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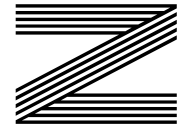
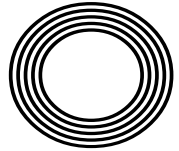
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HEROES**
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BEFORE



AFTER



AFTER



BEFORE



AFTER





Editor's notes...

FEBRUARY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu. I was recently reminded of a quote from 19th century philosopher Carl Jung, who wrote: "At the same moment you're a protagonist in your own life-making choices, you are also the spear-carrier, or the extra, in a much larger drama. You've got to live with these two opposite ideas at the same time."

In other words, while we are all the star in our own performance, with all the people we know just bit-part players in our production, to everyone else it's the same but in reverse; they are the star, and we are the extras.

It led me to consider to what extent I wanted to assume the lead role this year. With everything that's happened in the world over the past couple of years, I am led more than ever to think first, not about myself, but about community, compassion, and humility.

What we can all achieve this month and throughout 2022 is to put people around us first, and perhaps share the limelight a little.

Until next month, take care of yourself and each other.

Nik Allen

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

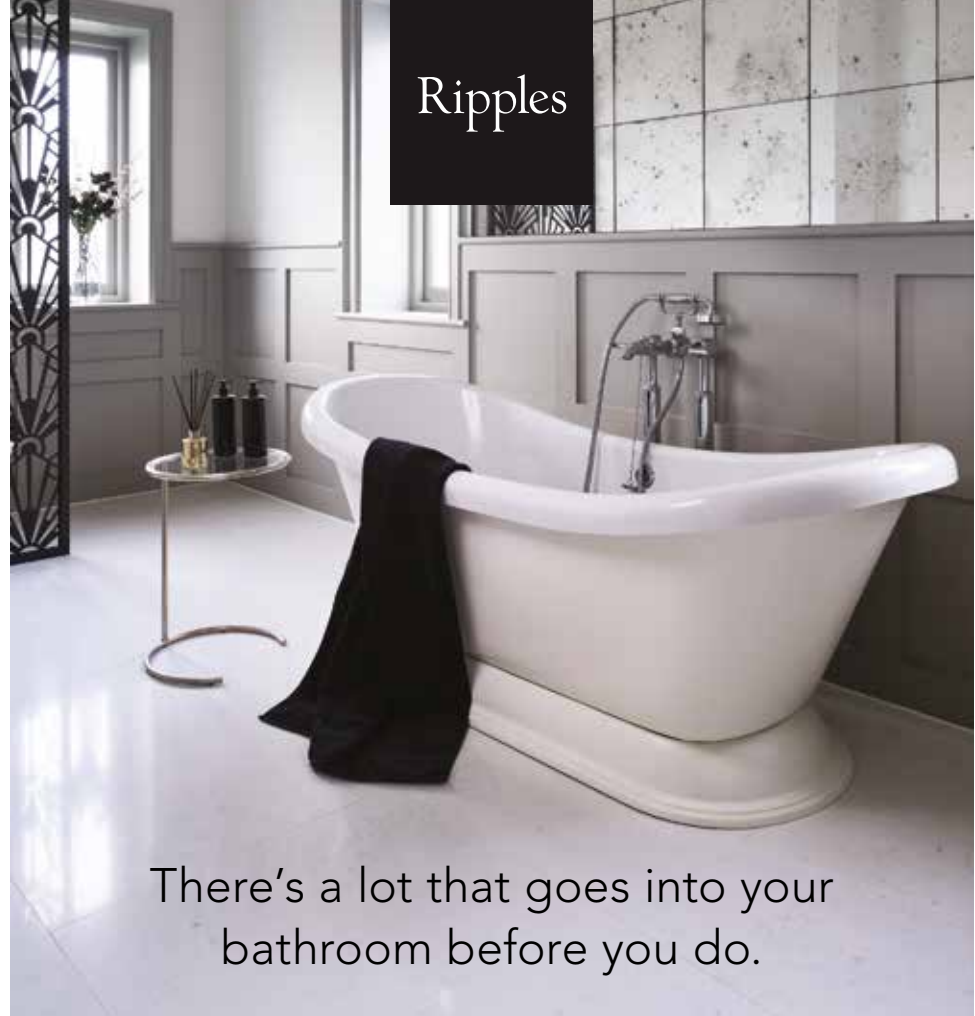
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HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

Sir Chris Whitty: One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

Sir Jonathan Van-Tam: Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

Dame Jenny Harries: The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

Sir Patrick Vallance: The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.

DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

Valentine's Day was founded on rebellion

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

The x symbol originated in medieval times

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

Valentine's pairings used to be random

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

Juliet still receives love letters on Valentine's Day

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

Henry VIII chose February 14

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

The majority of Valentine's gifts are bought by women

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

...Valentine's Day?

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Easy Peasy Lemon Squeezy



HOME & DIY

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

MAKE YOUR TAPS SHINE: Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

DESCALE THE KETTLE: When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

CLEAN THE MICROWAVE: If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

CLEAN A CHEESE GRATER: Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

REMOVE STAINS ON LINEN: To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.





HOME & DIY

AWESOME HOME STYLING WITH

Sarah Akwisombe



Sarah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah’s interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah’s décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah’s interior design portfolio is edgy, interesting and full of colour. Showing you don’t have to stick to traditional looks and colour schemes, she’s the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah’s looks in your own home include:

Go back in time: A lot of Sarah’s influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

Make it fun: Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

Don’t be afraid of colour: Sarah’s home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah’s bold choices inspire you to inject colour into your interiors?

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LOCAL NEWS

from your neighbourhood



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Doctor struck off for indecent images scandal

A Chelmsford doctor who was jailed after being found with nearly 5,000 indecent images of children has been struck off the medical registry.

Yousef Khouli, 29 (pictured), who was sentenced to four years in prison last year, has been struck off after the Medical Practitioners Tribunal Service determined last month that Khouli's fitness to practise is impaired.

Khouli was arrested after officers carried out a warrant at his home in Burgess Springs, Chelmsford, on March 1, 2020.

Officers discovered 4,740 indecent images of children on a mobile phone, hard drive and laptop

seized from Khouli's home.

Police also discovered that Khouli had made recordings of Snapchat conversations he had had with 31 children, all believed to be under the age of 16.

At Chelmsford Crown Court on May 26, 2021, Khouli admitted five counts of taking indecent images of children, five counts of causing or inciting a child to engage in sexual activity, three counts of making indecent images of children, three counts of distributing indecent images of children, one count of possession of prohibited images and one count of engaging in sexual communication with a child.

Police appeal for witnesses following assault

Police have launched an appeal after a woman was sexually assaulted in Chelmsford.

It's believed that the woman got into a vehicle on Parkway near Aldi and went from there to Galleywood Road, where she was assaulted.

It was reported that a man made sexual comments to the woman and touched her inappropriately sometime

between 12.45am and 1.10am on December 5.

Essex Police are seeking to identify the vehicle, described as a large black taxi, and to speak to the driver as part of their enquiries.

If you have any information, you can submit a report at www.essex.police.uk quoting crime reference number 42/282523/21.

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Event raises funds to help critically ill toddler

A fundraising event in Chelmsford raised more than £2,000 to help a critically ill one-year-old boy get on the path to recovery.

Harry Jackson was given a 20 per cent survival rate by surgeons after being rushed into hospital in Crete last year. His organs started to fail and his heart was not working properly.

After multiple tests, it became apparent that his whole abdomen is back to front, with a twisted small intestine causing his body to go into septic shock.

As well as a fundraising page set up to raise money for Harry's medical care, a quiz night in Chelmsford was organised recently to raise funds for Harry's parents to support them during this difficult time.

An auction at the event, featuring autographed sports memorabilia, raised more than £2,000, adding

to the £28,000 raised through the fundraising page.

Gary Jackson, Harry's father, is now focusing on getting his son out of hospital and back home.

As Harry can't eat any more, he will be on parenteral nutrition – where food is given intravenously – and will require a specialised fridge in which to store his food at home.

Gary told **VISION**ChelmsfordBeaulieu: “The house must be to a certain standard to get him home.

“We need to make sure the back garden is accessible, which it isn't now. We need a shed with electricity, which we would keep the fridge in to house the medication.

“The money raised so far is amazing.”

To donate go to www.gofundme.com/f/xbyst-harry-jackson-fund

Man charged with murder after death of woman

A man has been charged with murder following the death of a woman in Chelmsford.

Essex Police were contacted shortly after 4pm on Tuesday, February 1, with reports of a disturbance at an address in Tennyson Road.

Sadly, despite the efforts of paramedics, a 19-year-old woman was pronounced dead at the scene.

A 23-year-old man was arrested at the scene on suspicion of murder.

Essex Police have named the woman as Ashley Wadsworth, 19 (pictured), from Vernon, Canada.

Her boyfriend, Jack Sepple, 23, of Tennyson Road, Chelmsford, has now been charged with murder and appeared at Colchester Magistrates' Court on Friday, February 4. Sepple, who didn't enter a plea, was remanded in custody and is now due to enter a plea at the same court on March 7.

A provisional trial date is set for September 5.

Ashley is believed to have moved to Chelmsford in November 2021, having built a relationship with Sepple online.



VICKY FORD MP

Member of Parliament for Chelmsford



LOCAL NEWS



Cases of COVID-19 are dropping and the massive vaccination efforts have made such a huge difference.

I recently visited one of Chelmsford's GP surgeries and spoke to the team. There are long waiting lists for patients who need non-urgent hospital treatment and surgery.

Therefore, many patients have much more complex medical needs than pre-pandemic, resulting in more requests for GP appointments and calls.

The good news is that progress is being made on delivering the new medical centre at Beaulieu Park (map pictured). I have been encouraging all parties to accelerate plans for delivery. A new planning application has now been submitted for some amendments to the approved scheme.

I've been supporting Chelmsford residents with the problems that have affected our postal services. It appears that the situation is improving.

However, I was concerned to hear from a number of Chelmsford residents about trains being extremely overcrowded, particularly at peak times, as a result



of a Greater Anglia timetable change. Greater Anglia agreed to lay on an additional train in the morning and evening rush hours and I asked them to make sure that all trains have as many carriages as possible. They have promised to monitor the situation.

As ever, if I can do anything to help, please email me at vicky.ford.mp@parliament.uk

Kids' centre opens newest site

An immersive children's activity centre recently opened its second Essex site following a surge in bookings.

Si5 SpyMissions, on Dukes Walk, Chelmsford, now has seven centres and is a spy-themed action-adventure experience aimed at families and children.

The centre is the brainchild of Bob Richardson, an entrepreneur who harnessed his own experiences of living with attention deficit hyperactivity disorder to come up with the idea behind the business.

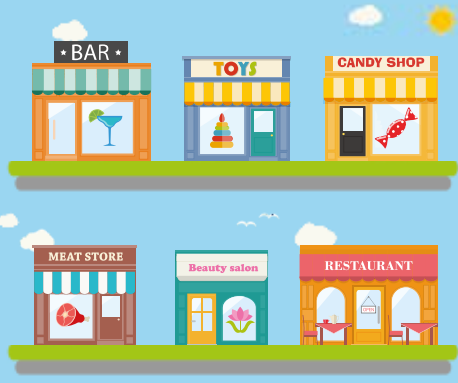
Si5 SpyMissions is now reporting an increase in interest following the easing of COVID-19 restrictions, with children's parties accounting for around 80 per cent of bookings.

Bob said: "People have said they're looking for somewhere safe and enclosed for their children to spend time, and here children are being challenged; they must use their problem-solving skills and work together as a team to solve a time-sensitive mission.

"Lots of our customers get gripped by the challenge and can't wait to come back and try again. Our research shows that children visit once then return an average of five times. We change the games regularly, so you'll never quite know what to expect."

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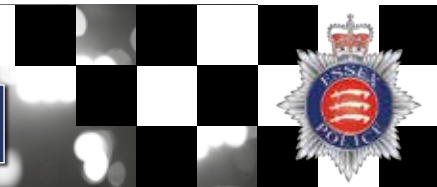


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NEWS FROM YOUR LOCAL POLICE TEAM



LOCAL NEWS

Essex Police dogs grant one of Samuel's wishes
 Brave young Samuel Bethell had one of his wishes come true when he visited our Dog Section and watched our police dogs training with their handlers.

Samuel, seven, had undergone three open heart surgeries by the time he was four, and his mum,

Victoria Gibson, says doctors have told the family the likelihood of him reaching his 10th birthday is slim.

She said: "We started to make a list and called it his wish list, and we started fundraising for it. One of them was to meet every animal on the planet, but he's got quite a lot of other wishes, too."

With the help of our officers, Samuel went along with his mum, his dad Rick, and sisters Daisy and Betsy to meet some of our police dogs (pictured).

Dog Section Sergeant Paul Screech said: "It was lovely to meet the family and help Samuel achieve one of his wishes of meeting as many animals as possible. I think the highlight of the visit for Samuel was getting to meet and walk trainee police dog Aldo and trainee police dog Dakota, two energetic Labradors. They even played hide and seek with police dog Diesel."

As well as raising money to pay for Samuel's wish list so the family can help him realise as many of his wishes as possible, Victoria, Rick and Samuel's nan, Sue, are planning to join a charity Walkie Talkie tower climb to raise money for Great Ormond Street Hospital, which has done so much for Samuel. To donate visit www.bit.ly/3B88uMT



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Hospital staff to enjoy revamp

More than 70 blood sciences staff at a Chelmsford hospital can now enjoy improved rest and meeting facilities following the refurbishment of the staff area.

The improvements at Broomfield Hospital will benefit staff who carry out blood tests both at the hospital and at GP surgeries in the surrounding area. The renovation included the installation of a new kitchen and equipment, as well as new furniture and flooring, and redecorating.

The project was made possible by a £7,500 donation from Friends at Broomfield, with a further £7,000 from Mid and South Essex Hospitals Charity.

Friends at Broomfield is a group of around 50 volunteers who provide a range of services and support to Broomfield Hospital. It has its own shops at Broomfield and all profits generated are given back to the hospital. Since 1984, it has raised more than £1.2million.



Yvonne Carter, community fundraising officer at Mid and South Essex Hospitals Charity, said: "This revamp has made a huge difference to the staff in this area; it's now so much more welcoming and user-friendly.

"As always, such support is greatly appreciated and allows the charity to fund so many important projects like this to enhance life at the hospital."



Weather WATCH



How reliable are the weather forecasts on our phones?

As rapidly changing mediums go, the weather is one of the most extreme, yet we hang so much hope on forecasts and will happily berate the weather forecaster when expected rain – or worse, sunshine – doesn't materialise.

We are equally scathing when the technology we use – online or via apps – on our computers, tablets and phones doesn't warm our spirits as far as the weather goes. And yet, our gadgets are more accomplished and accurate than ever when it comes to giving us an indication of what lies ahead.

The simple rule as far as weather goes is that the shorter the period, the more accurate the prediction. So while modern forecasts are pulled together by networks of computerised data, in simple terms, only short-term predictions are ever to be taken as gospel.

Any predictions beyond three weeks are, essentially, guesswork, while a margin of error of around two to three degrees Celsius can be expected for forecasts around a week away. That drops to a single degree when the prediction timeframe is condensed to 48 hours.

The most popular weather apps

The Weather Channel: Powered by IBM, this is the most accurate by detail and track record.

Dark Sky: This app is so good that Apple bought the company to ensure its bright interface and easy-to-understand design stayed exclusive to iOS.

AccuWeather: The firm celebrates 50 years of predicting the weather in 2022 and its app remains one of the most detailed out there.

BBC Weather: The most popular app in the UK, its popularity has much to do with our use of other Beeb assets, namely the website and iPlayer.

Carrot Weather: This chipper weather app combines accurate forecasts with sarcasm, wit and philosophy, and is well worth a look.

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How tall?

WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

TALLEST BUILDING: THE SHARD

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

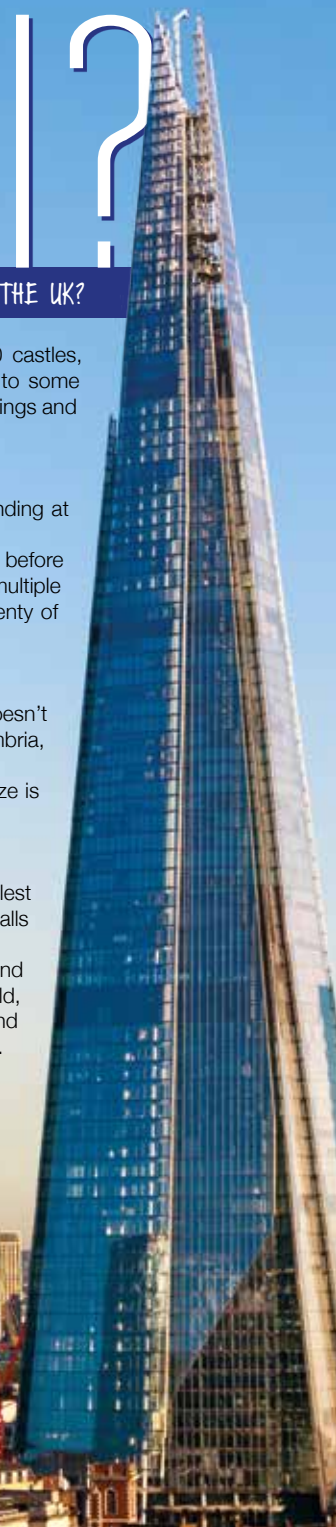
The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.




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

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

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

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Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



PUZZLES & TRIVIA

PUZZLES

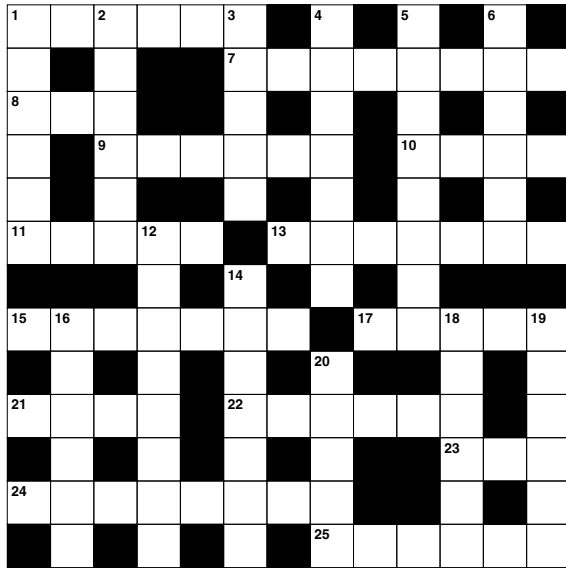
Answers: see end of The VISION Listings

ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)



- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)

DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

SUDOKU

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



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FASHION

LEATHER-FREE ALTERNATIVES

for the cruelty-free fashionista

Whether you are embracing a vegan lifestyle or are keen to explore ethical fashion, these innovative leather-free alternatives are taking the fashion world by storm.

MUSHROOM LEATHER

Made from the caps of a mushroom type called phellinus ellipsoideus, mushroom leather can be used and treated just like animal leather, but is engineered in an environmentally friendly way. As well as being sustainable, mushroom leather is water-repellent, non-toxic, durable and super soft.

PINEAPPLE LEATHER

The most widely known and widely used leather alternative, pineapple leather – also known as Piñatex – is made using pineapple leaves which otherwise would be burnt or discarded. Strong, durable, lightweight and breathable, this leather-free alternative is also significantly cheaper than animal leather.

CORK

Although not an imitation of leather, cork is a great choice for forward-thinking fashionistas. Sturdy, waterproof, recyclable and renewable, if you love to stand out from the crowd, this quirky, cruelty-free material is the one for you. It is a natural fibre that comes from cork trees, and by rocking cork, you are actively helping to prevent the desertification of cork oak forests.

RECYCLED RUBBER

If you are looking for leather-free accessories, then recycled rubber is just what you need. Created from objects like tyres and fire hoses, rubber is easy to care for and incredibly long-lasting. However, as this material does take a long time to break down, only invest in recycled rubber items if you plan to use them indefinitely.

APPLE LEATHER

Apple leather, as the name suggests, comes from apple harvesting. Made using the discarded skins and cores, apple leather is very similar in appearance to animal leather, but has a more paper-like feel. This means that it is the perfect texture for adding different backings, coatings and effects to garments.



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HOW TO boost YOUR METABOLISM



HEALTH & FITNESS

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

2. INCREASE YOUR FIBRE INTAKE

Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is crucial for those wanting to boost their metabolism

and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.





TRAVEL

Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.

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New beginnings

Whether it's a world you have missed and can't wait to explore again or you're just ready to discover a new one outside of your own. Travelling makes us feel like our best selves. It's when we spend time rejuvenating our bodies and minds, when we're more willing to try new things, and where we meet new people and learn new skills - it's exciting, passionate, enlightening, and just downright joyous.



Dan Salmon,

So, get ready to say hello again to the wider world, because I'm here to help you travel once again.

For your inspiration here's my top hotel openings for the year ahead...

AMAN NEW YORK, USA OPENING LATE 2022

The world's second urban Aman (after Aman Toyko), we're crossing fingers and toes that, despite being delayed by the pandemic, Aman New York - set in the striking Crown Building at the corner of Fifth Avenue and 57th Street - will be welcoming guests by year's end.



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ONE&ONLY AESTHESIS, ATHENS. GREECE OPENING JUNE 2022

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HOTEL LA PALMA, CAPRI. ITALY OPENING APRIL 2022

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BEAN bonanza

Dried beans often don't get the attention and appreciation they deserve, with many people allowing them to languish at the back of their cupboards. However, with so many different varieties, each with its own taste, texture and accompanying health benefits, you'd be foolish not to take advantage of these bountiful beans.

protein, chickpeas are also known to lower cholesterol. Roast with olive oil for a crunchy snack, or add to curries.

BLACK BEANS
A staple in Mexican cooking, black beans have a velvety-smooth texture and a mild flavour. With a lower glycaemic index than other high-carb foods, black beans also contain magnesium, calcium, iron and zinc. Add to soups, salads and casseroles, or as an alternative for meat or even flour.

PINTO BEANS
Meaning 'painted' in Spanish, pinto beans are orange-pink with rust-coloured specks. High in fibre and protein, they provide an earthy flavour and smooth texture. Use to make refried beans or dips, or add to stews.

CANNELLINI BEANS
Also known as white kidney beans, cannellini beans offer a nutty taste and boast a thick texture on the outside, with a smooth centre. Known for their healthy credentials, cannellini beans help the body eliminate toxins. Delicious mashed or added to pasta dishes.

CHICKPEAS (GARBANZO BEANS)
Used predominantly to make hummus, chickpeas are round in shape, firm in texture and offer a nutty taste. Packed full of fibre and

KIDNEY BEANS
Instantly recognisable by their vibrant red skin, kidney beans have a mild flavour, making them ideal for adding to chilli recipes. Containing as many antioxidants as blueberries, they are also rich in protein, omega-3 fatty acids and iron. Add to rice, tacos or curry, or mash to make a dip.

HOW TO COOK DRIED BEANS
Dried beans treble in volume when cooked and need to be soaked, preferably overnight, in cold water to soften before cooking.



Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

GLUTEN-FREE PANCAKES – serves 4

You will need:
125g gluten-free plain flour | 1 large egg | 250ml milk

DAIRY-FREE PANCAKES – serves 4

You will need:
125g plain flour | 1 large egg | 300ml hemp or coconut milk

- How to make:
- > Put flour into a bowl and make a well in the centre
 - > Crack in the egg and add ¼ of the milk
 - > Combine using a hand or electric whisk
 - > Once smooth, mix in another ¼ of the milk and whisk again
 - > Mix in the remaining milk.

- How to make:
- > Put flour into a bowl and make a well in the centre
 - > Crack in the egg and add 100ml of milk
 - > Whisk until you have a smooth paste
 - > Add another 100ml of milk and whisk again
 - > Mix in the remaining milk.

SUGAR-FREE PANCAKES – serves 4

You will need:
125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

- How to make:
- > Mix all the dry ingredients in a bowl
 - > Mix all the wet ingredients in a separate bowl
 - > Pour the wet mixture into the dry ingredients and whisk together.

HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



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In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too!"

That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



STEP-BY-STEP GUIDE TO **BUYING** A **HOUSE**



As one of the biggest purchases you'll ever make, the stakes are high when it comes to buying a house. But until you've been through the process yourself, you'll likely have a lot of questions about how it works and what you need to do.

Take a look at our step-by-step guide for first-time buyers.

STEP 1. Work out how much you can afford to spend on a property. You'll need to factor in costs such as legal fees, stamp duty, mortgage application fees, and the costs of moving and furnishing your property.

STEP 2. Save for your deposit. You could buy a property with a five per cent deposit as a first-time buyer, but you may be asked to provide 10 or even 20 per cent.

STEP 3. Find a mortgage that meets your needs and get a 'mortgage in principle' – this will show the vendor that you are serious and will give you an advantage when placing an offer. Your mortgage should be enough to cover your ideal property, with affordable monthly payments. A mortgage broker could help you out.

STEP 4. Start looking for properties. You may want to browse websites like Rightmove, or sign up with

estate agents to make sure you're the first to be told about the latest properties.

STEP 5. Find a property you like and put in an offer. It can be a tense wait to see if your offer is accepted.

STEP 6. Apply for your mortgage. Mortgage applications require a lot of paperwork, so you'll need to get bank statements, ID and other documents ready for your application.

STEP 7. Get the property surveyed. This will help identify structural issues or repair work that needs to be carried out.

STEP 8. Engage with a solicitor to take care of all of the legal work involved in buying your property.

STEP 9. Exchange contracts to pay your deposit and get your completion date agreed.

STEP 10. Complete and get the keys. Once you complete, the mortgage arrangement is put in place, and you will own the property.

There's a lot to learn about buying a house, but there is a lot of great advice out there to help you find and buy your dream home.

Thinking of selling or renting this Winter?

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BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



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Storm FORCE

How Charlie Dimmock blew a path through our approach to gardening

There was a time when gardener and presenter Charlie Dimmock was almost solely responsible for putting a sense of sexiness back into sage, saffron and sunflowers.

That reputation came about during her time as a presenter on the BBC's hit gardening show, *Ground Force*, alongside Alan Titchmarsh and Tommy Walsh, among others.

From 1997 to 2005, the show revolutionised our love of outdoor space, with previous gardening programmes usually making for rather serene viewing.

Just 30 at the time, Dimmock struck gold after meeting TV producer John Thornicroft at Romsey Garden Centre, where she worked.

Dimmock and her team revved up the adrenalin on the popular programme, transforming people's spaces with a punchy format that, at its peak, had more than 12 million viewers each week.

The show is also thought to deserve credit for

accelerating the trend for garden decking.

"If in doubt, deck it," laughs Dimmock. "It was certainly in trend back then, and we became a bit renowned for throwing some planks of wood at a problem; though of course the show was about much more than that, and we were sad to see it go."

Dimmock moved on to other projects, including presenting the BBC's Chelsea Flower Show coverage and the ITV series, *River Walks*. And *Ground Force* was revived, in part, when *Garden Rescue* brought the idea of home transformations back to terrestrial TV in 2016.

While the screen laps up her 'girl next door' approach to horticulture, Dimmock is an independent soul who has never married nor had children.

"There is a solitude to gardening and I think that has permeated through to the rest of my life," she says. "I value that and find it very important, and I'm at the age now where I don't think I'd want it any other way."





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UNUSUAL SPORT...

KNOB THROWING



SPORT

Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

WHAT A KNOB



MOTORING



50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

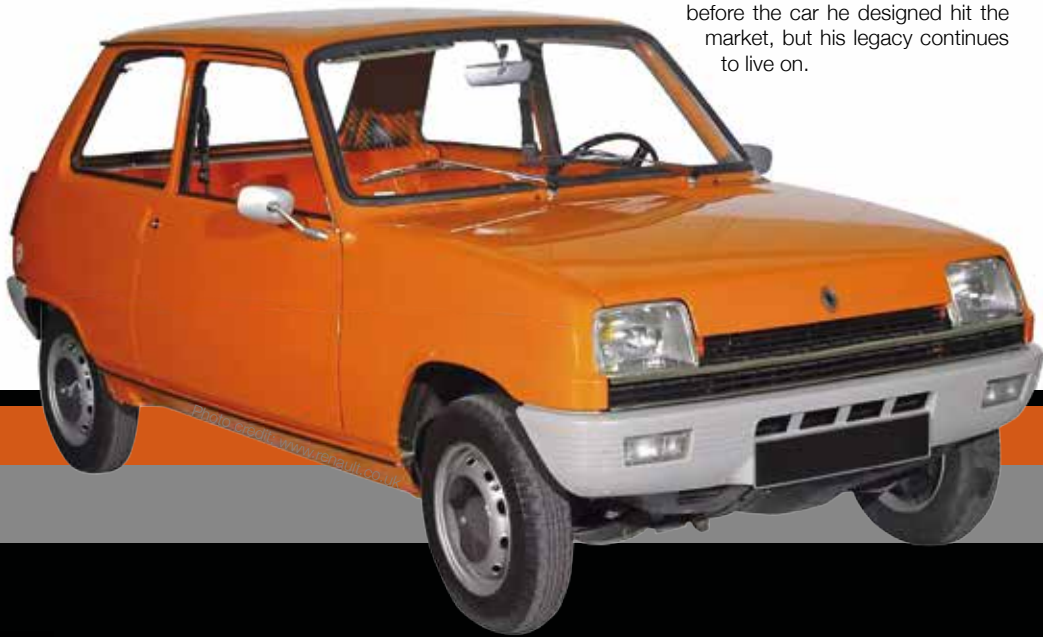
The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called ‘supermini’ with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model’s launch price in the UK was £4,149 – that’s around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



Well, it’s a relatively new phrase to do with the concern that on your journey, you worry that you are going to run out of battery power for your pure electric car and eventually come to a silent halt nowhere near a charging point that will be suitable.

Sure, on longer journeys you will probably need to factor in that you will have to take longer to get to where you want to go, as your car may need regular charging top ups, also it would be wise to locate suitable charging points on your route as well.

Something worth considering before you purchase your electric car is finding out about the range it’s capable of on a full charge and, also, if it is able to accept a fast charge.

The further you can travel on a single charge will benefit you, as will having the option of normal charging and fast charging.

Fast charging ought to cut down the time you take to recharge at various points, and hopefully this will shorten the time of your journey, but you may find that too much fast charging will reduce the life of your car’s battery, to the extent that its ability to travel the same distance it used to on a single charge may slowly diminish.

With the normal internal combustion engine it has always been possible to carry a few litres of fuel with you in case you need it, well there are companies out there developing portable charging units for electric cars which may help alleviate electric car owners concerns about ‘Range Anxiety’

By Mike and Stefan RALLYTEC



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