

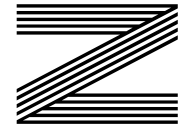
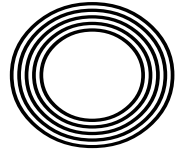
**HOW TO  
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CPR ON  
AN ADULT**

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of Mr Men and Little Miss

*Sue Barker*  
Celebrating the TV presenter's career

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BEFORE



AFTER



AFTER



BEFORE



AFTER







# Editor's notes...

AUGUST 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu. Even now things have calmed down, it still hurts to say it... Football didn't come home. The Three Lions fought, battled and impressed at almost every turn, but came up painfully short, as has been the case on so many occasions before.

Of course, as the song goes, 'We still believe', and within a day or two of that painful penalty shoot-out defeat by Italy, I couldn't help but accept some simple truths: England didn't lose a single game; we conceded just two goals in more than 11 hours of football; we played great football;

we saw the emergence of yet more brilliant youngsters; and mostly, even in defeat, even with lingering thoughts of 'what if we'd done that differently?', we will take the positives forward.

Football, and life itself, is about coming back from the challenges that confront us; it's about striving to be better than before - wiser, stronger, more equipped. That resilience is inbuilt - it's a natural human trait, and it's arguably our most inspiring. Our armoury is now hardened ahead of the not insignificant World Cup in Qatar at the end of next year.

So while we failed to make it to the ultimate destination, we are at least on the road, and the journey continues. What better inspiration than that to take into every other aspect of our lives?

*Nik Allen*

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

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



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# SPORTING INJUSTICE?

**SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.**

The ever-evolving world of sport is perhaps only rivalled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

---

**'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'**

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The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

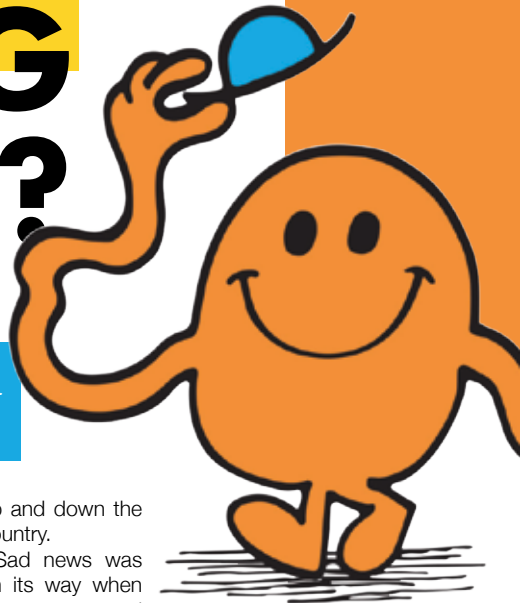
She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".



# A LONG TICKLE?



Celebrating 50 years of the Mr Men and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

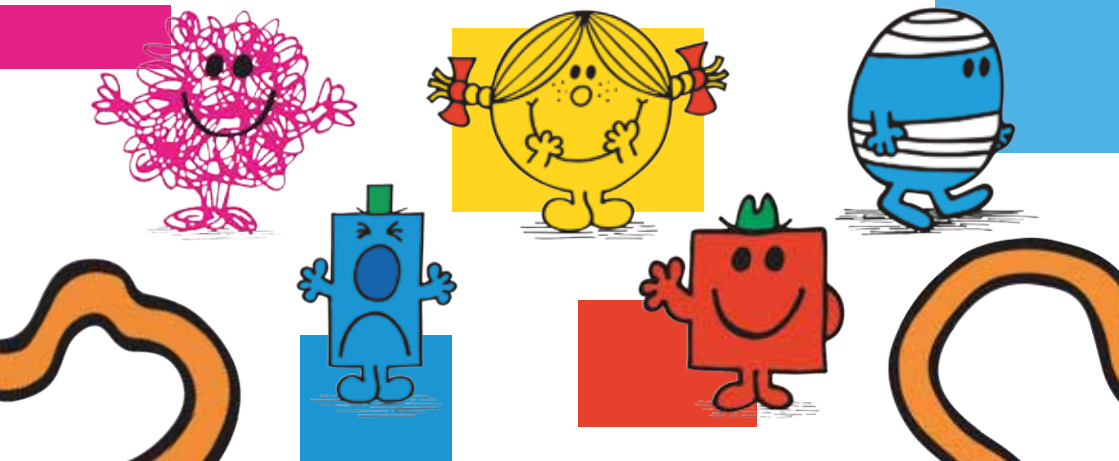
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



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## ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of “the best night’s sleep you’ll ever have” – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it’s a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting ‘space-inspired’ fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what’s worse – counting pennies or counting sheep?

Photo credit: city.com



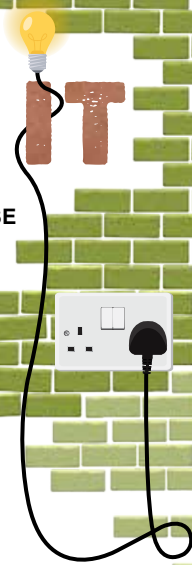




HOME & DIY

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However, advances in construction technology are set to take our desire for energy- and cost-efficient warmth to another level.

Scientists have developed a new type of brick that works more like a battery, thanks to fine strands of special conductive polymer fibres, called PEDOTs.

The new bricks, which appear a darkish brown colour instead of the standard red, are coated with an epoxy in order to waterproof them, and are then connected to a power source. The result is that the heat stored within a single brick can power a LED light for 10 minutes.

At present, the technology on offer won't allow the bricks to be used for construction purposes because they contain an acid component in their ingredients, but scientists are looking for alternative constituents that would mean safe and durable building blocks that can be used to power the very homes they act as a border for.

What's more, it's said each brick can be charged 10,000 times without losing any more than 10 per cent of its storage capacity, suggesting longevity when put into a physical, built-in structure.

At present, each brick would cost around £2 to make, though if the necessary adjustments could be made to ensure the product becomes construction-friendly, that cost would be brought down dramatically – as would energy bills.



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# TOTES

*amazing!*

**S**ustainable fashion is all the rage, so why not take your eco-friendly efforts one step further and create your very own handy tote bag using just an old jumper?

### WHAT YOU NEED:

- An old jumper – this could be an old school jumper or a much-loved hoodie that no longer fits
- Needle and thread
- A pair of scissors
- Sewing machine (optional)

### HOW TO MAKE:

- > Cut off the bottom band of the jumper
- > Cut off the hood (if applicable) and sleeves as close to the seams as possible
- > Determine the centre of the logo or image if there is one
- > Depending on the size of your jumper, work out the length and width of your tote bag – 35x40cm is a medium-sized bag
- > For the handles, cut and remove the sleeve band and cut the sleeve open along the seam
- > Cut eight strips of 2–3cm width and set aside for later
- > Using the remaining fabric, cut out the desired size of your bag, making sure to add 2–3cm extra on both the width and length
- > Pin the front and back of your jumper fabrics together and stitch using a ½-inch seam allowance, either by hand or using a sewing machine
- > Secure and set the seams with the fibres of the fabric using an iron. Always supervise children during this step
- > Fold in 2cm of fabric at the top of the bag and press, and then stitch the fabric near the raw edge using a zigzag or straight stitch for a seamless opening
- > Make the handles by sewing together two of the strips you cut earlier to create one long strip. Create four long strips in total, using eight strips. Overlap the ends and use a zigzag stitch to secure
- > Take two of the four strips, lay the ends on top of one another and stitch together. Repeat with the other two strips
- > Stitch the handles to the top of your tote bag
- > Voila! Your finished jumper tote bag.



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grillo designs:

# inspiration FOR EVERY HOME



HOME & DIY

Get to know Grillo Designs, a UK-based interiors blog that has all the inspiration you need to transform your home

The internet is full of incredible home inspiration, but let's face it – not all of it is achievable. Those Pinterest perfect homes are often only possible with a huge budget and a team of professionals to pull it off.

So it makes a refreshing change when someone like Medina Grillo comes along. Medina's love all of things interiors led to her starting her own Facebook page back in 2014, and she now runs an award-winning blog, Grillo Designs.

Full of inspiration showing renters that they too can do incredible things with their homes, Grillo Designs is the style guide you've been looking for to transform your space.

Medina describes herself as "an IKEA-loving-upcycling-junkie-DIY-passionate-home-décor-crazy momma and wife", who shares her cool and unique designs with the world. A healthcare worker by day, she works with her partner, Vince, to bring her design ideas to life.

Grillo Designs has more than 174,000 followers on Instagram, while the blog has won several awards.

In addition to Grillo Designs, Medina is the voice behind #HowIRent - "a celebration of all the amazing renters out there who, in spite of it all, have managed to transform their homes into abodes of personality and style".

Medina's style is contemporary, blending muted shades with pops of yellow and creating interest through textures and patterns. With Grillo Designs, you can find all kinds of inspiration to create beautiful, stylish looks for your space.

## BRINGING GRILLO DESIGNS INTO YOUR HOME

Grillo Designs highlights fun, quirky DIY projects you can bring into your home, whether rented or owned. Here are some amazing ideas to help you transform your own space:

### 1. CREATE A DIY COFFEE CORNER IN YOUR KITCHEN

Using some shelving, hooks and maybe a few pieces of artwork, you can create a stylish space to display your favourite mugs and coffee items and celebrate your love of the bean.

### 2. UPDATE DATED DRESSERS TO GIVE THEM A NEW LIFE

Dresser or chest of drawers chipped, covered in scratches or just a bit dull? Give it a simple makeover. You could stain the wood, paint using multi-surface paint and add some new hardware to create a complete transformation.

### 3. CUSTOMISE YOUR IKEA ALEX DRAWERS

Most people have some trusty IKEA Alex drawers around – especially if you've built a home workspace for yourself during the COVID-19 pandemic. Make yours a little more unique with some stickers or contact paper to add your own quirky design.



Photo credit: grillo-designs.com



# BANISH BATHROOM BACTERIA

Have you ever thought about how often you should clean and replace items in your bathroom? If not, the below advice from our cleaning experts may come as a shock to you.

## BATHROOM TOWELS

You may be surprised to find out that bathroom towels should be washed after every three uses. Furthermore, they should be replaced entirely every one to three years.

**TOP CLEANING TIP:** Always hang up your towels to dry fully after each use.

## BATH MATS

This essential is one of the most germ-ridden areas of your bathroom and needs to be washed every three to seven days and thrown away after two years. For mats with rubber backing, spray generously with white vinegar weekly and wash in cold water every three to four weeks.

**TOP CLEANING TIP:** Clean on a 40-degree wash and hang to dry.

## TOILET BRUSHES

Covered in lots of harmful bacteria, your toilet brush should be cleaned weekly and replaced every six to eight months. Soak in a mixture of boiling water and bleach and allow to drip dry.

**TOP CLEANING TIP:** Rinse after every use for maximum longevity.

## SHOWER HEADS

Shower heads should be cleaned monthly and replaced every six to eight months as harmful bacteria thrive in this moist environment, which can be harmful to the respiratory system, especially for at-risk patient groups.

**TOP CLEANING TIP:** Soak in a mixture of three cups hot water and one cup white vinegar for 30 minutes and then scrub with an old toothbrush.

## LOOFAHS AND TOOTHBRUSHES

Both these items should be replaced every one to three months. Toothbrushes should be rinsed after every use and the handle should be wiped down once a week. Your loofah should be rinsed thoroughly after each use.

**TOP CLEANING TIP:** Soak your loofah in warm water and a few drops of essential oils weekly to deter bacterial growth



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Vases have always been a practical necessity as something to display your flowers in. Now, it's the vases themselves that are on display.

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From unusual textures and shapes to bold colours, this is one trend that anyone can get on board with.

Discover the statement vase trend and how to make it work in your home.

**THE QUIRKY ONES:** A cool and quirky vase is a great way to dress up your home. A bold shape draws the eye, making an excellent impression in any space. From your hallway display to your coffee table, a quirky vase will add some style interest to any home.

**THE CLASSIC VASE:** Just because something is a classic, doesn't mean it can't make a statement.

Traditional style vases, such as busts or a ceramic vase, are gracing Victorian-style homes all over Instagram and Pinterest, bringing an expensive, luxury look without the antique price tag. Choose a smaller vase for a more understated look, or go large if you want to create a bolder, more striking look.

**THE BOLD VASE:** If you want to liven up your neutral decor, or celebrate your love of colour, then a bold and bright vase is the way to go. There are some incredible pieces to choose from right now, blending vibrant colours with floral patterns to create a fashion-forward look. Keep the rest of your look simple to let the vase do the talking.

Whether you're looking for the perfect centrepiece or a dash of colour, or you want to dress up your space, there's a statement vase out there for you. Flowers or no flowers, your new vase will always have a place in your home.



HOME & DIY

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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



# Care home staff's work recognised with national award

Staff at a supported housing service in Chelmsford are delighted to have won a national care award.

Sanctuary Supported Living's Nickleby Road, which caters for adults with learning disabilities and autism, was nominated in the Great British Care Awards 2020/21.

The awards ceremony for the south east region of the awards took place recently and celebrated the hard work and dedication of staff from across the care sector.

The Nickleby Road team was nominated in the Housing with Care category for its outstanding expertise in person-centred support, meeting the complex needs of adult residents with various learning disabilities.

The judges commented that the service is "brimming with enthusiasm, energy and creativity" and that staff "are 100 per cent committed to the goal of supporting people with learning disabilities in moving on and living independently".

Michelle Gilbey Mills, local service manager, said: "I couldn't be happier or prouder of my team, who always go above and beyond to give our inspirational residents the support they need to live the best life possible.

"It's a privilege that I get to do a job I love every day and our award is just the icing on the cake."

After winning the Housing with Care award in its region, Nickleby Road is in the national finals, which will be held at the ICC in Birmingham next month.



## Popular park to become nature reserve

LOCAL NEWS



Admirals Park in Chelmsford will be added to Natural England's list of Local Nature Reserves (LNR) after Chelmsford city councillors agreed the status change at a meeting on July 13.

LNRs benefit people and wildlife and contain geological features that are of special interest locally, offering people opportunities to study and learn about nature, or simply to enjoy it.

The park's change to LNR status will not impact the public's continued use of the park, but seeks to preserve the local environment for the future.

Jane Houghton, a senior adviser for Natural England, said in her letter to Chelmsford City Council in March: "Protecting this site and its habitats will allow it to continue to be used and valued by local people for recreation and enjoyment of the natural environment."

Councillor Rose Moore, cabinet member for Greener and Safer Chelmsford, is "thrilled this great news can be announced".

She said: "I must pay tribute to the parks team for managing the space.

"We aspire to see more local areas, and especially urban areas in Chelmsford, declared as LNRs."

## Two events forced to cancel due to ongoing pandemic

Two beer and cider festivals in Chelmsford have been cancelled owing to the COVID-19 pandemic, organisers have said.

Members of the Camra Winter and Summer Chelmsford Beer and Cider Festivals said that they were looking at "an alternative festival to take place later this year".

The next event would depend on "guidance given by the government", they added.

The festival was last held in February 2020 in Chelmsford's Admirals Park.

A spokesperson for the festivals said via their website: "Unfortunately, the organisers have decided

to cancel both the Winter and Summer Chelmsford Beer and Cider Festivals due to the ongoing COVID-19 pandemic and current government restrictions.

"We are looking at possible ideas for an alternative festival to take place later this year, depending on the guidance given by the government. Please follow our social media accounts for updates on this."

## City to welcome famous music festival next year

Chelmsford City Council has signed a long-term deal to bring one of the UK's major festivals to the city.

Creamfields, one of the world's biggest electronic music promoters, is creating a new festival at Hylands Park for June 2022.

The famous festival, which takes place in Daresbury in Cheshire, has just announced plans to bring the award-winning event to a new site with a sister festival in Chelmsford.

Creamfields Chelmsford will take place on Friday, June 3 and Saturday, June 4, 2022, during The Queen's Platinum Jubilee bank holiday weekend.

The two-day camping festival will have a capacity of 50,000, with day tickets and a range of camping tickets available.

The Leader of Chelmsford City Council, councillor Stephen Robinson, says the event marks an exciting new chapter for the city.

He said: "Choosing Chelmsford to host the new southern edition of one of the country's biggest festivals, and a global brand at that, is a huge endorsement of the city as a destination for big events. One of our key aims is to make Chelmsford a better-connected place and this will put Hylands Park back on the map as one of the UK's top festival locations.

"A new music festival will also boost the local economy and generate income for the city council. This will help ensure that the council can continue to invest in the park for everyone to enjoy."



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**Cancer patient helps design new treatment centre**



A new chemotherapy treatment centre at Broomfield Hospital in Chelmsford opened last month – and a cancer patient who has received care there for more than 20 years helped with its design.

The state-of-the-art centre will allow the hospital to see more cancer patients in a friendly and welcoming environment, while keeping them safely distanced.

Karen Travis, 59, from Broomfield, provided a helping hand for the £1.2million project. She has been a patient at Broomfield Hospital for the past 21 years, receiving five rounds of chemotherapy during that time.

Karen said: “For me, and many other long-term patients, the chemotherapy unit here at Broomfield has become like a second home, and all the staff here our extended family.

“I have witnessed many changes over the years, but the care given here by the team has always remained consistent: caring, cheerful and utterly professional.

“The opening of the new chemotherapy day unit has brought new hope for the future.”

Karen officially opened the centre alongside trust chief executive, Clare Panniker.

The new area is larger than the previous one, and has more chemotherapy stations so patients can receive their treatment more quickly.

The centre also includes an outpatient consultation suite, with two consultation exam rooms and two interview rooms.

From enquiries so far, it is believed that the victim and his friends had been approached by a group of men while out for the evening in Chelmsford.

There was an argument, and later in the evening the group of men approached the victim, who was assaulted. The suspects were wearing ski masks.

Anyone who was in the Springfield Road and High Street area between 8pm and 11.30pm is asked to contact Chelmsford CID, quoting reference 42/140135/21.

Contact the police online at [www.essex.police.uk](http://www.essex.police.uk) or call 101. Information can also be given to Crimestoppers anonymously on 0800 555 111 or [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

**Win a pair of tickets for wellbeing festival**

An annual festival is giving residents the chance to discover the world of alternative health and beauty.

The third annual Soul Spirit & Wellbeing Festival is being held on Sunday, September 5, at the Ramsden Bellhouse Community Hall, Church Road, Billericay, from 11am to 4.30pm.

The event is a showcase of eco fashion, fitness, healthy food, and spiritual wellbeing and treatments. There will be yoga and dance fitness sessions, vegan food and drink, therapies, readers, crystals and candles.

Entry is £5 on the door and includes a strip of raffle tickets with the chance to win £500 worth of wellbeing goodies, with the money going towards the Essex Wildlife Trust. There will also be free gifts for the first 50 festival-goers.

VISION has 10 pairs of tickets to give away for free. To enter, send your name and contact number to [chelmsford@visionmag.co.uk](mailto:chelmsford@visionmag.co.uk) by Tuesday, August 31.

For tickets, visit [www.eventbrite.co.uk/e/soul-spirit-wellbeing-festival-tickets-154376455133](http://www.eventbrite.co.uk/e/soul-spirit-wellbeing-festival-tickets-154376455133)

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**Man hospitalised after nightclub stabbing**

Police are investigating an assault on a man outside a nightclub in Chelmsford.

A 21-year-old man was stabbed in the leg near Popworld in Springfield Road at about 11.10pm on Friday, July 16. His injuries were serious, but not life-threatening or life-changing.







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VICKY FORD MP



Member of Parliament for Chelmsford



LOCAL NEWS

Over the summer, Parliament takes a recess. After a long term working on complex legislation, including tighter laws to protect victims from crime and new immigration rules to protect borders, this is a welcome break.

I will be catching up with various organisations around Chelmsford over the coming weeks as well as helping to deliver my Reporting Back Leaflet, so if you see me, do stop to say hello.

It was very good to talk to students of all ages from different schools across Chelmsford before their summer holiday. It is so important that we recognise just how challenging this time has been for students in particular. I am bowled over by the resilience of our young people and what they have done to help keep others safe.

I recently met Chris Blaydon, Countryside's managing director responsible for house building in the Eastern Region. I asked him for an update on building the new medical centre and on progress in remedying defects to properties. The medical centre is now to be constructed as a single build phase rather than two phases.

I have emphasised how important this medical centre is for the provision of GP services, not only in the Beaulieu area but also more widely, as it will bring additional GP capacity across Chelmsford. I am asking for regular updates on progress and will let readers know as soon as I learn more.

As ever, please do get in touch if you need help or advice. Please email vicky.ford@parliament.uk

## Stylish new showroom opens

Renowned bathroom retailer, Ripples, has expanded its national presence with a new showroom in Chelmsford.

Ripples Chelmsford, which is now open, features an array of quality products from some of the top bathroom brands in Europe. From hand-painted boat baths and stylish concrete basins to brushed gold brassware and marble tiles, the showroom features products and design solutions to suit a range of styles.

Once customers have browsed the selection of products, an in-house designer will be on hand to expertly guide them through their bathroom project, creating a unique design specifically tailored to their individual needs.

Owner and director of Ripples Chelmsford, Ross Buck, said: "My business partner, Paul, and I are delighted to open a Ripples showroom here in the heart of Chelmsford.

"Having worked in the bathroom industry for nearly 20 years, we understand the importance of every part of the process; from sourcing quality products and creating inspiring designs, right the way through to the final installation.

"We're excited to bring our knowledge and passion for bathrooms to Essex and to be doing so with the



support of the Ripples family."

With its first showroom opening in Bath in 1988, Ripples has more than 30 years' experience in designing bespoke bathrooms for customers up and down the country. With an impressive collection of 13 showrooms nationwide, Ripples has built a reputation for creating innovatively designed and beautifully finished bathrooms.

Ripples Chelmsford is located at 8 Bond Street North, CM1 1GH.

For more information, visit ripplesbathrooms.com or call 01245 287977.

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HISTORY



# WHEN THE MONA LISA *went missing*

DETAILING THE 110TH ANNIVERSARY OF THE THEFT OF THE ICONIC PORTRAIT

Stealing the world's most famous pieces of art is usually about status, spite or financial gain, yet for Vincenzo Peruggia, the architect of the theft of the Mona Lisa on August 21, 1911, it was none of these things... or so he said.

Painted in 1503, the painting ended up in France following Napoleon Bonaparte's widespread plundering of art during the Napoleonic Wars. Many of its various mysteries – the creeping smile, the haunting face, even the lack of eyebrows – can only be answered by its long-dead creator, Leonardo da Vinci.

The masterpiece had hung in the Louvre for more than a century before Peruggia, an employee at the museum on the banks of the Seine, snuck it out under his smock after having hidden in the building overnight. The gendarmerie were at a complete loss as to who stole the artwork and the theft created a media sensation, with the mystery featuring on the front pages of newspapers worldwide.

Peruggia kept the painting in his apartment in Paris for two years, then took it back to Italy. Herein lies his claim that it was removed expressly with the intention of returning it to its homeland. The thief's explanation was undermined by the fact that when contacting Florence art dealer Mario Fratelli, he placed a 500,000 lire price tag on the piece.

No sooner was the deal discussed than the prospective buyer contacted the police and Peruggia was arrested.

For his crime, the Italian received only a short prison sentence – he served seven months and was hailed a patriot upon his release. Alas, his attempts were in vain, as the Mona Lisa was returned to the Louvre, where it has been on display ever since, its notoriety merely enhanced by the theft.

Peruggia died in 1925 on his 44th birthday, leaving behind a wife and daughter.



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## HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.



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# Cloudy2Clear, A Local Service With A Smile.

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

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

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

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

For a free quotation please call **0800 61 21 118** or visit [cloudy2clear.co.uk](http://cloudy2clear.co.uk).

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PUZZLES

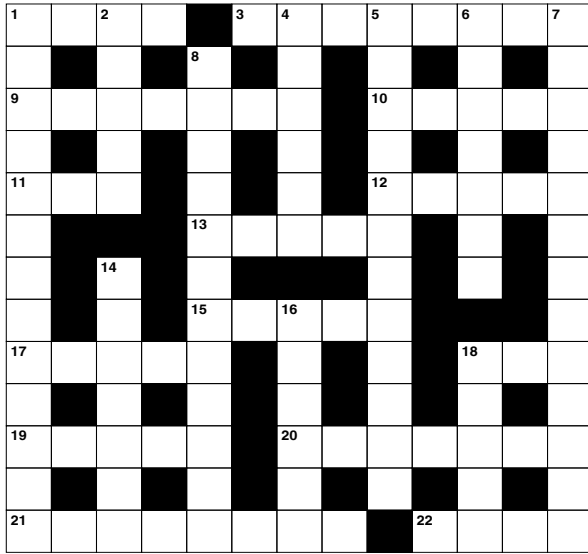
Answers: see end of The VISION Listings

### ACROSS

- 1. Bog (4)
- 3. Difficulties (8)
- 9. Settled oneself comfortably (7)
- 10. Flower part (5)
- 11. Cook in hot oil (3)
- 12. Mother-of-pearl (5)
- 13. Name of a book (5)
- 15. Drives out from a place (5)
- 17. Up to the time when (5)
- 18. Cereal plant (3)
- 19. Mental impressions (5)
- 20. Not tidy (7)
- 21. Mobster (8)
- 22. Young kangaroo (4)

### DOWN

- 1. Making (13)
- 2. Tarnished (of a metal object) (5)
- 4. Least polite (6)
- 5. Efficient (12)
- 6. Anticipates (7)
- 7. Obviously (4-9)
- 8. Decomposition by a current (12)
- 14. Among (7)



- 16. Safe (6)
- 18. Lover of Juliet (5)

### DID YOU KNOW?

- ▶ As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes
- ▶ In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree
- ▶ When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin
- ▶ Cucumbers are made up of around 96 per cent water, making them the food with the highest water content
- ▶ A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'
- ▶ Almonds are actually seeds, although many people classify them as nuts

### SUDOKU

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# Scrap that!



If you are looking for ways to reduce waste and save money on fresh produce, then growing scraps – also known as garbage gardening – is the way to go.

### Bulb vegetables

Vegetables such as spring onions, leeks and fennel can be grown in a similar way to leafy greens. Cut off the end with the tiny roots so that you have a scrap about one-inch tall. Place root down in half-an-inch of water in a saucer and keep fresh. A supply of shoots will soon appear, which can be immediately harvested. Alternatively, transplant into soil to enjoy these veg indefinitely.

### Leafy vegetables

Leafy vegetables that grow in heads, such as celery, romaine and bok choy, are some of the easiest scraps to grow. Cut off the plant's base (around an inch tall), place it cut side up in a saucer and add half-an-inch of water. Water regularly and place in a sunny spot indoors. Leafy scraps will grow on a sunny indoor windowsill all year round or can be transplanted into soil when they show roots.

### Root vegetables

When it comes to root vegetables such as beetroots and turnips, you can grow tasty leaves that are ideal for salads and sautés. Just cut off the top, leaving half-an-inch of the vegetable attached, and place cut side down in water in a shallow container so that only the root is covered. Fresh greens will soon appear.

### Avocados

This fruit regrows easily in water. Just clean the pit, stick in three or four toothpicks around one-third of the way down from the pointy end and sit the pit on a glass so that the toothpicks support it on the rim. Add enough water to cover the pit's bottom half and refresh regularly. Once the pit has roots and a sprout, move to a container with soil, keeping the top half of the pit above the soil line.





GARDENING



# ONE MAN WENT TO MOW

**W**e cherish our gardens for the freshness, variety and life they bring to our homes, but a bit of cultivated creativity can add a whole new level of interest to your luscious lawn.

### PERFECT PATTERNS

You can achieve the most wonderful lawn patterns simply by adding a striping kit to your lawnmower. This bends the blades of grass, meaning that stripes can be achieved by leaning the grass towards or away from the eye.

### THREE OR MORE STEPS TO HEAVEN

From stepping stones to a mosaic path, breaking up your lawn with a decorative stone or wooden walkway will give it personality and depth, as well as preventing the gradual wearing away of grass marking out the path to the shed.

### SIMPLY SOLAR

Give your lawn light and radiance, even when the nights begin to draw in, with a selection of solar lights which can be inserted into the beds around the perimeter.

### WILDLIFE

Section off a quiet part of your lawn in order to create your own mini wildflower meadow. Plants and grasses such as cowslip, red clover, hoary plantain and birds-foot trefoil can be bought from garden centres and will add a rustic feel to your garden, where plants and insects can thrive.

### MAIN FEATURE

A water feature will bring extra life to a lawn, as well as providing an audible, gentle backdrop to days spent in the garden. The hard work is in the installation, but with a variety of traditional and contemporary features, coming in all shapes and sizes, you can quickly bring extra interest to your lawn space.

### STONE THE CROWS

Finally, how about making a focal point out of large rocks, an old tree trunk or some scattered driftwood as an artistic feature on your lawn? Not only will your garden space have abounding personality, but you'll also be encouraging natural life into the various nooks and crannies.



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UNUSUAL FRUIT OF THE MONTH:

# Kiwano

The kiwano – also known as the horned melon owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

### WHAT ARE THE HEALTH BENEFITS OF KIWANO?

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.

### WHAT DOES KIWANO TASTE LIKE?

The flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

### HOW TO PREPARE KIWANO

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

### WAYS TO EAT KIWANO

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

### HOW TO STORE KIWANO

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored





# Looking back on when we first met...



SPORT



## HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1–0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2–0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2–1.

Southgate's confidence in his stubborn 5–3–2 formation was upheld in every game. When he switched to a 4–3–3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

Photo credit: Faundo Arizabaga/POL/EPFL/EFES/Shutterstock

**WIN TOGETHER. LOSE TOGETHER. WE ALL STAND TOGETHER.**





BEAUTY



# MAKEOVER

## your man

Unlike women, most men seem to have an "if it ain't broke, don't fix it" approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

### THE TEXTURED CROP

Best for triangle-shaped faces

If you've got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

### THE LONG & LAYERED

Best for oval-shaped faces

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

### THE CHERUBIM

Best for heart-shaped faces

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don't mind a slightly feminine look.

### THE MESSY BED QUIFF

Best for diamond-shaped faces

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

### THE SWEEP BACK

Best for square-shaped faces

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



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# HOW TO PERFORM CPR ON AN ADULT

Cardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger. Find out how to perform CPR on an adult below.

### HOW TO DO CPR ON AN ADULT:

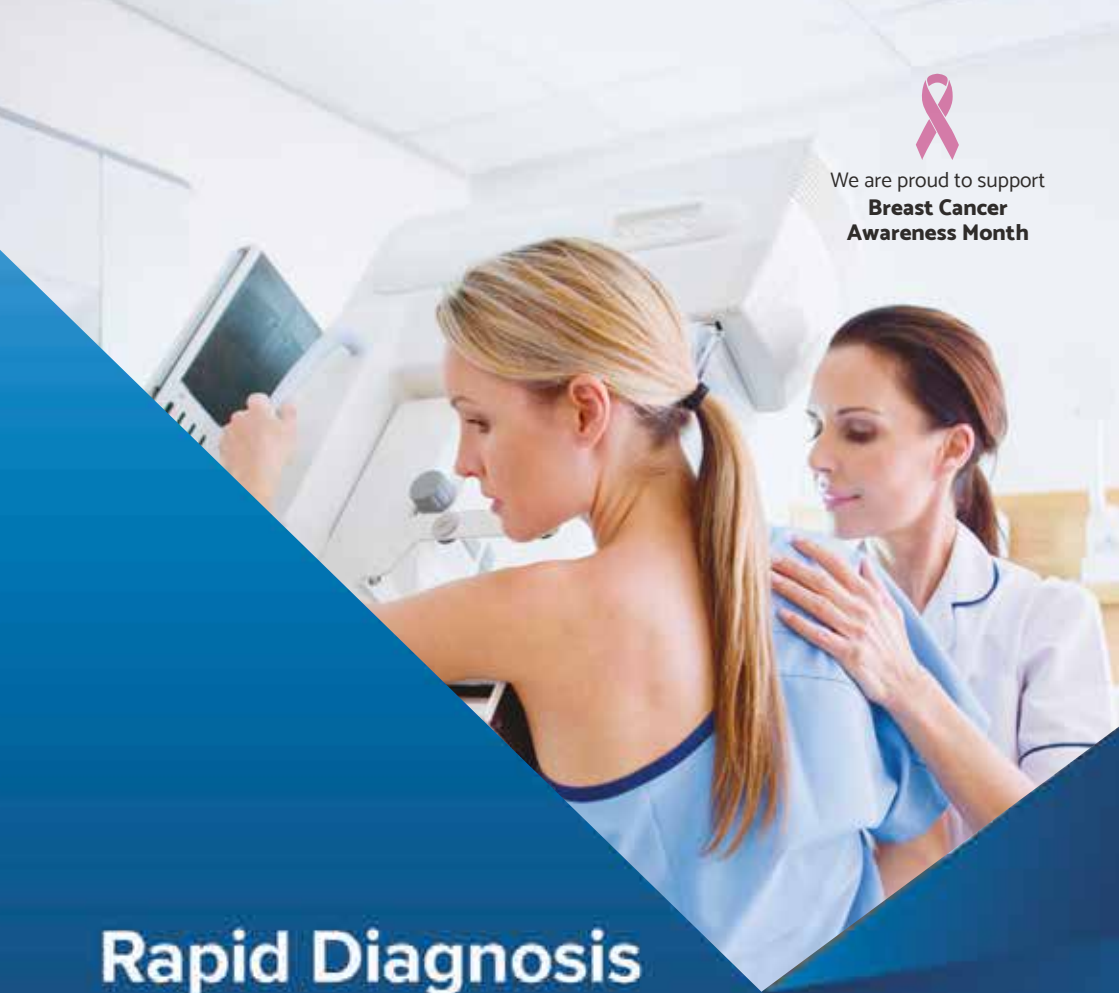
- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5–6cm before releasing pressure.

**TOP TIP:** Use the beat of the song *Staying Alive* to keep the right speed when performing chest compressions

IN NEXT MONTH'S EDITION, LEARN HOW TO PERFORM CPR ON CHILDREN AND BABIES.



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# CAR TRAVEL *etiquette*



## THE SIX RULES PASSENGERS MUST OBEY ON LONG JOURNEYS

Whether setting off for a jaunt across the middle of America or simply on a work trip up the A1, it's important to recognise the hidden hierarchy that exists when it comes to car journey etiquette.

While our top six rules are all slightly tongue-in-cheek, we can all probably pick out times when we've heard the person behind the wheel pull rank.

### THE HEAT IS RISING

It's a confidant – and possibly rude – passenger who starts messing with a car's climate control. Sit tight and sweat it out... it's still better than walking.

### DRIVER DJ

From the minute you leave to the second you arrive, the soundtrack of your journey is deemed to be in the hands of the person behind the wheel. If you are graced with the opportunity to "put something else on", choose decisively and wisely.

### IT'S A CAR, NOT A BIN

One for the kids – whether chocolate bar wrappers, Happy Meal toys or poorly mopped-up orange squash, there is nothing that angers a driver more than finding his or her car resembling a bin lorry at the end of a long trip.

### FREE PETROL

Contributing towards petrol is usually something that's laid out before a journey starts, but if this hasn't been discussed and you find yourself pulling up at your destination, it's usually polite to offer.

### THANKS FOR THE RIDE

Gratitude costs nothing, and a simple 'thank you' to the driver will make him or her feel that much better about themselves after suffering half an hour of you bemoaning Arsenal's recent woes.

### THE FEET TREAT

Your pinkies should always be kept out of sight and in the footwell (there's a clue in the name). Raising them to the height of the dashboard – and leaving them there – is a one-way ticket to taking the bus next time.

## Travel with Confidence



**Dan Salmon,**  
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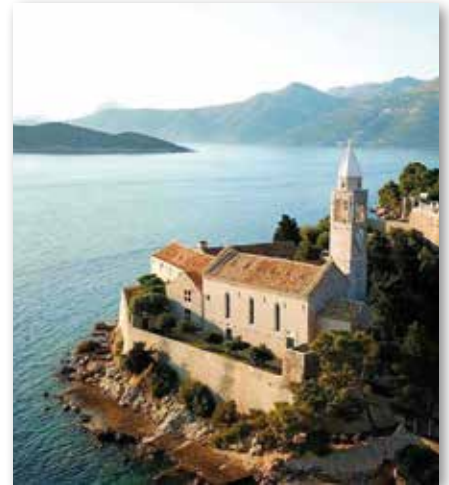
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TECHNOLOGY

## SMART HEATING SYSTEMS AND HOW THEY WILL STYLE OUR FUTURES

Like a scene from a science fiction novel, you can now control appliances and systems in your home using your voice, a sleek home hub, or even remotely via your smartphone. From doorbells and lighting to security cameras and motion sensors, it has never been easier to make your home work for you. We also now have smart heating systems, such as Hive or Google's Nest, that have revolutionised how we heat our homes.

As the names suggest, these systems are developed with your preferences, lifestyle and – most importantly – comfort in mind. Gone are the clunky thermostats of yore that were either painfully complex to programme, or frustratingly simple with nothing more than a temperature dial. Both Nest and Hive boast stylish thermostats with customisable options, and, even better, you can also download a corresponding app that gives you full control over both your heating and hot water even while away from home.

Better still, this level of control helps you save money in the long run. Going to be home an hour late from work? Simply delay your heating until you're on your way back. Concerned about a sudden drop in temperature while you're away for the weekend? Enable the frost setting via your app to protect your pipes. You can even create zones within your house by buying smart radiator valves, to reduce your overall energy output while you're at home.

Going forward, it seems likely that devices such as these will become as ubiquitous as the kitchen sink as we edge closer towards the reality of the hi-tech modern home.



Photo credit: currys.co.uk, grahamdirect.co.uk, Hive YouTube





# I PREDICT A RIOT

**FROM BUILD-A-BEAR TO THE NUTELLA PANIC, THESE ARE THE MOST EPIC CONSUMER RAMPAGES EVER**

**W**hen consumers get a taste for a retail trend, there's every chance that seemingly sane people will transform into bloodthirsty consumers.

While it happens every year with Black Friday and January sales, here are four other occasions when people have stopped at nothing to get their hands on a cherished prize.

### THE FRENCH NUTELLA PANIC

It was a seemingly average 2018 before French supermarket Intermarché decided to slap a 70 per cent discount on Nutella. Cue a stampede for the spread, reminiscent of a situation four years previously where a hike in the price of hazelnuts caused similar stampedes across the UK. Nutty!

### THE BUILD-A-BEAR BOOM

Thursday, July 12, 2018, will forever be known as the Build-A-Bear day of mayhem. An initiative that invited customers to "pay their age" meant a top-of-

the-range bear could be purchased for well below the usual price point of around £50.

Yet they reckoned without the devotion of a younger audience, leading to stores being overrun, queues of up to four hours and police being called. What's more, the exercise turned out to be wholly unprofitable for the chain.

### TESCO'S BEER BONANZA

A computer error back in 2012 meant that instead of discounting two cases of beer by £4 at the checkout, the booze was costing £4 in total. It took the retailer hours to fix the error as shoppers across the country performed relays in emptying the shelves.

### AND WHO CAN FORGET THE 2020 TOILET ROLL HUNT?

As COVID-19 gripped the world in the spring of 2020, so too did a strange perception that this global pandemic would see us imprisoned in our bathrooms. As early toilet roll fanatics bought up large stocks of paper, so too did others in fear of supplies being exhausted. Thankfully, normality was resumed within a few weeks.



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*Louise*

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## Did we just say Christmas?



Stephen Frost,  
Martin & Co

Sometimes need to talk about things we feel uncomfortable discussing.

It could be with a colleague whose incessant chatter is driving you to distraction.

Or confronting your partner about their habit of leaving a regular trail of destruction after cooking in the kitchen.

For us, as agents, it could be having to tell a home seller that their beloved purple walls might need refreshing with a less out-there colour.

Whatever conversation it is that makes you fidget in your seat, rest assured we feel your discomfort as we are about to discuss... Christmas.

But before you start saying "no,no,no," to counter our "ho,ho,ho," allow us a moment to make our case for mentioning the C-word in the middle of the summer holidays.

In all seriousness, many people who are looking to buy a new home use the Christmas period as a deadline to get things done by. As a result, we often hear people declare they want to 'be in by Christmas.'

The thought of sitting on your sofa in your new home watching the Queen's speech with a sherry in one hand and a mince pie in the other is appealing to many property seekers.

But if you want to turn that thought into reality, you'll need to act - now.



The fallout of the pandemic has seen delays affect every part of our lives - and the property world hasn't managed to avoid this either.

Property transactions are taking longer, so it's a wise idea to get as far ahead as possible if you're considering a change of scenery.

By putting your home up for sale now, you give yourself a chance of being in a new one by Christmas.

Whenever you are thinking of moving, we'd love to help you do it successfully.

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The quick answer is yes.

Scientists have found that driving around with low levels of fuel can be bad for the preservation of performance. At these levels, the debris and accumulated gunk in the tank has more chance of being ingested into the filter when it drops below the pump intake level.

Conflictingly, while having a full tank may give you a feeling of power and motoring potential, the weight of the fuel can end up costing you more, since that same additional weight requires more power to lug it around.

The general recommendation is to try to keep your tank above a quarter full at all times, and not beyond three-quarters. Within this range you're

protecting the cleanliness of the tank while not overloading it with excessive weight.

Of course, if you have genuine focus on optimising fuel cost and efficiency, you're probably already looking at the dawn of the greener fuels era, which could be heading to our fuel station forecourts as early as next year.

Transport Secretary Grant Shapps recently unveiled plans to introduce E10 as the standard grade at pumps in the UK. The current E5 petrol contains five per cent bioethanol; by embracing a minimum 10 per cent renewable energy ratio within the fuel, it is expected we will reduce CO<sub>2</sub> emissions by 750,000 tonnes per year – that's the equivalent of taking 350,000 cars off the road. And while an estimated 600,000 vehicles won't be compatible with the fuel, these concerted efforts to continue to reduce the nation's carbon emissions have been welcomed by environmental campaigners.

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