

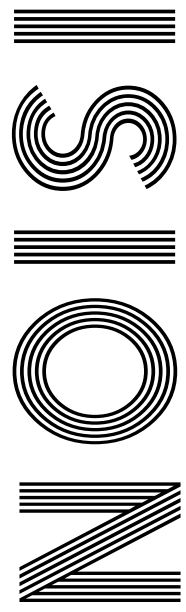


2020
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VE DAY

*The nation comes together
to commemorate 75 years*



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Sir
TOM MOORE

Inspirational war hero receives knighthood

Your safety is our priority.

OUR DOORS are reopening on 10th June and we are delighted to be serving our community once again. During lockdown, our whole team has been very busy behind the scenes so you can feel fully confident returning to us for your next appointment.

We have upgraded our clinical hygiene procedures to an even higher level than before. Our staff have received additional training and, as always, we are fully supplied with personal protective equipment. A new air purification system has been installed, which eliminates 99.99% of airborne respiratory viruses including the coronavirus.

We've also been caring for our patients by telephone and video consultations. A number of these patients have needed urgent attention which will be prioritised when we reopen. A new safer system for appointments is in place, and before you next come to see us we'll explain how the new system will affect your visits.

Meanwhile – a big **THANK YOU** to all our patients for the understanding and loyalty you've shown us during this difficult time for all.

When you return to our practice, you'll notice a few changes.

- An anti-viral clean air system is now installed throughout the practice
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- Extra time has been added between appointments, for disinfecting rooms
- Designated appointment times will be reserved for vulnerable people

Dr Malik and his team look forward to welcoming you back!

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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**EppingTheydon. So, how is everyone? I am sure it has been a strange and difficult time for all. However, as mentioned in my last comments, we will get through this and it looks

like that will be quite soon.

It may not be the same as before, but change is not always a bad thing. Over the last few weeks, I have had to adapt how I operate my day to day, including how I communicate with friends, family and clients. But I have enjoyed it.

There has been a lot of sadness out there, with loved ones being affected and businesses closing. Please know that at **VISION** we are here for you.

When I speak to potential clients, I would never expect them to invest in their company with **VISION** if we did not believe and lead by example. What this means is we are investing more in **VISION** even in these strange times.

Why? Well, I believe this is the time to do what others may not think of doing so we come out even stronger on the other side.

In July, **VISION** breaks into Hertfordshire with the launch of two areas over the space of two months - **VISION**Hertford and **VISION**Bishop'sStortford. There will also be a new edition in Essex - **VISION**ChelmsfordBeaulieu. Get in touch if you require any information.

Brett

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 DOWN: 1. CHARISMA, 2. TERMS, 4. ALL, 5. MULTIPLICITY, 6. ROMANIA, 7. DARN, 8. OVEREMPHASIS, 12. CADET, 13. PLAY BACK, 15. MEMENTO, 19. LANCE, 20. LAMB, 22. RUM



The TV doctor whose finger has been on the pulse of the nation's health needs for more than three decades.

Readers of a certain age will best associate Dr Hilary Jones with the so-called golden era of daytime TV when, in the 1990s, producers presided over formats that would cement the careers of the likes of Chris Evans, Ulrika Jonsson, Richard and Judy, Nicky Clarke, John Torode and Gino D'Acampo.

As GMTV's softly spoken, likeable and, to some, slightly lusty healthcare pro with all the answers, Dr Hilary found himself answering questions on everything from puberty to piles in front of a watching television audience of millions.

Having qualified as a medical doctor at the Royal Free Hospital in London in 1976, he spent time practising abroad before becoming a junior doctor, then GP, in Basingstoke. The charisma and calm he brought to matters of the body and mind meant it was only a matter of time before the media spotlight came his way, and he has since spent a career supplementing TV appearances with magazine columns (notably *The Sun on Sunday* pull-out *Fabulous*) and radio appearances (he is a regular on Steve Wright's mid-afternoon Radio 2 show).

"When I was first asked to appear on television, the concept of people phoning in to discuss their problems was a peculiar one, and no one was quite sure if it was an idea that would take off," he says.

"But it did, and it has spawned a huge range of regular shows that encourage people to open up about many aspects of their lives, their bodies and their minds.

"As a medical professional, it can only be a good thing to see people being honest about what's going on, although I'm always wary that we don't want to cheapen the issues as this is real life."

Dr Jones' relatability to a wide demographic has certainly come to the fore in recent weeks as he has re-emerged centre-stage as one of the leading mainstream voices offering support and advice in light of the COVID-19 outbreak.

While championing the magnificent efforts of the public in the nation's fight to stem increases in coronavirus deaths, the 66-year-old also showed his tough side in the first week of May, when he took umbrage to a minority flouting regulations.

"We've all got to be in it together. Are those who refuse to self-isolate going to wear a t-shirt to hospital saying, 'Don't treat me, I didn't participate'? I don't think so.

"People who are careless are endangering not just their own lives but also the lives of so many around them," he continued, explaining that his colleagues on the frontline of hospital care are 12 times more likely to contract the virus than ordinary members of the public.

Current issues aside, the thrice-married TV personality has carved an impressive career out of his time at medical school. He has had six books published, participated in the fifth series of *Dancing on Ice*, and even appeared on a celebrity version of *The Chase*.

"I've had a lot of fun along the way, but the nuts and bolts of what I do will always come back to helping people get well and stay well – that's what I'm really passionate about."

Calling Dr Jones

THE *Positive*

Pandemic?

REFLECTING ON COVID-19'S SILVER LINING

While for an entire nation, the world around us has changed in ways more dramatic than we ever thought possible, there have been a couple of unexpected upsides to the terrifying global pandemic.

Firstly, we've seen society return to a much simpler way of life. Many work pressures – right down to the morning commute – have been removed, and with it, the hourly anxieties of jobs, tasks and duties lifted.

Children have enjoyed quality time with parents, and we've caught up with old friends more frequently than ever before, albeit online.

From bike rides to DIY, crafts to baking, health, relaxation and endless spurts of creativity and community spirit, the impact on us, as people, has been profound.

And yet, that is only half of the story. With our physical footprint on the environment lessened, we have seen nature reclaim great swathes of the country.

Car journeys have been minimised, meaning fewer harmful pollutants in the air (carbon dioxide levels have dropped 25 per cent); and there were 67 million fewer flights in the first three months of 2020 compared to the same period last year. Indeed, researchers at Stanford University estimated that improvements in air quality have saved the lives of 20 times the number of people killed by the virus.

Consider too that pollution levels in rivers are down – we all saw the pictures of the crystal clear canals in Venice – and even by Greta Thunberg's own admission, the Climate Crisis is "on hold".

While the positive environmental effects of coronavirus may only be temporary, perhaps the pandemic has opened our eyes to the very real impact we have on the world. And perhaps that, in turn, will ensure that while our investment in community, social distancing and hygiene is forever changed, so may we just give that little bit extra to the natural world too.

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Ensure your hands are silky smooth, no matter how many times you wash or sanitise them, with this simple and nourishing DIY, non-greasy hand cream recipe.

- > Use whenever your hands feel dry or in need of a moisture boost
- > Also use on rough patches of skin on your feet, knees and elbows

YOU WILL NEED:

- > 3oz shea butter – although both avocado and mango butter are good alternatives
- > 1 tbsp sunflower oil – organic if possible
- > 10 drops of essential oils – we love eucalyptus and lemongrass, but you can use whatever you have in the cupboard

HOW TO MAKE:

- > Add the shea butter and sunflower oil to a small pan
- > Gently heat until melted
- > Pour into a non-reactive bowl
- > Stir in your preferred essential oils
- > Place in fridge for 30 minutes to harden
- > Whip mixture with a hand mixer for 30 seconds until cream is fluffy and doubled in size
- > Do not overwhip as the mixture will turn stiff
- > Transfer cream into a sterilised jar

WHAT MAKES THIS HOME-MADE HAND CREAM SO EFFECTIVE?

Shea butter is the nirvana of skincare ingredients, having the ability not only to nourish your skin but also to heal it as it contains vitamins A and E. Plus, unlike coconut-oil-based moisturisers, shea butter will not leave your hands feeling greasy, just super smooth.

Sunflower oil is known for its calming effects on the skin, making it ideal for hands that are feeling sore and irritated from frequent sanitising.

Depending on what essential oils you choose to include, you can expect to experience a whole host of benefits. We recommend lemongrass for its ability to relieve stress and combat insomnia, and eucalyptus which can help heal sores, cuts and any other abrasions owing to its germicidal qualities.

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Together we respect, with compassion we care, through commitment we achieve



Live In Care

This service provides high quality care and support in your own home, it is an alternative to residential and nursing care homes.



Respite Live In Care

This service provides high quality care and support in your own home for short periods of time.



Fancy burning off some self-isolation boredom by popping to the local gym? Your luck's out. COVID-19 has ensured our time posturing and perspiring in the company of others is postponed indefinitely, but that doesn't mean you can't still get in shape.

RUNNING: It's the go-to exercise that we all come back to in the end – it's free, requires no expensive equipment, is endless in its range, and the more you do it the easier it gets. From pavement plodders to sparky park speed merchants, is the simple 'run' the best exercise option of them all?

FRONT ROOM WORKOUT: Joe Wicks may have cornered the market with his lithe lounge routines, but right back to Rosemary Conley on TV-am we were stretching, straining and sweating to workouts in the confines of our front rooms. There's never been a better time to take up the challenge.

TOUR DE UK: The bike succeeds where so many other forms of exercise fail by allowing its rider the rare pleasure of easing off the gas when things get tough. A venture out on your bicycle is not only pleasurable, but will also give your limbs a deserved rest whenever you can locate a downhill section.

THE WEIGHT IS OVER: Free weights at home can quickly boost muscle mass, and in the comfort of your bedroom, kitchen or garden, you can ensure absolute privacy where no unsuspecting audience will witness eye-popping strains akin to an episode of *World's Strongest Man*.

YES TO YOGA: If you feel your exercise regime is more of the mind than the body, start with a simple yoga or Pilates tutorial. You can ease yourself into positions you never previously thought achievable, while politely backing out at difficult moments or when you decide it's 'Pimms O'Clock'.



HEALTH & FITNESS



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STAYING FIT & HEALTHY AT HOME



Looking after yourself has never been more important, yet, sadly, it has never been more difficult. Fortunately, there are several ways that you can ensure you stay fighting fit and healthy at home.



EMBRACE #HOMEWOROUTS

Missing your motivational gym classes? Fear not, social media is awash with free workouts that you can carry out from the comfort of your own home. Whether you fancy some stress-busting yoga or something a bit more hardcore, such as Peloton indoor cycling classes, there truly is a training session for everyone.

STEP UP YOUR CLEANING REGIME

Doing housework burns a lot more calories than you might think. Half an hour cleaning your windows? 150 calories. Digging up some weeds? Up to 200 calories per 30-minute session. Simply pop on some of your favourite tunes and get to work. The more effort you put in, the better the results.

FOCUS ON FEEL-GOOD FOODS

Nutrition is just as important as your activity levels if you want to stay fit and healthy at home. Try to incorporate foods that are rich in minerals like iron, zinc and selenium which will release 'happy hormones' and make you feel physically and mentally strong.

DO NOT BECOME TOO SEDENTARY

Understandably, most of us will be spending more time sitting rather than moving at the moment, but long periods of inactivity can have long-lasting effects on your body. Combat this by alternating periods of sitting with standing if you are working from home, running up and down the stairs a few times every hour and taking full advantage of your allowed outdoor exercise time each day.

OTHER FUN WAYS TO KEEP FIT IN YOUR HOME INCLUDE:

- ♥ Dancing
- ♥ Playing with your dog
- ♥ Skipping
- ♥ Playing games such as It and hide and seek with your kids



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ANY GIVEN SUNDAE

Home-made sauces and ideas for superb summer treats



Let's be honest, we're all going to be spending a bit more time than we've been used to in the kitchen this summer.

While recreating that true summer vibe somewhere exotic may appear a pipe dream as things stand, that doesn't mean our limited outside space can't host a daring and dazzling array of summer treats, so here are some sauce ideas to get you going:

NUTELLA NICETIES

Perhaps the simplest sauce of them all – just melt three tablespoons of Nutella in a pan, adding a bit of water to keep the mixture moving.

When your sauce is smooth, runny and hot, add nuts, hundreds and thousands or any other textured topping and serve with ice cream or over some sliced banana pieces.



RASPBERRY SALTED CARAMEL SAUCE

This one takes a bit more effort but is well worth it. Take a cup of water and ½ cup of sugar and mix in a heated pan until it boils and the sugar turns brown.

Then add ½ cup of cream and the same quantity of raspberry purée, having first strained it to remove the seeds. Whisk, add 3 tbsp of butter, remove from the heat and add ¾ tsp of sea salt.

Use immediately for a thin sauce or refrigerate overnight for a thicker topping that's a belter on chocolate brownies.



COFFEE SALTED CARAMEL SAUCE

For a more adult twist, adjust the ingredients to create the perfect coffee sauce that's great on cakes, cookies, muffins and more. This time it's one cup of sugar, ½ cup of water (and a further ¼ cup to make your coffee), then ¾ cup of cream. Butter increases to 5 tbsp but sea salt reduces to just ¼ tsp.

Make in much the same way, adding the ¼ cup of coffee where you'd previously introduced the raspberries, with 1/4 tsp of vanilla extract which is the final touch to set the whole thing off in a smoky, dreamy, saucy complexion.

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SNEAK PEAK

The unsung beauty of the Peak District



TRAVEL



While the total population of the Peak District fails even to top 40,000, more than 20 million people live within an hour's drive, making it one of the UK's most accessible tourist areas. But what does it have to offer?

HISTORY

From the resplendent and regal Chatsworth House to museums, temples and mills, the history and heritage of what in some places was a heavily industrial area provides a remarkable step back in time to rather simpler ways, long departed.

NATURAL WORLD

Clearly, the Peak District's most obvious selling point is its wild expanse of national park, with landscape, outward bound pursuits, hiking routes and picture-perfect villages nestling within stunning geology. Whether on foot or in your vehicle, the green and grey wilderness offers a wholesome connection with the majesty of Mother Nature.

BELOW GROUND

If you're willing to delve below the surface, the Peak District's caving network is something to be admired. Organised caving and potholing experiences – from walk-in routes to vertical drops from ground level – reveal the mysteries of thousands of years, with passageways, streams and chambers testing physical durability and mental strength.

FOOD AND DRINK

Derbyshire's connectivity is what gives its pubs, bars, restaurants and cafes a rich combination of southern and northern flavours. Certainly, the trend for gastro and high-end dining in remote converted cottages has given the Peak District a versatile base on which to build its culinary power, with Eyam, Castleton and Bakewell doing more than most to lure in tourists.

The real hidden beauty of the Peak District, however, is not in the big tourist attractions or the places that attract visitors of all persuasions – it's in the period picture postcard properties, the drystone walls, the rolling vistas that appear out of nowhere and, of course, its people. It is a place and a spirit all in one.



SOMBRE VE CELEBRATIONS

for our departed heroes



The street parties were present, Vera Lynn’s eclectic harmonies piped out of speakers, while generations paid emotional, wistful tributes to departed heroes, and yet VE celebrations this year took on a rather unusual feel.

That a nation still came together to commemorate and lay thanks on May 8, the 75th anniversary of VE Day, typified the fortitude and spirit that guided us to victory all those years ago. While we took seriously the distancing limitations of coronavirus, people across our county refused to have their tributes quelled by a modern pandemic.

Britons also encountered another challenge this year, and one that had nothing to do with the two-metre rule – millions of diaries and calendars were published with this, one of the key dates of the year, being wrong. It was as a result of the early May Bank Holiday moving back four days to mark those World War II celebrations. With the switch only being finalised in June last year, an estimated 30 million diaries and calendars were incorrectly printed.

While events this year weren’t allowed to feature mass gatherings, special events or the participation of pubs, perhaps it was fitting that on such a landmark anniversary people were offered the chance to make rather more sombre, personal tributes to those who fought for their country between 1939 and 1945. It’s a far cry from when hundreds of thousands of people marked the end of the bitter war with celebrations centred in The Mall, London, outside Buckingham Palace, as King George VI and Queen Elizabeth stood on the balcony to wave to the cheering crowds.

Missing on that day was a young Princess Elizabeth – one of the rare times that the future Queen slipped incognito to join in the revelries of her future subjects, as she and her sister, Margaret, accompanied by a 16-strong group of trusted members of the royal household, slipped out of the palace to sample first-hand the celebrations.

Recalling the event in an interview a few years ago, the Queen said: “I think it was one of the most memorable nights of my life.”

It was also memorable for one 15-year-old boy from Harrow, Ronald Thomas, who told his family how he had danced with the future Queen. For years he had trouble getting people to believe him.

This year, the Queen paid tribute to those fallen heroes, as well as referencing the profound challenges 2020 has brought, in an emotive speech, delivered in her usual impeccable style.

“Today it may seem hard that we cannot mark this special anniversary as we would wish. Instead we remember from our homes and our doorsteps.

“But our streets are not empty; they are filled with the love and the care that we have for each other.

“And when I look at our country today, and see what we are willing to do to protect and support one another, I say with pride that we are still a nation those brave soldiers, sailors and airmen would recognise and admire.”



IMPROVE don't move



WHY WE HAVE BECOME A NATION OBSESSED WITH DOING UP OUR HOMES

While it's clear the year 2020 is set to be a disastrous one for the sales departments of estate agents, the trend for doing up rather than shipping out is one that began long before coronavirus changed our financial and lifestyle habits.

The lure for people to take what they have and improve on it has a lot to do with the growing escalation of the housing market. Across the UK, prices have increased, on average, by around five per cent each and every year over the past decade. While that doesn't sound much, it means a house bought for £200,000 in 2010 is now valued at £325,000.

That increase means it is unaffordable for many people to enter the market, while others who already own are happy to keep riding the wave in respect of prices continuing to rise, before considering selling as the curve lessens.

Of course, that tailing off could well happen by the end of the summer. The UK housing market is in something akin to cold storage at the moment, at a time when business is usually booming.

This COVID-19-driven change is enhanced by a 'stay at home' premise that is actually encouraging people to tend to all those home and DIY jobs that have typically been left. Sure enough, the more we 'mend this, change that, fix them', the more we paint, restyle, upcycle and redo, the less tendency we have to want to 'up sticks' and move somewhere else.

Put another way, an enforced and prolonged period of isolation could well make us one of the most creative nations in the world in terms of interior design and tending to our gardens. Now where are those *Amazing Spaces* and *Ground Force* books?



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Banish BACTERIA

Did you know that bacteria can live for several months on surfaces within your home, as well as on other areas that you may not even have considered?



Handle the hotspots

When trying to keep their houses germ-free zones, people often forget crucial spots that everyone touches, such as doorknobs and tap handles. Spray these hotspots with a disinfectant, leave for 5–10 minutes and wipe clean.



Banish bed bacteria

With many spending more time in bed than usual, it is important that you wash your bedding on a more regular basis. To completely kill all bacteria, wash your sheets and pillowcases on a hot wash and dry on an antibacterial cycle.



Focus on your feet

If you have been heading out for your daily exercise, you could be bringing unwanted germs into your home. Take off your shoes before entering and wash the soles with hot, soapy water. Cleaning your doormat is also advisable.



Tackle technology

How many times a day do you touch your phone or your tablet? Probably more than you care to admit. Cleaning your technological devices with antibacterial wipes throughout the day is crucial if you want to stop the spread of bacteria.



Clean your cleaning equipment

Cleaning equipment such as mops and cloths are often overlooked when it comes to disinfecting items in your home. However, a failure to do this can lead to you spreading germs rather than eliminating them. Wash in hot, soapy water with a few drops of bleach for added oomph.



Home in on your home desk

Did you know that your home desk could contain up to 400 times more bacteria than your toilet seat? Prevent these germs from getting transferred to your hands by consistently wiping down any surfaces you work on with a disinfectant that contains at least 70 per cent alcohol.



USE YOUR noodle in the home

FIVE WAYS TO USE A POOL NOODLE IN YOUR HOME

If you have children and they like swimming, then chances are you have a fair few pool noodles lying around the house, because even though they are fairly big and noticeable items, you never seem to be able to locate one when you need it. Thankfully, there are ways that you can upcycle these popular pool aids.

Help your boots keep their shape

Lovers of knee-high or thigh-high boots rejoice: you no longer have to worry about them losing their shape in the bottom of your wardrobe. Simply cut an old pool noodle down to size, insert a piece into each boot and voila. Your boots will retain their shape indefinitely.

Child-proof your home

If you have an explorative toddler on your hands, then you will be keen to protect them from any dangers in your home. Pool noodles make the perfect protective covering for corners as they are soft and shock-resistant. Just slice down the middle and place on any sharp edges.

Use for press-painting

Most little ones love to craft, but the constant trips to Hobbycraft can become expensive. Luckily, your children can enjoy a fun messy play activity using just a pool noodle and some paint. All you need to do is cut your noodle into small circles and let the press-painting commence.

Prevent trousers from creasing

If you tend to overcrowd your wardrobe, you may find that your clothes, especially trousers, become easily creased. Fortunately, a humble cut of pool noodle inserted over the bar of a hanger can solve this problem.

Use as a hose alternative

How often have you struggled to fill a big bucket in your sink? Avoid this issue by simply attaching a pool noodle to your tap and then placing the other end in your bucket.



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Make your own
MOUTH MASK

Whether you are concerned about contributing to the supply shortage, are worried about the additional expense or perhaps you just fancy getting crafty, making your own face mask could not be simpler.

SEW OPTION

YOU WILL NEED:

2 of 10 inches x 6 inches rectangles of fabric – tightly woven cotton is recommended | 2 of 6 inches pieces of elastic or rubber bands | Sewing machine | Needle and thread

NO--SEW OPTION

YOU WILL NEED:

A bandana or square cotton cloth (22 inches x 22 inches) | Rubber bands or hairbands

HOW TO MAKE:

Take the fabric and fold the top and bottom into the centre | Fold the sides towards the centre and loop the rubber bands around the fabric | Tuck one end of the fabric into the other | Lift the mask to your face and loop the bands over your ears | Adjust as needed, ensuring that your nose and mouth are fully covered

Photo credit: www.sarahmaker.com

HOW TO MAKE:

Stack the two rectangles on top of each other | Fold over the long sides ¼ inch and hem | Fold the double layer of fabric over ½ inch along the short sides and stitch down | Run a piece of elastic through the wide hem on each side of the mask using a large needle | Fasten the ends tightly together in a knot | Gently pull the elastic so the knots are tucked inside the hem | Adjust to fit your face

DIY FACE MASKS SHOULD:

- ✓ Fit snugly and always be secured over the face
- ✓ Include multiple layers of fabric
- ✓ Allow you to breathe without restriction
- ✓ Be washed regularly

DIY FACE MASKS SHOULD NOT:

- ✗ Allow too much light to filter through the fabric
- ✗ Need to be adjusted continuously
- ✗ Be used as a replacement for social distancing and good hygiene practices



The truly inspirational SIR TOM MOORE



THE STORY OF THE WAR HERO WHO WAS CERTAIN HIS DAYS OF NATIONAL DUTY WERE BEHIND HIM

When social media is bad, it can be the source of an intense amount of ill-feeling, frustration and negative conjecture; but when it's good, it is life-changing, charming and the most wonderful reflection of the human spirit.

Ultimately, as the story of the newly knighted Sir Tom Moore unfolded towards the end of April, it was shown to be the latter, and how...

Here was a former British Army Officer who performed heroics in the India and Burma campaigns of the Second World War. Retiring from combat in the 1950s to become an instructor at the Armoured Fighting Vehicle School down in Dorset, his return to civilian life only once saw him raise his head above the parapet as a guest on the late Terry Wogan's 'Marmite' celebrity wordplay game show *Blankety Blank*, and even that was some 37 years ago.

So when the then 99-year-old decided to take on 100 laps of his back garden – 10 laps per day at 25 metres per lap – to raise money for the organisation NHS Charities Together, it was one of the very simplest and yet most precious gestures the father of two had made in an impressively rewarding life.

Hoping to raise £1,000, the fundraising project soon caught the imagination of social media, and, as with all things that go viral, a simple act grew to a magnitude that someone of any age, let alone a centenarian – a landmark Sir Tom reached on April 30 – would struggle to fully comprehend.

Surging onwards and having

broken the £39million barrier by the second week in May, Sir Tom's efforts have personified the heroic spirit the nation is witnessing and applauding in wake of the COVID-19 outbreak.

And sure enough, his rewards have been a delight for several million admirers to bask in. The inspirational role model was named an honorary Colonel, was rewarded with an RAF fly-past, and enjoyed a personal greeting from Prime Minister Boris Johnson, as well as, of course, receiving the obligatory telegram from the Queen marking his 100th birthday.

Sir Tom, who contracted skin cancer aged 98, said, "Reaching 100 is quite something. Reaching 100 with such interest in me and huge generosity from the public is very overwhelming.

"People keep saying what I have done is remarkable; however, it's actually what you have done for me which is remarkable.

"Please always remember, tomorrow will be a good day."

Sir Tom's immediate 'tomorrows' may still be spent trying to answer some of the 150,000 birthday cards he has received; while he may at least be consoled that the demise of *Top of the Pops* means he doesn't have to venture to Elstree to perform his duet *You'll Never Walk Alone* with Michael Ball, after their version leapt to the top of the singles chart.

But perhaps in the greatest tribute of all, Sir Tom was awarded a knighthood, an award fast-tracked through the walls of power.

As an exemplar for ordinary people performing extraordinary things, the veteran is the first to deflect praise towards others; but in troubled times a nation needs figureheads, focal points and friendly faces in order to make our collective efforts feel real, and in Sir Tom Moore we have all that and so much more besides.



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LOCAL NEWS

from your neighbourhood



Hospice volunteers celebrate 30 years' service

Epping residents were among seven volunteers celebrated for 30 years of service to St Clare Hospice.

Every year during the first week of June, organisations, charities and communities celebrate and say thank you with a Volunteers' Week.

St Clare Hospice this year recognised the unique contribution of its team of 550+ volunteers—albeit from afar owing to lockdown restrictions.

This year also marks the 30th anniversary of the hospice charity, so St Clare Hospice paid special tribute to a group of seven volunteers who have supported the charity since it first began.

Those were Epping volunteers John Carr, Michael Chapman (pictured left) and Liz Jones (pictured centre), as well as Ann and Peter Gould, Audrey Marlow and Heather Wright, all from Harlow.

Rob Wallace (pictured right), voluntary services manager, said: "We are extremely fortunate to be able to say that some of our volunteers have supported us since the hospice was founded in 1990 – dedicating

countless hours of their time to our cause.

"We want to say a huge and heartfelt thank you to John, Michael, Ann, Peter, Liz, Audrey and Heather. We salute these seven incredible volunteers, who together have given 210 years of continuous voluntary service to St Clare.

"John Carr was one of our founding trustees, as well as one of our very first fundraising heroes. It was with John's support that we raised enough money to launch the Hospice.

"Michael Chapman has supported St Clare since 1990 in various ways, including as the chair of the Board of Trustees from 2006 to 2013, and by taking part in our Open Gardens event every year.

"Liz Jones was a supporter from the very beginning, running book sales and fundraising, and she set up our annual 10k race which has been taking place at the Hospice since 1994."

For more information about how you can volunteer at the hospice, visit stclarehospice.org.uk/volunteer or email volunteer@stclarehospice.org.uk



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Property giants donate face masks to the hospital

A property company recently donated 400 N-90 face masks to staff at St Margaret's Hospital in Epping and other clinics in the local NHS network.

Overall, the Strawberry Star Group has donated 800 protective masks to NHS West Essex as well as to a number of residential care homes across Newham and Havering.

As part of its ongoing initiatives to support local communities, Strawberry Star recognised the priority for increased personal protective equipment.

Santhosh Gowda, chairman of the group, said: "We are aware that COVID-19 has increased the burden on our healthcare network immensely. These are extremely difficult and challenging times for front-line

staff, who are at the greatest risk of contracting the virus. We wanted to extend our support to them by donating protective masks.

"We know that N-90 masks are widely used beyond hospitals, by volunteers and caregivers too, so we could see the potential to support the broader network of front-line key workers."

Strawberry Star reached out to local hospitals and Havering Councils, who will be using them in multiple locations to support the most vulnerable.

Santhosh added: "We will continue to extend support to our healthcare workers and would encourage other businesses to do the same where possible. This is the time for everyone in every community to step up and support our NHS heroes."



Copper completes marathon on driveway



A police officer who patrols Epping has raised more than £5,000 for charity by running a marathon on her driveway.

Julie Buckley was all geared up to run her third London Marathon for Saint Francis Hospice until it was rearranged for October. But that didn't stop her.

The Police Community Support Officer for Essex Police said: "In the six and a half hours it took to complete, I was never on my own. I was either on FaceTime to family and friends, or neighbours were hanging out of their windows, cheering me on."

Julie has been a prolific fundraiser for Saint Francis Hospice since the team cared for her mum, Monica Donegan. Monica relished visiting the Hospice's social hub, Pemberton Place, after she was diagnosed with pancreatic cancer.

"We would have been lost without the hospice," Julie said. "Mum was a primary school teacher, and ever so bright, but the amount of medication the hospital asked her to take was overwhelming. Katy (a nurse) gave mum the confidence to be able to manage her medication by herself."

After Monica passed away on her 75th birthday, the hospice's family support team helped Julie and her children with their grief.

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Youth council show maturity amid lockdown

Youth councillors film lockdown advice



Epping Forest's new youth councillors led by example in their YouTube video, urging residents to stay home and stay safe.

They each filmed themselves talking about how they are feeling and, more importantly, how they are adapting to their new life of home schooling and not seeing their friends.

Epping Forest District councillor Nigel Bedford, cabinet member for community and partnership services, said: "They have some positive advice for everyone about being resilient and being in this experience together. Most importantly, they want to get the message to the general public about the importance of staying home and saving lives and protecting the NHS.

"These young people could teach some of the more mature members of our society a thing or two about rules, as they seem more able to adjust to the new restrictions than some of those who are supposed to be teaching by example."

The film project is sponsored by Smoke & Mirrors, a tag company, which has worked remotely with the youth councillors to transform their powerful comments into film.

To see the video, go to www.eppingforestdc.gov.uk/youth-councillors-film-lockdown-advice

Town marks VE Day despite lockdown

Epping Forest MP Dame Eleanor Laing raised the Union flag outside her home to commemorate the 75th anniversary of VE Day.

Dame Eleanor MP said: "I was proud to put up a flag to remember my dad and his generation. Many of them gave their lives and all of them gave their youth to fight for our freedom."

The pandemic didn't prevent Epping residents commemorating VE Day. A live Facebook service was streamed from St John's Church, Epping, to show respect to both those who served in the war and those who are serving on the front lines during the

current pandemic.

It was led by clergy from the Epping Team Ministry, and included readings from Freeman of the Town of Epping John Batchelor, John Duffell of the Royal British Legion and Zoe Warner from Epping St John's School. The names of those who died in the 1939-45 conflict was read by Mayor of Epping councillor Grahame Scruton and councillor Hugh Pegrum, and a minute's silence was held to acknowledge those who did not come home.

Music was provided by the Epping Forest Pipe Band, and Karen Laing – a resident of Epping. The service concluded with an invitation for everyone to raise a toast to those who served in whatever way in the Second World War, as well as to our modern-day key workers.

District groups help mum feed those in need

Epping Forest organisations have been helping a local mum provide for the people who need it most, both locally and further afield during lockdown.

Social media specialist, Sonia Lard, has used her built-up contact list to create a network of companies and organisations to supply individuals, families and food banks with much-needed food and other necessities. So far, they've given out 34 tonnes of food and drink.

Sonia has had support from Brambles Family Hub – Epping Forest District, the Voluntary Action Epping Forest, and Epping Forest District Council (EFDC), among plenty of other organisations across Essex.

Councillor Richard Bassett (pictured centre), chairman of EFDC, has been personally helping to deliver goods.

Sonia said: "As a parent, you can't help but put your children in the position of some of these kids in need, and their families.

"A lot of people can't afford food, clothes or a roof over their head, and I'm just doing what I can to help."

To get involved, call Sonia on 07598 064709.



LOCAL NEWS EPPING



LOCAL NEWS

from your neighbourhood



Photo credit: Robbie W. Shutterstock.com

Firefighters give advice after dangerous house fire

Firefighters have issued safety advice after an unattended oven caught fire, leaving a house badly smoke damaged in Theydon Bois.

Crews were called to a house in Green Glade on May 11 at 11.38am and crews had extinguished the fire by 12.28pm.

The fire started in a ground-floor kitchen but left the entire property damaged by smoke. It is believed the occupants had gone out but had left the oven on. Thankfully, a neighbour raised the alarm.

Ryan Fernandes, temporary watch manager from Loughton Fire Station, said: "This incident shows the importance of making sure you turn off your oven before you leave your home, even if you're just popping out for a couple of minutes."

More than half of accidental fires at home are started

by cooking. Essex County Fire and Rescue Service's cooking safety advice is as follows:

- > Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan handles out of their reach to keep them safe.
- > Make sure saucepan handles don't stick out, so they don't get knocked off the stove.
- > Take care if you're wearing loose clothing – this can easily catch fire.
- > Keep tea towels and cloths away from the cooker and hob.
- > Double check the cooker is off when you've finished cooking.
- > Take care if you need to leave the kitchen while cooking; take pans off the heat or turn them down to avoid risk.

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Photo credit: West Ham United

Loaded Hammers owner drops two places on rich list

One of Theydon Bois' richest residents, West Ham United co-owner David Sullivan, has featured once more in the annual *Sunday Times* Rich List.

Having been named the 133rd richest man in the UK last year with an estimated worth of £1.15billion, Mr Sullivan has dropped to 135th in the new *Sunday Times* Rich List 2020, with a fall of £50million.

The 71-year-old Welshman has had a colourful career, ranging from being a pornographer to owning *Daily Sport* and *Sunday Sport* which he sold for £40million in 2007. He now co-owns West Ham

alongside David Gold.

Back in February, *CoStar News* claimed West Ham chief Mr Sullivan had put one of his flagship sites up for sale for £50million. He reportedly gets £1.6million in rent per year from the Russell and Bromley store on Oxford Street, but *CoStar News* said the West Ham man had put it on the market.

His fortune doesn't quite reach the same heights as 2020's richest people: Sir James Dyson and family (£16.2billion), Sri and Gopi Hinduja and family (£16billion) and David and Simon Reuben (£16billion).

Cannabis factory closed after police raid

Police closed down a cannabis factory and arrested four people when they swooped on a house in Theydon Bois at the end of last month.

Officers went to investigate after seeing a suspicious-looking vehicle outside the house in Abridge Road and saw a man they suspected might have been trying to break in.

Inside they found cannabis growing in multiple rooms and a machete, sword, knuckleduster and BB gun. About 100 cannabis plants were found.

Two men aged 55 and 24 and a 48-year-old woman from Theydon Bois and a 27-year-old man from Loughton were arrested at the scene on suspicion of cultivating cannabis. They remained in custody for questioning at the time of going to print.

Sgt Lucy Bearman said: "Cannabis growing is not a victimless crime as the production of illegal drugs is closely associated with violence and the exploitation of vulnerable people.

"Our investigation remains ongoing and we'd like to hear from anyone with information that could help with our enquiries. I also ask anyone who sees any signs of cannabis cultivation in their communities to please contact us so we can take action."

Call the Loughton local policing team on 101 or report online at www.essex.police.uk/do-it-online/report-a-crime/



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HORTICULTURE HEROES:

Dan Pearson



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It's fair to describe Dan Pearson as someone who never tires of experiencing the thrill of nature's rustic wholesomeness.

Dan is a horticulturalist of the highest regard, who has trained at the UK's greatest botanical institutions, written newspaper columns for more than two decades and even been dedicated an exhibition at the Garden Museum, London. To Dan, gardening represents an absorbing, encompassing experience that reconnects him with something spiritual.

"Being outdoors and seeing nature, in its simplest form, growing and flourishing around you is the most amazing thing," he says. "It's something we can all enjoy – whether that's rich sprays of colour or the simple green bounty of plants interacting and intersecting with each other."

Our ability to grow and flourish in our natural surroundings is something even the most modest gardener can do.

"My advice is to start with something small – even just a window box. Choose plants that interest and excite you, learn about them and go from there.

"I think that horticulture has an enormous amount to give back to a world that needs this connection with greenery and things that you eat: knowing where your food came from, and knowing how to go about growing it while still preserving space.

"That means the gardens are never static; they are always changing and always adapting."

Pearson says the crucial step in effective gardening is to have a plan – to structure a project from the start, to set goals and to follow through on them to the end.

"It really doesn't matter what you decorate your garden with – you should go with what feels right. However, what I would say is it's so easy to get distracted, and I am testament to the fact you can end up with four or five unfinished jobs unless you plan properly, so that would be my best tip."

JUNE BIRTH FLOWER OF THE MONTH:

Rose

For those born in the month of June, your birth flower is the rose. Roses are known for being the flower of love, and people born in June are said to be true romantics. Easy to grow, available in an abundance of colours and with a heavenly sweet scent, roses are a great addition to any garden.

WHAT DOES A ROSE SYMBOLISE?

Although roses are most commonly associated with love, beauty and devotion, each colour can be used to convey a different message or emotion.

The red rose means, "I love you." The pink rose symbolises happiness. White roses are used to convey innocence and purity. And a yellow rose symbolises friendship but can also be used to express jealousy.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If you were born in June, you are definitely a sucker for romance, plus you are more likely to get on well with others and adjust to new situations with ease.

Style-wise, you favour a

classic and timeless look and can make elegance appear effortless.

HOW TO GROW ROSES

Roses crave sunlight, so you need to pick a spot that offers at least six hours of sun a day. Try to choose soil that is rich and well drained to ensure your flowers bloom.

The ideal time to plant roses is in early spring, and you can pick between a bare root variety or container-grown plants.

Water directly to the soil using a soaker hose or drip irrigation – do not water the foliage.

WHAT ARE THE MOST COMMON PESTS FOR ROSES?

Aphids and caterpillars are the most common pests for roses and can be removed by hand in the early stages. Alternatively, the insecticide Rose Clear is highly effective.

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Why building up your baby's skin layers with creams and moisturising is so important

It's true to say the best moisturiser a baby will ever have is its own. It's called vernix and is the creamy white coating it is born with. Yet past the first couple of months, helping a baby regularly coming into contact with a variety of surfaces and air elements can really protect it going forward.

Non-soap cleanser

Traditional soap dries out skin, so following your baby's daily bath – which shouldn't exceed 10 minutes – apply a mild cleanser. Best bought from the pharmacy, these are great moisturisers.

Avoid bubble bath as it removes natural oils from the skin, while antibacterial and perfumed soaps may irritate too.

Post-bath moisturiser

When out of the bath, smear over a thick, pH-neutral moisturiser. Not only will your baby love the massaging feel, but he or she will benefit from the enriching of pores that a quality applicant can provide.

Thicker creams and ointments are more effective than lotions, and you should avoid anything that contains plant or food products.

Barrier creams

For nappy rash or eczema, the process of constant changes and reapplying of cream is really important. For each baby it's different, but barrier creams, usually containing zinc, are a great way to prevent fabrics and clothes from irritating the area further.

Try to limit the use of baby wipes, don't use talcum powder, and let the baby go nappy-free for as long as possible, as allowing air to get to any sore area is the best thing for it.

Sun protection

Any baby below the age of one should be kept out of the sun. Past that, look for a SPF above 30 and smother your little one in protection. A hat, sunshades and light clothing will suit them well, and remember to reapply cream every two hours.



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BUSINESS & PROPERTY

GETTING A GRIP ON OUR CONTACTLESS SPENDING

We are a society increasingly surging towards apparent glorious cashlessness – and an increase in the allowed spending limit to £45 per transaction was greeted by a record number of card payments in April.

Of course, the government's drive to limit the possible spread of coronavirus germs via the exchange of physical cash has been a defining factor in the latest spike, continuing an upward trend of contactless payments that was already up 16 per cent year on year. And yet, even before the pandemic, the ease with which we got used to the purchase of goods and services with a simple tap on a card reader means we are edging ever closer to a time when, in some situations, cash may become totally redundant.

Contactless payments offer a raft of benefits with very few downsides. There's the time-saving element – an average of seven seconds are saved per transaction versus chip

'n' pin, and 15 seconds on cash, according to research by Barclaycard. Then there's the removal of the need to carry heavy, dirty coins, or to head to the cashpoint to withdraw notes.

There's also the convenience of having a digital record of all transactions, and even the option to pay using a phone or watch.

And yet, while the drive towards convenience suits most of us, it does not apply to everyone – there are still 1.3million people in the UK who do not have a bank account. Consumer groups have also noted the dangers of people idly 'tapping' away without any real thought about the money they are spending. And while fraud accounts for only 2.5p in every £100, the ease with which someone can spend on a stolen card is considerable.

What's certain is that as much as the powers that be may want to encourage our spending habits towards a certain way, as with most things, it is the consumers who will decide.



WHAT WILL YOU DO WHEN WE COME OUT OF LOCKDOWN?

WILL YOU BE

- Reactive?
- Stressed?
- Still doing manual tasks?
- Working with out of date info?
- Using shoebox accounting?



OR WILL YOU BE

- Proactive
- Paperless
- Working with automated tasks
- Using real time data
- MTD Compliant
- All stored in one place

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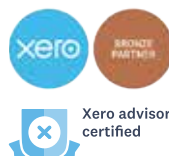
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zooming INTO FOCUS



BUSINESS & PROPERTY

WHY THE VIDEO-CONFERENCING TOOL IS 2020'S BIG SUCCESS STORY

When it became clear the COVID-19 pandemic's presence was going to have a profound effect on society, speculating traders quickly went on the lookout for an investment stock that would pay big... after all, as the saying goes, there is money to be made out of a crisis.

Any who included video-conferencing tool Zoom in their portfolio may now be laughing all the way to the bank – or at least they will be when the banks reopen – after the Silicon Valley-based corporation announced triple-digit growth over the past three months.

Zoom is, of course, the perfect method for homebound people – and at the last count that's the vast majority of the population – to stay in touch with friends, family and work colleagues. It's not unique – rivals include WebEx,

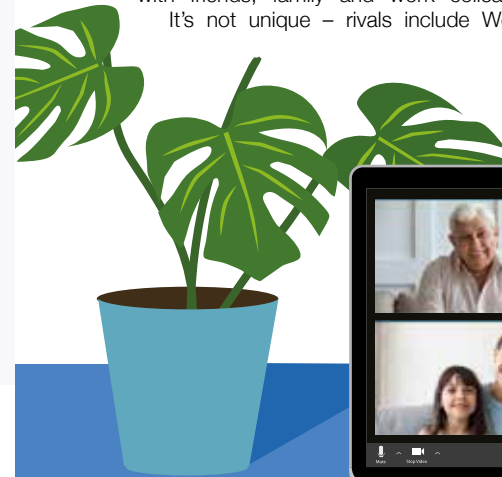
BlueJeans, TeamViewer, Microsoft Teams and even Google Classroom – but what Zoom has thrown behind its product in a way rivals haven't are innovation, simplicity of function and a serious amount of reinvestment.

It's all led to first-time installations increasing five-fold in March, and an increase in the stock price of well over 100 per cent.

In reality, though, Zoom and the other video-conferencing tools cannot rest on their laurels. They may well be making hay while the sun shines given the restrictions placed on our physical interactions, but when these regulations are lifted, the danger for these firms is that the public will forget the software just as quickly as they downloaded it, and return to past habits.

The only way the tech boffins can prevent what will be an inevitable crash in user numbers is if their accompanying marketing team can convince us to change our habits long term, where speaking over an internet connection is preferred to face-to-face meetings.

In the new world, post-COVID, anything is possible.





PARK LIFE

PENALTY CHARGE VS PARKING CHARGE – WHEN TO PAY AND WHEN TO PLAY

The scourge of the modern motor car is arguably not the cost of petrol, the maintenance or insurance premiums – it's the fact that once we've paid out for all of those elements that keep it on the road, there's actually nowhere to park the damn thing.

But millions of motorists are paying excessive, unfair and exploitative parking charges in the belief that they have committed an offence, when in reality all that's happening is they're being presented with an invoice. Welcome to the vagaries of a penalty charge versus a parking charge.

A penalty charge is a ticket issued by your local authority – usually the police or the council. Chances are you've committed a genuine offence, such as overstaying parking or showing an invalid permit. In these instances you're banged to rights and, while appealing is a decent option in asking for leniency, in most cases the penalty stands.

A parking charge, on the other hand, is something issued by an independent parking operator – perhaps you've parked in a private car park, in a space adjoining a building, or even in a leisure park. This issuer actually has no authority to issue a ticket – all you're being given is an invitation to pay what amounts to an invoice.

Sure, it's an invoice that looks very much like a penalty charge, and intentionally so; and the wording will have you believe dire consequences will follow if you fail to pay.

The reality is that virtually no cases ever get to court, and these unscrupulous businesses profit only from those who respond. So the next time you get a parking charge, search for the issuer online and check carefully exactly what it is you have in front of you. Motorists are now getting smart to filing these charges where they belong – in the bin – and saving millions in the process.

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THE NEW SPORTS

SPORT

5. CLIMBING

In the final instalment showcasing sports set to debut or return at the now postponed Tokyo Olympics, we take a look at climbing.

Climbing's debut in Tokyo reflects our growing love for strength-based pursuits that also require precision, strategy and focus.

That the sport has, over the past two decades, accelerated itself from the most basic of human endeavours to a physical challenge enjoyed both outdoors and indoors by participants of all ages, is testament to the number of activity centres that now provide walls to scale. Many have felt it was only a matter of time before the IOC opened its doors.

A dynamic challenge, the Olympic format will be split into three disciplines – Speed, Bouldering and Lead.

In Speed, it's a straight two-competitor race to the top of a 15-metre wall, in a set-up that is expected to excite spectators most, and, for a certain generation, will undoubtedly offer echoes of an ITV *Gladiators* finale.

In Bouldering, it's a more challenging 4.5-metre wall, while in Lead, it's a case of

getting as high as possible in a set time.

Every competitor will take on all three formats, with the best overall performer being crowned Olympic champion.

As ever, the vertical walls offer handholds and footholds, as well as shapes, sizes, positive sections (slabs) and those with negative aspects (steeps or overhangs), meaning competitors will need to be at their best from the off.

Safety ropes are allowed, though the best competitors will try to limit any lost time and will be harnessing flexibility, skill and no small amount of mental decisiveness in tackling a new Olympic sport expected to thrill at every grab.

Photo credit: Mike_g/Shutterstock.com

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PUZZLES & TRIVIA

PUZZLES

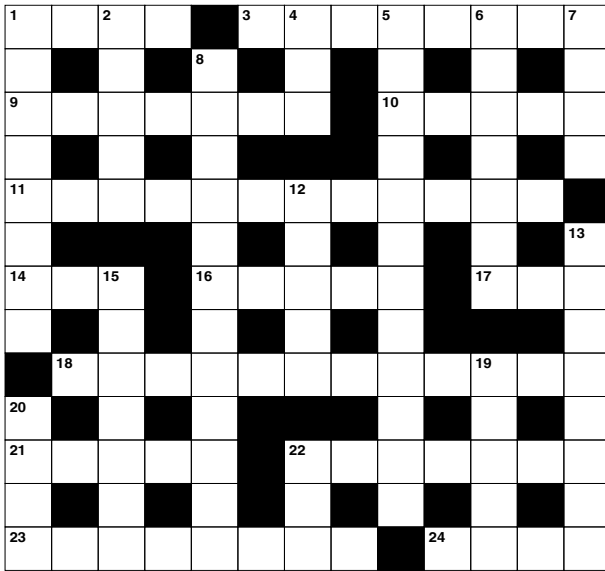
Answers can be found on the Contents Page 4

ACROSS

- 1. Pretty (4)
- 3. Battered (8)
- 9. Act of turning up (7)
- 10. Arboreal primate (5)
- 11. Directions (12)
- 14. Silent (3)
- 16. Scale representation (5)
- 17. Be unwell (3)
- 18. Vehemently (12)
- 21. Female relatives (5)
- 22. Circular hall (7)
- 23. Comes into flower (8)
- 24. Type of wood (4)

DOWN

- 1. Personal magnetism (8)
- 2. Conditions (5)
- 4. Entirely (3)
- 5. A large number (12)
- 6. European country (7)
- 7. Mend with rows of stitches (4)
- 8. Excessive stress (12)
- 12. Military trainee (5)
- 13. Reproduce recorded sound (4,4)



- 15. Keepsake; reminder (7)
- 19. Spear (5)
- 20. Young sheep (4)
- 22. Strong spirit (3)

DID YOU KNOW?

- ▶ When cranberries are ripe, they will bounce like rubber balls
- ▶ Pound cake got its name from the ingredients – you typically use a pound of flour, butter, sugar and eggs
- ▶ Fruits such as apples, pears and apricots are all part of the rose family
- ▶ Apples can float because they are made up of around 25 per cent air
- ▶ The word potato came from Spanish patata
- ▶ Bananas grow in large hanging bunches
- ▶ Grapes explode when you put them in the microwave
- ▶ A strawberry has an average of about 200 seeds and a pomegranate can contain up to 1,000 seeds

SUDOKU

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6			8			5	
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	9			6			8
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	1		9			4	
		2		6			

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