

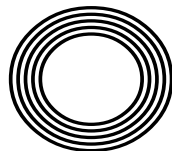
**HOW TO
PERFORM
CPR ON
A CHILD**

Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors

ALEX SCOTT

The sport pundit rising through the ranks



FREE

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BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER





Editor's notes...

SEPTEMBER 2021



Nik Allen, Editor

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

As we approach the final few months of the year (I won't mention the C word, don't worry!), it has been fantastic to see the high street bouncing back over the past few weeks.

I have been out and about visiting some of our advertisers and speaking to new businesses which opened during the COVID-19 pandemic. I've been really impressed with them - in particular, the ones who have opened businesses recently during these tough times. It really shows entrepreneurial spirit at its finest, in my opinion.

We can always give excuses and try to convince ourselves, due to things out of our control, to delay plans or put them off to another day, but I think we need to all take our hat off to those who are expanding during these times. COVID-19 isn't going away, so we need to learn to live with it. Be cautious, but live life the best way you can.

Having friends and family myself who had COVID-19, some who beat it and some who were less fortunate, I can say this has taught most people I meet to take every day as if it were your last. Stay positive! Hope you enjoy this month's edition.

Nik Allen

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DOWN ON THE FARM

**“I’VE SWAPPED SUPERCARS
FOR TRACTORS, AND I DARE
SAY I’VE LEARNED SOMETHING
ALONG THE WAY.”**

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”



REMEMBERING

20
YEARS OF 9/11*September 11 marks two decades since the largest modern-day assault on the Western world*

Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

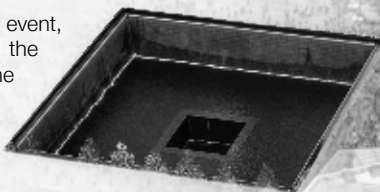
It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



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The heart of your home

Mr and Mrs W had grown weary of their 14 year old kitchen which came with their property when it was built, it was tiny and meant the cook of the house worked in total isolation.

The client had an old Howdens kitchen which they were no longer happy with, they had mentioned that they might want to bring a wall down to open up the space and brick up a doorway to change the layout of the downstairs but wanted advice from architects and designers before making such large scale changes to their home

They had already had some so called 'designers' round to help but nobody seemed to be able to make any better use of the space. Tiring of the process they consulted an architect to draw up plans for an extension, it was whilst they were deliberating on this, that a work colleague suggested they see Regal. Being impressed by the showroom and team they were excited to invite one of their designers around. Within minutes John had a clear vision, which included blocking three doors and a window off, together with taking down two walls, this really created a space to put their new kitchen at the heart of their home



An L shaped kitchen with twin ovens and a larger fridge and freezer at the end, incorporating the flex induction hob creates a large, functional and ergonomic design and the dark blue shaker furniture on the entertaining island really adds warmth to the space. Diamanté handles add a bit of glam into the look.

Overall the clients are delighted with their completed kitchen, and Mrs W has said she is eternally grateful to the friend who recommended Regal Kitchens.

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A CLEAN night's sleep?



HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month



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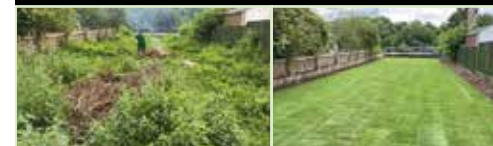


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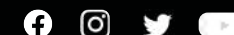
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LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook

With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to "inspire with achievable home decor ideas, tips and makeovers". The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.

WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases "inspirational yet achievable home interiors". Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family homes don't have to be boring.

EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- Look to your high street, local independent shops or boutiques to find some amazing items.

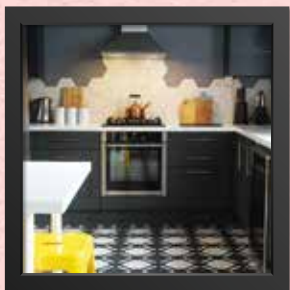
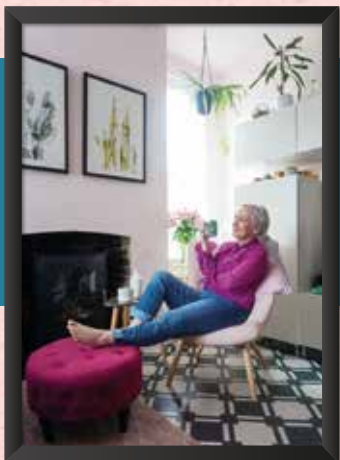


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KITCHEN

You want this pivotal room in your home to smell fresh and bright, but you also need to consider scents that neutralise unsavoury odours. Opt for citrus-based aromas, such as lemon, lime, tangerine and grapefruit, and avoid spicy or overly sweet scents that will clash with food smells.

LIVING ROOM

A place to relax and unwind after a hard day, your living room should be your sanctuary for downtime. Choose scents that evoke feelings of calm, such as jasmine, cinnamon, rosemary and ambergris. Alternatively, if you are looking to create a lively, social atmosphere, herbs such as basil and sage and fruits including green apple and pomegranate are best.

BEDROOM

As you would expect, lavender is the perfect aroma for inducing sleep, so is ideal for using in the bedroom. However, a bedroom is not just a place to rest; you may also want to feel invigorated in the morning, which citrus, mint and eucalyptus can help with. Alternatively, set the scene for romance with amber, vanilla, sandalwood and cedarwood.

OFFICE SPACE

If you are working from home, you need to be able to create a clear boundary between your work space and other areas of your home. Opt for uplifting aromas that will keep your motivation levels high, such as sweet mandarin, white grapefruit and aromatic herbs such as basil and mint.





Fix up your FRONT DOOR

As they say, first impressions are everything, and this is particularly true when it comes to your home. Whether you are looking to sell or you simply want your property to look its best, these front door ideas promise to boost your kerb appeal and make your neighbours green with envy.

WONDERFUL WOOD: If you are looking to invest in a completely new front door, you can't go wrong with good old, reliable wood. Offering warmth and visual appeal, wooden doors can be easily refreshed and updated and, when looked after properly, can last a lifetime.

CLEVER COMPOSITE: A slightly more luxurious option to uPVC, composite doors are made using a variety of different materials, such as timber, reinforced plastic and, occasionally, steel. Offering durability and longevity, composite doors will not warp, rot or crack, so there will never be a need to sand, strip or paint them.

COLOUR CONSIDERATION: Although white remains the most popular choice for front doors, bold colours, such as vibrant reds and deep blues, are becoming increasingly popular for properties in cities. If you have a brick house, look for shades that sit opposite on the colour wheel. Red bricks suit blue or green tones, whereas sandstone looks great with yellow or red.

DOUBLE UP: If your property boasts a wide entrance, you are in the fortunate position to be able to select a double door. Perfect for homeowners who are looking for the wow factor, double doors come in a range of different styles and colours, with options to suit both traditional and contemporary homes.

ADDED TOUCHES: If you don't want to invest in a new front door, why not update your current one?

- > Add a seasonal wreath
- > Invest in new hardware, such as door handles and a letterbox
- > Upgrade your lighting with lanterns or a hanging door pendant



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HOME & DIY

Boujee BOUCLÉ

If there's one home trend that Instagram can't get enough of, it's bouclé. Cosy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

THE OCCASIONAL CHAIR: A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

THE STATEMENT BENCH: If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

THE STYLISH ACCESSORY: If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

THE FURNITURE MAKEOVER: If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Two men jailed for life after murder of teenager

Three men, including two from Chelmsford, have been jailed for life following the murder of a 19-year-old man in Writtle.

Victim Liam Taylor and a 19-year-old friend were attacked outside The Rose and Crown pub in The Green on January 31 last year.

Liam managed to get himself inside to the bar area, but sadly died at the scene from multiple stab wounds. His friend was treated in hospital for a stab wound to his leg.

Ryan Filby (pictured left), 22, from Evelyn Place, Chelmsford, and Daniel Daden, 20, were convicted of murder and wounding with intent to cause grievous bodily harm on May 5 following a trial. Louis Colgate (pictured right), 19, of Aldridge Close, Chelmsford, admitted Liam's murder on January 15.

They were sentenced on Tuesday, August 31, to life imprisonment. Filby and Daden must each serve a minimum of 21 years while Colgate must serve a

minimum of 16-and-a-half years.

Chelmsford Crown Court had previously heard that the attack on Liam and his friend was in retaliation for an incident that took place less than two hours earlier, in which Filby had been beaten with a pole by two people outside his home.

Although the defendants and the victims were known to each other, neither Liam nor his friend were involved in the assault on Filby.

Detective Chief Inspector Stephen Jennings, of the Kent and Essex Serious Crime Directorate, said: "This was a senseless and vicious attack that took the life of a young man and has devastated his family. Liam's murder has caused reverberations throughout the community and among those who knew him, and I understand people will be angry, upset and grieving."

"I'd ask anyone considering taking matters into their own hands not to do so. There is never any excuse to carry weapons, and violence will not solve anything."



Night-time event brings agencies together to keep city safe

Council officers, police and the High Sheriff worked together during a Night of Action on Saturday, August 21, to help keep the city centre safe

Nights of Action are held regularly in Chelmsford, during which all the agencies involved in helping make the city a safe place to be at night work together to crack down on crime and antisocial behaviour, as well as helping those in need.

Saturday was a particularly special night, as the date coincided with the Pride festival in Central Park. Before they began work in the High Street, the Night of Action team carried out a patrol of the park to make sure everyone was safe and having a good time.

Next, they headed to the SOS Bus. This specially equipped bus is stationed in the High Street every

Friday and Saturday night. Staffed by both trained medics and committed volunteers, it's there for anyone who needs help on a night out.

Nikki Essex, community safety officer at Chelmsford City Council, said: "Nights of Action are really useful for us as they're an opportunity for different agencies to patrol together, make sure we're working in the most effective way, and strengthen our lines of communication."

"Seeing officers out in large numbers also reminds any criminals that our city centre is protected and is not a place to attempt to commit crimes."

"We carry out Nights of Actions multiple times each year – so if you're planning a night out in Chelmsford, you may see us out and about."

Centre set up to support Afghan refugees

A donation centre has been set up in Chelmsford for anyone wishing to donate essential items or clean clothes to support individuals arriving from Afghanistan.

The centre is located at the Chelmsford Community Resilience Hub, and residents should call 01245 280731 if they wish to get involved.

The items that are most needed include:

- > Clean clothing and underwear for adults, children and teenagers of all ages
- > Toiletries, including toothbrushes, toothpaste, deodorant, sanitary items and shower gel
- > Baby milk and nappies
- > General essentials/consumables



> Toys and entertainment for children and young people.

Residents are encouraged to follow COVID-19 guidance, including social distancing, when attending the donation point, and a face covering will be required when inside.

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Clarets bounce back after difficult start to campaign

Chelmsford City FC have had a mixed bag of results as they returned to Vanarama National League South action last month, starting off with two disappointing defeats, before bouncing back with a victory and a draw.

The Clarets kicked off their 2021/22 campaign away at Arbour Park against Slough Town and had a couple of promising opportunities to take the lead, but the home side held out to secure the first three points of the season, leaving Robbie Simpson's men empty-handed.

The following week was the first time in 252 days that the Clarets could welcome back their supporters to the EMG Inspire Stadium, and they played against Maidstone United for their first home game of the season.

However, it was not the result fans would have

hoped for on their return, with late heartbreak meaning Maidstone took home the points thanks to an 85th-minute winner from Alfie Pavey, just seconds after coming on as a substitute.

Positive news came a week later when the Clarets travelled to Bath City. A goal either side of half time – one from the penalty spot through Adam Morgan, followed by a stunning finish from Dara Dada – meant Chelmsford picked up their first points of the season.

Matchdays were returning thick and fast and the Clarets ended August with a goalless draw at home to Ebbsfleet United on the bank holiday Monday, in a game that saw goalkeeper, Jacob Marsden, deny the visitors from the penalty spot to ensure a point was added to their tally.

To keep up to date with the football club, visit www.chelmsfordcityfc.com

Man runs 12 marathons for Mental Health UK

A man from Chelmsford undertook the mammoth task of running 12 marathons in 12 days to raise money for charity.

Justin Ellis ran 26.2 miles every day for 12 days, totalling 314.4 miles, to raise funds for Mental Health UK, which supports those with mental health issues.

The challenge is not for the faint-hearted, as Justin found out.

Speaking during the challenge said: "The first lap each day, I've found it difficult to get my legs moving, but thankfully they've eased up each day. It's about getting your head down and getting the job done."

The marathons took place throughout Kent and Justin has raised £3,535 for Mental Health UK.

He added: "I have seen the fantastic work that Mental Health UK does first-hand and it is a topic that is very close to my heart."

To donate, visit www.justgiving.com/fundraising/Justin-Ellis4



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HETAS

Pub named best in the UK at national awards



Galvin Green Man, a Chelmsford pub run by Michelin-starred Essex-born brothers, Chris and Jeff Galvin, has been named as the best pub in the UK, having secured the top accolade at the National Pub and Bar Awards.

The venue, which was refurbished and opened by the Galvins in 2016, was commended for its first-class delivery of food, drink, service and all-round pub experience.

Set in 1.5 acres of peaceful meadow amidst the beautiful Essex countryside, with the River Chelmer running through the beer garden, the charming Green Man is said to be one of the oldest pubs in Essex, built in 1341.

Chris said: "To come through the last year-and-a-half and be recognised like this is fantastic. Everyone's a winner here, but I'm particularly proud of our head chef Chris Ball, and general manager Katie MacKay, who runs a really tight ship.

"It's all about looking after our locals and anyone that visits. We try our best, day in and day out. It's important to mention our suppliers, who have been on the same difficult journey and often get forgotten. They redoubled their efforts when we reopened."

New faces promise bright future for football club

With several long-standing players moving on to pastures new, Chelmer Wanderers enjoyed a pre-season full of debuts.

A new goalkeeper, defensive partnership and midfield core shaped up in four friendlies, featuring the likes of league competitors, Mayland, and other higher-tiered teams across the east of Essex.

While results are always important, this run of games was all about getting match fit and incorporating the

new players with the existing members of the squad.

As everyone in Sunday league knows, keepers are like gold dust. And at 6ft 4in, Ed Mackey looks to be the real deal between the sticks. The new number 6, Elliot Whitlam, has also made an authoritative start at the heart of defence, while high-energy midfielder James Ayris looks a great addition in his new role in midfield.

After much tactical tinkering, formation experimentation and a great deal of running, the Wanderers look in good shape for the 2021/22 season.

Be sure to follow @chelmerwanderersfc on Instagram for all the latest news on fixtures, results – and of course VISIONChelmsfordBeaulieu weekly man of the match.

River boat rides give new perspective on city centre

New boat trips are now running through Chelmsford city centre for the public to enjoy.

The river boat adventures are thanks to a partnership project between Chelmsford For You and Essex Waterways. The River Chelmer and River Can, which run through the centre of Chelmsford, are accessible to the public for the first time, helping people see the city from a new perspective.

The 45-minute open-top boat trips run from a new pontoon in front of the Wildwood restaurant in Backnang Square. From there, you'll take a leisurely trip along the river and under a number of bridges, up to the train viaduct in Central Park and back again. Tickets are purchased from an ice cream bike at the pontoon.

Tickets cost £4 for adults and £2 for children. The trips are aiming to run seven days a week from 11am to 4pm, departing on the hour. Saturday trips will begin from 1pm owing to canoeists also using the river.



VICKY FORD MP

Member of Parliament for Chelmsford



LOCAL NEWS

It has been good to see children returning to school and we all hope they will have a much less disrupted year ahead.

Thank you to everyone who has now had their second vaccination. Please continue to encourage those who have not yet had a vaccination to come forward. Research continues to identify that the risks of vaccinations are far outweighed by the risks of the disease.

Over the summer, I travelled across the county, meeting with children who took part in the Holiday Activities and Food scheme. This project is thanks to £220million of government funding. I would particularly like to thank all those who have helped to give such a warm welcome to the children of new families arriving from Afghanistan.

Work coaches at Chelmsford Jobcentre have been helping many residents into new roles. I will be holding an apprenticeship fair at Anglia Ruskin University in Chelmsford on September 27 from 10am to 3pm. If



you are interested in opportunities to learn while you earn, please do come along this year's event.

The consultation on the new Army and Navy junction is open for public comment until October 3. Complete the survey at consultations.essex.gov.uk/essex-highways/army-and-navy/

Please email me at vicky.ford.mp@parliament.uk if you need help or advice.

New cycle rides launched

Chelmsford City Council has released a set of new family-friendly cycle routes to help the community explore their local area.

A total of 13 ride maps have been created for Chelmer Village, Great Baddow, Melbourne, South Woodham Ferrers and Writtle. There are short, medium and long route options, so you can choose one to suit you.

Each route takes you through some of Chelmsford's most beautiful scenery. They avoid large roads, so are perfect for building confidence on two wheels.

Councillor Stephen Robinson, Leader of Chelmsford City Council, said: "You don't have to be wearing lycra to enjoy a bike ride. Cycling around Chelmsford is a great way to see some of our hidden secrets, such as lovely riverside paths just a stone's throw from busy roads.

"I've long wanted to see more safe, well-signed strategic cycle routes, and Chelmsford City Council is working with Essex County Council highways to



achieve that. Not only is cycling healthier and greener than driving, but it is also often the quickest way to get across central Chelmsford.

"As a cyclist myself, I know that there are many fantastic leisure cycle routes already available to us. I'm pleased that Chelmsford City Council is highlighting more of these and hope they help some who have been thinking about cycling to give it a try."

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Photo credit: Ruby Ward @heartofchelmsford

Beggar sentenced to 40 weeks in prison after order breach

A serial beggar who repeatedly breached a criminal behaviour order (CBO) in Chelmsford city centre has been sentenced to 40 weeks in prison.

Lee Chignell, 30, was given the two-year CBO in September 2019. It prevents him, by law, from begging in a public place or acting in a manner that causes, or is likely to cause, harassment, alarm or distress.

The order also states he must remain more than 10 metres away from any cash machine in Chelmsford city centre.

However, between August 6 and 11, he breached the order a total of 10 times by aggressively begging, asking for money at cash machines and asking members of the public to buy him hot chocolates and milkshakes.

Through his begging, he was making hundreds of pounds per day and his actions have had a significant

impact on city centre businesses, as well as putting people off from going to certain parts of the city.

Chignell was sentenced for the breaches at Chelmsford Magistrates' Court on August 21.

Acting Chief Inspector Kelly Thurston said: "We understand it is very difficult to say no when being asked for money on the street."

"However, giving money to those begging is often funding a class A drug addiction and encouraging drug gangs to operate in our city."

"Please think twice if you are considering doing this and perhaps donate to one of the city's amazing charities instead, who work tirelessly to support these individuals."

"We had no choice but to take enforcement action against Chignell for his breaches and we hope this is of some comfort to the businesses in the city centre that have suffered as a result of his behaviour."

Police investigate early morning assault

Essex Police are investigating after a man was assaulted in the Burgess Springs area of Chelmsford shortly after 4am on the morning of Sunday, August 22.

A man in his 20s was assaulted by two men and a woman, one of whom had a glass bottle.

Police believe those responsible then ran off towards Chelmsford train station.

One of the men is described as darker-skinned and wearing a white top, while the other had ginger hair. Unfortunately, there is no description of the woman.

Anyone who witnessed the incident, has footage of it or has any information should submit a report online at www.essex.police.uk or use the live chat button to



Photo credit: Google Maps

speak to an online operator between 7am and 11pm.

You can also call them on 101, citing incident 275 of August 22.

Alternatively, information can be given to independent charity, Crimestoppers, anonymously on 0800 555 111 or at www.crimestoppers-uk.org

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GET OFF MY Cloud

Our reliance on the cloud – that is, remote storage of everything from music to personal documents to photos – has transformed our lives, not to mention the speed of our computers and devices.

Gone are the days when our life's memories were held on hard drives or burned onto CDs. Yet there are growing fears that what we are gaining in terms of convenience, we may be losing as far as security goes, following a spate of data breaches.

With that in mind, here are five ways to keep your cloud storage safe:

PASSWORD STRENGTH

Using a strong password is a must, whether protecting your data or simply logging into something as mundane as a parking app. Long, unique passwords with a combination of upper- and lowercase letters, with numbers and symbols, are best.

FILE SHARING FOIBLES

Sharing via the cloud is one of its best features, but this 'foot in the door' also provides a route for others to potentially sneak in. It's therefore advised you regularly

audit who you're sharing with.

TWO FACTOR AUTHENTICATION

It's a phrase that's becoming embedded in our subconscious, and plays itself out usually by having to enter a six-digit code when logging into a platform or system. In the moment, it feels like a hassle, but by doubling your protection, you're doubling your security.

CONFLICTED CONNECTIONS

While hackers may not be able to access your cloud storage via the conventional route, it could be that they can gain entry through connected apps or programmes (such as calendar or email), so regular checks and removal of any third-party apps you're not using is a great way of keeping your information secure.

NOTIFICATIONS

Finally, if the worst thing happens and you do have someone sniffing around where they shouldn't be, by activating notifications, you'll quickly be made aware of a foreign body and can take action.



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- ✦ Drowsiness

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WHAT ARE THE BENEFITS OF CBD FOR PETS?

Although research is still ongoing, there are several potential benefits of CBD for pets, including:

- ✦ Reducing stress and/or anxiety, including separation anxiety
- ✦ Acting as a natural pain reliever, especially for inflammatory conditions such as arthritis

IS CBD FOR PETS LEGAL IN THE UK?

CBD oil has not yet been approved by the Veterinary Medicines Directorate or the Food Standards Agency (FDA) as an official medicine. If you think that CBD could help your pet, you need to speak to your vet first, as only they can legally prescribe CBD to your animal.



GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK.

Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."



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

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SELF-CATERING vs. ALL-INCLUSIVE:

Which one is best?

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PRICE

Self-catering: You will pay less per head up front, but you will have to budget for food and drinks once you have arrived.

All-inclusive: Costs are higher to book, but you are free to indulge without having to count the pennies.

Winner: All-inclusive

CHOICE

Self-catering: You can enjoy as much authentic cuisine as you want, either in a local restaurant or home-cooked at your accommodation.

All-inclusive: You are restricted to your hotel unless you want to pay extra.

Winner: Self-catering

ACCESSIBILITY

Self-catering: If your chosen accommodation is off the beaten track, you may have to utilise local public

transport to buy provisions.

All-inclusive: With everything on your doorstep – or even on your bed if your hotel has room service – you won't even have to think about venturing out for a drink, snack or three-course meal.

Winner: All-inclusive

FREEDOM

Self-catering: Allowing you to dine where you like, when you like, you could potentially eat at a different restaurant for every meal if you wanted to.

All-inclusive: With most hotels having set dining times, you are restricted as to when and what you can eat. Plus, you may feel less inclined to leave the hotel once you have already paid for all your food and drink up front.

Winner: Self-catering

SO, WHICH IS THE WINNER?

Tied at two apiece, the real answer lies in what you and your family want from a holiday. Do you like to be spontaneous or do you favour convenience? The choice is yours.



Northern Delights...

Of course I can help with that well needed time on the slopes once again, however away from skiing and snowboarding I also wanted to share my 'Top 5' more unique experience for your possible winter holiday this year.



Dan Salmon,
Owner

From Arctic Circle adventures to an enchanting hideaways, winter experiences include husky sledding, snowmobiling, ice fishing and northern lights safaris. Explore Iceland's thundering waterfalls and black sand beaches or visit Father Christmas in his time-honoured Finnish home.

ICE HOTEL...

As unique as it is transient, ICEHOTEL promises an unforgettable stay. Standing 200 kilometres north of the Arctic Circle it is created afresh each year by



international artists - entirely hewn from ice and snow! Glistening ice sculptures line pillared hallways hung with ice chandeliers, whilst individually themed Art Suites feature ice furnishings and ice beds topped with thermal sleeping bags laid

on reindeer skins. Dine from bowls of crystal-clear ice in the restaurant and don't miss the colourful cocktails at the Icebar!

TREE HOTEL...

The quiet forests that flank the Lule River Valley provide the setting for an exceptional escape. Hidden away among the trees lie the seven remarkable treerooms, where you can watch the Aurora Borealis in comfort. Experience exciting outdoor



adventures such as dogsledding tours, snowmobile safaris and ziplining. And why not try your hand at ice fishing in the heart of bear country.

ARCTIC TREE HOUSE...

Set in a pristine white wilderness - the hotel features luxury pod-style rooms and suites, raised on stilts to ensure views over the snow-clad forested terrain from the north facing wall-to-wall windows. Enjoy the potential for spectacular northern sky views from your suite, or get out and about with a full range of Arctic adventures from dog sledding and ski trekking through forested trails to watching the reindeer herders at work.



FATHER CHRISTMAS...

A trip to Finnish Lapland is an unforgettable experience full of treasured memories you will keep for a lifetime. Dash through the snow on the back of a husky sled or reindeer sleigh, stay in a

private chalet where a cosy log fire awaits and meet the big man himself in complete privacy.

LUXURY CAMP...

An extravagant once-in-a-lifetime experience, your private heated camp brings the chance to witness Icelandic nature close-up, with no compromise on luxury. Providing full service with all the little extras in a remote location makes this a high-end experience for a privileged few. A private chef will prepare hearty gourmet cuisine, while live musicians and romantic candlelight touches can be added to set the scene for a special occasion.



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ORGANIC September



PROS AND CONS OF CHOOSING ORGANIC

Organic September is a month-long campaign to raise awareness of the benefits of organic food and farming, but is organic food really as good as it's made out to be?

WHAT DOES 'ORGANIC' MEAN?

The term 'organic' refers to the way agricultural products are grown and processed. Standards vary worldwide but, as a general rule, organic produce must be grown without the use of synthetic herbicides, pesticides and fertilisers or bioengineered genes.

PROS FOR BUYING ORGANIC FOOD:

- > Organic farming is friendlier to the environment
- > Organic processed food contains no hydrogenated fat
- > Organic food is often fresher
- > Organic farming ensures that animals are fed a natural diet and kept in free-range conditions
- > Genetically modified (GM) crops are not permitted under organic farming standards
- > Organic food contains lower levels of pesticide residues.

CONS FOR BUYING ORGANIC FOOD:

- > Organic food tends to go off quicker than non-organic food as it does not contain artificial preservatives
- > Organic food is more expensive
- > Organic food production does allow a limited number of chemicals to be used
- > Some research suggests that organic food is no safer or more nutritious than non-organic food.

ORGANIC FOOD BUYING TIPS:

1. Buy in season as this is when fruits and vegetables are freshest and most affordable.
2. Prioritise meat, eggs and dairy if your budget can stretch to this.
3. Know your produce pesticide levels. Some types of conventionally grown produce are higher in pesticides than others.
4. Shop around. You can find organic produce at your local grocer, farmer's market, online and even in the freezer section of your supermarket.
5. Remember that organic food doesn't always mean healthy. Organic baked goods, desserts and snacks can still be high in sugar, salt and fat.



FOR GOODNESS'

sake

WHY THE JAPANESE RICE DRINK IS BECOMING POPULAR IN THE UK

If the beverage sake conjures up memories of a warm boozy elixir, washing down a mouthful of sticky, salty noodles – not unpleasant, but decidedly unrefined – you may struggle with the concept of this ancient Japanese rice drink becoming a celebrated spirit among bartenders and liquor connoisseurs.

Made in much the same way as beer – polished rice is washed and steamed, then cooled before the addition of koji (a mould culture) breaks down the enzymes into fermentable sugars – sake has an umami flavour profile that makes it compatible with almost every kind of meal, or, as the Japanese proverb states: “Sake never fights with food.”

As with most things, you get what you pay for, and in the case of sake, it is the polishing ratio of the rice – the more milled it is with the husk and outer portion of the rice kernel removed – that determines how refined the finished product is. The more highly polished the grain, the better the quality and the higher the price,

with high-end sakes reaching the same price points as certain top-shelf whiskies.

That neatly brings us to the notion that sake ought to be served warm, which is true if it is made from low-polished rice. However, the more refined the sake, the more its floral, fruity and rich flavours sing, and the more delicious it becomes when served chilled... sticky noodles optional.

TYPES OF SAKE:

- > Daiginjo: A super-premium sake with minimum 50 per cent polishing ratio. Best served chilled.
- > Ginjo: A premium fragrant sake with minimum 40 per cent polishing ratio. Best served chilled.
- > Honjozo: A light, premium sake polished to a minimum of 70 per cent (unlike most premium sake, honjozo is best served heated gently to 45–50°C).
- > Junmai: Sake made with no minimum polishing ratio (heat gently to 45–50°C).



UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish

You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.



GET YOUR
HEAD IN THE

Cloud

An estimated 84 per cent of businesses in the UK are taking advantage of the cloud. In its simplest terms, when something is stored in the cloud, it is kept on internet servers rather than a computer's hard drive. If you are not using this technology, here are the advantages your business is missing out on.

COST-EFFECTIVENESS: If you are trying to reduce your operational costs, shifting to cloud computing can help you save a significant amount of money. Running a data centre is expensive, yet cloud providers offer storage options to suit all budgets.

ENHANCED FLEXIBILITY: Allowing your employees to access the information they need wherever they are, cloud computing is ideal for remote working. Plus, you can monitor the operations of your business much more effectively.

NO NEED FOR A DISASTER RECOVERY PLAN: When you store data in the cloud, you do

not need to worry about permanent data loss. Your data will always be available as long as you have an internet connection.

INCREASED SECURITY: Protecting your data is paramount in this day and age, and cloud computing is far safer than storing your data on a physical server or data centre. Not only can you delete any confidential information remotely, but clouding platforms are also incredibly difficult to hack.

BOOSTED SCALABILITY: Traditionally, if you experience growth, you need to invest in additional servers and storage. However, with the cloud, you can easily increase your storage space or add new features by simply upgrading your package.

IMPROVED COLLABORATION: As already mentioned, cloud computing is perfect for remote workers, as employees can complete projects from different locations. However, it is also great for improving team performance, as staff members can easily share real-time data and updates with those both in and outside the office.

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**LOCAL LAW FIRM DONATES TO
SUPPORT CHARITY FOR CHILDREN
WITH COMPLEX NEEDS**

Local law firm Fisher Jones Greenwood (FJG) has donated £1500 to Mersea Island based 'Camp JoJo', a registered charity set up by people with first-hand experience of the joys and challenges faced when parenting a child with complex needs.

A donation of £500 was made by the FJG Foundation in 2020, with an additional donation of £500 from Paula Cameron, Chief Operating Officer at Fisher Jones Greenwood as well as £500 from the foundation for 2021.

The funds are an enormous boost to the charity, which each year offers 6-7 families with children with complex needs the opportunity to camp for three days over a weekend under canvas on a specially adapted campsite at Ivy Farm, East Mersea, in Essex, with whatever accessible equipment they require.

At Camp JoJo families can stay and take part in everything from feeding chickens and getting to



know the very friendly sheep, to making hammocks to lighting fires, throwing tomahawks, and going on a foraging walk.

Paula Cameron, COO commented: "Ralph and the team at Camp JoJo do an outstanding job and help so many families each year".



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Does your home qualify for a green mortgage?

Green mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- Lower rates for people who buy energy-efficient properties
- Standard mortgages that offer cashback to people who buy energy-efficient properties
- Mortgages that offer cheaper rates or cashback when people make green home improvements.

SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you. Alternatively, if you are buying a new build or an existing property with an energy rating of A or B, you may be eligible for a green mortgage.

That being said, you should always compare

the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.



BUSINESS & PROPERTY



BEST gardening APPS



Would you love to transform your garden into your own private sanctuary, but don't know how?

Whether you need help with landscaping, choosing the right plants or identifying a tree, you are guaranteed to find an app below to help guide you.

GROW YOUR OWN – available for free on iPhone and Android devices

Created by the experts at The Royal Horticultural Society (RHS), this handy app is ideal for people who want to grow their own fruit, vegetables and herbs. Perfect for beginners, you will find a profile provided for each plant, complete with detailed horticultural advice.

PRO LANDSCAPE HOME – available for free on iPhone and Android devices, £14.99 for access to more items

One of the most popular garden design apps available, this easy-to-use app provides all the tools and advice you need to redesign your landscape. To get started, all you need is a picture of your garden. Then you can search for plants, add focal points such as water features, and create your dream space.

GARDEN TAGS – available for free on iPhone and Android devices

If you are worried about keeping your garden in optimal condition once it is complete, this app can help you. Providing instant plant identification, growing advice and plant care instructions, you can log every plant in your garden and enjoy peace of mind that you are looking after them in the best possible way.

LEAF SNAP – available for free on iPhone and Android devices

Have you ever been for a walk and seen a tree or plant that you would love to have in your garden? Leafsnap is the ultimate plant identification tool, providing both ease of use and unrivalled accuracy. Create your own collections and use them as inspiration for your next shopping trip.



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GARDENING

5 Gardens

TO VISIT THIS AUTUMN

Make the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG

Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ

Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

KNOLL GARDENS – Hampreston, Dorset, BH21 7ND

If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU

At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breathtaking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX

Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds.

Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



Photo credit: hereford.co.uk, wilton-dorset.co.uk, getsurrey.co.uk



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Know Your Numbers!

Week 2021

HEALTH & FITNESS

Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

Why you need to Know Your Numbers!

- 1 in 2 strokes and heart attacks are the result of high blood pressure
- 1 in 3 adults in the UK have high blood pressure
- 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment
- High blood pressure costs the NHS £2.1 billion every year.

How to check your blood pressure

In previous years, Blood Pressure UK set up free

checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- Clinically validated. This means that it has been tested and gives results you can trust
- Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHg or higher. Seek immediate medical help if your blood pressure is 180/120mmHg or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.



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Wild WORKOUTS

SWAP TRADITIONAL INDOOR GYMS FOR AN OUTDOOR FITNESS EXTRAVAGANZA

Actor and all-round muscle mountain, Jason Momoa, recently admitted to being bored by the same old gym routine, proclaiming that he'd rather embark on some spontaneous rock climbing, surfing and hiking in order to keep himself in shape. Of course, unlike the star of *Aquaman*, not many of us have made a living from staying in shape, nor do we reside in Los Angeles. Yet there are a number of fitness-enhancing outdoor exercises that use the world around us... Jason would approve.

RUNNING AND CYCLING: The simplest of them all – pounding the pavements or getting on our bikes are the most popular outdoor workouts.

HIKING: Endurance exercise such as hiking is great for both limbs and lungs, with inclines providing the perfect platform for you to hone your physical prowess while inhaling that fresh, replenishing outdoor air.

LOG-LIFTING: Weightlifting using logs? Why not? Not only can you work on your Rambo impression, but getting to and from the forest setting can provide a workout in itself.

WOODCUTTING: How much wood would a woodcutter cut, etc. It's time to find out – take a saw with you on an everyday country walk and build arm and chest muscles by driving that serrated edge into some fallen logs or branches.

WILD SWIMMING: There is no better form of exercise than swimming, and there is nothing more invigorating than being surrounded by nature's wild waters. However, you must always ensure you are taking a dip in a designated and safe spot, preferably as part of a group.

HANGING TIGHT: A forested area will provide ample opportunities to test upper body strength with lifts, pull-ups, chin presses and other hanging practices that enable you to sample the serenity of nature around you... for as long as you can hold on, that is.



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Welcome to Oakdin Clinic

Oakdin Clinic was established in 2002 as a Private Medical and Surgical Day Centre in the heart of Billericay. Our team of experienced Consultants offer a range of services for both insured and self-pay patients, and our outstanding patient testimonials reflect our personalised and patient-centred approach.

Initially founded in 1982 as an NHS GP surgery by the late Dr Din, and his wife Ann, Oakdin served the local population for over 40 years, being rated the best GP practice in South East Essex. Dr Din was passionate about giving his patients the best care possible, and this ethos is at the heart of Oakdin Clinic today.

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How to **RUN SAFELY** *at night*

There is something magical about running at night when the roads are quieter, there are fewer people on the pavements, and the moon is glowing. However, if you are a late-night (or early morning) jogger, you need to make sure you are keeping yourself safe.

TELL SOMEONE WHERE YOU ARE GOING

Before you set off on your evening run, be sure to tell a family member or friend where you are going and how long you are going to be.

RUN WITH SOMEONE ELSE

If you are nervous about running at night, ask a friend to come running with you or join a local running group. Remember, there is safety in numbers.

WEAR HIGH-VIS CLOTHING

You should always wear high-vis clothing when running at night so that both drivers and pedestrians can clearly see you. Make sure you are visible from the front and the back.

CHOOSE A WELL-LIT ROUTE

If possible, pick a well-lit route for your night-time runs, or invest in a running

head torch so that you can see any tripping hazards.

DON'T LISTEN TO LOUD MUSIC

Although your running playlist may help keep you motivated, listening to loud music while running at night is extremely dangerous. Instead, leave your headphones at home or use a low-volume setting and stay alert to what is happening around you.

RUN AGAINST THE TRAFFIC

If you prefer to run on the roads rather than in the park at night, make sure you run against the traffic so that you can see any vehicles heading towards you. Always be careful when crossing the road and wait for vehicles to pass before attempting to cross.

TRUST YOUR INSTINCTS

If you feel unsafe, head for a well-lit area or go home. It is always better to be overly cautious than a little reckless.



HEALTH & FITNESS

How to repair damaged hair

Do you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

Which type of leave-in conditioner should I use for my sun-damaged hair?

Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

Top tip: Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

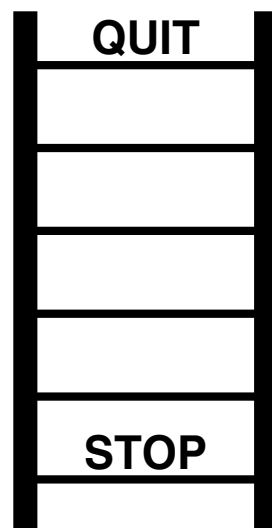
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- ▶ GARGANELLI
- ▶ GEMELLI
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- ▶ LINGUINE
- ▶ MANICOTTI
- ▶ PAPPARDELLE
- ▶ PENNE
- ▶ RIGATONI
- ▶ SPAGHETTI
- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI

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DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

HOW TO

PERFORM CPR

ON CHILDREN AND BABIES



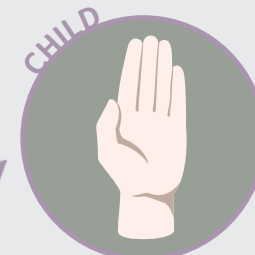
KIDS



HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- ▶ Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- ▶ 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.
- ▶ See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- ▶ If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- ▶ If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- ▶ To start CPR, place the child on a firm surface and open their airway as explained above.
- ▶ Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- ▶ Take a breath and put your mouth around the child's to make a seal.
- ▶ Blow gently into the mouth for up to one second until the chest rises.
- ▶ Remove your mouth, watch the chest fall and repeat five times.
- ▶ It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- ▶ Next, kneel by them and put one hand in the centre of their chest.
- ▶ Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- ▶ For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- ▶ Repeat this 30 times at a rate of 100-120 compressions per minute.
- ▶ Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:
Use the beat of the song *Nellie the Elephant* to keep the right pace



TOKYO 2020



TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet – with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds – the literal flagbearers for the sport's sensational ascent in the modern era.



Are you looking after your carbs?



It's all a balancing act really, and that is always the case when you have to tune multiple carburettors.

We occasionally get asked if we can just balance twin carburettors as against tune them, we can, but the thing is, it is not just a matter of balancing them together, and that is where they are both adjusted so that they can work together as one (as against when they are not balanced together and they are not working in unison with one another).



If when you start to balance them, it's quite often the case that the speed of the engine may well change and the idle speed can then tend to increase to a faster idle than before you started, if that does happen then the idle speed has to be adjusted down, so straight off you are not just adjusting the balance.

Now that is all very well, but also when you start making changes in these areas, you may find that the mixture starts to change, and that the mixture screws then need adjusting to improve the running, by adjusting the mixture screws to improve the running of the engine, that can also start to increase the idle and that then has to be reduced further to compensate for those changes.

In many cases with setting up carburettors they will need constant adjustment to idle and mixture screws and settings in turn, to get them to where you want them to be and there may even be further balancing adjustments to be carried out as well.

By Mike and Stefan RALLYTEC



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How CAR-THARTIC!

HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

FOR THE MIND:

> Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

FOR THE BODY:

> Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

FOR THE SOUL:

> Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.

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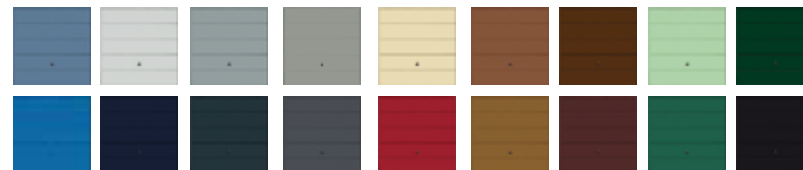


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