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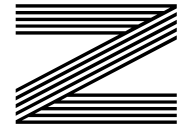
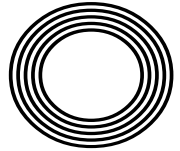
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*A tribute to the iconic actress*  
**JUNE BROWN OBE**

*Denise*  
**VAN OUTEN**

The actress and presenter marking 25 years on our screens



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BEFORE



AFTER



AFTER



BEFORE



AFTER





# Editor's notes...

MAY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** ChelmsfordBeaulieu. Let's cut to the chase - times are tough. We are in a post-COVID malaise, our energy bills are soaring, and you need to remortgage just to put enough fuel in the tank to get you to Tesco.

I hear the grumbles of discontent from all around, but it's worth being reminded of where we've come from.

Two years ago, the country was in panicked disarray. Furloughing, grants and an estimated total of £400 billion in losses due to COVID-19, were all going to have to be paid back at some point.

So here we are, in a tight situation, and one that's being exacerbated by events in Ukraine.

Personally, I'm trying to maintain perspective - we were always going to have to bite the bullet, and I'm afraid it seems now for everything we have taken out, we may need to pay back. I am focusing on the concessions made to me. Not only did the NHS save the lives of some of my family members, but the combined efforts of all political parties and organisations steered myself and my loved ones back on course.

While nothing comes for free, it's also true that nothing lasts forever, so please keep the faith.

*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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# Golden BROWN

## BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way.

---

*'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'*

---

"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."



# Long live THE QUEEN

**O**n February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service.

So, what is the secret to her success and her longevity? Let's take a closer look.

## REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

## LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

## MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

## MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

## DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

## THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.



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# HOME DÉCOR TRENDS 2022



HOME & DIY



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.



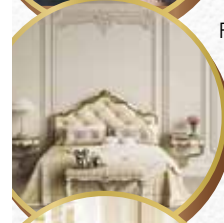
**ARTIFICIAL GREEN WALL:** Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.



**VELVET FURNISHINGS:** If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.



**AUTHENTIC DESIGNS:** Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.



**ROYALCORE:** Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.



**SOFTER SHAPES:** Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.



# STEPHANIE BARBA MENDOZA *world*

EXPLORING THE ART OF CONTRASTING STYLES THAT SYNERGISE SEAMLESSLY

As a designer, finding a defined route between contemporary and classic is no mean feat. It requires vision, patience and nerve to throw energy behind contrasting, conflicting styles, before emerging with something precise and exact.

Interior designer Stephanie Barba Mendoza's ability to do this stands her apart from many of her contemporaries.

For more than 40 years, the London-based designer has toyed with vintage and modern, classic tiling and smooth walls, rich sprays of flowers and hard-edged furniture, producing a sumptuous smorgasbord of style that layers material and colour, and completing a look with an abundance of warmth.

Mendoza works with talented craftspeople to create interiors, often bringing antique items into a space to add not just visual interest, but also a feeling of provenance and purpose.

She cites influences as diverse as Freddie Mercury, René Magritte and Serge Roche, and admires others who push their boundaries to the limit.

"It all comes from a rejection of conformity for me," she says, "and when I find clients who share that idea of rebellion, it inspires me as much now as it did the first time I took to styling a space.

"We must appreciate in interior design, in art, in creativity, the fact that escapism and fantasy is as deep and wide as the imagination, and in that respect is endless.

"If we can live in a space, then we can envision anything, and it will always be correct."

The trick to replicating Mendoza's statement style is to individualise on carpets, fabrics, furniture and objects. No matter the style or era, the devil is truly in the detail, and the designer proves the sum total is most definitely greater than the parts.



Photo credit: barbamendoza.com



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# Bleach NO-NOS

**B**leach is cheap, cheerful and it does the job. However, it is not designed to be a multipurpose cleaner for your home and there are certain things that it should never be used on.



✗ **WOODEN SURFACES:** As a general rule, bleach should not be used to clean wooden surfaces or floors as it can alter the wood's natural finish. Furthermore, it is not very effective at removing mould from wood-based materials such as wallboard, ceiling tiles and wall studs as these are all porous materials.

✗ **MOST METALS:** Bleach contains ingredients that serve as oxidants during the cleaning process, so metals like stainless steel, copper and chrome can become corroded or discoloured when exposed to it. You should also never use bleach to try to remove rust as it can make it more resistant and harder to remove.

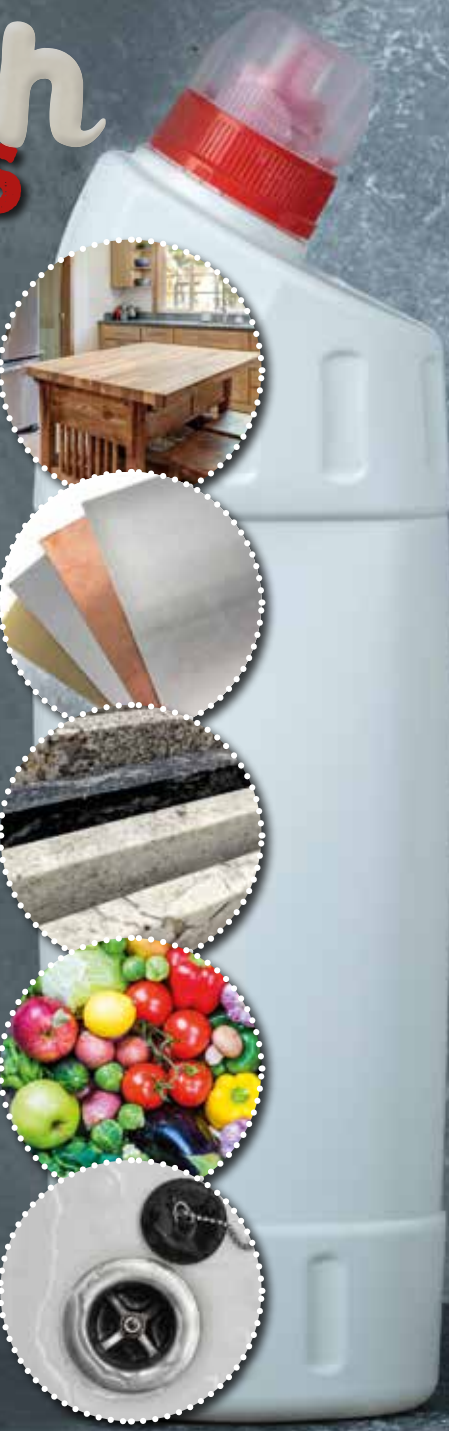
✗ **STONE COUNTERTOPS:** Stone is another porous material and can therefore also be damaged by the application of bleach, even when diluted. If you have granite, marble or quartz countertops in your home, clean these surfaces with a simple water and liquid dish soap solution.

✗ **FRESH PRODUCE:** Although bleach is used in commercial food production, you should not use it at home to sanitise fresh foods such as fruits and vegetables. Instead, to remove any germs or bacteria, simply rinse the produce under cold water for 1-2 minutes.

✗ **DRAINS:** While many people pour bleach down their drains to clean and banish odours, this is not recommended as the chemicals in chlorine bleach can kill the beneficial bacteria that the septic system needs to break down solid waste.

Never mix bleach with other chemicals and cleaners, including ammonia, rubbing alcohol and vinegar.

This can result in toxic fumes being released into your home which can cause a host of issues, including severe coughing, internal organ damage and even death.



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Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

**WHAT IS COLOURWASHING?**  
Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

**WHAT YOU NEED TO DO A COLOURWASH**  
To create a colourwash at home, you will need:  
> Two types of paint, a lighter and a darker shade – one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.  
> A transparent water-based glaze. You could also use water.  
> A roller or brush to apply your base colour.

> Either a sponge or a soft brush to paint the wash.

**HOW TO DO A COLOURWASH**  
> After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.  
> Mix the colourwash using four parts glaze to one part paint.  
> Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.  
> Leave to dry, and apply a second coat if desired.

This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.



Photo credit: Brand - Zinc Textiles, Stylist - Sarah Harwood, Photographer - Alex J Curtis via www.livingetc.com



# BEST WAY TO PAINT A ROOM

**W**hen you decide to go down the DIY route with painting, you'll want to make sure you get it right. Understanding the order to paint a room in will help you achieve the best finish, as well as make your paintwork look professional.

Learn what order to paint a room in, ready for your next interior décor project.

### START WITH THE CEILING

Once a ceiling has been prepped, you can get to work with painting. Start by cutting in the edges with your desired paint. Then you can quickly roller the remainder of the ceiling with the desired number of coats.

### TACKLE THE WALLS

Painting the walls requires a little more precision. You'll need to cut in the edges, either freehand or by using some masking or decorators tape. Using a roller, you can paint the remainder of the wall. You may need a smaller roller to get to the hard-to-reach areas.

### DO THE DOORS AND WINDOWS

Take your time applying special woodwork paint to your doors and windows. This type of paint dries slowly, so you'll need to give yourself plenty of time between coats. Remember to mask your edges for a clean finish.

### FINISH WITH THE SKIRTING BOARDS

When the rest of your paintwork is dry, fill and sand any cracks between your wall and skirting, mask up the edges then apply two coats of your woodwork paint, letting it dry thoroughly between each coat.

And there you have it. Now you know exactly what order to paint a room in to get the best results.

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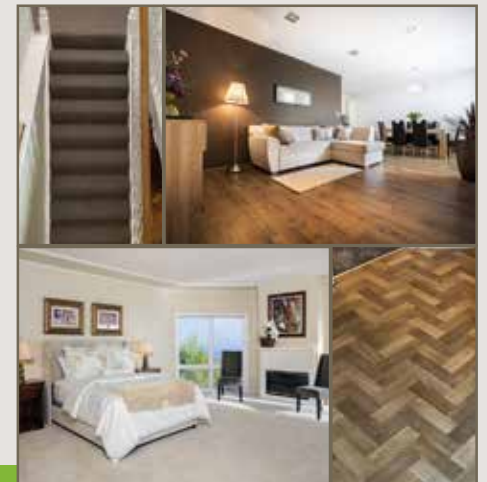
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# WAYS TO GET SUPER soft towels

There is nothing quite like getting out of the bath or shower and wrapping yourself up in a big, fluffy towel. Sadly, over time, your towels can turn from super soft to super stiff. Discover five simple tricks for softening your towels below.

**WASH IN WARM WATER:** Washing your towels in warm water, ideally around body temperature, can help to keep them softer for longer. This is because it helps them to absorb the detergent better, resulting in less build-up on your towels.

**REPLACE FABRIC SOFTENER WITH VINEGAR:** Most fabric softeners contain silicon, which makes your towels repel water, meaning they will not get the best wash. Instead, add one cup of white vinegar once every six weeks when washing your towels to remove soapy residue and restore full absorbency.

**USE LESS DETERGENT:** As mentioned above, a build-up of detergent can leave your towels feeling stiff. Counteract this by adding a little less detergent when washing them so that your machine's rinse cycle can eliminate every last bit of stubborn soap.

**ADD BAKING SODA:** Another staple from the storecupboard, baking soda can help to loosen the fibres in your towels, as well as clean off any chemicals and dirt. Mix half a cup of baking soda with your normal detergent and wash as normal. Baking soda can also banish any musty odours from damp towels.

**TOSS IN A TENNIS BALL:** If you have any unused tennis balls lying in your garage or garden, toss a couple of these into your next load of towels. As they bounce around your machine, they will remove any lumps of soap and simultaneously fluff up your towels. Dryer balls can also be used.



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# LOCAL NEWS

*from your neighbourhood*



Photo credit: Ruby Ward @heartoflondon

## Sex offender who preyed on young girls jailed

A sexual predator from Chelmsford has been jailed for 10 years after admitting a string of offences. Harris Proctor, 21 (pictured), of Townfield Street, was jailed for 10 years – six custodial with a further four on licence. He pleaded guilty and was convicted at Chelmsford Crown Court on Tuesday, April 12.

Proctor, a registered sex offender, had been in contact with an 11-year-old girl and engaged her in conversations about performing sexual acts.

When he was arrested in November 2019, officers searched his laptop and found indecent images.

The offences had come to light following Proctor's previous conviction for child sexual offences, where he had engaged in sexual conversations with two underage girls online and had also been found in possession of indecent images of children.

Further investigations after his second arrest established that he had been back in contact with

young girls following his earlier conviction, breaching a Sexual Harm Prevention Order.

Proctor was later charged with inciting child sexual activity, two counts of making indecent images of a child, 10 counts of breaching a Sexual Harm Prevention Order, and failing to comply with the notification requirements of the Sex Offenders Register.

Following the sentencing hearing, the mother of the 11-year-old girl said: "This crime really has affected my daughter and our family.

"I know that owing to my daughter's bravery, it has meant that this criminal will now be in prison away from hurting any more children in society."

Investigating officer Detective Sergeant Harriet Ware said: "Harris Proctor is a dangerous individual who preyed on young girls for his own sexual gratification. DC Carole Currey and I worked hard to ensure all offences were together for the same court hearing."

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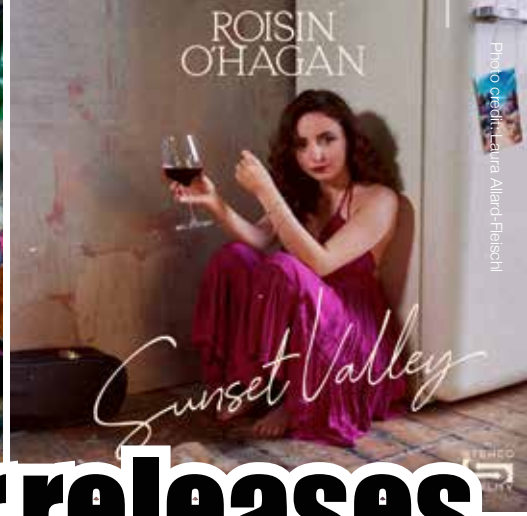


Photo credit: Laura Allard-Falschi

# Rising star releases single from new country EP

An up-and-coming singer-songwriter from Chelmsford has released the lead single from her debut EP.

*Sunset Valley*, released last month, is the latest track by Roisin O'Hagan, 23 (pictured above), whose career is going from strength to strength. The singer has just returned from Nashville, where she spent time recording music in one of America's most prestigious studios, Blackbird Studio.

The country singer is set to bring her new music to the stage when she performs at Tennessee Fields Festival in Chelmsford on Saturday, July 16.

Speaking to **VISION**ChelmsfordBeaulieu, Roisin said: "I have been releasing music independently since my early teens, every 10 months or so.

"In July last year, I met my manager. We sat down

and went through my tracks and chose the ones to release. When I wrote *Sunset Valley*, it felt like a turning point.

"It's a step up in telling a bit more of a story in a song. When I write now, I think about every lyric really carefully."

Roisin added that she became interested in songwriting at the age of 12.

She explained: "My parents played me lots of different types of music, but one thing it all had in common was excellent songwriting.

"I wanted to make music that makes other people feel the way music made me feel."

Keep up to date with the latest from Roisin by following her on Instagram @rosej\_royin and listen to *Sunset Valley* on Spotify or Apple Music.

# Police confirm death of motorist in fatal crash

Essex Police have confirmed that a Chelmsford man died following a serious collision on the A130.

On Monday, May 9, officers were called shortly after midnight to reports of a collision involving a motorcycle. It happened on the northbound A130 near Chelmsford, close to the junction with the A12 at Great Baddow.

Sadly, the motorcyclist, a man in his 30s from Chelmsford, died at the scene.

Police would like to speak to anyone who was in the area at the time and saw the collision or who has dashcam footage.

If you have any information, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am-11pm. Please quote incident 2 of 9 May.



Photo credit: Google Maps



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Ripples offers a truly tailored bathroom service, from product sourcing and design consultancy through to installation from trusted local suppliers. "We can help clients with anything from an elegant ensuite to a fun and functional family space or a compact cloakroom," says Angie Besant, Designer at Ripples Chelmsford. "If a client is just looking for that perfect product to finish their bathroom, rather than a full re-design, we have a vast collection to choose from across sanitaryware, brassware, tiles, lighting and accessories too."

The product range on offer has something to suit all styles of property, from traditional to

contemporary and everything in between. "We work with the best bathroom suppliers in Europe to offer our clients a collection which is vast and of exceptional quality," says Angie. "Our range includes baths, showers and enclosures, WCs, basins and brassware in almost every style, colour and design imaginable. We also offer unique collections and materials that offer something a little bit different including concrete basins, special finish brassware and bespoke solid wood furniture."

When a client visits Ripples Chelmsford, the design team will listen to their requirements for their new bathroom to understand how it will be used and who will use it. "We also look at their inspirational images collected from magazines or social media," says Angie, "to understand the style they'd like to achieve. We can then use the showroom displays to recommend products which will suit both the style and functionality they'd like in their new bathroom. As we have extensive interior design and project management experience within our team, we're able to use our expertise to design the best space possible for our clients."

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# VICKY FORD MP



LOCAL NEWS



Member of Parliament for Chelmsford

As we neared the end of the parliamentary year, AMPs had a busy time voting late into the night until finally all the business was completed.

Each session of Parliament begins with the State Opening, when a member of the royal family delivers the Queen's Speech. This sets out what the government will deliver in the months ahead. The government then starts proposing Bills to Parliament to deliver on the promises made in the speech. This year, history was made when Prince Charles delivered the speech. This is the first time in 59 years that the Queen has missed the occasion.

Getting a Bill through Parliament is a complicated process. It involves debates in both the House of Commons and the House of Lords and a committee period when a smaller group of parliamentarians scrutinise the Bill in detail.

Bills passed include the Police, Crime, Sentencing and Courts Bill, which introduced stronger prison sentences for the most violent crimes, and the Nationality and Borders Bill, which fulfils a manifesto commitment to strengthen our borders.

Over the past few weeks, I have helped Chelmsford residents who have offered to host Ukrainian families with support with the visa process. I am pleased that most of the visas have now been granted and several families have made their way to Chelmsford. There have been delays in a very small number of cases. This has largely been because errors were made filling out the initial application forms.

Please come back to me if you need any support or advice on this, or any other issue, by email on [vicky.ford.mp@parliament.uk](mailto:vicky.ford.mp@parliament.uk)



Photo credit: The Pachamama Project



## Student fights period poverty

A student who lives in Chelmsford has travelled to Poland to help distribute feminine hygiene products to Ukrainian refugees.

Ella Lambert, 22 (pictured left), a student at the University of Bristol, founded The Pachamama Project during the first lockdown in March 2020.

The Pachamama Project is a volunteer-run, not-for-profit organisation creating a global network of volunteers to make reusable sanitary pads for refugees around the world.

When the war in Ukraine broke out, The Pachamama Project joined up with the charitable organisation Pads

4 Refugees to get sanitary products to displaced Ukrainians.

Ella then travelled to Poland on April 18 and handed out 1,000 sanitary products to refugees in Warsaw, while more than 3,000 disposable pads have also been sent to Lviv, Ukraine.

Ella said: "I feel very strongly about fighting period poverty. Refugees already face so many unimaginable challenges; I want to make sure finding safe sanitary products is not yet another."

To find out more about The Pachamama Project, head to [www.thepachamamaproject.org](http://www.thepachamamaproject.org)



# Vehicles banned from city centre after plan approval

Chelmsford City Council (CCC) has approved plans to create a larger pedestrianised area in the city centre.

Measures to regenerate the city centre, including a ban on cars, are among the plans by CCC and Essex County Council for the Tindal Square area.

The plans will see the High Street extended all the way to the doors of Shire Hall.

Tindal Square will feature seating and new trees, and will be available as a space for public performances. It is hoped that the pedestrianisation will make Shire Hall more accessible.

In order to alleviate the impact of flooding in the area, the council is also installing a stormwater drainage

tank under the road surface.

Councillor Mike Mackrory, CCC's cabinet member for sustainable development, said, "Although the Tindal Square plans began some years ago, the green light for them could not come at a better time. Our High Street is bustling again, but we want to make the city centre even more attractive and inclusive for visitors. Linking and making the most of two of our city's most iconic buildings – Shire Hall and the Cathedral – will be a major breakthrough in doing that."

Tindal Square lies at the heart of the Chelmsford Central Conservation Area, a part of the city recognised for its historical significance. Sited at the crossroads of five streets, it has been a square since 1199.

# Delivery driver threatened with a firearm

Photo credit: Google Maps



Essex Police are investigating following an incident in Chelmsford where a man reported being threatened with what has been described as a firearm.

An Ocado delivery driver had parked at the junction of Vicarage Road and Moulsham Drive at around 9am on Friday, April 22, when he was approached by a man described as wearing a silver motorbike helmet and green trousers.

It was reported the delivery driver was then threatened with what has been described as a firearm. It is not believed that anything was taken.

The delivery driver also reported to police that around two hours earlier, a motorbike with two riders had followed him in the Ongar area.

If you have any information, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or call 101 quoting incident 247 of April 22.

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LOCAL NEWS

# Pub reopens after refurbishment worth £300k

A Chelmsford pub has reopened following a £300,000 investment.

The Rising Sun on New London Road, which reopened on April 21, has been refurbished thanks to a combined investment from pub company Admiral Taverns and new licensee Evan Eksteen.

The dog-friendly pub is a firm favourite with residents and has seen a major upgrade to both the inside and the outside of the venue.

Visitors can enjoy a new and improved beer garden with heaters and atmospheric lighting, as well as a large selection of draught lagers, ales and a range of cocktails.

Evan said: "I get a huge sense of satisfaction out

of giving back to a community, and taking over The Rising Sun has offered me the perfect opportunity to do just that. I want to make the pub an inclusive space where everyone feels welcome to stop in any time, no matter the occasion. Thanks to this incredible refurbishment, there is a new dawn for The Rising Sun and I'm very excited for the future of the pub."

Admiral Taverns' business development manager, Mick Sheridan, added: "Evan has done a fantastic job with The Rising Sun and we're very pleased to have him on board at Admiral. The pub has got so much character and is oozing personality thanks to all the work Evan has put in. I'm really looking forward to seeing it shine and the residents make the most of it."

## Bypass road to improve access across city

Essex County Council has approved plans to build a new road of almost three miles, which will connect 14,000 homes with Chelmsford and Braintree.

The single carriageway bypass will be based between the Beaulieu Park development and a new roundabout on the A131 by Chatham Green.

This would improve access for thousands of homes in north-east Chelmsford and dilute traffic in other

areas in the city.

Funding for the bypass comes from the government's £218million Housing Infrastructure Fund, alongside £34million from the South East Local Enterprise Partnership and developer Countryside Zest.

A 1.2km stretch of the A131 between Chatham Green and Deres Bridge will also be widened under the plans.



Photo credit: The Chelmsford Diocese

# Bishop speaks out against asylum scheme

The Bishop of Chelmsford has spoken out against the government's plan to send some asylum seekers to Rwanda, revealing that she is "extremely anxious" about the implications of the scheme.

The Right Reverend Dr Guli Francis-Dehqani wrote an open letter to Home Secretary Priti Patel expressing her concerns about the policy, claiming the scheme "treats the most vulnerable in an inhumane way".

The government's £120million scheme means that people deemed to have entered the UK unlawfully will be transported to the East African country, where they will be allowed to apply for the right to settle.

However, the plan has faced major backlash, with more than 160 charities and campaign groups urging

ministers against the policy.

Dr Francis-Dehqani added: "Those who find their way to this country, often through treacherous means, deserve to have their cases considered here."

A spokesperson for the Home Office said: "The world-leading Migration Partnership will overhaul our broken asylum system, which is currently costing the UK taxpayer £1.5billion a year.

"It means those arriving dangerously, illegally or unnecessarily can be relocated to have their asylum claims considered and, if recognised as refugees, build their lives there.

"Our new Migration Partnership with Rwanda fully complies with international and national law."

# Chicken chain opens first sit-down restaurant

A popular American fast-food chain has announced its first sit-down restaurant in the UK will be opening in Chelmsford next month.

The new Popeyes restaurant will open on Chelmsford High Street in June.

The launch follows the hugely successful Popeyes takeaway, which opened at Westfield Stratford City in November 2021 and ranked in the top 10 globally for sales out of 3,600 international Popeyes restaurants.

Tom Crowley, CEO at Popeyes UK, said: "We've been blown away by the UK's response to Popeyes, with guests queuing for hours to try it. Our legendary

menu and Southern spirit have captured the capital already, and we look forward to building on that with the launch in Chelmsford.

"Chelmsford was the perfect place for our first sit-down restaurant; it's close to London but sits at the very heart of Essex, which is such a vibrant part of the UK with a close-knit community.

"The team is really excited to open; we already know guests love the food, but now we have the opportunity to really showcase our Louisiana hospitality too."

The restaurant will create more jobs in the city and bring visitors to the area.

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## New Trends for 2022

The kitchens of 2022 will feel more like a living space rather than a functional room where food is cooked. Over the last two years, we have spent more time than ever in our homes and especially in the kitchen area. Working from home has played a big part in this and with that, secluded office space has become a requirement on people's wish list when planning their dream kitchen (if a room for a separate office is not an option). Whether by creating a concealed workstation in a freestanding larder unit that can be closed away at the end of the day, or designing a seamless extension of the kitchen using the same units and work surfaces.

Textures are taking the utilitarian kitchens to a more softer and relaxing space through natural elements coming in from the outside with timber and stone. Colours from nature include soft pastel greens, which are a hit this year, with ascents of vibrant flower colours such as yellows, blues, and pinks. Even dark autumn colours like burnt red and racing green look highly effective on a feature island.



shopping list, extractors that automatically sense when they need to expel, and lots more. Another kitchen innovation is that where space is small, the appliances can be hidden away to conceal the cooking area and focus on entertaining.

Lighting has also changed in the kitchen. Gone are the big fluorescent tubes, with the advancement of LEDs making kitchen lighting an art of its own. Hanging statement pendent lights and secluded LED lighting can change the ambience to suit any mood.

Whether your style is ultra-modern, retro, contemporary, cottage or traditional, it is very personal to you, and it should work effortlessly for your needs. Do not be afraid to make a statement and stamp your personality on what is the busiest room in the home. At Benton's kitchens, we will collaborate with you and help you achieve this.

Smart appliances play a significant role nowadays. They are better designed, quieter and above all smarter and this is going to grow in 2022. Ovens that conduct recipes on your behalf and adjust temperatures, fridges that can update your online

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PETS

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**BELLY-UP CAT:** A cat that sleeps with its belly exposed and paws splayed is a cat that feels secure and comfortable in its surroundings. It's exposing the most vulnerable part of its body, showing you it feels safe in its home.

**CURLED-UP KITTY:** A curled-up cat with its tail wrapped around its body and head tucked in, means several things. This position helps it stay warm and also helps the cat protect itself from potential threats.

**IN A BOX:** Cats love to sleep in a box or any small space as it makes them feel safer than being in an open space. It's a normal behaviour that helps them feel warm and secure.

**EYES HALF-SHUT:** A cat that sleeps with its eyes half-shut is doing so to enable it to react quickly to any threat or disturbing noise. It's common in noisy

households, or for cats in new surroundings.

**LOAF OF BREAD:** The 'loaf of bread' position is where a cat sleeps with its paws and tail tucked under its body, making it look like it has no legs. Cats choose this position for comfort and to stay warm. This position is also a sign that your cat is happy and relaxed.

**SLEEPING ON YOU:** A cat sleeping on you can be for a couple of reasons. It either wants to feel added protection with a 'safety in numbers' approach, or it wants to feel close to you and benefit from some extra warmth.

**STRETCHED OUT:** A stretched-out cat is a happy and relaxed cat, who's usually in a deep sleep. When a cat is in this position, it's best to let it stay there.

**PAWS ACROSS FACE:** A cute position to witness, paws across the face can mean your cat is trying to keep its nose warm or block out the light. A cat that's hiding its face wants to be left alone, so it's best to let your cat be in this position.



Information provided by: Republique of Cats. For more cat facts, visit [www.republiqueofcats.com](http://www.republiqueofcats.com)



# WATCH OUT(EN) *Denise is about*

**CELEBRATING THE STAR QUALITY OF DENISE VAN OUTEN, WHO MARKS 25 YEARS ON OUR SCREENS**

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**D**enise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.

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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

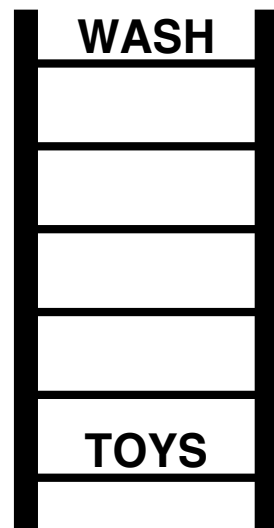
- ▶ ALMOND
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- ▶ HAZEL
- ▶ MAHOGANY
- ▶ NUTMEG
- ▶ RUST
- ▶ SAND
- ▶ SEPIA
- ▶ SIENNA
- ▶ TEAK
- ▶ UMBER



## DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

## 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.

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**H**otels are a place to go to enjoy luxury, comfort and relaxation. But one hotel in Costa Rica is taking things to the next level with a completely holistic experience.

The Hacienda AltaGracia describes itself as “an escape for those seeking total wellbeing and unbridled adventure”.

You’ll find the hotel in the Talamanca Mountains in Costa Rica, a truly tranquil spot that lets guests take things at their own pace and helps them recharge, reconnect and expand their horizons.

### WHAT BENEFITS DOES IT OFFER

A stay at Hacienda AltaGracia is tailored to you, and is inclusive of all meals and non-alcoholic drinks. Throughout your stay, you’ll be able to enjoy a range of adventure, wellness and cultural activities, helping you truly focus on your wellbeing.

### WHAT TO EXPECT AT THE HOTEL

On arrival, guests are given a virtual health coaching consultation, resulting in a tailored plan to aid each individual’s stay.

The hotel offers many different activities, including jungle hikes, botanical yoga, horse riding, trips to the bird observatory, river baths, and much more. Your visit is altered to suit you and also includes a range of dining experiences.

### WHY YOU SHOULD VISIT

The hotel has already won a place on *Condé Nast Traveller’s* top 50 resorts in the world and is attracting attention for its unique approach and wide range of experiences.

If you’re looking to get away from it all and focus on getting your life back on track, then this could be the hotel for you.

Photo credit: aubergesresorts.com, thaimess.co.uk



## My top European summer escapes...

**W**e all need a holiday and for those looking to stay closer to home this summer, allow me to share my top picks...



Dan Salmon, Owner

### POSITANO, ITALY

“Positano”, said John Steinbeck, “... is a dream place that isn’t quite real when you are there and becomes beckoningly real after you have gone”. His favoured haunt was Le Sirenuse, an 18th century palazzo and this is a place where couples can enjoy the best of the Amalfi Coast, relaxing in elegant rooms. Meet up in the Champagne & Oyster Bar for a Champagne Millésimé or a cocktail. Dine alfresco by candlelight, at the Michelin-star La Sponda, on Mediterranean inspired cuisine accompanied by panoramic views across Positano. Le Sirenuse Spa is perfectly equipped and is where indulgent rituals await.



Relax around the heated swimming pool or enjoy the short walk to the boutique-lined streets of Positano and its dramatic black sand beach.

### BODRUM, TURKEY

Luxurious seclusion beckons in an idyllic location aptly named Paradise Bay. Set against two private sandy beaches, the Mandarin Oriental hotel comprises a mix of airy rooms and suites offering the perfect blend of style and comfort, with scintillating views over the Aegean Sea. Trattoria style Italian dishes are served at Assagio, contemporary Japanese cuisine is served in Kurochan and Bodrum Balikçisi offers mouth-watering traditional Turkish fish and seafood. Enjoy light snacks at the Blue Beach Club and Bar with its ultra-comfy loungers and cabanas or unwind in the spa with authentic hammams with private scrub rooms, fitness centre and indoor pool. Children have their own pool, playgrounds, kids’ club as well as a special kids menu in selected restaurants.



### SANTORINI, GREECE

Nestling in the white-washed village of Imerovigli above the spectacular caldera, this boutique gem is the perfect place to unwind and absorb the resplendent Santorini sunsets. Secluded, yet just a few minutes from the capital Fira, the Grace Santorini is one for any bucket list. Rooms and suites are superbly appointed with breathtaking vistas, some with plunge pool or expansive terraces. Laze by the infinity-edge swimming pool with its comfy sunbeds and designer showers, or visit some of the islands beautiful volcanic sand beaches. Savour light lunches and cocktails from the pool bar or enjoy alfresco dining overlooking the Aegean from the Mediterranean kitchen of the Santoro restaurant.



### DUBROVNIK, CROATIA

Set on a rocky outcrop above the Adriatic, this famous villa recently emerged from a three-year renovation. Relax into your luxury residence at Villa Dubrovnik – to enjoy magical views over the Old City walls from your private terrace. Croatia’s rich culinary heritage can be savoured at the Restaurant Pjerin above the sea or relax with a coffee or light lunch at the Al Fresco Bar Giardino. Swim in the indoor/outdoor pool, lie back on sunbeds with waiter service or on the hotel’s own secluded pebble stone beach or indulge in a range of treatments at the Villa Spa. The Old Town is a pleasant fifteen minute walk; or there is a complimentary boat transfer.

All of my quotes are bespoke, so please do get in touch and allow me to create a holiday that’s just right for you this summer.

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# The history of BANK HOLIDAYS



Who doesn't love a bank holiday? They offer the chance to sit back and relax and spend time with family and friends, and this year, many Brits will enjoy an extra day off to celebrate The Queen's Platinum Jubilee. But how did bank holidays first come about?

England, Wales and Ireland. These holidays were: Easter Monday, Whit Monday, the first Monday in August and Boxing Day. Meanwhile, Scotland had New Year's Day, Good Friday, the first Monday in May, the first Monday in August and Christmas Day.

### THE BANK OF ENGLAND AND THE EXCHEQUER STARTED THE TREND

Before public bank holidays were made official, the Bank of England and the Exchequer were known for taking holidays to celebrate Christian festivals and royal events. In fact, they were believed to have taken around 40 days off each year. Unfortunately, this was cut down to just 18 days in 1830 and then down to just four in 1834.

### THE BANK HOLIDAYS ACT IN 1871

In 1871, the Bank Holidays Act was drafted by banker and politician John Lubbock, the first Baron of Avebury. This was when the first official bank holidays became law in

### ADDITIONAL CHANGES TO BANK HOLIDAYS

In the 1971 Act, New Year's Day, Good Friday and Christmas Day became bank holidays in England, Wales and Northern Ireland. The 1971 Act also made January 2 and Boxing Day a bank holiday in Scotland only. In 1978, the government made the first Monday in May a bank holiday in England, Wales and Northern Ireland.

A Northern Ireland only bank holiday to mark the anniversary of the Battle of the Boyne was introduced in 1926 and falls on July 12.

In 1965, the first Monday in August bank holiday was changed to the Monday following the last weekend in August in a bid to increase trade. Scotland was exempt from this.





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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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# Create your own DIY BAR



When it comes to entertaining at home, there's one thing everyone needs – a garden bar. Garden bars have grown in popularity in recent years, and you can easily build your own with a little creativity and determination.

Get ready to transform your garden into your new local with these tips for building the perfect garden bar.

**HOW BIG CAN YOU GO?** Garden bars come in all shapes and sizes. From a tiki bar to your own garden pub complete with flat-screen TV and pool table, you can be as ambitious as you like. Decide on your budget and how much space you have to create the perfect outdoor bar.

**TRY DIY OR READY-MADE.** A DIY garden bar is the perfect chance to get creative. You can use recycled materials and design a space that's ideal for your needs. Alternatively, you can find ready-made garden bars in places like Argos or Etsy, or hire someone to custom build your bar.

Using a pre-existing structure, such as a shed or potting bench, your extension or garage, could also help you make the most of your garden space, and give you a good foundation for your garden bar.

**MAKE IT SHELTERED.** Some shelter is a must for any British garden bar. Whether you choose to have your bar enclosed or build a solid weatherproof canopy, having shelter will protect your bar while helping you make the most of it in any weather.

**ADD APPLIANCES AND STORAGE.** From fridges to pumps and spirit dispensers, your garden bar can have it all. Buy your equipment and get it installed by professionals to make sure the job is done safely. Don't forget to add storage.

**BUY SOME ACCESSORIES.** Some of the essentials you'll need for your garden bar include: Glasses (you could create your own labels too) | Bottle holders | Ice bucket | Cocktail shakers | Towel hooks | Bottle openers/corkscrews

**GIVE IT A NAME.** Once your bar is all in place, the last thing to do is give it a name. Name it something unique – it's your bar, after all.

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# Planting A PALM TREE

A huge trend this summer, palm trees make a great addition to any garden. Although most palm trees need warmer climates, there are some that are suitable for planting outdoors in the UK.

**CHOOSING A PALM TREE:** You need to choose a hardier variety of palm tree if you want it to be able to survive the cold and frost. There are three types of palms that have a track record of growing well in the UK. These are Chusan Palm (*Trachycarpus*), Dwarf Fan Palm (*Chamaerops*) and Needle Palm (*Rhapidophyllum*).

**PLANTING A PALM TREE:** You can plant palm trees at any time of the year, although during spring or early summer is best as this will give your palm five or six months to grow strong before the first frost. Palm trees love a sunny position so are perfect for patio pots or for areas in your garden that get ample sunlight.

**TO PLANT IN THE GROUND:**

- > Dig a hole twice as wide and a few

inches deeper than the root ball.

- > Add a handful of slow-release palm fertiliser to the centre of the hole.
- > Remove the root ball from its container and carefully straighten out any coiled roots.
- > Place the top of the root ball in the hole and fill with one-half soil and one-half rotted manure or compost.
- > Make sure that the palm trunk is not deeper than it was in its original container and that the roots are not at all exposed.
- > Water the palm tree – aim for between 10 and 20 per cent of the original container size. The soil should be wet, not soggy.
- > Apply a six-inch layer of mulch over the root zone.
- > Water again.

**CARING FOR A PALM TREE:**

- > Water your newly planted palm daily for the first two months.
  - > After three or four months, apply a slow-release fertiliser for palms.
  - > Wrap the trunk in the winter with water pipe insulation or heat tape.



Photo credit: palmcentre.co.uk





# KNOW YOUR *knotweed*

Two little words that spark fear in the hearts of homeowners across the UK – Japanese knotweed. Known for its ability to spread rapidly, this destructive weed sets down strong roots that can cause havoc with the foundations of your property.

*How to identify Japanese knotweed in your garden*  
Japanese knotweed has several distinctive characteristics that can help you identify it in your garden, including:  
Zig zag stems | Lush green-coloured leaves | Heart or shovel-shaped leaves with a flat base | Bamboo-style stems | Red-tinged shoots | Often found in dense clumps | In July, look out for creamy white flowers | Between September and November, it will leave brown stems once the leaves have died back

*How to stop Japanese knotweed from spreading*  
Although it is not illegal to have Japanese knotweed in your garden, you are required to take steps to stop it becoming a problem in neighbouring gardens.

*Spray with chemicals*  
If you choose to tackle Japanese knotweed yourself, you need to make sure you are using the right chemicals to carry out the job efficiently and safely. Look for a glyphosate-based product such as Roundup Tree Stump Weedkiller that has a label recommendation for controlling Japanese knotweed. It typically takes three years to treat Japanese knotweed using this method.

*Bury it*  
You are legally allowed to bury Japanese knotweed at the site as long as you bury it at a depth of at least five metres, cover the plant remains with a material that does not allow the plant to grow through it (known as a root barrier) and do not bury any other waste with it. CuTex Copper Root Barrier is ideal, functioning as both a physical and a chemical barrier.

*Seek professional help*  
The Royal Institution of Chartered Surveyors has worked with the Property Care Association to establish a trade body for Japanese knotweed specialists in the UK, where you can find a register of vetted consultants and contractors. Find out more at [www.property-care.org](http://www.property-care.org)



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# CHAMPIONS LEAGUE FINAL 1999

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S MANCHESTER UNITED'S LATE LATE SHOW AT CAMP NOU IN THE 1999 CHAMPIONS LEAGUE FINAL

The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when super-sub Ole Gunnar Solskjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as Solskjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.



SPORT



# SCOOTER *loopy*

THE INAUGURAL E-SCOOTER WORLD CHAMPIONSHIP HITS UK SHORES



It seems you can barely step outside your house or place of work before being confronted by an e-scooter tearing its way past with almost reckless abandon. While streets and, more worryingly, pavements are awash with e-scooters, there is also a growing abundance of them on racetracks around the UK.

Indeed, their popularity has given rise to the formation of the international eSkootr Championship, with the UK given the honour of kicking off this inaugural battery-powered procession in May.

And while many of the riders we witness on a day-to-day basis adorn themselves with work bags, shopping and, in some cases, passengers, the competitors embarking on a six-location world championship campaign are driving forward for landmark success. The scooter, designed by motorsport technology firm YCOM, boasts inflatable tyres, a 1.5kilowatt hour battery and a carbon fibre chassis.

While competition is the name of the game where e-scooters are concerned, the organisers also recognise the need for education, stating that they intend to accelerate micromobility culture and technology in forward-thinking global cities, working closely with city officials and local governments to outline the benefits of a rapidly changing mobility landscape.

Their challenge, in the UK at least, is that privately owned e-scooters are illegal unless ridden on private land. Only those hired from approved leasers are allowed on roads. However, the pressure is mounting on the government given rapidly accelerating purchase numbers – in 2021, there were an estimated one million privately owned scooters.

The 30 professional competitors taking part in the 2022 championship have their sights on different goals. After the UK race on May 13 and 14, they travel to Switzerland, France, Italy, Spain and USA – a six-race set-up performed on S1-X vehicles primed to hit speeds of more than 100kmph. All those riders require is bravery... and a lot of it.

Photo credit: official.esco.live



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HEALTH & FITNESS



# Relieve **ACID REFLUX** *without medication*

**T**hat all too familiar burning sensation in your chest coupled with persistent acid regurgitation? Yes, we are talking about the nightmare that is acid reflux. It affects as many as one in four adults in the UK, but you don't have to turn to shop-bought medications when acid reflux rears its ugly head.

### EAT SLOWLY AND SPARINGLY

If you are prone to grabbing a quick sandwich at lunch or, even worse, not eating all day and then consuming a huge meal in the evening, then you are much more likely to suffer from acid reflux. Instead, aim to eat little and often, and as slowly as you can.

### SIT UPRIGHT AFTER EATING

While lying down on the sofa after a big meal is one of life's little joys, this is not a good idea if you suffer from acid reflux. Instead, remain upright directly after eating and avoid eating anything just before bedtime.

### AVOID CERTAIN FOODS

Some foods are much more likely to trigger acid reflux and should be avoided, including fatty foods, tomatoes, onions, garlic, chocolate and anything spicy. You should also limit your intake of tea, coffee and alcohol.

### DRINK MILK

One of the most popular natural remedies for acid reflux, milk is alkaline, which means it can feel soothing to drink. However, it can worsen heartburn once digestion begins. To prevent this, opt for lower-fat milk where possible.

### CHEW GUM

The act of chewing gum stimulates the production of saliva, which is another alkaline substance. This can help reduce the symptoms of acid reflux and help to push your stomach contents back into the stomach.

### SIP GINGER TEA

Ginger root has been used for centuries to cure stomach aches and nausea and can help to reduce acid reflux. Sip ginger tea slowly for best results.







# GET READY TO ice-roll



The beauty world is currently going crazy for cold, with a massive surge in popularity for treatments such as ice baths, cryotherapy and cool sculpting.

So, what is the latest freezing fashion? Introducing ice-rolling, the new skincare technique that promises to tighten and brighten in an instant.

### WHAT IS ICE-ROLLING?

The process of ice-rolling is actually very simple and involves massaging your face with an ice-roller. This nifty gadget contains a mixture of gel and water which turns to ice once placed in the freezer. However, unlike normal ice, which when placed on the face melts in a matter of seconds, the ice within an ice-roller will stay solid for longer so you have more time to reap the rewards.

### HOW DO I USE AN ICE-ROLLER?

- For best results:
1. Roll the device in a zigzag motion up and down your forehead and then from left to right.
  2. Move down to beside your nose and lower cheek, working upwards and applying a little pressure.

3. Roll outwards on the sides of your mouth and then down under your chin.
4. Finish with your neck.
5. An ice-roller can also be used on your collarbone and upper chest if desired.

### WHAT ARE THE BENEFITS OF USING AN ICE-ROLLER?

- There are multiple benefits to using an ice-roller, both in terms of the massage technique used and the application of cold. These include:
- > Boosts circulation
  - > Restores radiance
  - > Encourages optimum skin cell function
  - > Reduces puffiness and redness
  - > Reduces the appearance of broken capillaries
  - > Decreases any inflammation
  - > Tightens the skin

### DOES ICE-ROLLING HURT?

Although some cold therapies can be a little bit uncomfortable, ice-rolling is not one of them. However, it is recommended that you do not leave the roller on one area for too long as it will get very cold, and this can cause discomfort.




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# POTATO MILK

THE NEW VEGAN AND DAIRY-FREE ALTERNATIVE

**P**otato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

### WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

### WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

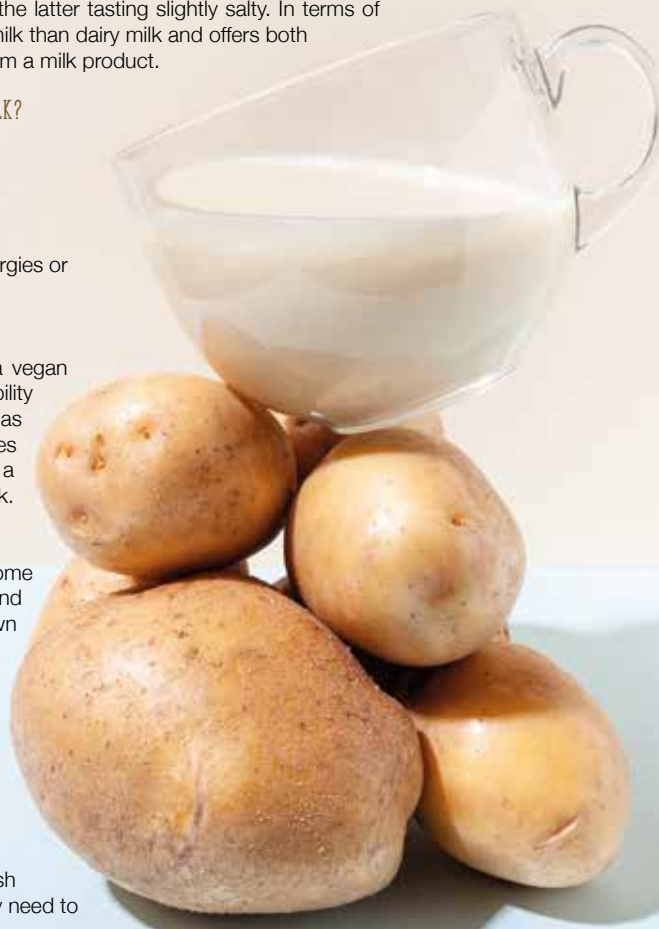
### WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

### HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsp of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.



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FOOD & DRINK

# Go Wild

**W**ild garlic can be enjoyed raw or cooked and has one of the longest seasons of all wild plants. The ideal vegetable for first-time foragers, this milder variety of garlic can be added to a whole host of dishes.

pointed green leaves and white clustered flowers. It typically grows in dense clumps.

### WHEN IS WILD GARLIC IN SEASON?

Wild garlic leaves appear in March and are best picked when young. These leaves are delicious added to soups, sauces and pesto. From April to June, the flowers start to emerge and these make a great addition to salads and sandwiches.

### WHAT DOES WILD GARLIC TASTE LIKE?

All parts of the wild garlic plant are safe to eat, including the bulb, leaves and flowers. Wild garlic is less pungent than standard garlic cloves, delivering a sweeter and more delicate taste. If you pick a wild garlic leaf and gently squeeze it, you will instantly be met with the distinctive garlicky aroma.

### WHAT TO DO WITH WILD GARLIC

Wild garlic pesto | Wild garlic and nettle soup | Wild garlic butter | Wild garlic chicken kiev | Wild garlic and watercress tart | Baked new potatoes with wilted wild garlic

### WHERE TO FIND WILD GARLIC

Wild garlic grows in damp woodlands and forests across the UK and throughout Europe and is often found near rivers or streams where the ground is damp. Wild garlic is recognisable by its long and

### HOW TO STORE WILD GARLIC

Wild garlic can be stored in an airtight container in the fridge for 1-2 days. If you want to keep your wild garlic fresh for longer, place the stems in a glass of water and place in the fridge. Wild garlic is suitable for freezing, Simply wash and dry, and then place in a freezer bag and freeze.





# PICTURE Perfect



## Getting your home ready for those seller snaps

You shouldn't judge a book by its cover, but that's exactly what happens when potential buyers explore a house for sale. Those seller images have become increasingly important for putting your home in the best light and generating interest in your property.

Take a look at these tips to get your home ready for those all-important photos:

- > Put away all clutter. If it doesn't need to be there, get rid of it.
- > Clear the worktops and put accessories away; it will help to create a more spacious look.
- > Add flowers and other decorative features to give a more homely feel.
- > Make sure windows and other glass surfaces are fully wiped and dust-free.
- > Hide away unsightly items like bins.
- > Curate your toiletries so they don't appear cluttered – put out your most premium products.
- > Fold any towels neatly, and don't leave wet towels lying around.
- > Make sure curtains are properly hemmed and dust-free.
- > Make all beds and change your bedding regularly.
- > Put away all your shoes and clothes.
- > Create an ambience with a lit fire and candles.
- > Make the front of your house more appealing by keeping the lawn mowed and bins out of sight.
- > Give your garden a once-over to remove any debris.
- > Put the toilet lid down – nobody wants to look inside someone's toilet.
- > Finally, get into the habit of regular cleaning to keep your home dust-free and sparkling.

These easy tips will help your home look its best in seller photos, and will hopefully inspire someone else to make memories there.



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# BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

### Choose a cryptocurrency trading programme

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

### Pick crypto to invest in

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.

### Select your strategy

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

### Consider automated crypto trading

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

### Our top trading tips for beginners

- Start with a small investment
- Choose a secure wallet to keep your digital assets safe
- Research the market thoroughly first
- Set stop-loss levels and stick to them
- Don't be afraid to diversify your portfolio
- Do not let your emotions dictate your decisions.



# DEATH TRAP

## THE DANGERS POSED BY LOOSE OBJECTS IN YOUR CAR

We all know the dangers represented by cars and, as responsible drivers, invest time and effort in protecting the occupants of our cars from the dangers of the road. Yet what if there were a collection of hazards inside our vehicles – things that account for more than 15,000 injuries every year?

What we're talking about here is the threat posed by everyday items within a car. From a metal tissue box on the back shelf to dashboard air fresheners, from tablets and devices right the way through to cans of drink and snacks. The point is, when a collision occurs, it's not just the things on the outside of the vehicle that can cause harm.

A string of recent awareness campaigns has been designed to make motorists more aware of the risks when our vehicles are decorated with possessions. Securing items or, better still, putting

them away in door or back-of-seat pockets, or the glove compartment, ensures that if impact occurs, those possessions won't come hurtling through the air towards you.

Think carefully about luggage storage, make sure floor mats are secured in the correct positions, and do your best to keep pets secured and still.

Furthermore, if you think the threat of being hit by a loose or unsecured object in your car only comes about in the event of a road traffic accident, think again. Anything from sharp cornering to speed bumps may dislodge an item and send it on a path towards you or your passengers.

In the modern era, cars are more and more becoming extensions of our home. While that gives us the chance to adorn them with small items and luxuries, it's always smart to keep a close eye on the potential danger they might pose.



## Filters for all

Many car owners know that their pride and joy has an oil filter and an air filter.

Probably quite a few owners know that their car also has a cabin filter and some owners may know that their car has a fuel filter.

Not all cars have all the above filters, the oil filter and air filter is common to every vehicle.

The oil filter is there to catch and remove muck and debris (carbon deposits etc) from the engine oil, mainly to prevent premature failure of components, oil pump, bearings, camshaft, crankshaft etc.

The air filter catches any largish airborne pieces, which helps prevent problems occurring within the engine, but mainly to reduce the finer dust, which can cause wear of the pistons and bores.

The cabin filter reduces the amount of dust, pollen and other airborne particles getting to the interior of the car.

The fuel filter helps prevent problems

occurring with the fuel system and allows the engine to run to the best of its ability.

Filters are designed to be replaced at different times and mileages in the life of a vehicle, some are replaced more often, such as the oil filter, air filter and cabin filter, some of them are replaced less often, or sometimes not replaced at all which is not recommended.

If filters aren't replaced on a regular basis it can lead to many problems, and in some cases very expensive problems, filters are there for a reason and that is why you need to have them replaced regularly, doing this can help save you money by helping prevent unnecessary repairs and even saving you fuel.



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