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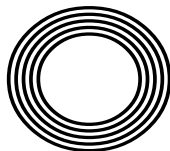
FIVE  
TIPS FOR  
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*Remembering jockey*  
LESTER PIGGOTT

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BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER







JULY 2022

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu.

I write this after the pomp and pageantry of the Queen's Platinum Jubilee, and still with the sounds of regal fanfare, tradition and celebration ringing in my ears.

For all the conjecture about the Royal Family and their relevance to our lives in 2022, a four-day weekend of celebrations I felt was a fitting tribute to a wonderful lady, Queen Elizabeth II.

And yet, what inspired and delighted me most weren't the big events at Buckingham Palace and St Paul's Cathedral. I was instead charmed by the plethora of street parties held in every corner of the country.

It dawned on me how much I had missed these community get-togethers, where streets were cordoned off, children played until sunset and neighbours took real time to catch up.

We'd seen this indomitable spirit in those days of lockdown, where people rallied together, but the Jubilee weekend saw that notion played out in celebration rather than fear.

Finally, after missing out for two years, we could revel in what really matters - the people around us and the streets on which we live. It's proof, if it was ever needed, that big things come from small actions.

*Nik Allen*

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CONTRIBUTORS | Tabatha Fabray, Dean Shaw

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# A RACE *for the* TAPE

## CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.





# Full of PRIDE

## CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



  
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# ISLAND HOPPING

## BY DESIGN

Greece's design aesthetics have typically been regarded in the sense of the ancients – the coming together of the Doric, Ionic and Corinthian orders in an appreciation of the classical architecture found in towering columns, stone temples and buildings.

While the template was set by others many thousands of years ago, the classic but cool elements of design from modern style contemporaries is leading a whole new generation of fans to flock to the Greek islands.

Take **Milos**, for instance – an island whose fishing heritage has led to the creation of a proliferation of single-storey lodges made of stone and decorated with local materials with, typically, a white or grey palette.

Then there is the **Athens Riviera**, a more populous and money-motivated area, where nearby forests have provoked a string of seaside spaces that rely more on timber and versatile fabrics, such as woven leather, particularly those with weather-resistant capabilities.

In **Syros**, the island vibe leads to artistic flair dressed in a veil of sustainability and self-

preservation. A two-hour ferry ride from Athens transports people to a neoclassical paradise that offers echoes of Capri, without the unnecessary excess.

And what about **Antiparos**? Although a stylish idyll first made popular by the English poet Lord Byron, there remains a rustic, simple charm to the architecture on show, with stone walls, wicker frames, rattan furnishings and a mass of driftwood.

In **Santorini**, this volcanic isle does everything at sharp angles. Like much of the Amalfi Coast, buildings overlap and overhang, yet the dazzling white brightness of apartments disguises very well their angular elements. Medieval hilltop towns feel a world away from the seaside cafés and restaurants, but there is a cleanness to both that makes the island so special.

Finally **Mykonos**, which has discovered a recent surge in popularity, enveloping everyone from entrepreneurs to indie bands. The vibe is totally relaxed, however, on an island inspired by cubic architecture, and with a mood that combines sharp lines with stylish poolside pads.

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HOME & DIY



HOW TO CREATE YOUR OWN

## abstract cushion

Could your cushions do with a makeover? High street cushion covers can be expensive and a little generic, so why not design your own? We love this simple yet bold abstract cushion design that anyone can create at home with just a few craft essentials and a little artistic flair.

artistic, you could draw your own abstract face design and use this instead.

### STEP 2: Draw around the template

Position the template pieces onto the front of your cushion cover and draw around each one using a pencil. Take your time with this step as accuracy is key.

### STEP 3: Paint the face design

Place the piece of cardboard inside your cushion cover – this will stop your paint bleeding through to the back of the cushion. Using a thin paintbrush and the black fabric paint, carefully paint the face design and then allow to dry fully.

### STEP 4: Create the lip design

Use the template to cut out a pair of lips from the iron-on foil. Set your iron to a cool setting with the steam off and then place the lips onto the cushion cover. Lay a tea towel on top of the lips and then gently iron until the foil has bonded with the fabric. Remove the tea towel and allow to cool before peeling off the top carrier layer of foil.

### YOU WILL NEED:

One cotton cushion cover | An abstract face template (you can find these online) | A pencil | A piece of cardboard the same size as your cushion cover | Black fabric paint | Thin paintbrush | Iron-on foil in your choice of colour | An iron | A tea towel



### HOW TO MAKE:

#### STEP 1: Print out the face template

Print out your chosen face template onto a piece of plain white paper and carefully cut out the different parts of the face. Alternatively, if you are feeling



# CHEF select

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While a good workman doesn't blame his tools, for those who specialise in the wonder of food, the perfect kitchen implement can transport an everyday dish into a work of culinary completeness.

We have collated the must-have cooking utensils and items for a selection of the UK's leading chefs, and in some cases, the results were surprising.

**JAMIE OLIVER:** Globally famous chef and restaurateur.

"An empty jam jar: super cheap and super useful, for anything from salad dressings and salsas to storing pulses and spices."

**YOTAM OTTOLENGHI:** Respected food columnist and chef.

"For years I struggled with all sorts of mashers, then I found the Masterclass potato ricer. It fits in a drawer, it's easy to handle and clean, and creates a mega-smooth mash. I now use it for mashing all my root veg."

**CLARE SMYTH:** Michelin-decorated female chef and previous winner of the Chef of the Year award.

"My Big Green Egg barbecue. You can put whatever you like on it, pull down the lid and leave it for hours without having to do anything at all. Good food made with ease and no stress."

**TOM KERRIDGE:** Owner of award-winning The Hand and Flowers pub.

"My Homer Simpson bottle opener, a present from my personal assistant, Zabrina. Each time I open a bottle, it goes, 'Mmmmm, beer'."

**JAMES COCHRAN:** Winner of Great British Menu 2018.

"It has to be my Braun J300 Juicer. I've been making amazing juices every morning to ensure I'm full of energy for the day."

**MARWA ALKHALAF:** Co-owner of Michelin restaurant, Nutshell.

"Rubber spatulas of all shapes and sizes. They don't scratch and ensure that every last bit is scraped up. When you are working with precise recipes, especially with pastries, it's crucial every gram is accounted for."

Photo credit: amazon.co.uk, claresmyth.com, biggreenegg.com, actionfigureitalia.it, @cochran\_ja @Twitter, greatbritishchefs.com



Jamie Oliver



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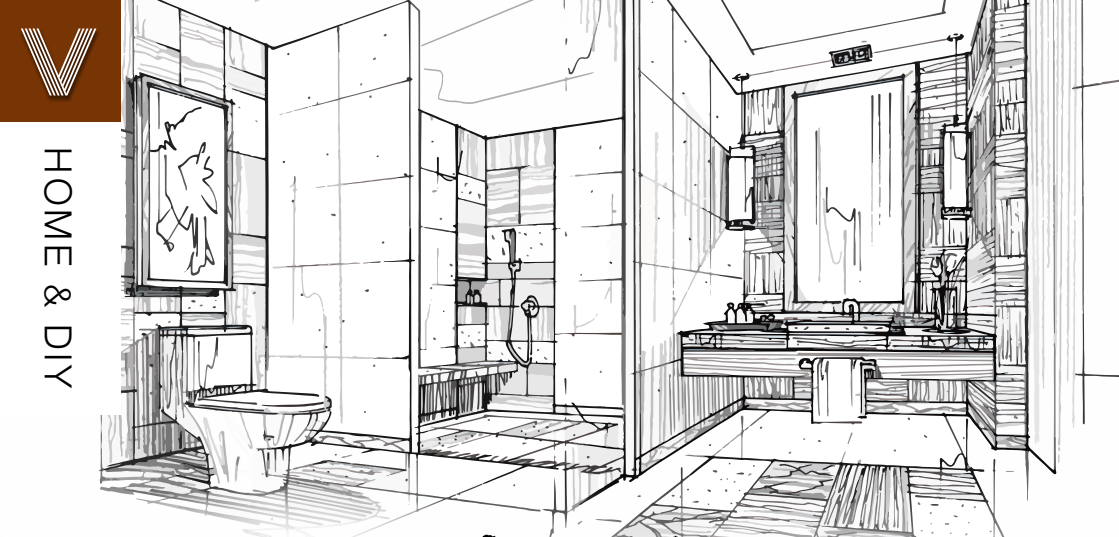
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## DESIGNING A *small bathroom*

Your bathroom is an essential room in your home – you'll use it multiple times a day. But many people think that a small bathroom has limited potential, making it difficult to create a modern and stylish space.

The good news is that even a modest bathroom can be beautiful with the right design. Take a look at our tips for creating a stylish, functional bathroom, even when you're working with a small space.

**CREATE ZONES:** You can make a space look larger by creating defined bathroom zones. Tiling or panelling your sink area, a block colour above the toilet and a contrasting floor can create the illusion of space. It will also make your bathroom look slick and modern.

**FREE UP YOUR FLOOR SPACE:** A freestanding bath, towel rail and wall-hung vanity units can leave you with more visible flooring, making your bathroom look much bigger. Get clever with shelving instead of opting for storage units. You can build shelving into your shower, or make the most of some wall space to store all of your essentials.

**LET THERE BE LIGHT:** Keep your space light to help it look bigger. Light shades on the walls, glass shower doors and a large mirror will help keep your room nice and bright.

**USE THE LITTLE TOUCHES TO ADD STYLE:** There are a lot of stylish touches you can add to a small bathroom to help it ooze style and class. Matte black or brushed gold hardware looks beautiful, while plants and wall art can also make your bathroom feel more inviting.

A small bathroom can still be mighty. Consider the options above to make the most of the space you have and ensure your bathroom is lovable and livable.



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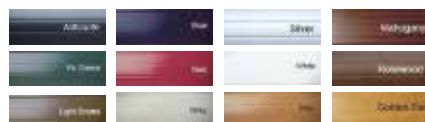
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HOME & DIY

## COME OVER TO THE DARK SIDE

**W**hile black might not be the first colour that comes to mind for a baby's room, this gender-neutral shade is becoming increasingly popular in the nurseries of the rich and famous. Here are some suggestions for decorating with black.

**USE BLACK AS AN ACCENT:** If you are not ready to paint an entire wall black, then why not try adding some black accents to your nursery? You could add a black toy storage box, a black wicker basket, or mix and match black accessories with animal print.

**GO FOR GOLD:** If you are looking to create a glamorous room for you and your baby to spend time in together, then a black and white nursery room with a few touches of gold is the way to go. Opt for black walls, a combination of black and white furniture, and some well-placed gold accessories.

**MIX AND MATCH PATTERNS:** Stick to just black and white as your colour scheme of choice and then add depth and visual interest by mixing and matching whimsical graphic patterns. Think a black and white striped rug, black and white spotty blankets, and black and white patterned wallpaper.

**ADD WARMTH WITH WOOD:** To design an earthy, natural-looking nursery, paint a dominating wall in black to give the space a sense of drama and definition and then add warm woods and rich textures to create feelings of comfort.

**PAINT THE CEILING BLACK:** For an ultra-modern nursery, set black against white by painting all the walls white and the ceiling black. Providing stark contrast, you can then add your choice of accessories either in a pop of colour, such as yellow or orange, or continue the monochrome theme.

Photo credit: [www.nurserydesignstudio.com](http://www.nurserydesignstudio.com), @winterdaisy/Instagram, Tealrybchuck/Instagram, StyledByNinaJ/Instagram





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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



Photo credit: First Essex Bus, Essex Pride, Robby Dee Photography



## Crowds celebrate this year's first Pride march

Huge crowds gathered to celebrate the return of the Essex Pride march in Chelmsford last month.

The event on June 25 coincided with the 50th anniversary of the UK's first-ever Pride march.

The march started at Popworld before travelling through the High Street and ending in Central Park, where the Essex Pride Festival took place.

Shop windows in the city centre were decorated with colourful murals by Chelmsford For You, and the rainbow flag was flown at the entrance to Central Park. Essex Pride was sponsored by Chelmsford City

Council (CCC), and city councillors and council staff joined the march to show solidarity with the Essex LGBTQ+ community.

Councillor Stephen Robinson, the Leader of CCC, said: "It's fantastic to see the first Essex Pride march in our city. Pride matters to Chelmsford and we're incredibly proud to host the county's celebrations.

"Although Chelmsford has changed a lot since 1972, we can never take equality and diversity for granted.

"There is still work to be done to ensure that our city is a welcoming, friendly, safe and inclusive place."

## Students warned after knifepoint robberies



Photo credit: Miranda Dubois

Staff at Great Baddow High School sent an email to parents and children after two pupils were mugged at knifepoint, in an incident which is being investigated by police.

A spokesperson for Essex Police said: "We are investigating two robberies that were reported to us in Duffield Road, Chelmsford, on Saturday, June 18, at around 4.30pm. Mobile phones were stolen. The suspect is described as an older teenager wearing a black balaclava, and a black tracksuit and riding a red bike. Our enquiries are ongoing."

If you have any information, submit a report online at [www.essex.police.uk](https://www.essex.police.uk) quoting crime reference 42/156164/22.





# Inspirational teen speaks out on condition



Photo credit: Didi Okoh @Didilonglegs

A 19-year-old from Chelmsford who is in the process of classifying as a para-athlete is trying to raise awareness of her chronic health condition.

In 2016, Didi Okoh (pictured above) was diagnosed with lymphedema, a condition that causes her leg to swell to almost twice its size owing to the build-up of fluid in soft body tissues.

She said: "It was hard when I was around 15 years old as my leg was getting bigger and I was self-conscious. But when I turned 18, it just hit me that I can't mope around because it's not going anywhere.

"People will often stare at my leg. I think that people just don't know enough about it and need educating.

"Now I'm in the process of classifying to be a para-athlete. It would be a dream come true to compete in the Paralympics, but more than anything I want to use my story to help others who might be struggling with their health or self-confidence."

Didi posts candid updates about her condition on TikTok. Follow her @Didilonglegs.

## Prisoner died after not receiving HIV treatment

A prison healthcare provider has apologised after an inmate at HMP Chelmsford, who was not being given treatment for HIV, died in prison.

Thokozani Shiri died in April 2019 aged just 21 after months of not receiving any medication.

Shiri had been diagnosed with HIV in Zimbabwe in 2013 before he moved to the UK.

In total, he spent two terms inside HMP Chelmsford and received no medication or treatment during his first spell.

He was then imprisoned for a second time in March 2019 after stabbing a teenager in Harlow and again did not receive treatment. He died on April 14, 2019.

An inquest into his death at Essex Coroner's Court, which ended on June 8, heard that the prison healthcare provider, Essex Partnership University

Trust (EPUT), failed for months to provide antiretroviral medication during Shiri's two periods of imprisonment.

Leigh Day solicitor Maya Grantham, who represents Shiri's mum, Beauty Shiri, said: "The circumstances of Thoko's preventable death must never be repeated, and it is hoped that this inquest investigation has shone a light onto those circumstances to ensure that will be the case."

Paul Scott, chief executive officer for EPUT, said: "Our thoughts and condolences remain with Mr Shiri's loved ones at this difficult time and we offer our sincere apologies that he didn't receive the level of care expected.

"We no longer offer a prison service but are committed to learning lessons from this case and embedding them across our organisation to ensure that we provide the best possible care for all our patients."

## All aboard as new station moves one step closer

Plans to build a new railway station in Chelmsford have moved one step closer after planning permission was granted.

Once complete, Beaulieu Park Station will be the first new station to be built on the Great Eastern Main Line in 100 years and will be a part of the new Chelmsford Garden Community (CGC).

The CGC will deliver more than 10,000 new homes, one million square feet of new business space, schools, quality open spaces and community facilities.

The station is being delivered through a partnership between Network Rail, Essex County Council, Chelmsford City Council (CCC), the South East Local Enterprise Partnership and Countryside Zest.

Councillor Stephen Robinson, Leader of CCC, said: "This new station will enable more sustainable travel choices to residents of the new CGC and the wider city. It's all part of our plan to make Chelmsford a greener, fairer and more connected community."



Photo credit: Network Rail

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# VICKY FORD MP



Member of Parliament for Chelmsford



I wanted to give readers an update on infrastructure plans in Chelmsford.

I recently met with the officials leading the work on the new junction at the Army and Navy. This is now moving forward through the next stages of detailed design and engineering. The outline business case is expected to be completed in September. It's an extremely complex project, but it is moving forward.

I recently met the Rail Minister to discuss progress with Beaulieu Park Station. The plans to construct the new station and the new Chelmsford Bypass were awarded the largest-ever housing-related infrastructure grant and will help reduce congestion

in central Chelmsford. As part of the project involves splicing in new rails, certain elements of the construction can only happen at bank holidays in order to minimise disruption.

An exciting bit of construction is already taking place on the enormous new bridge which will carry traffic over the railway line and dual carriageway onto what will become the new North East Bypass. This massive structure is being welded together and assembled beside the rail track before it is due to be moved into position in the autumn.

As ever, please do contact me if you need my help on any issue. My email is vicky.ford.mp@parliament.uk

## Man convicted of rape charge

A man faces jail after he was convicted of raping a man in a Chelmsford alleyway. In the early hours of August 9 last year, following a night out, the victim was unwell in Baddow Road when he was approached by Luke Bennett (pictured right), who offered to help him.

Bennett, 28, of Townsend, Springfield, walked the unknown man to an alleyway off Baddow Road before raping and sexually assaulting him.

Bennett called for an ambulance and waited with the victim, but left when the paramedics arrived.

He was arrested nearby a few hours later.

He was charged with rape and sexual assault and was convicted on June 22 following a trial at Chelmsford Crown Court. He is due to be sentenced at the same court on July 25.



Photo credit: Essex Police

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## NEWS FROM YOUR LOCAL POLICE TEAM



LOCAL NEWS

Our call handlers are the voice of Essex Police – they are the first point of contact for victims of crime.

We're currently hiring to fill full-time and part-time positions to provide a first-class service to the people of Essex.

You could join the team and make a difference by saving lives, day and night, as a call handler.

Mum-of-three Emma Cooke (pictured right) is doing just that. She joined Essex Police as a call handler in March 2020 after having her third child. Despite having a lot of things to consider, including childcare, Emma has been given "so much support" and continues to receive this when unexpected family matters arise.

She said: "I wanted to do a job that made a difference but still allowed me to work around my children and childcare. I was surprised when I found a job within the Force Control Room that allowed me to do that. I have a work-life balance that I didn't have in previous jobs.

"I enjoy my role as I love to help people, and every day in my job is different. Also, my colleagues are amazing, and we all support each other."

If you want to make a real difference, like Emma, you can apply to be a call handler. Not only will we be flexible around your home life, but we'll also support and train you on the job.

To discover if you #FitTheBill, you can visit the careers section on the Essex Police website at [www.essex.police.uk/careers](http://www.essex.police.uk/careers)



## Landlord guilty of offences

Chelmsford City Council (CCC) has assured tenants that it will challenge unfair or unsafe treatment by landlords, following a conviction in court.

After landlord Susan Wu unlawfully evicted a family of five from their home in Chelmsford – having changed the locks without the tenants' knowledge – CCC took her to court for illegal eviction and harassment.

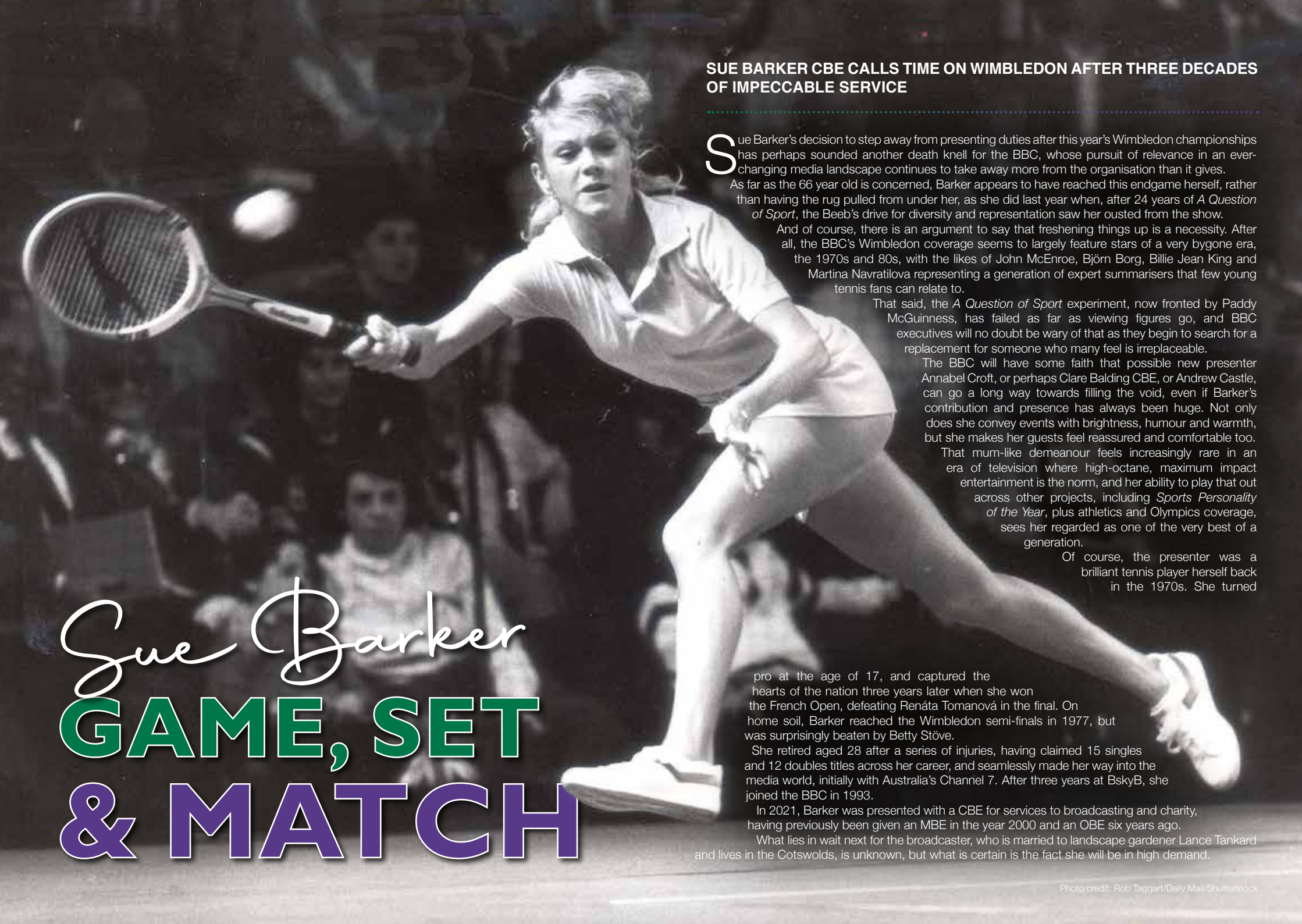
In addition, Wu was charged with unlawful harassment for instructing workmen to cut off the water supply at the property.

Wu was found guilty at Chelmsford Crown Court on all four counts on the indictment. She is due to be

sentenced on July 19.

Councillor Rose Moore, cabinet member for Greener and Safer Chelmsford, said: "Everyone has a right to enjoy a safe and secure home. If you rent your property, your landlord has a responsibility to keep it well maintained and safe. In this instance, the landlord's conduct did not meet the standard we require.

"This case shows that we will not hesitate to take action against unscrupulous landlords. We need to stamp out the awful practice of illegal eviction and harassment."



## SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

Sue Barker  
**GAME, SET  
& MATCH**





# PUZZLES & TRIVIA

## PUZZLES

Answers: see end of The VISION Listings

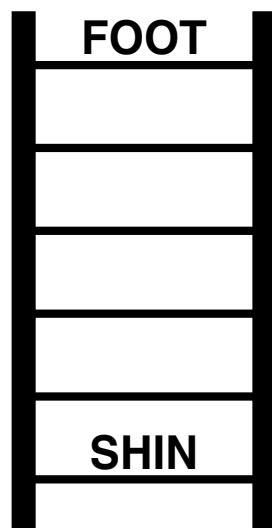
- ▶ ALUMINIUM
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- ▶ IRON
- ▶ LEAD
- ▶ LITHIUM
- ▶ MERCURY
- ▶ NICKEL
- ▶ OXYGEN
- ▶ POTASSIUM
- ▶ RADIUM
- ▶ RUBIDIUM
- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC



## DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

## 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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# HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

Being taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

**INSURANCE INSANITY:** Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

**THE POWER OF THE HOUR:** Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the rental

centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

**THE FUEL RULE:** It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

**BOOK IN ADVANCE:** As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

**THE AIRPORT AGGRO:** As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.



TRAVEL



# Bubble BONANZA

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

## WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

## WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

## WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

consistency that is somewhere between jelly and chewing gum.

## HOW TO MAKE BUBBLE TEA

### You will need:

Tea | Milk | Tapioca pearls | Honey or agave

### How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

## POPULAR BUBBLE TEA FLAVOURS

Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.




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

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**Bentons Kitchens**  
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# Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

## WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- ◆ A dotted or pitted appearance on the skin of your legs
- ◆ The darkening of open pores on your legs
- ◆ The appearance of brown or black spots after shaving

## WHAT CAUSES STRAWBERRY LEGS?

- ◆ **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- ◆ **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- ◆ **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- ◆ **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

## HOW TO TREAT STRAWBERRY LEGS

Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

**Home remedies:** Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid

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## NATURAL SUNBURN REMEDIES



HEALTH & FITNESS

According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

### BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

### COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

### ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

### CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

### WHAT NOT TO PUT ON SUNBURNT SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.





# HOW CAN YOU SAVE MONEY

## AND STILL DO YOUR BIT FOR THE ENVIRONMENT?

***Making your home warmer and greener has never been more important. With Access4Lofts, it's never been easier or more affordable either!***

Climate change has never been a hotter topic than it is right now and it's clear that everyone needs to do their part in the years to come. We all know about how flying and driving less can help reduce our impact on the environment, but you might be surprised to learn that one solution is right under your nose – or rather, right over your head!

According to the Energy Saving Trust, as much as 25 per cent of the heat in your home is lost through your loft or roof space. It could even be as high as on third or more in some properties – that's heating and energy you're paying for, literally flying straight out of the space in your loft. Not only does that mean you're getting bigger bills than you should be, you're also contributing much more than you need to towards greenhouse gases and your carbon footprint.

It's a major problem for a lot of homes around the UK, but fortunately it is also one with an easy solution – having the right insulation installed.

While Access4Lofts specialises in supplying and installing loft ladders, hatches and boarding, we also offer loft insulation that could reduce this heat loss by as much as 20 per cent. That's going to mean not just a significant saving on your energy bills, but also a big step in the right direction when it comes to your household's impact on climate change.

Access4Lofts is fully committed to providing you with loft insulation that is not only practical and affordable, but also meets the very highest

environmental standards. All insulation installs comply with the National Insulation Association (NIA) recommended standard depths of insulation. And there's no need to worry about how this might affect your loft access either. For example, you will still be able to use your loft for storage once it has been insulated because our expert techniques can ensure any storage solution is fitted above your loft insulation.

So, no need to always be watching that thermostat and battling with your eco-conscience as temperatures drop. With the right loft insulation, you can go green without going mean. You and your family can be sure to keep cozy and warm this winter, and for many winters to come, without worrying about it costing the Earth – in every sense of the phrase!

### **So, how much does insulating your loft cost?**

It could be cheaper than you think! Not only that, but it's an investment too. You'll more than make that money back in what you save on your bills. While exact costs obviously vary from house to house, the typical price for insulating your loft in a detached house is around £395, and you can expect annual savings of around £225 on your heating bills.

That's not just for one year, either – that's year on year for the lifetime of the product, all the while you'll be doing your bit for climate change by using less fuel – and all without compromising on a warm and happy home.

## INTERESTED IN FINDING OUT MORE ABOUT HOW LOFT INSULATION COULD WORK IN YOUR HOME?

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# IS YOUR LOFT LOSING YOU MONEY?

Household and utilities bills are rocketing, so now is the time to consider insulation as the answer to inflation! According to the Energy Saving Trust in an uninsulated home up to 25% of heat is lost through the roof space! We can supply and install insulation to save your pocket and the planet – and you'll be surprised how cost-effective our solutions are.



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## THE BEST PROPERTY BLOGS AND WEBSITES TO FOLLOW

What would we do without the insight of the experts who power our online blogs? For years, we survived on a flat and rather biased supply of TV and print media, but with the internet came inspiration and insight that wasn't bogged down with advertiser messages.

As a result, we now have a relative smorgasbord of incredible blogs, for those at any axis of the property market. Check out some of our suggestions:

**Homes & Property:** [www.standard.co.uk/homesandproperty](http://www.standard.co.uk/homesandproperty)

The *Evening Standard's* guide stands apart as one of the most comprehensive pieces of property intelligence on the market. An outstanding resource for professionals and enthusiasts alike, it doesn't just focus on the London market, and combines celebrity nods to both areas and interiors.

**Boomin:** [www.boomin.com](http://www.boomin.com)

Blogging and social presence are the name of the game with Boomin, which offers a site that's split into various property categories – from videos to news, buying to letting, selling to renting, home design to mortgages, and more.

**Houzz:** [www.houzz.co.uk](http://www.houzz.co.uk)

Detail is the name of the game with Houzz, with

endless inspiration on offer for interior design devotees. While useful for sourcing professionals to take care of jobs in the home, Houzz also showcases homewares and furniture, with expert advice and guidance at every turn.

**Property Week:** [www.propertyweek.com](http://www.propertyweek.com)

Authority at your fingertips, Property Week covers topics around property investment and both commercial and residential real estate. It also features analysis and in-depth reporting on the biggest issues facing the industry.

**LandlordZONE:** [www.landlordzone.co.uk](http://www.landlordzone.co.uk)

Finally, as the title suggests, LandlordZONE is a dedicated blog for homeowners who rent out their abodes, highlighting both opportunities and threats at play in a frequently changing market.

**Zoopla Discover:** [www.zoopla.co.uk/discover](http://www.zoopla.co.uk/discover)

If you're looking for something rather more UK-centric, Zoopla is the way forward. Catering for buyers, sellers, tenants and landlords, the property portal has invested big time in education, courses and tools that will make you a smarter player on the market.



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# SHADE

## seekers

GARDENING

Is your garden more shady than sunny? While it can be a struggle to create a blooming outdoor space with limited sunlight, it can be done. Discover below five pretty plants that thrive in the shade.

**STINKING IRIS:** Although this may not be the most pleasant-sounding plant, stinking iris can actually make a very beautiful addition to a shady garden, especially in autumn, when its large seedpods split open to reveal orange-red seeds. Plant in full shade for best results.

**WOOD SPURGE:** There are many different varieties of spurge, but our favourite has to be Euphorbia amygdaloides var. robbiae. From late spring, this pretty plant bears lime-green flowers above dark green leaves. Plant in dry, shady spots such as underneath trees or along woodland borders.

**SNOWDROPS:** Snowdrops appear at the end of winter and bloom beautifully for weeks until your spring bulbs start to flourish. Delicate and dainty, snowdrops thrive in full shade and particularly in heavy, moist soils.

**BELFLOWER:** If you are looking for a plant that will attract bees and other pollinators to your garden, then bellflower is a great choice. Ideal for growing at the back of a border, this attractive plant displays clusters of purple-blue bell-shaped flowers from summer through until autumn.

**FOXGLOVE:** As a woodland plant, foxgloves thrive in dappled or partial shade, so they do require a little bit of sun. There are many different varieties to choose from, with colours including bright pink, purple and peach.

### OUR TOP TIPS FOR GROWING IN THE SHADE:

- > Improve the soil with lots of organic matter before planting
- > When planting under trees, remove any dry, impoverished soil between the large roots
- > Apply weathered wood ash from a bonfire or log burner to increase the potash in the soil
- > Mulch the whole area after planting with garden compost or composted bark chippings.



# To bee OR NOT TO BEE

THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

**W**hen it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

## APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

## NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground.

They have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

## JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

## STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

## HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



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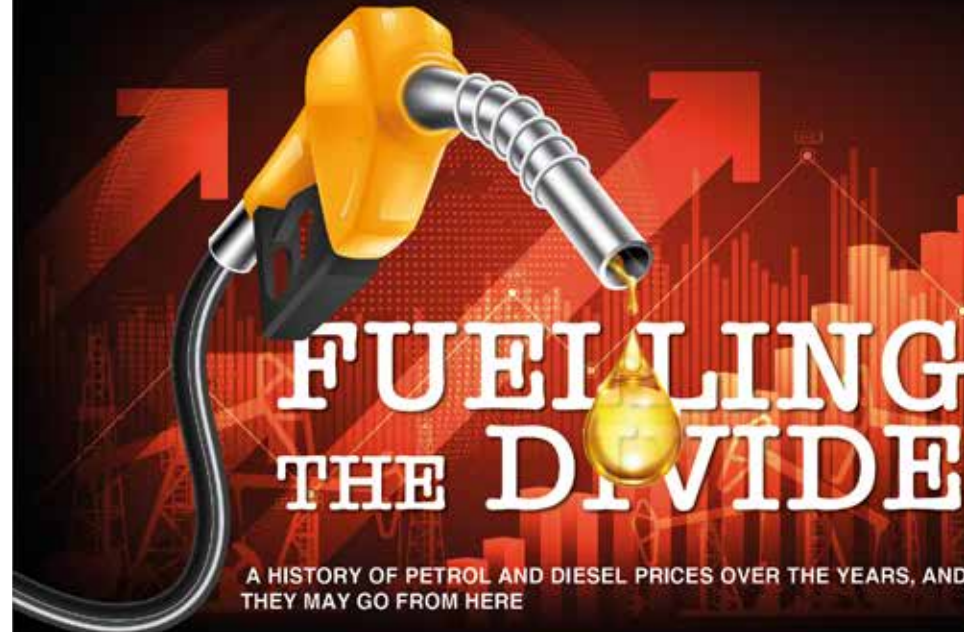


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MOTORING



A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.91/litre for petrol and £1.98/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

#### PETROL PRICES OVER TIME

15 years ago (Jun 2007)	96p/litre
10 years ago (Jun 2012)	£1.32/litre
5 years ago (Jun 2017)	£1.15/litre
3 years ago (Jun 2019)	£1.27/litre
1 year ago (Jun 2021)	£1.30/litre
7 months ago (Dec 2021)	£1.45/litre
4 months ago (Mar 2022)	£1.67/litre

#### DIESEL PRICES OVER TIME

15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.31/litre
1 year ago (Jun 2021)	£1.32/litre
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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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SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

# Andy Murray WINS WIMBLEDON

Each month, we look at one of the most significant events in British sporting history. This month, we go back to the day when Andy Murray fulfilled a life's ambition at Centre Court.

In the modern era, men's British tennis failed to live up to expectations for a long time. Players such as Tim Henman and Greg Rusedski teased and toiled, but in all honesty were some way short of mounting real and repeated Grand Slam challenges.

When Andy Murray turned pro in 2005, immediately there was something different about this sparky, confident, sometimes arrogant Scot. Buoyed on by a fiercely supportive mum and partner, he had an all-round game that, on the right day, and on the right surface, could challenge anyone.

That day came on July 7, 2013, as the then

26 year old strode out onto Centre Court in the Wimbledon men's final. Only Novak Djokovic stood between Murray arresting a 77-year wait for a men's British champion, and the opening exchanges proved the ride wasn't going to be easy.

Even so, Murray broke his opponent to take the first set 6-4, then recovered from 4-1 down to win the second 7-5. Victory was soon one game away, and as BBC commentator Jonathan Overend said, the arena represented "a cacophony of support, elation and fear. That noise, in those 90 seconds, will never, ever be heard again. So loud, so impassioned, it was like Murray was about to play the final game of his life."

Murray held his serve, and his nerve, to take the final set 6-4. Victory was his.

Of course, Murray repeated his feat three years later, and in a rich spell of success – which saw him rise to the top of the world men's rankings – also took the US Open title and made it to six further Grand Slam finals.

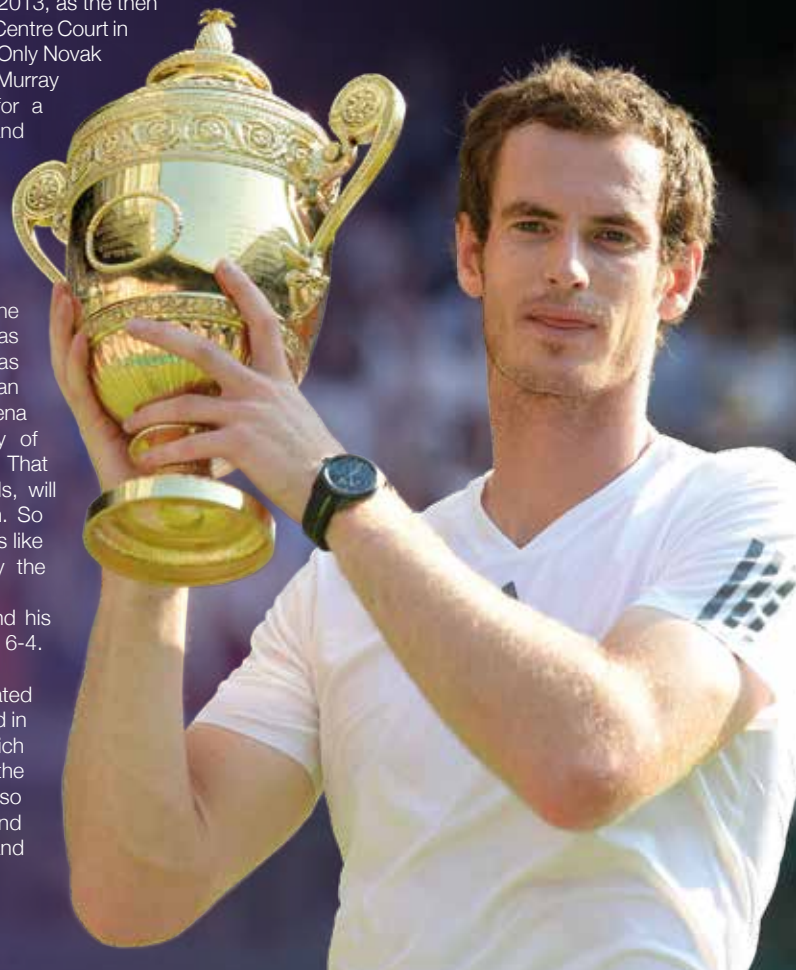


Photo credit: Andy Hooper/Daily Mail/Shutterstock

## A WILL WRITER'S WORDS OF WISDOM

### WORRYING PROBLEMS

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Without a Will, the Rules of Intestacy, ie 'The Government Will', could land the children with an IHT liability

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Although divorce does not invalidate a Will, marriage will indeed invalidate a Will, unless a marriage clause has been embedded

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

### PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse re-marries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

If children have special care needs, an appropriate Discretionary Trust could avoid loss of State benefits on them inheriting your estate

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

Provide in your Will for continuity of your business on your death

If you own property abroad, you should arrange a Will for your assets in that country, to avoid costly fees and much Probate delay

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will: documentary evidence, eg Decree Absolute, is sufficient

A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees

There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or civil marriage partner

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