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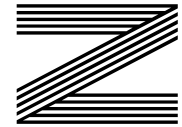
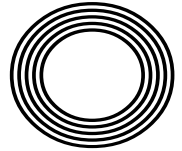
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**TAKING A DEEP DIVE**  
into Tom Daley's success

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BEFORE



AFTER



AFTER



BEFORE



AFTER





# Editor's notes...

APRIL 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu. It's fair to say we've all been shocked and saddened by events in Ukraine, as Putin's military offensive tears apart the lives of millions of innocent people.

It's difficult to see any silver lining in skies filled with the rain of artillery shelling, yet there is perhaps one, and it is significant in protecting us from the catastrophe of a full-on world war.

The answer is the digital age. In the past, wars were fought with tanks and guns, whereas we now live in an age where disincentives for conflict can be laid by freezing of funds, removal of services and banning of oligarchs.

Russia's army pursued Ukraine through bloody warfare, yet back in Russia, the everyday trades, services and liberties that were afforded their citizens are being squeezed.

It gives me hope that wars these days are about more than who has the biggest weaponry. We are so interconnected by the digital age, that threatening to flick a switch might be the most dynamic deterrent.

I can only hope that Putin realises quickly that while punishing the people of Ukraine, he is doing the very same thing to his own.

*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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# SEWING THE SEEDS OF SUCCESS



Photo credit: BBC and Comic Relief



## FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."



# STORM CHAOS

**STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING**

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email [nameourstorms@metoffice.gov.uk](mailto:nameourstorms@metoffice.gov.uk) with your own cute (or totally terrifying) choice.

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5 USES FOR

# SODA CRYSTALS



**C**heap and versatile, soda crystals can be used for so much more than just softening water or cleaning your washing machine. A powerhouse of a product, soda crystals will fast become your go-to cleaner for many common household tasks.

**1. TO UNBLOCK THE SINK** – If your plugholes become clogged with food waste, debris and grease, you are likely to experience unpleasant odours and slow-draining water. Rectify this by pouring one cup of soda crystals directly down the plughole, followed by a kettle of boiled water.

**2. TO CLEAN YOUR EXTRACTOR FILTER FAN** – If your extractor fan is covered in grease, this can be easily remedied with soda crystals. Create a strong solution using one cup of soda crystals and one pint of water, pour into a bowl, and let your filter soak for 10-15 minutes. Scrub any leftover residue using a sponge and then rinse.

**3. TO REMOVE ALGAE FROM PATIO OR DECKING** – Over the winter, your outdoor patio or decking may have succumbed to algae and moss. To get it looking new again, create a regular solution of soda crystals using ½ cup of crystals and one pint of water and pour over the surface. Leave to sit for an hour, scrub with a firm bristle brush and rinse with a hose.

**4. TO RESTORE CARPETS AND RUGS** – Soda crystals are the perfect cleaning solution for dull and faded carpets or rugs. All you need to do is sprinkle an even layer of soda crystals over the area and leave for a few minutes. Then apply your normal carpet cleaner to finish.

**5. TO SOFTEN TOWELS** – Crunchy towels are the worst, but fortunately, this problem can be easily solved by soaking them in a regular solution of soda crystals – mix ½ cup of soda crystals and one pint of warm water. Leave for one hour then rinse.





HOME & DIY

# NICK OF TIME



## NICK KNOWLES CELEBRATES 30 YEARS ON OUR SCREENS

When Nick Knowles said an emotional farewell to his *DIY SOS* show at the end of 2021, it brought the curtain down on an impressive period of renovating, refreshing and reviving people's living spaces.

It's a shame the 59 year old's tenure ended in such acrimonious fashion – the presenter was unceremoniously binned after appearing in an advert for Shreddies. In mimicking his role in *DIY SOS*, he had broken a BBC contract rule, and the axe fell. Comedian Rhod Gilbert replaced Knowles, who has since not been short of offers for new work. So it appears that life – and home improvements – continue.

Knowles got his break in television back in the early 1990s as a reporter on nightly news show *Coast to Coast*, which aired on TVS, the precursor to ITV Meridian.

From 1994, he presented a motorcycle programme called *Ridge Riders* for eight years, before the BBC saw Knowles' potential and

matched him up with Lowri Turner for a new-launch DIY show that would ride on the coattails of the hugely successful *Changing Rooms*.

The format of *DIY SOS* was fast-paced and usually leant on solving property issues for those in need of help, rather than people simply wanting a change of decor.

The success of *DIY SOS* led Knowles into daytime shows such as *Real Rescues*, *Wildest Dreams* and *Last Choir Standing*. However, it was becoming a game show host, notably through the lottery programme, that shaped the charismatic Southall-born frontman. *Who Dares Wins*, *Secret Fortune*, *Perfection* and *Break the Safe* guided him to star presenter status, and the inevitable *I'm A Celebrity* invitation. He subsequently finished sixth in the 2018 show, which was won by Harry Redknapp.

As for what comes next, Knowles's *Heritage Rescue* show on Quest looks at historic buildings in need of restoration – proof that there's always another DIY project lurking just around the corner.

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# WALK-IN SHOWER vs



# WET ROOM



**W**alk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

### WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

### WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

### WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

### WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

### WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.

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# PAINT BY NUMBERS



HOME & DIY

## HOW TO CALCULATE HOW MUCH PAINT YOU NEED WHEN DECORATING

Painting is one of the easiest DIY jobs you can do around the house. There's not much skill involved, materials are cheap, and it's easy to do once you get the time.

But one thing that frustrates DIY painters is not knowing how much paint is enough for their project. This leads to repeat visits to the decorating supplier, delays to your job, and frustration.

We're here to help you work out how much paint you need for your next project. Take a look at this simple guide for our top tips.

**MEASURE YOUR SPACE:** Knowing your figures will make the process of buying paint much simpler. Multiply the height and width of your walls to give you a square metre measurement to work with.

**CONSIDER HOW MANY COATS YOU NEED:** The number of coats you will need will depend on the type of paint you use. Some paints may only need one coat, but the majority will need two or three coats to achieve the desired look.

**MAKE YOUR CALCULATION:** Your paint tin should tell you how much coverage per square

metre it provides.

Divide the square metre number for your space by the suggested coverage amount on the tin, to work out how many tins you'll need.

For example: If you're painting a wall that's 10mx2m (20m<sup>2</sup>), and a 5-litre tin of paint covers 10m<sup>2</sup>, you'll need two tins of paint. Et voilà, it's that simple.

**SOME QUICK AND HANDY TIPS:** These tips can provide you with a rough guide for calculating paint for different spaces:

- > 1 litre of paint will cover a feature wall (approx 2.5m<sup>2</sup>)
- > 2.5 litres of paint will paint an entire small room (approx 2mx2m)
- > 5 litres of paint will paint an entire medium room (approx 4mx4m)

This is for two coats of paint, for a standard wall height of 2.4m.

Knowing how much paint you need will help you get started on your projects, help you save money, and avoid the frustration of having too little or too much paint.



HOME & DIY

# 3 REMOVAL REMEDIES FOR BLACK MOULD

**B**lack mould is a common, yet nasty, household problem that no homeowner likes to face. However, there are remedies that promise to eradicate all signs of this troublesome tarnish.

**BAKING SODA:** If you want a natural remedy to remove black mould from your home, then a little baking soda is all you need. Used for generations to banish black mould, baking soda has a pH level of around 8-8.1, which is too high to allow mould to thrive.

**HOW TO MAKE AND APPLY A BAKING SODA SOLUTION:**  
Add ¼ tsp of baking soda to 2 cups of water | Pour into a spray bottle | Liberally spray the affected area and scrub thoroughly with a brush | Rinse with cold water | Treat again to prevent the mould from returning.

**VINEGAR:** Another natural remedy, vinegar is acidic, with a pH of around 2.5, which means it can attack the structure of mould and actively break it down.

**HOW TO APPLY VINEGAR:**  
Pour undiluted vinegar into a spray bottle | Spray directly onto the affected area | Leave for 15 minutes | Spray again and wait a further 15 minutes | Wipe clean with a damp rag.

**BLEACH:** Known for its ability to kill practically everything in its path, bleach is a powerful cleaner that can effectively get rid of black mould on non-porous surfaces such as tiles and sinks. The only problem with using bleach is that you need to be aware of the bleach fumes. Make sure you wear rubber gloves and a faceguard before you start cleaning.

**HOW TO MAKE AND APPLY A BLEACH SOLUTION:**  
Mix one part bleach with four parts water | Pour onto the affected area and gently scrub with a damp cloth | Once finished, dry the area with a soft cloth.

**OUR TOP TIPS FOR PREVENTING BLACK MOULD:** Invest in a dehumidifier | Keep kitchens and bathrooms well ventilated | Tackle leaks as soon as they appear | Spread out towels and shower curtains to dry.



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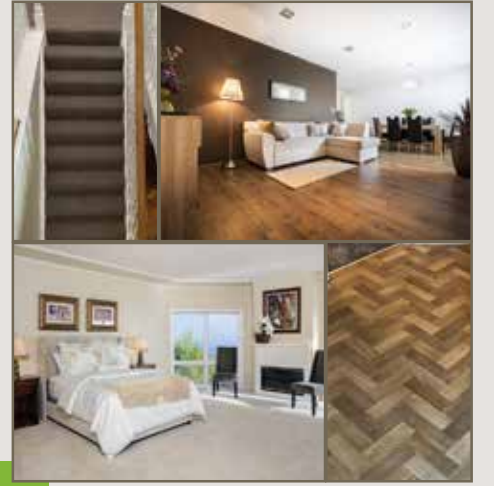
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# BERBER BASICS



Are you looking to install some new carpet in your home? While some consider it to be outdated, Berber carpet is experiencing something of a revival owing to its durability and the development of new patterns and designs.

Traditionally, Berber carpet is lightly coloured and features dark flecks that are either brown or grey. Essentially, Berber is a looped-style carpet that is designed for use in high-traffic areas of the home, such as the hallway and stairs.

## REASONS TO CHOOSE BERBER CARPET

> **Durability:** Berber carpet is one of the most durable types of carpet on the market and should not become torn, even when exposed to heavy footfall. In fact, if installed properly, a Berber carpet should easily last you a decade.

> **Resistant to spills:** One of the main reasons why people choose not to lay carpet in their homes is because this type of flooring is known for absorbing water. However, Berber carpet is considered to be spill-resistant, making it a good option for those with young families.

> **Affordable:** Another big plus point, Berber carpet comes in a variety of different types, with options to suit all budgets. If you don't have much to spend, opt for olefin or polyester Berber carpets, or, for those who don't mind splashing the cash, wool offers a touch of luxury.

## REASONS TO AVOID BERBER CARPET

> **Prone to snagging:** Although designed to last, Berber carpets are prone to snagging owing to their looped nature. Even if only one loop becomes snagged, you need to repair this immediately or risk the whole carpet coming apart.

> **Not good for pets:** As Berber carpets are easily snagged, pets can cause havoc with this style of carpet. Cats, in particular, are attracted to the roughness of this carpet and may use it as their new scratching post.



HOME & DIY

Photo credits: Carpetright.co.uk, buycarpet.co.uk, dolphincarpets.com



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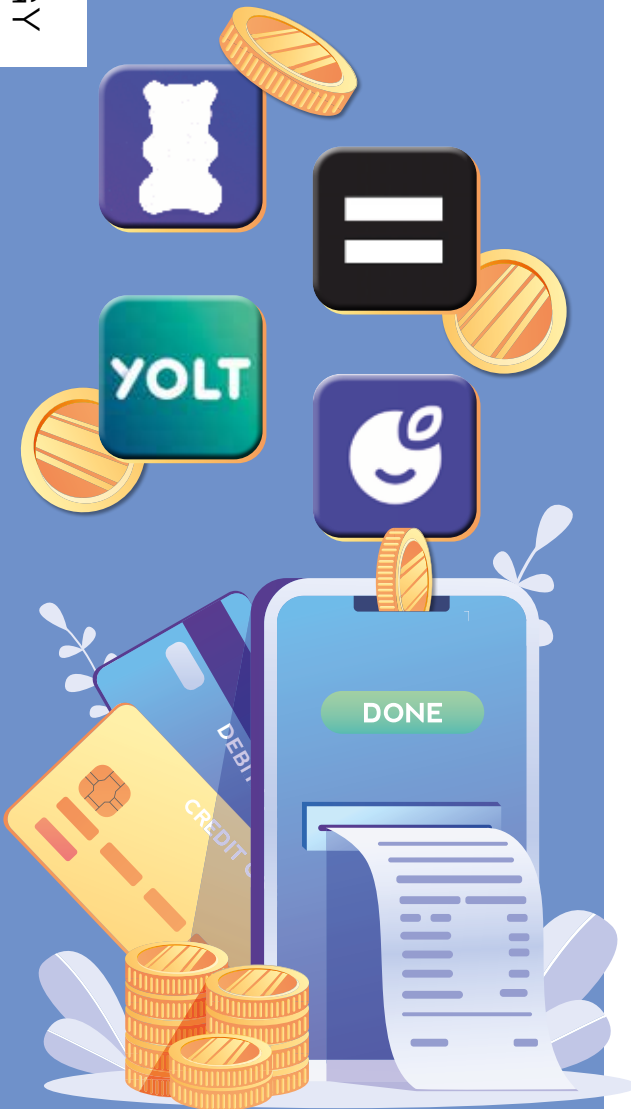
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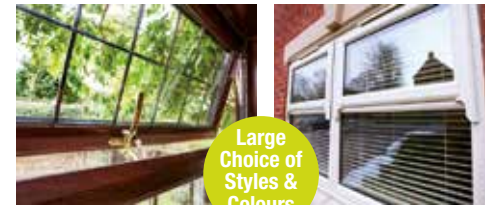
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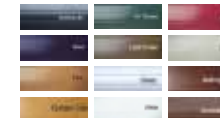
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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS

Photo credit: Essex County Council



## Hamburger roundabout preferred option for gateway

Proposals to transform the Army and Navy junction in Chelmsford took another step forward after Essex County Council (ECC) approved a preferred layout option.

Residents were invited to have their say on plans to redesign the junction as part of a proposed Army and Navy Sustainable Transport Package during a public consultation last year.

The consultation focused on two junction options – the hamburger roundabout and separate T-junctions – together with proposed Park and Ride and walking and cycling improvements.

In December 2021, the Army and Navy Task Force – made up of members of ECC, Chelmsford City Council and Great Baddow Parish Council, as well as Vicky Ford, MP for Chelmsford – endorsed the hamburger roundabout as the preferred option. A formal decision was made by ECC's cabinet last month.

Councillor Lesley Wagland OBE, ECC's cabinet member for economic renewal, infrastructure and planning, said: "The Army and Navy Sustainable Transport Package is an unmissable opportunity to

improve journeys for everyone, to provide better options for people to travel and to encourage safer, greener and healthier ways of getting around Chelmsford.

"There is a lot of work still to be done, but these are very important milestones in securing government funding."

Vicky Ford MP said: "This is another important step forward in delivering a new junction at the Army and Navy, and expanding the Park and Ride will give people more choices on how they travel into Chelmsford."

Councillor Stephen Robinson, Leader of Chelmsford City Council, said: "The city council is pleased that the Army and Navy project is moving to the next stage.

"The city council believes that it is vital that the project addresses traffic issues and sustainable transport connections across Chelmsford, not just at this junction."

An outline business case for the revised £67million Army and Navy Sustainable Transport Package will be submitted to the Department for Transport this summer, with a planning application expected in 2023 and construction scheduled to start in winter 2024.



# Hospice ball raises more than £25k on 40th birthday

As part of its 40th birthday celebrations, a Chelmsford hospice held a spring ball last month which raised £25,500.

Farleigh Hospice teamed up with Sarah Glew to organise a spring ball in celebration of the life of her late husband, Andy, and to celebrate the hospice's 40th anniversary.

The black tie event took place at Braxted Park and featured dinner, dancing, an auction and a raffle to raise money for the hospice.

Debbie de Boltz, fundraising manager at Farleigh

Hospice, said: "The Glew family have been dedicated fundraisers for us for some time now, and we are so thankful to them for their continued generosity. Andy was a remarkable man, and the spring ball was the perfect way to celebrate his life. We are thrilled that Sarah approached us to make it a joint celebration of our 40th birthday."

Sarah said: "The evening allowed all of Andy's family and friends to finally come together to remember him and was a great opportunity for us to continue our ongoing fundraising for the hospice."

# Five dogs rescued from accidental house fire

Firefighters rescued five dogs from a house fire in Chelmsford last month. Crews were called to a property in Upper Bridge Road after a neighbour heard dogs barking and a smoke alarm going off. The two people who lived at the property were not at home at the time.

On arrival, firefighters found a fire in the bedroom. Crews used specialist ventilation and searched for the dogs, who were all found safe.

There was extensive damage to the bedroom and smoke damage to the rest of the property.

The cause of the fire is thought to have been an issue with a four-way extension lead used in the bedroom.

A spokesperson for Essex County Fire & Rescue Service said: "Please follow our electrical safety advice. Make sure the outer covering of all power leads is in good condition. Replace frayed or damaged cables or leads.

"Don't badly position them. They shouldn't be anywhere that they could be tripped over, or near water, cookers or other sources of heat.

"Never run them under rugs or carpets where they can wear through without anyone noticing. Position them elsewhere."



Photo credit: Google Maps

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# VICKY FORD MP

Member of Parliament for Chelmsford



LOCAL NEWS

Russia's continuing brutality in Ukraine is hugely distressing and concerning for us all.

In the middle of March, the government launched the Local Sponsorship Scheme for Ukraine, which allows you to sponsor a Ukrainian who does not have family in the UK. The government will match you or your charity, business or community group to a Ukrainian so they can come to the UK. Sponsors who provide a home or a spare room rent-free for six months or longer will receive £350 per month. There has been an incredible response from the British people. If you do know of anyone in Chelmsford whose family requires my assistance, please do ask them to contact me directly at vicky.ford.mp@parliament.uk

Essex County Council has some helpful up-to-date information on its website at [www.essex.gov.uk/news/essex-stands-with-ukraine-what-you-can-do-to-help](http://www.essex.gov.uk/news/essex-stands-with-ukraine-what-you-can-do-to-help) about how local residents and businesses can help

Ukrainian people. There is also information on sources of advice and guidance.

As part of my work in the Foreign Office, I have been spending a great deal of time travelling and working on reinforcing the overseas support for the condemnation of Russia's actions. I write a weekly summary of what I have been doing, so if you would like to know more about this work, you can read the update on my website.

Locally, I would like to thank all those involved with the recent operation by Essex Police to tackle county lines. As part of a national week of action aimed at disrupting county lines drug gangs in Essex, specialist officers made 49 arrests and seized almost £100,000 in cash, 300g of class A drugs and more than 1,100 prepared wraps of cocaine.

I wish you and all your loved ones a peaceful Easter.



Photo credit: Ruby Ward @heartoflondon



Photo credit: Google Maps

## Man charged for drug offences

A Chelmsford man has been charged as part of an investigation into the supply of class A drugs.

Officers executed a warrant off Rothbury Road, in Chelmsford, shortly before 6am on March 22.

During a search, they found a significant amount of cash as well as what is believed to be a significant amount of class A drugs.

As part of the investigation, Erik Vig, 25, of Exmoor

Close, Chelmsford, has been charged with possession with intent to supply crack cocaine, possession with intent to supply heroin, being concerned in the supply of crack cocaine, being concerned in the supply of heroin, and possession of criminal property.

He appeared at Colchester Magistrates' Court on March 23 and is due to appear at Chelmsford Crown Court on April 20.



# TIME TO RECLAIM YOUR LOFT SPACE

## Woman with rare disease aims to raise awareness

A registered blind and partly deaf woman from Chelmsford who operates a local business is aiming to raise awareness of her condition.

It took 20 years for Gemma Seyfang (pictured left) to be diagnosed with Pompe Disease, a rare condition that affects the muscles, lungs and heart.

The 37 year old was diagnosed in August 2016, but she first began suffering symptoms in 1997 when she struggled to stand up after falling on a ski slope.

Gemma said: "Getting diagnosed is extremely difficult because doctors are not normally aware of this rare disease.

"Being diagnosed as early on as possible is vital because then you can start treatment and slow the progression of the muscle weakness down.

Remember to listen to your body and if something doesn't seem right, get it checked out."

Speaking on her diagnosis, Gemma said: "I was relieved that I had a reason for thinking I was super unfit, struggling to attend gym classes or climb stairs.

"I was also very grateful that my disease had a treatment option, as many rare diseases don't have any treatment options at all.

"On the other hand, I made a mistake by using a search engine to find out what Pompe Disease is. It felt very scary and lonely at the time."

Gemma has also been diagnosed with Usher Syndrome, a form of deaf blindness.

Gemma runs her dad's business, CCS Windscreens Ltd, which has been based in the city since 1977.

## Tricky season concludes for football club

Another season has come to a close for Chelmer Wanderers, who conclude the 2021/22 season in 9th place of the Pope & Smith Division 2 League.

It was always going to be a season of ups and downs for the newly gelled squad, but overall they can be

more than proud to have steadied the ship among a flurry of wholesale changes.

Two results that speak a thousand words are the first and last games of the season, both of which were against high-flyers Hatfield Peverel. In the first fixture, Chelmer were more than well beaten, with the score line ending a shocking 9-0 in Hatfield's favour. But, with hard work and a dedication to improve results, the two teams faced each other again in Chelmer's final game of the season in March, with the hosts sealing a well-earned 1-1 draw.

With the season over, the players now have a chance to rest and recover ahead of what looks to be an exciting upcoming year in Division 3, where Wanderers will be vying to bounce straight back up with automatic promotion.



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LOCAL NEWS

# New project to guide vulnerable young people

A man who turned to a life of crime after growing up without positive role models has set up a project in Chelmsford to give other young people the chance of a bright future.

Gavin McKenna (pictured top left) grew up in London without a stable home life or people to guide him.

Now a husband and father, Gavin is sharing his story to discourage others from turning to a life of crime. He has also set up the Building Lives Project to support vulnerable young people at risk of crime, serious violence and criminal exploitation.

The project offers one-to-one mentoring sessions and life skills coaching from its new hub, The Base, in Chelmsford.

Gavin said: "I didn't go to prison, but the only consistent in my life was the police. Before that, there had never been any care for me as a vulnerable child."

The Police, Fire and Crime Commissioner for Essex, Roger Hirst, contributed £9,875 to the Building Lives Project in the form of a crime and disorder reduction grant from the 2020/21 Community Safety Development Fund.

Talking about the grant funding, Gavin added: "It has made a major difference. Without this funding, we would not have the building. Without the building, there is nothing to offer.

"Young people now know they have a safe space to come to. It has changed many lives already."

Roger Hirst (pictured right) said: "Investing in projects like this is a great way of keeping our young people away from crime by intervening early to help steer them towards a successful life course. The Building Lives Project does important work in Chelmsford and I am pleased to be able to support it."

# Charity to celebrate milestone anniversary

An event to jointly celebrate the 40th anniversary of a Chelmsford charity and the Queen's Platinum Jubilee will take place this summer.

The Picnic in the Park event will mark the 40th anniversary of u3a as well as the Queen's 70th year on the throne. The event will take place from 12pm

to 4pm on Wednesday, June 1, at the Galleywood Heritage Centre in Chelmsford.

Chelmsford u3a is part of the national u3a charitable organisation, which has more than 430,000 members and provides the opportunity for those no longer in work to come together and learn for fun.



Photo credit: Chelmsford City Council

# Plans for sports centre to have £1.46m refurbishment

Councillors have approved plans to refurbish one of Chelmsford City Council's (CCC) leisure centres.

Dovedale Sports Centre, in the Old Moulsham area, is scheduled for a £1.46million revamp next year to improve its dated facilities.

The centre is run jointly by CCC and Chelmsford College, which will also contribute to the overall cost of the project.

The works will modernise Dovedale within the centre's existing footprint, with steps also being taken to make the building more energy efficient. The whole centre, including the multi-use sports hall, will be refurbished and new gym equipment will be provided.

The planned upgrades include a larger, fully accessible fitness room, additional fitness studio, new multi-purpose room for a range of different activities, upgraded entrance and reception area, and improvements to the showers and changing rooms.

Councillor Rose Moore, CCC's cabinet member for Greener and Safer Chelmsford, said the responses to a recent public consultation on the plans will help to create a facility to better serve the community.

She said: "Thank you to the hundreds of people who sent us their thoughts. Your information will help us to deliver a centre with a wider range of activities, better accessibility and an improved customer experience."

## Programme helps domestic abuse survivors

A programme is helping domestic abuse survivors, including those in Chelmsford, to improve their wellbeing through a connection with the outdoors.

The 10-week Blossom Programme supports women and children to positively change their lives by spending time in nature.

The Police, Fire and Crime Commissioner for Essex, Roger Hirst, contributed £14,820 to the Wilderness Foundation in the form of a crime and disorder reduction grant from the 2019/20 Community Safety Development Fund. The money covered the cost of research and the resulting Blossom Programme.

Carla (not her real name), from Chelmsford, was in an abusive relationship for more than four years.

She said: "I did not feel safe in my own home; the Blossom Programme was a lifeline for me."

As part of the programme, she would meet with other women every week and share her story, while learning about trauma and taking part in group outdoor activities.

She said: "Blossom provided me with a supportive environment where I could go and meet with women who had been through similar things. It was a safe space where I could gather my thoughts."

To find out more, visit [wildernessfoundation.org.uk/](http://wildernessfoundation.org.uk/) domestic-violence-recovery

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## Relax, unwind and find peace

Tickets are now on sale for the Mind, Body, Spirit & Wellbeing Festival at Chelmsford City Racecourse on 21-22nd May 2022

Join the fast-growing Mind, Body & Spirit Festival community across Essex and Suffolk for the fourth Life Arts event at Chelmsford City Racecourse. Purchase your tickets in advance at [www.lifearts.co.uk](http://www.lifearts.co.uk) or on the door when you arrive.



**Chris Cozens** Festival organiser, Chris Cozens, explains the inspiration behind Life Arts Mind, Body & Spirit Festivals; "As our lives have become increasingly busy and pressurised, we all need to find new ways to destress and to unwind. We offer people the space and time to relax and find peace within their increasingly busy lives". Be good to yourself this year. Join us at Chelmsford City Racecourse for the Mind, Body, Spirit & Wellbeing Festival 2022. You'll also be helping to raise money for Helen Rollason Cancer Charity.'

### Making time to relax and unwind

When we make time to relax and unwind, we start to look and feel differently. We become more accepting of ourselves and more patient and understanding with others. We start to notice the synchronicities in our lives. The impossible often becomes possible. We also listen to our hearts and make choices that better support our health and wellbeing.

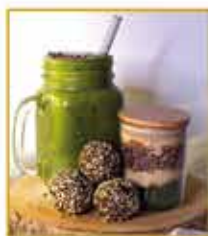


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  - Voice-Vibration Sound & Crystal Bowl Sound
  - Mediumship Demonstration - both days

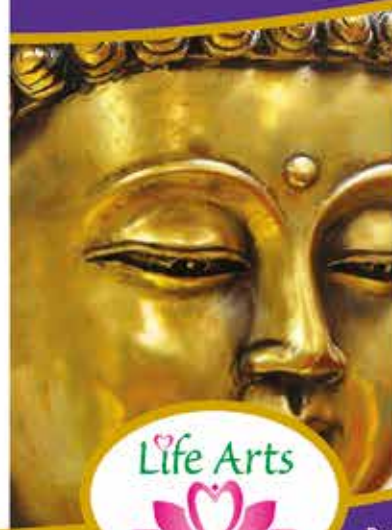
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# OUT OF THE BROOM CUPBOARD... *and onto centre stage*

## CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning's* steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dying his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.

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# Reaching for REPTILES

THE REPTILES THAT MAKE GREAT PETS... AND THOSE THAT DON'T



The lure of sharing time and space with reptiles links us back to a rugged and prehistoric past – after all, these creatures date right the way back to when dinosaurs were roaming the planet. An acquired taste, certainly, reptiles can be great pets, are largely self-sufficient, and act as a constant source of wonder for kids and adults alike.



**Bearded dragons**  
 A dragon by name, but in truth more of a lizard, this gentle creature isn't the most sociable of its kind, but enjoys being handled nonetheless. They have a varied diet, including vegetables, crickets and worms, and can live for more than a decade.



**Leopard geckos**  
 Leopard geckos can live twice as long as the bearded dragon and are nocturnal, so will stress if not allowed time to relax in dark spaces. You'll need to ensure they have cover in their terrarium, and keeping two males together is a strict no-no as they are known to fight.

**Box turtles**  
 Box turtles may look cute, but they are a lifelong commitment and can live for more than 40 years. This pet is not suitable for kids – despite their sluggish demeanour, the turtle has complex care requirements, can suffer from anxiety, and requires cleaning out each week.



**Chameleons**  
 We know chameleons are ever-changing, ever-evolving creatures, and that extends right the way through to liking different temperatures at different times of the day, so as maintenance goes, they require more than most. Factor in a need for good ventilation and natural sunlight, and a preference for living in trees, and it all points to this being a tricky reptile to maintain unless you can ensure plenty of foliage and a clean, non-toxic surrounding.



# PUZZLES & TRIVIA

PUZZLES

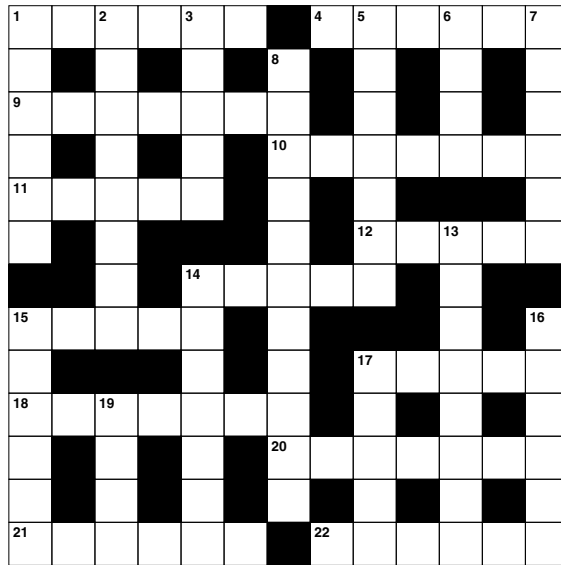
Answers: see end of The VISION Listings

### ACROSS

- 1. Creative act (6)
- 4. Pertaining to vinegar (6)
- 9. Nerve impulses (7)
- 10. Not solid or liquid (7)
- 11. Send money in payment (5)
- 12. Country in North East Africa (5)
- 14. Loathe (5)
- 15. Sense of seeing (5)
- 17. Wrong (5)
- 18. Light shoes (7)
- 20. Prior (7)
- 21. Enjoy greatly (6)
- 22. Large eel (6)

### DOWN

- 1. Wish for (6)
- 2. Propelling the body through water (8)
- 3. Haggard (5)
- 5. Small mat (7)
- 6. A group of three (4)
- 7. Form-fitting garment (6)
- 8. Sea beacons (11)
- 13. Giving way under pressure (8)



- 14. Reaches (7)
- 15. Female sibling (6)
- 16. Listener (6)
- 17. Refrain from (5)
- 19. Invalid (4)

### DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

### SUDOKU

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

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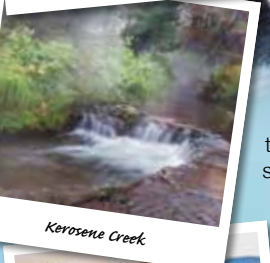
# Guide to the best hot springs in the world



Pamukkale Thermal Pools



Banjar Hot Springs



Kerosene Creek



Cascade del Mulino

While many of us enjoy a soak in a hot tub during a getaway, there's nothing better than the natural version – a hot spring. This is a naturally occurring phenomenon where water is heated from the Earth's crust. Some of the world's most popular travel destinations are home to some incredible hot springs, and are a must to experience during your visit. Check out our guide to the best hot springs in the world.

**Blue Lagoon Geothermal Spa, Iceland:** One of the most famous hot springs in the world, more than 4,000 people visit Blue Lagoon every day. The beautiful blue water, alongside the idyllic mountain scenery, provides the perfect spot for relaxation. With 38°C temperatures and an on-site spa, a visit to Iceland isn't complete without a visit to Blue Lagoon.

**Pamukkale Thermal Pools, Turkey:** Pamukkale Natural Park is a UNESCO World Heritage Site and home to a dozen thermal springs. It's a picture-perfect setting with beautiful blue water set against white limestone – ideal for relaxing in the Turkish sun. The Egyptian Queen Cleopatra is known to have visited the Pamukkale pools.

**Banjar Hot Springs, Bali:** The Banjar Hot Springs provide a stunning setting across two levels and offer complete relaxation. There is even a family pool, providing something for everyone in this wonderful part of Indonesia.

**Kerosene Creek, New Zealand:** New Zealand provides so many amazing experiences, and Kerosene Creek doesn't disappoint. Set deep within the Rotorua forest, spending time relaxing in this striking hot spring is an experience you won't forget.

**Cascade del Mulino, Italy:** One of Tuscany's most popular spots, the Cascade del Mulino is open 24 hours a day, allowing guests to experience its beauty at all times of the day and night. The limestone pools are magnificent, and it's a great place to unwind after a day exploring the sights of Tuscany.

With incredible hot springs located all over the world, will you visit one on your next adventure?

Photo credit: Unsplash under Creative Commons/af-stelidon

## Hella, old friend

Sometimes the most nourishing time is spent visiting the familiar. Seeing friendly faces, igniting feelings of nostalgia and returning to the sights and smells you love is often the best antidote to discontent.

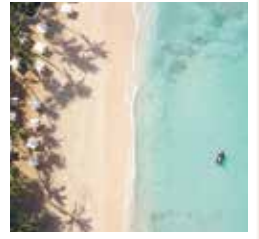


Dan Salmon, Owner

With all UK travel restrictions now removed, travellers can feel more confident about booking that much-needed holiday and here you'll find my Top Three locations that are coming out on top, but do contact me for many more.

### FAIRMONT ROYAL PAVILION, BARBADOS...

It's near impossible to find a greater beach-side location on the west shore of Barbados than at this legendary hotel. Evoking the feeling of being privileged guests in a private home, it's no surprise that the charm of this enchanting retreat keeps regulars returning year after year.



### GRAND HOTEL TREMEZZO, LAKE COMO, ITALY...

If you've ever wondered what it's like to feel nobility, this is the place. Prepare for full-on luxury at every turn in this wonderfully over the top property. Even when it comes to simply



taking a dip, you can flit between three different options including a classic lakeside lido inspired by the Belle Epoque era.



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# TITANIC'S WATERY

*Grave Remains*

**SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED**

April 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York. It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

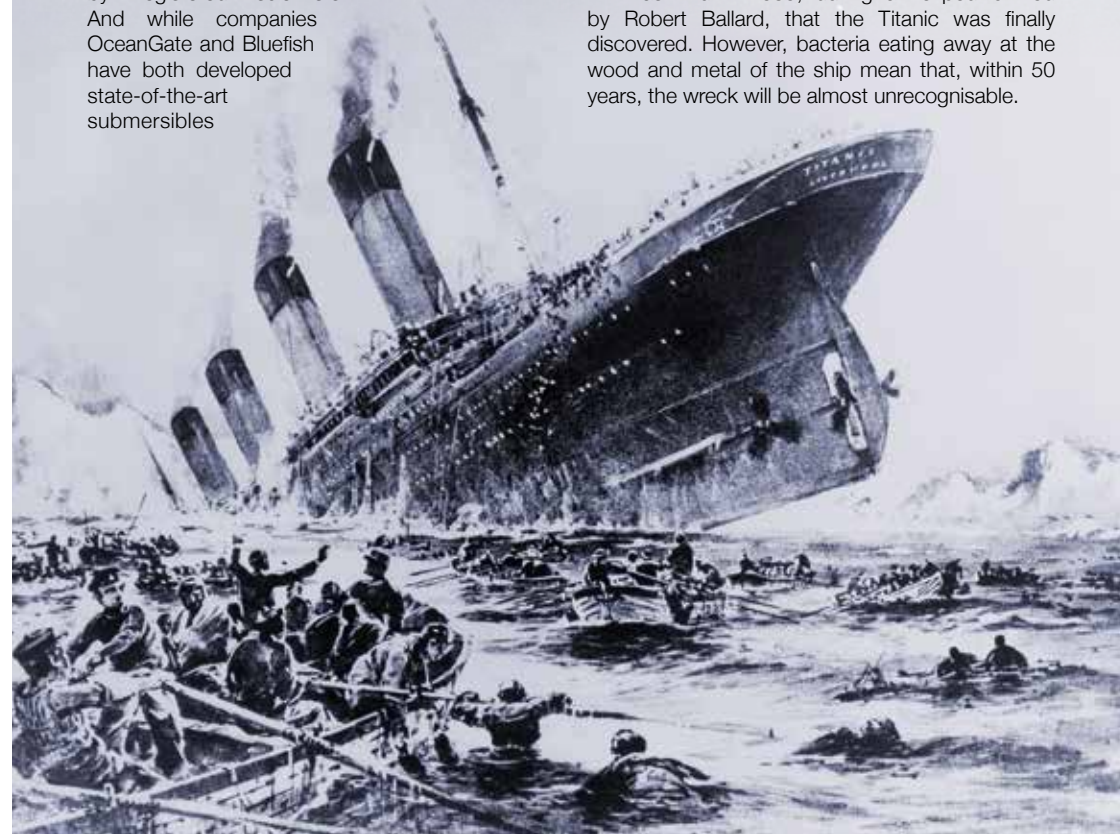
The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists.

And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.





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When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these

values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of supporting the local community by providing a service that saves the public money.

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

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# CONTAIN YOURSELF

Five ways to master container gardening, for maximum effect

**C**ontainer gardening is pretty much what it sounds like – the display of plants, flowers and herbs in containers.

Gardening this way offers variety, flexibility and a great deal more control than placing plants in flowerbeds or around borders. To get it right, you need to abide by a few simple rules.

**ONE:**  
*Location location location*

The ability for your plants to flourish will almost certainly depend on location. Around six hours of sunlight a day and a south-facing position will offer them the best chance to make something of themselves.

**TWO:**  
*Choose your container wisely*

While containers come in all shapes and sizes and cater for various budgets, the golden rule is to allow adequate room for your plants to grow, and to ensure there is adequate drainage in the bottom.

**THREE:**  
*Heavily soiled*

You can pick up a bag of high-nutrient, moisture-retaining, airy soil at the garden centre for less than the price of a glass of wine, and it will be considerably better for your plants than standard garden soil.

**FOUR:**  
*Water lovely plant*

Try to water plants every morning to allow them to flourish during the day. Watering in strong sunlight runs the risk of leaves being singed. Positioning containers next to a natural water source will help as well.

**FIVE:**  
*Feed greed*

Adding nutrients, slow-release fertilisers and liquid feed to your watering can – or even directly to the container – will give your soil and your plant a perfect boost each day, as well as helping it to fend off any nasties.



Photo credit: idealhome.co.uk

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# Create your own OUTDOOR KITCHEN

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space. Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends.

Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends. Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

**MEASURE YOUR SPACE:** You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

**FIND THE RIGHT APPLIANCES:** Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

**GET YOUR CONNECTIONS IN PLACE:** You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

**BUILD A SHELTER TO COVER ALL WEATHER:** A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

**MAKE SURE YOU'VE GOT ENOUGH STORAGE:** Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.



Photo credit: [Giglio.via.housebeautiful.com](http://Giglio.via.housebeautiful.com), [Morsol.randrom.Consultants/kea.via.idealhome.co.uk](http://Morsol.randrom.Consultants/kea.via.idealhome.co.uk)



**PLANTS THAT STAVE OFF SLUGS AND SNAILS**

Are you being driven to distraction by slugs and snails in your garden? If the answer is yes, then a few well-placed plants are just the solution you have been seeking.

**FERNS:** Ferns are low-maintenance, hardy, and make an attractive addition to any sized garden. Plus, they are way down on the list of the favourite foods of slugs and snails as their thick leaves are hard to chew. Plant in a moist, well-drained spot for optimum results.

**HYDRANGEAS:** Instantly recognisable by their pretty pink, blue and white flowers, hydrangeas may appear beautiful to us, but, fortunately, this is not the case for slugs and snails. With the ability to create the ultimate barrier against these slimy creatures, hydrangeas thrive in moist, well-drained spots with some shade.

**LAVENDER:** While this sweet-smelling herb does attract the attention of bees, its strong fragrance is off-putting for slugs and snails. Place lavender strategically around your garden to help protect your other plants from the destructive habits of gastropods.

**GERANIUMS:** Geraniums are not an attractive option for slugs and snails as travelling across their hairy stems and leaves is too uncomfortable. There are more than 300 species of geraniums, so you are guaranteed to find one that complements your garden.

**FOXGLOVES:** Foxgloves can be perennial or biennial and produce stunning bell-shaped flowers that sit on long, swaying stems. Toxic when eaten by slugs and snails, as well as humans, foxgloves look lovely in borders around your garden.

**OTHER WAYS TO DISCOURAGE SLUGS AND SNAILS**

- > Create barriers with crushed eggshells, pine needles or thorny cuttings
- > Remove slug shelters such as bricks and large logs
- > Lay down copper tape around your plants
- > Sprinkle a little salt on your most valuable plants.



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SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

# THE GREAT Dame

Each month, we look at one of the most significant events in British sporting history. This month, it's Dame Kelly Holmes DBE and her double Olympic gold



It's possible to strive for so long for something that you imagine it may never arrive, and that's certainly true in the case of Dame Kelly Holmes DBE.

An athlete who turned professional in 1993, she initially enjoyed a number of successes, including winning the 1,500m title at the Commonwealth Games in 1994.

Injuries – notably stress fractures – marred the years that followed, and while interspersing her time on the sidelines with silver and bronze medals, Holmes believed she may never return to gold medal contention.

"It was always silvers and bronzes," she says. "I was proud to be picking up World Championship medals, and of course my first Olympic medal – the 800m bronze in Sydney in 2000 – was wonderful. But I was never close enough to think I could move myself up."

At the Athens Olympics in 2004, Holmes, by then 34, was in the heyday of her career. Her form

going into the 800m and 1,500m events had been good – she'd scored her first major gold in five years at the Commonwealth Games in 2002, with three silvers the following year.

And, sure enough, everything clicked in Athens. For once injury-free, she powered past rival Maria de Lurdes Mutola on the final bend in the 800m to take a gold medal in a victory celebrated up and down the country. She had only decided to enter the race five days previously.

Her specialist event, the 1,500m, proved another dream race. She ran from the back of the field, advanced, and this time held off World Champion Tatyana Tomashova of Russia on the home straight, setting a new British record in the process.

Holmes had become only the third woman in Olympic history to do 'the double', and, to prove it was no fluke, won gold at the IAAF World Athletics Final later in the year, before hanging up her spikes.

A true people's champion, Dame Kelly now undertakes fantastic work as an athletics and mental health ambassador.

Photo credit: sipa/Shutterstock

# 60 Celebrating 60 years local trading

Benton's Kitchens are part of Stellison Ltd and is the specialist kitchen design arm of the company. Stellison is a family owned and run business established in 1962 and is famous for its competitive offering of electrical appliances, but has also been supplying luxury competitively priced quality fitted kitchens for over 40 years.

The name Benton's kitchens comes from our very beginning. The company started in Benfleet in Essex by Tony Scogings, and so in 2015 we launched the Benton's Kitchens brand to honour that past.

We have some of the largest kitchen showrooms in Essex with unique kitchens on display including traditional, contemporary and shaker styles from European companies such as Hanak, Schuller and Mackintosh.

When it comes to choosing the appliances to fit into your kitchen, we have over 1,000 on display, most of which are in demo mode so you can see how easy they are to use before you buy them. Plus, we are elite dealers of Cosentino, Silestone, Sensa Granite and Dekton – because we only use the



strongest and best materials in our kitchen designs.

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# Laughter

THERAPY IS A MUST-DO

**T**hey say that laughter is the best medicine, but is there any truth to this classic saying? The answer is yes. Get ready to bring laughter therapy into your life to boost your health and wellbeing.

### THE LAUGHTER CLUB

Laughing helps to boost your endorphins, which are your body's feel-good hormones. Back in the 1990s, Dr Madan Kataria conducted research into the health benefits of laughter by forming a Laughter Club that brought people together in Mumbai parks to share funny jokes and stories. The club grew and soon they ran out of stories, so instead they tested the theory of laughing alone, which provided the same uplifting benefits. Now, people all over the world practise laughter yoga, a laughter therapy designed to boost your mood.

### HOW LAUGHTER THERAPY WORKS

In a laughter therapy session, you'll do stretches

and breathing exercises to help you relax. Your instructor will then guide you through various exercises to encourage different types of laughter, such as prompting you to think of funny memories and interacting with others.

Even forced laughter can eventually turn into real laughter so that you can enjoy the benefits.

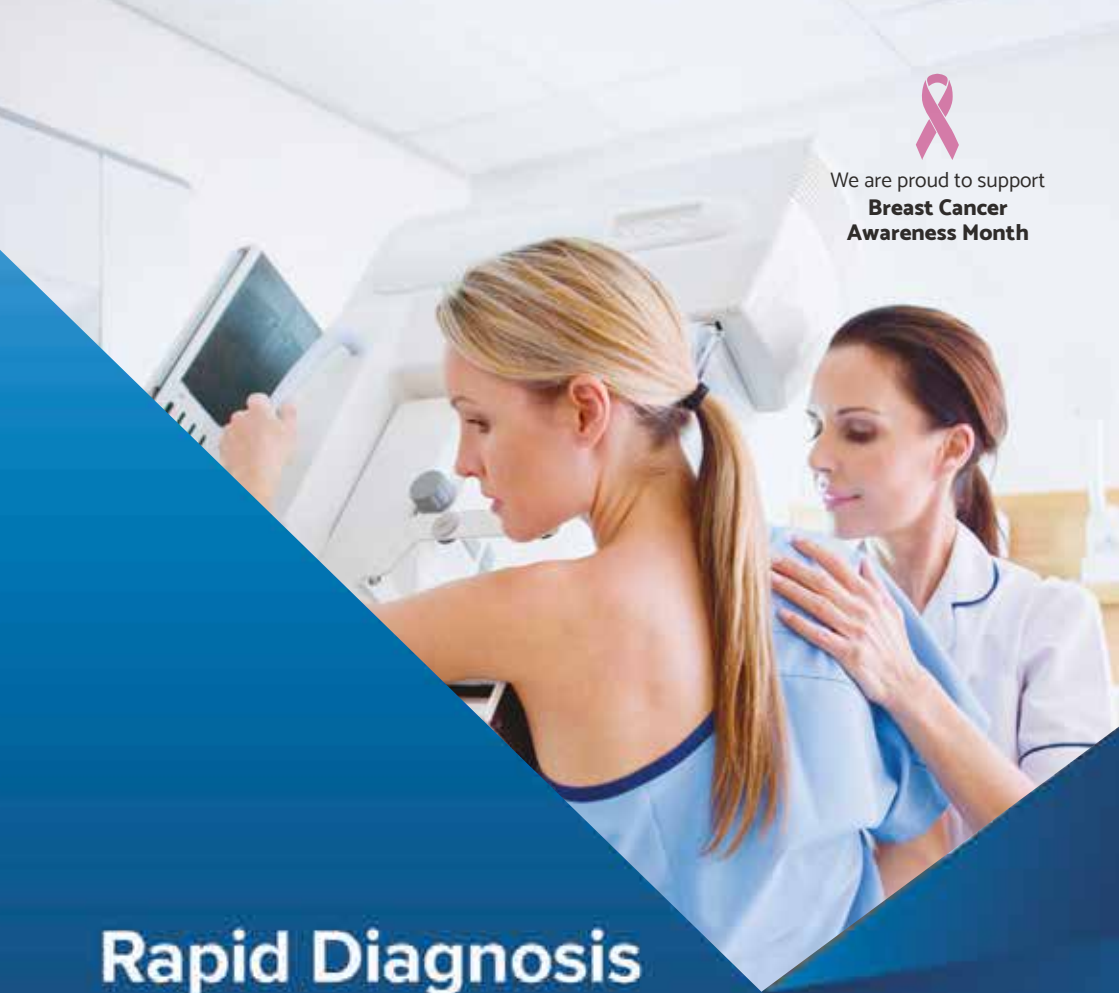
### THE BENEFITS FOR YOUR HEALTH

Laughter can provide a lot of health benefits. It can help you reduce stress and anxiety, elevate your mood and reduce tension. It could even help to boost your immune system and help you sleep better, owing to better oxygen levels in the blood.

Researchers continue to look at the benefits of laughing, and it's generally accepted as a good way to improve your overall health. Why not make laughter therapy a key part of your self-care routine so that you can experience all the amazing health benefits of laughter?



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FOOD & DRINK



## 2022 FOOD festivals in the UK

Do you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at [bigfootfestival.co.uk](http://bigfootfestival.co.uk)

### PUB IN THE PARK

All over the UK, May 12-September 18

Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at [pubintheparkuk.com](http://pubintheparkuk.com)

### THE BIG FESTIVAL

The Cotswolds, August 26-28

Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at [thebigfestival.com](http://thebigfestival.com)

### BIGFOOT

Buckinghamshire, June 17-19

A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gypsy Hill,

### MEATOPIA

Tobacco Dock, London, September 2-4

One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at [meatopia.co.uk](http://meatopia.co.uk)



FOOD & DRINK

# HOW TO COOK PERFECT ROAST



Does your roast beef always end up dry and overcooked? If so, don't despair. Here's how to cook the perfect roast beef.

### WHAT YOU NEED:

- > 1.5kg topside of beef
- > Selection of vegetables such as carrots, garlic cloves, onions, celery, etc
- > Olive oil

### HOW TO MAKE:

- > Preheat the oven to 240°C/475°F/gas 9 and take your topside of beef out of the fridge and let it come to room temperature.
- > Chop your chosen vegetables and layer on the bottom of your roasting tray, drizzled in oil.
- > Oil and season the beef, before placing it on top of the vegetables.
- > Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for an hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.
- > Baste the joint halfway through and add water to the veg as necessary.
- > When cooked, place your joint on a chopping board to rest for 15 minutes.
- > Use the juices and vegetables to make gravy.



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# TAME THE CURLS



Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy?

As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair.

Find out how to manage your mane below.

### Layer up products

If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.

### Avoid hair-styling tools

Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

### Deep condition frequently

When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

### Try the pineapple trick

If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.



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The market boasts many features that you can't get anywhere else, including fresh food, such as a greengrocer, a butcher and a stall selling one of the widest varieties of cheese in the area.

If you are looking to buy for children, then our baby and children's clothing stall is a must-see. We also cater for grown-ups with stalls selling items such as bags, hats, wool, and ladies clothing.

We have lots for the home and garden, and you're spoilt for choice by our three plant and garden ornament stalls, plus garden furniture. Our stallholders offer a variety of indoor and outdoor furniture, just right for a family gathering or a lazy Sunday

afternoon in the garden. Or if you're looking to re-cover an old chair, the foam stall will cut foam to size for you.

Thursday is second-hand market day and the traders here will be delighted to show you their collectable items for sale including war memorabilia, vintage jewellery, ornaments, books, DVDs and toys.

The indoor market allows you to support small, local, family-run businesses and help ensure that Chelmsford's traditional market thrives well into the 21st century.

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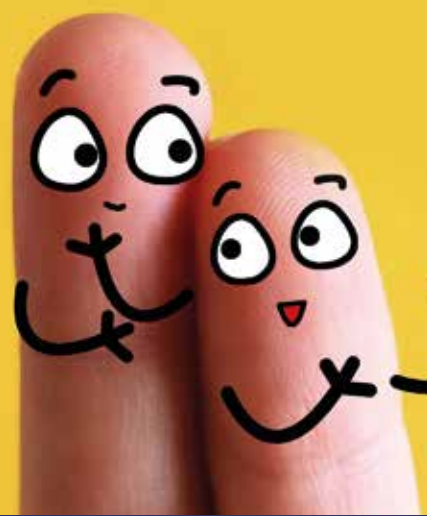
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# BRUCE KING

on why people buy



What shall we buy?

In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

*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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# MAGNIFICENT MOTORS

## THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

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Topping up from one of the cans you can buy at the car accessory store is not going to restore top performance, and it does not clean and dry the refrigerant already in your cars system.

What you really need is a full air conditioning service by a qualified technician. The system is tested and all the old refrigerant and oil is removed. A powerful vacuum is pulled on the system to test for leaks and to drive out any water vapour, and then the cleaned

and dried refrigerant is put back with new oil and whatever quantity of new refrigerant is required to refill the system to the amount specified by the car manufacturer.

We also recommend that to keep the cars interior healthy and smelling fresh, that the air conditioning ducts and vents are cleaned and sanitised. Sanitising is offered as part of a full air conditioning service.

We suggest that you run your air con for a few minutes every month, as this keeps the compressor oil circulating around the air con system and helps prevent damage to the compressor..

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