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BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER







MAY 2023

# Editor's notes...



Nik Allen, Editor

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

This month, we witnessed a unique event in most of our lives: the royal ceremony in which a monarch is crowned.

The coronation of King Charles III, which took place on Saturday, May 6, was a momentous occasion that was celebrated with great pride and enthusiasm by all of us. It marked the first coronation since that of the late Queen in 1953, which was the first time the royal occasion had been televised. Millions of people tuned in to watch the ceremony, and the same was true this year. It was a time to come together as a nation and rejoice in the rich culture and history that make our country unique.

I had a significant event in my life take place at the end of April. I was lucky enough to be invited to 10 Downing Street to a Local Media Champions Reception with the Secretary of State for Culture, Media and Sport, RT Hon Lucy Frazer KC MP.

I felt honoured to attend and connect with other local media peers throughout the UK. With regional editors across the country invited to the event, it was good to see how far our publications have come to be in such esteemed company.

*Nik Allen*

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# FROM LILY SAVAGE

The death of Paul O'Grady MBE at the end of March brought a premature end to the life of one of our most respected modern-day entertainers – someone whose own reinvention helped the gradual process of changing attitudes in British society.

Growing up on the sometimes rough, often competitive back streets of Liverpool in the Swinging Sixties required more than a little spark and swagger, so it's probably little surprise that one of its finest exports, Paul O'Grady, created a career built on the foundation of his larger-than-life personality.

"As the saying goes, if you can't beat them, join them – and if you can't join them, become a drag act," laughed Paul O'Grady in one of this final interviews.

He departed from us at 67, seemingly with another decade or two of wit, charm and pzazz still ready to be unleashed, and the tributes have been extensive and heartfelt.

O'Grady had a number of jobs growing up, including working as a clerk, a waiter and a barman. It was only when he moved to London that he managed to create a career out of his passion for entertainment and performance.

The star's main outlet was the dynamic and daring Lily Savage, a drag queen act who became hugely popular on the underground scene, and eventually gained mainstream appeal when Channel 4 took up the option to give him a stint on *The Big Breakfast* after Paula Yates' resignation. The likes of *The Lily Savage Show*, *Blankety Blank* (which the character fronted for five years) and *Lily Live!* followed, showcasing the full mainstream evolution of a character. It was a long way from O'Grady's first TV appearance on *The Bill* back in 1988 as a transvestite prostitute informant named Roxanne (credited to Paul Savage).

While Lily Savage was eventually retired, the legacy of such a dynamic figure lived on. The character had opened doors for a brand of leftfield entertainment, and helped carve a path for LGBTQ+ rights and promotion across mainstream entertainment.

"I had been in that world since the seventies when I began performing in pubs and clubs around London, so it was all very natural for me, and had been for decades," he said.

"That I lived in a country that embraced me and loved me for who I was, I found wonderful, and it compelled me to go on to do other things."

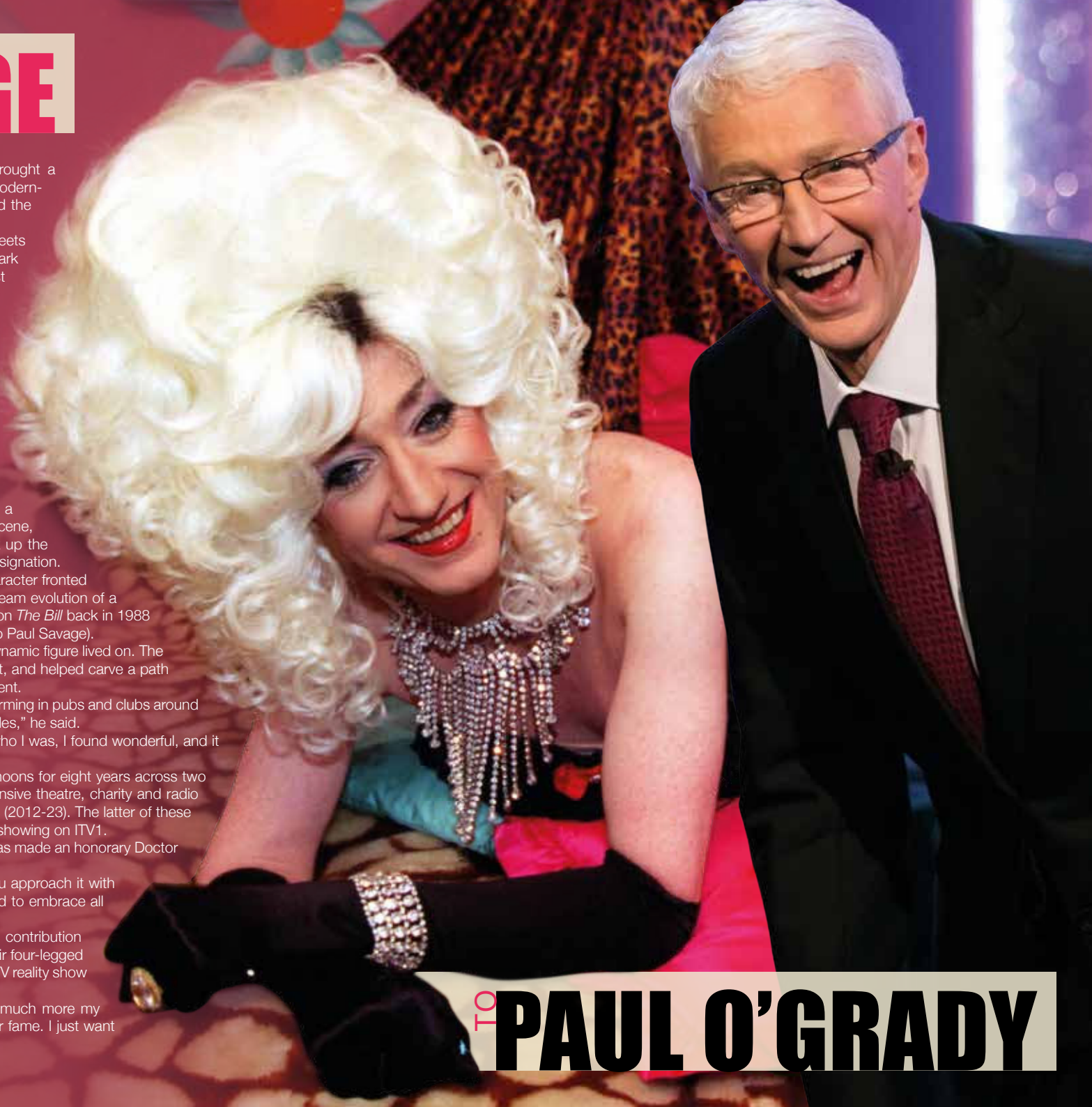
The successful *The Paul O'Grady Show* ran on weekday afternoons for eight years across two spells, and the entertainer also saw huge popularity across extensive theatre, charity and radio work, as well as the likes of *Blind Date* and *For the Love of Dogs* (2012-23). The latter of these popular TV programmes was filmed in late 2022 and is currently showing on ITV1.

In recognition of his contributions to TV, radio and theatre, he was made an honorary Doctor of Arts at De Montfort University Leicester in 2010.

"I always found you can talk about absolutely any subject if you approach it with interest, respect, humility and humour. That's the way I have tried to embrace all the challenges that have come my way," he said.

His funeral, which was held on April 20, featured a significant contribution from Battersea Dogs & Cats Home, who lined the streets with their four-legged residents in honour of the decade O'Grady spent presenting the ITV reality show at Battersea.

"I've always got on better with animals," he joked. "They are much more my type. As I've said before, I am not bothered about sex, money or fame. I just want a mongoose."



# TO PAUL O'GRADY



# A GUIDE TO THE MOON



Have you ever wondered why the moon appears to change shape each night? These are known as the moon's phases, and it isn't actually the shape of the moon that changes but our view of it.

Find out more about the different phases and names of the moon below.

## WHAT ARE THE PHASES OF THE MOON?

- 1. New moon:** You cannot see the moon when it is a new moon.
- 2. Waxing crescent moon:** In the Northern Hemisphere, you see the waxing crescent moon as a thin crescent of light on the right.
- 3. First quarter moon:** The first quarter moon
- 4. Waxing gibbous moon:** This phase is between a half moon and full moon. Waxing means it is getting bigger.
- 5. Full moon:** You can see the moon completely illuminated during full moons.
- 6. Waning gibbous moon:** This phase is between a half moon and full moon. Waning means it is getting smaller.
- 7. Last quarter moon:** This appears as a half moon but with the opposite half illuminated to the first quarter moon.
- 8. Waning crescent moon:** In the Northern Hemisphere, you see the waning crescent moon as a thin crescent of light on the left.



## FULL MOON NAMES

Each monthly full moon has a special name, many of which originated from Native American culture:

**January:** Wolf Moon  
**February:** Snow Moon  
**March:** Worm Moon  
**April:** Pink Moon  
**May:** Flower Moon  
**June:** Strawberry Moon  
**July:** Buck Moon  
**August:** Sturgeon Moon  
**September:** Full Corn Moon  
**October:** Hunter's Moon  
**November:** Beaver Moon  
**December:** Cold Moon

## WHAT IS A BLUE MOON?

A blue moon is an additional full moon that appears every once in a while. Typically, a year contains 12 full moons – three in each season – but sometimes a 13th full moon appears, known as a blue moon. Blue moons usually occur once every two to three years but can occur twice in one year. This is next due to happen in 2037.

## WHAT IS A HARVEST MOON?

The harvest moon is the full, bright moon that occurs closest to the start of autumn. The term comes from the days before electricity when farmers relied on the moonlight to harvest their crops at night.

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Learn more about what makes Helen Green Design one of the best in the business and how you can recreate the look at home.

From stand-out homes in Belgravia to yachts that travel the world, Helen Green Design is behind a wide variety of exquisite home interiors.

Blending both modern and traditional elements, you can expect neutral shades paired with luxury textures to create wonderful designs that are always sure to impress.

### How to get the look at home

While Helen Green Design is a design house that oozes sophistication and luxury, it is possible to get the Helen Green look at home. Here are some easy tips to help you make high-end more affordable:

**1** Work with the details of your home. From panelling to intricate ceiling patterns, you can keep some of the original features of your home to contrast the modern touches you bring into it.

**2** Keep spaces clean and clutter-free to let your statement furniture do the talking. Less is more to create an elegant look.

**3** Use textures to add detail. From textured wall art to textured flooring and walls, you can easily add some features to make your interior look and feel more expensive.

Helen Green Design provides the perfect inspiration for any home looking for a high-class upgrade. However, you don't need a luxury budget in order to achieve this look in your own home.



Photo credit: helengreendesign.com





# Your guide to SPONGES

A GUIDE TO CHOOSING THE RIGHT SPONGES AND HOW TO KEEP THEM CLEAN

While you may not have given much thought to sponges, if you hate doing the dishes or cleaning kitchen worktops, the right sponge can help to make tiresome tasks a breeze.

## WHAT ARE THE MOST COMMON TYPES OF SPONGE?

### NON-SCRATCH SPONGES

Sponges that are labelled as non-scratch are safe to use on non-stick pots and pans, as well as real wood surfaces. They also will not scratch the surfaces of ceramic bakeware. Non-scratch sponges are a good choice for cleaning glassware as they effectively remove dirt without causing any damage.

### HEAVY-DUTY SPONGES

As the name suggests, heavy-duty sponges are highly abrasive so should be used to remove tough, stuck-on dirt and debris from kitchen items such as stainless steel pans. Heavy-duty sponges are not suitable for non-stick cookware, as they are likely to scratch their Teflon coating, nor for ceramic cookware or copper pans.

### CELLULOSE SPONGES

Cellulose sponges are made from recycled plant fibres, making them a good option for those who want to reduce their carbon footprint and become more sustainable. The main benefits of cellulose sponges are that they are low-cost and very absorbent. However, they are also prone to collecting bits of food over time, so you need to make sure that you

sanitise your sponge weekly and throw it away when it shows signs of wear. Ideal for cleaning kitchens, windows, countertops and bathrooms.

## HOW DO I CLEAN REUSABLE SPONGES?

The best way to kill bacteria harbouring in reusable sponges is to clean them in your microwave or dishwasher. If you choose the former, wet the sponge thoroughly and heat on high for one minute. Alternatively, place on the top rack of your dishwasher with the drying cycle on. Do this once a week for best results.



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# fiddle-leaf fig

## PLANT TO YOUR HOME

If you are looking for a new indoor plant for your home, then a fiddle-leaf fig is a great choice. With large, glossy leaves and an impressive trunk, this statuesque tree can act as the focal point in any room.

### WHAT ARE THE DIFFERENT TYPES OF FIDDLE-LEAF FIGS?

The most common type of fiddle-leaf fig plant is the *ficus lyrata*, which grows to around 10 feet tall when kept inside. Other varieties include:

- > ***Ficus lyrata bambino*** – a dwarf variety that grows to only a few feet tall
- > ***Ficus lyrata compacta*** – features smaller leaves and grows to around five feet tall
- > ***Ficus lyrata variegata*** – an uncommon variety with a mix of green and cream leaves

### HOW TO CARE FOR A FIDDLE-LEAF FIG

A fiddle-leaf fig needs bright, filtered light to grow, as direct sunlight can burn its leaves. Any quality indoor plant potting mix is fine as long as the soil drains well.

This plant needs a moderate amount of moisture to thrive; too much can cause root rot and too little can cause the leaves to wilt. During the growing season (spring to autumn), water when the top inch of the soil feels dry, and then slightly less over winter. Also add a fertiliser specially made for this plant during growing season and remember to regularly clean its leaves.

### HOW TO PRUNE A FIDDLE-LEAF FIG

To keep your fiddle-leaf fig in optimal condition, cut back any damaged leaves, overgrowth or crossing branches. Make the cuts about an inch away from the trunk to avoid damage.

### WHERE TO BUY A FIDDLE-LEAF FIG

You can buy fiddle-leaf fig trees either online or at some garden centres.



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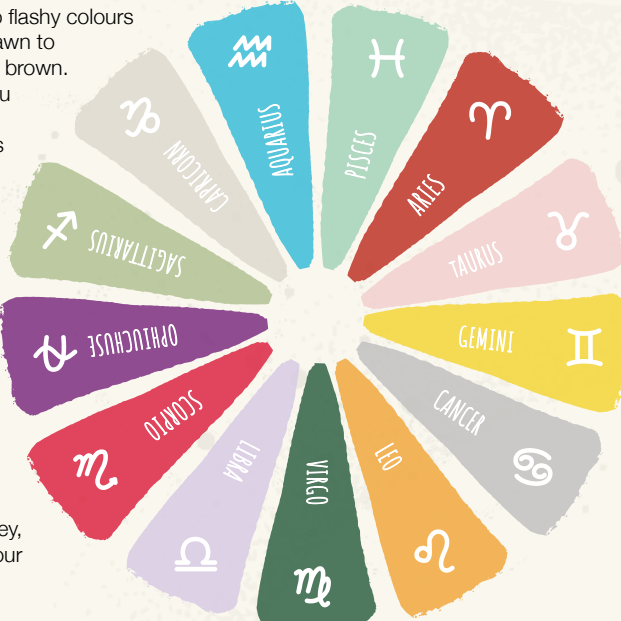


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# DISCOVER YOUR ZODIAC COLOUR PALETTE

Did you know that each zodiac sign has its own bespoke colour palette? Based around the concept of colour psychology, here are the best colours for you and your home, plus why you are drawn to them in the first place.

- > **AQUARIUS:** Elevated primary colours... Not one to stick to the rules, you're drawn to colours that stand out. Choose primary colours with a twist, such as turquoise or deep red.
- > **PISCES:** Soft and daydreamy colours... A true romantic, opt for soft hues such as seafoam green and lavender that promise to make you feel open and carefree.
- > **ARIES:** Big and bold colours... Energetic and passionate, you are linked to powerful colours that draw the eye, such as red and deep oranges.
- > **TAURUS:** Playful and bright colours... Light shades of pink and pastel green are perfect for your playful nature.
- > **GEMINI:** Contrasting colours... Geminis are associated with the colour yellow owing to their sunny disposition. Add in some neutral shades for enhanced balance.
- > **CANCER:** Gentle and cool colours... You gravitate towards cooler and lighter tones such as light blue and silver.
- > **LEO:** Striking and statement colours... You command attention, so bold and warm colours such as orange, yellow and gold are ideal for you.
- > **VIRGO:** Grounded and earthy colours... No flashy colours or concepts for Virgos. Instead, you are drawn to earthy tones such as forest green and dark brown.
- > **LIBRA:** Warm and welcoming colours... You have energy that likes to promote harmony, so lavender and pink are both great colours for you.
- > **SCORPIO:** Dark and moody colours... As a sensual and mysterious being, you are inspired by maroon and crimson tones.
- > **OPHIUCHUS:** Deep and mysterious colours... Located between Scorpio and Sagittarius, you are both passionate and unpredictable. Purple should be your go-to colour.
- > **SAGITTARIUS:** Inspiring and intelligent colours... You want a space that makes you feel free, so greens and blues are the colours that draw you in.
- > **CAPRICORN:** Simple and minimalistic colours... Neutral colours such as white, grey, black and ivory are the perfect match for your calm demeanour.





# FROM YOUR AREA

## Man charged after woman is found dead



Photo credit: Essex Police.

A man has been charged with murder following the death of a woman at a property in Chelmsford.

Essex Police were called to an address in Rothmans Avenue just before 5.10am on Wednesday, April 26.

Officers attended the address and found a woman aged in her 30s who was unresponsive inside the property.

Despite the best efforts of paramedics, the woman was pronounced dead at the scene.

Investigating officers have charged Mark Donovan, 38, of Rothmans Avenue, Chelmsford, with murder.

Detective Inspector James Holmes, of the Kent and Essex Serious Crime Directorate, said: "We are working to establish the circumstances leading up to the death of the woman."

"I appreciate that this is unsettling and of concern for neighbours and the community, but at this stage we believe that no one else is involved."

"We'd ask anyone who might have information that could help us to call us as soon as possible."

You can contact Essex Police via 101 or make an anonymous report through the independent charity Crimestoppers by calling 0800 555 111.

## Bishop plays key role in King's coronation

The Bishop of Chelmsford, the Right Reverend Dr Guli Francis-Dehqani, was one of many high-ranking members of the Church of England who played a significant role in the coronation of Their Majesties King Charles III and Queen Camilla.

At the service on Saturday, May 6, Rev Francis-Dehqani carried the King's chalice in the coronation procession. She then administered it to the monarch during the Eucharist, allowing the new King to take Holy Communion.

Rev Francis-Dehqani was one of three female bishops involved in the ceremony, which marked the first time female bishops were involved in a coronation.

She said: "It was a huge honour and a privilege. There was so much innovation in that service, as well as all the historic elements, but for us, it was very, very special to be amongst the first three female bishops involved. There have only been female bishops since 2016, so it's only been possible recently."

"It was joyful, but the profound moments, the deeply sacred ones, such as the giving of Holy Communion, are at the heart of every Christian service."

## New primary school given the green light

Essex County Council has granted permission for a new 420-student primary school near Beaulieu.

Approval for the new school on land off Remembrance Avenue was given at a Development and Regulation Committee meeting on April 28.

The project will provide new accommodation and facilities for children and pupils and provide a "stimulating educational environment for all users".

The school will support the residential development at the Chelmsford Garden Community, for which planning permission for up to 3,600 dwellings has already been granted.

This is set to be the second primary school in the area, after The Beaulieu Park School opened in 2018.



Photo credit: Essex County Council



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**VICKY FORD MP**

Conservative MP for Chelmsford



LOCAL NEWS



Over the past seven years, there has been a very significant drop in serious crime in Essex. Rates of homicide, antisocial behaviour and burglary have all more than halved. The number of police officers in Essex is at an all-time high, with 900 more officers today than in 2017. This is thanks to local efforts and delivering on the 2019 election promise for 20,000 more police across the country.

The Government has also provided Essex Police with extra GRIP funding which enables the police to focus on targeting hot spot areas to reduce crime and antisocial behaviour. In Chelmsford there has also been a large amount of work to reduce violence against women and girls. Following conversations with young women, I have asked for there to be more

female police officers available in the centre during the night-time economy.

I know that there has been a spate of thefts of bikes from near the train station, therefore I was pleased to hear that two individuals were recently arrested and charged. It is extremely important that people report incidents so that the police can build an intelligence picture, identify hot spots and make arrests.

Local residents are concerned about the challenges for traffic, buses, cyclists and pedestrians in Broomfield Road, particularly at the end of the school day. I brought councillor Lee Scott, Essex County Council cabinet member for highways (pictured centre) to see this first hand and have been told that some alternatives will be proposed to help address this.

**WWW.VICKYFORD.UK**



# YOUR LOCAL EVENTS

## CONTROL VOLTAGE: ELECTRONIC MUSIC OPEN MIC

Hot Box, 28 Viaduct Road, Chelmsford, CM1 1TS

Wednesday, May 24, 7pm



Photo credit: Google Maps

Electronic Music Open Mic is an open stage night for local electronic musicians.

This event will showcase up to seven local electronic artists performing an array of different types of music, including house, techno, ambient, industrial, chiptune, looping, field recording, experimental electronic and much more.

If you would like to play, email [controlvoltageemom@gmail.com](mailto:controlvoltageemom@gmail.com) to register. The night is completely free whether you are playing or watching.

## THE LONG RUN

Chelmsford Social Club, 55 Springfield Road, Chelmsford, CM2 6JG

Friday, June 2, 8pm

Eric Bell, the man who founded Thin Lizzy, returns to play with his all-new trio, The Long Run.

Purchase tickets from [www.bandsintown.com/e/1027952018-the-long-run-at-black-frog-presents-at-chelmsford-social-club](http://www.bandsintown.com/e/1027952018-the-long-run-at-black-frog-presents-at-chelmsford-social-club)

## AUTHOR IN CONVERSATION: ELEANOR CATTON

Chelmsford Library, Chelmsford County Hall, Market Road, Chelmsford, CM1 1QH

Wednesday, June 7, 7pm

The Booker Prize winner Eleanor Catton comes to Chelmsford to discuss her latest work, *Birnam Wood*, a new thriller that has won plaudits from esteemed authors such as Stephen King.

Tickets cost £8 and can be bought online from [library-events.essex.gov.uk/event?id=63618](http://library-events.essex.gov.uk/event?id=63618)

## JAZZ SUNDAYS WITH ZAK BARRETT AND FRIENDS

Hot Box, 28 Viaduct Rd, Chelmsford, CM1 1TS  
Sunday, June 11, from 2.30pm

Every second Sunday of the month, Zak Barrett, saxophonist for The Fellowship, Sunchaser and many more, returns for an afternoon/evening of jazz, soul and funk.

## BOAT CLUB FESTIVAL 2023

Wheeler's Farm, Little Waltham, Chelmsford, CM3 3LZ

Saturday, June 17, 1pm

Boat Club Festival is back for 2023 in a new location at Wheeler's Farm.

Expect different stages, amazing DJs and entertainment, VIP areas, huge production, street food, photo opportunities and the unmistakable Boat Club vibe.

Purchase tickets from [fixr.co/event/boat-club-festival-2023-tickets-687144037](http://fixr.co/event/boat-club-festival-2023-tickets-687144037)

## FOODIES FESTIVAL

Hylands Park, London Road, Writtle, Chelmsford, CM2 8WQ

Sunday, June 25, 11am – 9pm

If you fancy seeing top chefs from the best restaurants in action and tempting your tastebuds with the most delicious food and drink, then Foodies is the perfect event for you.

Purchase tickets from [foodies.seetickets.com/event/foodies-festival-chelmsford/hylands-park/2454582](http://foodies.seetickets.com/event/foodies-festival-chelmsford/hylands-park/2454582)



Photo credit: Foodies Festival

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# Enjoy the delights of the traditional British seaside

For those who crave a bit of nostalgia, and maybe worry that our ability to connect with iconic seaside locations of old is a thing of the past, a trip to Frinton-on-Sea is the perfect remedy.

There is little to rival the natural vibrancy of a sumptuous, sunny, sandy beach, as radiant sun beats down on the coolest, finest Essex sand.

And yet, where Frinton-on-Sea is concerned, serenity and nostalgia come as much from its vibrant rows of beach huts as they do from the wondrous natural environment.

Its architecturally precise promenade sees beach huts painted in a kaleidoscope of bright colours, and these have been an integral part of the town's heritage for more than 100 years. Simple in their form, they retail for upwards of £50,000 – yet if a 12ft square space is adequate for you to relax, change or store beach essentials in, then perhaps the investment is worthwhile? These picturesque huts have become a symbol of traditional British seaside culture and continue to draw visitors from far and wide, yet Frinton is about so much more.

Its unspoiled sandy beaches are award-winning and stretch for miles along the coast, and the gentle slope of the shoreline creates a shallow, safe swimming area that is perfect for families and children. Meanwhile, the absence of amusement arcades, commercial outlets and 'kiss me quick' hats ensures that this part of the Tendring coastline retains a sense of simplicity and class that few other resorts around the UK can rival.

Even the aforementioned promenade, adorned with Victorian-style streetlamps and ornate railings, holds a sense of class about it; while further back, extensive parkland shows the town's custodians are just as adept with grass as they are with sand.

Frinton-on-Sea has a population of fewer than 5,000. Although several times that number swarm into the area on hot summer days, it rarely feels anything other than idyllic. The next time you're looking for an idyllic British seaside escape, Frinton should be top of the list.



LOCAL FEATURE

# LEWIS CAPALDI



## Someone We Love...

### THE ENDEAVOURS, INSPIRATIONS AND INSECURITIES OF LEWIS CAPALDI

We live in a world where our leading male singer-songwriters no longer have to subscribe to the airbrushed, heavily manufactured, perfectly coiffured boyband façades of the stars of decades gone by.

This has helped to create careers and vast wealth for the likes of Ed Sheeran, James Arthur, Rag'n'Bone Man and, now, Lewis Capaldi.

For the vast majority of us, this is a relief. Not only does it lend hope that any of us can aspire to and reach the most ambitious of heights; more importantly, it dispels the faux perfection that emanates from TV screens, devices and digital radios.

"I grew up in that era where everyone looked like they had just stepped off a catwalk," begins Capaldi, the 26-year-old Scottish singer-songwriter who has captivated the hearts of many with his soulful voice and emotive lyrics.

"We don't have to play those games anymore and I think there is much more allowance for us to be ourselves. It's real progress."

The star, who rose to fame with his chart-topping single *Someone You Loved* in 2019 – a track currently ascending past a colossal three billion streams on Spotify – is reaping the rewards of two decades of soul-searching and hard work... a process that came to light via a recent Netflix documentary, *How I'm Feeling Now*.

The production shone a light on the perseverance that has patterned his rise to the top, as well as giving the artist the opportunity to open up about living with Tourette's syndrome.

The neurological disorder is characterised by involuntary movements and vocalisations, known as tics. "It's something that has always been with me and perhaps always will, but it's so important I use my platform to reassure other people that

Tourette's doesn't need to hold you back from what it is you want to do," he says.

"For years, I felt imprisoned by it, before realising I could use it as a stimulus, because sometimes you need something to rally against in your life, and Tourette's is that thing for me."

Perhaps we shouldn't be surprised at Capaldi's ability to counter life's challenges. A deep thinker, the Scot's emotional attentiveness frequently comes across in his music. From the breakthrough *Someone You Loved*, a poignant ballad, characterised by its raw lyrics and melancholic piano melody, that spent seven weeks at the top of the UK singles chart and reached number one in the US too, to the soulful vocals and introspective lyrics of *Bruises*.

In 2022, both *Forget Me* and *Pointless* made it to the top of the hit parade as well. The former track was Capaldi's first meaningful release in three years, and despite huge previous success, his candid uncertainty was on show in the promotion of the track, when he revealed, "It could be the beginning of a beautiful chapter in my life, or the very public downward spiral that, let's face it, I'm probably due."

Of course, the artist needn't have worried, and he is now embarking on a UK tour to accompany the release of his album, *Broken by Desire to Be Heavenly Sent*, on May 19.

Capaldi is a singer-songwriter of impeccable talent but, almost as important, devastating humility... and he's here to stay.



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# GOT SOME FRONT

Our front gardens are typically a bit more restrictive than the spaces behind our homes, but that doesn't mean we can't still make them look stunning.

They are the outdoor spaces that typically lack privacy, are exposed to dirtier air, and may even find themselves hosting a car or work vehicle. Therefore, for the added aggro our front gardens have to put up with, it's sensible to keep things simple, saving your energy for the private space at the back.

Beginning with plants and varieties of flowers, it's sensible to limit a front garden to perhaps just five or six variations. If you include too many different styles, it can create a hotchpotch of ideas that will only make your home look untidy.

Also try to prioritise privacy over prettiness. The front of our property is exposed to all and sundry, so carefully positioned hedges, shrubs and trees can keep unwanted eyes away. Just be sure not to

position larger living matter in front of windows to prevent blocking out the light.

When selecting plants, consider varieties that will last all year round, saving you a constant summer/winter change-up. Think summer roses that progress into gorgeous winter blossoms, and evergreens that will grace the changing seasons with constant class.

As far as a lawn goes, while artificial grass has never been better or looked more authentic, a small area of real grass, or perhaps one either side of a path, is low maintenance and can be taken care of with a simple mower. While it's tempting to bring a wild meadow into the equation, that look is always better achieved in a larger garden, where a rugged area is established in a well-tended garden.

Finally, if you're looking to pave or lay down slate or stone in a front garden, remember weeds will still work their way through, so keep an eye on things, particularly in the summer months.

*keeping your front garden low maintenance*



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# Europe's best SECOND CITIES

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## 1. BERGEN, NORWAY

Many people visiting Scandinavia will instantly migrate towards Oslo for its green spaces, architecture and nightlife, yet for those looking to sample a more stylish, artistic side of Norwegian culture, Bergen is the choice. A seductive port decorated with colourful houses and romantic cobbled streets, it is the gateway to the fjords.

## 2. KRAKÓW, POLAND

Poland's elevation into a popular location to visit over the past 20 years has been impressive, and this is no better exemplified than in the way Kraków, its second city, welcomes visitors.

A former European Capital of Culture, it is a creative tourist's dream, with arts, crafts, collections and museums, plus a host of theatres for the performing arts.

## 3. PORTO, PORTUGAL

Located on the Iberian Peninsula, many parts of Porto were built with the aim of luring in foreign investment, so it makes sense that Lisbon's smaller sibling has an abundance of interest and charm.

From bridges to cathedrals, elegant gardens to wine tasting – the city is the birthplace of port wine – it's a smorgasbord of tastes and flavours.

## 4. CORK, IRELAND

The last port of call for the Titanic before it headed off across the Atlantic, Cork has a lot going for it, with a bustling market, friendly people, and a renowned food and drink scene.

Much more personal than Dublin, it introduces tourists to the rural delights of southern Ireland.

## 5. KOŠICE, SLOVAKIA

A modern city with an eco edge, Košice combines incredible architecture dating back centuries with a defined approach towards sustainability and the repurposing of old spaces for creative industry.

With a warm welcome and thriving arts scene, this is an inspirational place which transports visitors into a world that reflects the past while embracing the future.







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You could be among the first to explore the natural wonder of the Galápagos Islands on board brand new ships. Or, you could head to Kenya and stay in our private mobile camp, which can be exclusively set up on the wildlife-rich plains.

While many seek the sun, the lure of lava landscapes and volcanic crater lakes of Iceland could be just the tonic for others.

For family gatherings, nothing beats a chic villa in France or showstopper palazzo in Italy.



Dan Salmon,  
Owner

### VENICE AND CROATIA

A cultural odyssey of Venice and Croatia awaits. You will explore hidden treasures behind the labyrinth of waterways and join Venetians in the best bacari wine bars. Other highlights include visiting Rovinj and feeling like a gladiator in the Roman amphitheatre.



### ICELAND

Why not head north to Iceland this summer? Youngsters can step away from their geography books and experience first-hand the wonder of glaciers, fjords, and volcanic craters.



### USA

You can experience the wonders of California on a family-focused road adventure from San Francisco to Los Angeles. Along the way, you can sail on a catamaran, witness the beauty of Yosemite National Park and more.

Or perhaps head to the South West. Travelling through sweeping landscapes of Arizona and Utah is unforgettable. Here you can experience an exhilarating off-road ride across Sedona's famous red rocks and learn about Monument Valley from a Navajo guide.



### KENYA

An eco-friendly camp can be set up anywhere in the Masai Mara, Laikipia, the Great Rift Valley or Amboseli. This is an excellent way to experience the bush from a luxurious, private camp which can move on without leaving a trace.



### VILLA

Stay among vines and olive groves on a Chianti-producing vineyard, at a quintessential Tuscan country estate.

Or perhaps a French farmhouse which is an ideal holiday choice for larger families. One can while away the days at the pool house, which has its own barbecue.

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# RAVISHING Rhubarb

An unusual vegetable owing to its very sour yet slightly sweet taste, rhubarb is instantly recognisable by its deep pink hue. Super simple to grow, rhubarb is popular for both sweet and savoury dishes.

Serve as it is or strain the liquid through a muslin-lined sieve first.

## 2 RHUBARB CHUTNEY

**YOU WILL NEED:** 250ml cider vinegar | 100g golden caster sugar | 300g chopped rhubarb | 4 chopped medjool dates | 1 tsp grated ginger | 1 cardamon pod

**HOW TO MAKE:** In a pan, heat the cider vinegar and caster sugar until dissolved | Add the chopped rhubarb, ginger, dates and cardamon pod and cook for 15-20 minutes | Once you have a thick chutney consistency, season with salt to taste | Store in sterilised jars for up to two years (unopened).

## What are the healthy benefits of rhubarb?

- Contains high levels of fibre, which is linked to lower cholesterol levels
- A good source of vitamin K, which is beneficial for your bone and heart health
- Full of antioxidants that protect the body from free radicals
- May help with digestion and to treat digestive disorders

## Rhubarb recipes

### 1 RHUBARB GIN

**YOU WILL NEED:** 1kg pink rhubarb stalks | 400g white caster sugar | 800ml gin

**HOW TO MAKE:** Wash the rhubarb, trim the stalks and discard the base and leaves | Cut the stalks into 3cm lengths and place in a sterilised jar with the sugar. (To sterilise jars, wash in soapy water, rinse and then dry in the oven for 20 minutes at a temperature of 140°C/120°C fan/gas mark 1) | Shake and leave overnight | After 24 hours, add the gin, seal and shake again | Leave for four weeks before drinking |



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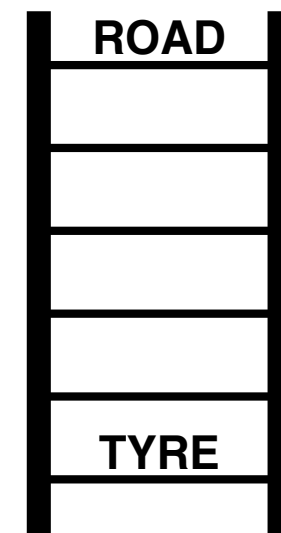
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## DID YOU KNOW?

- ▶ Members of the Royal Family are not allowed to sign autographs. This is in case somebody tries to forge their signature.
- ▶ During her reign, Her Majesty Queen Elizabeth II sent more than 300,000 congratulatory cards to people celebrating their 100th birthdays, and more than 900,000 messages to couples marking their diamond (60th) wedding anniversary.
- ▶ King Charles III, the former Prince of Wales, has been the heir apparent since he was three years old.
- ▶ In November 1965, while a student at Gordonstoun School, the then-Prince of Wales played the lead in Shakespeare's *Macbeth*.
- ▶ The former Prince of Wales has presented the weather forecast on the BBC.

## 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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# 10 things YOUR GP wishes you knew

**D**o you find yourself Googling questions or symptoms you wish you could discuss with your doctor? Read on to discover 10 things your GP wishes you knew, and save yourself time and worry.

- ♥ **You do not need to clean your ears**  
Earwax is needed to protect your ears and should not be removed with a cotton bud or any other small item. This may cause a perforated ear drum.
- ♥ **You do not need to have a period on the pill**  
You don't need to have a break from the pill so that you have a period. Taking 21-day contraceptive pills back to back without having the seven-day break will not cause any ill effects.
- ♥ **You don't need to bring down a child's fever**  
A fever shows that your body is fighting an infection so, if your child seems well in themselves, you do not need to bring down a high temperature. However, seek medical attention if it is 39.4°C or higher.
- ♥ **Verrucas do not need to be treated**  
In most cases, a verruca will go away on its own in a few weeks or a month without the need for

- treatment. However, there are over-the-counter remedies that you can use to treat them.
- ♥ **You do not need to drink eight glasses of water per day**  
As long as you stay hydrated, aiming to drink eight glasses of water a day isn't a necessity.
  - ♥ **Watching TV in the dark isn't bad for your eyes**  
As long as you take regular breaks from watching TV or any other screen, watching TV with the light off is no worse than watching it with the light on.
  - ♥ **You can drink alcohol on some antibiotics**  
Most antibiotics do not interact with alcohol, so you can safely enjoy a drink if you feel well enough. However, you should always check the attached leaflet to be on the safe side.
  - ♥ **Being cold will not give you a cold**  
A cold is a virus and is not caused by cold temperatures or being outside.
  - ♥ **Cracking joints doesn't cause arthritis**  
Cracking of the joints is caused by bubbles of gas and is nothing to be worried about.
  - ♥ **The five-second rule isn't real**  
If your child eats food that has been dropped on the floor, this is highly unlikely to cause any problems.





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# Honey

NOT JUST FOR SPREADING ON TOAST

On May 20, it's World Bee Day – a time to celebrate those buzzing bugs that make honey.

## How do bees make honey?

Using their hollow tongues, bees suck up the nectar from flowers and store it in part of their stomach. Back in the hive, they regurgitate the mixture and spread it through the honeycomb cells. They then fan it with their wings to evaporate the moisture and turn it into honey. There are more than 300 different kinds of honey, depending on the flowers the nectar comes from.

Of course, honey is delicious spread on toast. But did you know it's also a great natural health and beauty aid because it contains micronutrients, including vitamins, minerals and antioxidants? It also has moisturising, antibacterial and anti-inflammatory properties. For maximum benefits, choose raw, organic honey.

## Healthy scalp and hair

To treat your scalp, use a tablespoon or two of honey straight from the jar. Leave for a couple of hours before rinsing and shampooing. For a hair mask, mix a tablespoon of honey with the same quantity of olive oil. Leave on for 15 minutes before rinsing and shampooing.

## Minor cuts, grazes and insect bites

If you're unlucky enough to suffer a cut or bite, simply dab on some honey to help with the healing process.

## Sore throats

To relieve a sore throat, mix a tablespoon of honey with ¼ teaspoon turmeric in a mug of warm water or tea, and sip when you need it. You can also use the mixture as a gargle.

## Healthy sleep

A tablespoon or two of honey before bed, eaten or in a drink, can help regulate your blood sugar and make you feel relaxed.

## Remember...

Never give honey to children under one year as certain bacteria in honey can produce toxins in a baby's intestines. Also remember that honey is high in sugar and calories. The information here is for guidance only – it is not medical advice.



# Cloudy2Clear, A Local Service, Saving You Money.

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

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BUSINESS & PROPERTY



# ISAs VS...

If you want to start saving, then you may be wondering where to put your hard-earned cash. Two of the most popular options are ISAs and savings accounts, but which one is best for you?

## WHAT IS AN ISA?

ISA stands for individual savings account and offers a tax-efficient way to save money. There are four types of ISAs:

- Cash ISAs
- Stocks and shares ISAs
- Innovative finance ISAs
- Lifetime ISAs

The government sets a limit for how much can

be saved each financial year and does not charge any tax on the interest you earn.

## WHAT IS A SAVINGS ACCOUNT?

A savings account offers a safe place to put aside your money and allows you to earn varying amounts of interest. Depending on your circumstances, you may have to pay tax on any interest earned.

There are several different types of savings accounts, including:

- Easy-access accounts
- Fixed-term accounts
- Regular savings accounts

ISA	Savings Account
Completely tax-free	Interest is taxed if you earn over £1,000 for basic tax earners and £500 for high tax earners per year
You can deposit up to £20,000 per year	No limits on deposits
Limited to opening one type of ISA per year	No limits on how many accounts you can open
Good for large amounts and long-term saving	Good for large amounts and long-term saving

## SHOULD I OPEN AN ISA OR A SAVINGS ACCOUNT?

Before you decide whether to open an ISA or a savings account, you need to determine your needs and savings goals. Typically, you can earn more competitive interest rates on a savings account and, depending on the account, you may be able to both deposit and withdraw money. However, an ISA is a good choice if you want to protect yourself from paying tax on any interest earned.



# ...SAVINGS ACCOUNTS



## GUIDE TO BUYING A

## USED SCOOTER

Whether you are a first-time buyer or are seasoned in the world of scooters, a used one can save you a pretty penny.

Below are four questions you need to ask before buying a used scooter.

## 1 DOES IT RUN?

While this may seem like a no-brainer, before you buy a used scooter, you need to make sure that it actually runs. Once you have established that it does, the next step is to listen to how it sounds. Four-stroke engines should have a smooth hum, whereas two-stroke engines should sound like a gentle chainsaw, so make sure you listen out when you do a test drive.

## 2 HOW LONG HAS IT BEEN SITTING?

If you are purchasing a used scooter online, take a close look at the pictures. Does the scooter look

dusty or rusted? If yes, then it may have been sitting unused for a while. Make sure you check the battery and the tyres as both of these are likely to need replacing.

## 3 CAN YOU STILL GET SPARE PARTS FOR THE SCOOTER?

While you can still get spare parts for most scooters that have come out in the last decade, it is always worth checking before you sign on the dotted line. Don't forget to also be vigilant of scooters that are missing several body panels, as this can be a sign of a crash or that the scooter has been stolen.

## 4 WHO IS THE SELLER?

You can choose to buy a used scooter from either a dealership or a private seller. While there are advantages and disadvantages for each option, a dealership is a safer bet as you can find out about their reputation online and they are more likely to provide detailed checks on their scooters.



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## UNUSUAL SPORT:

# Underwater Rugby

HEARING THE RALLYING CRY OF 'SWIM LOW, SWEET CHARIOT', IT CAN ONLY BE AN INVITATION TO PLAY UNDERWATER RUGBY

In 1961 in Cologne, Germany, a new variation on a hybrid sport containing elements of rugby and water polo was invented.

Named underwater rugby, for perhaps rather obvious reasons, the first championships took place some 17 years later, even though the sport's overseers were still unclear as to what the rules should be.

Ultimately, it was decided that there should be six players per side in the pool at any one time, with further substitutes from a total squad of 15 able to be made during the two 15-minute halves.

Most team formations comprise of two forwards, two backs and two goalkeepers or left-wingers, with the aim being to keep possession and score after outwitting the opposition through speed, skill and holding your breath.

The underwater rugby ball is plastic and filled with salt

water and the players have to score in steel goals which are located at the bottom of opposing ends of the pool. The pool dimensions have to be between 12m and 22m in length, 8m and 12m wide, and with a depth of 3.5-5m.

No kicking, hitting or strangling is allowed, but it's a contact sport so, within reason, anything else goes. Officials are present to judge possible offences, resulting in punishments such as warnings, free throws or two-minute penalties.

There were 18 countries involved at the last World Championships in 2019, where Colombia became the first non-Nordic nation to win a gold medal, beating two-time and defending champions Norway in the final in Graz, Austria.

Underwater rugby is said to be the only true 3D sport in the world in the way both the ball and the players can travel in three dimensions and in all directions – imagine, for instance, having a teammate 5m below you in a pool. For this reason, its popularity is exploding.



SPORT

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