

HOW TO MAKE GIANT GAMES

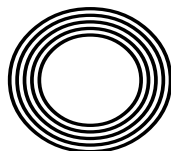
*The benefits
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ends after 37 years

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BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER





Editor's notes...

AUGUST 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu. When is Fast Food not Fast? When it takes 18 minutes for a cheeseburger and chips to be served, or when you're asked to park up and wait after ordering a solitary Happy Meal in the drive-thru.

McDonald's has a problem; and it is not alone. The root of this mass inefficiency that has swept through our fast-food joints comes in the form of those with large boxes strapped to their back, and their accompanying electric bikes and L-plate-adorned scooters.

The appeal of Just Eat, Uber Eats and others is decimating the experience of those who still want to eat the old-fashioned way... in person.

On my last visit to McDonald's, where so great was the population of huddled delivery drivers that I was forced to queue outside.

At that point, I decided enough was enough. No more of this nonsense - I am now ordering my food from the independent local restaurants and cafés that I know value my custom, who prioritise real people, and who can empower their staff to stick to their establishment's blueprint, because Fast Food that takes 15 minutes is no longer Fast Food!

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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B^{OWEL} babe

THE AMAZING IMPACT DAME DEBORAH JAMES DBE HAD ON OUR AWARENESS OF BOWEL CANCER, AND THE COURAGE TO FIGHT THIS DISEASE

It's a marker to the strength and resilience of Dame Deborah James DBE that, even in her final days fighting against cancer, she was still able to laughingly refer to herself by a nickname that had done more than just provide a natty piece of alliteration for headline writers.

The self-confessed Bowel Babe, Dame Deborah James, had immersed herself in a wholly public battle with cancer after being diagnosed with the illness back in 2016. She was just 35 at the time. When she received the news that she had stage 4 bowel cancer, Deborah immediately threw herself into work as a patron for Bowel Cancer UK.

And rather than recoil at the shock of the news, Deborah, who at the time was working as a teacher at The Matthew Arnold School in Staines-upon-Thames, found incredible support across social media. Her outspoken voice was picked up by *The Sun*, for whom she began working as a journalist and columnist.

BBC 5Live stepped in shortly afterwards to take on her original, no-holds-barred podcast, entitled *You, Me and the Big C*, with its unapologetic, graphic and unrelenting portrayal of the many elements of cancer gaining admirers from all quarters.

'Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo—it could just save your life'

In October 2018, her book, *F*** You Cancer: How to Face the Big C, Live Your Life and Still Be Yourself*, became a cult read. However, while she publicly continued to show strength and courage, the scourge of her disease sometimes made the easiest parts of everyday life difficult.

Two years on, she revealed that her body's tolerance to the drugs was waning. By May 2022, she posted on social media that she was receiving hospice-at-home care and was, ultimately, entering the final stages of the disease. Within 48 hours, more than £3million had been raised for her Bowel Babe campaign, and just two days after that she was awarded the title Dame Commander of the Order of the British Empire. Her damehood was conferred on her by Prince William, Duke of Cambridge, at her parental home.

Dame Deborah passed away on June 28, 2022, leaving behind a husband and two children. At the time of her death, she had raised a colossal £7million to fund clinical trials and research into personalised medicine for cancer patients, and to support campaigns raising awareness of bowel cancer.

This inspirational person used her platform to put perhaps the most candid slant on cancer treatment we have ever seen in the public space. As she said: "Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo – it could just save your life."

For more information, please visit www.bowelcanceruk.org.uk



Photo credit: Ken McKay/TV/Shutterstock

Neighbours ...NO LONGER

IT'S THE SOAP OPERA THAT PERMEATED BRITISH CULTURE – AND OUR POP CHARTS – LIKE NO OTHER, BUT THE RAMSAY STREET ERA IS APPROACHING AN END

Some of us are old enough to remember the early episodes of *Neighbours* in the UK, when a sparky mechanic named Charlene (AKA future global superstar Kylie Minogue) was caught apparently breaking and entering the home of Madge Bishop by her son, Scott (Jason Donovan, no less).

As the storylines unfolded, so the characters became part of our teatime routines, as Aussie life seemed a sun-drenched fantasy world that became all the more accessible as its stars swapped Erinsborough for record contracts and model photostudios in London.

When the Reg Watson-produced series was first picked up by the BBC in 1986, the UK was some 18 months behind episodes being created Down Under, yet such was the efficiency of the team in Melbourne that it would take three years for UK viewers to catch up.

The success was extraordinary, however. At its peak, 16 million UK viewers watched

the daily lives of these cool kids and their parents – that's more than the population of Australia.

Yet the advent of the internet brought a new era of TV consumption, where viewers no longer wanted to be tied by time. In 2008, the BBC gave up the rights to *Neighbours*, and only Channel 5's interest kept production alive in Australia.

When Channel 5 stated its aim to end the commitment, the death knell finally sounded in Ramsay Street.

Across almost 9,000 episodes, hundreds of stars – including Margot Robbie, Holly Valance, Guy Pearce, Liam Hemsworth, Natalie Imbruglia and more – have gone on to impressive careers in entertainment, and with an instantly recognisable theme tune, *Neighbours* has occupied a special place in our hearts.

And there was no better way to go out than to see Kylie, Jason and a host of other alumni return on July 29 for a special reunion show.

Fair dinkum!

The original cast

The 2020 cast

Photo credit: Fremantle Media/Shutterstock, mediasect.pa.media

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'...THAT'S WHEN GOOD NEIGHBOURS BECOME GOOD FRIENDS'



Colour Code

Banjo Beale INTERIOR DESIGN WHIZZ AND HIS DRIVE FOR DESIGN

Anyone who has seen the BBC's *Interior Design Masters* series will have been wowed by the verve, voracity and vision of some of the country's most impressive amateur interior designers.

The series was eventually won by sparky designer Banjo Beale, and the Australian revealed after the show that he employs an unconventional technique when it comes to styling the perfect space.

"I still feel like a fraud when it comes to colour," he said. "I always picked my colour last. I don't know if that's what interior designers do, but because I'm a collector and curator first, I like to take a step back and look at my pieces, then pick a colour that might tie it all together."

Beale's confession, that his priority in a room is always to provide a base of variety and personality that inspires and entertains the mind, may not be a first for interior design, but it's an original perspective as far as the expected norm of makeover shows goes. Previously, there has been an almost assumed start point that the colour of a room is the first thing, not the last, that's decided upon.

Subverting that expectation not only meant the visionary won first prize, but it has also set him on the path to potentially a full-time career in the design world from his sleepy home on the Isle of Mull in Scotland.

He added: "I always say interior design is 99 per cent logistics and one per cent design, and through the contest hopefully I've given others the chance to look at projects from a different angle too. It's been a brilliant ride."



Photo credit: banjobeale.co.uk, BBC and Darlow Smithson Productions



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HOME & DIY

Colour CATASTROPHES

THE WORST COLOURS TO USE IN YOUR BATHROOM (AND THE BEST)

Decorating a bathroom can be tricky, as you need to create a space that is restorative, practical and stylish. When it comes to colour schemes, there are certain colours that you should avoid at all costs.

PEACH

The colour peach can make a bathroom feel both outdated and unappealing. It may also make you want to spend less time in the room owing to its ability to decrease energy and make a space feel uninviting.

RED

You don't see many red bathrooms, and there is a good reason for this. While this vibrant shade can bring about feelings of empowerment, it is not very good for creating a relaxing atmosphere, which is paramount in a bathroom.

OLIVE GREEN

Although green bathrooms are becoming increasingly popular, you need to make sure you select the right shade of green. While dark greens such as forest green and bottle green can create a great contrast with white bathroom furniture, olive greens can make the space look drab and dull.

GOLD

Goldish yellow and beige colours are a big commitment for a bathroom as it can be hard to find tiles and finishings that go with these tones. These shades also date quickly, so you may find yourself having to redecorate sooner than you would like.

BROWN

As you might expect, brown is not a great choice of colour for a bathroom. Not only can it create dark corners which can make it more difficult to clean, but it is also not very visually appealing.

BEST COLOURS FOR BATHROOM

- > Rich greens – these are bold and provide a fresh and vibrant feel.
- > Black – this can add contrast and depth when paired with a lighter colour.
- > Blue-grey – this is airy and tranquil without being overpowering.



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Dish the DIRT



Is your glassware looking grubby? Your dishes a little dirty? If the answer is yes, this could be because your dishwasher is in dire need of a deep clean.

HOW TO CLEAN YOUR DISHWASHER

1. DO A DEEP CLEAN

Once a month, give your dishwasher a deep clean. Fill a bowl with one cup of lemon juice or one cup of white vinegar, place it on the top rack and then run your machine on an empty cycle. This will help to banish bad odours, counteract the effects of hard water and keep your dishes sparkling clean.

2. CLEAN THE SPINNING ARMS

Dishwashers work by spraying out water from their spinning arms, so if these are not working properly or they are full of dirt and debris, then they will not be able to effectively clean your dishes. You can

remove any build-up with a toothpick or small pair of pliers.

3. CLEAN THE FILTERS

Over time, the filters in your dishwasher can become clogged, which means your appliance is not able to clean as efficiently as it should. To remedy this, remove the filters, rinse with hot water and replace. Do this monthly for best results.

HOW TO KEEP YOUR DISHWASHER PERFORMING AT ITS BEST

- > Use it regularly – at least once a week to keep the motor seals working
- > Scrape food off your plates but do not pre-rinse
- > Clean the seals after each use
- > Keep your rinse aid reservoir full
- > Do not overcrowd or overload your appliance
- > Use a high-quality dishwashing detergent.



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Did you know that dusting sprays contain toxic ingredients that are bad for the environment and your health? Fortunately, there are several natural alternatives that promise to banish dust without any negative side effects. Plus, all you need is a few storecupboard staples to make them.

DIY CITRUS SPRAY

Ideal for all types of surfaces, this homemade citrus spray will eliminate dust and make your home smell wonderful.

You will need:

1 cup water | ¼ cup white vinegar | 2 tsp olive oil | 10-15 drops orange essential oil

Pour all the above ingredients into a spray bottle and shake vigorously.

DIY VINEGAR SPRAY

The simplest DIY dusting spray available, vinegar is a versatile all-purpose cleaner which cuts through grime and acts as a disinfectant. Ideal for use in the kitchen and bathroom.

You will need:

½ cup water | ½ cup white vinegar

Add both to a spray bottle, shake, and spray where desired.

DIY ESSENTIAL OILS SPRAY

Similar to the citrus spray, this DIY recipe will

effectively get rid of any dust and fill your home with lovely scents.

This spray is perfect for creating a relaxing vibe in the bedroom.

You will need:

1 cup water | ½ cup of witch hazel or vinegar | 1 tbsp olive or sunflower oil | 1 tbsp unscented liquid soap | 15 drops of lemon essential oil | 1 drop tea tree oil

Add all ingredients to a spray bottle and shake vigorously.

DIY WOOD DUSTING SPRAY

This DIY dusting spray is specially designed for use on wooden surfaces and will effectively remove both dust and dirt.

You will need:

1 cup water | ½ cup vinegar | 2 tbsp olive, sunflower or grapeseed oil | 10 drops lemon essential oil | 5 drops cedarwood essential oil

Mix the ingredients together in a spray bottle and spray directly onto any wooden item or surface.

Once sprayed, all of the above DIY dusting sprays should be wiped with a clean cloth, preferably a microfibre one.

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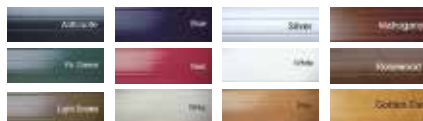
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LOCAL NEWS

from your neighbourhood



Photo credit: Essex Police

Man charged with murder after investigation

A Chelmsford man has been charged with murder. Marek Hecko, 25, of Rookes Crescent, was arrested and charged with murder at Colchester Magistrates' Court on July 28.

Police are continuing to investigate the death of 44-year-old Adrian Ellingford (pictured above right) in Chelmsford on July 25.

Officers were called to an address in the Nelson Grove area of Chelmsford at around 4.30am following reports of a man being badly injured at the scene. Despite the efforts of emergency services, Adrian was

later pronounced dead.

Police are asking for anyone who witnessed the incident or who has dashcam or doorbell footage between 11pm on Sunday, July 24, and 4.30am on Monday, July 25, to contact them. Please call 101 quoting incident 183 of July 25.

Detective Chief Inspector Louise Metcalfe said: "I appreciate that news of this man's death has caused a lot of concern, but I hope this arrest provides some reassurance."

Police enquiries are continuing.

Pair set for Scout Jamboree in South Korea

Two Scout volunteers from Chelmsford have been selected to go to next year's World Scout Jamboree in South Korea.

Beryl Moss, 72 (pictured left), and Linda Clements, 69 (pictured right), will head to Saemangeum in August 2023. More than 40,000 Scouts are expected to attend, and Beryl and Linda, as part of the International Service Team, will help the young attendees develop their knowledge and have fun.

Beryl said: "I hope to share my passion with Scouts from across the world." Linda added: "Scouting has enabled me to travel the world, from Chile to Japan, and this will be my next adventure. I love to meet new people and I hope to learn some of the Korean language."



Photo credit: Scouts UK

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> Boiler & controls	> Boiler & controls
> Priority response	> Priority response
> Heating system	> Heating system
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Charity receives donation to help struggling families



A Chelmsford-based charity has received a £5,000 donation to help it continue its work supporting local families in need.

Families in Focus (FIF) was founded 25 years ago to provide free holistic support to families of children with disabilities and special needs.

Due to the ongoing COVID-19 pandemic and the cost-of-living crisis, the charity is experiencing an unprecedented surge in demand.

The donation was made by Provide Community, a Community Interest Company delivering health and social care services across Essex and East Anglia.

Kirsty Cornell, chief executive officer for FIF (pictured third from left), said: "We are so grateful for Provide's donation. It will help our team of family support advisers offer one-to-one support and group workshops to even more families."

University apprentices 'at risk of not achieving'

The Anglia Ruskin University (ARU) campus in Chelmsford has been told it 'requires improvement' after a recent Ofsted inspection found that apprentices are "at risk of not achieving".

In the Ofsted report, which was published on July 22, inspectors said that apprentices' experiences are "too variable and dependent on the programme for which they are training".

The report added that too many healthcare apprentices struggle to keep up with their workload and too few chartered surveyor apprentices successfully complete the programme.

In regards to the chartered surveyor apprentices, the report stated: "Leaders have not considered the need for chartered surveyor apprentices to provide client advice. As a result, these apprentices do not have the opportunity in their job role to gather this essential evidence for their final assessment."

Inspectors also detailed problems with apprentices being able to complete their programme within the planned timescales.

The report also stated: "Most apprentices who reach their final assessment pass them. Many apprentices achieve higher grades. However, the proportion who achieve the apprenticeship overall remains low."

A spokesperson for the university said: "ARU's apprenticeship programmes play a key role in addressing skills shortages, supporting local economies and transforming the lives of the students."

"We were encouraged to see Ofsted's report highlight our good practices in many areas, and we will make sure these are implemented across all of our apprenticeship courses. We have put in place measures to address specific points raised in this report, and we look forward to demonstrating our progress."

City receives record number of Green Flag Awards

Chelmsford has been recognised with 17 Green Flag Awards – more than any other place in the East of England.

The Green Flag Awards recognise and reward well-maintained parks and open spaces, with 2,208 winners named across the UK this year.

Councillor Rose Moore, Chelmsford City Council's cabinet member for Greener and Safer Chelmsford, said: "This is wonderful news! We should all feel proud that, once again, our parks and green spaces have been recognised through the Green Flag scheme as some of the best in the country."

"Galleywood Common and Frankland Fields are shining examples of wilder spaces that have been awarded Green Flags for their biodiversity value – one of the recognised criteria for Green Flag status."

"The benefits of reconnecting with nature are also proven for our own health and wellbeing, so it's great that all our parks now include wilder areas, and so many people live close to a Green Flag park."

"We hope to see more Green Flags awarded right across the Chelmsford district."



Photo credit: Chelmsford City Council

VICKY FORD MP

Member of Parliament for Chelmsford



LOCAL NEWS

Recently in Beaulieu, I met the local head of Countryside to discuss infrastructure. There is an incredibly exciting bit of construction taking place, with a new bridge which will carry traffic over the rail line and dual carriageway and then onto what will become the new North East Bypass.

This massive structure, an £18million investment made from British steel, can be seen from the eastern edge of Beaulieu on the fields, from the Boreham Interchange and also from the A12. It will be assembled beside the rail track and is due to be moved into position in the autumn.

I also discussed the new medical centre, which is going to be a state-of-the-art building. Tendering for

the contract is taking place now. Most of the modules are being made offsite and will then be assembled on the site starting in the autumn.

I met recently with the District Commander of our local police to discuss the work they are doing to tackle drug dealing and county lines activity locally, especially in and around the city centre. This is a top priority for the police and they have made recent arrests. Thank you to all those that provide intelligence to the police. The police will always work to protect the confidentiality of those who give this intelligence, so do be assured that by sharing what you see, you are helping to protect others.

If you require my assistance, please get in touch at vicky.ford.mp@parliament.uk

Children sing Christian songs



School pupils from across Essex, including some from Chelmsford, recently came together to perform Christian-themed pop songs at Chelmsford Cathedral.

The Vine Schools Trust organised the event for 23 schools alongside iSingPOP, a project helping children and families engage in collective worship.

The pupils spent several weeks prior to the performance rehearsing the songs before coming together for the first time in the cathedral.

Gemma Smith, headteacher at Orsett Church of England Primary School and co-organiser of the event, said: "When I was asked to help organise a trust event with iSingPOP, I jumped at the chance.

"Having worked with iSingPOP before, I knew what a fantastic opportunity it would be to enable our schools to work together on such an uplifting project. The day enabled the children to develop musically and spiritually, but was also an opportunity to perform to an audience – something that builds confidence and in such a wonderful venue!"

Emma Wigmore, CEO of the Vine Schools Trust, said: "It was wonderful seeing all of the children from across the trust work together to deliver an incredible performance. We like to think of the Vine Schools Trust as one big family, which is why it was important for us to be able to gather the schools together to share an afternoon of celebration with parents and carers."

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Resident tackles 448-mile cycle ride for cancer charity



A man from Chelmsford has completed a cycling challenge to raise money for a cancer charity.

Takashi Ikeda, 30 (pictured above), cycled 448 miles from Chelmsford to Edinburgh over eight days, starting on June 30, and raised more than £1,000 for the Helen Rollason Cancer Charity, which supports people whose lives are touched by cancer.

Takashi said: "I cycled continuously for eight days, so I didn't have time to rest and recover from fatigue. There was a moment when I woke up in the morning and wanted to stay in bed longer, but I reminded myself of the purpose of this challenge.

"I lost my mum in 2018 and I lost my aunt to cancer when I was a child, so it was an easy decision to choose Helen Rollason Cancer Charity to support.

"On July 7, I finished my solo cycling trip to Edinburgh. I felt a great sense of accomplishment and contentment that I hadn't felt for a very long time."

Zoe Jay, head of marketing and fundraising for Helen Rollason Cancer Charity, said: "What an incredible accomplishment for Takashi. This donation alone will fund 20 counselling appointments or 20 reflexology sessions for our clients."

Residents invited to spiritual wellbeing festival

Chelmsford residents are invited to attend the sixth annual Soul Spirit & Wellbeing Festival next month.

Taking place at the Ramsden Bellhouse Village Hall in Billericay from 11am to 4.30pm on Saturday, September 10, the event will feature animal-kind skin and health products, tips on how to eat more healthily with tastings from gluten-free chef Michael Phokatos, and veggie bakes from specialist baker Marina Tarrant.

More than 30 stands will offer a range of stress-easing, mood-boosting therapies, including crystal therapy and chair massage. There will also be yoga demonstrations, candles, spiritual gifts, life-coaching tips and inspiration, and creative art from Soulful Creations and artist Anita Booth.

Tickets are priced at £5 and are available on the day or by searching 'Soul Spirit & Wellbeing Festival' at www.eventbrite.co.uk with no booking fee.

VISIONChelmsfordBeaulieu has 10 pairs of tickets to give away for free. To enter, send your name and number to chelmsford@visionmag.co.uk by August 31.

For more information, search 'Soul Spirit & Wellbeing Festival' on Facebook.

New members invited to join sports group

A Chelmsford-based group has been set up to encourage people to challenge themselves through physical activity.

Summit Mentality is a community for "likeminded individuals who wish to grab life by the horns, achieve their wildest dreams, and to become the best version of themselves".

The group's running club meets on Tuesdays and Thursdays, with those who take part in the training on Tuesdays working towards taking part in a half marathon. They are also looking to start a bootcamp to add variety to their training schedule.

Founder Travis Owles (pictured below right, centre) explained why physical activity is so important.

He said: "Losing the sporting aspect during the pandemic was hard; it's important to put your mind to something physical.

"We have a community of 15-20 people per week. We are open to all people of a wide variety, whether you are a 5km starter or a regular marathon runner."

The group, which is run by Travis, Joe Turnpenny (pictured below right, left) and Ted Stroud (pictured below right, right), has big aspirations for the future. After winning the Snowden24 – a challenge in which individuals or teams ascend and descend Snowden as many times as possible in 24 hours – they are now looking to do an Ironman Triathlon.

They are also hoping to expand across Essex, spreading their positive message through physical activity and mental resilience.



Photo credit: Oliver James Production



LOCAL NEWS

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New Trends for 2022

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

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



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

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

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

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

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KHAN'T *stop Adil*

ADIL RAY OBE CELEBRATES 25 YEARS IN THE ENTERTAINMENT INDUSTRY

We're in an era where some claim the path for ethnic minorities is blocked by prejudice, bias, racism and more. Adil Ray OBE, the DJ, presenter, scriptwriter and unashamed cricket fanatic, is one man who roundly disputes that assumption.

In fairness, the 48 year old need only look at the success of his own career to see how a constant battle to innovate, inform and enthuse an audience will not only create great TV or radio, it will also keep an ambitious career moving forward.

"I'm not blind enough to suggest there aren't challenges for a lot of people in our society, pretty much all across the board," begins Adil, "and that applies to indigenous members of the population too.

"Yet my own experiences are that if you are original, open, confident and malleable to the norm while also looking to push beyond it, you really can get on, and when that happens, life gets exciting."

Adil kicked off an impressive voyage through the entertainment world in pirate radio during his degree at the University of Huddersfield. Before graduating with a 2:1 in marketing in 1997, the son of a Pakistani father and Kenyan mother had already landed a gig with Choice FM, and he was swiftly to move on to Galaxy 105, Century Radio in Manchester, and Ministry of Sound.

Things really began to accelerate when he joined BBC Asian Network in 2002, with the station having just gone digital to a nationwide audience. His award-winning stint included hosting the *Breakfast Show* and led him to BBC 5 Live, where he quickly worked his way across to TV projects, with presenting duties on *The One Show*, as well as taking on a number of documentary commissions, notably about community, Asian integration and, of course, cricket.

Versatility had always been at the heart of what Adil preached, and back in 2012 he co-wrote the comedy *Citizen Khan*, featuring central character Mr Khan and his long-suffering family. The sitcom was taken up by the BBC and went primetime, and to date has returned for five series and 34 episodes, clinching four Royal Television Society Awards along the way.

In recent times, Adil has switched allegiance to ITV, filling in for former host Piers Morgan on *Good Morning Britain* and, as if to push his versatility even further, has entered the space of quiz show host, as in 2021 he began fronting *Lingo*.

Fans of the cult word game Wordle, which has gone viral over the past year, will recognise the format, where contestants have to identify a word using correctly and incorrectly placed letters from past attempts.

"I've always loved words and wordplay, so this one has fitted into my portfolio nicely, to be honest," laughs Adil.

"Mostly, what interests me is moving forward with new ideas. I've still got a big box of them at home – most are rubbish, but you only need to get one right, and that could lead to a lucky break.

"TV execs these days are looking for something a bit different. Shock factor will work, for a while at least, but courage and charisma will always carry people forward the furthest."

Enter NEOM McLaren

MCLAREN THROWS ITS WEIGHT BEHIND THE ELECTRIC CAR REVOLUTION

You may permit yourself to scoff very quietly when it comes to major car manufacturers rolling out terms such as sustainability, eco-consciousness and global change. The motor industry is, after all, responsible for around 30 per cent of the Earth's carbon emissions, so any virtue-signalling pledges should be taken with a pinch of salt.

However, UK manufacturer McLaren is at least aligning strong portions of its competitive arm as it enters the Formula E championship in place of reigning champion Mercedes, who is quitting to focus on road car development.

The switch enables McLaren to take on the progress Mercedes has made so far, as well as claiming the fourth quarter of its competitive motoring proposition – it will now have vehicles racing in Formula E, Extreme E (the off-road spin-off), IndyCar and, of course, Formula 1.

What's more, the team announced a new strategic partnership with NEOM, a sustainable region in northwest Saudi Arabia, with the combined e-teams

known as NEOM McLaren Electric Racing.

While leading the charge, literally, in electric car competition may seem like the work of marketing and PR, the truth is that Woking-based McLaren wants to push its competitive research edge as far as possible in creating a car that's great on the track, while adapting an engine that can be used for everyday road vehicles.

Certainly, the efficiencies gained in both specialisms lend faith to the incredible advances that continue to evolve, from the simplicity of quicker charging times and better batteries to the reality that electric sports vehicles are no longer derided or disrespected by fervent racing fans.

In this sense, Mercedes' loss is most definitely McLaren's gain, with Formula E set to make further ground on motor racing's showpiece, F1, this season.



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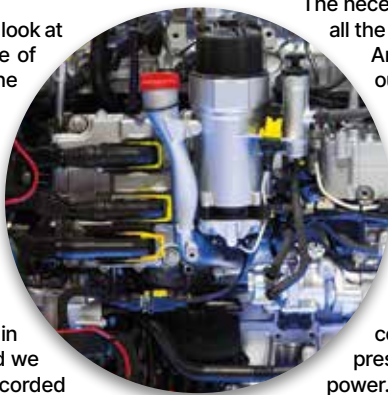
We have talked about how important it is to have the filters replaced regularly, and that failure to replace them can prove to cause all sorts of issues.

We have had two vehicles to look at that reinforces the importance of regular filter changes. Both the vehicles had diesel engines.

The first owner had a problem that had occurred since their car had been left at an airport car park, on the way home it appeared to have a driving issue and various warning lights were coming on.

The owner booked his car in for a code read, it came in and we found various codes, we recorded these codes and cleared them.

Even though it isn't included in the code read we offered to take the vehicle out on road test, after driving it a while we found that we could replicate what was happening quite easily, on rechecking



the ecu we found that the codes had come back.

We recommended replacing the air filter, fuel filter and carrying out a fuel system clean.

The necessary work was carried out and all the driving problems disappeared.

Another owner asked us to check out his diesel vehicle which was going into severe limp home mode and reduced power output.

We found codes showing fuel pressure regulator, fuel pump, major fuel loss and fuel supply pressure issues.

On testing the vehicle it was found that there was a considerable drop off in fuel pressure, resulting in a lack of power.

We replaced the fuel and air filters and road tested the vehicle, problem solved.

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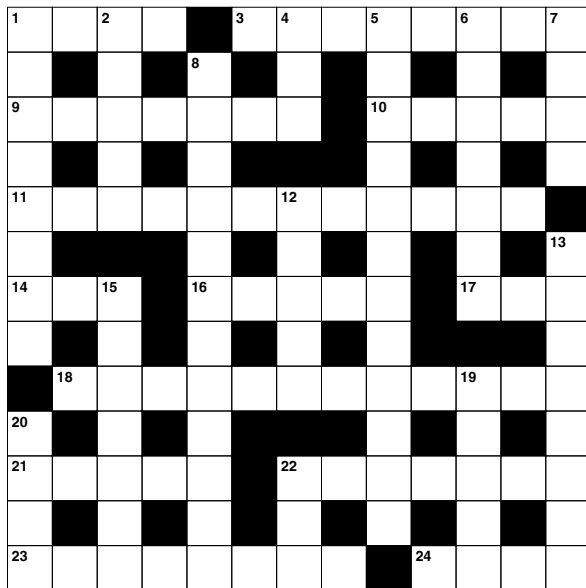
PUZZLES & TRIVIA

ACROSS

1. Guinea pig (4)
3. E.g. resident of Cairo (8)
9. Cause to absorb water (7)
10. Wanderer (5)
11. Large Brazilian city (3,2,7)
14. Short sleep (3)
16. Explore or examine (5)
17. Our star (3)
18. Someone skilled in penmanship (12)
21. Pale orange tropical fruit (5)
22. State emphatically (7)
23. Estimating (8)
24. Change (4)

DOWN

1. Orderly and logical (8)
2. Record on tape (5)
4. Command to a horse (3)
5. Persistence (12)
6. Turns upside down (7)
7. Standard (4)
8. Butterfly larvae (12)
12. With a forward motion (5)



13. Most annoyed (8)
15. Appease (7)
19. Detected a sound (5)
20. Highly excited (4)
22. Animal lair (3)

DID YOU KNOW?

- ▶ Art competitions used to be part of the Olympic Games from 1912 to 1948. This included disciplines such as mixed painting, sculpture, literature and music.
- ▶ The Olympics have been hosted by several countries that no longer exist, including Yugoslavia who hosted the Winter Olympics in 1984.
- ▶ The netball final at the 2018 Commonwealth Games was the first time since 1998 that the final did not feature both Australia and New Zealand. Australia and England faced off in the final, with England taking the gold.
- ▶ Sergio Agüero holds the record for the highest number of goals scored in the English Premier League by a football player for one club. He scored a total of 184 goals for Manchester City between August 15, 2011, and May 23, 2021.

SUDOKU

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					9	7		
			3					
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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

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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

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KIDS

DIY SUMMER GARDEN GAMES

FOUR GARDEN GAMES YOU CAN MAKE FOR YOUR KIDS TO ENJOY THIS SUMMER

Worried about how you are going to keep the kids entertained all summer long? Check out the below DIY garden games that you'll have fun making and children will love playing with.

JUMBO KERPLUNK

You will need:

A bucket | Cage mesh or tomato plant cages | 2 wooden planks | Wooden sticks | Soft play balls

How to make:

- > Roll the mesh into a cylinder and secure with black tape.
- > Place the two planks on top of the bucket and rest the mesh cylinder on them.
- > Push the wooden sticks through the holes in the mesh.
- > Fill with coloured balls.

GIANT LAWN DOMINOES

You will need:

28 ft of 2-inch x 6-inch wood board | Chalk paint | Saw | Hand sander | White paint

How to make:

- > Cut the wood into 28 individual dominoes and sand down to prevent splinters.
- > Paint using chalk paint.
- > Paint on the dots using the white paint.
- > Leave to dry.

POOL NOODLE TENNIS

To make two rackets you will need:

2 foam pool noodles | Mesh vegetable or fruit bag | Duct tape | Lightweight sponge rubber ball

How to make:

- > Cut off 4 inches from one end of each noodle.
- > Make an angled cut on each end.
- > Fold the noodle so that the two angled cuts meet to make the head of the racket and secure with duct tape.
- > Use one of your 4-inch cut-offs to create a handle by securing to the base of the racket head with duct tape.
- > Insert the noodle racket into the mesh bag and secure with more duct tape.

BOTTLE RING TOSS

You will need:

10 glass bottles (wine, milk, etc) | 6 wooden rings or bangles | Bottle crate | If you would like to paint the bottles you will also need gloss paint and a paintbrush

How to make:

- > Remove all the labels from the recycled bottles.
- > If you wish, paint each bottle in a bright colour and leave to dry.
- > Place the bottles in the crate.



Photo credit: scout.org, ironandtwine.com, ziggityzoom.com, playpartyplan.com

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Secret season of travel

My Top Five countries to visit during their secret season



Dan Salmon,
Owner

Why not book your traditional holiday with a timely break during the secret season? This is a time when there are fewer crowds, temperate climates, and lower rates from the Caribbean to South-east Asia.

You can head to California in November and take a cool coastal road trip or visit Disneyland safe in the knowledge there will be short queues for the thrilling rides.

A sojourn during the secret season is just the tonic we all need.

CALIFORNIA

Secret season: November - December

California dreaming during the winter months can become a reality, with Thanksgiving underway in late November and the Californians in good spirits. One can enjoy the San Diego Wine and Food Festival or take the ultimate road trip along the coastal Highway 1.



AMALFI COAST, ITALY

Secret season: Spring

Start the year living la dolce vita with a visit to the sparkling Amalfi Coast - the perfect destination to brush off the winter blues.

CARIBBEAN

Secret season: May - June

After a long, dark winter, you may want to bring the light back into your life and make a beeline for one of the idyllic Caribbean islands. Sunshine, beaches, rum and music: a heady combination that characterises the Caribbean and all its good-time, fun-loving feeling.



BOTSWANA

Secret season: December - January

December to January is one of the best times to visit Botswana. You will witness one of Africa's best-kept secrets - the incredible zebra migration - and view spectacular Southern African wildlife, up close.



SOUTH-EAST ASIA

Secret season: July - August

Whether you are jetting off to Thailand, Cambodia, Vietnam or Laos, you'll have the advantage of fewer crowds and lower prices during the secret season. From gold-steeped stupas to sparkling blue waters - South-east Asia has all the ingredients for a memorable holiday.



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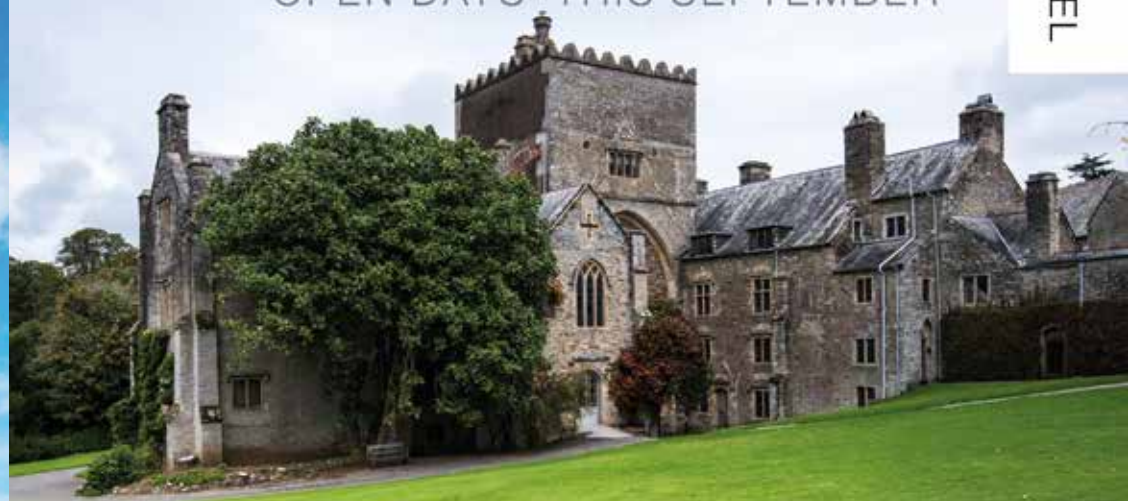


HERITAGE

OPEN DAYS THIS SEPTEMBER



TRAVEL



Are you keen to find out more about England's rich history and culture? Heritage Open Days brings together more than 2,000 local organisations, as well as tens of thousands of volunteers, to celebrate what makes our great country unique.

WHAT IS HERITAGE OPEN DAYS?

Heritage Open Days is England's largest grassroots festival which brings together people from all over the country to celebrate their heritage, community and history. Offering a chance to explore new places and try new experiences without needing to travel far from your home, in 2022 you can expect more than 5,500 local events across England.

WHERE DOES IT TAKE PLACE?

Each year, a huge variety of venues take part in Heritage Open Days, including: country houses, collieries, museums, gardens, country parks and more. Events can showcase re-enactments, treasure hunts, film screenings, walks, street festivals, and food and drink tasting sessions. You can find your nearest event on the Heritage Open Days website at www.heritageopendays.org.uk by simply entering your postcode.

WHEN DOES IT TAKE PLACE?

This year, Heritage Open Days takes place between September 9 and 18. Coordinated by the National Trust and with support from the People's Postcode Lottery, all participating venues are completely free.

HOW TO GET INVOLVED

If you would like to volunteer to be an organiser in your local area, you can register your interest at www.heritageopendays.org.uk. Some areas may already have a local coordinator who can help you with the registration process.

HERITAGE OPEN DAYS TO VISIT:

- > British Vintage Wireless and Television Museum - September 10 and 11, Greater London
- > Buckland Abbey, Garden and Estate - September 10 and 17, Devon
- > Heritage Day and Classic Car Rally - September 11, Greater London
- > Bobbit's Hole Nature Reserve - September 11 and 18, Essex
- > St Michael Tilehurst - A Celebration of Church Bell Ringing - September 17, Berkshire
- > Electra Boat Heritage Weekend Adult and Family Talks - September 17, Buckinghamshire

Go crazy for COURGETTE

Incredibly underrated, the humble courgette is in abundance this month, so why not step outside your veg comfort zone and try one of these tasty and nutritious courgette recipes?

COURGETTE PIZZA

Pizza is a family favourite in most households, but there are several ways that you can incorporate courgette into a pizza. Thinly slice and use as a topping, make some courgette pizza boats, or bake your own courgette pizza base using the below recipe.

You will need: 3 medium grated courgettes | 30g cornflour | 2 cloves crushed garlic | 1 large egg | 300g shredded mozzarella | 50g parmesan

How to make: Add the courgette, egg, garlic, cheese and cornflour to a bowl, mix and season with salt and pepper | Stir until completely combined and make into a dough | Transfer to a baking tray lined with parchment and pat into a crust | Bake for 25 minutes at 230°C/210°C fan/gas mark 8 until golden | Add your preferred toppings and bake for a further 10 minutes.

COURGETTE FRITTERS

For fussy kids who don't like to eat their greens, this is a simple dish that allows you to sneak in one of their five-a-day with ease.

You will need: 2 medium courgettes | 2 tbsp self-raising flour | 25g parmesan or vegan alternative | 1 tsp olive oil

How to make: Grate the courgette and combine in a bowl with the flour and cheese | Shape into walnut-sized balls and then flatten | Heat a non-stick frying pan over a medium heat and add the oil | Fry each fritter for 2-3 mins on each side until golden.

COURGETTE NOODLES

If you are looking for a low-carb version of spaghetti, then courgette noodles are a great idea. All you need is a julienne peeler or a spiralizer to cut your courgettes into courgetti.

You will need: 2 medium courgettes | 2 cloves garlic | Zest of 1 lemon | 150g crème fraîche

How to make: Add your courgetti to a hot pan with oil | Add all the other ingredients | Cook for 2-3 minutes | Serve as you would spaghetti with ragu or a tomato sauce.

Photo credit: @delish.com

5 Steps to a perfect BBQ

Barbecues are great for getting friends and family together. Everybody feels they can 'wing it', but for outstanding results, these tips will help you.

- 1 Your guests, what would they like? Chicken, burgers, sausages, vegetables? Get creative!
- 2 Seasoned meat tastes much better. Buy them, or season yourself
- 3 Heat up grill thoroughly before cooking
- 4 Cover and cook on medium high heat for 10-15 minutes, then lower heat and slow cook. Turn meat over half way through. Baste with left over liquid seasoning for that extra taste explosion!
- 5 Meat is cooked if clear liquid runs out when thickest part of meat is poked open

Enjoy with favourite sauce

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BEGINNER'S GUIDE TO BUYING RETURN PALLETS

Scouted as an easy way to make money fast, flipping return pallets has suddenly soared in popularity.

But is it as simple as everyone makes out, and can you really make a profit? Let's take a closer look.

WHAT IS A RETURN PALLET?

A return pallet, as the name suggests, is a pallet of returned goods, although you can also get pallets that contain end-of-line goods and clearance products. These are sold at highly discounted prices and are typically organised by category, lot size, brands, retailers and location.

HOW CAN YOU MAKE MONEY BUYING RETURN PALLETS?

- > **Buy in bulk:** Typically, the more you are able to buy, the cheaper the cost. However, bear in mind that you will need somewhere to store the goods.
- > **Stick to what you know:** When choosing pallets, make sure you pick product categories that you are already knowledgeable about. It can also be a good idea to carry out research about the value of items before you buy.
- > **Track your goods:** To maximise your return on

your investment, keep track of the goods in your pallets, including name and brand, item condition, RRP and resale price, and the amount the product sold for.

IS PALLET FLIPPING WORTH IT?

Most return pallets include thousands of pounds of products for a fraction of their original cost. However, as with any get-rich-quick scheme, there are risks involved. In most cases, you don't know exactly what you are buying, and you have to be prepared to put in the work as you won't sell everything overnight.

WHERE CAN I BUY A RETURN PALLET IN THE UK?

Most major retailers sell return pallets, including Amazon, Very and eBay.

You can also buy return pallets on the below websites:

- > marthill.co.uk
- > gemwholesale.co.uk
- > wholesaleclearance.co.uk
- > discounthouse.co.uk
- > williamgeorge.com



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SEE YA LATER
stretch marks!

Stretch marks typically occur when your skin quickly changes shape owing to growth or weight gain. Although not usually a sign of ill health, stretch marks can make you feel self-conscious and can affect your overall self-esteem. Discover how to banish them below.

VITAMIN A SKINCARE: Vitamin A, also known as retinol, is a key ingredient in many anti-ageing skincare products owing to its ability to make the skin appear smoother and more youthful. Studies have also shown it to be promising in helping stretch marks appear smaller and less severe.

HYALURONIC ACID: Hyaluronic acid is known for having moisturising and healing properties, which makes it an ideal skincare ingredient for reducing the appearance of stretch marks. It can also help to improve the elasticity of your skin.

MICRODERMABRASION: Microdermabrasion involves exfoliating the skin using a handheld wand and an abrasive substance. Touted as one of the most effective treatments for getting rid of stretch marks, microdermabrasion is carried out by a dermatologist.

LASER THERAPY: As the name suggests, laser therapy uses lasers to deliver focused light to the skin, which can help to boost collagen production and fade stretch marks. Multiple sessions are usually needed before you start to see any effects.

CHEMICAL PEELS: Chemical peels provide a deep exfoliation of the skin and also help to stimulate collagen production, both of which can be beneficial in reducing the appearance of stretch marks. You can get both professional chemical peels that are carried out by a dermatologist and ones that you apply at home.

ALOE VERA: If you prefer to try a more natural remedy for stretch marks, aloe vera gel has healing properties which can help to fade redness and marks on the skin. Opt for pure aloe vera gel for optimum results.





How's it HANGING?

Have you ever tried exercising upside down? Also referred to as an inversion, there are many physical and mental health benefits to upside-down exercises. Discover them below.

1. ENHANCED MENTAL FOCUS

When you hang upside down, oxygen-rich blood flows directly to your brain. Although it may feel weird at first, as you adjust, you should start to experience better brain function and enhanced mental focus.

2. TO TREAT BACK AND JOINT ISSUES

Inversions are the ideal exercise for back and load-bearing joint issues as they help to reverse the harmful effects of gravity. Focus on straight alignment exercises such as headstands and handstands and you should notice a significant improvement.

3. REDUCED STRESS LEVELS

If you suffer with unhealthy levels of stress, then upside-down exercises can help you to unwind and relax. Enabling you to let go of any negative thoughts and feelings, even 10 minutes a day of inversion exercises can make you feel less stressed.

4. STRENGTHENED CORE MUSCLES

Upside-down exercises can help to push your body out of its comfort zone as many different muscle groups are needed to hold these types of positions. As well as strengthening your core, inversions can help to improve your balance, flexibility and posture.

5. POSITIVE INFLUENCE ON ALL FOUR BODY SYSTEMS

When you carry out inverted exercises, you can enjoy a positive effect on all the four main systems within the body. These are the cardiovascular system, the lymphatic system, the nervous system and the endocrine system.

BEST UPSIDE-DOWN EXERCISES TO TRY:

- > Headstand – this requires you to activate your core and builds upper body strength
- > Forearm stand – this pose builds strength and needs a lot of mental focus
- > Handstand – this requires concentration, technique, strength and flexibility. It can be done against a wall to give you more stability
- > Plough pose – this can relieve tension in the neck, shoulders and back
- > Inverted V plank – this tones your core and improves stability and flexibility.

YOU SHOULD NOT DO INVERSIONS IF YOU HAVE:

High blood pressure | A heart condition | Glaucoma | A back or leg fracture | Osteoporosis | A hernia | You are pregnant, obese or overweight.



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GARDENING

FREE flowers

August is the perfect month to collect seeds from your garden plants so you can sow them next spring and enjoy them all over again. It's simple and quick to do – all you need is some secateurs or sharp scissors, a few paper bags and some envelopes. And it costs you absolutely nothing.

Some seeds are easier to collect and grow than others. Annual plants are ideal because they produce lots of seeds.

Here's a list of some of the best: Allium | Aquilegia | Cleomes | Dahlias | Larkspur | Marigolds | Morning Glory | Nasturtiums | Petunias | Poppies | Snapdragons

When you're planning to collect your seeds, choose a dry day. Seeds definitely don't like getting damp. And make sure it's not too breezy, or your seeds could blow away before you catch them.

Now let's get started. All you do is trap the seed head or pod in your paper bag and snip it off the plant. Before you do this, write the name of the plant on the bag. You might think you'll remember, but often this isn't so.

When you're done and back inside, tip the seed heads onto a piece of plain white paper or kitchen towel. Remove any bugs or debris and check the seeds are completely dry. Then tip them carefully into named envelopes and keep them somewhere cool and dry. For something a little special – a great idea if you're going to give them as gifts or swap them with friends or family – why not decorate the envelopes?

Remember, it's usually better to choose heirloom, open-pollinated plants rather than hybrids. This is because the seeds of hybrids won't usually produce plants identical to their parents – not that it isn't fun to experiment.

Happy gardening!

Aquilegia Poppy Dahlia Marigold



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HORTICULTURAL HERO: ADAM FROST

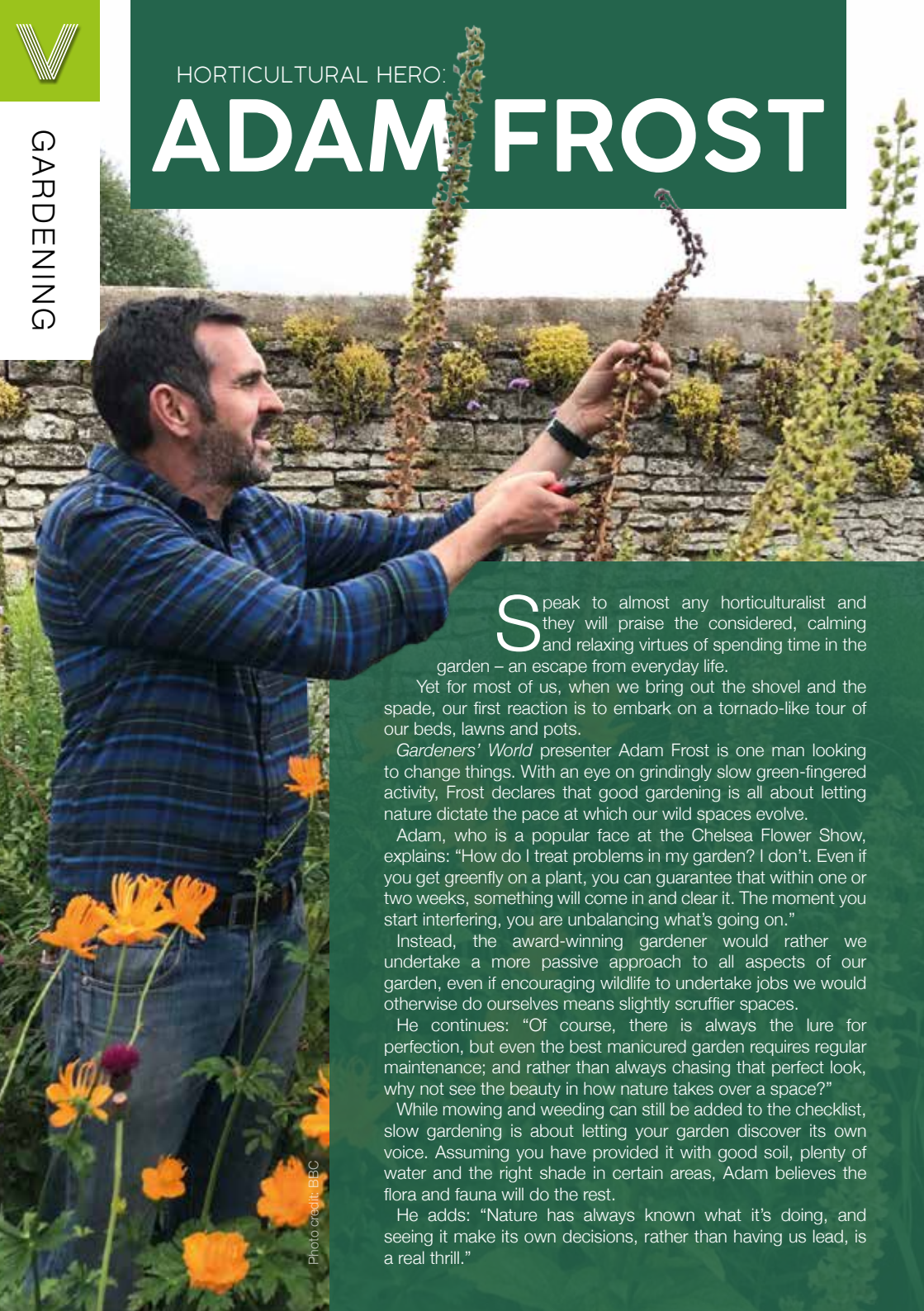


Photo credit: BBC

Speak to almost any horticulturalist and they will praise the considered, calming and relaxing virtues of spending time in the garden – an escape from everyday life.

Yet for most of us, when we bring out the shovel and the spade, our first reaction is to embark on a tornado-like tour of our beds, lawns and pots.

Gardeners' World presenter Adam Frost is one man looking to change things. With an eye on grindingly slow green-fingered activity, Frost declares that good gardening is all about letting nature dictate the pace at which our wild spaces evolve.

Adam, who is a popular face at the Chelsea Flower Show, explains: "How do I treat problems in my garden? I don't. Even if you get greenfly on a plant, you can guarantee that within one or two weeks, something will come in and clear it. The moment you start interfering, you are unbalancing what's going on."

Instead, the award-winning gardener would rather we undertake a more passive approach to all aspects of our garden, even if encouraging wildlife to undertake jobs we would otherwise do ourselves means slightly scruffier spaces.

He continues: "Of course, there is always the lure for perfection, but even the best manicured garden requires regular maintenance; and rather than always chasing that perfect look, why not see the beauty in how nature takes over a space?"

While mowing and weeding can still be added to the checklist, slow gardening is about letting your garden discover its own voice. Assuming you have provided it with good soil, plenty of water and the right shade in certain areas, Adam believes the flora and fauna will do the rest.

He adds: "Nature has always known what it's doing, and seeing it make its own decisions, rather than having us lead, is a real thrill."

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