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BEFORE



AFTER

AFTER



AFTER



BEFORE



AFTER





# Editor's notes...

JUNE 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford & Beaulieu. Isn't it strange how a bit of sun can lift the spirits? We seem to be entering the throes of summer now and for the first time in more than two years we are able to go out, restriction-free, and enjoy ourselves.

Of course, we do this against a backdrop of political unrest, economic uncertainty and conflict in various parts of the world. The year 2022 has brought about countless challenges and tests so far - just when we thought we'd arrested the biggest spectre of them all: COVID-19.

The truth is that the current ills around us will be there throughout the next few months and beyond, but my encouragement to you is to embrace the things that are within our control. Not since the winter of 2019 have we been able to fully throw ourselves into visiting new places, socialising with friends and going about our personal projects in a manner that now seems exhilarating and limitless. With longer days and - hopefully - warmer weather, now is the time to spend some time in your local pub garden, plan a day out with friends, and perhaps organise a barbecue or two. So let's try to fully embrace the good elements in our lives and make the most of every opportunity that comes our way.

*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

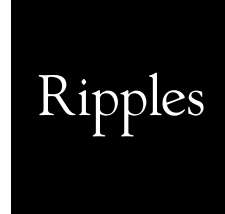


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# SPECULATE TO ACCUMULATE

**FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK**

---

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon's is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn't enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors' money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don't fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

His commitment to Tesla and SpaceX only came about because he'd sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, 'speculate to accumulate' has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

# SP KED?

1



## HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

**WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?**  
The most common illegal drugs used to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

### HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

### THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

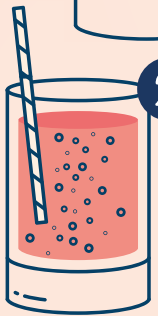
### WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

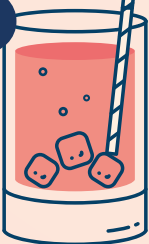
### HOW TO PREVENT YOUR DRINK BEING SPIKED

- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.

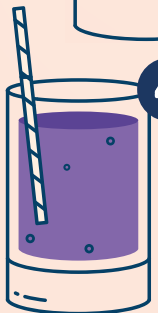
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# OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

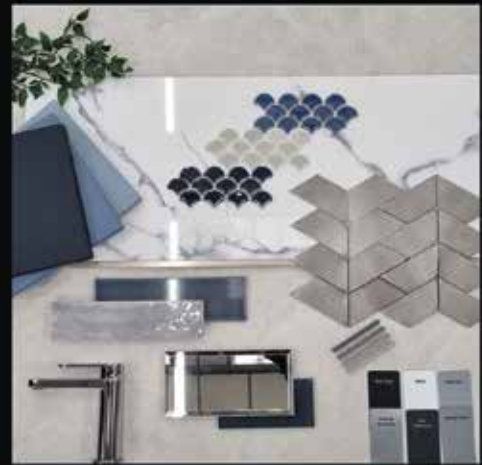
"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com



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# GUIDE TO CLEANING PAINTED WALLS



There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.

### HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

### HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

### HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

### HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

### WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.



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# CHINTZ

*is making a comeback*

If you're a millennial or younger, you'd be forgiven for not knowing the word chintz. Often regarded as a dated decor trend, you'll be more likely to see it in your grandmother's house than on Instagram or Pinterest. But could chintz be making a comeback?

### WHAT IS CHINTZ?

Chintz has a very long and fascinating history. It's a cotton textile dating to 4,000 years ago, originating in the Indus Valley between India and Pakistan. Made using a specialist dye method, chintz fabrics typically feature colourful floral designs. As the fabrics were traded around the world, they soon found their way into home textiles, made popular in more recent times by designers such as William Morris.

### WHERE DID IT GO?

In more recent times, chintz was seen as a dated fabric, and it has been declining in popularity since the 1980s. IKEA caused a stir in the 1990s by encouraging people to "chuck out your chintz" in favour of its own interior products, based around simple details and block colours.

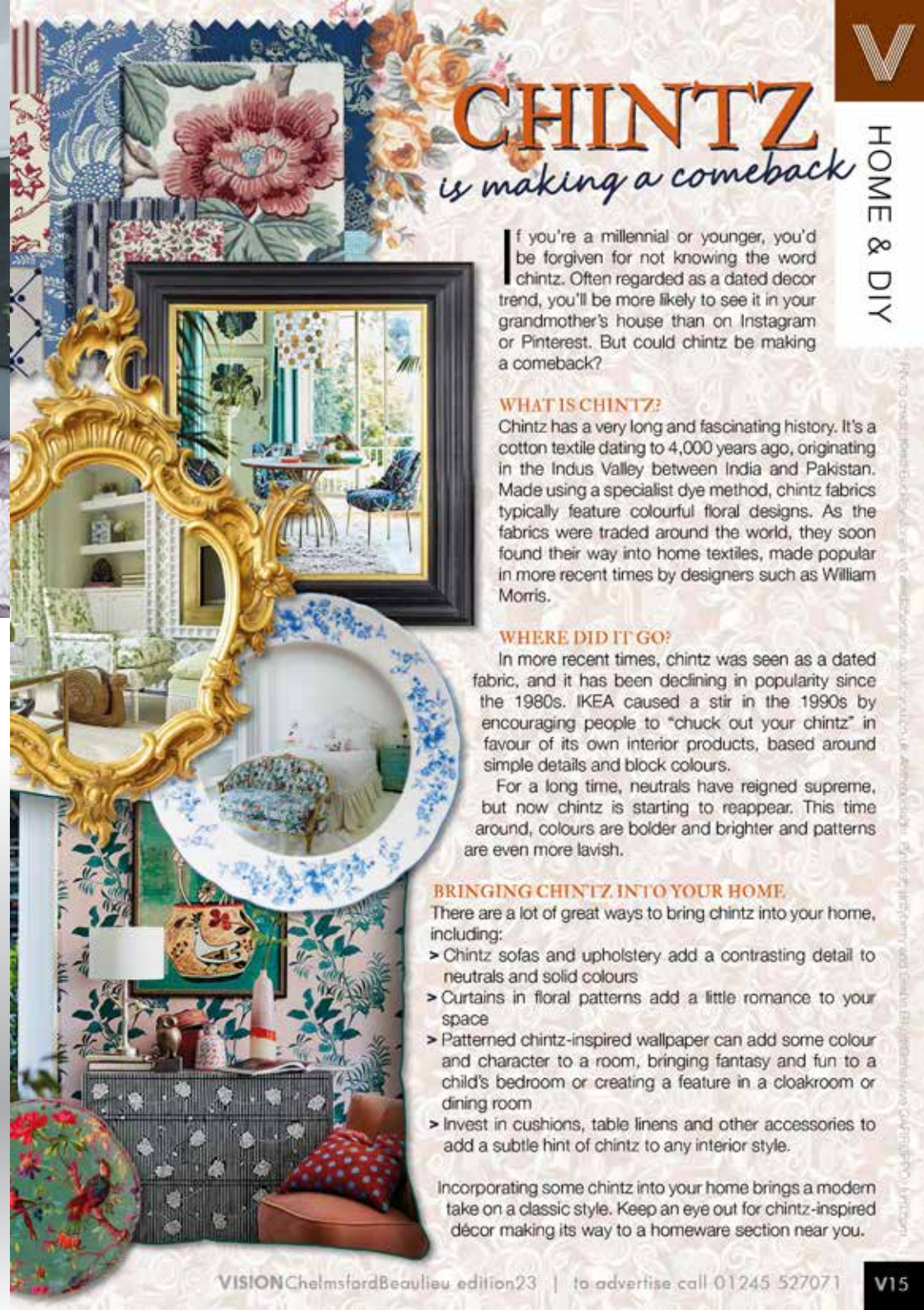
For a long time, neutrals have reigned supreme, but now chintz is starting to reappear. This time around, colours are bolder and brighter and patterns are even more lavish.

### BRINGING CHINTZ INTO YOUR HOME

There are a lot of great ways to bring chintz into your home, including:

- > Chintz sofas and upholstery add a contrasting detail to neutrals and solid colours
- > Curtains in floral patterns add a little romance to your space
- > Patterned chintz-inspired wallpaper can add some colour and character to a room, bringing fantasy and fun to a child's bedroom or creating a feature in a cloakroom or dining room
- > Invest in cushions, table linens and other accessories to add a subtle hint of chintz to any interior style.

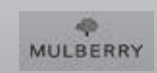
Incorporating some chintz into your home brings a modern take on a classic style. Keep an eye out for chintz-inspired décor making its way to a homeware section near you.



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# 5 ALTERNATIVE USES FOR DENTURE TABLETS

Denture tablets can be used to clean so much more than just your dentures. Discover five surprising uses for denture tablets below and you may be tempted to buy some – even if you have all your teeth.

**1. TO CLEAN YOUR KETTLE:** Mineral deposits can quickly build up in your kettle, which can cause your hot beverages to taste less than their best. To combat this, fill your kettle with water, drop in a denture tablet and allow to soak for a few hours. Follow with a good scrub and a thorough rinse.

**2. TO REMOVE HARD WATER STAINS:** If you are struggling to remove the hard water stains from your toilet bowl, then denture tablets offer the perfect solution. Simply drop in a few tablets, wait for the fizzing to stop and then scrub the bowl using your toilet brush.

**3. TO ELIMINATE BURNT FOOD FROM PANS:** For times when soaking just isn't enough, add a denture tablet to your sink or a bowl of warm water, drop in your pan and leave to soak for 15-20 minutes. Give the pan a gentle scrub and the burnt food should slide right off. Do not use denture tablets on cast-iron pans.

**4. TO RESTORE SHINE TO GLASSWARE:** If you find that your glasses often look cloudy after washing, then a denture tablet is all you need to restore them to their original glory. Fill the glass with water, drop in a denture tablet, wait for the fizzing to stop, and rinse.

**5. TO BANISH TOMATO STAINS:** If you batch cook or take leftovers for lunch, you will know how hard it is to remove tomato stains from plastic containers. Banish these stubborn stains for good by filling the container with water, dropping in a denture tablet and leaving to soak overnight. Come morning, all you need to do is rinse.



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# NO vacuuming ALLOWED



## A GUIDE TO HELP YOU DECIDE WHEN YOU SHOULDN'T USE YOUR VACUUM WHEN CLEANING

Some people love vacuuming; others can't stand it. Either way, there is no denying how quickly it can clean up your home.

However, did you know that there are some items that you should never hoover up?

### PIECES OF GLASS

If you have smashed a glass, then you may reach for your vacuum cleaner to quickly clear the area. However, large pieces of glass can puncture the bag, get stuck in the hose and damage the interior. Instead, use a dustpan and brush for the large pieces and a damp cloth to pick up small shards. Be sure to wear gloves to protect your hands.

### FINE DUST

Have you recently renovated your home? If yes, then your furniture is probably covered in dust particles. Sadly, you should not hoover these up as sanding residue and other tiny particles will clog the filters and cause your hoover to spit dust back into the air.

### WET FOOD

Wet food, or anything wet or moist, should not be cleaned up with a vacuum cleaner. This includes soggy cereal, dog food and even small spills. Instead, use some kitchen towels or a tea towel.

### SMALL METAL ITEMS

Small metal items such as paper clips and coins can easily become stuck in the rotating part of your vacuum cleaner and stop it from working properly. They can also sometimes break off plastic pieces from the interior of your appliance.

### MAKE-UP

Dropped an eyeshadow palette on the carpet? Or some foundation? Although you may be tempted to use your hoover, this is not a good idea. Firstly, the vacuum brush could smear the make-up further into the carpet, and secondly, if you do manage to successfully clean it up, it is highly likely to melt once inside the appliance.



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



Photo credit: BBC/Ricochet/Stuart Wood, Eat Shwings Facebook



## Chicken restaurant features on BBC TV show

A Chelmsford chicken wing restaurant and takeaway has featured on a BBC TV show.

Shwings, which first opened in Chelmsford in 2018, featured on an episode of *Britain's Top Takeaways* on BBC Two last month.

The show sees some of the UK's best-loved takeaways compete in a fast-food showdown to win the approval of local families.

Founder of Shwings, Mark Strut (pictured top left), said he was extremely excited to compete with other popular eateries and added that featuring on the show

was the "perfect opportunity" to showcase their skills.

He said: "Unlike the other contestants, my business partner, Felix Pinto, is the executive chef and I'm front of house. We both pride ourselves on mouth-watering fresh food with a difference."

The popular takeaway competed against other big names in the sector, including Killa Waffles in Hertfordshire and Eat the Bird in Exeter, and made it to the top five takeaways.

Presented by Sara Cox and Darren Harriott, the eight-part series is currently airing on BBC Two.



# Cyclists raise £36k for cancer charity event

Chelmsford residents helped raise thousands of pounds for charity through a recent cycling event. More than 800 cyclists took part in the Ride for Helen Essex at Crix in Hatfield Peverel on Sunday, May 15, raising a total of £36,000 for the Helen Rollason Cancer Charity, which is dedicated to supporting those whose lives have been affected by cancer.

There was a choice of cycling routes on offer, ranging from six to 65 miles, allowing both experienced cyclists and youngsters to take part.

Terry Green, 72 (pictured inset), and his grandson Harvey, 13, both from Chelmsford, took part in the 15-mile route.

Terry said: "Many years ago, I purchased a tandem, which at the time I thought was a good idea. One trip around the block and my wife declared never again.

So the tandem sat forlorn in the garage. Over the years, the grandchildren have looked at it but none were big enough or enthusiastic enough, until now."

Charlotte Ruston, 23, of Chelmsford, took part in the event alongside 40 of her family members in memory of her father, Neil Ruston, who sadly passed away earlier this year.

Speaking on the day of the ride, Charlotte said: "We have been blown away by the incredible support of everyone here today. Mum and I know my dad would be looking down watching over us, so proud we have completed our ride in his memory."

The event was also attended by former Mayor of Chelmsford, Jude Deakin (pictured fourth from right), who gave out medals to riders and chatted with volunteers and staff about the charity and its services.

## Police launch appeal following stabbing

A man has been arrested on suspicion of grievous bodily harm (GBH) following a stabbing in Chelmsford.

Police were called to reports of the incident in Stock Road, Galleywood, at 5.15pm on Friday, May 20.

The victim was taken to hospital but his injuries are not thought to be life-changing or life-threatening.

A 33-year-old man has been charged with GBH and possessing a knife, blade or a sharp pointed article in a public place.

Craig Feagan appeared at Colchester Magistrates' Court on May 23. No pleas were entered and he was remanded into custody to appear at Chelmsford Crown Court on June 20.

Enquiries suggest that a weapon may remain outstanding and could be in the nearby wooded area of Galleywood Common. Police are appealing to dog walkers who use the location to be on the lookout for suspicious items and to call 101, citing crime reference number 42/127335/22, if anything is spotted.

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**LOCAL NEWS**

Recycling our waste and unwanted objects is a way we can all participate in making a difference to the environment. I recently went to the centre in Chelmsford run by Essex County Council to learn more about what happens to the different items and materials that the public bring for disposal. With 12,000 visitors every month, this is a huge task. The council has recently decided to end its contract with an external company and bring the running of these sites back 'in house'. This will save taxpayers' money.

I also recently visited the site where a new country park is proposed near Sandford Mill, where a local resident who is a keen ornithologist has been monitoring the bird life for many years. It is home to many different species of birds and animals, a number of which are on the red list for species that are under threat.

Another visit was with our Police, Fire and Crime Commissioner, Roger Hirst, to see the work that has been done to improve safety on the Bunny Walks in Chelmsford. Last year, when the government announced new funding for Safer Streets, I encouraged Roger to look at whether Chelmsford



could benefit from this funding. He then coordinated a huge number of partners to put together the bid, which has led to more than £500,000 being invested in safety in Chelmsford.

Since Roger and I were first elected in 2017, we have worked together on increasing police numbers in Essex and there are now in excess of 700 more officers in Essex Police than five years ago.

As ever, do keep in touch. My email is [vicky.ford.mp@parliament.uk](mailto:vicky.ford.mp@parliament.uk)

## Anti-bleed kit donated to pub

A woman whose grandson was killed in a stabbing has brought her anti-knife campaign to Chelmsford by donating a special anti-bleed kit to a local pub.

Julie Taylor (pictured inset) donated the kit to The Garrison Tavern on the High Street, where staff and customers have been campaigning for The Liam Taylor Legacy, set up by Julie in memory of her grandson.

Liam was 19 when he died in a stabbing in Writtle in January 2020. Three men were jailed for a combined total of 58-and-a-half years for his murder.

The Liam Taylor Legacy aims to raise money to buy defibrillators, as well as to distribute anti-bleed kits which are funded by the Daniel Baird Foundation, set up by Daniel's mother, Lynne, after his fatal stabbing in Birmingham in July 2017.

The kits contain tourniquets, bandages and chest seals to stop catastrophic bleeding. Kits have also been presented to bars and schools in Brentwood, Maldon and Braintree.

To donate to Julie's fundraiser, visit [www.gofundme.com/f/the-liam-taylor-legacy-fish](http://www.gofundme.com/f/the-liam-taylor-legacy-fish)





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Photo credit: Miruna Dabescu, Google Maps

# Young boy hospitalised following hit-and-run incident

Police are appealing for witnesses and information after a 12-year-old boy was hospitalised following a hit-and-run in Chelmsford.

A white electric Nissan 4x4 collided with the boy on Baddow Road opposite the Texaco garage at 8.40am on Monday, May 16. The vehicle failed to stop at the scene.

The boy was taken to hospital with bruising and swelling but was released later that day.

The driver of the Nissan has been described as a

white man in his mid-20s with dark hair. Police are now asking for any witnesses or anyone who may have footage of the incident to come forward.

Information can be reported at [www.essex.police.uk](http://www.essex.police.uk) or by speaking to an online operator using the live chat between 7am and 11pm. Please quote incident 653 of May 16.

Alternatively, call the non-emergency number 101 or contact Crimestoppers anonymously at [crimestoppers-uk.org](http://crimestoppers-uk.org)

# Resident gets MBE for cultural restoration work

Photo credit: Brian Christian Torrissen



A Chelmsford man has been awarded a Member of the British Empire (MBE) in the Queen's Birthday Honours 2022.

Mark Caldon, 61, received the honour for services to cultural restoration as part of his work as secretary on the UK Spoliation Advisory Panel (UKSAP).

The UKSAP works to advise the government on claims concerning cultural property that was looted from people or their family by the Nazis, when claimed items are in the possession of a UK national collection or in the possession of a museum or gallery established for the public.

Speaking to **VISION**ChelmsfordBeaulieu, Mr Caldon said: "I was delighted to learn that I had been awarded an MBE in the Queen's Jubilee Birthday Honours.

"UKSAP was established in 2000 to consider claims from anyone who lost possession of a cultural object during the years 1933 to 1945 and where that object is now in the possession of a UK collection. The panel has advised on 20 claims in 21 years and 13 cultural objects have been returned.

"The return of cultural property lost during the Nazi era can never compensate for the loss of loved ones who suffered so terribly at the hands of the Nazis during those dark times, but personal items can provide an important personal connection for those who remain, and having that property returned can bring some degree of comfort. To be able to play a small part in that process is a huge honour."

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LOCAL NEWS

## New homelessness initiative has been launched

A new initiative has been launched to help rough sleepers in Chelmsford.

The Street Support website provides information about all the services available to the area's homeless population, which they can access through the city's free Wi-Fi.

The initiative has been set up by community project Cool to be Kind, on behalf of Chelmsford City Council's Single Person's Homeless Forum.

So far, multiple organisations have signed up to be part of this online directory, including Chelmsford City Council, Sanctus, CHESS Homeless, Citizens Advice Chelmsford, Nightstop Essex and the Ideas Hub, with

more expected to join.

Councillor Stephen Robinson, Leader of Chelmsford City Council (pictured bottom right), said: "We're very fortunate in Chelmsford to have so many organisations offering help of all kinds, but it isn't always easy to know how to find it. Becoming homeless and sleeping rough is an incredibly frightening thing to go through.

"No one needs to sleep rough in Chelmsford, as accommodation and support is offered to all. However, if people are sleeping rough, Street Support should make finding support and services easier and less daunting for anyone who needs help."

Find out more at [www.streetsupport.net/chelmsford](http://www.streetsupport.net/chelmsford)

## Police arrest 16 people during popular festival

Essex Police arrested 16 people during Creamfields South Festival in Chelmsford earlier this month.

In the run-up to the festival, which took place from June 2 to 4, Essex Police worked with the organisers, Festival Republic, and Chelmsford City Council, Essex County Fire & Rescue Service, British Transport Police and East of England Ambulance Service.

Policing plans included intelligence checks to disrupt drug activity and disorder, roads policing operations to deal with drug and drink driving, and officers stationed outside to address any antisocial behaviour.

While Festival Republic was responsible for safety

and security at the festival, the police also had a small hub within the venue to allow officers to detain offenders ahead of any requirement for them to be taken to a custody suite.

Officers arrested people on suspicion of offences related to drugs, theft, offences under the Public Order Act, sexual assault and assault.

Superintendent Nick Morris said: "I would like to thank my officers and staff for their hard work in helping to make our policing plans a success. I would like to also praise our partners and Festival Republic in helping to ensure this festival was a safe one."





Photo credit: Essex Police



# Members of drug gang jailed for more than 40 years

Members of a drugs gang, including two men from Chelmsford, have been jailed for a combined total of more than 40 years.

The lines had initially been disrupted by the 2020 conviction of Rowan Brown (pictured top left), who was sentenced to five-and-a-half years for the supply of class A drugs. However, Brown was continuing to run the line from his jail cell, with the help of others.

Eight members of the network pleaded guilty to two counts of conspiracy to supply crack cocaine and heroin and were sentenced at Chelmsford Crown Court on Friday, May 6.

Brown was sentenced to 11 years in prison, which he will serve consecutively to his original sentence.

Amy Goldfinch (pictured top centre), 28, of Church Road, London, was sentenced to nine years in prison. Peter Okunzuwa (pictured top right), 32, of Lea Bridge Road, Hackney, was sentenced to six years and nine

months in prison.

Dejah Henriques (pictured bottom left), 23, of Digby Road, Hackney, was sentenced to seven years and six months in prison, while Tony Wilde (pictured bottom centre), 55, of Widford Park Place, Chelmsford, received a sentence of 48 months' imprisonment.

Keith Webb (pictured bottom right), 51, of St Marys Mead, Chelmsford, was sentenced to 21 months in prison. Susan Poulton, 40, of Cromwell Close, Boreham, received a 36-month community order and was made the subject of a 12-hour daily curfew. Faith Divine-Mark, 22, of Brook Drive, London, was jailed for 21 months, suspended for two years.

Kevaughn Henriques, 20, of Amersham Avenue, London, who admitted two counts of conspiracy to supply crack cocaine and heroin, and Tonae Reid, 28, of Handel Walk, Colchester, who admitted money laundering, are yet to be sentenced.

# Bank announces branch closure next month

Photo credit: Minuna Dublesiu



The Royal Bank of Scotland's Chelmsford branch is set to close on July 7. NatWest group recently submitted an application to Chelmsford City Council to remove the ATM before the building is vacated next month.

The council is currently considering the application.

A brochure regarding the closure says: "We understand and recognise that digital solutions aren't right for everyone or every situation, and that when we close branches we have to make sure that no one is left behind. We take our responsibility seriously to support the people who face challenges in moving online, so we are investing to provide them with support and alternatives that work for them."

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## Where to begin

Looking to change or buy a new kitchen but not sure where to start?

Kitchens used to be hidden away workspaces, but today they are rooms in which we spend huge amounts of time. Not only do they need to offer the preparation and cooking facilities that suit all the home's occupants, but they must also be a stylish space we want to enjoy being in.

Here are the five crucial factors to consider when looking to change or buy a new kitchen.

**1. Make a list of the things you like and dislike about your old kitchen:** Consider how you like to work in the kitchen and how it is used.

**2. Create a mood board:** look on the internet or magazines for ideas you like – colours, seating arrangements, flooring, kitchen styles, etc.

**3. Consider appliances:** Look at what's new on the market – steam ovens, boiling water taps, Wi-Fi connected appliances.



**4. Set a kitchen budget:** Investing in the best quality kitchen you can afford will add value to your home, and quality materials may look better and last longer. Worktops can be a major cost especially if you are thinking of stone or resin based worktops. Here is a guide to understanding engineered and natural stone surfaces:  
[www.worktopfabricators.org](http://www.worktopfabricators.org)



**5. Planning:** Talk to the experts for advice as this can prevent costly mistakes further down the road. Most kitchen designers will produce three-dimensional computer-aided designs to show your kitchen design before you buy. Don't be afraid to say if there is anything that you are not sure about or don't like, at this stage things can be easily changed or re-designed; As far as the kitchen design is concerned, you want it to be visually appealing and highly functional and practical at the same time.

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The issue with 5G is that while speeds are seriously impressive, range is not. This is down to the use of millimetre waves, which are a lot shorter than the wavelengths 4G uses.

As a result, the government has been rapidly releasing licences whereby buildings and facilities can be equipped with kit that will boost 5G connectivity.

The good news is that these 'cell sites' can be put up easily and, in most cases, you won't even

know they're there. From streetlights to signposts, bus shelters to CCTV poles, the government has slashed the red tape associated with the roll-out of the project. This is good news for us all – meaning easier installation, quicker connecting of new areas and faster speeds.

In simple usage terms – messaging, checking football scores and so on – you may not notice much difference, but for tasks that used to take hours, such as downloading a HD movie to your phone, the difference is astonishing. A recent survey by Uswitch found that Haul Fryn, a road in Swansea, South Wales, had the fastest download speed of anywhere in the country – 882Mbps, meaning a two-hour HD movie could be downloaded in just 47 seconds.

For years, the internet has meant the world is at our fingertips. With accelerated roll-out of 5G technology, it now feels even closer than that.



Photo credit: Unredited/AP/Shutterstock



OUR QUEEN

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## CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

---

*“ I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong ”*

---

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.



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## HOW TO SET UP A FRESHWATER FISH TANK



PETS

Thinking about adding an aquarium to your home? Bringing beautiful colours and life to your surroundings, as well as a whole host of health benefits, discover how to set up a freshwater fish tank for maximum wow factor.

### 1. CHOOSE AN AQUARIUM

Think about the amount of space you have, the type of fish you want to get and your budget. Large aquariums are more stable and require less work to maintain, whereas smaller ones need more attention. Wide aquariums are ideal for active fish such as danios, and narrow ones are better suited to less active fish such as angelfish and gouramis.

### 2. PICK THE RIGHT SPOT

When it comes to where to place your new aquarium, you need a spot where you spend a lot of time so that you can get as much enjoyment from it as possible. Avoid windows that receive direct sunlight and areas near exterior doors which can be too cold.

### 3. ADD DECORATIONS

Obviously, gravel and water are essential for your freshwater tank, but there are lots of other decorative features that you can add. Some of the most popular additions include live and artificial plants, rockwork, sunken ships, castles and figures. Taller plants and décor items should be placed at the back to hide filter tubes and cords, with smaller items at the front. You can also add background material to hide hoses and add visual depth to your display.

### 4. USE A TEST KIT

Test kits are recommended for new aquariums as nitrite and ammonia levels can rise and become hazardous. You can buy these online or at most aquatic centres.

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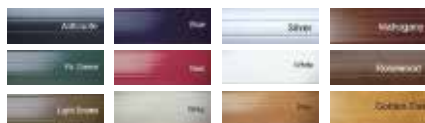
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# Travel update

With the world at your fingertips, searching for the perfect getaway is always a delectable dilemma. With this in mind, I'm here with a dose of inspiration; serving up my top three openings that are simply too good to miss.



Dan Salmon, Owner

## A SECRET ISLAND

When you've ventured on a savannah safari to see springbok leaping from the grass and lion cubs playing in the dirt, you'll need time to take it all in. For the most enviable end-note to your trip,



there's a private island, unexplored and in one of the most unique locations in Mozambique. The new Banyan Tree Ilha Caldeira opens July 2023 and brings you close to the wild outback but in complete tranquillity

on its own private island. At the 100 per cent solar-powered resort, the names of the 40 new pool villas set the tone: Bliss, Serenity, Harmony – thoughtfully designed and culturally inspired these are private spaces with the ocean right on your doorstep. While you're here you can go whale watching, swim through shipwrecks or indulge in holistic therapies for a little me-time.

## DUBAI HIGH LIVING

Dubai is a place that doesn't hold back, especially when it comes to architecture and design - which makes it one of the most indulgent places to escape to. Even more so now, with the new opening in 2022 of Atlantis The Royal in Dubai. Resembling a giant game of Jenga, the building's 43 storeys will never fail to impress. Cascading water features that erupt with both fountains and

fire, and 24-carat gold gilded floors certainly give the wow factor. With the largest private beachfront in Dubai, the world's best chefs across 17 restaurants, including Dinner by Heston Blumenthal, garden suites and a Sky Pool that floats in the air - you'll be living your best life at The Palm's most exclusive address.



## ALL ABOARD THE THAI TRAIN

Later this year, designer and architect extraordinaire Bill Bensley will open a new five-star resort inspired by the humble railway. Harking back to the locomotive revolution during King Rama V's reign, Bensley is upcycling abandoned train carriages to form the unique structure of the Intercontinental Khao Yai National Park in



Thailand. The Art Deco interiors will bring the glamour of old-school travel to your bedside with inflections of the green mountainous national park

(a UNESCO World Heritage Site) outside. Sat amongst 100 acres of lush foliage, bountiful trees and seven lakes, it's like a dream brought to life.

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TRAVEL

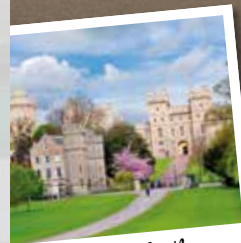
# Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.

## Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.



Windsor Castle

## Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.



Castle Combe

## Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer. A hike to St Nectan's Glen - which has been voted an area of outstanding natural beauty - will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.



St Nectan's Glen

## Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.



Chatsworth House

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.



# The LONGEST WORDS *that exist*

What would be the longest word you can think of right now? Perhaps it could be **Llanfairpwllgwyngyllgogerychwyrndrobwllantysiliogogoch** – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's **Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu** at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.  
Eighty-five letters is a lot for one word, so what are the other longest words that exist?

**Pneumonoultramicroscopicsilicovolcanoconiosis** (45 letters)  
This is a type of lung disease caused by inhaling quartz dust or silica.

**Hippopotomonstrosesquipedaliophobia** (36 letters)  
Of course, the word for a fear of long words would be long.

**Supercalifragilisticexpialidocious** (34 letters)  
While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.

**Pseudopseudohypoparathyroidism** (30 letters)  
A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.

**Floccinaucinihilipilification** (29 letters)  
This means the estimation of something having no value or being worthless.

**Antidisestablishmentarianism** (28 letters)  
This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.

**Honorificabilitudinitatibus** (27 letters)  
Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.

**Thyroparathyroidectomy** (22 letters)  
The name for the process of removing the thyroid and parathyroid glands.

**Incomprehensibilities** (21 letters)  
A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.



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# PUZZLES & TRIVIA

## 40 years since the FALKLANDS WAR

A LOOK BACK ON THE FALKLANDS WAR, WHICH ENDED IN JUNE 1982

The commencement of the Falklands War, when Argentina landed on the small island situated 500 miles from its lower-east coast, represented more than simply a country looking to reclaim what it thought it rightfully owned.

On the face of it, that was Argentina's ploy. The Falklands, a modest 4,700 square miles, comprising little more than rocky terrain, cliffs, birdlife and cattle, had been appropriated by the British back in 1765.

Within five years, a Spanish commander from Buenos Aires landed with five ships and 1,400 troops to claim possession of the land. And that remained the case until 1883, when the British returned.

The constant power struggle has raged on, though when Argentina relit the blue and white striped touchpaper in 1982 with severe territorial aggression, it surprised many.

A deeper explanation, away from the geographical claims and disputes, lay in the political situation in Argentina, and the economic

struggles that besieged South America in the 1980s.

The three-man military junta that had assumed power in Argentina in 1976 had evolved over the years, and as it looked to build support and legitimacy by claiming a territory that still held considerable emotional ties to the Argentine people, seizing the Falklands was a clever political move.

On April 2, Argentina invaded, kicking off just over two months of conflict, where the British, led by Margaret Thatcher, responded with air, sea and land attacks. A series of bloody battles raged, with the Battle of Goose Green perhaps the most famous.

Finally, on June 14, Argentina surrendered after British troops yomped across punishing terrain, arriving at East Falkland to find their enemy waving white flags.

While conflict ceased, the ongoing antagonisation between Argentina and the UK (and England in particular) has continued, mostly in sporting rivalries.



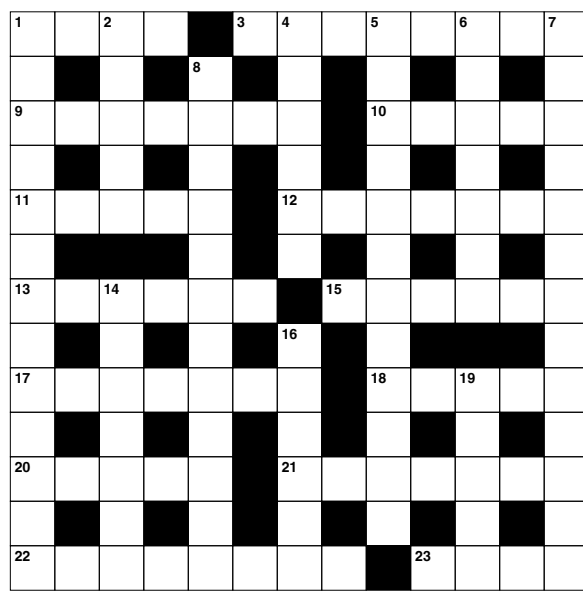
Photo credit: Olive Limpkin/Daily Mail/Shutterstock

### ACROSS

- 1. Eurasian crow (4)
- 3. Excessively emotional (6,2)
- 9. Time off (7)
- 10. Sudden movement (5)
- 11. Steer (anag) (5)
- 12. Wicked look that causes harm (4,3)
- 13. Possessing (6)
- 15. Wind instrument (6)
- 17. More sugary (7)
- 18. Freight (5)
- 20. Deduce or conclude (5)
- 21. Currents of air (7)
- 22. Disregarding oneself (8)
- 23. Depend on (4)

### DOWN

- 1. Connections or associations (13)
- 2. Willow twig (5)
- 4. Complied with a command (6)
- 5. Children's toy (12)
- 6. Medieval cell (7)
- 7. Affectedly (13)
- 8. Occult (12)



- 14. Necessary (7)
- 16. Eats grass (6)

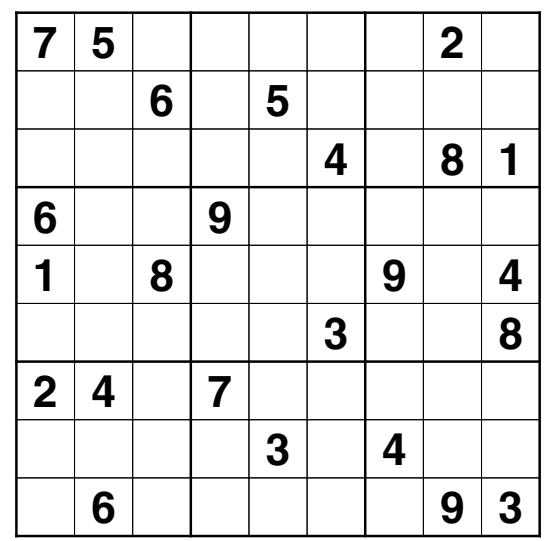
- 19. Verse (5)

### DID YOU KNOW?

- ▶ There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.
- ▶ Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.
- ▶ Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.
- ▶ The Antarctic blue whale is the largest animal on the planet.
- ▶ Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

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# 5 NATURAL ALTERNATIVES TO *deodorant*



If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.



**Witch hazel**  
Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.  
Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.



**Baking soda**  
Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.



**Lemon juice**  
Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.



**Apple cider vinegar**  
This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsp with 1 tbsp of water and apply under your arms using a clean cloth.



**Coconut oil**  
Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.



# KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

**Bedbugs | Danger rating: 2/5**

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

**Bees/Wasps | Danger rating: 3/5**

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

**Fleas | Danger rating: 1/5**

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

**Mosquitos | Danger rating: 2/5**

Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

**Spiders | Danger rating: 4/5**

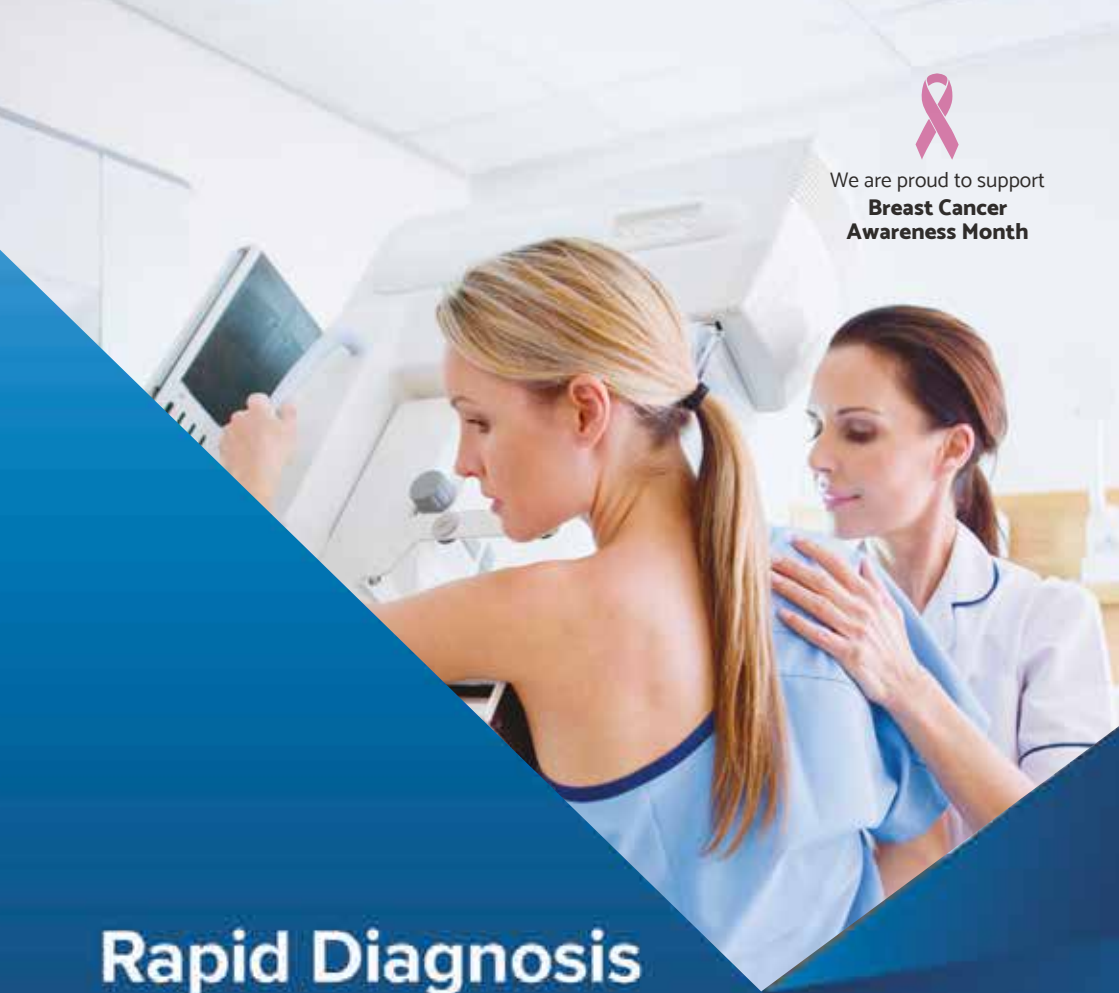
Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

**Ticks | Danger rating: 3/5**

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.



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# 5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

## 1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.

## 2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

## 3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

## 4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

## 5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.



# CAN YOU *manage?*

WHAT YOU NEED TO KNOW ABOUT HIRING A PROPERTY MANAGEMENT COMPANY

Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

make you less aware of what's going on with your property.

### Why hire a property management company?

Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.

### Pros of hiring a property management company:

- > Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- > Property management companies will source and vet tenants, taking the responsibility off you.
- > Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

### Cons of hiring a property management company:

- > You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- > As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.
- > Using a property management company could



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# Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

## THE PREMISE

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

## WHEN CASHBACK CREDIT CARDS WORK

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy

things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

## WHEN CASHBACK CREDIT CARDS DON'T WORK

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.



# Robust Rosemary

A hardy herb that will grow with abandon once established, rosemary has a long history of culinary, aromatic and medicinal uses.

## WHAT ARE THE HEALTH BENEFITS OF ROSEMARY?

- > A rich source of antioxidants and anti-inflammatory compounds
- > Improves digestion and helps to treat indigestion
- > Enhances memory and concentration
- > Relieves stress and anxiety
- > Protects against cancer
- > Contains carnosic acid which can protect the brain
- > May be able to help prevent Alzheimer's.

## HOW TO USE ROSEMARY IN THE KITCHEN

### Rosemary salt

To create a rosemary-infused salt, fill a cup with rosemary leaves pulled from the stem and place in a bowl with 3 cups of salt. Stir together, cover and leave to sit for 2-3 weeks.

### Rosemary oil

To make rosemary-infused oil, pour 2 cups of olive oil into a small pan and allow to simmer. Remove from the heat and add 3-4 dry sprigs of rosemary. Pour into a sterilised jar and cover with a lid.

### Rosemary sugar syrup

Rosemary sugar syrup can be drizzled over cakes, yogurt or fresh fruit for a sweet and fragrant twist. Bring 1 cup of water to the boil and add 2 cups of sugar and 3-4 sprigs of rosemary. Once the sugar has dissolved, remove from the heat and take out the rosemary. Pour into a sterilised jar.

### Rosemary lemonade

To make refreshing rosemary lemonade, simply bring 2½ cups of sugar to a boil, remove from the heat and add 9 sprigs of rosemary. Leave to steep for 30 minutes and strain. Add ½ cup of fresh lemon juice and 4 cups of cold water. Chill and serve over ice on its own or with your favourite gin.

### Rosemary butter

Soften a stick of butter (but don't melt it) and blend with rosemary leaves that have been removed from the stem and diced into small pieces. Slather on crackers, bread, meat or fish.



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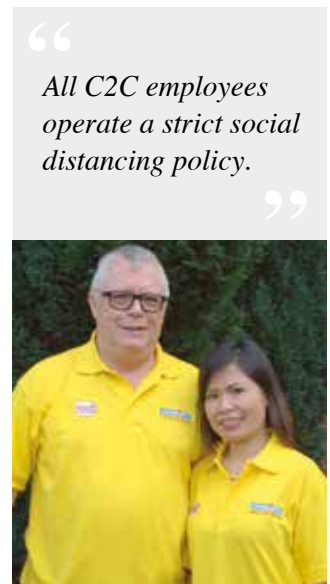
Established for over 16 years, Cloudy2Clear windows have become the UK's leading company for domestic glass replacement. Customers are no longer needing to risk their windows by using the dreaded double glazing cowboy down the road, instead, now they can join over 320,000 happy customers and have their glass replaced in an affordable and ethical manner. Remember, a failed glass unit may no longer provide you with the protection you need or be energy efficient. Why not spend a few minutes checking your home to see if you have any failed double glazing? If you act now you can avoid any future costly problems.

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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Get ready to make those summer nights even better with your own outdoor cinema.

### CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

### BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

### GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

### CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

### GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.



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Even during the warmest months of the year in the UK, the evenings can get a little chilly. Fortunately, you can still enjoy your outdoor space after sunset with an outdoor heating source.

**WHAT IS A PATIO HEATER?**  
In its simplest form, a patio heater is a device that allows you to heat the patio area of your home. Some patio heaters run on electricity, whereas others burn wood, gas or butane. Patio heaters are designed for outdoor use, and you can find many different types to suit your space.

**WHAT IS A FIRE PIT?**  
Fire pits, just like patio heaters, are designed to keep you warm in your outdoor space. Some fire pits use wood, coal or propane as their heat source, whereas others have an electronic ignition to light the fire. There are many different shapes, sizes and styles of fire pits available.

**PROS OF PATIO HEATERS**  
Versatile – can be used for home or commercial use | Good temperature control | Safe for children

and pets | No embers or sparks | Low maintenance | Easy to move | Some approved for tent/garage use

**CONS OF PATIO HEATERS**  
Limited design choices | Require fuel or a power source | Cords can create a trip hazard | Propane is expensive | Not a significant light source

**PROS OF FIRE PITS**  
Lots of design options | Provide both warmth and light | Have roasting capabilities | Easy to move | Less messy than a campfire

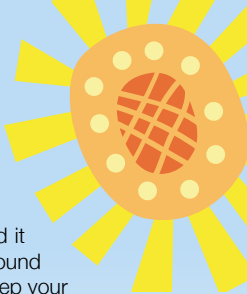
**CONS OF FIRE PITS**  
Danger of sparks or embers | Limited heat range and temperature control | Open flames | Cannot be used indoors

**WHICH IS BETTER?**  
Both patio heaters and fire pits offer a great way to heat your garden. The former is a good option for those who can't have an open fire for safety reasons or if you don't like cleaning. The latter can be more economical and can also double up as a barbecue.





**AS THE WEATHER HEATS UP, MAKE SURE YOU DO YOUR BIT FOR LOCAL WILDLIFE**



The temperature is hotting up, and while most of us welcome these sunnier days, the same isn't always true for our community critters. The good news is that there are a lot of things you can do for wildlife in the hot weather to help keep them safe from the sun.

**Fill up your feeder:** Birds can find it tough to find food when the ground is dry and worms are scarce. Keep your bird feeder topped up and put out some fruit, such as apples and soaked raisins, for animals on the ground.

**Create shaded spots:** Animals may struggle to find shade on a hot day, but you can help by putting logs, large rocks or wooden planks around your garden to help create shade.

**Keep your pond topped up:** Remember to keep an eye on your pond and top it up if needed. This will help any fish that you have, as well as other visitors who use your pond as a water source.

These simple steps will make a big difference to your local wildlife.

**Provide fresh water:** Spells without rain can mean that a lot of natural water sources have dried up for your garden visitors. Putting out some fresh water will help thirsty animals and insects. Keep it shallow and put some rocks in there to help insects get out if they fall in.

**Put in a bird bath:** A bird bath is a great way for birds to keep clean and cool. You can buy them at garden centres and other retailers, or you could make your own as a fun DIY project.



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SPORT



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BRITAIN'S GREATEST SPORTING MOMENTS...

# BORG AND MCENROE

Each month we look at one of the most significant events in British sporting history. This month, it's the epic encounter between Björn Borg and John McEnroe at Wimbledon on July 5, 1980.

The Championships at Wimbledon have provided countless dramatic sporting memories over the years, and none more special than when British heroes of the ilk of Ann Jones and Andy Murray have lifted the coveted trophy.

Yet perhaps the most remarkable encounter – certainly for sheer blood, guts, aggression and an unrelenting desire for victory – came in 1980 when a Swede faced an American.

Björn Borg had long been painted as the iceman, a Scandinavian purveyor of perfect tennis who was clinical and elegant in his despatching of opponents. John McEnroe, meanwhile, was the sweaty, unkempt brat of the game, with a confrontational,

aggressive game and a temperament to match.

That they collided so spectacularly on that sunny Saturday afternoon on July 5 will go down in SW19 folklore. McEnroe gained the upper hand by winning the opening exchange 6-1, before Borg fought back with 7-5 and 6-3 sets, giving him a 2-1 lead.

Looking to close out the match in the fourth set, Borg had five Championship points in an epic that went well past any reasonably expected distance. Finally, in the 34th game of the set, McEnroe broke the reigning champion – who was looking to win a fifth successive title – and took it 18-16.

Even in the deciding set, the duelling athletes made it to 6-6, though this time Borg broke McEnroe's steely serve, and his resolve, to take the set 8-6, and with it the Wimbledon title.

The epic was recently relived in a 2017 biopic, *Borg vs McEnroe*, starring Shia LaBeouf and Sverrir Gudnason.



SPORT



# HAND OF WAD

## DIEGO MARADONA'S ICONIC HAND OF GOD SHIRT SELLS AT AUCTION

When England midfielder Steve Hodge swapped shirts with Argentina double-goalscorer Diego Maradona at the end of the World Cup quarter-final at the Estadio Azteca in Mexico in 1986, he was derided by fans, sections of the press and even his own teammates.

The Argentine wizard had just knocked the Three Lions out of the World Cup with a Jekyll and Hyde display of sporting brilliance and brazen opportunism – one of the best goals ever scored at a World Cup, coming minutes after the Hand of God goal that we've all seen replayed hundreds of times.

In swapping shirts, to some, Hodge crossed the line. Wind forward three-and-a-half decades, and Hodge has the last laugh, after that prized number 10 shirt recently sold at auction for more than £7.1million.

Perhaps one of the most iconic items of sporting memorabilia – the value of which soared after Maradona's death in November 2020 – the shirt made almost twice its guide price, and was sold to someone from Abu Dhabi with links to Manchester City.

The Sotheby's auction process had all the usual twists and turns befitting of Maradona's life. In the lead-up to its sale, the infamous star's family insisted that the shirt was a fake, supposing that the striker swapped shirts at half-time during the game on June 22, 1986, and that Hodge was in fact in possession of the shirt worn in the first half.

In addition, a late plea materialised from an Argentinian delegation for the shirt to be returned to South America. The group failed with its own bid as the auction price rocketed, though the request remains to display the shirt in Buenos Aires in October, for what would have been Maradona's 62nd birthday.

The sale price mirrors the previous record for any sports memorabilia – the original autographed manuscript of the Olympic Manifesto from 1892, sold by Sotheby's in December 2019.



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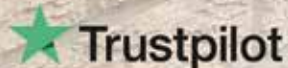
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MOTORING



# CLEAN YOUR CAR like a pro

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### Always carry out a pre-wash

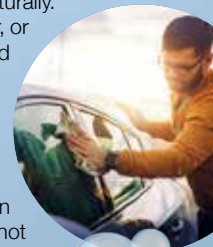
This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.



you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

### Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.



### Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.



### Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,

### Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.

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