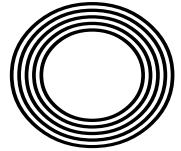


Could COVID-19
science help cure
other illnesses?

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J.K. Rowling
The author's success with Harry Potter



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ROMAN KEMP

Opening up conversation about men's mental health



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BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER





JUNE 2021

Editor's notes...



Nik Allen, Editor

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

It's a beautiful day. Shops, pubs, restaurants, soft-play areas and endless others in the hospitality sector are open; we can mix, gather, hug and interact with more freedom than we've had in a long time.

We hope and pray we are in the final throes of the COVID-19 pandemic, yearning for a return to normality and a life that, by our own admission, a lot of us took for granted.

So what have we learned during the past year and a quarter? For me, I'm in awe of how we have all become such versatile creatures, adaptable to new conditions - from how we work to how we socialise.

At the heart of it for me is resilience, and that is no better exemplified than by our local businesses. From the clever ways they interact with customers, new products and services, delivery initiatives and a stubbornness to make it through the mire, they deserve the good times that we hope are coming their way.

So, as readers, I implore you to channel this admiration by getting behind those shops, trades and services in our square mile. Please support hyperlocal and, in doing so, tighten even further the grip our community has gained. It may yet be a year we cherish.

Nik Allen

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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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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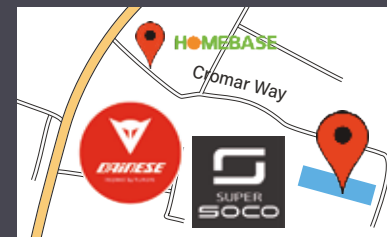
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Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else,”

CELLmate

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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HOW TO CLEAN

LAST MONTH WE SHOWED YOU HOW TO CLEAN YOUR CURTAINS. THIS TIME WE TURN OUR ATTENTION TO YOUR BLINDS.

Whatever style blinds you have, and in whichever material, discover how to banish dirt and dust without breaking a sweat.

FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.

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- Draughty Windows



Soften UP YOUR HOME

SIX ALTERNATIVE USES FOR FABRIC SOFTENER AROUND THE HOME

Although its main purpose is to condition your clothes, fabric softener has the ability to facilitate many other household tasks.

Check out our favourite ways to use this cheap and cheerful liquid below.

1. TO STRIP WALLPAPER

Once you have scoured your wallpaper, mix one cap full of fabric softener into ¼ litre of water and apply with a sponge to the wall. Leave to sit for 20 minutes and then you should be able to scrape off the wallpaper with ease.

2. TO ELIMINATE HARD-WATER STAINS

If you struggle to remove hard-water stains from your glassware, apply undiluted fabric softener to the stain, leave for 10 minutes and wipe off

with a cloth. Wash and rinse before use.

3. TO REMOVE BURNT FOOD

To remove burnt food without ruining your pots and pans, fill them with warm water and then add a few drops of fabric softener. Let them sit for an hour and any burnt food should wipe straight off. Wash and rinse before use.

4. TO CLEAN PAINT BRUSHES

Fabric softener is a surfactant, meaning it makes water wetter, and is therefore ideal for removing water-based paint from your brushes. Mix one cup of water and one teaspoon of fabric softener and dip your brushes in for up to 30 seconds.

5. TO MAKE HOME-MADE ROOM FRESHENER

Save money on room fresheners by mixing one part fabric softener and two parts water with two tablespoons of baking soda. Pour into a spray bottle and spray liberally around your home. This can also be used to repel insects.

6. TO BANISH DUST

Hard surfaces in your home are prone to dust. Minimise these pesky particles by creating a spray solution that is made from ¼ cup of fabric softener and one cup of water. Spray onto the surface and wipe away with a dry cloth.

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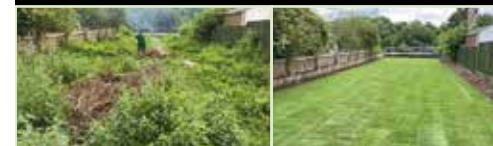


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Hoover user

The mistakes most of us make when hoovering.
How many are you guilty of?

Setting it right

The settings on your Hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your Hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

Skirting around the problem

Most modern Hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

Top form

Many of us store the Hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the



bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then Hoover.

Bagging it out

Regular changing of the Hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your Hoover.

It's behind you

The temptation when hoovering is to see a floor and Hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

And remember, a Hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.



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INVEST IN A SMART FRIDGE: How often have you gone to the supermarket unsure about what exactly you need? Eliminate this problem with a smart fridge that boasts built-in cameras that allow you to see its contents wherever you are.

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INSTALL SMART LIGHTING: The beauty of smart lighting is that it allows you to add the wow factor to your kitchen without blowing your budget. From smart dimmers that can be controlled from your phone or your smart speaker, to smart bulbs that plug into your existing light fittings and boast an adjustable colour temperature.

Other features include: Control individual bulbs, groups or your whole home's lighting | Set light themes to create different atmospheres | Motion-sensing lights



COOK WITH A SMART OVEN: Whether you love to cook or see it as more of a chore, a smart oven will revolutionise the way you feed your family, providing you with the means to control your cooking from your smartphone or tablet, whether you are in your home or not.

Other great features can include: Voice control | Automatic setting selection | In-oven camera

ADD A SMART TAP: No kitchen is complete without a sink, and for times when your hands are either full or dirty but you need water, a smart tap offers the perfect solution. Choose from a touchless faucet that works by waving your hands in front of the sensor or a voice-enabled tap that can be customised with your preferred commands.



HOME & DIY

Luke Arthur Wells

INTERIOR INSPIRATIONS



Photo credit: lukearthurwells.com

Who is interior designer Luke Arthur Wells? Find out more about the interiors expert who's taken social media by storm – your new interiors inspiration.

Luke Arthur Wells has emerged as one of the most influential designers of 2021, following a year when various lockdowns and being asked to 'stay at home' have really shone the spotlight on interior design. But who exactly is Luke Arthur Wells? Based in the South West of England, Luke is an interior designer, stylist and writer, helping to style homes all over the world. He's a former *Great Interior Design Challenge* contestant, with a classic, timeless taste that's accessible and incredibly stylish.

With more than 70,000 followers on Instagram and a successful blog, Luke has amassed a dedicated following. He recently moved into a Victorian terrace in need of freshening up, and interiors enthusiasts have been following his incredible transformations over the past year. From the art of styling a room to creative DIY tutorials such as simple, custom radiator covers, Luke provides plenty of inspiration to those who seek it.

To bring Luke's classic style into your own home, here are some tips:

- Incorporate neutral tones against beautiful textures and striking accessories.
- Light tones don't need to be boring. Use them to flood light into the room, and bring in contrasting accent colours like black and charcoal to make your home's features pop.
- Mix high-street items alongside upcycled pieces and the perfect finishing touches to create a look that's accessible, timeless and beautiful.
- Love accessories. From prints and floral displays to statement vases and plant pots, accessories add colour and character to your home.

Want to recreate Luke's incredible home styling? Covering everything from creating mood boards to on-trend DIY panelling, check out Luke's projects at www.lukearthurwells.com/blog for inspiration.

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS

Photo credit: Ruby Ward @theartofordom



Drug dealer jailed after violent assault

A drug dealer who violently assaulted a vulnerable man, who he had recruited to sell drugs, has been jailed for five-and-a-half years after being arrested in Chelmsford.

In September 2020, Mohammad Mahaboob, 20, recruited the victim with the promise of paying him £100 to £120 a day in return for selling drugs in Essex.

The victim, who took on the work to fund his own drugs habit, was not paid, so he took some of the drugs without telling Mahaboob.

Having learned of the theft, Mahaboob ordered the victim to a flat in Romford, where he violently assaulted him. He punched and kicked the victim in the face and body for an hour.

On a second visit to the flat, the victim had a razor blade held against his throat and was made to lie on the floor, where he was then stamped on, punched and kicked.

On a third occasion, the victim was punched, cut in the face with a razor blade, and hit twice in the chest with an antique clothes iron.

The victim, who was aged in his 30s, contacted police in November and officers took him to hospital for treatment.

Officers from Essex Police's Operation Raptor team arrested Mahaboob in the Melbourne area of Chelmsford on suspicion of being concerned in the supply of drugs. While in custody, he was found to be in possession of drugs.

At Chelmsford Crown Court on January 4, Mahaboob admitted two counts of being concerned in the supply of class A drugs, two counts of assault occasioning actual bodily harm, and one count of possessing criminal property.

He was sentenced to five-and-a-half years in prison at the same court on May 4.



Fascinating new book about iconic estate available

A new book about Hylands Estate is being released, with a focus on the building's many past owners and its remarkable restoration.

The elegant white mansion is a familiar sight to visitors and is often regarded as the jewel in the city's crown.

But how much do you really know about the story of this grand estate?

Nick Wickenden, who was the head of Chelmsford Museum for many years and played a key role in the restoration of Hylands, has now written *Hylands: A Remarkably Elegant... Mansion House*.

The author explained: "Unlike many fine estates,

Hylands hasn't been passed through generations of one rich family. It has changed hands many times, from members of parliament, a polar explorer, and now a local authority. The house is the main character of its own story; it isn't a memorial to any particular owner, but an architectural icon which has witnessed much change."

Details of nearly 300 years of life at the estate can be found in the book, provided by Linda Knock, a dedicated researcher of Hylands Estate and the chairman of The Friends of Hylands House.

To purchase a copy, go to hylandsestate.co.uk/product/hylands-book

Two barber shops vandalised on same day

Two popular barber shops in Chelmsford have been vandalised in what is believed to have been a targeted attack.

Essex Boys Barber Shops in High Chelmer Shopping Centre and on London Road were both vandalised on Sunday, May 23.

The one in the shopping centre had its windows smashed, while the other shop had its shutters covered in spray paint.

Essex Boys has received plenty of support on social media following the crimes.

Essex Police, who were called to the shopping centre unit at 4.15pm on the day of the vandalism, are now asking for witnesses to come forward.

Anyone who saw the vandalism taking place, has CCTV footage or any information about the incident, should contact police.

You can do so by calling 101, quoting incident number 230 of May 23.

You can also submit information via www.essex.police.uk or, if you would prefer to remain anonymous, you can call Crimestoppers on 0800 555 111.

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City mayor re-elected after difficult year



Councillor Jude Deakin (pictured) was delighted to be re-elected as Mayor of Chelmsford for 2021/22 last month.

Her past term as mayor was heavily impacted by the pandemic, making it impossible for her and the deputy mayor, councillor Linda Mascot, to carry out their normal duties.

The groups on Chelmsford City Council agreed it would be fair to extend their terms of office by another year, to give them the opportunity to raise more money for their charities and attend the face-to-face engagements they have missed out on.

This marks the first consecutive term of office for a Chelmsford mayor since councillor Frederick Langton in 1959.

Mayor Jude said: "I'm delighted that councillors have nominated me to serve for another year, which I hope will mean many more visits to people and organisations across the district. Hopefully, we will also be able to hold plenty of fundraising events for my charities, Helping Hands Essex, Mid and North East Essex Mind, and Sanctus."

The mayor appointed her daughter, Helen, to be her mayoress, and the deputy mayor's husband, Ian, will support her as her consort.

Despite months of restrictions, the mayor and deputy put a lot of effort into making the most of the past year, taking part in plenty of virtual meetings.

Government funding secured to help tackle homelessness

Chelmsford City Council has secured almost £100,000 of government funding for two new projects to help homeless people in the area.

More than 1,000 households contact the council every year because they are at risk of losing their homes. There are usually 250 homeless families in temporary accommodation, as well as between six and 10 people sleeping rough in the city.

The government funding of £98,000 will be used to help two vulnerable groups in particular – young people with nowhere to stay, and people at risk of repeatedly becoming homeless.

A total of £50,000 will go towards intensive supported accommodation for people at risk of repeated homelessness.

Councillor Stephen Robinson, Leader of Chelmsford City Council, said: "We are going through extremely difficult times, emotionally, mentally and financially. For those who face homelessness, it's even worse.

"We don't think anyone should be without a home. This scheme is a way to help young people turn their lives around before they needlessly spiral into greater difficulties."

Man charged with murder after mum-of-two found dead

A man who was charged with the murder of Maria Rawlings in Redbridge recently appeared in court.

Maria Rawlings (pictured), 45, of Chelmsford, was found by a dog walker in shrubbery in Little Heath on Tuesday, May 4.

A post-mortem carried out at Walthamstow Mortuary the following day confirmed the cause of death as "neck compression".

Valentin Lazar, 20, from Barking, was charged with the murder of the mum-of-two on May 10.

He appeared in custody at Barkingside Magistrates' Court on Tuesday, May 11, before appearing at the Central Criminal Court on Thursday, May 13.

Homicide detectives from Specialist Crime Command are leading the investigation.

DCI Hillier said: "My team and I are working around the clock, following a number of enquiries in our work to establish what happened to Maria."

Anyone with information is asked to contact police on 020 8345 3865, via 101 or tweet @MetCC and quote CAD 3551/4May.



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Member of Parliament for Chelmsford

support our local businesses as they work hard to reopen.

The vaccine roll-out is speeding ahead, and as I write those who are aged 25 and over are now eligible to book in for their vaccine. Two community pharmacies in Chelmsford are delivering COVID-19 vaccinations – the Melbourne Pharmacy and the Tesco In-House Pharmacy, Princes Road. The single-dose COVID-19 vaccine produced by Johnson and Johnson has just been approved for use in the UK by the MHRA, which is the fourth vaccine to be approved for use here. This will play a crucial part in the UK's already very successful vaccine roll-out.

As ever, do contact me at vicky.ford.mp@parliament.uk should you need my assistance with anything.

Drug dealer jailed for three years

A drug dealer who sold heroin and cocaine in Chelmsford has been jailed.

Armand Mpita, 28, was identified by officers during a county lines investigation between July 2020 and February 2021.

He was arrested in February and charged with three counts of supplying heroin and four counts of supplying crack cocaine.

After initially denying the offences, he changed his plea to guilty on Tuesday, May 18, at Ipswich Crown Court.

Mpita, of Manor Road in West Ham, London, was sentenced on the same day to a total of three years and seven months' imprisonment.

The judge also granted a Serious Crime Prevention Order, which will last for five years following Mpita's release from prison. The order will restrict him from owning or regularly using more than one mobile phone and SIM card.

As part of the conditions listed in the order, he must also inform officers of any password or PIN lock and must not allow anyone else to use any of his communication devices.

This was the first case in which the Serious Violence Unit has applied for a Serious Crime Prevention Order.

Assistant Chief Constable Andy Prophet said: "This is just one example of how we use the powers available to us to restrict drug dealers such as Mpita from continuing their criminal activity.

"We're committed to keeping people safe from the harm caused by drug gangs and dealers, and protecting vulnerable people and children who are exploited and groomed by these criminals."




Drink driver sentenced after injuring cyclist



A drink driver who caused a collision in which a cyclist was seriously injured has been sentenced to 20 months in a young offenders' institute.

The cyclist, a man in his 60s, was struck by a grey Seat Ibiza on Partridge Avenue, Chelmsford, at around 9.50am on Sunday, September 13, last year.

The driver of the car fled the scene.

The cyclist was taken to hospital, where he remained for two weeks, undergoing a full hip replacement and receiving treatment for a fractured pelvis.

The car was found a short time later, having flipped over and landed in the middle of a roundabout on Essex Regiment Way.

When officers spoke to the driver, Samuel Jones (pictured), 19, he was slurring his words. Officers also found three empty bottles of alcohol in the footwell on the front passenger side.

When he was breathalysed, Jones was found to be nearly three times the legal limit.

He was arrested and later charged with causing serious injury by dangerous driving, dangerous driving, drink driving, and failing to stop following a collision.

Jones, of Beehive Lane, Chelmsford, pleaded guilty to all the charges at Chelmsford Magistrates' Court on April 12. On May 26, he was sentenced to 20 months in a young offenders' institute.

He has also been banned from driving for two years and 10 months.

Author's new book explores city's rich history

A new book that explores Chelmsford's rich history was released recently and takes readers on a guided tour through the city's historic and modern buildings.

Jim Reeve's book, named *Chelmsford in 50 Buildings*, examines the changes the city has undergone over the years to make it into the thriving commercial city that it is today.

This is Mr Reeve's third book on the city, after previously launching *Chelmsford Through Time* and *Secret Chelmsford*.

Among the buildings that feature in the latest book are the old police station, the administration offices, theatres, museums and sports grounds.

This book will be the latest in the series of *50 Buildings*, published by Amberley books, with other Essex areas featured in the past including Brentwood and Southend.

A spokesperson for Amberley Books claimed that the book will "appeal to all those who live in Chelmsford or who have an interest in the city".

To find out more or to purchase the book, go to www.amberley-books.com/chelmsford-in-50-buildings.html

County council set to cover extra expenditures on bridge

Essex County Council (ECC) will have to cover any overspend on a bridge to support green travel to and from a new development in Chelmsford.

The bridge, which is to be built over the future North East Bypass, will support significant levels of new housing to the north of the city.

Before the housing plans can be put into action, years of quarrying must take place and a permanent £5.5million structure will be built to help the process.

Last month, Chelmsford City Council agreed to release £1.5million of forward funding – loaned from the Community Infrastructure Levy (CIL) – to allow the delivery of the permanent bridge.

Cabinet member, councillor Mike Mackrory, said in a meeting on May 19: "The funding principle is essentially to forward fund the cost of £1.5million, with £4million coming from ECC and the balance being made up of £1.5million from the already held CIL funds.

"That £1.5million is to be subsequently reimbursed by the developer by way of a Section 106 as part of the future housing development.

"Should there be any overspend in the construction cost of £5.5million, this is to be met by ECC."



Photo credit: Ruby Ward @theartoflondonn

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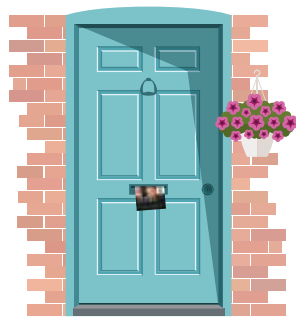
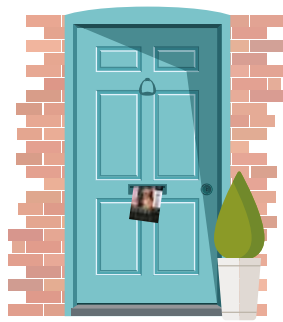
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Axe-throwing experience opens up in city



A new axe-throwing experience opened in Chelmsford at the start of June.

The Game of Throwing experience, at 41 Beehive Lane in Chelmsford, involves groups of up to six people learning how to safely throw an axe in their own axe-throwing lane.

Players must be aged 10 or older and children must be accompanied by an adult.

The location in Chelmsford has completed risk assessments and action plans in line with government guidance. Staff stress that the safety and wellness of their guests is their highest priority.

Daniel Hill, founder of Game of Throwing, said: "We're really excited to be opening our first venue in Chelmsford and can't wait to welcome our first customers."

"Urban axe-throwing experiences are increasingly popular around the world, and we're delighted to be launching the experience in the UK."

"Following a year when people have been unable to get together with friends and colleagues, this offers an opportunity to book a fun, safe indoor experience that many people won't have tried before."

For more information and to book, please visit www.gameofthrowing.co.uk

City named in top 20 places for Blue Badge parking

Chelmsford has been included in a study that has revealed the top 20 most accessible places for Blue Badge holders to park.

Nationwide Vehicle Contracts analysed data from 56 car parks in the UK to calculate each area's percentage of accessible car parks.

Chelmsford came in joint 16th place, with Colchester having the same percentage (83 per cent).

Worcester topped the charts, with an impressive 96 per cent of its car parks being accessible for Blue Badge holders.

Keith Hawes, director at Nationwide Vehicle Contracts, said: "Cities need to make themselves more inclusive and accessible, particularly as the high street is struggling."

"Towns and cities, especially those known for being UK tourist traps, should take a look at their facilities to make sure they can provide inclusive parking for all."

Cyclists raise £50,000 for cancer charity

More than 1,000 cyclists, including the Threadgold family from Chelmsford, gathered at Crix in Hatfield Peverel to take part in Ride for Helen 2021, raising more than £50,000 for the Helen Rollason Cancer Charity.

Strict social distancing measures were adhered to and guidelines set out by British Cycling were followed so riders could take part with confidence.

The annual bike ride, now in its eighth year, has become a firm favourite on the Essex cycling calendar.

The charity welcomed riders of all ages and abilities, with a choice of cycling routes between six miles and 65 miles.

Paula, Richard and Alice Threadgold from Chelmsford completed the 30-mile ride.

Paula said: "We had a brilliant day and were impressed with the organisation and social distancing measures that had been put in place. It was a most enjoyable ride."

Helen Rollason Cancer Charity community fundraiser, Karen Mitchell, said: "What a fantastic turnout. More than 1,000 supporters attended our annual Ride for Helen, raising in the region of £50,000 for the charity, with almost half of the income generated from sponsorship and more money flooding in."

"This event will fund 2,000 counselling appointments or 1,000 reflexology sessions for our clients."



CRACKING UP!

THE BEST LOW-COST WAYS TO PREVENT YOUR CHERISHED PHONE SCREEN FROM DAMAGE



It's arguably the most advanced piece of everyday technology ever invented, yet the demands we place on it mean our phones are always in use, always on the move and forever susceptible to damage. Our humble devices endure a lot, and we often fail to give them the protection they deserve. Here are five sure-fire ways to preserve the usefulness (and cosmetic appearance) of your cherished mobile phone.



ONE: ON THE CASE

It's the simplest advice you'll ever receive, but adding a protective case to your phone will preserve its life like nothing else. A tempered glass screen will ensure you lose no performance from your device while saving on scratches and impacts on the front. It can also be replaced cheaply, quickly and easily.

Remember, though, bashes, knocks and drops on the sides and corners can travel across the outer shell to create cracks, so investing in an all-over protective case is smart.



TWO: POCKET ROCKET

What's in your pocket that may scratch or make other abrasions on your phone? Keys and coins are the biggest culprits, and scratches usually occur when we're in a hurry, or are distracted by friends (or alcohol). Keep pockets clear of debris if you want to preserve your mobile's aesthetics.



THREE: GRIPPING STUFF

Mobile phone holders and grips have grown in popularity over recent years. They prevent gadgets from slipping through fingers and aid functionality when we're using them. What's not to like?



FOUR: WATER AND TEMPERATURE

Phone malfunctions often have a lot to do with water, heat and extreme cold. Exposing your device to any of these will speed up its deterioration.

FIVE: CURIOSITY KILLED THE... PHONE

The other enemy to mobile phone health is of course leaving it unattended. Small kids, toddlers and even pets can wreak massive damage, so keep it under a watchful eye at all times.



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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.

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.

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MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

Photo credit: PinPep/Shutterstock





PUZZLES & TRIVIA

PUZZLES

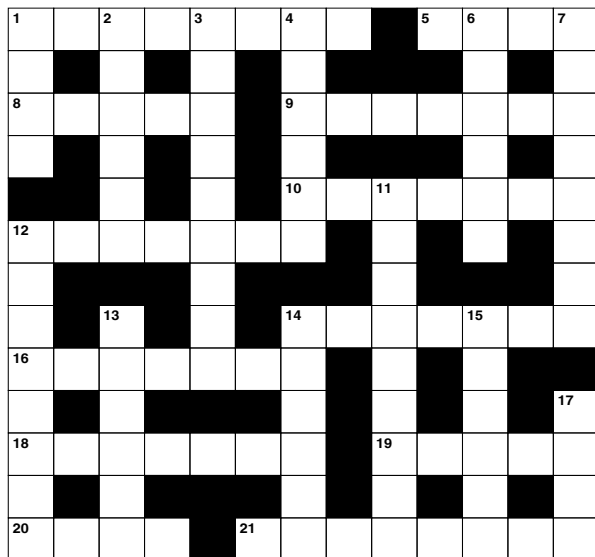
Answers: see end of The VISION Listings

ACROSS

1. Succession; series (8)
5. Run at a moderate pace (4)
8. Sag (5)
9. Sour in taste (7)
10. Mountain in the Himalayas (7)
12. Contemplations (7)
14. Subdivision (7)
16. Part of a chair (7)
18. Increasing rapidly (7)
19. Kingdom (5)
20. Japanese beverage (4)
21. Large metal pot (8)

DOWN

1. Soft drink (US) (4)
2. Cites (6)
3. Act of spying (9)
4. Stops (6)
6. Thief (6)
7. Not inclined to talk (8)
11. Let oracle (anag) (9)
12. Thick dark syrup (8)
13. Set out on a journey (6)
14. Mark of disgrace (6)



15. Make worse (6)
17. Word ending a prayer (4)

DID YOU KNOW?

- ▶ Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour
- ▶ Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make
- ▶ Crackers often have holes in them to prevent air bubbles from forming when cooking
- ▶ Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon
- ▶ Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff
- ▶ A typical ear of corn has an even number of rows

SUDOKU

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

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PICK PATIO FLOORING TYPE

WOOD – Timeless and extremely versatile, wood can be used to create a rustic or modern-styled patio area. You can also sand down wood multiple times, making it a great long-term investment for your home. Apply a protective wood oil for enhanced longevity.

NATURAL STONE – For the epitome of luxury, natural stone is hard to beat. Popular natural stone options include slate, travertine, granite and marble. Avoid light-coloured natural stones if you have pets or young children.

CERAMIC TILE – A classic flooring material, ceramic offers a durable and cost-effective way to create a patio area in your garden. Opt for unglazed tiles to reduce the risk of slipping and consider adding a sealant to protect from wear and tear.

BRICK – Low maintenance and slip resistant, brick gives off an old-world feel that is ideal for period properties. If cost is an issue, brick pavers make a cheaper alternative.

CONCRETE – Arguably the most versatile choice, concrete can be moulded to fit any shape, and you can personalise it with colouring, stamping, brushing, painting and patterning.

CHOOSE THE RIGHT SIZE

There are three steps involved in sizing your patio flooring:

1. Decide how big you want your patio to be
2. Determine the size of your chosen patio material
3. Work out how much flooring you need to cover your chosen area

PATIO STYLE IDEAS

- > Surround tiles with decorative stones for a more organic look
- > Swap grass for a paved patio and surround with raised flowerbeds
- > Select interior and exterior flooring in the same tone to create a seamless flow



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GARDENING

Garden Goldmine

OUTDOOR FEATURES THAT ADD VALUE TO YOUR PROPERTY

C OVID-19 and the associated stamp duty holiday have made a lot of us think about the saleability of our homes, and perhaps even consider a move. While countless television shows point us in the right direction as far as interior décor goes, what can we do to spruce things up on the outside?

Natural landscaping: While for years we've obsessed over new kitchens, bathrooms, conservatories and more, it seems that landscaping garden spaces – from lawn care to water features and even planting small trees – will add more value to your property than any of the others listed, according to research undertaken last year.

In reality, it makes sense. In Britain we love the idea of reclining in peaceful, tranquil, stylish surroundings with a drink, a magazine, some music and the gentle breeze of summer... even if the season comes and goes in under a fortnight.

Wood you dare?: Wood effect adds a rustic, natural, earthy feel to any outside space, and the popularity of decking – and, to a lesser extent, patios – also makes a big difference when it comes to maximising property value. And the good news is that modern composites will give that 'indoor wood' finish and quality, even in exposed outdoor areas.

The paint saint: A paint job – the entire house, the front wall or perhaps just a new garden gate – will give a real sense of style and cleanliness. Our outer walls and pathways take a real battering across the seasons, so brightening them up can make a big difference when it comes to adding value.

Light show: We're very much in the area of strings of bulbs lighting up entrance ways, trees and even whole gardens. For a relatively low cost, it's possible to give those dusky evenings a real glow of homely warmth.



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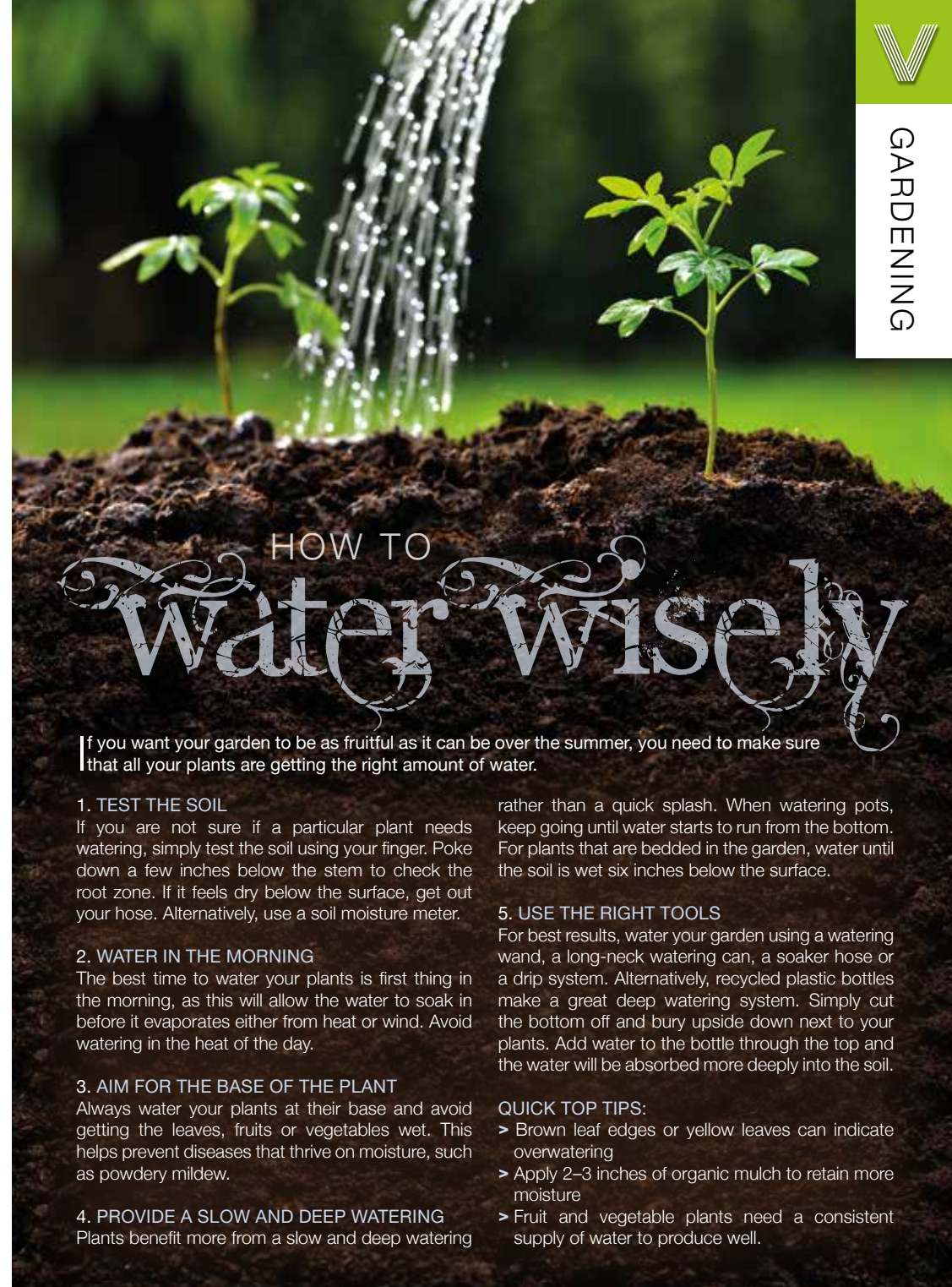
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HOW TO Water wisely

If you want your garden to be as fruitful as it can be over the summer, you need to make sure that all your plants are getting the right amount of water.

- 1. TEST THE SOIL**
If you are not sure if a particular plant needs watering, simply test the soil using your finger. Poke down a few inches below the stem to check the root zone. If it feels dry below the surface, get out your hose. Alternatively, use a soil moisture meter.
- 2. WATER IN THE MORNING**
The best time to water your plants is first thing in the morning, as this will allow the water to soak in before it evaporates either from heat or wind. Avoid watering in the heat of the day.
- 3. AIM FOR THE BASE OF THE PLANT**
Always water your plants at their base and avoid getting the leaves, fruits or vegetables wet. This helps prevent diseases that thrive on moisture, such as powdery mildew.
- 4. PROVIDE A SLOW AND DEEP WATERING**
Plants benefit more from a slow and deep watering rather than a quick splash. When watering pots, keep going until water starts to run from the bottom. For plants that are bedded in the garden, water until the soil is wet six inches below the surface.
- 5. USE THE RIGHT TOOLS**
For best results, water your garden using a watering wand, a long-neck watering can, a soaker hose or a drip system. Alternatively, recycled plastic bottles make a great deep watering system. Simply cut the bottom off and bury upside down next to your plants. Add water to the bottle through the top and the water will be absorbed more deeply into the soil.

QUICK TOP TIPS:

- > Brown leaf edges or yellow leaves can indicate overwatering
- > Apply 2–3 inches of organic mulch to retain more moisture
- > Fruit and vegetable plants need a consistent supply of water to produce well.



VIRTUALLY FREE ADVENTURES



Work this way



The Volunteer Vibe



Big up the Bothie



Airmiles

While the COVID-19 pandemic has robbed many of us of the money to be able to venture off on holiday, it hasn't removed that passion to explore. Yet in the 'new normal', and having rediscovered a love of simpler things through lockdown, perhaps it doesn't have to cost the Earth in order to travel it.

House Swap: More than just the premise of endless reality shows, holiday house-swapping is a real thing, and is becoming more popular every year. After all, why not profit from someone house-sitting your abode by finding a holiday location that suits your needs perfectly, but is also free of charge? The website homelink.org.uk is one of those leading the way.

Work this Way: It's the age-old explorer's way, but working your way around the world on a backpacking mission is the extreme version, with many lower commitment job-based escapes closer to home. If you're young and without kids, consider fruit picking, event marshalling or even working in a bar as a way of putting in the hours to sustain that holiday vibe in a new place.

The Volunteer Vibe: In a similar way, pitching up somewhere willing to put the hours in for free can be a great way of securing accommodation, food and enough free time to explore the vicinity.

Big up the Bothie: You know those secluded stone buildings synonymous with the Highland Clearances... you can stay in them, for free. Sure, they may not protect you from the elements as would a five-star hotel – although many have been sensitively restored – but websites such as mountainbothies.org.uk arrange short-term stays in these mystical, remote former homes.

Airmiles: Finally, a fad of the Nineties, airmiles these days are for much more than business users, and the miles can really stack up if you are a frequent flyer.

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UNUSUAL FRUIT OF THE MONTH: Mangosteen

An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

WHAT DOES MANGOSTEEN TASTE LIKE?

Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?

Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

WHERE CAN YOU BUY MANGOSTEEN?

Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.

HOW TO PREPARE MANGOSTEEN

To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

HOW TO EAT MANGOSTEEN

- > Eat fresh either on its own or combined with other fruits in a fruit salad
- > Juice them
- > Blend and make sorbet or ice cream
- > Add to a curry

HOW TO STORE MANGOSTEEN

Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1-2 weeks. Store in the fridge for 3-4 weeks. Do not freeze as this will damage the flesh.



FOOD & DRINK

celebrate NATIONAL BEER DAY

To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

Stout & Oysters

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

Dark Ale & Steak Pie

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

British Bitter & a Ploughman's

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

IPA & Curry

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

Lager & Fish and Chips

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crisper and lighter texture.

Blonde Beer & Brie

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.



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One of the first surgeons in the United Kingdom to successfully complete both the Masters in Oncoplastic Breast Surgery (Europe's highest qualification in Oncoplastic breast surgery - www.w.uea.ac.uk) and the prestigious UK National TIG Oncoplastic fellowship. Mr Thomas specialises exclusively in the investigation and management of breast symptoms and diseases covering all aspects of breast care including breast cancer, breast lump and pain, benign breast diseases, family history of breast cancer, risk reducing mastectomy, breast reconstruction and implant based breast surgery. His special interest is therapeutic mammoplasty (use of plastic surgical techniques to provide best outcomes after breast cancer surgery) and his research interest is on intraoperative ultrasound (use of ultrasound during surgery to improve patient experience and outcomes).

The professional team includes:

- A Consultant Breast Surgeon
- Mammography Specialist Radiographer (to take mammogram pictures)
- A Consultant Breast Radiologist (to read the result of mammogram, ultrasound scans and undertake biopsies)
- Breast Care Nurse (to offer information, support and counselling)

On the Spot Tests

A Consultant Breast Surgeon will lead your care. During your visit the surgeon will examine you and where needed refer you for a Mammogram and Breast Ultrasound.

If necessary a fine needle test and/or core biopsy to be carried out, to exclude any abnormalities within a lump that has been discovered.

Please be aware of the likelihood of some waiting time during your clinic visit to allow all tests to be performed.

Rapid Results

In most cases the result will be available on the day, but occasionally further tests are needed to give a conclusive result.

Support is provided by a Breast Care Specialist Nurse who offers emotional support and guide you through the treatment options, as well as providing ongoing care for patients who may require surgery.

Breast Care Advice

Breast changes to seek advice about:

It is important that you see your GP if you notice that anything about your breasts has changed from what is normal for you, especially if it's only in one breast.

Breast changes to look out for include:

- A change in the size, shape or feel of your breast
- Dimpling, puckering or redness of the skin
- Redness, a rash or crusting on your nipple or surrounding area
- A change in your nipple, such as in its shape or if it turns inwards to your breast (becomes inverted)
- A discharge from your nipple (unless you're breast feeding)
- Bleeding from your nipple area
- Pain in part of your breast or armpit
- Swelling, thickening or a lump in your breast or arm pit

These symptoms don't necessarily mean that you have breast cancer but if you have any of them, see your GP.



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NAILED IT

Do you know your nail shapes?

If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

ROUND

A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.



BEAUTY



SUPPRESS the sweat



Although the arrival of warmer weather can work wonders for your mood, it can also make you feel hot, bothered and bad tempered. Fortunately, the below breathable fabrics are guaranteed to help keep you cool, calm and collected.

1. **Cotton:** Known for being lightweight, soft and breathable, cotton should be your go-to fabric for summer. With a natural ability to soak up sweat, allow heat to escape from the body and keep your skin cool, cotton comes in countless styles and colours, meaning you can find the perfect outfit for any occasion.

CARE TIP: Cotton can shrink in the dryer. Avoid this by hanging items in the home or garden to dry.

2. **Linen:** Linen is loosely woven, meaning it is also a highly breathable fabric that lends itself well to high temperatures. Although it can be stiff, linen can absorb a vast amount of moisture and it dries quickly, providing relief from sweat when you need it most.

CARE TIP: Combat creases by lightly spraying with water and smoothing with your hand.

3. **Rayon:** A man-made fabric, rayon is a blend of cotton, wood pulp and other natural or synthetic fibres. Created as a more cost-effective alternative to silk, rayon boasts very thin fibres that offer lightness and help prevent sticking. The perfect fabric for dresses and sportswear, rayon garments keep their shape and require little maintenance.

CARE TIP: Machine washable and dryable, rayon should not require ironing.

4. **Denim/Chambray:** Denim is made from tightly woven cotton so it has many of the same benefits as this natural fabric. However, it can feel heavy, which is why some people prefer to wear chambray when the temperature rises. Often referred to as imitation denim, chambray is much lighter and comes in a high thread count which guarantees enhanced breathability.

CARE TIP: Preserve your denim/chambray by spot washing with cold water and use a mild soap.

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CRICKETERS

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It shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a 'One Day International', comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged

as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of 'traditional cricket', where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn't hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord's to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world's best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both sprinters and marathon runners alike as he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.



SPORT

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It was back in 2017 that former Transport Secretary Chris Grayling MP announced that self-driving cars could be present on UK roads by the year 2021, a claim reinforced by the head of the Society of Motor Manufacturers and Traders as being a realistic aim.

In reality, we won't be seeing fleets of driverless cars tearing down our A roads in 2021, but we can expect the first few to pop up later in the year. Perhaps this delay is a result of lockdown, perhaps the dramatic slowing of the motor industry as a whole in light of the global pandemic.

And yet, the idea of self-driving cars still holds firm, and it may not be long until we do see high-end manufacturers fully embracing what will be the most dramatic motoring ever. The benefits include fewer incidents on the road (94 per cent of accidents are caused by human error), less congestion and improved transport connectivity, not to mention greater mobility options for elderly, disabled and

young users.

The UK wants to be regarded as a leader in this field, with the prediction being that by 2035 more than 40 per cent of new cars will have self-driving capabilities. Automated Vehicle (AV) technology could be worth more than £40billion, and will bring 40,000 jobs to the country.

More than £200million has been invested so far in start-ups looking to fuel this motoring revolution, with the advancement of Intelligent Roads helping to move ideas forward.

There is just one issue though – AVs work perfectly when surrounded by other AVs. It is only when these brilliant computers are asked to interact with human drivers that potential collisions occur. It seems the scientists will have to overcome this somewhat fundamental flaw before we can call on our trusty computerised four-wheeled motors to deposit us home safely.



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After last year's postponement, most of our team is looking forward to the European Football Championships throughout June and July.

We're hoping for a historic England victory and will be supporting Gareth Southgate's team as they do battle against le creme da la creme of Europe.

And aside from sun-soaked evenings (we hope) watching the big games, there's a lot that the best teams in this competition have in common with exceptional estate agencies.

they'll put to great use this summer. And our team have complementary skills across a wide range of areas, including negotiation, marketing, presentation, and customer care.



Stephen Frost,
Martin & Co

Contact: Contrary to some over-fussy referees, football is still a contact sport. And so is estate agency. We make sure we stay in regular touch with our clients so that they are fully aware of what's happening with their sale or purchase.

Experience: The best teams in any successful sports team or business always seem to blend youthful energy and the wisdom of more experienced heads. If Gareth Southgate is to emulate Sir Alf Ramsey and bring home a trophy for the first time since 1966, he'll need to ensure that balance of experience is spot on. We have a very seasoned team at our office, but we've also got younger members who bring fresh ideas and enthusiasm. Add that to the decades of estate agency experience others in our team have, and it creates a winning formula for our clients.

Thanks for reading, and whoever you'll be cheering on, we hope you have a great time watching Euro 2021.

Steve and the team at Martin & Co Chelmsford.



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Teamwork: The best sides and indeed agencies realise the importance of working together for the same result. In football it's winning games and cups, in our agency world it's pulling together and providing the best experience possible for our clients.

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HOW TO SELL YOUR HOME FAST THIS SUMMER

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SPRUCE UP YOUR GARDEN

Searches for properties with large outdoor spaces have soared during lockdown, but that doesn't mean homes with smaller gardens can't also be an attractive option for potential buyers. Make sure you mow your lawn, place the bins out of sight and, if possible, make your garden secluded with the use of fences or hedges.

FOCUS ON KERB APPEAL

You will be surprised at just how many homebuyers will dismiss a property purely on its exterior, with some not even venturing inside after a bad first impression. Prevent this from happening by keeping your windows clean, ensuring your house number is clearly visible and cutting back any overgrown trees or bushes.

STAGE YOUR HOME

Property developers know exactly how to stage a new home to sell it fast and there is no reason why you can't do this too. Ensure that your property is clean and tidy, with any clutter out of sight, lay the table for dinner, make up the beds, light some scented candles and keep the thermostat at a consistently pleasant temperature.

SEEK PROFESSIONAL ADVICE

Estate agents live and breathe property sales, so it makes sense to ask their advice on how to sell your home as quickly as possible. Be sure to seek out local insights and pre-empt the questions buyers are likely to ask.

ENJOY A FAST AND STRESS-FREE MOVE WITH THESE MUST-ASK QUESTIONS:

- > What is the position of the buyer/seller?
- > Should I use a mortgage broker?
- > Has my buyer's mortgage application been submitted?
- > When is the target exchange date?
- > What paperwork do I need to complete?



Because we don't know

What's

around the corner...

...it's never too early to make an LPA

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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Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

We've all had purchases go bad, and
when that happens the immediate fear is
whether we'll get our money back.

In most instances, the answer is "yes". Certainly,
if you buy anything online you are protected by
the 2015 Consumer Rights Act. That means, for
whatever reason – including simply changing your
mind – you will be able to return your goods. You'll
usually need to do this within 14 days in order to
get a full refund, and obviously items must be sent
back in the same condition as they were received.

When purchasing in store, things become a
little different. You will struggle to get refunds for
perishables unless you are returning in an almost
immediate timeframe – such as buying a sandwich
only to immediately discover the bread is stale.

In other situations, the product will need
to be defective or not fit for purpose,
at which point the retailer is allowed to
attempt to repair or replace. Be warned,
though, simply having changed your mind
isn't a verified reason for a refund, and you
may discover some pushback.

Of course, while these hard and fast rules
reflect a stated code of conduct when it
comes to refund rights, things can often
veer either side of the line. You may sometimes
encounter an overly officious staff member or
customer service agent who makes life difficult;
though more likely you'll find retailers going the
extra yard to refund in some circumstances when
they perhaps don't need to legally. Ultimately,
good publicity – and bad – travels.

As with all refunds, proof of purchase
is important, and building rapport with
the person you are liaising with will
doubtless move you closer to the
result you want, no matter what the
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