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COLOUR DRENCHING

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BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER





JULY 2023

Editor's notes...



Nik Allen, Editor

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

As we enter the heart of summer, July brings forth a special milestone for many families in our community. Summer is a time of transition and excitement as our little ones embark on a new chapter in their educational journey - the leap from preschool to primary school.

As a father currently going through this, I marvel at how quickly the years have flown by and reflect on the wonderful memories created during this time.

In particular, I want to highlight the efforts of our local preschools and primary schools in ensuring a smooth and successful transition for our young learners.

It is heartening to see that our local educators understand the importance of building strong foundations for our children from the very beginning. They recognise that a supportive and nurturing environment during this critical transition phase can make a world of difference in shaping a child's educational journey.

Investing time and effort in ensuring our children settle in well and have the best possible start demonstrates the commitment of our educational institutions. Such collaborative efforts between nurseries and primary schools lay a solid foundation for our children's academic, social and emotional development.

I hope everyone enjoys their summer holidays before the new school term.

Nik Allen

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MARTIN TYLER'S fantastic finish

Celebrating both the career and the caressing tones of Martin Tyler, one of the most revered and celebrated football commentators of the modern era, who has left Sky Sports after 33 years of service.

"Manchester City are still alive here... Balotelli... AGUERROOOO! I swear you'll never see anything like this again. So, watch it. Drink it in."

Martin Tyler's almost indelible words that accompanied Manchester City's first Premier League title in 2011/12 came more than two decades into his service as lead commentator for Sky Sports, the leading UK broadcaster of the English top-flight since its inception in 1992.

To link the Chester-born wordsmith with the pioneering, game-changing nature of Rupert Murdoch's pay TV revolution is an appropriate fit. Both supported each other in the growth of a football product that, rightfully, was to present our domestic league as the very best in the world.

That piece of iconic commentary came on a day when the blue half of Manchester scored two injury-time goals against QPR to wrestle the title away from their city rivals United. Many regard it as being right up there with the sport's other legendary narratives – from Kenneth Wolstenholme's "They think it's all over... it is now" in the 1966 World Cup Final, to Brian Moore's "It's up for grabs now" as Arsenal won the league title with virtually the last kick of the 1988/89 season at Anfield.

Indeed, that spine-tingling commentary is held so dear by the club's fans that many have it painted on walls, or inscribed on body parts – a goal and a string of words that kicked off a football revolution that now sees Manchester City as truly the dominant side in this country.

Tyler has always seen his vocal variations matched with awards – included in these are multiple gongs for Football Supporters' Federation Commentator of the Year Award, plus the much-cherished Premier League Commentator of the Decade.

Away from the satellite giant, he has voiced for Fox SBS (Australia), was the default commentator on the FIFA video game franchise between 2005 and 2022, and has also worked at the Euros and World Cup, having started out at ITV.

While the broadcaster is associated with the very top rung of the professional game, his inherent football passion comes much further down the ladder, given he is a supporter of National League side Woking.

Upon hanging up his microphone, Tyler said: "It's been a privilege to play a small part in the broadcasting history of the greatest league in the world."

"Working alongside wonderful professionals, I thank them for their support and expertise. It's been an honour as a member of a very gifted team."

Tyler, with his mannerisms, his turn of phrase and his presence that could fill the emptiest of front rooms on a Sunday afternoon, will be a hard act to follow, yet Sky Sports commentary is in good hands as Peter Drury takes the hot seat for the new season, starting in August 2023.



Photo credit: Mike Hewitt

Weird and Wonderful

festivals around the world

Summer is the time when crowds flock to music festivals, but did you know there are also a host of weird and wonderful festivals and events that take place throughout the year?

INTERNATIONAL HAIR FREEZING CONTEST: In the cold province of Yukon, Canada, the International Hair Freezing Contest takes place every February at the Takhini Hot Springs. With temperatures that reach below -30 degrees Celsius, participants dunk their heads in the hot water of the pools and then create frosty hairdos by shaping their locks as they freeze in the cold air.

BABY JUMPING FESTIVAL: Known to the locals as El Colacho, this unusual event takes place in Spain 60 days after Easter during the feast of Corpus Christi. It involves men dressing in traditional 'devilish' clothing to scare the crowd before running down the street and jumping over carefully placed babies.

WIFE CARRYING WORLD CHAMPIONSHIP: Fancy carrying your wife around a 253.5-metre track that is riddled with obstacles? Then you need to head to the two-day Wife Carrying World Championship in Finland. A hugely popular annual event that takes place in late June/early July, the winning team is awarded a prize of their wife's weight in beer.

LA TOMATINA: You may have heard of this popular Spanish festival that involves A LOT of tomatoes being thrown about the streets of Valencia. Essentially an hour-long tomato fight for the chosen 20,000 participants, this event is held on the last Wednesday in August each year.

MONKEY BUFFET FESTIVAL: The Monkey Buffet Festival in Lopburi, Thailand, is, as the name suggests, a buffet for monkeys that takes place annually among the ruins of a temple on the last Sunday of November. The local monkey population in Lopburi is around 2,000-3,000, and all are welcome to the annual feast of fruits, cakes, vegetables and candies.

Photo credit: allosbucara.com, nationalgeographic.com, wife-carrying.org, dominicor/Shutterstock



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Drenched IN COLOUR

YOUR GUIDE TO THE DRENCHING TREND

If you love a little colour, then you're going to love colour drenching. This latest interior craze is helping people utilise their favourite shades and transform spaces to give them a coordinated, striking finish. Check out our simple guide to colour drenching and how to nail the look in your home.

WHAT IS COLOUR DRENCHING?

Colour drenching means taking one colour and using it in various shades throughout a space. From your walls to ceilings and even your woodwork, using the same colour in a room can be super stylish. It's a bold look – one that can make a big impression.

HOW TO ACHIEVE THE LOOK

To achieve a colour-drenched look in your home, choose a colour that can be applied to your walls, ceiling, doors and window frames. You can then play around with accessories in the same or similar shades to help you fill out the space.

This is a fantastic way to make the most of any statement furniture items you have. A contrasting piece or artwork can really shine in a colour-drenched room, with the space creating the perfect backdrop.

WHICH ROOMS WORK BEST?

Colour drenching looks great in spaces like living rooms or dining areas. The less clutter you have, the more effective colour drenching can be. If you have a small space to work with, this can be a good way to create the illusion of a bigger room.

You can opt for light, dark or bold colours with colour drenching, helping to create a range of different effects within your home.

CHOOSING THE RIGHT COLOURS

When it comes to colour drenching, choosing the right colour is important – you're going to be seeing a lot of it, after all.

Some of the colours that work well for colour drenching include rich shades of navy and green, pink and burgundy. White and neutral shades can also work well, especially when paired with wooden details.

You may want to avoid using pastels like yellow, green and pale blue – the room may look too light without any contrasting features.

AN EXTRA TIP

Start with a feature wall in your chosen colour to see how it feels. If you like it and like the way the light hits the space, you can start adding to it until your room is sufficiently drenched.



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Did you know that the average person uses 100 toilet rolls per year? That's more than 20,000 sheets of paper!

Rather than just throw away the empty rolls, why not put them to better use?

TO STORE CORDS

Most households have a whole host of unused cords that are taking up too much space, either in a drawer or, worse, on the floor. Create a simple storage solution by folding a phone charger or other type of cord into a neat stack and then placing it inside a toilet roll tube.

TO STORE IMPORTANT DOCUMENTS

Are you always misplacing your birth certificate or car

insurance documents? Keep important documents safe and crease-free by rolling them up and placing them inside a toilet paper tube. You can also store your child's artwork.

TO MAKE A FIRE STARTER

Whether you have a wood-burning fire in your home, love to go camping, or like to throw impromptu barbecues, a toilet paper roll makes the process of lighting a fire much easier. Simply stuff a tube with dryer lint, wrap in newspaper and twist at the ends.

TO MAKE A DIY PHONE SPEAKER

Like your music loud but don't want to have to buy an expensive speaker? Why not make your own with just a toilet roll? Start by cutting a long, rectangular hole in the tube which is big enough to slip your phone into. Then use drawing pins as feet to stabilise the speaker.

TO PREVENT CREASES

If your trousers tend to crease where the fabric folds over the hanger, then you can easily remedy this by cutting a slit lengthwise into two toilet rolls and then sliding them onto a hanger.



HOME & DIY



GREAT BRITISH INTERIOR DESIGNER

LOUISE BRADLEY

Interior designer Louise Bradley has impeccable taste, and it's no wonder she's sought after all over the world to create stunning designs in properties that range from country houses to overseas villas. Louise started her business in 1991, and is a self-confessed perfectionist with an eye for detail.

CLASSIC, CONTEMPORARY BEAUTY

While her styles are striking and timeless, Louise's spaces are designed to be functional too.

Her designs typically feature neutral colours enhanced with darker tones and blacks, with plush fabrics, statement lights and carefully chosen accessories completing the look. Louise's spaces represent a new modern classic style that works in different types of homes, including more traditional homes where the property's original features become elevated with Louise's designs.

RECREATING LOUISE BRADLEY'S LOOK

Some useful tips for recreating this look in your own home include:

- > Keep your layout simple, deciding carefully where furniture should go to help you make the most of the space you have.
- > Choose a muted colour palette that can be enhanced with darker shades to add depth.
- > Dress up the space with cushions and textiles in luxury fabrics. A rug can be a simple way to give a new look to an existing space.
- > Ornate mirrors and statement light fixtures add elegance, and can be an affordable way to dress up your interior if you're willing to shop around.

With looks that are simple yet timeless, Louise Bradley is the ultimate inspiration for contemporary décor that can work in any home.



Photo credit: louisebradley.co.uk

Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light - all fully fitted in less than a day from just £444! But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on 0808 301 9551 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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Why is my ORCHID dying?

Growing orchids can be a daunting prospect, even for the most experienced gardener. That being said, when cared for correctly, this beautiful bloom can last between 15 and 20 years.

Six signs that your orchid is dying

- 1** The leaves turn yellow and drop
While the shedding of leaves is a natural process for almost all plants, if new leaves start to turn yellow or drop off, this indicates that your orchid is getting too much light or water.
- 2** The leaves have brown tips
When the leaves on an orchid turn brown, this means that they are not getting enough moisture and you need to adjust your watering schedule to water your plant more frequently.
- 3** The leaves become wrinkled
Wrinkled leaves are a sure sign of underwatering and, in some cases, the leaves may start to fold in on themselves.
- 4** The aerial roots dry up
If your orchid is not getting enough humidity, its aerial roots may shrivel, become dry and turn brown. If the root is dead, you will need to remove it with a sterilised cutting tool.
- 5** The leaves have black or brown spots
Black or brown spots on leaves are usually caused by sunburn from too much bright light. If this occurs, move your orchid to a more shaded spot.
- 6** Your orchid does not bloom
If your orchid is not blooming, then this is almost definitely owing to poor growing conditions or conditions that are not suited to your particular orchid.

How to make your orchid live longer

- > Position your orchid in bright but indirect light
- > Water your orchid once a week with room temperature water
- > Keep them in a room where the temperature is between 18 and 29°C
- > Cut away any blooms that have died
- > When not in bloom, give your orchid a 20-20-20 fertiliser which contains 20 per cent nitrogen, 20 per cent phosphorous and 20 per cent potassium.



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When did you last have your gutters cleared out?

Gutter health is an often-overlooked part of your home maintenance plan, but gutters perform an important function in protecting your home.

Axa, the world leading insurance company, suggest that gutters require at least an internal inspection each year, and clearing out if they are clogged up. Blocked gutters can lead to brick damage, wood rot and even damp on internal walls of your home.

Local GutterPRO expert Adrian Seymour says "Contrary to popular belief, moss not leaves are the major cause of gutter blockages. So even if your property doesn't have trees in the immediate area there may still be a problem building up. Moss does a great job of falling from your roof when it rains and then swelling up in your guttering. The moss breaks down and provides a great medium for weeds & grass to germinate which will prevent water running freely to the drains."



GutterPRO are able to clear gutters from the ground using a powerful vacuum system and super-light carbon poles. Because of the length of the poles, GutterPRO can reach over your conservatory where it would be impossible to place a ladder safely. This means that not only is there less risk of falling off a ladder, there is less risk to your property too.

Adrian says "For your full peace of mind, we use a CCTV system that enables us to show you before and after photographs of the work we have completed for you. If your gutters are clear, then there is no call out charge. All our jobs are booked in for a timed appointment, so you know we are coming."

Recently, GutterPRO introduced a gutter washing service which removed black marks and dirt from UPVC gutters and fascia boards, giving homes a fresh new look and much improved kerbside appeal.

Adrian continues "We are seeing people getting a clear and clean before putting their properties on the market. People don't want to see grass growing from gutters, or dirty gutters on estate agents photos."

GutterPRO has has many five-star reviews (reviews.co.uk)



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Roller skating event to fund treatment for brave boy



Photo credit: Young Wild Brave

A fundraising event will take place this month to raise money for a Chelmsford boy.

Ellis Wild (pictured above) was just three years old when he was diagnosed with stage 4 neuroblastoma, a form of cancer.

Ellis and his family are currently attempting to raise around £270,000 to allow Ellis to go to Rome so he can undergo a new treatment.

In aid of this fundraising mission, a roller skating event will take place at Madison Heights in Maldon from 7pm to 10.30pm on Saturday, July 29.

Tracey said of her son: "He's handling it all really well. He's so full of life and we need to keep him that way." Tickets cost £13.95 per person.

To book your tickets, please visit www.trybooking.com/uk/events/landing/43557?eid=43557&

To donate to the fundraiser, visit www.justgiving.com/crowdfunding/ywb-fighting-for-ellis

electricity to power more than 60,000 homes.

Grant Shapps, Energy Security Secretary, said: "This new development will help ensure we fully harness the power of the sun and boost our energy security."

David Wagstaff, deputy director of energy infrastructure planning at the Department for Energy Security and Net Zero, agreed that the outline landscape and ecology management plan "provides a framework for establishing, managing and monitoring ecological mitigation and enhancement to achieve a measurable net gain in biodiversity".

Changes made to bar's licence after assault

Changes have been made to a Chelmsford bar's licence following an assault on a customer.

The incident occurred outside Garrison Tavern in the early hours of Monday, May 29. The disturbance was caught on CCTV, showing a patron being forcibly ejected from the premises and then being subjected to an assault at the hands of three door staff.

A full hearing about the bar's licence by Chelmsford City Council's Licensing Sub-Committee took place on June 27. It was agreed that the premises licence be modified to reduce opening hours and additional conditions be added to the licence, including the requirement to have a qualified first aider on the premises after 11pm and at least two door supervisors to wear body-worn video cameras.

Essex Police and Garrison Tavern have been contacted for comment.

Plans for UK's largest solar farm approved

An application to build the UK's largest solar farm just outside Chelmsford has been approved.

Longfield Solar Energy Farm Limited's application was approved by the Planning Inspectorate on Monday, June 26.

The 380-hectare site is adjacent to the planned Chelmsford Garden Village.

The joint venture between EDF Renewables and Padero Solar, which is classed as a Nationally Significant Infrastructure Project, will generate enough



Photo credit: The Garrison Facebook

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V
LOCAL NEWS



This month, the first doctors to be trained in Essex graduated from the Chelmsford Medical School at Anglia Ruskin University. This is excellent news for our local NHS and a significant step forward in increasing future capacity at our GP surgeries and hospitals. Many congratulations to the new doctors.

For many decades, it was hard to recruit doctors in Mid Essex, partly because we had no medical school to train them. On becoming MP six years ago, I campaigned for a new medical school in Chelmsford. In 2018, Chelmsford was one of only five new medical schools established across the whole country. The medical school has been hugely successful, with some of the highest retention rates in the country. Many of the new doctors want to stay working locally in Essex.

Recently, the NHS published its long-term workforce plan. This announced a doubling of places for the training of doctors. We are waiting to hear which medical schools will be allocated the places. I would like to see Chelmsford's medical school, at Anglia Ruskin University, double.

People in Chelmsford often contact me about increasing access to GP surgeries. I have launched a new campaign to improve access to GP practices across Chelmsford. Please do sign up to support this campaign. You can do this by visiting my website at www.vickyford.uk and clicking on the Resident's Summer Survey tab; it takes 60 second to fill out.

With your support, I will be able to demonstrate to ministers and NHS leaders that the people of Chelmsford support the campaign.

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We also have branches in Romford, Hornchurch and Thurrock, plus Maldon is coming soon! Go to razzamataz.co.uk for more information!

Heavyweight promoter stays true to his roots



Photo credit: Gary Carr/INPHO/Shutterstock

The man who runs rings around the world's best boxers, Eddie Hearn is undoubtedly one of Brentwood's finest sporting exports, even if his activities, primarily across boxing, rarely see him break into a sweat.

Hearn, who attended the private Brentwood School before heading to Havering College in Hornchurch, is the son of Barry Hearn and therefore comes from solid boxing promoter stock. Yet over the past decade, Eddie has truly stepped out of his father's shadow.

Hearn's first foray into boxing promotion came in 2004, when he used Brentwood as the base for his first sporting event. The showcase featured a number of up-and-coming boxers, and enabled him to begin to build his reputation.

He has gone on to work with some of the biggest names in the sport, including Anthony Joshua OBE, Dillian Whyte and Kell Brook. He has also promoted numerous world champions, including Carl Froch MBE, Tony Bellew and Katie Taylor, as well as dabbling in management for poker, snooker and darts.

Hearn, who now lives in Billericay with his wife Chloe and their two daughters, is known for his flamboyant personality and an ability to promote fights in a way that generates excitement and interest from fans. He is a master of social media, using Twitter and Instagram to engage with fans and promote his fighters, both male and female.

Despite his success, Hearn is not without his critics. Some boxing fans accuse him of having too much control over the sport, and have questioned his decision to work with streaming service DAZN. This is despite the fact that the multi-million-pound deal disrupted the traditional pay-per-view model, making elite boxing more accessible to fans around the world.

The promoter's biggest fight was the heavyweight rematch between Anthony Joshua OBE and Andy Ruiz Jr, which was held in Saudi Arabia in 2019; yet more recently he brilliantly traded verbal punches with Simon Jordan on talkSPORT.

Hearn's success in boxing has given him an estimated worth of more than £100million, yet he remains fiercely loyal to his Essex roots.



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YOUR LOCAL EVENTS

RHS GARDEN HYDE HALL FLOWER SHOW

RHS Garden Hyde Hall, Creepthedge Lane, Chelmsford, CM3 8ET
Wednesday, August 2, to Sunday, August 6, 10am – 5pm



Photo credit: Royal Horticultural Society

Enjoy specialist plant nurseries, expert tips, shopping and delicious food in one of the most beautiful summer surroundings in Essex. From inspirational talks and a pop-up craft fair to live music and a barbecue, there's something for everyone to enjoy. You can even start your day with the early bird breakfast package for an early guided garden tour, cooked breakfast and early access to the show.

Tickets can be purchased from www.rhs.org.uk/gardens/hyde-hall/rhs-garden-hyde-hall-flower-show

IBIZA ORCHESTRA EXPERIENCE

Central Park, Chelmsford, CM2 0RW
Friday, August 4, 6pm – 11pm

The Ibiza Orchestra Experience returns to Chelmsford after another huge year. Hosted at Central Park, the incredible 26-piece orchestra will perform some of its greatest hits from the last 30 years. Expect to hear from a whole host of special guests such as Marvin Humes and JLS, and many more acts to be announced in the coming weeks.

Tickets start from £26.95 and can be purchased by visiting www.seetickets.com/event/ibiza-orchestra-experience-chelmsford/central-park/2654736

SAUSAGE & CIDER FESTIVAL

Central Park, Chelmsford, CM2 0RW
Saturday, August 5, 2pm – 11pm

Enjoy delicious sausage and cider flavours from around the world, while dancing away to live music

and DJs, or even enter the eating competition. The festival prides itself on working with some of the UK's independent cider makers, as well as hosting a fantastic array of sausage flavours from all over the globe, from hot and spicy to leek and potato.

Tickets start from £19.50 and are available from www.sausageandciderfest.co.uk/chelmsford

PRETTY WOMAN OUTDOOR CINEMA EXPERIENCE

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

Sunday, August 13, 5pm – 9pm

Enjoy a fantastic outdoor cinema experience at Hylands Estate, and watch the classic Julia Roberts and Richard Gere movie *Pretty Woman*. Gates open at 5pm and the film starts at 7pm. There will also be music to enjoy before the movie with a soundtrack of specially curated songs. Make sure to bring a blanket or camping chair.

Tickets start at £15.50 and can be purchased from www.rb.gy/m6e8x

BLOOD BROTHERS

Chelmsford Theatre, Fairfield Road, Chelmsford, CM1 1JG

Tuesday, August 15, to Saturday, August 19, various times

Written by Willy Russell, *Blood Brothers* tells the story of twins separated at birth and the consequences when they meet again. Very few musicals have received as much acclaim as the multi-award-winning *Blood Brothers*. Bill Kenwright's production surpassed 10,000 performances in London's West End – one of only three musicals ever to achieve that milestone.

Tickets start from £27.50 and are available from chelmsfordtheatre.co.uk/events/blood-brothers



Photo credit: Chelmsford Theatre Facebook

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COMER CHAMELEON



The changing mode of Jodie Comer, and why, in the face of her recent Tony Award win, the British actress's career will surely only continue to ascend.

In the pantheon of British acting royalty, Jodie Comer's journey has been gradual, yet dramatic. The 30-year-old actress has worked her way up through the slightly clichéd ranks, with the usual spread of appearances in TV staples such as *Holby City*, *Waterloo Road* and *Doctors*. Lead-character presence in *Thirteen* and *The White Princess* saw the Liverpoolian build on her early success, with widespread attention on both sides of the Atlantic finally arriving as a result of her portrayal of assassin Villanelle in the BBC drama *Killing Eve*.

Comer's appeal is obvious; she possesses distinctive flair and undeniable talent, with an ability to switch between comedy and drama, romantic segments and thriller sequences.

And nowhere better has that versatility been shown than in her recent triumph at the 2023 Tony Awards, where she garnered the Best Leading Actress accolade for her tour-de-force performance in the Broadway show *Prima Facie*.

"I've never been one to pin everything I do on the idea of winning awards," she begins, "as I believe there is so much good stuff that goes unnoticed. And really, the success or failure of a project is something that only really I can decide upon.

"That said, when recognition comes along, especially with something this big, and in an environment on stage that is a diversion from what I have been doing, it does mean so much to me and I am so grateful."

Comer wouldn't be able to achieve what she has without the eclectic blend of strength, charm and emotional vulnerability that she brings to every role. She is visually striking and phonetically exacting, and with these tools, she manages to engage an audience in a way that few actresses of her age can.

"Drama is about sharing an emotion," she says. "It's not a one-way street – the task is to envelop everyone around you in a character and a feeling."

Comer's journey to the top, while impressive, has been linear. That's what makes the Tony Award her biggest achievement yet – for the fact she stepped out, alone, looking to impress not just those at home, but the fiercely demanding New York Broadway crowd too.

The show, a one-woman play, tells the story of a lawyer who defends men in sexual assault cases, though finds the script flipped when she herself becomes the victim of a sexual assault. The play was also a hit in the West End, with a successful run at the Harold Pinter Theatre.

Beyond the stage, Comer's cinematic work is equally noteworthy. Her role in the upcoming survival film *The End We Start From*, co-starring Benedict Cumberbatch CBE, is eagerly anticipated.

"For me, it's about continuing to move forward – to try new things and to work with new people. I am flattered when I get cast alongside some real heavyweights of the industry, and it is a struggle to feel worthy, at times."

Perhaps that's what makes Comer so popular – a sense of humility and down-to-earth persona. Despite her fame, she remains a humble Liverpoolian who loves her craft and respects her audience.

Photo credit: Jon Sugg

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STAY HYDRATED

Water plays a crucial role in our daily wellbeing. From quenching our thirst to fuelling essential bodily functions, staying hydrated is vital. But many of us find it hard to drink enough water or don't know how much we need. If that's you, here are some practical ways to keep hydrated.

HOW MUCH IS ENOUGH?

According to the government's Eatwell Guide, we should consume 1.5 to 2 litres of fluid per day – more if we're exercising or when the weather's hot. Some experts say we should drink more than that, but it's a helpful starting point.

DOES IT HAVE TO BE WATER?

No, it doesn't. Lower-fat milk and sugar-free drinks, including tea and coffee, all count. But caffeinated drinks can have a diuretic effect (increasing urine output), and sugar-free drinks can harm tooth enamel. So only rely on these drinks for some of your fluid intake.

TOP TIPS:

- ✦ Kickstart your hydration by drinking a glass of water first thing in the morning after you've woken up.
- ✦ If you don't like plain water, try infusing it with citrus fruit slices, berries or cucumber – or opt for herbal teas.
- ✦ Carry a bottle of water around with you so you can sip water on the go, whatever you're doing.
- ✦ Make drinking water a habit throughout the day – for example, before each meal or after you've been to the loo.
- ✦ Treat yourself to a smart water bottle or one with times and measurements written on it. Alternatively, download a reminder app, or set alarms or calendar alerts on your phone, to remind yourself to drink.
- ✦ Choose a water bottle, cup or glass that you like – it's easier to drink out of something you find visually appealing.
- ✦ Eat plenty of water-filled foods like fresh fruit and vegetables – they're hydrating as well as being nutritious. Watermelon, cucumber and oranges are all excellent choices.



FOOD & DRINK



Beautiful

BROAD BEANS

If you want to try to eat more seasonally, then now is the time of year to embrace the humble broad bean. They're delicious, nutritious and guaranteed to brighten up your day. Discover two of our favourite broad bean recipes below.

TOMATO, MOZZARELLA AND BROAD BEAN SALAD

You will need:

500g tomatoes | 150g podded broad beans | ½ tsp salt | ½ tsp caster sugar | Handful of fresh basil and chives | 1 tbsp fresh tarragon | 1 tbsp mint leaves | 3 tbsp olive oil | 2 tsp Dijon mustard | 1 lemon, zested | 1 tbsp red wine vinegar | 250g mozzarella balls | 50g toasted and chopped hazelnuts

How to make:

- Cut the tomatoes into slices and place in a bowl.
- Add the salt and sugar and leave to marinate for 30 minutes.
- Bring a pan of water to the boil and add the broad beans.
- Boil for two minutes, drain and allow to cool.
- Remove the beans from their shells.
- Finely chop all the herbs and tip into a bowl.
- Whisk in the olive oil, mustard, lemon zest and red wine vinegar.
- Season and stir in the broad beans.
- Tip the tomatoes onto a serving platter, then top

with the mozzarella and spoon over the broad bean salsa.

- Scatter over the toasted hazelnuts.

BROAD BEAN DIP

You will need:

300g podded broad beans | 3 tbsp crème fraîche | ½ a lemon | 1 tbsp fresh dill | Flatbreads or pitta bread to serve

How to make:

- Bring a pan of water to the boil.
- Add the broad beans and cook until tender.
- Drain and refresh in iced water.
- Blitz the beans, crème fraîche and a little seasoning together in a food processor.
- Tip into a bowl and squeeze in the juice of the lemon.
- Finely chop the fresh dill and stir through.
- Serve with warm bread.
- You can store this dip in a tightly sealed container for up to four days in the fridge.

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LOVE PARKS Week

Love Parks Week is an annual event that gives people across the country the chance to shout about their favourite green spaces. It takes place between July 28 and August 4 this year. Here are some of the best national parks the UK has to offer.

NEW FOREST: *Best for nature lovers*

One of the largest areas of woodlands in southern England, the New Forest is a great park to visit all year round. In spring, head to Clayhill Heath to stroll through a sea of bluebells, and in summer, look out for forest pony foals outside Beaulieu and Brockenhurst. Later in the year, don't miss the free-roaming pigs that are let loose to scavenge acorns.

SOUTH DOWNS: *Best for long-distance walks*

The newest UK national park, South Downs boasts rolling hills and stunning views down to the Weald and out to the Channel. The impressive 100-mile South Downs Way covers the entire park from Winchester Cathedral to the beach at Eastbourne, making it a must-do experience for hiking enthusiasts.

EXMOOR: *Best for isolation*

One of the least visited national parks in the UK, Exmoor is the perfect place for those who want to seek solace. Offering wild moorlands, rocky ravines and breath-taking coastal cliffs, Exmoor is also home to a population of wild ponies who wander around its expansive landscape.

DARTMOOR: *Best for camping*

If you fancy experiencing the freedom of wild camping, then this is the national park for you. You can just pitch up and explore Devon's wondrous moorlands – the only national park in the UK where this is permitted. Ideal for families, some of the most popular spots are Haytor and Hound Tor or, for adventure seekers, head out to the remote Fur Tor.



Travel Updates

Keep hot on the pulse of new openings from around the globe...



ARABIAN NIGHTS
Dancers, musicians and falcons weave around you, with the smells of spiced lamb, apricots and dates filtering through the air. You'd be forgiven for thinking that you've travelled back in

time to old Arabia, but, in fact, it's dinner at the Al Hadheerah restaurant in the new Bab Al Shams, A Rare Finds Desert Resort, which opened in February. The treasures of the Arabian desert, the secrets of the souk and authentic Middle Eastern cuisine, which is cooked right in front of your eyes, brings together the soul of Arabian heritage in modern Dubai.

GRECIAN GETAWAY

Combine ancient mythology with modern luxury on your next voyage to Greece. The soon-to-be-opened One&Only Aesthesis is carved out of native stone on the glamorous Athenian Riviera (just a stone's throw from Athens' legendary landmarks) as an



emblem of the abundance of nature. From April 2024, pair it with a visit to new all-villa One&Only Kéa Island, which is perched on the end of a self-sustaining island in the Cyclades. Inspired by the surrounding azure blue waters, the villas all feature private pools and capture the serenity of island life with secluded spaces, indigenous materials and modern design elements.



DREAM TEAM

Two brothers, Dimitrios and Tasos Kafetzis, are co-captaining the new Celebrity Ascent, the fourth ship in the highly-acclaimed, award-winning Celebrity Edge series, as a world first. Share in their love of the ocean on the inaugural trip in November 2023, sailing to the Caribbean, from the cobbled streets of Puerto Rico to the lush mountain views of St. Kitts. The ever-changing vistas and balmy tropical breezes add to the glamour on board, with 32 restaurants, bars, and lounges and the widest range of staterooms and suites in the fleet for much-needed downtime.



GLAMOUR AND GRANDEUR

Bursting with the extravagance of the Gilded Age, The Fifth Avenue Hotel will open this year with secrets of a storied past and a grand welcome for an enticing future. Eat up a slice of history from the smaller, intimate space of the old mansion building, or be tempted by the new tower with coveted views of New York below – both celebrating the superlative design of Martin Brudnicki. It's a place crying out for elaborate parties with wine straight from a cellar in what was once a gold vault bank, and cocktails on the open outdoor terraces that overlook the city skyline.



Want to know more about these exciting new openings?

Call Dan on
01245 984 549

SECLUDED IN THE SAVANNAH

Loapi means 'the space below the clouds' in Setswana, but this secluded space in the heart of the savannah seems almost as if it's floating above them. The eco-friendly Tswalu Loapi Tented Camp opens in July 2023 in the Kalahari Reserve South Africa, where you can disappear into the nomadic life in a one- or two-bedroom home surrounded by open grassland, with only a personal butler and private chef to disturb you. Sleep in cocoon-like sanctuaries under canvas, relax on the shaded decks next to the eco-friendly plunge pool, and sip on an early morning coffee by the fire pit, while the sights and sounds of nature engulf you.



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Y	L	R	E	V	N	P	E	N	B	T	E	R	O	R
B	A	L	K	R	A	N	B	O	A	Z	P	W	I	O
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A	N	R	T	L	S	A	E	T	V	R	O	W	G	L
C	E	T	A	U	S	H	N	S	O	M	A	L	I	E
I	B	B	P	W	U	A	A	A	E	T	A	R	O	K
C	G	G	P	E	R	S	I	A	N	H	A	A	B	K
O	X	E	X	E	C	O	R	N	I	S	H	R	E	X
S	I	A	M	E	S	E	C	B	U	R	M	E	S	E

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DID YOU KNOW?

- ▶ Earth isn't actually perfectly round. Earth's rotation causes the planet to bulge at the equator and flatten at the poles.
- ▶ Coral reefs are Planet Earth's largest living structure. These underwater ecosystems are made up of colonies of tiny animals called coral polyps, which build calcium carbonate skeletons that accumulate over time and form the complex structures we know as coral reefs.
- ▶ The Earth's interior is not solid, but rather has a semi-solid or 'squishy' consistency owing to the extremely high temperatures and pressures.
- ▶ The Earth's diameter (the distance straight through the middle) measures a massive 12,800 kilometres, which makes it the fifth largest planet in the solar system.

WORD LADDER

MICE

RATS

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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The seaside has always been a dream destination for many. The sound of waves crashing against the shore, the fresh sea breeze, and the sun shining down on you as you relax on the sand - it's the ultimate summer experience. And if you've been dreaming of living by the seaside, now is the time to make that dream a reality.

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place to escape the hustle and bustle of the city and enjoy a more relaxed pace of life.

But it's not just the stunning location that makes Sandpiper Gardens so appealing. The development offers a range of amenities and opportunities that make life in Clacton-on-Sea less ordinary. From the traditional charm of the town to the contemporary amenities on offer, there really is something for everyone.



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PETAL PERFECTION

Are you planning to throw confetti at your wedding? Then you need to know about petal confetti, also known as biodegradable confetti, and how it can help make your big day both stylish and sustainable.

WHY IS CONFETTI THROWN AT WEDDINGS?

The tradition of throwing confetti at weddings dates back to the Middle Ages, and is used to say congratulations to the happy couple and wish them a lifetime of luck and happiness.

WHAT IS PETAL CONFETTI?

Petal confetti, as the name suggests, is confetti that is made out of real flowers rather than plastic, metal or paper. It is 100 per cent biodegradable, affordable and makes a stunning addition to any style of wedding. You can create bespoke petal confetti mixes or you can order pre-mixed bags online from companies such as Shropshire Petals

and Pretty Petals. There is also a confetti field in Pershore, Worcestershire, where you can carry out pre-wedding photoshoots and purchase petals.

WHAT ARE THE BEST FLOWERS FOR PETAL CONFETTI?

There are many different flowers to choose from for your eco-friendly wedding confetti, with some of the most popular options including delphiniums, wildflowers, roses and hydrangeas. In particular, delphinium petals make wonderful confetti as they are small and delicate. It is worth noting that delphiniums and hydrangeas are harmful to dogs, so if you have any four-legged friends attending your wedding, then rose petals and lavender make a fragrant alternative.

OTHER WAYS TO USE PETAL CONFETTI

As well as being used for beautiful confetti, there are other ways in which you can use petals to make your big day just that bit more special:

- > Create a petal aisle for the bride to walk down
- > Flower girls and boys can scatter petals down the aisle
- > Place piles of petals around other decorations
- > Decorate your wedding tables.



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GET SEATING savvy

With the right seating, you can transform your outdoor space into a comfortable and stylish retreat, whether you've got a simple balcony or something much grander.

GO SCANDI: One popular style for outdoor seating is the Scandinavian look, which often features slim wooden frames. This style embraces simplicity and minimalist designs, and is perfect if you're after something timeless and understated. Pair your Scandi seating with outdoor rugs for a relaxed and laid-back vibe.

EMBRACE INDUSTRIAL CHIC: If you prefer a more edgy vibe, consider industrial-inspired furniture. Look for dark metal frames and sleek designs, and choose metal planters and modern outdoor lighting to complete the look. Industrial seating is ideal for those who appreciate a modern and urban atmosphere.

OPT FOR COUNTRY HOUSE CHARM: If you're after a touch of elegance with a country house feel, look out for rattan lounge sets or daybeds. This furniture blends into the natural landscape beautifully – particularly if you add some terracotta pots and troughs – and evokes a timeless country scene. If you want to go green, choose eco-rattan, a weather-proof rattan lookalike made from recycled plastics.

CREATE A BEACHY PARADISE: For a relaxing holiday resort atmosphere, choose wooden suites you can relax into. With some mood-enhancing lighting and a solar lantern, you'll be transported to a beachy paradise, wherever you are. And if you want to complete the look, why not add a fringed parasol?

CHOOSE CAFÉ-STYLE CHIC: Indulge in the enchanting ambiance of an outdoor café with a budget-friendly bistro set. Ideal for small spaces, these sets are available in various materials, including metal, plastic and wood. Enhance the charm by adding a couple of plants, and voila! Your space becomes the perfect spot for dining al fresco.



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

values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of supporting the local community by providing a service that saves the public money.

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CHORES



KIDS

Would you like your children to start helping out around the house, but are unsure of what they should be doing? Use this guide to age-appropriate chores and create the ultimate chore calendar for your family.

AGES 2 AND 3: Most toddlers love to help their parents with chores, although their help may not actually be that helpful! Although you will be needed every step of the way, the below chores are a good place to start with this age group:
Making their bed | Picking up their toys | Helping to feed pets | Helping to wipe up spills

AGES 4 AND 5: Preschool-aged children should still be fairly motivated to help and love one-on-one time with adults. Suitable chores include:
Clearing and setting the table | Dusting | Making

their beds independently | Helping to tidy their room

AGES 6 TO 8: School-aged children are more independent and can keep track of their responsibilities. Chores you may want to entrust to them include:

Washing small plates and bowls | Helping to care for pets | Taking out the rubbish | Sweeping or mopping | Making their own breakfast or snacks | Tidying their room

AGES 9 TO 12: At this age, you can set a schedule and expectations when it comes to help in the home. Chores they are able to take on include:
Helping to wash the car | Learning to load and unload the dishwasher | Cleaning the bathroom | Operating the washing machine | Helping to prepare simple meals

AGES 13 TO 18: Most teenagers are capable of handling any household chore as long as they have been taught how to do it properly. Depending on their school commitments and schedule, tasks you may like to delegate include:

Vacuuming | Doing their own laundry | Cleaning out the fridge | Preparing family meals | Ironing clothes | Mowing the lawn | Caring for pets.



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No, not 10k in money but 10k in steps! According to a 2017 study, completing 10,000 steps a day is just as effective as doing five 30-minute workouts a week.

Here are a few more reasons why you should be clocking up some serious mileage.

To strengthen your heart

If you walk 10,000 steps per day, you will have a larger stroke volume than someone who only walks 1,000 steps a day. Your stroke volume refers to how much blood the heart beats per minute, with a larger stroke volume being a sign of greater aerobic capacity and better heart health.

To lose weight

Walking is a great form of aerobic exercise, especially if you walk briskly. This can help you to lose weight when combined with a healthy and balanced diet. Furthermore, you will store less fat than an inactive person and be better able to handle periods of excess, such as Christmas, without gaining too much weight.

To stabilise your blood sugar

People who walk 10,000 steps per day will have a much lower glucose and insulin response in their blood after eating a meal than someone who is inactive. This means that you are less likely to develop type 2 diabetes in the future.

To improve cognitive function

Daily moderate exercise such as walking has been shown to improve one's ability to learn new tasks, grow new brain cells and stave off cognitive decline. Aerobic exercise may also be able to stimulate new cell growth in the hippocampus, which is the part of the brain responsible for emotion and memory.

To reinforce healthy habits

It takes time to develop new habits, but sometimes all it takes is one small commitment to act as a catalyst for change. Start with small increases to your overall step count, before gradually increasing to 10,000 steps per day.



HEALTH & FITNESS



CONVERSE *cleaning*

If your Converse trainers are looking more grimy than gleaming, then you will be pleased to hear that this type of footwear is relatively easy to clean.

All you need is a few simple ingredients and a little bit of elbow grease.

WHAT YOU WILL NEED:

Baking soda | Toothpaste | Washing-up liquid | Stain remover | Water | A sponge | A nail brush and toothbrush | Cloths | Newspaper

HOW TO CLEAN:

STEP 1: Cleaning the laces

Remove the laces from your Converse and then create a cleaning solution using 50ml of washing-up liquid, 1 tbsp toothpaste, 1tbsp baking soda and 200ml of warm water. Soak the laces for two to three hours and then hang to dry.

STEP 2: Cleaning the shoe

Stuff each shoe with newspaper and generously apply toothpaste to the shoe using a toothbrush. Leave for 15 minutes. Wash off all the toothpaste using a nail brush and warm water, then leave to dry

in a warm place. Never apply direct heat to your Converse trainers.

STEP 3: Removing tough stains

For any stubborn stains, apply stain remover directly to the affected area. Leave for five to 10 minutes and then wash off using a nail brush. Leave in a warm place to dry. It can be a good idea to test your stain remover on a section of the shoe that is not visible first, such as the outer edge of the tongue.

NB: You should never machine wash or dry Converse trainers as this can damage the shoes.

How to keep white Converse white

If you have recently purchased a pair of white Converse trainers, spray them with a water and stain repellent spray before you wear them. When a stain occurs, spot clean immediately with an equal mix of warm water and washing-up liquid.




Never-ending NAIL POLISH

TOP TIPS TO STOP YOUR NAIL POLISH CHIPPING AND TO MAKE IT LAST LONGER

Do you wish your nails would stay chip-free for longer? Or maybe your favourite nail polishes start to become tacky before you've even used half the bottle? Either way, these tips are just what you need.

HOW TO MAKE YOUR NAIL POLISH LAST LONGER

Keep your nails short: Although you may covet long nails, the sad truth is that these are much more likely to break, chip and peel.

Buff your nails: Before applying nail polish, buff your nails using a glass or crystal file. Avoid harsh emery files which can damage the nails.

Choose the right top coat: Look for a top coat nail polish that boasts chip-resistance, protection and strengthening properties.

Always apply a base coat: The base coat is equally as important as the top coat, although this is a step that many skip. Use a strong base coat for best results.

Reapply the top coat: A top coat is not a set-and-forget type of application and needs to be reapplied once every two to three days to ensure the preservation of your manicure.

Wear gloves: Always wear gloves to protect your hands from water, chemical cleaners and any heavy-duty work.

HOW TO MAKE NAIL POLISH LAST LONGER IN THE BOTTLE

Store it in a cool place: Store your nail polishes in a dark cupboard or drawer. You can even keep them in the fridge.

Invest in nail thinning lacquer: A good-quality nail thinning lacquer can be added to nail polish that has started to thicken in consistency or dry out.

Keep the cap on tight: Every time you use a nail polish, make sure you screw the cap back on tightly as this will ensure that no air gets in and dries it out.

Keep out of direct sunlight: Extreme warmth on the bottle can cause the polish to thicken or dry out, as well as lead to discolouration.



What is a RESIDENT LANDLORD?

Have you ever thought about renting out a room in your home to bring in some extra income? Find out everything there is to know about becoming a resident landlord below.

WHAT IS A RESIDENT LANDLORD?

A resident landlord, sometimes referred to as a live-in landlord, is someone who rents out a room or a proportion of their accommodation in a property that they also live in. You are not a resident landlord if the property is split into purpose-built flats, with yourself in a separate flat, or if you are not considered by law to be a resident at the property.

WHAT ARE THE BENEFITS OF BECOMING A RESIDENT LANDLORD?

The main reason that people choose to rent out a room in their home is to earn some extra money which can be used to help pay the mortgage, pay

off other debts, or be put aside for retirement.

ARE THERE ANY TAX BENEFITS TO RENTING OUT A ROOM IN YOUR HOME?

Yes, the government's Rent a Room Scheme allows you to earn up to £7,500 per year tax-free from letting out furnished accommodation in your home. If you earn less than £7,500, then your tax exemption will kick in immediately, otherwise you will need to complete a tax return or opt into the scheme.

CAN I RENT TO MORE THAN ONE LODGER?

Yes, you can. If you have more than one spare room in your home, then you can rent to more than one lodger. However, if you rent to three or more tenants who are not from the same family, this becomes a house in multiple occupation, which has very strict licensing rules.

DO I NEED TO TELL MY MORTGAGE LENDER?

Most mortgage agreements allow you to take in a lodger as long as you live in the property. However, it is worth checking with them first to make sure.

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DROP IT

like it's hot

THE PERILS OF BIRD DROPPINGS ON OUR CAR EXTERIORS, AND WHY YOU NEED TO REMOVE THEM QUICKLY

When a bird decides to lighten its load your head, it's said to be a sign of good luck.

Well, tell that to motor aficionados and they may well disagree, because unequivocally, bird poo is bad for your car's paintwork and should be removed immediately.

The acid in bird poo begins to corrode the shiny coat that sits atop your cherished four wheels within 48 hours. This acid kicks off a rusting process, which can be difficult and expensive to fix.

The fact that birds consume a large amount of gravel in their diet means that not only do you need to be quick in removing deposits, but careful as well, or you'll find that despite being prompt in ridding your paintwork of the mess, it's left behind a horror show of scratch marks too.

Preventing the deposit of bird poo on your car is a near-impossible task, though ensuring you don't park under trees or roofed overhangs will reduce the chance of your car resembling a painter and decorator's radio.

The best and easiest method to get rid of

the mess is simply to spray it with WD-40. This will serve to loosen the droppings. You should then use a sponge or microfibre cloth to pinch them up from the surface of the car.

Baking soda mixed with dish soap and dispensed from a spray bottle can be just as good, while pre-prepared over-the-counter formulas are expensive, but equally effective.

The real trick to ensuring no long-lasting marks on your vehicle where bird poo is concerned is rapid detection, so keep your eyes peeled and leap into action at the first sign of air attack.



Are you fully charged?

There are now various types of hybrids and full electric vehicles in daily use.

One thing these vehicles have in common with their predecessors is that they all have a 12volt battery.

These vehicles actually rely much more heavily on their 12volt battery than many owners are aware of.

We have had a case recently where the owner was driving their hybrid along a narrow street when totally out of the blue, they started receiving warning messages that certain on board systems were shutting down, eventually their vehicle came to a halt in the middle of the road, with some help they managed to push their vehicle to one side.

This vehicle was under warranty and less than three years old, on contacting the dealer they were told that their vehicle could not be looked at for two weeks.

The owner of the vehicle rang us and we had their vehicle brought into us that afternoon, on investigation the 12volt battery was found to be at fault, it was replaced and the battery system reset and all fault codes were cleared and the owner was able to collect their vehicle the next morning.

We found out later that the average life of the 12volt batteries on these vehicles was about two years, and then they can fail suddenly, 12volt batteries are not normally covered under factory warranty, yet the aftermarket batteries tend to have a minimum three year warranty.

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