

**100  
YEARS  
OF THE  
BBC**

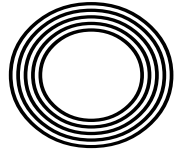
**PAYING  
TRIBUTE**  
to rock legend  
Meat Loaf

**THE SECRETS**  
*to a successful stir fry*

**GET CLEANING**  
with our spring clean checklist

# STEVEN BARTLETT

From university dropout to youngest ever Dragon



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AFTER

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AFTER



BEFORE



AFTER







# Editor's notes...

MARCH 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu. Since the start of the year, I've managed to get through one book and am now halfway through another. I have always been interested in life stories and biographies. I find those who I am big fans of - actors, sportspeople or musicians - easiest to read.

One trait I find comes up in many successful people's life stories is their ability to bounce back from failures - in fact, they glorify their losses more than their wins and wear them like badges of honour.

Whether it be a missed penalty in a cup final, bad auditions as an actor or a comedian not making people laugh at a show - it is these moments of feeling uncomfortable and wanting to hide away from the world that really does bring out the real winners in us all. Such moments in some cases can fire you up to never want to feel that way again, which can then propel you to success.

Getting comfortable being uncomfortable is one of my mantras for this year as I know the more I can put myself in situations that I may find uncomfortable, the more it means I am growing as a person.

*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 All pages are recyclable

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# YEARS OF THE

## A CENTURY TO CELEBRATE – THE BBC HITS 100

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It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”



A TRIBUTE TO MEAT LOAF:

# A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



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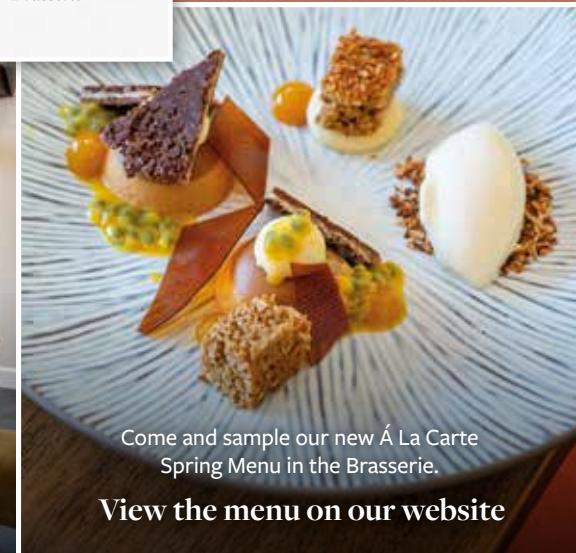
  
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# Oh darling!

TIPS FOR CREATING  
FLAMBOYANT INTERIORS



Photo credit: Archive by Sanderson Design via elledecoracion.co.uk



HOME & DIY

Do you want your interiors to be as fun and exciting as you are? Clashing prints, bold colours and a mix of textures can all be incredibly stylish in your home. The look is British Eccentric, and it is outgoing, quirky and vibrant.

With the right styling, you can bring the British Eccentric look into your own home. Here are some top tips for creating flamboyant interiors.

### GET READY TO THROW OUT THE RULE BOOK

The great thing about flamboyant interiors is that there are no rules. Your space should be as quirky and colourful as you like, creating a look that's traditional in its basics but modern in its use of colour.

Make use of patterns and bold shades and simply have fun with it.

### BUILD IT UP OVER TIME

Creating a flamboyant interior can take time. Think of it as an ongoing project as you fill your space with wonderful treasures. Start with a wall colour, then

add different accessories such as vases, light shades, plants and wall art. Building up your space over time will make it more of a passion project as you design a room you truly love.

### MIX AND MATCH

Don't be afraid to mix and match patterns, colours and textures. Florals are a great option, especially for wallpaper, or you could look at stripes and other bold patterns to bring new life to your decor.

### EMBRACE YOUR FAVOURITE THINGS

A flamboyant, eccentric interior should reflect you and your personality. Fill it with the things that you love, such as prints, ornaments and other features that will make your home feel more like you.







# IT'S THAT TIME... Spring cleaning

## YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge. Remember to tick each task off as you go.

### KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

### BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

### BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

### LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

### HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

### OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows

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# Cleaning with SOAP NUTS

If you haven't heard about soap nuts until now, then you are in for a treat. Free from chemicals, 100 per cent biodegradable and vegan-friendly, these powerful nuts

are the all-natural cleaning ingredient every home needs. for 10 minutes, turn off the heat, and cover | Once cooled, strain the liquid, pour into a bottle and store in the fridge.

**Soap nut multipurpose cleaner**  
Mix 400ml of your soap nut liquid detergent with 100ml of white vinegar and 10ml of your preferred essential oil | Pour into an empty spray bottle and use to clean all surfaces in your home.

**Soap nut pesticide**  
Fill a spray bottle with 500ml of your soap nut liquid | Add 10 drops each of lavender, rosemary and peppermint oil | Shake well and spray directly onto your plants.

*Where to buy soap nuts*  
You can order soap nuts online. They are also available at some health and wellness shops.

are the all-natural cleaning ingredient every home needs.

Soap nuts, also known as Indian soap berries, are the fruits of a small tree called Sapindus mukorossi. They contain a natural soap called saponin, which is released when in contact with water.

- The benefits of cleaning with soap nuts are:
- > They do not contain phosphates, parabens or sodium lauryl sulphate
  - > They are hypoallergenic and odourless
  - > They contain anti-fungal and anti-microbial properties
  - > They are 100 per cent sustainable.

*How to use soap nuts in your home*  
**Soap nut laundry detergent**  
Place 4-6 soap nut shells into a small muslin bag | Add your laundry and the bag to your washing machine | Wash as per fabric instructions | Keep the used shells as they can be reused up to four times.

**Soap nut liquid detergent**  
This can be used as a base to make many cleaning products. Pour 2 litres of water and 15 soap nut shells into a pan | Boil



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# HOME & DIY

# How To Match COLOURS IN YOUR HOME



There are endless possibilities when it comes to decorating your home. So many, in fact, that you might struggle to choose.

Learning how to match colours in your home will make the process a little easier, so that you can have fun creating your chosen look.

Take a look at the following tips to get started.

### CONSIDER THE MOOD OF THE ROOM

What sort of space do you want to create? Do you want a warm and inviting room that's perfect for socialising, or do you want something a little cooler to create a more relaxing environment? Think about what your room will be used for and the sort of vibe you want to achieve.

### LEARN TO CREATE A COLOUR SCHEME

Colour schemes can be built in several ways. They could be based around your existing furniture, for example, or you could start completely from scratch.

Choosing neutral colours gives you versatility – you'll be able to mix and match your furniture and accessories, and add pops of colour as desired. This also gives you flexibility to change your colours more often.

You could also create a colour scheme around different shades of the same colour, creating a

stylish, tonal look.

If you want to use two different colours, consider using a colour wheel and choosing shades on either side of your primary shade to create a complementary look. Examples include pairing yellow with orange or green, or blue with green or violet. Choosing sides on the opposite end of the spectrum, such as blue and orange, can create a different kind of complementary look.

You could also use a triadic scheme to help you bring three colours into your space. This means choosing colours that are far apart from each other on the spectrum, such as red, yellow and blue.

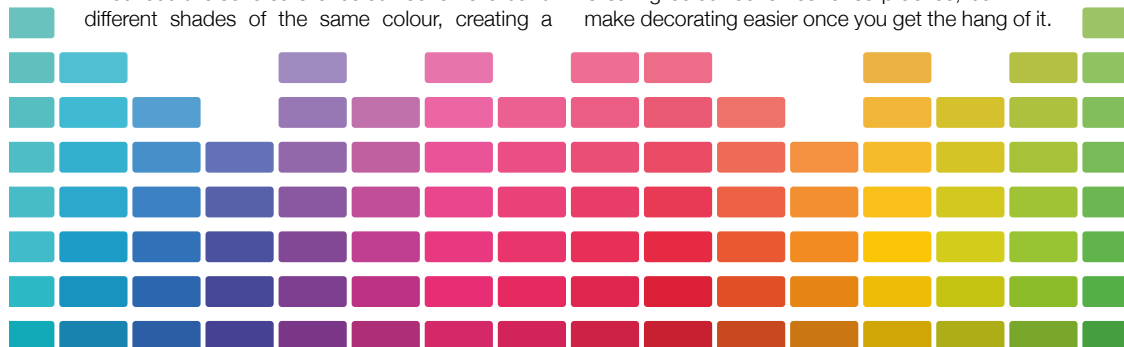
### THINK ABOUT THE PRACTICALITIES

There are also practical considerations for your colour scheme. How much light does a space get? Will it be high traffic? These will help you work out what is realistic for your space.

### USE TESTERS TO SEE WHAT WORKS BEST

Testers are a great way to experiment with how colours will look in your home. Use testers to help you see a shade in different lighting and at different times of day to make sure you're satisfied.

Creating colour schemes takes practice, but it will make decorating easier once you get the hang of it.



# 6 SIGNS YOU NEED A NEW MATTRESS

If you're not sleeping well, you may blame it on stress, poor lifestyle choices or a health condition such as insomnia.

However, it might just be your mattress that is keeping you up at night.

### 1. SAGGING

All mattress types will start to sag eventually as the springs break down or the foam gets softer. However, even minor sags of one or two inches can result in insufficient support for the body.

### 2. INCREASE IN ALLERGIES

Over time, mattresses accumulate mould, mildew and dust mites, which can trigger allergies. If you notice you are sneezing when you get close to your bed or you feel stuffy in the morning, you may need a new mattress.

### 3. LASTING IMPRESSIONS

If you have a memory foam mattress, then you need to pay close attention to the impressions left behind when you get up. Although these types of mattresses are designed to remember your body shape, if your mattress has lost its ability to

bounce back, it needs replacing.

### 4. LUMPS AND BUMPS

When the padding within a mattress starts to shift around, this can cause visible lumps. This uneven density can result in uncomfortable pressure points which can cause pain, discomfort and a poor night's sleep.

### 5. PREGNANCY

If you are expecting, it can be a good idea to invest in a new mattress that provides the extra support your changing body needs. Look for a mattress with custom support for side sleeping, which will help to prevent back pain and offer extra support to your belly.

### 6. OLD AGE

Even if your mattress appears to be in good condition, once it reaches a certain age, it will not be able to provide you with an optimal sleeping experience. Typically, your mattress should be replaced every seven to 10 years.



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# LOVE YOUR LEFTOVERS:

## Laminate flooring

If you have just had new laminate flooring installed, then chances are you have a fair amount left over. Rather than let this versatile material go to waste, why not use it to create something beautiful for your home?

**CREATE A RUSTIC MIRROR OR PHOTO FRAME**  
If you have a basic mirror or photo frame that is less of a stylish feature and more of an eyesore, this can easily be remedied with a few pieces of laminate flooring. All you need to do is cut them to size and then attach them to your mirror or photo frame using a strong, clear epoxy glue.

**RESURFACE A TABLE TOP**  
Give a table top an instant facelift by covering it in your leftover laminate. If you want a rustic look, scuff the laminate using sandpaper or, for a more modern look, prime and then paint in your preferred colour. Add edging for a smoother finish.

**BUILD A HEADBOARD**  
If your existing headboard is looking a little worn, why not create a new one using your leftover laminate? First, you will need a piece of plywood as backing, and then just glue spare pieces of laminate onto it before fixing to your bed. Alternatively, why not cover the whole space behind your bed and create a feature wall?

**MAKE PLANTING BEDS**  
Laminate flooring planks are weather-resistant and do not deteriorate as quickly as solid wood planks. This means that they are ideal for using in the garden. Simply cut a few pieces to size and use as fence panels to divide sections of your garden for planting beds.

**INSTALL IN YOUR GARAGE OR LOFT**  
Make use of any unused space in your home by installing your leftover laminate on your garage or loft floor. Laminate is moisture and temperature resistant, which makes it ideal for these spaces. If you want to use your loft as a living space, you will need to ensure you install a subfloor and underlay first.



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Less fortunate are the residents of Wistaston Road in Crewe, whose paltry rate of just 0.24Mbps means the same movie would take more than two days to download.

The average download speed in the UK currently stands at around 80Mbps. The draw on our broadband depends on what we're doing at the time – simple social media browsing uses between 1 and 3Mbps, with video streaming and gaming using between 3 and 5Mbps. At the top end, streaming a video in high definition uses up to 7Mbps.

What is clear is that broadband speeds across the UK are experiencing a sharp increase. Almost half of UK customers are experiencing so-called 'superfast' speeds of at least 30Mbps – that figure stood at a quarter of this speed just six years ago. Although that may not come as much consolation to a group of residents in Crewe.



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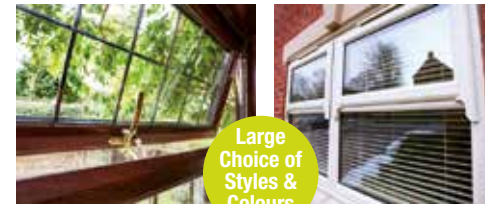
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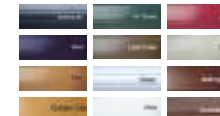
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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS



Photo credit: Ashley Wadsworth/Facebook



## Family pays tribute to 'loving and loyal' teen

Following on from an article in the previous edition of **VISION** Chelmsford Beaulieu, in which we reported on the murder of a woman in the city, the victim's mother has paid tribute to her daughter.

Ashley Wadsworth (pictured), 19, from Vernon, a small town in British Columbia, Canada, died at a property in Tennyson Road on Tuesday, February 1.

In a statement, Ashley's mother, Christy, said: "Ashley, mommy loves you and I will see you soon. "Your sister and I are here waiting for you."

She went on to "thank everybody in the UK, Canada and around the world for their support and generosity".

She added: "I am struggling every day to come to terms with this horrific tragedy and am eager to bring my baby home."

Christy also issued a heartfelt plea to thank everyone "for respecting my privacy and [that of] my family".

In a statement, Ashley's family celebrated her "spontaneous, witty, kind personality" and remembered her "unforgettable laugh".

Describing how the teenager was a precious part of their family, Ashley was described as "fiercely loving

and loyal to her family and friends".

Ashley had a dream of becoming a lawyer and strived for good grades, having been accepted to Thompson Rivers University in Kamloops, British Columbia.

The Wadsworth family also wished to express their gratitude for the support they have received from the people of Chelmsford – specifically to the Church of Jesus Christ of Latter-day Saints and the Taylor family, who organised Ashley's vigil and shared it with the family in Canada.

They said: "It has touched us so deeply; there are truly no words to express our gratitude.

"They were able to do something for Ashley that we couldn't, and we will be forever thankful.

"How lucky are we to have people from across the world care so much about a family that they have never met?"

Ashley's boyfriend, Jack Sepple, 23, of Tennyson Road, Chelmsford, has been charged with Ashley's murder. He did not enter a plea when he appeared at Chelmsford Crown Court on March 7. The trial is set for September 5.





# Hikers raise funds for charity by climbing Snowdon

A Chelmsford businessman who set up a charity is proud to be supporting the British Heart Foundation (BHF) in its inaugural fundraiser.

Mason Wright, who works for Imperials in Chelmsford, set up Changing Gears to support those wanting to make a difference through partnerships with charities and organisations.

To mark the fact that around 7.6 million people are living with a heart or circulatory disease in the UK, 11 hikers climbed to the summit of Mount Snowdon to raise awareness and funds for BHF last month. Taking

part were Arjun Bir, Sam Berman, Mason Wright, James Mcleish, Joshua King, Greg Oxlade, Oliver Wright, Jack Matthews, Cornelius Clauson, Murray Davies and William Baird.

Speaking before the challenge, Arjun said: "My fun, loving uncle Jay Hayer suddenly passed away aged 49 in January 2020. We later found out the cause was four blocked arteries.

"Please help us to raise money for a foundation really close to my heart."

The group's raised a total of £4,311 for BHF.

# Cricket ground to host national team this year

A cricket ground in Chelmsford will host an international women's match later this year.

England's Women's Cricket Team will face South Africa in a Vitality IT20 on Thursday, July 21, at the Cloud County Ground in Chelmsford.

After the Commonwealth Games and The Hundred, England will face India for three Vitality IT20s and three Royal London Internationals, culminating in an ODI at Lord's on Saturday, September 24.

All games will be broadcast live on Sky Sports, with two games simulcast live on the BBC.

John Stephenson, Essex Cricket chief executive and interim chair, said: "We're delighted to be hosting more international cricket this year and we look forward to welcoming both England and South Africa to Chelmsford.

"I've attended several of the women's internationals at the Cloud County Ground in recent years and the level of cricket is outstanding. The international sides always put on a good show and attract strong crowds, making it enjoyable for all."



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# VICKY FORD MP



LOCAL NEWS



Member of Parliament for Chelmsford

I have been supporting Ukrainians in my constituency with relatives still in the country and I thank all those who have written in about the deeply concerning situation. Through my role at the Foreign Office, I have been and will be very busy working for support on the international stage. I will keep constituents updated on announcements via my Facebook page.

Another important step has been achieved, replacing the Army and Navy flyover with the preferred hamburger-style junction. The Minister for Roads approved the scheme and made a contribution of £1.3million towards the development of a business case. The scheme can now progress to the next stage of development under the Major Road Network and Large Local Majors programme. This is a significant step forward for the development of the scheme.

Recently, I experienced for myself the overcrowding that many people in Chelmsford have been going through on the trains owing to the reduction of the train timetable. I wrote to Greater Anglia, and several trains were added at the start of February. Two more peak trains were added on Monday, February 14, and another on Monday, February 21. I continue to press Greater Anglia for more trains and carriages.



I recently met with volunteer first responders, vaccinators and cadets with St John Ambulance (pictured above), which is helping the NHS and continues to attend events around Essex. It is making a huge difference but it does need more volunteers, so please get in touch at [sja.org.uk](http://sja.org.uk) if you can help.

As ever, if I can do anything to help, please email me at [vicky.ford.mp@parliament.uk](mailto:vicky.ford.mp@parliament.uk)

## Hospital staff receive award

Staff at Broomfield Hospital in Chelmsford who helped to reduce waiting times for plastic surgery patients are the first to win a new award.

Two members of staff from the burns team at

Broomfield Hospital – deputy general manager, Karen Cook (pictured right), and assistant service manager for burns and plastic surgery, Gary Pearce (pictured left) – have won the new monthly Values Award.

The awards scheme, organised by Mid and South Essex NHS Foundation Trust, recognises staff who have showcased the Trust's values of excellent, compassionate and respectful care.

Karen and Gary were nominated by Claire Dixon, deputy director of operations, who said: "They have worked tirelessly together to deliver on our commitment to reduce the number of patients waiting for complex plastic surgery procedures."

Gary said: "The award belongs to all of the staff who work in the burns unit. To get the award is recognition of the good work everyone does."







# NEWS FROM YOUR LOCAL POLICE TEAM



## More officers to keep communities safe

The first 70 new officers of 2022 have been welcomed into the Essex Police family, joining more than 3,500 colleagues protecting and serving the county.

They marked the completion of their initial training at a passing-out parade led by Chief Constable Ben-Julian Harrington.

After they pledged their commitment to serve Essex and its diverse communities, Chief Constable Harrington told them: "You have put yourself forward to catch criminals, to protect people and to keep people safe. In doing this, you have placed the needs of others before your own."

Having completed their initial training, the new officers now join policing teams across Essex to help keep their local communities safe from harm.

PC Micheal Khanye wants to change the perception his friends, many of whom are Black or ethnic minority, have of the police.

He says: "Instead of standing on the outside saying you need to change, why don't you be that change?"



PC Victoria Price is heading for Clacton, where, she says: "I want to do something that makes a difference every day and I want to help people who are at their most vulnerable point."

If you want to help protect and serve your community, visit the Essex Police website at [www.essex.police.uk/fitthebill](http://www.essex.police.uk/fitthebill) to find out more.

# Care home support launched

Chelmsford hospice has launched a new service offering expert end-of-life advice and training for care home staff.

The service, run by Farleigh Hospice, offers local care homes improved access to palliative and end-of-life support for their residents.

Farleigh Hospice will be offering clinics with its nurses

to discuss residents' individual care needs. These clinics will empower staff to recognise a person's changing condition as they approach the end of their life and provide them with the training and skills to tailor their care to meet these needs.

This project has been made possible thanks to a generous grant of £33,000 provided by Essex Freemasons via the Masonic Charitable Foundation (MCF). This is part of a £100,000 package of donations from Essex Freemasons and the MCF for hospices across the county.

Samantha Riches, Farleigh Hospice's care home coordinator (pictured second from right), said: "The grant will help us to create and build relationships with local care homes, provide increased end-of-life support, and offer access to specialist training.

"Our aim is to provide a dedicated supportive service which we hope will be beneficial to the care home staff, residents and their families."

To find out more, visit [www.farleighhospice.org](http://www.farleighhospice.org)



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Photo credit: Chelmsford Council



# Council raises blue and yellow flag for Ukraine

Chelmsford City Council (CCC) raised a Ukrainian flag at the Civic Centre in solidarity with the people of Ukraine.

CCC hopes that reason and reconciliation will prevail to bring the war, which has already claimed many innocent victims, to a swift and peaceful end.

Russia's attacks on Ukraine have seen civilians having to flee their own country and seek refuge elsewhere. Many have been forced to leave everything behind to save their own and their family's lives as

Russia's invasion continues.

Councillor Stephen Robinson, Leader of CCC (pictured inset), said: "As a council, we stand against aggression and stand with Ukraine. We are proud to be flying a Ukrainian flag above Chelmsford's Civic Centre and I am even more proud of how our community has come together to help those in need at this tremendously difficult time."

To find out how you can help those fleeing from Ukraine, please visit [chelmsfordcvs.org.uk/ukraine](https://chelmsfordcvs.org.uk/ukraine)

## Wanderers stay optimistic despite relegation

The end of another campaign is in sight for Chelmer Wanderers FC.

Wanderers will face Kenson in their final league match, in a tie that will ultimately be about pride, with relegation all but confirmed.

But there's positivity in the air. The second half of the season has featured a number of more consistent performances. A recent 1-1 draw with highfliers Hatfield Peverel – who beat Wanderers 8-0 in the opening league game – is testament to how far the club have come.

Integrating a new squad was always going to be a challenge, but it's been one that the club have navigated admirably, with manager Phil Childs continuing to steer the ship in the right direction.

Wanderers are already looking forward to taking the core team into Pope & Smith Division 3 next year, and hope to welcome back some long-term injury absentees alongside some new blood in the summer. It may be a step back in terms of the league division, but overall Chelmer Wanderers are continuing to move forward.





Photo credit: Chelmsford Council

# CCTV installation begins in Bunny Walks route

The next phase of Chelmsford's Safer Streets programme is shortly to begin, with the installation of 12 new CCTV cameras in the Bunny Walks.

The Bunny Walks are an important cycling and walking route between Broomfield, Springfield, the city centre and Anglia Ruskin University. The riverside paths wind through the Chelmer Valley Local Nature Reserve and are currently unlit.

The cameras will be fitted with infrared technology, allowing Chelmsford City Council's CCTV operators to spot crime day and night. Staff and volunteers will regularly cut back undergrowth in the areas, while protecting habitats for wildlife, so the area feels more open and views are improved for the cameras.

Providing the new cameras is part of a programme

of works to make this area of Chelmsford feel safer for everyone, particularly women and girls, who have told the council that they do not feel comfortable there. Paid for by Home Office Safer Streets funding, there are 16 projects being carried out jointly by Chelmsford City Council, Essex Police, Essex County Council, and the Police, Fire and Crime Commissioner.

Councillor Rose Moore, cabinet member for Greener and Safer Chelmsford (pictured above), said: "Residents told us the Bunny Walks, while they are a beautiful and useful active travel route, didn't feel safe. These new CCTV cameras and the lighting we've installed are part of fixing that, alongside longer-term work to stop people becoming perpetrators and to deal with the root issues of harmful sexual attitudes."

# City council declares urgent housing crisis

Last month, Chelmsford city councillors voted to declare a housing crisis and called on the government to do more to help those in need of homes.

A motion put forward by councillor Chris Davidson, cabinet member for Fairer Chelmsford (pictured right), said: "The housing charity Shelter says, 'We live in a country that is feeling the effects of 40 years of failure in housing policy' and believes there are 'six million households whose right to a home is either denied or under threat'. As the Prime Minister said, we have nowhere near enough homes in the right places."

More than 300 Chelmsford households are now in temporary accommodation arranged by Chelmsford City Council, and more than 800 households are on the Housing Register.

Chelmsford City Council also welcomed its emerging Housing Strategy, which contains a vision statement that "everyone can reasonably aspire to having a home that meets their needs".

You can read the motion in full on the Chelmsford City Council website, visit [bit.ly/3KsBsu2](http://bit.ly/3KsBsu2)

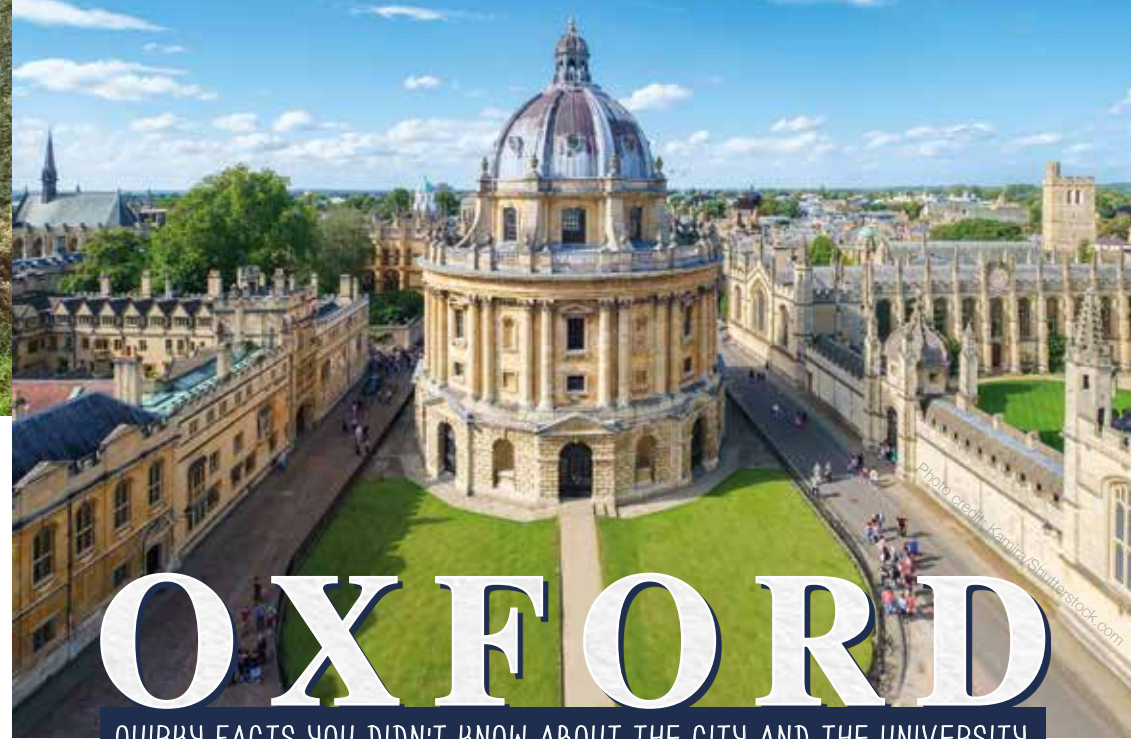


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# OXFORD

QUIRKY FACTS YOU DIDN'T KNOW ABOUT THE CITY AND THE UNIVERSITY

**O**xford is one of the most famous cities in the UK. Home to one of the most highly esteemed universities in the world, as well as glorious architecture and scenery, it's one of those cities everyone should experience at least once in their lives.

Here are some facts you might not know about Oxford and its famous university.

**OXFORD UNIVERSITY WAS FOUNDED IN 1096:** This makes it around 925 years old, and one of the oldest universities in the world.

**IT'S A HUB FOR WRITERS:** With more authors published per square mile than anywhere else in the world, Oxford is a great place to be a writer. Some of the most successful authors who attended the university include J.R.R. Tolkien, C.S. Lewis and Lewis Carroll.

**THE LECTURERS WERE BANNED FROM MARRIAGE:** Oxford University lecturers were trained to be priests and therefore upheld the value of chastity, even if they went on to other professions. That rule was overturned in 1877.

**WOMEN WEREN'T ALLOWED TO STUDY AT OXFORD UNTIL 1878:** Marriage wasn't the only

thing banned at Oxford – women were too. They were given permission to study in 1878, could be awarded degrees from 1920 and, finally, were allowed to study and stay at all colleges in 1974. Today, the number of male and female undergraduates is around 50/50.

**FAMOUS STUDENTS:** Oxford University has had some very famous students. Alumni include writer Oscar Wilde, *Harry Potter* actress Emma Watson, poets T.S. Eliot and Philip Larkin, and Professor Stephen Hawking.

**WORLD'S LARGEST BOOKSHOP:** Oxford is home to the world's largest bookshop. Built in 1879, Blackwells Bookshop's basement, the Norrington Room, is 10,000 square feet and has more than three miles of shelving and 150,000 books.

**OXFORD ESCAPED THE BLITZ:** No bombs were dropped on Oxford during the Second World War. It's believed that Hitler wanted Oxford to be the country's new capital if it was successfully conquered.

Now that you're armed with some fun Oxford facts, will you be paying this fascinating city a visit?



STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



**S**teven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

“The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working,” he said.

“My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

“However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing.”

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

“In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start,” he said.

“I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

“I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

“We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

“If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance.”



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HISTORY



Photo credit: Shutterstock

# THE WEST MURDERS

## THIRTY YEARS ON FROM THE HORROR OF CROMWELL STREET

This dawning of spring marks 30 years since the investigation into the crimes committed by Fred and Rosemary West began, which would ultimately lead to justice for so many victims. The married couple, Gloucester's most infamous residents, and owners of 25 Cromwell Street (which has since been demolished) undertook a two-decade-long campaign of abuse and murder, including killing their own daughter, Heather.

The crimes are ones that need not be repeated as another milestone anniversary ticks by, but the dawning of the investigation was vital. Not only did it serve justice and provide proper resting places for the many bodies found buried at the property, but it also finally brought an end to the couple's sickening crimes.

Police have been roundly criticised for failing to put together the pieces that constructed the Wests' gruesome puzzle. They were painfully slow to connect the disappearance of so many girls, many of whom they knew had connections to the house, and were arguably culpable in failing

to bring Fred West to justice despite a legacy of allegations and complaints. Ultimately, Fred West's repeated attacks on his own daughter, Louise, in early 1992, finally accelerated steps to ensure justice was served. The chief perpetrator had evaded scrutiny for so long that he arguably felt he may never be caught, but the 13-year-old girl's statement to police, although later retracted, brought about a chain of events that eventually led to the couple's crimes coming to light.

Finally, in 1994, Rose and Fred West were arrested and charged with a litany of crimes, the details of which confound comprehension. Fred was charged with 12 murders, and Rose with 10 murders.

Fred evaded trial by committing suicide at Birmingham Prison on New Year's Day 1995. Rose was found guilty for all 10 murders and was sentenced to life in prison.

Rose, now 68, resides in New Hall Prison, West Yorkshire.

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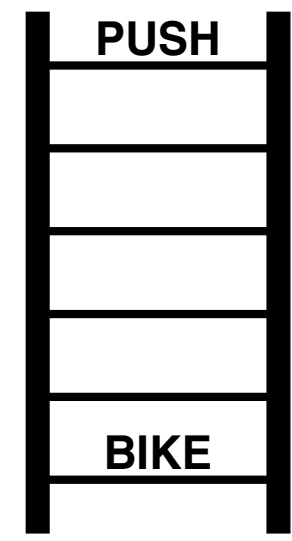
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### DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

### 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.





# KEEP ON *cruising*

## WHY EMBARKING ON A CRUISE IS THE ULTIMATE HOLIDAY

With people beginning to plan their summer holiday excursions, the idea of taking a cruise – be that across vast oceans or through a continental waterway – is likely to be one of the most popular go-to getaways in 2022. Here are six reasons why:

**Value**  
There are getaway deals aplenty on offer. Operators are keen to catch up after two hugely disrupted years due to the COVID-19 pandemic, meaning they're pulling out all the stops to lay on huge fleets and get people back on board.

**Variation**  
Rather than being stuck in one resort, a cruise enables travellers to see and experience multiple locations within one trip. Having been confined largely to the UK for the past two years, it's expected that holidaymakers will opt for multi-destination trips rather than staying in one place. This makes a cruise the ideal option.

**Wastage**  
A cruise provides a holiday experience even when

travelling between destinations, so while stop-offs at cities or coastal towns may be a big attraction, when back on board, holidaymakers are treated to all manner of events, shows, attractions and facilities, meaning there's no wasted time.

**Family environment**  
Unlike some land-based locations, cruise ships offer something for everyone, meaning a cruise is now commonly regarded as the ultimate family experience.

**Comfort and luxury**  
Booking a cruise typically means choosing one of only a handful of operators, who run a tight ship – literally – in terms of how they present their brand and their facilities. This isn't something that's as easy to achieve when it comes to booking independent hotels or accommodation on land.

**Sociable**  
Cruise ships offer a small environment in which people holiday in close proximity to each other. As the saying goes, a friend made at sea is a friend for life.

# Hello, families



Dan Salmon, Owner

Family holidays have little to do with the destination alone; it lies more in the ability of a trip to strengthen the bonds of familial affection. I'm here to help you enter enchanting lands where quality time together is of the essence, and where you can delight in wonderfully unique encounters that will excite, enrich and educate.



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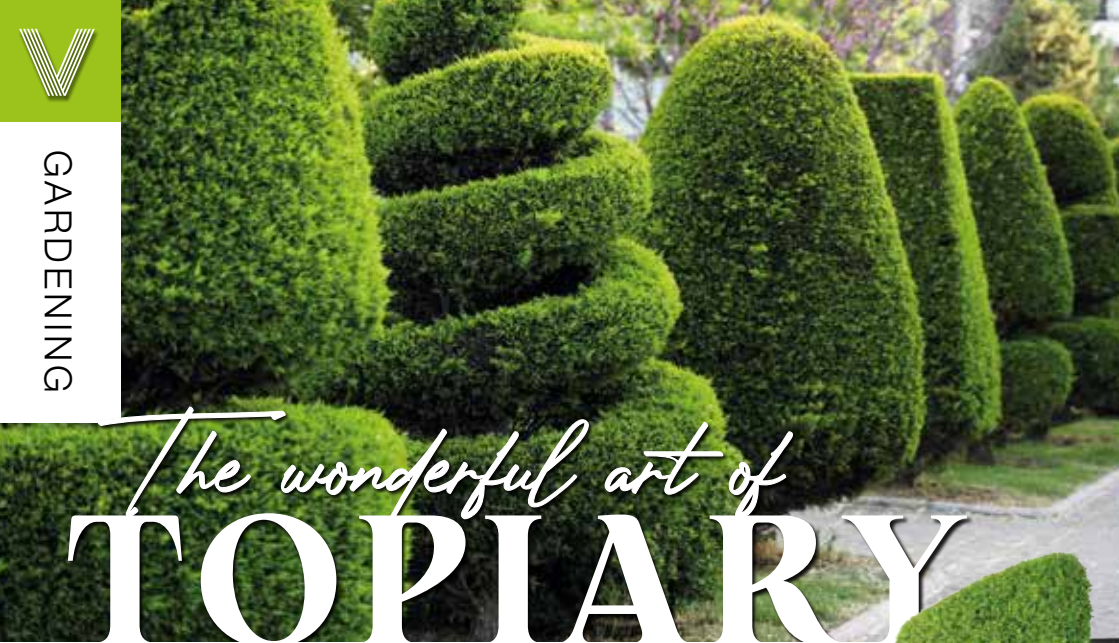
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f i t





# The wonderful art of TOPIARY

If you're looking for a hobby that's not only calming and enjoyable, but also helps make your home look instantly more stylish, then welcome to the world of topiary.

Topiary is the art of pruning hedges and trees to create different shapes, resulting in a look that is sculpted and interesting. In Japan, it's known as Niwaki, which means 'cloud pruning'. It's a great way to add some character to your home and garden and can be a really fun hobby. Here are some beginner's tips to help you get started.

**CHOOSE THE RIGHT TYPE OF PLANT:** The perfect type of plant for topiary is a perennial, such as box and yew plants. These evergreens grow slowly, which means they're easier to maintain once trimmed into shape.

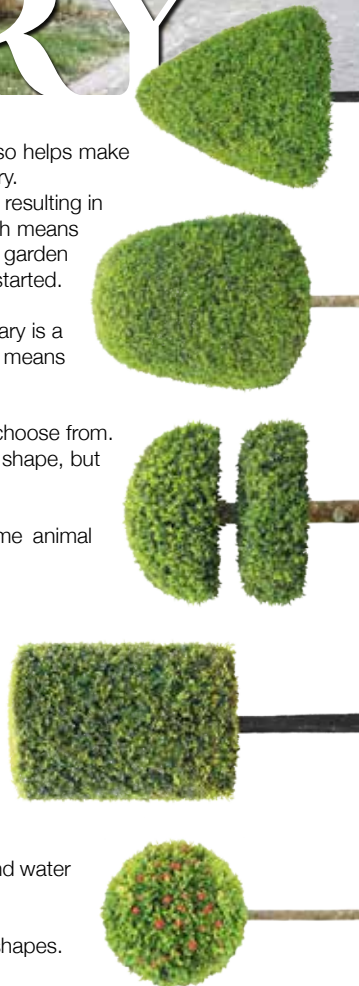
**DECIDE ON YOUR STYLE:** There are a lot of great topiary styles you can choose from. For beginners, you might want to start off simple with a square or a sphere shape, but other fantastic topiary styles for you to choose from include: Cube | Ball | Spiral tree | Square/round pyramid | Double sphere

If you want to get even more adventurous, you could try creating some animal shapes, like a deer or a dog.

**GET THE RIGHT TOOLS:** You'll need to make sure you have the right tools for the job. Long-handled lopping sheers are ideal for trimming off the excess, while hand pruners will help you make precise cuts. You can also buy wire or wooden frames to act as guides to help you get the desired shape.

**MAINTAIN YOUR PLANTS WITH CARE:** After trimming your trees and hedges into shape, you'll need to maintain them regularly to keep them looking their best. Regular trimming in the warmer months can help encourage growth, with pruning at the end of the summer helping to maintain the shape throughout the winter months. You'll also want to feed and water your plants to keep them looking lush and green.

With your new topiary expertise, you'll be able to create all kinds of beautiful shapes.



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# GARDENING BLOGGERS



GARDENING

Whether you are a green-fingered fanatic or are new to the wonderful world of growing your own, the below gardening blogs guarantee to deliver the latest news, tips, tricks, and inspiration for your next outdoor project.

## Two Thirsty Gardeners

If you have always dreamt of brewing your own booze, then this is the gardening blog for you. The brainchild of two thirsty men, Rich and Nick, who started making their own cider in 2008, Two Thirsty Gardeners offers practical advice on everything from home brewing and collecting seeds to preserving surplus fruit and veg.

## The Middle-Sized Garden

As the name suggests, this popular gardening blog is aimed at people with medium-sized gardens (i.e. bigger than a courtyard but smaller than an acre). Discover easy-care plants, the best trees for privacy, how to revamp your garden on a budget, and much more.

## The Frustrated Gardener

Created by Dan Cooper, garden writer, amateur photographer and blogger, The Frustrated Gardener sees him share his passion for plants, as well as the joys of gardening in London and Kent. A great blog for both amateur and advanced gardeners.

## Growing Family

For those who want to introduce the joy of gardening and growing your own produce to the whole family, this home and gardening blog is all about making the most of family life, both indoors and out, and overflows with tips on gardening, exploring nature, and family days out.

## The Garden Ninja

The Garden Ninja is Lee Burkill, an award-winning garden designer, blogger and vlogger whose life mission is to get more people into gardening. Featuring articles and YouTube videos on gardening basics and garden design guides, Garden Ninja is a fun and engaging blog that can help you get the garden of your dreams, whatever your current know-how.



The Middle-Sized Garden



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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

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Photo credit: sarahravenroom



# sarah raven

WHY SARAH RAVEN'S LOVE OF BUOYANT, BOUNTIFUL FLOWERS IS A WORLD AWAY FROM HER GENTLE COMMENTARIES ON OUR GARDEN SPACES

Sarah Raven, who gardens at her Perch Hill Farm base in Robertsbridge, East Sussex, is one of a modern breed of horticulturalists whose passion, enthusiasm and energy infuses everything they do.

The fact that the 58 year old opens up her gorgeous 18th-century home to all is evidence of the passion she feels for the colours and scents of the outdoors. To that end, it's probably no surprise that she names the dahlia as her favourite flower, with its bushy, patterned perfection lighting up gardens from spring through to autumn.

Sarah, whose talents extend into cookery and writing, has presented BBC *Gardeners' World*, *Great British Garden Revival*, the series *Bees, Butterflies and Blooms*, and showcased BBC2's *Big Dreams, Small Spaces* project, where she shared her love and enthusiasm for cut flowers.

Sharing her home with writer Adam Nicolson, her two daughters and three stepsons, Sarah admits that she will always come back to flowers over

anything else in pursuit of the perfect outside space. She said: "Flowers bring such happiness and harmony, as well as encouraging a whole array of insects, who in turn feed all our other creatures."

"I like to think so much comes from our flowers, and the more I can give back in celebrating them and teaching others how to look after and maintain them, then great."

When she's not appearing on our screens, collating material for one of her hugely successful cookbooks, or scribbling a column for the likes of *The Daily Telegraph*, *Gardens Illustrated* or *Sainsbury's Magazine*, her eponymous garden brand provides the perfect digest for others looking to replicate what is a museum-like spread of flowering finesse.

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# The many benefits of planting trees



Planting trees is good. This is not breaking news; we hear this message more and more these days and it must be tempting to roll one's eyes at yet another well-intentioned person calling for endless numbers of trees to be planted in every available space.

So trees are good. We get it. But how good are they? And what they are good for?

Well, there are of course some very obvious things that trees are good for, but there are many other, subtler, more surprising ways in which trees benefit us

It's no shock to anyone that trees clean the air we breathe, help combat the air pollution we suffer in the modern world by removing carbon dioxide from the atmosphere and storing it, whilst releasing oxygen to keep our planet habitable. Pretty important stuff but nothing you haven't heard or read before. The fight against climate change will take a vast, unified and sustained effort, and more trees – millions upon millions of them – will form a pivotal part of the strategy.

However, I'd like to zoom in closer, and discuss things in more local and immediate terms, to focus

on our personal interactions with trees and plants; thinking less of the positive global impact and more about the immediate enrichment and enhancement of our daily lives that can be brought about by planting trees in our own gardens and in our own communities.

Trees are good for our health. This is true in ways, both simple and complex. In a very straightforward way of course they provide our species with food, medicine and clean our water



Montrose Trees

supply by removing pollutants from the soil. They can protect us from floods, from extreme heat and they are an irreplaceable part of the eco systems our food supply relies upon. Again, these benefits are very real to all of us, but they can seem abstract, or distant; intangible to us. Trees are good for my health, as they are for yours and they do this good instantly, and constantly. Trees release phytoncides and these lower our blood pressure, decrease anxiety and boost our immune systems. Spending time around trees decreases levels of the stress hormone cortisol, physical symptoms of stress such as pulse rate or muscle tension are measurably lowered after being in a green environment for under five minutes.

Trees give us a cognitive boost; one university found performance on memory and tests improved by 20 per cent after subjects took a pause for a walk through an arboretum; when the walk was taken down a busy street there were no detectable signs of improvement. In Japan a practice called Shinrin-Yoku (or 'Forest Bathing') is supported by so much scientific evidence it is prescribed by doctors for its benefits to mental health. Shinrin-Yoku is, in essence, spending time in a forest quietly focusing on the sensory experience; the sound of the wind through the trees, the scents of the plants, the feel of bark, the patterns of light glimmering through the canopy.

The Duchess of Cambridge is a fan of Shinrin-Yoku and the RSPB have run series of forest bathing events that have proved hugely popular. It leads me to wonder if The Duchess of Cambridge's fondness for trees played any role in inspiring 'The Queen's Green Canopy', the wonderful tree planting initiative devised to mark Her Majesty's Platinum Jubilee that invites all of us to "Plant a Tree for the Jubilee"

The evidence is clear. Trees are good for our bodies; they provide us with food and protect us against pollution. Trees are good for our minds; they reduce stress and improve our cognitive abilities. Trees are good for our communities; there are various analyses showing that the savings made from the health benefits of trees in an area can exceed four times their cost. The data shows a 10 per cent increase in greenery can postpone the onset of health problems by up to five years and trees are even linked to lowering criminal activity; research has indicated a 10 per cent increase in tree canopy can be associated with an approximately 12 per cent reduction in crime.

If those aren't reasons enough, then trees are

good for us financially; a series of third-party studies have shown that trees can increase property prices anywhere from five per cent to 18 per cent. One estate agent I spoke with when researching this piece told me they have recently begun advising clients who had the aim of increasing a property's value prior to sale to "plant some good-sized trees in the garden" as in their opinion it was "the most cost effective way" to achieve this goal. It had the added benefits of "being quick and hassle free compared with other ways of increasing property value".

Now that's an economic argument for planting trees, and it's a valid one, but there is one last, important, and – I feel – overlooked argument in favour of planting more trees: just the simple joy of them.



Trees are beautiful. Whether it's the deep tones of evergreens, delicate flowers in spring attracting bees and birds into our gardens or the glorious burst of colour in autumn, like a tableau of a fireworks display we get to enjoy for weeks... trees are beautiful. In my own garden I planted a Golden Norway Maple and one afternoon, when it had come into leaf in late spring, I noticed my then five year old son, stuck at home in lockdown, stood a few yards in front of it, quiet and content, just gazing up at the sunlight making the golden leaves glow brightly against the background of a clear blue sky. After a while I asked if he liked that particular tree and he told me "I'm going to call this 'my imagination tree'", when I smiled in response and asked him why, he simply told me "because it makes my imagination go"

The trees I have planted in my own garden have enriched my family's lives.

Plant a tree for yourself. Plant a tree for a loved one. Plant a tree for your children or grandchildren. I very much doubt you'll ever regret it.

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# STOP THE SHED



PETS

**SHEDDING IS NATURAL FOR DOGS, BUT THAT DOESN'T MAKE IT ANY LESS FRUSTRATING. FORTUNATELY, THERE ARE WAYS TO MANAGE EXCESSIVE SHEDDING**

**BRUSH THEIR COAT:** Although you may think that brushing your dog's coat would encourage more shedding, the opposite is in fact true. Regular brushing and a good grooming routine can minimise the amount of dog hair you find around your home. Bristle brushes are a great choice for all coat types.

**USE A SHEDDING TOOL:** Shedding tools are brushes with stainless steel tines which can be used to pull up and remove your dog's extra undercoat fur. Ideal for both year-round and seasonal shedders, shedding tools are inexpensive and highly effective.

**FOCUS ON GOOD NUTRITION:** Excessive shedding can be caused by undernourished fur, which is a result of a poor diet. Avoid this by ensuring your dog has healthy meals that contain all the nutrients they need.

**KEEP THEM HYDRATED:** Dehydrated skin can exacerbate shedding and hair loss, so make sure that your dog always has access to fresh water. This will not only keep their skin hydrated, but is also beneficial to their overall health.

**BATHE THEM REGULARLY:** Essential for keeping your dog clean, bathing your pooch regularly will also help remove excess hair, resulting in less shedding in your home.

### OTHER REASONS WHY YOUR DOG MAY EXPERIENCE HAIR LOSS:

- > Parasites like fleas, mites or lice
- > Bacterial infections
- > Fungal infections
- > Allergies
- > Kidney disease
- > Liver conditions
- > Thyroid or adrenal issues
- > Pregnancy
- > Anxiety or stress
- > Cancer
- > Immune disease
- > Sunburn
- > Topical irritants

If you are worried that your dog's hair loss is more than just the usual shedding, book an appointment with your local vet as soon as possible.





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SPORT



### A DISAPPOINTING WINTER OLYMPICS FINALLY CAME GOOD FOR TEAM GB ON THE CURLING ICE, AS OUR WOMEN BROUGHT HOME GOLD

For all the hype and outside medal prospects, Team GB's Winter Olympics campaign came down to five women, five men and a collection of 42lb stones with handles fixed to the top.

The simplicity of the sport of curling is, at times, what makes it a source of amusement for many. However, the skill, tactical prowess and precision with which our brilliant women and men battled to Olympic gold and silver respectively provided the very best moments at Beijing 2022.

After defeating Sweden 12-11 in the semi-final, the women lived up to their 'favourites' tag by seeing off Japan in style in the final.

Led by the mercurial Eve Muirhead – who had experienced two previous semi-final defeats – the team crushed Japan 10-3 in the final on Sunday, February 20. Fellow victors Vicky Wright, Jen Dodds, Hailey Duff and Mili Smith have become first-time Olympic champions after the group

squeezed through the round-robin stage with five victories and four defeats.

That victory made up for the disappointment of the men losing their gold medal showdown with Sweden 24 hours earlier. The final had ended in a tense 4-4 draw, with the Swedes, led by the brilliant Niklas Edin, digging deep to see off a brave British effort from captain Bruce Mouat and his side.

Beijing 2022 will forever be an Olympics embroiled in scandal and controversy, with the doping scandal and extreme COVID-19 restrictions providing an uncomfortable backdrop to events, right up until the closing ceremony, in which a medal presentation featured a competitor previously suspended for taking a banned substance.

Thankfully, the feel-good factor provided by our curling teams will leave us with a positive reflection of the 2022 Winter Olympics, and hope for greater rewards in Italy in four years' time.

Photo credit: Xinhua/Shutterstock





# 5 essential oils that ease PMS

At best, period pains are a nuisance. At worst, they can be completely debilitating.

Whether you have already tried every over-the-counter treatment available or are looking for more natural relief, these essential oils promise to help combat cramps and beat the bloat.



**Lavender:** Lavender is one of our favourite essential oils for PMS as it offers multiple benefits. Its anti-inflammatory properties help to reduce inflammation of the surrounding blood vessels in your uterus, which in turn relaxes the muscles and reduces any discomfort. Plus, this aromatic herb is also said to alleviate premenstrual emotional symptoms.



**Rose:** A menstruation must-have, rose essential oil can treat cramps, fight fatigue and prevent nausea. It also acts as a natural laxative and can help to trigger menstruation, which is helpful if you suffer from irregular periods.



**Clove:** If you experience a lot of pain and discomfort at your time of the month, then

this is the essential oil for you. One of the most effective oils for alleviating menstrual pain, clove can also help to stop excessive bleeding and lower your blood pressure.



**Ylang-ylang:** Do you suffer from stress during your period? If yes, ylang-ylang can help you feel cooler, calmer and more collected. With the ability to soothe both your brain and your central nervous system, this essential oil can make it easier to deal with stress and period-induced anxiety.

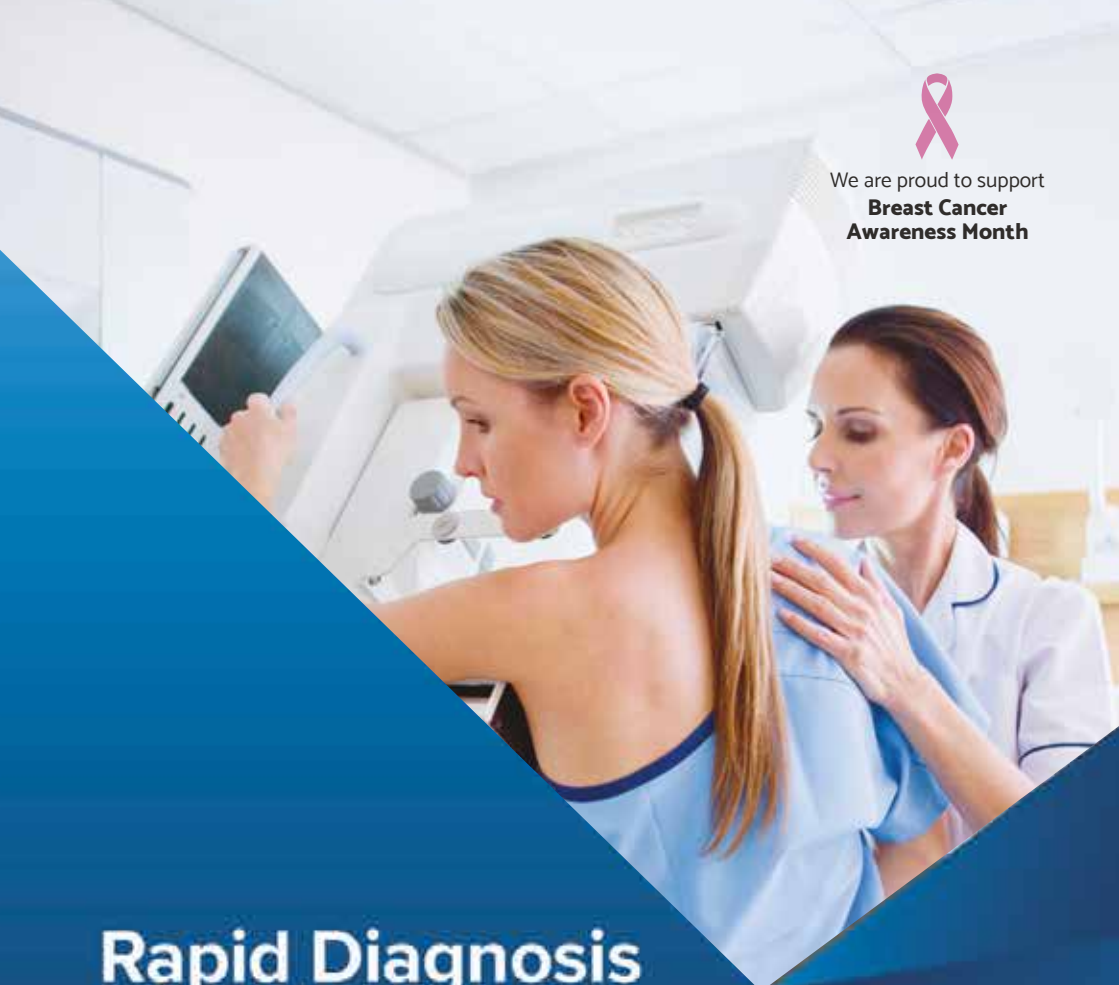


**Peppermint:** For those who need an energy boost, peppermint can give you the lift you need to get through your cycle. It's also great at relieving headaches and reducing inflammation.

- How to use essential oils**
- > Massage directly onto aching parts of your body
  - > Add a few drops to a warm bath
  - > Add food-grade essential oils to tea or baked goods.



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# SORRY FOR celery

THE UNFAIR WRAP THIS VIBRANT VEGETABLE GETS

If celery were an animal, it would be a black sheep. It's long, scrawny, feels like rubber, and resembles the world's smallest halfpipe. But worse than that, it gets labelled as the most useless of all vegetables; it's said that the exercise of eating a stick of celery actually uses up more energy than it provides in return.

However, it's not all bad. Celery is rich in vitamins – A, C and K respectively – which are good for boosting eye, bone, cartilage and even reproductive health, not to mention your immune system.

Then there are minerals such as potassium and folate, which will help you on your way to maintaining DNA health, fluid balance and muscle memory, as well as preserving nerve signals.

True, celery is an acquired taste, but its dark, rich, peppery flavour makes it a favourite for use in soups, stocks, stews, broths and more. It can add an edge to potatoes, gives a smoky aside to meats, and, of course, adds a nutty crunch to floppy salads.

Celery offers more than you think. The final proof – it's a major ingredient in everyone's favourite condiment, ketchup.

### *Celery and apple smoothie* (serves 2)

Smoothies are an excellent way to get more veg into your diet, and this celery and apple smoothie comes packed with sweetness and has a creaminess you may not expect.

#### Ingredients:

- > ½ cup celery (chopped)
- > One apple (peeled and chopped)
- > 1 or 2 cups of milk
- > A pinch of sugar

#### How to make:

1. Puree the celery and apple together with the milk in a blender
2. Add the sugar
3. Strain before pouring into glasses.

#### Top tips:

- > Use a sugar-free sweetener instead of sugar
- > For a creamy texture, add a dollop of Greek yogurt, half an avocado or a frozen banana.



FOOD & DRINK





# The secrets to a successful STIR FRY



Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

### 1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

### 2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

### 3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

### 4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat through. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

### 5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.

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# BRUCE KING

on the intricacies of time management

# TIME MANAGEMENT

- OBJECTIVE
- PRIORITY
- SCHEDULE
- REMINDER
- EFFICIENCY
- ALERTS
- CONTROL

In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

### 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](http://bruceking.co.uk)



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When buying your home, you may have come across the terms 'freehold' and 'leasehold'. These are the two main ways of owning property in England. But what do they mean when it comes to buying your home?

**WHAT IS FREEHOLD?**

Buying a freehold property means buying the home in its entirety. There is no time limit on a lease, and you're free to rent out the property if you wish. You will own the home and the land it sits on.

**WHAT IS LEASEHOLD?**

A leasehold property, meanwhile, has a different set of terms. With a leasehold, you'll have the right to occupy a property for a set amount of time. After the leasehold period is complete, you could either extend it or consider selling your property. A lease can be applied for more than 100 years, but it's important to check how long the lease has left when buying the property.

**FREEHOLD VS LEASEHOLD: WHICH SHOULD YOU CHOOSE?**

It's difficult to decide whether freehold or leasehold is better for your purchase. For properties like flats and apartments in city centres, these are typically

leasehold. Leasehold owners tend to be short-term buyers, or those looking for an investment property.

With a leasehold property, you may have to seek permission from the landowner before you make any changes to the property. Freeholders have free rein within planning permission limits.

The right choice will depend on your unique circumstances, but further research can help you find an option you're comfortable with to make owning your first home a reality.

**LEASEHOLD**

*What does it mean when buying your home?*







# Map that!

THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

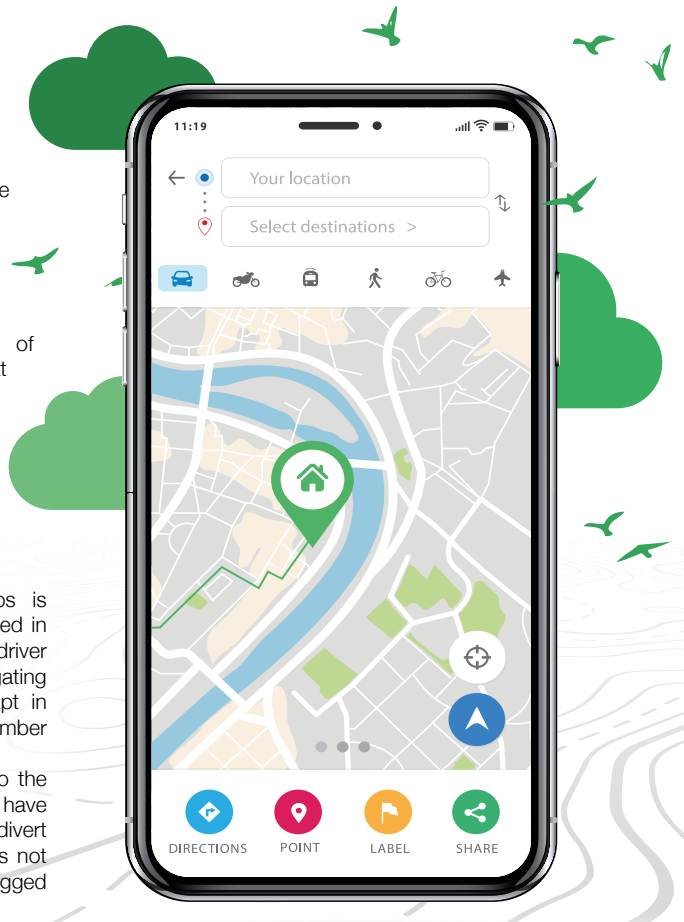
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.



locks, where would we be without them? They give us security and hopefully peace of mind knowing that our valuable possessions are being protected 24/7

We have keys for everything, front doors, back doors, patio doors, windows, sheds and garages to name but a few.

Of all the many keys that we have in our possession and that we use on a regular or occasional basis, do we just have one of each and rely on the fact that we will never mislay or lose any of them?

Well, I don't know about you, but I can assure you that many keys have been lost by my family at different times. When this happens, if we only had one key, it could present an expensive situation to remedy.

Sure, you can call out a locksmith and they will replace the lock and supply replacement keys, but it's not normally a cheap option.

Sometimes you can claim on your house insurance, but when it's the car keys that have gone missing then that can be a different matter.

What happens if you only have one car key and it stops working the immobiliser and entry system? You now have a car that is not useable, and you may not be able to unlock the car or release the steering lock to allow the car to be taken away to be repaired.

Having two working car keys should give you the peace of mind that you will hopefully never get yourself into that position, and this in turn will save you getting an expensive repair bill and being greatly inconvenienced.



By Mike and Stefan RALLYTEC

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