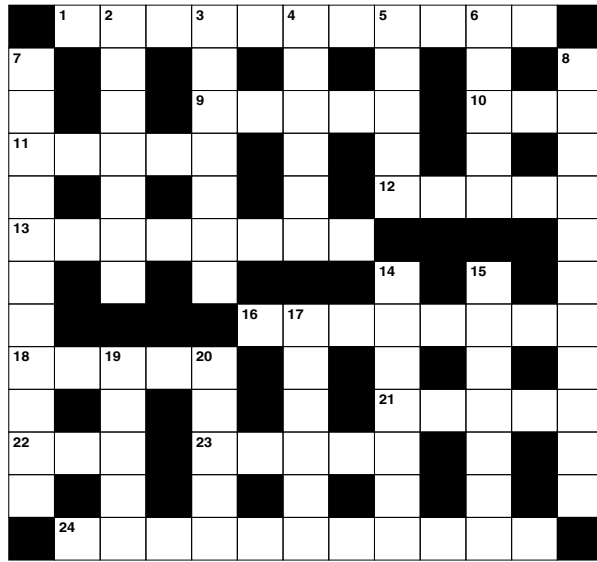
Answers: see end of The VISION Listings

ACROSS

- 1. Dishonestly (11)
- 9. Ape (abbrev.) (5)
- 10. Fish eggs (3)
- 11. Hackneyed (5)
- 12. Giraffes have long ones (5)
- 13. Mad rush (8)
- 16. Eye condition (8)
- 18. Spring flower (5)
- 21. Boredom (5)
- 22. Female chicken (3)
- 23. Island in the Mediterranean Sea (5)
- 24. Study of lawbreaking (11)

DOWN

- 2. Morally right (7)
- 3. Extract (7)
- 4. Wound together (6)
- 5. Unfasten a garment (5)
- 6. Expressing emotions (of poetry) (5)
- 7. Calamity or great loss (11)
- 8. Celebrity (11)
- 14. Panacea (4-3)



- 15. Linking (7)
- 17. Cosmetic cream (6)
- 19. Of the moon (5)
- 20. Device that splits light (5)

DID YOU KNOW?

- ▶ Saudi Arabia is one of the only countries in the world that doesn't have any permanent rivers
- ▶ In the Falkland Islands, sheep outnumber people
- ▶ Napoleon ordered the construction of the Arc de Triomphe in Paris
- ▶ It's thought that in the future, the Maldives may become completely covered by water
- ▶ In Norway, around 98 per cent of the electricity production comes from renewable energy sources
- ▶ The Great Wall of China is 21,196km long
- ▶ Reykjavik is the most northern capital city
- ▶ Indonesia is the world's largest island nation, but no one knows exactly how many islands it contains

SUDOKU

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5	6							
			3	7	6			
							7	6
7				5		8		
		6					2	9
1		8			4			

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DRIVER DANGER

THE PENALTIES AND REPERCUSSIONS FOR OUT-OF-DATE MOTS, INSURANCE AND TAX

The responsibility of making sure a car is being driven legally, and that all the proper checks are up to date, is one not just to ourselves and our passengers but also to everyone else both on and off the road. From motorists to cyclists and even pedestrians, it's vital our cars are roadworthy – in fact, it's so important that the government will impose strict sanctions on anyone not toeing the line.

MOT

A huge number of people drive on our roads unaware that their MOT has expired; and yet with the DVLA's reminder system, setting up a simple text message alert would prevent this happening.

The only time you're allowed to travel on the road with an expired MOT certificate is if you're en route to the test centre to get the service done, otherwise you could be looking at a fine of £1,000.

In 2020, during the COVID-19 outbreak and

subsequent lockdown, MOT dates were extended, though this is not the case in 2021.

TAX

Road tax is a necessity for any car, and you can expect a hefty fine in the post (of up to £1,000), if you're driving around in an untaxed vehicle. That may be a better scenario for some than the alternative – your car is clamped, and if the fine isn't paid quickly it is impounded, incurring a daily fee of £21.

INSURANCE

The big one – driving without insurance is the biggest threat to yourself, your passengers and other road users. It is looked upon dimly, and if you are stopped by the police, your keys will be confiscated immediately. A £300 fine and six points on your licence is the minimum, but greater penalties, including disqualification, are possible.

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ALL CHANGE: HEDI SLIMANE

We look at the creative directors who have transformed some of the world's most famous fashion houses. In this issue, it's Hedi Slimane.

Looking at Hedi Slimane, we see someone who appears to represent the very essence of French style. A creative director of exemplary reputation and influence, he has revived the fortunes of ailing fashion houses at problematic times in their history, allowing them to emerge on the other side with a renewed take on flair, panache and relevance.

And yet the 52-year-old has genetics that originate some distance from his native Paris. Born to a Tunisian father and an Italian mother, Slimane's cultural influences are well mixed. Sure enough, he discovered photography at the age of 11, and by the age of 16 was designing and making clothes.

Perhaps it is the exuberance of Italy and fabric-adorning reputation of north Africa that combined in inspiring Slimane to creative brilliance. If it was, then Yves Saint Laurent was the grateful beneficiary. After serving his apprenticeship at Louis Vuitton, Slimane moved to YSL in 1996, and by the year 2000 was on the move again, installed as creative director at Dior Homme (the menswear line of Christian Dior).

He switched back to YSL for two years from 2016, and is now creative, artistic and image director at Celine, a move that coincided with him topping *Vanity Fair's* list of the 50 most influential French people in the world.

Slimane's edge has always been in combining art, photography, fashion and music. For someone who has operated at the very top table of some of the world's leading fashion houses, he still manages to work in influences of punk, pop, tabloid chat and broadsheet formality.

His collections are never afraid to move brands forward into brave new quarters, and that has only ever reinforced his reputation as a game changer in the fast world of fashion.



FASHION

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Do you choose a conditioner based on your individual hair type? If not, you could be doing your hair more harm than good. Discover the right conditioner to transform your locks from limp to luscious.

Oily hair

If your hair is naturally oily, you may find that conditioners make your mane look and feel even worse. That being said, rather than skip conditioner altogether, look for a treatment that actively helps to reduce oil.

Choose conditioners that are:

- Light • Volumising • Balancing

Avoid products that claim to be:

- Hydrating • Smoothing • Moisturising

Dry or damaged hair

When hair is dry, damaged or brittle, you need a conditioner that will help prevent future breakages and protect against heat damage.

Choose conditioners that:

- Moisturise • Hydrate • Offer frizz control • Promote repair

Avoid products that claim to be:

- Fortifying • Volumising • Strengthening

If your hair is severely damaged, you may also want to use a coconut oil treatment or deep-conditioning cream once a week for intense damage repair.

Fine or flat hair

Straight hair that does not suffer with frizz, but can appear flat, suits conditioners that add some much-needed texture.

Choose conditioners that are:

- Volumising • Lightweight

Avoid products that claim to be:

- Heavy • Moisturising • Smoothing

Coloured hair

Coloured hair has very specific needs, especially if you want to retain your colour for as long as possible. In terms of a conditioner, you need one that will seal hair cuticles.

Choose conditioners that are:

- Colour-safe • Colour-depositing • Hydrating

Avoid:

Any conditioner that is not for coloured hair

Afro hair

Afro hair tends to be described as kinky owing to the intensity of its curl. However, with the right conditioner, it can look both healthy and shiny.

Choose conditioners that are:

- Deeply hydrating • Oil-based • Protein-based

Avoid products that claim to be:

- Volumising • Lightweight

Conditioner confusion



Beat the BURNOUT

Do you have chronic fatigue?

The mechanics that make all of us individuals mean no two people will endure the same medical condition in the same manner, but where chronic fatigue syndrome (also known as CFS or ME) is concerned, the overriding sense of physical and emotional emptiness is one that hits all sufferers. The health condition, which shouldn't be confused with sleepiness and general lethargy resulting from working too hard or resting for too short a period of time, can be caused by a number of factors – from stress and anxiety to depression, eating disorders and the gradual debilitating impact of life events on the mind.

There can also be medical problems at play, such as thyroid problems, diabetes, vitamin deficiencies, irritable bowel syndrome, high blood pressure and even kidney disease.

A proper diagnosis is essential and should be sought as soon as you feel you are slipping into a

phase where you simply don't have the ability to perform very basic daily functions, such as rising out of bed, conversing with people or leaving the house.

A doctor will use various tests and techniques in attempting to reach a diagnosis; only when this is done will a medical professional set you on a path of therapy to get you back on track.

While medication is a recognised route to this, it could be that making positive changes to diet, routine and physical health will make a profound difference. There might also be moves to improve surroundings, practise mindfulness and build mental positivity in putting you on the road to feeling revived and restored.

Mental health services are of prime focus to the NHS in light of the COVID-19 pandemic, so don't delay in contacting your doctor if you need help – there will be brighter days ahead.



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HONE & TONE

cleaning your home



Become a lean, mean cleaning machine with the below common household tasks that are guaranteed to help you burn calories and shift those unwanted pounds.

GENERAL CLEANING: Picking clothes off the floor, wiping surfaces and dusting can all help you to work different muscle groups, making general cleaning one of the most effective household chores for burning calories.

Total calories burnt = 3,976 (based on 280 minutes per week)



VACUUMING: This daily chore that is hated by many has the ability to provide a full body workout. Forcing you to use your entire core muscle groups, the simple act of pushing your Hoover back and forth will target your abs and put both your back and legs to work.

Total calories burnt = 1,248 (based on 132 minutes per week)



IRONING: Another household task that few relish, but you may be surprised to learn that ironing burns a lot of calories. Not only does this task require you to stand up for long periods of time, but it also works your core as you move the appliance about.

Total calories burnt = 1,360 (based on 144 minutes per week)



DOING LAUNDRY: If you have a big family, you may find yourself doing laundry multiple times a day. Although not the most engaging task, you will be pleased to hear it can help you lose weight. The act of washing, folding and lifting all helps to contribute to a full cardio workout.

Total calories burnt = 1,588 (based on 168 minutes per week)

OTHER CALORIE-BURNING CHORES: Cooking = **2,856** (based on 301.7 minutes per week) | Mopping = **2,724** (based on 138 minutes per week) | Making beds = **1,316** (based on 144.2 minutes per week) | Sweeping floors = **1,304** (based on 138 minutes per week)

NB: Calories burnt is based on one month's worth of each activity and is based on the average weight of a person being 156 pounds.



ARE YOU IBS AWARE?

IBS, irritable bowel syndrome, affects two in 10 people in the UK, with common symptoms including abdominal pain, cramping, bloating and a combination of diarrhoea and constipation.

If you suffer with IBS, you may have noticed that certain foods trigger your condition.

Find out below which foods you should be eating, plus which ones to avoid.

LEAN MEATS: Lean meats such as white meat chicken and turkey, pork and cuts of beef including sirloin are all easily digestible sources of protein, making them an ideal choice for IBS sufferers.

EGGS: As a general rule, eggs are a safe choice for people with IBS. However, some people struggle with the higher fat content of yolks and others experience a sensitivity to egg whites, so it may be a case of trial and error to see what works best for you.

OILY FISH: Fish that is high in omega-3, such as salmon, mackerel and trout, contains anti-

inflammatory properties that can help reduce the symptoms of IBS.

COOKED VEGETABLES: Although IBS sufferers tend to avoid vegetables as they appear to make their condition worse, the right vegetables are very good for your gut flora and can be tolerated by those with IBS. These include carrots, aubergine, parsnips, butternut squash and corn on the cob.

NUTS AND SEEDS: Nuts and seeds are healthy sources of fats that are good for your gut and therefore good for your IBS. Nuts you may want to try include almonds, brazil nuts and walnuts, with super seeds such as pumpkin and sunflower.

FOODS TO AVOID: Insoluble fibre such as wholewheat and bran products | Fried foods | Beans and legumes | Caffeinated drinks | Processed foods | Sugar-free sweeteners | Chocolate | Alcohol | Garlic and onions | Broccoli and cauliflower | Some people also experience issues with both dairy and gluten.

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Treasure trails and historic hill forts, secret coves and stunning lochs: all these and more are waiting to be discovered in the UK's 15 National Parks. Let's take a closer look at some of what England has to offer.

DARTMOOR NATIONAL PARK

Located in the south of Devon, Dartmoor National Park is known for its wild open moorlands and rich local history. For hikers, check out the Meldon Reservoir and then treat yourself to afternoon tea in Ashburton.

NEW FOREST NATIONAL PARK

Made a National Park in 2005, New Forest National Park offers a huge diversity of rare plants and animals. Marvel at the grazing ponies, cattle and pigs that roam freely around the park and enjoy a real sense of freedom whether you choose to explore on foot, on horseback or by bike.

SOUTH DOWNS NATIONAL PARK

Less than two hours from London, South Downs National Park is a destination rich in culture and countryside, as well as some gorgeous country pubs. Don't miss the chance to dine at The Earl of March, owned by Giles Thompson, former executive chef at The Ritz London.

YORKSHIRE DALES NATIONAL PARK

Perfect for those looking for natural beauty at its finest, the Yorkshire Dales National Park has much to offer, including Aysgarth Falls, the Yorkshire Three Peaks Challenge and the Force Gill Aqueduct.

NORTHUMBERLAND NATIONAL PARK

The most northern National Park in England, it is also the least populated and least visited. However, don't let this put you off as this park boasts Hadrian's Wall, Kielder Water and Forest Park and the Sycamore Gap Tree.

NATIONAL PARKS IN OTHER AREAS OF THE UK

There are two National Parks in Scotland: Cairngorms and Loch Lomond & The Trossachs. In Wales, there are three: the Brecon Beacons, Pembrokeshire Coast and Snowdonia.

The future of travel is one that's human



Dan Salmon, Owner



As we slowly wake up to the "new normal" of the world around us, hotels are pulling back curtains, opening their doors and getting ready to welcome visitors again. There's no denying that it all looks a bit different now, and a bit more complex, so expert advice, with that all-important human touch, will be a prerequisite to making your travels as safe and seamless as possible.

As you do re-enter the world, it's booking through a human who will make a real difference. You won't find me distracted handling multiple chats at once or in a rush to move on to the next booking - perfection cannot be hurried and I give you my undivided attention. I'm also here to do the hard work for you should any unforeseen circumstances arise.

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My job is not to convince anyone to book if they're not ready; I'm here to advise you expertly and honestly. Flexibility, safety and financial security are more critical than ever. My advice? When you're ready to think about travelling again, talk to me.




Contact Dan for expert advice and to book on: 01245 469 771
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Rambutan

The rambutan is a tropical fruit that closely resembles a lychee. Grown in countries such as Thailand, Malaysia and Indonesia, the name rambutan means hairy, which refers to the fleshy spikes on the skin of the fruit.

WHAT DOES RAMBUTAN TASTE LIKE?

The flavour of rambutan is similar to a grape but with a bit of a strawberry quality. Slightly acidic and sweet in equal measures, this fruit has a pleasant fragrance that makes it ideal for using in cooked dishes.

WHAT ARE THE HEALTH BENEFITS OF RAMBUTAN?

Rambutans are high in vitamin C as well as containing lots of fibre that is good for your digestive health. They also contain vitamin E, which is known for helping to prevent both acne and premature ageing.

WHERE CAN I BUY RAMBUTAN?

You can find rambutans in most Asian markets and food shops. Look for bright red skin that indicates the rambutan is at its freshest. Green rambutans are not ready to be eaten, whereas black ones are over-ripe.

HOW TO PREPARE RAMBUTAN

You should not peel a rambutan until you are ready to eat or cook with it. To open, carefully cut the skin with a sharp knife or simply twist open with your hands if the fruit is ripe enough to do so. Then peel away the skin to reveal the egg-shaped fruit. Don't forget to cut open the fruit to remove the nut-like seed in the centre.

HOW TO STORE RAMBUTAN

Wrap them whole in a paper towel and put them in a perforated plastic bag before placing in the fridge. Your rambutans should last for up to two weeks.

HOW TO EAT RAMBUTAN

Enjoy rambutans as a healthy snack or as part of a tropical fresh fruit dessert bowl. Alternatively, add to cooked dishes such as curries and soups.



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BREAKING NEWS:

PEAS OUT!

According to Harvard University scientists, peas are not as healthy as we have been led to believe and may not even count towards one of your five a day.

Find out more about this shocking revelation below. Plus, great alternatives to peas that pack a punch when it comes to improving your health.

WHAT DOES THE SCIENCE SAY?

Harvard University believes that it has found the key to leading a longer life, and it lies with consuming the right combination of fruit and vegetables. Its research shows that by eating two portions of fruit a day and three servings of vegetables, you are much less likely to die from conditions such as heart disease, cancer and/or respiratory diseases. However, not all vegetables offer the same longevity-boosting properties, with a higher intake of peas having no link to lower mortality rates.

WHY YOU SHOULDN'T CONSIDER PEAS AS ONE OF YOUR FIVE A DAY

Strictly speaking, green peas are not vegetables, as they are part of the legume family which consists of plants that produce pods with seeds inside.

Furthermore, peas have a high glycaemic index which can cause a spike in your blood sugar levels, and they contain phytates that prevent key nutrients from being absorbed by the body.

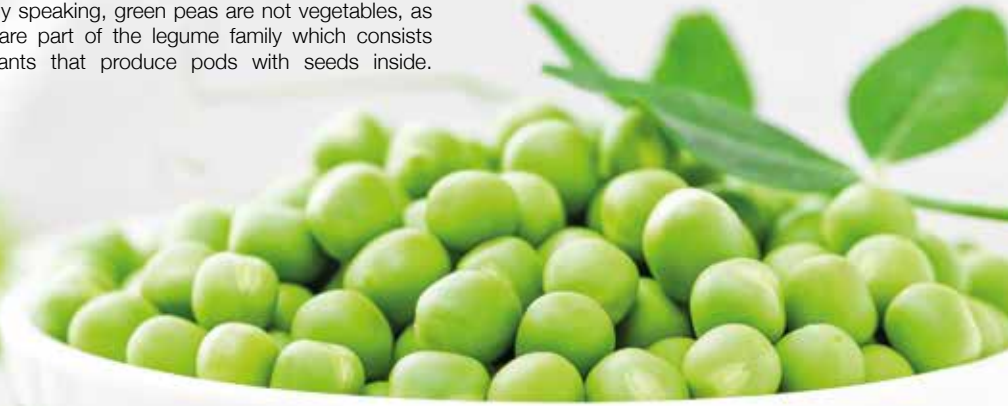
WHAT OTHER FRUIT AND VEGETABLES DO NOT AID LONGEVITY?

During the extensive study, the scientists at Harvard also found no link between a higher intake of starchy vegetables, such as corn and potatoes, and enhanced longevity, as well as drinking fruit or vegetable juices.

WHAT CAN YOU EAT INSTEAD OF PEAS?

If you like to add a bit of greenery to your own and your family's meals, there are still lots of alternatives to peas that most definitely do count towards your five a day:

- Broccoli
- Asparagus
- Spinach
- Kale
- Courgette
- Cooked greens
- Lettuce



C
IS FOR

Compassion!

Whatever industry you work in, taking the time to understand and empathise with your employees is vital if you want to provide exceptional leadership. Discover how to become a more compassionate leader below. Plus, find out why compassion is crucial in the workplace.

you do not have to be better than everyone else.

Respond: Employees need feedback from their leaders, in terms of both their successes and areas in which they still have room to grow. Ensure you explain to your team that you are there to help them improve, and offer any resources they might need.

HOW TO BECOME A COMPASSIONATE LEADER IN FIVE SIMPLE STEPS:

Listen: Think about how often you really listen to your team. Successful leaders seek to understand the perspectives, motivations and challenges of their employees. Make sure you actively listen without judgement for optimal effect.

Change: Compassion is all about commitment, and even simple changes to the way you lead can work wonders for improving employee morale. Challenge yourself to make at least one change a month and build up from there.

Empathise: If you don't think that your team members feel able to open up to you, then empathy can help resolve this. Take the time to sit down with your employees and talk to them about non-work-related topics.

WHY COMPASSION IS SO IMPORTANT:

- ♥ Creates enhanced employee engagement
- ♥ Decreases employee turnover
- ♥ Inspires collaboration
- ♥ Increases employee commitment
- ♥ Raises levels of trust
- ♥ Empowers you as a leader

Share: If you aren't authentic with your staff, how can you expect them to be with you? Don't be afraid to show your weaknesses; as a leader

TAKEAWAY TIP: Compassionate leadership is not about giving people what they want; it is about giving people what they need.

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Thinking of Selling? These Four Tips Will Help

If you're thinking of selling check out below.

These tips below are based on my 25 years as an estate agent and will hopefully be of help if you're considering moving.



Stephen Frost,
Martin & Co

Consider the costs of moving

Selling your home comes with certain expenses you should always budget for. There are solicitors, surveyors, and removal companies, plus several other costs to consider.

Sell before you seek

Conservative estimates say selling before you buy can cost you up to £30,000. This is because emotion kicks in when you see

a home you want before yours is under offer. In this scenario, people often pay over the asking price for the property they have fallen head over heels with. But it's also common people in that situation accept less for their homes because they are so keen to move.

Don't make it personal

When preparing to sell, you need to declutter. And you also need to de-personalise your home to make it as attractive as possible to potential buyers. When we sold, I spent a day taking down all our family photos ahead of the photographer coming to take images for when our property hit the internet.

Keep it calm

The difference between a quick sale and a property that sticks on the market can sometimes be as simple as your décor. I remember a lovely property we were marketing that wasn't getting the attention it deserved. The walls were painted in bright, bold colours that weren't everyone's cup of tea, so we advised on a neutral colour scheme that was 'in' at the time and hey presto, it sold within a week.



If you need advice on any aspect of buying and selling in Chelmsford, feel free to give me a call on 01245 330500.



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Coming up ROSIE

How Rosie Huntington-Whiteley went from supermodel to businesswoman

For years, Rosie Huntington-Whiteley has been perfecting the art of spreading her talents across a wide spectrum.

This is the supermodel who leapt into our consciousness at the age of 16 when she appeared in *Teen Vogue*, then quickly ascended to adult fashion with projects for Victoria's Secret, Burberry, Pirelli and others.

Embracing motherhood – she has a three-year-old son, Jack, with actor Jason Statham – as well as embarking on film projects (*Transformers: Dark of the Moon* and *Mad Max: Fury Road*), you would imagine the now 33-year-old has enough on her plate. Yet burgeoning business ideas have created another angle with which the Plymouth-born model can utilise, maximise and monetise a polished brand.

Sure enough, in November, she announced the launch of her Clean Beauty Collaborative brand. Working with cosmetics firm Amyris, Rosie is building a digital platform for all things beauty, undertaken with an eye on great-performing products that are manufactured sustainably without harm to the planet.

The project follows on from her Rose Inc launch in 2018, which focuses on carbon-neutral eco-friendly initiatives.

She said: "I am passionate about responsible beauty products that are healthy for people and the planet."

Rosie has in the past admitted the maze of looks, styles and messages emanating from social media can be particularly off-putting.

"I want us to get back to the basic thrill of uniting people with access and knowledge and secrets of the industry," she says. "If we can all look as good as we can, while uniting to make the places where we live more sustainable, surely that's a route towards a happier future, because even I find myself getting negatively affected when I'm scrolling through feed after feed. I think we need to celebrate diversity and different kinds of beauty."

Photo credit: Featureflash Photo Agency/Shutterstock.com



It's time to make an LPA. There is a common misconception that Lasting Powers of Attorney only need to be put in place when an individual gets older. In fact, it is always wise to put LPAs in place earlier in life. By doing so, you will gain peace of mind that your affairs – both financial and health – can be looked after if you are ever unable to do so. You will also be ensuring that your loved ones are not left in an impossible position, unable to deal with your affairs, if the worst should happen.

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

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Making plans for NIGEL

How Welsh referee Nigel Owens MBE is the latest to bring LGBT issues to the front line of sport

On the face of it, it's perhaps the manliest sport of them all – where the fire and ferocity of competition demands brutish, testosterone-driven combat.

Like it or not, the past hasn't always been kind in associating homosexuality with those characteristics. And yet it's a credit to our progressiveness as a society that those attitudes are changing; and across Gareth Thomas, other male stars, both retired and still playing, plus a whole host of women who have proudly declared their sexuality, rugby is the sport that seems to be pioneering inclusion and diversity above any other.

The rise to prominence of Nigel Owens MBE as an ambassador for such inclusion is, alongside Thomas, perhaps the best example of someone emerging from the shadows. Having previously battled bulimia and suicidal thoughts as side effects to the hiding of his sexuality, the experienced referee came out in 2007.

"It's such a big taboo to be gay in my line of work," he says. "I had to think very hard about it because I didn't want to jeopardise my career. Coming out was very difficult and I tried to live with who I really was for years. I knew I was 'different' from my late teens, but I was just living a lie."

In reality, coming out only enhanced Owens' reputation in the game. He went on to claim the record for most test matches refereed, and in the Queen's 2016 Birthday Honours was awarded an MBE for services to sport. He retired in December 2000 after 17 years at the top.

And yet his work doesn't stop – in a long-term relationship with a teacher, Barrie Jones-Davies, Owens is a pioneer for LGBT issues in both sport and wider society. He works with charitable organisations in raising awareness and acceptance of gay people, using his story as a bridge to greater understanding of the issues involved.

Photo credit: Chris Fairweather/Huw Evans/Shutterstock



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