

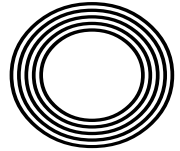


TOP TIPS FOR TANNING SAFELY

*Celebrating 50 years
of hip-hop music*

CHERRY PICKED
The latest kitchen colour trend

PROSECCO PAIRING
Top foods to pair with your bubbles



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SIMON THOMAS

TV presenter named as new host of iconic show



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BEFORE



AFTER



AFTER



AFTER



BEFORE



AFTER





Editor's notes...

AUGUST 2023



Nik Allen, Editor

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

Over the last few years, women's Football has made enormous strides, breaking barriers and gaining recognition on a global scale.

I'm currently enjoying watching the Women's World Cup, which has evolved into a competition of immense significance as it showcases the exceptional talent, dedication and passion of female footballers from around the world. Gone are the days when women's football was relegated to the shadows; today, it stands proudly in the spotlight, drawing millions of fans and leaving an indelible mark on the sporting landscape.

One striking development that exemplifies the progress of women's Football is the France Football advertisement that embraces the potential of artificial intelligence (AI). This innovative advert uses AI to seamlessly blend the men's and women's game, highlighting the similarities in skill, intensity and excitement that both genders bring to the pitch. If you haven't yet watched the advert, I suggest you do.

By employing AI technology, the France Football advert effectively breaks down outdated stereotypes and misconceptions about women's Football, proving that gender is no barrier to playing at the highest level. It serves as a powerful statement, celebrating the game's universality and reinforcing the message that talent knows no gender.

Nik Allen

Delivered in Beaulieu Park, Channels, Chelmer Village, Chancellor Park, Springfield and Broomfield every month.

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CONTRIBUTORS | Tabatha Fabray, Fiona Goble, Panayiota Demosthenous

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HIP-HOP... AND YOU DON'T STOP

Hip-hop – one of the most explosive, inventive, innovative and celebrated genres of music – celebrates its 50th anniversary in August.

In 1983, David Bowie said that hip-hop music held the only real creative musicians. That's quite a statement from someone who continues – even after his passing – to occupy an iconic aura of melodic and songwriting brilliance. "With black music," he continued, "there's a very strong social point to make. There's a means of discovery and a purpose, and for that reason, hip-hop stands itself apart from almost anything else."

At the time, the genre had only been around for a decade. Yet in the 40 years since then, it has evolved to cross over almost every divide you can imagine. It is no longer the domain of a single skin colour or a social demographic, nor is it a set of rules regarding sound, samples and BPM. Its continued growth across popular culture, from its beginnings as the sound of the streets, sees its modern purveyors streaming by the billions and selling out venues of any size.

The original 'sound of the underground' style came about via DJ Kool Herc's *Back to School Jam* in 1973 – a track credited as being the first example of a genre that sees artists speak vocals over a backing track.

Over the years, lines have been drawn between the genre and its near-acquaintance, rap. While the latter is arguably the purest form of 'rapped' poetry and music, hip-hop also embraces fashion, graffiti, dance and DJing, and envelops female performers as much as male. These influences were seen in the way Kool Herc's booming, crowd-stirring sound soon influenced Grandmaster Flash, who brought in techniques such as scratching, punch-phrasing and the backspin.

Between 1979 and 1983, disco and funk narratives came into the style, with *Rapper's Delight* by The Sugarhill Gang gaining global popularity and serving as something of a blueprint for future tracks. The genre's so-called 'golden age' between 1983 and 1997 saw artists such as Run-DMC – whose third single *Rock Box* in 1984 provided the first rap video played on MTV – De La Soul and A Tribe Called Quest build social influence and bring innovation to a sound that was rapidly diversifying.

The 1990s brought gang rivalries onto the scene, not least those involved in the infamous East versus West Coast feuds between the likes of Dr. Dre, Snoop Dogg, Wu-Tang Clan and others. The dispute led to rival sides upping the ante on each new release, culminating in the much-publicised deaths of Tupac Shakur in 1996 and The Notorious B.I.G. the following year.

The Millennium saw the rise of 'bling bling' – a term coined by Lil Wayne – with R&B-infused hooks from artists such as J-Lo, Ashanti and Mariah Carey. Kanye West, Eminem and 50 Cent were some of the last to benefit from music sales in physical form as online piracy and streaming sites led to a decline in CDs.

The Eminem Show, from 2002, sold 27 million copies and became the best-selling hip-hop album of all time. The fact that this was achieved by a white artist confirmed the genre's total 360 evolution.

In the modern era, and bolstered by social media, the likes of Nas, Jay-Z, Mos Def, Talib Kweli, and now Kendrick Lamar, Stormzy, Kanye West and Nicki Minaj have worked to build personality into their presentation of the music.

As hip-hop now prepares to celebrate 50 years with a variety of events, celebrations, exhibitions, competitions, and one-off shows and DJ events, it's clear that where the genre goes next will be, as ever, for the music to decide.

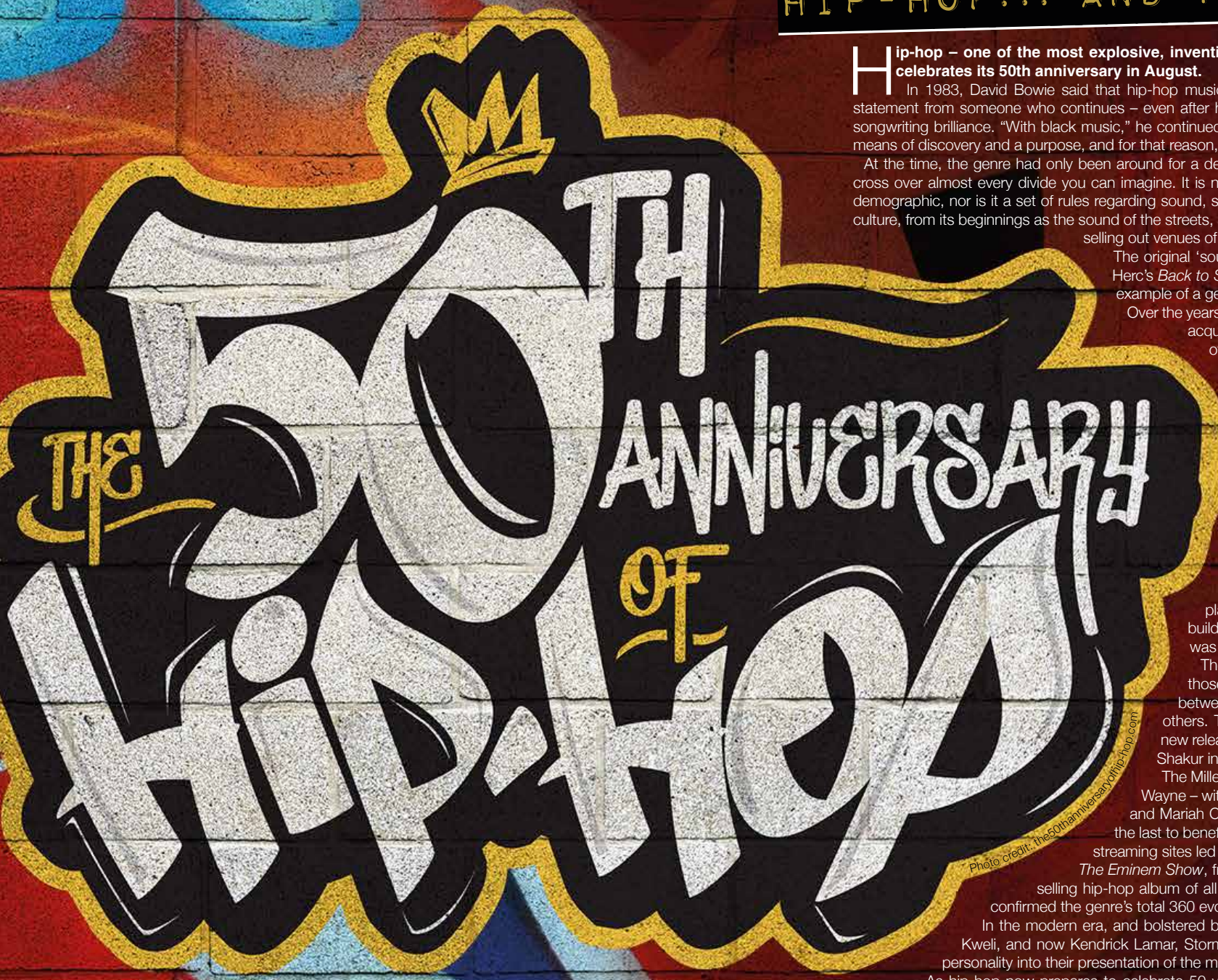


Photo credit: the50thanniversaryofhiphop.com



Slightly sticky®

In the early 1970s, church chorister Arthur Fry was searching for a bookmark that wouldn't fall out of his hymn book or damage it. Then he remembered a not-very-sticky glue created by a colleague in the product development department at the 3M Corporation a few years before.

In 1968, Doctor Spencer Silver developed a glue that was strong enough to stick, but could be removed easily without leaving a sticky mark. You could also easily reposition it. Fry took a bit of the glue, spread it along the edge of a piece of paper, and created the perfect bookmark for himself.

Fry and Silver left 'bookmarks' around their office to communicate with their team. Co-workers started asking for them, too. A year or two later, 3M created the Post-it Note brand and launched into production with its

3x3in sticky notes. They were yellow only because that was the scrap paper the company had on hand.

At first, interest was slow. But in 1979, following a mass free giveaway campaign, the product took off. Everyone had a pad of Post-it Notes to stick on files, computers, desks and even doors.

But the brains behind the product continued their inventing, and Fry and Spencer worked for 3M their whole working lives.

The notes are now available in many shapes, sizes and colours. In 2003 came Super Sticky Notes with stronger glue. In 2019, 3M launched its Extreme Notes, which are water resistant and 100 times stronger than the originals.

The same year saw the launch of the Post-it app, which 3M claims "brings the simplicity of Post-it Notes to your smartphone, tablet and Chromebook".

3M's patent on Post-it Notes expired in 1997, but the name and the original yellow colour remain trademarked to this day – those little paper squares we love, though we never knew we needed them.



Photo credit: cibemijas.com

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Hello residents of Essex.

I'm Dr Stefan Gospodinov, a Doctor of Chiropractic and the Director of Life Chiropractic Clinic in Wickford, which is on London Road.

Since graduating, my wife Abbie and I, along with our amazing chiropractic team, have been successfully treating thousands of clients across the area and are proud to serve the Essex Community.

At our state-of-the-art clinic, you can expect outstanding patient care from our experienced team of professionals, as well as:

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Historically, our clinic building was one of the main GP practices in the area - The London Road Surgery. Since then, we have made some major improvements to the building and invested a great amount of energy, effort, and passion, to make the environment welcoming and inviting for our clients.



The opportunity to open this exciting new clinic presented itself at the perfect time.

Our priority was to find a location where we could offer the very best chiropractic services for the local community.

Our services have helped clients of all ages from babies to those in, or approaching, their senior years.

If you want to be more functional and live a healthier life here are some of the things we may be able to help you with:

- Back Pain • Headaches • Sciatica • Neck Pain
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- Shoulder Pain • Heel Pain • Posture Problems

It has been wonderful meeting so many local people, both in the clinic and at the variety of events we attend in the area.

Abbie and I, along with the rest of our Wickford team, would like to welcome you into our clinic with the a fantastic offer.



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GREAT BRITISH INTERIOR DESIGNER:

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Veere Grenney started his interior design company back in 1996, and since then has continued to feature on the list of leading interior designers, not just in the UK, but in the world. His style introduces traditional details to contemporary spaces, creating individual looks that are anything but dull.

ABOUT VEERE GRENNEY'S MAGICAL STYLE

Interiors expert Dara Caponigro (creative director of F. Schumacher & Co, former editor in chief of *Veranda* and editor at *ELLE Decor*) perfectly pins down Grenney's style: "He knows when to pull out the stops and when to show quiet restraint, creating interiors that are, at once, serene and exciting, and never forgetting that rooms should be comfortable and livable."

Wall art is a key feature of many of Grenney's interiors, alongside classic fabrics and interesting colour palettes that help bring together classic and modern details. Above all, the spaces he creates are comfortable and practical, which clients can enjoy for years to come.

HOW TO RECREATE VEERE GRENNEY'S UNIQUE STYLING IN YOUR HOME

While Grenney's style is unique, it can help provide the perfect inspiration for your own home. Some of the ways you can adapt Grenney's look include:

- > Look for some vintage pieces to upcycle and restore – it's surprising what paint or new upholstery can do to transform your space.
- > Create a tonal look using different shades of the same colour to add depth and interest – ideal if a clashing colour scheme isn't for you.
- > Embrace wall art to help reflect your personality while adding some unique finishing touches to your room. Find different pieces you love that you will enjoy for years to come.
- > Look for non-traditional furniture styles and mix and match your pieces – it's a great way to gradually build up your furniture collection over time.

With a wonderful portfolio to spark inspiration, Veere Grenney Associates is a modern design house full of ideas you can incorporate into your own interiors.

Photo credit: David Oliver via veeregrenney.com, @veere_grenney via Instagram

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DIY POCKET PILLOW



HOME & DIY

A pocket pillow makes the perfect storage space for a wide range of household items such as remote controls, newspapers and magazines, books, toys and so much more. Plus, it is great for cuddling!

WHAT YOU NEED:

A pillow insert – these are available in a wide range of sizes | Three types of fabric – one for the front, one for the back and one for the pocket | A pair of scissors | An acrylic ruler | An iron | Sewing machine (optional)

HOW TO MAKE:

Step 1: Cut your fabric

The amount of fabric that you need will be dependent upon the size of your pillow.

- > **For your front piece:** Cut the fabric 2.5cm bigger than your pillow insert on all four sides.
- > **For your front pocket piece:** Decide how tall you want your pocket to be and then cut double the length. The width should be the same as your front piece of fabric.
- > **For the back pieces:** Each piece of fabric needs to be the same width as the front and the length needs to be about half the height plus 7-8cms so that the envelope will overlap the back.

Step 2: Fold, press and stitch the fabric

- > Fold the bottom edge of one of the back pieces over 6mm and press.
- > Fold the edge another 6mm and press again. Topstitch to create a finished edge and repeat for the second back piece.
- > Fold the pocket piece in half for enhanced durability, press the folded edge down and topstitch along the top edge either by hand or using a sewing machine.
- > Press the front piece and lay it facing up. Then, lay the pocket piece facing upright on top of the front piece with the bottom edges aligned.
 - > Next, lay one of the back pieces face down on top of the front piece with the raw edges lined up at the top.
 - > Place the other back piece face down on top with the raw edges lined up at the bottom and pin all the way round.
 - > Sew all around the pillow with a 12mm seam allowance.
 - > Cut the corners off at an angle and, if you intend to wash the cover, sew the edges with a zig-zag stitch to prevent fraying.
 - > Turn the pillow cover right side out, lay the cover flat and press the seams.
 - > Place the pillow insert into the cover and adjust so that it is nice and square.

Now all that is left to do is fill your pillow pocket!



Photo credit: Milly and Pip Gifts and Cards via notonthehighstreet.com

CHERRY ON TOP KITCHENS!

Like to stay one step ahead of the latest kitchen design trends? Summer 2023 sees the arrival of an abundance of vibrant kitchens adorned with the deep reddish-pink shade of cherry. Here's how to incorporate this bold look in your kitchen.

COMBINE CHERRY CABINETS WITH WHITE ACCENTS

If you want to completely overhaul your kitchen, then opting for cherry cabinets provides a bold take on this look. To stop the space from looking too dark, add stainless steel appliances and white accents such as white granite countertops.

INSTALL CHERRY WOOD FLOORING

If you don't want to change the colour of your cabinets, another high-impact way to add cherry to your kitchen is by installing cherry wood flooring. Providing a pop of vibrancy underneath your feet, try to keep the rest of your kitchen bright to keep the space looking fresh.

OPT FOR A CHERRY SPLASHBACK

If you want to use this colour sparingly to see if you like it, then why not try adding a cherry-coloured splashback to your kitchen? Providing the perfect way to embrace this trend without going all out, high-gloss cherry splashbacks are bang on trend this summer.

CHOOSE SHAKER-STYLE DESIGN

If you would like to try a new kitchen style in this pivotal room in your home, then the popular shaker style lends itself well to the cherry trend. Known for its clean lines, understated elegance and classic style, cherry shaker cabinets suit both traditional and contemporary homes alike.

PICK CHERRY APPLIANCES

Another simple way to incorporate cherry into your kitchen without breaking the bank, cherry appliances such as a kettle and toaster can add a pop of colour without being too overpowering. Alternatively, if you have a little more cash to splash, a cherry-coloured cooker or fridge-freezer provides a more show-stopping look.

Photo credit: Magnet via idealhome.co.uk; jg; oziesplash.com.au; jinteriordesign.com

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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Whiffy WASHING



HOME & DIY

Do you sometimes forget to take your washing out of the machine and it all starts to smell a bit musty? Or perhaps your washing machine is past its best and prone to bad odours? Either way, if you want your laundry to smell amazing, try these top tips and tricks.

TACKLE MUSTY SMELLS

If you have left laundry in your washing machine for too long, it may start to smell a little musty. Fortunately, you can easily rectify this by filling your machine with the hottest water your clothes will tolerate and adding one cup of vinegar. Leave to soak for 10 minutes and then wash as usual but with the addition of one cup of baking soda. Voilà no more musty smells!

PRE-TREAT SMELLY STAINS

If an item of clothing has a bad odour owing to a smelly stain, then simply mix one tablespoon of baking soda with a little bit of water to form a paste and then apply directly to the offending spot.

Allow it to sit for 10 minutes and then wash in your washing machine on its usual cycle.

MAKE YOUR OWN DRYER SHEETS

Dryer sheets have a number of uses, such as to soften, eliminate static and remove bad odours, and you can easily make your own. All you need is a small piece of cotton fabric from an old t-shirt or sheet and 5-10 drops of an essential oil such as lavender or eucalyptus. Place in your dryer for the last 10 minutes and your clothes will smell amazing.

USE SCENTED DETERGENTS OR FABRIC SOFTENER

One of the simplest ways to make your washing smell good is to use a scented washing powder or fabric softener. However, it is worth noting that these can leave residue in your machine, which can cause mildew over time.



From Banking Hall to Curtain Call

Following the closure of Barclays Bank in Tiptree, Curtain Call Interiors have taken over the former bank building and transformed the space into an inspirational home interiors showroom and new workroom.

The new space showcases a wide range of designer fabrics, curtain displays as well as home accessories including, a beautiful home fragrance range, cushions, lamps, furniture and tableware.



Curtain Call specialise in making hand finished bespoke curtains, Roman blinds and soft furnishings all made by their experienced team of curtain makers. With their new workroom located adjacent to the Showroom, it allows



owner Natalie and her team of makers and designers to assist customers in finding the right fabric and style for their decoration projects.



Offering a free estimating and consulting service, using the vast library of fabric samples and pattern books, they can help bring your ideas to life with advice in choosing the right fabric and style for your space.

Curtain Call are open Monday to Friday from 9am until 5pm and 9am until 3pm on Saturdays, with free customer parking available at the rear of the building.

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FROM YOUR AREA

Athletics centre hosts national championship



Photo credit: England Athletics Twitter

The England Athletics Senior and Para Open Championships took place at Chelmsford Sports and Athletics Centre from July 22 to 23.

Hundreds of athletes, including famous faces such as Olympian Abigail Irozuru, competed for national titles to finish their seasons on a high.

Over the two days, a selection of Chelmsford locals battled to take the top spots in their sports. This included javelin thrower Kristian Brown (pictured above), who beat his previous personal best by four metres with a 68.83m winning throw; Ndikama Okoh, who won the women's F2 para ambulant long jump; and Ross Macmillan Bradley, who won the F4 para ambulant javelin event.

Man charged with grievous bodily harm after stabbing

A man has been charged following a stabbing in Chelmsford last month.

Alex Crane, 24, from Oak Lane, Billericay, has been charged with causing grievous bodily harm with intent.

Essex Police were called to Broomfield Hospital at around 11pm on Monday, July 17, following reports of a man with a single stab wound. This is believed to be connected to a report earlier in the evening, when a van left the road and entered a ditch on Margaretting Road at around 10.35pm.

Crane appeared at Chelmsford Magistrates' Court on July 21. He was remanded in custody until a hearing at Chelmsford Crown Court on August 18.

A 51-year-old woman and a 19-year-old woman, both from Chelmsford, were also arrested on suspicion of assisting an offender. They have since been released on bail until October 19.

Detective Inspector Guy Turnbull said "We appreciate that residents will be concerned following this assault.

"We're continuing to appeal to anyone who may have witnessed anything in the area of Margaretting Road between 10.30pm and 11pm on Monday, July 17, or have any further information to contact us."

To report information, visit www.essex.police.uk or call the non-emergency number 101.

Crossing wins award for prioritising pedestrians

The pedestrian crossing in Half Moon Square in Chelmsford has won this year's Urban Transport Design Award.

The default-green signalised crossing is one of only a few UK crossings that gives priority to pedestrians. The scheme won despite being up against strong competition from other council projects from across the UK.

Councillor Ian Fuller, cabinet member for A Growing Chelmsford, said: "The transformation of Half Moon Square has helped create a more attractive, accessible and enjoyable High Street.

"Winning this award highlights our ambition for pedestrians in the city centre, whether Chelmsford residents or visitors, to feel prioritised and safe. Half Moon Square is now a space for people to be entertained by street artists or relax on the seating uniquely designed for the space."



Photo credit: Chelmsford City Council

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VICKY FORD MP

Conservative MP for Chelmsford



LOCAL NEWS



I recently attended the graduation ceremony for the medical students from Anglia Ruskin University. This is the first time that medical doctors have ever been trained in Essex and it was a huge honour to be present at their graduation.

Our medical school started just five years ago following the Conservative government's decision to invest in five new medical schools across the UK. Chelmsford's medical school was the first of the new schools to open. It has had outstanding results, with retention rates way above the national average. Many of the new doctors want to stay working in the NHS in Essex, which is excellent news for our local NHS.

I have been catching up with First Bus Essex regarding local bus services. The local policing and town centre policing team have been doing a large amount of work to tackle antisocial behaviour at the bus station. It was good to hear that this is having a positive impact.

It is also great to see more people using buses. Passenger numbers dropped dramatically during the pandemic. But over the past year, passenger numbers have increased by around 15 per cent on most Chelmsford routes. The Stansted and Southend services have seen even greater increases. This is partly because of the extra funding from the government, which is supporting the £2 bus fare offer. Bus services in Chelmsford have also become considerably more reliable: currently, 98.7 per cent of the timetabled service is being achieved. I am told this is one of the highest rates in the country.

The £2 bus fare is running on all First Bus Essex routes this summer, so if you fancy a day out, why not hop on the bus?

Parliament is now in recess for the summer period. I will be taking some annual leave but will also be out and about in Chelmsford, hoping to catch up with many local organisations and residents.

WWW.VICKYFORD.UK

Castle ruins offer a glimpse into our medieval past



Here we explore the heritage of Hadleigh Castle, whose influence lives on some 800 years after its construction.

Hadleigh Castle is a picturesque ruin and historic fortification that overlooks the Thames Estuary.

Castles are often built as statements of wealth, ability and power, and Hadleigh Castle's construction in the 13th century was no different. Its builder, the Earl of Kent Hubert de Burgh, was effectively the ruler of England during King Henry III's childhood and he built the castle as a statement of his power.

Sadly, he died soon after its construction, and the castle was subsequently claimed by King Edward II and his son, King Edward III.

The castle's appeal is in its ability to provide a vivid snapshot of medieval England's military and architectural prowess. It is testament to the remarkable history of the region, serving as a tourist destination and an important archaeological site.

The castle's architecture reflects the military advancements of the time, with a combination of concentric and bailey design elements. The inner and outer baileys were encircled by a curtain wall, which was further strengthened with a series of round towers. The primary entrance to the castle was through a fortified gatehouse. The living quarters and great hall within the castle were adorned with elegant architectural features, reflecting the opulence and power of its royal inhabitants.

Over the centuries, Hadleigh Castle witnessed several pivotal moments in English history, including the rise and fall of dynasties and the turmoil of civil wars, such as the Hundred Years' War.

Despite its deterioration, Hadleigh Castle has maintained a strong cultural and historical significance. Its ruins have often been of great interest to artists, including John Constable, who captured its haunting beauty in a collection of paintings.

Meanwhile, archaeological excavations have revealed insights into the daily life of castle residents and visitors, as well as military operations.

Today, Hadleigh Castle, managed by English Heritage, is well worth a visit, with regular guided tours, educational programmes, walking and cycling trails, and wildlife events.



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YOUR LOCAL EVENTS



WHAT'S ON

ANDRÉ RIEU 2023 MAASTRICHT CONCERT: LOVE IS ALL AROUND

Chelmsford Theatre, Fairfield Road,
Chelmsford, CM1 1JG
Saturday, August 26, 7pm, and Sunday, August
27, 3pm



Watch a special cinema screening event of André Rieu's cinema concert *Love is All Around*, from his beautiful hometown of Maastricht.

The concert will be a musical feast with heart-warming pieces lovingly chosen by André, covering classics, popular sing-alongs and delightful waltzes.

To purchase your tickets, head to www.chelmsfordtheatre.co.uk/events/andre-rieu-2023-maastricht-concert

house music to four stages, full of colour, sparkle and razzamatazz. With world-class sound and lighting engineers, decorators and performers, their events are a spectacle of colour and amazing visuals.

The festival is also proud to announce that it will be the official fundraiser for Children with Cancer UK and Diabetes UK.

You can find out more at www.shorturl.at/noCGU

WHITNEY: QUEEN OF THE NIGHT

Chelmsford Theatre, Chelmsford Theatre,
Fairfield Road, CM1 1JG
Sunday, September 3, 7.30pm

Direct from the West End, *Whitney: Queen of the Night* celebrates the music and life of one of the greatest singers of our time with a full cast and live band. Critics have called it "an unmissable, phenomenal production" and praised the "sensational cast and stunning live band".

Experience the ultimate Whitney Houston tribute show as it tours across the UK, and hear tunes such as *I Wanna Dance With Somebody*, *I'm Every Woman*, *So Emotional* and more.

Tickets are available at www.shorturl.at/tFKY2

STREET EATS 'N' BEATS FEST 2023

Central Park, Chelmsford, CM2 0RW
Saturday, September 9, 12pm – 9.30pm

Head to Central Park Chelmsford for the annual Street Eats 'n' Beats Festival. A boutique, family-friendly, Ibiza vibe with DJs, dance music, quirky street food trucks, pop-up bars, percussionists and silent disco for all the family to enjoy.

There's something for everyone to enjoy – even the little ones.

For tickets, head to www.streeteatsnbeats.com



Photo credit: Streets Eats n Beats Facebook

VOODOO ROOM: A NIGHT OF HENDRIX, CLAPTON AND CREAM

Chelmsford Theatre, Fairfield Road,
Chelmsford, CM1 1JG
Thursday, August 31, 7.45pm

Voodoo Room will be paying tribute to the three legends of rock: Jimi Hendrix, Eric Clapton and Cream. Members of Voodoo Room have recorded and toured with Stevie Winwood, Massive Attack, Arthur Brown, Fish, Thunder, and many other high-profile artists.

Hear classics such as *Hey Joe*, *Sunshine of Your Love*, *Purple Haze*, *Layla* and more.

To get your tickets, head to www.shorturl.at/gkAB9

BRING THE HOUSE DOWN FESTIVAL DE VERANO

Whealers Farm, Chelmsford, CM3 3LZ
Saturday, September 2, 11am – 11pm

Bring the House Down Festival de Verano is back! Enjoy an incredible line-up of Essex DJs bringing

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When you think of wellness, what is the first thing that comes to mind? Most people think of healthy eating, exercise, relaxation, getting enough sleep and taking supplements as being among our top priorities.

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Did you know?

A study done by the New England Journal of Medicine found that bathing in a hot tub stimulates the beneficial effects of exercise.

Stress Relief

Stress results in tension, headaches, fatigue and soreness. Regular hot tub use, through a combination of buoyancy, heat and massage relieves tension and stress.

Lower Blood Pressure

A study for the Mayo Clinic recommended relaxing in a hot tub can be beneficial for heart disease patients.

Promotes Weight Loss

In clinical studies, patients who used hot tubs lost an average of 3.5 pounds in weight without any new diet or physical exercise programmes.



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HISTORY

Sundae Driving

The history of the ice cream van



With its eye-catching graphics and classic serving window, who can resist the charm of an ice cream van? As it tootles along in the sun to a jangly version of *O Sole Mio*, it's a mouth-watering sight. But did you know these iconic vehicles, now seen across the globe, were actually invented in Britain?

In the 1850s, Carlo Gatti, a Swiss-born Londoner, brought the delights of ice cream to the masses. As well as setting up an ice cream restaurant, he launched a fleet of hand-pushed carts with ice-filled containers to keep the ice cream cold.

In the 1920s, ice cream tricycles were introduced so sellers could move around more quickly. And as technology improved, vendors sold their wares from converted vehicles with basic refrigeration units inside.

But it was in the 1960s that things really changed.

In 1962, Bryan Whitby, a refrigeration engineer from Crewe, developed his idea to run ice cream machines directly from a van's engine. This made the vans much lighter and allowed them to be built in a distinctive shape, making it easier for vendors to navigate narrow streets.

He launched into production with his friend, Colin Morrison, and their vans quickly gained popularity. Over the years, several new designs have been launched, and the vans are now exported to more than 60 countries.

Bryan Whitby died in 2016, but the company, Whitby Morrison, is now run by his son, Stuart, and two grandsons.

Moving on into 2021, Whitby Morrison launched the ePower ice cream van to provide a green energy solution for ice cream sellers. As the vans are solar-powered, operational costs are lower and the vehicle is better for the environment. So, let's hope all this tempts more people to take up the trade, as the number of ice cream vans on British streets is sadly declining.

Photo credit: whitbymorrison.com



From sticky-back plastic to

SOCCER SATURDAY

LOOKING AT SIMON THOMAS'S IMPRESSIVE RISE FROM THE *BLUE PETER* STUDIO TO THE SKY SPORTS HOTSEAT

In the modern era of 24/7 television, our sports presenters are as much icons and celebrities as the sports stars they lyrically wax over. Yet in the case of Simon Thomas, successor to the iconic Jeff Stelling on Sky Sports' showpiece results show, *Gillette Soccer Saturday*, the new man in the hotseat is happy to let the scorelines do the talking.

The youthful-looking 50-year-old has been announced as the main man to showcase the weekly results frenzy on Sky Sports. A dynamic and demanding position, he'll need to convey all of recently retired Stelling's multitasking zest and zeal, while managing the maddening behaviour of a panel of pumped-up pundits.

Yet Thomas comes from an environment that offered a rather more serene take on live-TV pressure. Born in Norwich and educated at the University of Birmingham, his career in broadcasting began at the BBC where he worked as a *Blue Peter* presenter from 1999 to 2005. Unforgettable to many in their formative years, his warm and engaging manner won the hearts of the nation.

"*Blue Peter* was an incredible foundation for me," he begins. "The show taught me how to handle the pressure of live TV while always watching what I said and how I said it. You have to constantly monitor language and approach, so that was a steep and valuable learning curve for me.

"Switching to sports broadcasting," he explains, "was the chance to be a bit looser and more expressive. I wouldn't say the job is easier, just different."

Regardless, Thomas's rise has been impressive, so much so that he is backed across the board to step into the giant shoes left behind by the legendary Stelling – a significant undertaking that only someone with Thomas's proven track record and likeability could handle.

The journalist is undoubtedly up to the challenge – he has also presented BBC *Proms in the Park*, covered for (another ex-*Blue Peter* face) Matt Baker MBE on Radio 3, worked on the *This Morning* show, and bravely raised awareness for treatment of blood cancer following the sad death of his first wife, Gemma, in November 2017.

By that time, Thomas was already highly regarded at Sky Sports, where he was able to play out a love for football, and his beloved Norwich City Football Club. "As a presenter, you try to keep your allegiances hidden... unless you're Jeff Stelling, in which case everyone watching knows you support Hartlepool United.

"I'll keep my own bias a bit quieter... for the first few shots, at least."

Thomas admits he may feel the pressure in the opening exchanges of his new role. Not only is the drive for reporting at its most intense on a Saturday afternoon, but he'll likely have to find a substitute for Stelling's unparalleled love of quick wit and high-bar humour, not to mention his predecessor's vast football knowledge

"I want to create my own legacy rather than just follow Jeff's, and it's nice to have some incredible football people on the panel who will help me navigate a route through the mass of results.

"It has always been a privilege to work for Sky and this is a dream. All I need now is for Norwich to get back to the Premier League and it'll be the perfect match-up."



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Do you love a glass or two of Prosecco? Fancy knowing what snacks you should eat alongside this popular Italian beverage?

Discover these top five perfect Prosecco pairings that promise to tantalise your tastebuds and stop the bubbles from going straight to your head.

HOW TO PAIR PROSECCO

Although most people tend to enjoy Prosecco on its own, it is actually a fantastic pairing wine, which boasts crisp and refreshing flavours that go well with everything from sweet treats to salty snacks. As a general rule, high acidity and dry Proseccos pair well with rich and creamy desserts, and sweeter ones such as rosé Prosecco are best enjoyed with savoury foods.

POLPETTE: Highly popular in Italy, polpetta is a type of meatball that is usually made from pork, beef or a combination of both. Small and delicious, this is the perfect snack to pair with a glass of Prosecco.

BRUSCHETTA: You have probably already heard of bruschetta as it often features in the antipasti section of an Italian restaurant's menu. So simple, yet oh so delicious, this toasted bread is rubbed with garlic before being topped with olive oil, tomatoes, basil and even more garlic.

SALADS: While a salad may not be the first dish that springs to mind when you think of Prosecco, the fairly low alcohol content of this popular beverage makes it ideal for pairing with a light and fresh dish. For best results, match Prosecco with spinach, strawberries and goat cheese. It can also work well with a classic chicken Caesar salad.

MILD CHEESES: If you love cheese almost as much as you love wine, then you will be pleased to hear that there are many mild cheeses that make the perfect accompaniment to Prosecco. Try a glass with a slice of creamy mozzarella, ricotta or burrata.

DESSERTS: When it comes to Prosecco and sweet dishes, opt for crème brûlée or cheesecake with dry Prosecco, or a fresh fruit tart or fruit salad with sweeter varieties.



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RESEARCH YOUR REVIVAL

Decide on what you want to include in your garden – perhaps an eye-catching water feature, a rustic path, a flamboyant array of flowerbeds, or a children's play area. The first step is to write and sketch your flora and fauna phoenix from the flames.

SUN SORCERY

When planning areas, consider at what times of the day you'll be using the garden most, and where the sun rises and sets. Maximising light and warmth will increase your enjoyment of your outdoor space.

CROP, DON'T CHOP

Trees and bushes in an overgrown garden can make it seem as though nature has reclaimed the space, yet once you start trimming back these dominant growers, you'll find a garden that has space, light and a feeling of openness.

GRASS IS GREAT

Don't be afraid of employing a large grass area – it is practical and beautiful, and even the roughest of overgrown expanses can be brought back to life with some lawn seed and a dedicated period of watering.

Also consider sowing wildflowers around the sides of the grass area for a magnificent mini meadow.

PERFECT PATHS

Garden paths are not just practical; they look great too, and will help to guide the eye better than anything you can plant.

Breathing new life into a garden path by jetwashing, adding a layer of stones or even tiling will rejuvenate your garden. And if it lies directly next to grass, use an edging tool for an even sharper look.

BE BOLD

Finally, be brave. There are few things in a garden that won't grow back, so you can afford to be bold when making changes or cutting things back.



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BUSINESS & PROPERTY

Are you looking to drive customer engagement? Turn one-time buyers into loyal customers? If the answer is yes, then you need to know about omnichannel marketing.

WHAT IS OMNICHANNEL MARKETING?

Omnichannel marketing is a cross-channel content strategy that includes both traditional and digital forms of marketing. Designed to deliver a seamless customer journey, all channels need to work together to create a unified experience.

EXAMPLES OF OMNICHANNEL MARKETING ARE:

- ▶ A customer receives an SMS message about a sale or promotion when shopping in store.
- ▶ A customer receives a shopping basket abandonment email after browsing a website and adding an item to their basket.
- ▶ A customer receives retargeting ads for abandoned basket items they have added in an app.
- ▶ A customer receives a discount code via email after not completing a purchase on a website.

WHAT ARE THE BENEFITS OF OMNICHANNEL MARKETING?

There are multiple benefits to omnichannel

marketing, including: Greater reach | Enhanced customer satisfaction | Boost in sales | Increased customer engagement | A more personalised customer experience | Enhanced customer loyalty | Improved brand recognition and recall

HOW TO IMPLEMENT AN OMNICHANNEL MARKETING STRATEGY:

Data collection and analysis: In order to implement an omnichannel marketing strategy, you need to make sure you have collated sufficient data about your target audience. Once you have this data, you then need to translate it into actionable insights.

Map the customer journey: It is crucial that you create customer journey maps before launching an omnichannel strategy, as this will enable you to create targeted campaigns that are more likely to result in sales.

Test and optimise: The secret to any successful marketing campaign is in testing and optimising. Allowing you to see what works and what doesn't, and how to adjust accordingly, there are several testing tools that you can utilise, such as Omnicore and HubSpot and Kissmetrics' A/B Testing.



...but one day it may be too late.

It's time to make an LPA. There is a common misconception that Lasting Powers of Attorney only need to be put in place when an individual gets older. In fact, it is always wise to put LPAs in place earlier in life. By doing so, you will gain peace of mind that your affairs – both financial and health – can be looked after if you are ever unable to do so. You will also be ensuring that your loved ones are not left in an impossible position, unable to deal with your affairs, if the worst should happen.

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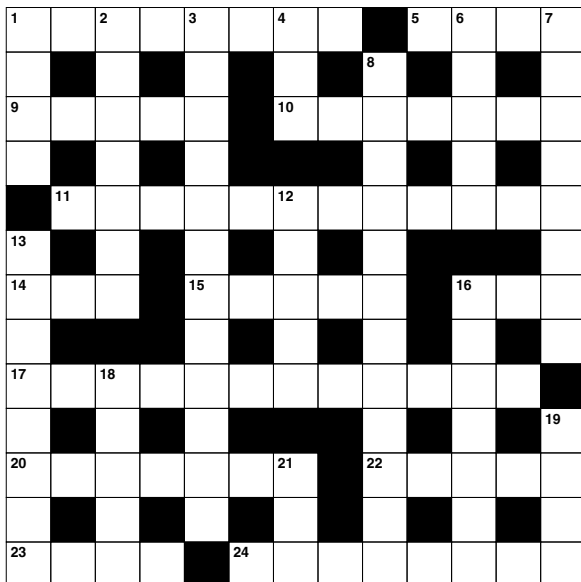
PUZZLES & TRIVIA

ACROSS

1. Dawn (8)
5. Whip (4)
9. Obtain information from various sources (5)
10. Exposes; shows (7)
11. Clothing such as a vest (12)
14. Tear (3)
15. Aqualung (5)
16. Argument against something (3)
17. Person's physical state (12)
20. Strife (7)
22. Possessed (5)
23. Utters (4)
24. Gauges (8)

DOWN

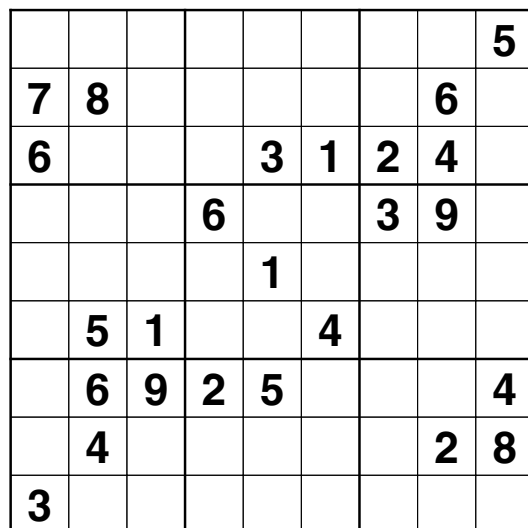
1. Gear wheels (4)
2. Clear mess away (5,2)
3. Discussion (12)
4. Belonging to us (3)
6. Alert (5)
7. Suffering from indecision (8)
8. Unnecessarily careful (12)
12. Haggard (5)
13. Goes before (8)
16. Singer (7)
18. Beastly (5)
19. Chances of winning (4)
21. Expected at a certain time (3)



DID YOU KNOW?

- Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans – about six feet.
- The mammals can run as fast as 35mph over short distances.
- Giraffes are already extinct in at least seven countries in Africa.
- Giraffe spots are like human fingerprints; no two giraffes have the same.
- Their tongues are a bluish-purple colour and are between 45 and 50cm long.
- Giraffes are very social animals and roam around in groups. These groups, called towers, typically have around 15 members led by an adult male. The other members are females and young males.
- In the wild, giraffes live for around 25 years.

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KIDS

If you have children, you will know only too well how quickly a freezer full of ice lollies empties during the summer holidays. Fortunately, you don't have to keep running to the shop for more, as these homemade lollies are guaranteed to go down a treat.

Orange and Carrot Ice Lollies (makes 6, vegan)

You will need:

5 large carrots | Juice of 3 large oranges and the zest of 1
| 1 satsuma, peeled and chopped

How to make:

Finely grate the carrots and place them in the middle of a clean tea towel | Gather up the towel and squeeze the carrot juice into a jug | Add the juice of the oranges and top with a little water if needed until you have 360ml liquid | Stir in the zest and satsuma pieces | Carefully pour into lolly moulds and freeze overnight

Ice Lolly Pens (makes 6, vegetarian)

You will need:

50ml sugar-free blackcurrant cordial | 50ml sugar-free orange cordial | Red and orange natural food colouring | 50g blueberries | 50g chopped strawberries | A handful of halved red grapes

How to make:

Pour each cordial into a separate jug and add 5 tsp of the corresponding food colouring into each one | Stir 100ml of water into each | Place a few blueberries, strawberries and grape halves into 6 lolly moulds | Top up 3 moulds with blackcurrant cordial and 3 with orange cordial | Freeze for at least 4 hours | Remove the lollies from the moulds and pour extra food colouring into a small dish | Dip the lollies into the colouring and use them to draw on clean paper, licking as you go

Strawberry Milk Pops (makes 12)

You will need:

400g ripe strawberries | 200ml semi-skimmed milk | 405g can of light condensed milk

How to make:

Place the strawberries in a food processor or blender and blitz until smooth | Add the milk and condensed milk and blitz again to combine | Pour the mixture into 12 moulds | Freeze for a minimum of 4 hours until solid

To make the above quantities, use lolly moulds sized at 16x15x10cm, or you can use moulds you already have but adjust accordingly.



Travel Updates

Head to warmer shores...

If you've had enough of the rain this summer, then allow me to tempt you with my top three suggestions for some winter sun later this year...



FOUR SEASONS DESROCHES ISLAND, SEYCHELLES

A private island resort that's so visually stunning it has to be in the running for the title of world's most beautiful destination. Is there anywhere better for that once-in-a-lifetime remote island experience? Here, a selection of suites and villas (all with their own pools) - come with the option of a private chef to whip up gourmet treats. While days revolve around when to snooze, when to top-up the sun cream and whether to watch the sun rise or set, but you can happily explore the island too; on foot, bicycle or by setting sail.



ONE&ONLY LE SAINT GÉRAN, MAURITIUS

Super exclusive and endlessly discreet, One&Only Le Saint Géran has entertained enough celebs and royals in its time to have world-beating service down pat. Without doubt the jewel in the island's crown, this resort has always been a haven of understated luxury and sophisticated fun and, following a recent extensive renovation, it's better than ever before and setting a whole new level of ultra-luxury in Mauritius once more.



RITZ CARLTON, MALDIVES

The brand's debut in the Maldives is a bold one; this striking, eco-friendly private island resort is the kind of place you never want to leave. Opening to grand acclaim, this is arguably Ritz-Carlton's most future-forward hotel. A brainchild of the architect behind some of our favourite Asian resorts, the villas here effortlessly balance



modern, minimalist luxury and fuss-free island life. Outside of the pods, on and offshore adventures include a photography studio, stargazing garden and Bamford spa taking centre stage over water.

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HOW TO FIT MORE IN YOUR SUITCASE

Do you struggle to fit all your holiday essentials into your suitcase? Then these space-saving tips are just what you need!

SHORTLIST YOUR CLOTHES: Before you even start packing, you should gather your clothes together and determine what you actually need. Try to be as ruthless as possible and, if in doubt, leave it at home. Also look for versatile garments that can be dressed up or down for maximum usage.

ROLL YOUR CLOTHES: This is a very effective space-saving techniques. Rather than folding your clothes and placing them in your suitcase, roll them instead. Plus, rolled clothes tend to wrinkle less than folded ones. Place larger items at the bottom of the suitcase and smaller rolled clothing at the top.

PLACE ITEMS INSIDE YOUR SHOES: Shoes can take up a lot of space in your suitcase, so it can be

a good idea to stuff them with smaller items such as jewellery, ties and underwear to maximise space. You should also pack your shoes on their sides rather than on their soles.

USE TRAVEL SPACE BAGS: Space-saving travel bags, also known as compression bags, are perfect for shrinking bulkier items of clothing, such as jumpers and jackets, into a more compact unit. These are also designed to keep your clothes wrinkle-free. Garment folders are a good idea if you are taking delicate items which are prone to creasing, such as silk dresses or linen suits, and toiletry bags are perfect for makeup and travel-sized toiletries.

THE BUNDLE PACKING METHOD: The bundle packing method is an effective packing strategy that involves filling a small pouch with soft items like socks and underwear and then wrapping larger clothing items around the pouch to form a bundle.



How to TAN safely

Many of us love spending time in the sun to achieve a golden glow. The sun can also boost our vitamin D levels and help us stay healthy. But it's important to remember that tanning can damage your skin, so follow these tips to stay safe while you sunbathe.

- 1 Avoid sunbeds.** These emit harmful UVA rays that can increase your risk of skin cancer, and can also cause your skin to age prematurely.
- 2 Choose the right sun cream.** Make sure to look for products labelled 'broad spectrum' to make sure you are protected from both UVA and UVB rays.
- 3 Watch the clock.** Research suggests that after a few hours, your body won't produce more melanin, the pigment responsible for tanning; you'll just be exposing your skin to UV damage. It's worth noting this time can vary from person to person, so better to be on the safe side and make sure you're not spending too much time in the sun.
- 4 Spend time in the shade.** This reduces your sunburn risk and helps prolong the life of your tan.
- 5 Cover up.** Wear protective clothing, especially if certain areas of your body are prone to sunburn.
- 6 Eat sun-friendly foods.** Foods rich in lycopene, such as red or orange fruits and vegetables like tomatoes, can boost your skin's natural sun protection.
- 7 Don't mix fake tan with SPF products.** This can cause the SPF to break down, reducing its effectiveness.
- 8 Be cautious during peak sun hours.** Take extra precautions between 10am and 4pm. Regularly reapply sun cream every two hours, even if you're not swimming.
- 9 Choose the right aftersun.** Look for products that hydrate and soothe your skin and avoid products that contain alcohol, as these can irritate your skin and could make your tan fade more quickly.

Remember, while you might feel that you look good with a tan, healthy skin is your top priority. So if you can't resist sunbathing, follow these tips to enhance and prolong your tan while minimising the risks.



Elsie's Help at Home

Friendly care tailored to your needs

Elsie's Help at Home is a private homecare company providing the highest standard of tailor-made care in our clients' own homes. We are a family-run company with a strong passion for quality care.



We have over 20 years' experience within the care sector. It was this experience and passion that led to the creation of Elsie's Help at Home. Lyndsey, our founder and registered manager, has successfully created a bespoke service, tailoring each care package to our wonderful clients' requirements.

Elsie's Help at Home provides a range of services dependent on each person's needs. We can assist with meal preparation, medication support, support with your weekly shop or to make you a quality cup of tea and have a chat. Our carers are trained to the highest standard and are wonderful caring individuals (in our opinion)!

Whether you are unsure of the support you need or are considering a change in provider, we are happy to meet you at home and have a chat about your needs. We can identify how we can assist you or your family member to remain as independent as possible in the comfort of your own home.

We are competitively priced and provide a minimum care call of 30 minutes. Our fees are totally transparent, and we are flexible to accommodate the hours of care a day or a week that you require. This



enables you to ensure you are comfortable with our team and that you are getting the best support and ultimately the care that you deserve.

If you have questions or would like more information, we would be more than happy to help. You can call us on 01245 801 401 or send us an email at info@elsieshelppathome.com

You can also check us out in more detail on our website at elsieshelppathome.com and read our reviews on Bark and Homecare.co.uk



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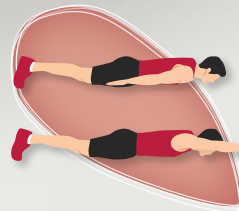
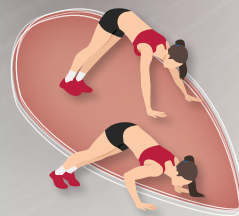
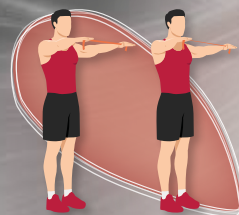
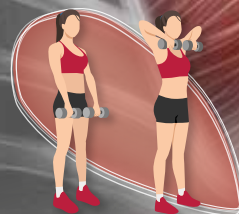


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Sculpted SHOULDERS



HEALTH & FITNESS



The shoulder joint is notoriously unstable, so if you want to avoid injury and enjoy good posture, you need to take the time to strengthen this area of your body. Add these exercises to your workout routine once or twice a week.

1. UPRIGHT ROW

Start with your feet under your hips and your legs straight | Hold a dumbbell in each hand, with your palms facing towards your body and the weights touching your quads | Pull your elbows up and out wide to lift the dumbbells to your chest | Lower the dumbbells to return to the starting position | Complete 15 reps

2. BANDED PULL-APARTS

Start by standing with your feet shoulder-width apart | Holding a resistance band with both hands, extend your arms straight in front of your body and raise them to shoulder height | Make sure that your palms are facing the floor | Engage your core and pull your fists apart past your shoulders | Slowly return to the starting position | Complete 10 reps

3. INVERTED PUSH-UP

Start in an upside-down V position with your feet flat on the floor, your hands pressed onto the floor and your hips in the air | Bend your elbows out wide to the sides so that your head touches the floor | Press through your hands to return to the starting position | Complete 10 reps

4. REVERSE SNOW ANGEL

Start by lying face down on a mat with your legs extended straight, your forehead resting on a folded towel and your arms by your sides | Keeping your arms straight and your palms facing the floor, bring your arms out to the side in a wide arc and overhead | Reverse the movement to return to the starting position | Complete 15 reps.



WREXHAM RED DRAGONS RISING AGAIN

HOW A CELEBRITY TAKEOVER HAS BREATHED FIRE INTO THE WORLD'S THIRD OLDEST PROFESSIONAL FOOTBALL CLUB

Although Wrexham AFC were founded in 1864, have won the Welsh Cup a record 23 times, and famously knocked holders Arsenal out of the FA Cup in 1992 – one of the biggest giant-killing victories in the history of the competition – nothing could prepare them for November 2020.

For that was when Hollywood came to town, as Canadian-American actor Ryan Reynolds and American actor Rob McElhenney bought the club. At first, it seemed to be the actions of millionaires playing out a celebrity whim; yet what has materialised since has been heart-warming and gut-wrenching in equal measure, reviving the fortunes of a forlorn team and town.

No sooner was the takeover of the club complete than streaming services Disney+, FX and Hulu agreed a docuseries. *Welcome to Wrexham* was designed to follow the club's fortunes on and off the field, a world away from the glossy excesses of similar fly-on-the-wall series involving Manchester City and Tottenham Hotspur.

With the club languishing in the fifth tier of

English football, the hope was that the new influx of exposure, revenue and players – not to mention the impetus of a truly global fanbase – would drive success and promotion back to the Football League. However, it wasn't that straightforward.

A failed promotion campaign in 2021/22, despite the club finishing second in the table, was compounded by defeat to Bromley at Wembley in the FA Trophy Final.

Yet last season, the team regrouped, clocking up a record 111 points to win the National League title, a campaign during which they also reached the FA Cup fourth round.

This season will see them back in the Football League for the first time since 2008, with owners who have made a truly spiritual connection to the fans, the town and, of course, the team.

With further investment, Wrexham are already favourites to take the League Two this coming season.

You can't help but wonder just how far the dragon's fire can reach.

Photo credit: Craig Cowie/Huw Evans/Shutterstock

Join Home Instead Chelmsford

at one of our Free, informative, one-stop 'Key To Care' sessions.

There is a lot of support in our local community for people as they age. However, it can be daunting for the families to know where to get the right advice, when concerns arise about your parents and older family members. Home Instead Chelmsford is well placed to bring together professionals, specialists, and charities in one location at one of our 'Key to Care' sessions, enabling you to begin your journey into arranging care for your loved ones and support for yourselves from a place of knowledge.

These free bi-monthly 'Key to Care' sessions will not only allow you to talk to other attendees, who are going through a similar journey with their family members as they age, but you will also be hearing from and talking face-to-face to local specialists and charities supporting older people, so they can help point you in the right direction to get the best support and care for your loved ones.



The Care Conversation – 21st Sep 2023
Parkinson's – 16th Nov 2023
Dementia – 18th Jan 2024

Each of our 'Key To Care' sessions will be held twice a year, every two months, on the third Thursday of the month, from 11 am until 2 pm.

Scan the QR code below or go to bit.ly/HIC-Key-2-Care-Sessions to register to attend a session. If you would like more information, please contact; Julie or Becky on 01245 200 780 or email us at chelmsford@homeinstead.co.uk.



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The Care Conversation

21st September 2023

Parkinson's

16th November 2023

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- Key support
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CLASSIC CARS

SUSTAINABLE FUEL

A leading supplier of bespoke fuels has launched a new sustainable petrol using biofuel made with agricultural waste, which is aimed at classic cars.

Classic car owners are sticklers for tradition, yet the pressure of the electric vehicle (EV) revolution has inspired even this staunch demographic to look for ways to make their motors more masterful in the modern era – without ripping out the very fabric of what makes a vehicle so special.

In short, engine specialist Coryton has come up with a way of reducing the need for classic car owners to modify their retro roadster, by creating a fuel alternative that offers greener driving and a low carbon footprint.

SUSTAIN Classic is a plant-based petrol with three fuel types – Super 33, Super 80 and Racing 50. Super 80, the fuel with the highest

sustainable content, is said to lower greenhouse gas releases by a minimum of 65 per cent compared to fossil-based fuels.

The biofuel is manufactured using agricultural waste – such as crop residues, straw and other by-products – to produce a fuel that creates significantly less atmospheric pollution.

The formula isn't cheap, though, with the lowest pricing of the three fuel types coming in at £3.80 a litre.

However, each meets European compliance standard EN228, as well as containing premium additives that clean and protect the car's engine.

The fuel offers a healthy and competitive alternative to typical EV refits for classic retro roadsters, which often come with a hefty conversion price of around £6,000.

David Richardson, business development director for Coryton, said: "Each kilogram of CO₂ we avoid is a win. The pressure is on motorists to make sensible and meaningful changes, but it doesn't mean we have to throw away the essence of what makes these classic cars so iconic."



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