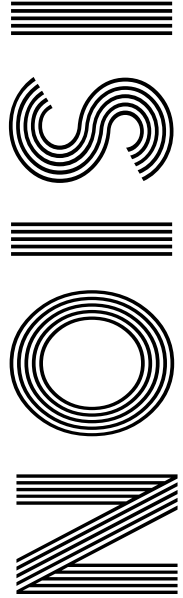


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TRIBUTE  
to Dame Vera Lynn

FLORENCE NIGHTINGALE  
*200 years after her birth*



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RICKY GERVAIS

The controversial comedian making his mark

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July 2020

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 epping@visionmag.co.uk | 01992 276101

@visionmagessex @visionmagessex  
 Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry  
 CO-ORDINATORS | Rebecca Fryer, Amy Pollard  
 CONTRIBUTORS | Tabatha Fabray, Tim Green

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# Editor's notes...



Brett Shohet, Editor

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

I hope you are all safe and well and looking after our independent and local businesses.

It's so nice going out and slowly seeing things getting back to normality.

It's strange, people seem to be a lot friendlier and accommodating, having time for a chat and a catch-up (obviously keeping our distance). Long may it last.

It's going to be a little strange at first. But we will get through this and be stronger on the other side. I know **VISION** will be.

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.

Over the next few months, **VISION** breaks into Hertfordshire with the launch of two areas: **VISION**Hertford and **VISION**Bishop'sStortford. We are also

launching a further edition in Essex with **VISION**ChelmsfordBeaulieu. Get in touch if you require any information.

We welcome any of your stories for our local news pages. So if you have a story to share, please send it to [epping@visionmag.co.uk](mailto:epping@visionmag.co.uk)

I hope you all enjoy the July 2020 edition of **VISION** EppingTheydon.

*Brett*

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# THE Lady WITH THE Lamp

**H**ow much do we really know about Florence Nightingale, as celebrations marking the 200th anniversary of her birth continue?

We are living through a period where those in all corners of the National Health Service are experiencing acclaim, admiration and no small amount of empathy in ways rarely seen before.

True, it may have taken a global pandemic for the universal admiration of our healthcare heroes to fully be appreciated. However, as the spectre of COVID-19 continues to sink further into the background, so now we should ensure those doctors, nurses, consultants, paramedics, porters, reception staff, phoneline operators (and everyone else in the mould of Florence Nightingale) will always be appreciated.

Nightingale, born in May 1820, is regarded as the pioneering force in modern nursing, and yet the iconic nature in which her image is celebrated – the Lady with the Lamp, going round at night tending to those wounded in the Crimean War – only actually tells half the story.

That's because while, first and foremost, Nightingale was a nurse working on the ground in then the most desperate of conditions, she was as well a woman of strong mind and powerful opinion. From an upper-class background, and well travelled prior to exploring nursing as a career, she was a brilliant mathematician, an organiser and an advocate for statistics.

Having such an analytical mind transformed a rather unstructured, 'make do' and manual process of caring for the sick into a slick, regimented process where structure could be directly linked to saving lives.

From graphs to pie charts and even infographics, Florence Nightingale's take on the duties that lay in front of her were revolutionary. Indeed, she is credited with the invention of the polar area diagram, and would work these and other visual explanations into nursing reports. As a result, in 1859 she became the first female member of the Royal Statistical Society, and 15 years later was announced as an honorary member of the American Statistical Association.

With every new study there was an even more expressive method for understanding and acting upon the statistics in hand, from accompanying the British Army in India in the 1850s, where she slashed mortality rates caused by drinking toxic water, to returning home to promote literature and feminism in a way that was scientific and exacting.

That feminism link is slightly at odds with her opinions on the fairer sex. She was, at times, brutally disparaging towards women, and even referred to herself in masculine terms, as "a man of action" and "a man of business".

In her defence, Nightingale was perhaps just rallying against a world in which men had the upper hand. To consider what she achieved then, it's interesting to think how much impact she might have now, in an era when equality, technology and innovation are key parameters in healthcare.

To celebrate what our medical key workers have achieved now is, ultimately, to thank Florence Nightingale for setting up, styling and steering modern-day nursing to what it is today... something we are all proud of.





Celebrating the life of the 'Forces Sweetheart', Dame Vera Lynn

When news came in the middle of June of Dame Vera Lynn's death, it was a case of reflecting on, rather than mourning, the life of someone so intrinsically linked to those courageous troops who led us to victory in World War II.

That the singer, songwriter and entertainer was in her 20s when her iconic ode to our soldiers, *(There'll Be Bluebirds Over) The White Cliffs of Dover*, became such an emotional and inspirational marker for the war effort, shows the longevity she achieved right up to her passing.

Born in East Ham, Dame Vera's performing debut came with the famous Joe Loss Orchestra in 1935. By the time war broke out four years later she was signed to Decca Records, and agreed to venture deep underground to sing with those sheltering in tube stations from the danger of German air raids.

Her *Sincerely Yours* radio programme in 1941 was a vehicle for messages to be sent out to

troops on the front line, and she soon joined the Entertainments National Service Association – which hosted open-air concerts – with whom she travelled to Egypt, India and Burma.

Post-war, Dame Vera's popularity stuck, with extensive TV performances, a star talent at the Royal Variety shows, and countless live concerts.

A dedicated philanthropist, she continued to raise money via her self-titled children's charity right up until her death on June 18, at the venerable age of 103.

What Dame Vera would have made of the recent furore concerning Winston Churchill's statue is unclear – we suspect, in embodying all the same spirit, resilience and fortitude of the wartime, of which she was a crucial part, she would have simply diverted her attention to those fallen heroes again.

"Not a day goes by when I don't think of those brave men, and what they gave to this country... and one day we'll meet again."

Photo credit: Evening News/Shutterstock

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BEAUTY



### FOUR WAYS ALCOHOL AFFECTS THE APPEARANCE OF YOUR SKIN

**M**ost people are already aware that alcohol has a dehydrating effect on the skin. Anyone who has woken up the morning after the night before will be all too familiar with the tell-tale signs of boozing, including sallow skin, sunken bloodshot eyes and a bloated face. However, you may not know that even just a few daily drinks can have a detrimental effect on your complexion.

#### ALCOHOL CAUSES DEHYDRATION

If you regularly drink two or more drinks in one day, then your skin will become dehydrated. In fact, you may not know this, but alcohol actively takes all the fluids out of your skin, leading to a dry and parched complexion, as well as one that is more prone to ageing.

#### ALCOHOL CAUSES INFLAMMATION

Do you ever notice how your face becomes flushed or red after a few too many drinks? This is because alcohol inflames your skin tissues. Although your skin will go back to normal once the alcohol is out of

your system, prolonged drinking can lead to permanent facial redness.

#### ALCOHOL CAUSES BREAKOUTS

Whether you suffer with the occasional spot or actual adult acne, drinking alcohol can lead to more skin breakouts. All alcohol contains sugar, with some boozy beverages containing more than others, such as cocktails and white wine. Furthermore, the high levels of sugar in alcohol can lead to less plump skin cells and, in turn, a duller complexion.

#### ALCOHOL CAN AGGRAVATE SKIN CONDITIONS

If you suffer with an ongoing skin complaint such as eczema, psoriasis or rosacea, alcohol will only exacerbate these issues. This is because alcohol has the ability to reduce the healthy bacteria in your gut that helps to regulate your immune system.





## THE LATEST SKIN CRAZE UNVEILED

**A**re you always eager to try the most recently hyped-up beauty treatments? If yes, then you need to check out Gua Sha, a facial scraping technique that promises amazing results in a short period of time.

### WHAT IS FACIAL GUA SHA?

Facial Gua Sha is a treatment that involves scraping either a flat jade or a rose quartz stone across the skin to relax your muscles and promote tissue drainage. Unlike a standard Gua Sha massage, this method will not leave any bruising or marks on your face.

### WHAT ARE THE BENEFITS OF GUA SHA?

If you are looking for a more youthful complexion – and let's be honest, who isn't? – then you definitely need to try this ancient Chinese technique. Facial Gua Sha works by moving the lymphatic fluids in your face, improving blood flow and reducing puffiness. It also encourages your skin to naturally purge dirt and oils that can cause spots.

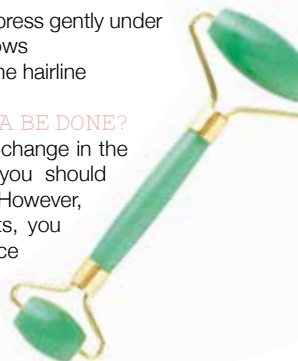
### HOW TO CARRY OUT GUA SHA AT HOME

Another benefit of this skin treatment is that it can be carried out at home with only one piece of equipment: a Gua Sha facial massage stone (these can easily be purchased online).

- Prep your skin with a facial mist or oil
- Start at the neck area and work your way up
- Use upward and outward strokes across all areas of your face
- Sweep across the cheeks and press gently under the eyes and across the eyebrows
- Finish with upward strokes to the hairline

### HOW OFTEN SHOULD GUA SHA BE DONE?

If you are looking for a significant change in the appearance of your skin, then you should carry out this treatment daily. However, once you have the desired results, you can switch to a weekly maintenance schedule.



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GUA  
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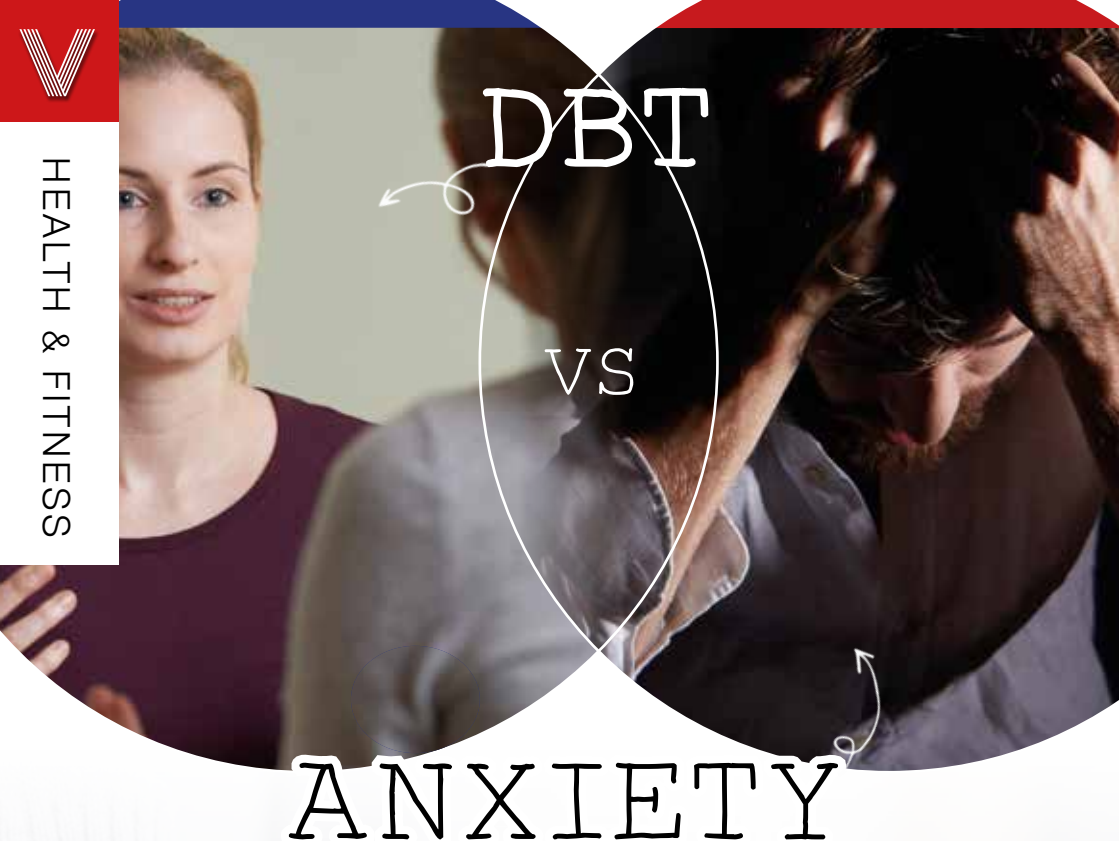
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Many of us may be feeling anxious during these uncertain times, but these tips, based on Dialectical Behaviour Therapy techniques, can be really useful tools to help combat the fear to live a happier, calmer life.

#### PRACTISE MINDFULNESS

This term can sometimes seem vague, but at its core it simply means paying attention to the present to stop intrusive thoughts from sneaking in. Begin by sitting in the garden for five minutes and notice all the sights, smells, sounds and sensations around you. Practise this skill regularly and you will soon find yourself automatically living more in the moment.

#### PLAY NICE WITH OTHERS

Stressful periods such as the current lockdown can take their toll on even our closest relationships as tensions build up and then overboil, which is why DBT encourages us to nurture our relationships both with others and with ourselves. In conflicts, it suggests we take time to listen to the other person, validate that we have heard them, and then practise empathy to further deepen our understanding.

#### A VERY USEFUL TIPP

DBT is particularly useful when we are in times of crisis and need a quick and effective way to soothe our minds and bodies. TIPP is an acronym of skills that help reverse feelings of distress:

- > **TEMPERATURE** – splash cold water on your face or hold an ice cube; anything to take the heat from your body
- > **INTENSE EXERCISE** – run around the block, do star jumps or jog up and down the stairs to work the tension out
- > **PACED BREATHING** – take long, steady breaths to stimulate your parasympathetic nervous system
- > **PAIRED MUSCLE RELAXATION** – tense and relax muscles throughout your body until you feel calm

#### RADICAL ACCEPTANCE

Life can feel painful and out of our control, but DBT encourages us to accept rather than push back against our reality. Accepting, however, doesn't mean you have to like what is happening; it simply steers you away from what you can't control to focus on what you can.



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## DIFFERENT *Yolks* for DIFFERENT *Folks*

HEALTH ADVICE THAT SUGGESTS EGGS ARE NOT SO GOOD FOR US AFTER ALL

Eggs have had a chequered history... or should that be speckled? For so long a staple of British life... across boiled, poached, scrambled and more, with soldiers, in a quiche, or even as an omelette as we matured our tastes to rather more continental blends. Heck, we'll even work it into a drink – eggnog or a whisky sour, anyone?

In the 1990s the negative press around battery hens and the salmonella crisis took the glow off this most delicious of foods, and while the humble egg's resurgence has been welcomed, recent evidence suggests we may have overstated the positive benefits while underestimating some potential health problems.

Mostly, these come in the form of worries over cholesterol. We all know how bad the build-up of this liver-produced fatty substance is, and recent research from the US states that for every half-egg per day consumed, the increase in heart disease is six per cent, with an eight per cent increase in the risk of mortality.

Contrast this with boffins who suggest eggs can protect against Alzheimer's disease. What's more, we've also been told they're good for heart health

– even as recently as 2018, a study in China found that those who ate eggs every day had an 18 per cent lower risk of death from heart disease and a 28 per cent lower risk of stroke (compared to those who didn't). What's more, the lutein found in yolks can improve eyesight.

And while gobbling down multiple eggs isn't advisable, research suggests that having an egg with salad actually increases the vitamin E we absorb from the leafy matter.

As with most things, our bodies all experience different effects from the same food; moderation and 'food intelligence' appear to be pivotal.





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## 4 common INGREDIENT SUBSTITUTIONS

If lockdown has taught us anything, it's how we can cope without restaurants, takeaways and other quick food fixes. In fact, 38 per cent of Brits have said that they are now cooking from scratch, but what do you do if you can't get hold of a key kitchen staple?

### Baking soda & lemon juice for yeast

Yeast has been quite difficult to get hold of in recent months, but thankfully two other common store cupboard staples will ensure the same effect.

½ tsp baking soda

½ tsp lemon juice

1 tsp active dry yeast



### Ground flaxseed & water for eggs

If you need eggs to emulsify a set of ingredients, the below will work just as well. Alternatively, bananas and apple sauce can be used to add moisture, although they will not have a raising effect.

1 tbsp ground flaxseed

3 tbsp water

1 medium egg



### Baking soda & cream of tartar for baking powder

For those who love baking, it can be incredibly frustrating to find that you have run out of baking powder, but quite often you may have other ingredients that will do the job.

¼ tbsp baking soda

¾ tsp cream of tartar

1 tsp baking powder



Alternatively, if you have a little bit of baking powder left, yogurt or buttermilk can help your rations go further.

### Vegetables for pasta

Whether you have run out of pasta, noodles or rice, or you are simply looking for a healthier alternative, there are so many vegetables that you can use in their place.

Why not try eggplant lasagne sheets, cauliflower rice, spiralised courgette spaghetti or celeriac couscous?

### Other helpful substitutes

Cracker crumbs for breadcrumbs | Lemon juice for vinegar | Plain flour and baking powder for self-raising flour







# The rise of AUSTRIAN WINES

When you think about countries that produce flavoursome and exciting wines, Austria probably doesn't feature near the top of your list. However, this relatively small European country now produces wines that are highly prized by wine experts and wine lovers across the globe.

## WHAT TYPES OF WINES DOES AUSTRIA PRODUCE?

Although most Austrian wines are dry white varieties, the country does also produce some high-quality sweeter white wines. Around 30 per cent of its wines are red.

Grüner Veltliner is Austria's flagship white grape and covers around one-third of all of the country's vineyards, but it also produces some excellent Austrian Riesling, Chardonnay and Sauvignon Blanc.

In terms of red wines, some of the best varieties on offer include Saint Laurent, Blaufrankisch and Zweigelt.

## HOW IS AUSTRIA PRODUCING SUCH GREAT WINES?

In 2018, a record high of €170million of Austrian wine was exported, a figure that is set to rise to €227million by 2024. This is because Austria has

many cool climate regions that boast higher altitude vineyards.

## WHAT AUSTRIAN WINES SHOULD I TRY?

Kurt Angerer Kies Grüner Veltliner – a spicy white wine; pair with flavour-rich Asian food.

Rab Schenkenbichl Riesling Reserve – a very dry white; pair with seafood or a simple vegetable dish.

Heinrich Hartl St. Laurent – an elegant red, similar to a good Pinot Noir, serve with meats such as lamb or venison.

Barossa Ink Shiraz – a red wine with a rich berry flavour and a hint of chocolate; serve with Italian ragu.

## WHAT TO LOOK OUT FOR IN 2020 FROM AUSTRIAN WINES

One of the wine trends for 2020 is the increasing popularity and availability of Austrian sparkling wine. Move over Prosecco, there's a new fizz in town. Look out for Schlumberger Blanc de Noirs Brut Reserve and Graf Hardegg Rosé Brut.



# Staycate IN STYLE



Just because you may not be able to go abroad this summer doesn't mean that you can't still enjoy the holiday experience. Why not save money and still have fun by staycating within the confines of your own home?

## GO CAMPING

In your own garden, of course, or your home if you don't have sufficient outdoor space. Simply get out your camping gear or borrow a tent from a friend or neighbour, toast some marshmallows, tell a few ghost stories and finish off with some traditional campfire songs.

## SPOIL YOURSELF WITH A SPA DAY

If you love nothing more than indulging in a luxury spa break to recharge your batteries, you will be pleased to know that you can recreate this experience at home. All you need are a few high-quality face masks, some mani-pedi supplies and a selection of scented candles. You could even fill your paddling pool with warm water and bubbles and enjoy an outdoor spa experience.

## FEAST LIKE A FOODIE

For those who love to sample the local cuisine

while on holiday abroad, why not throw a selection of themed food nights? Mexican, Indian, Spanish, Italian, Japanese: the choices are endless. If you are feeling particularly creative, you could go the whole hog and plan a multi-course meal complete with authentic beverages and decorations.

## HOST A FESTIVAL

Whether you are a music lover or a film fanatic, hosting your own festival creates fun for the whole family. Invest in a projector or a new set of speakers, lay out some deckchairs or blankets, hang some fairy lights and set out some snacks. Don't forget, you must socially distance if you invite anyone from outside your household.

## TOP TIPS FOR A STAYCATION

- > Ban household tasks
- > Let go of your usual routine
- > Disconnect from technology





# BACHELOR *Pad Style*



**You're suave, independent and effortlessly cool. How do you go about creating the bachelor pad to match the perfect eligible bachelor image?**



It would be churlish to suppose designing the ideal bachelor pad should start off with the bedroom, but given that we spend one-third of our lives in one, it's actually a strong consideration. A bloke's bedroom should have white sheets and luxurious, stylish bedding, with simple and inviting artwork reflecting intelligence, travel and the odd hint of romance.



Just as important is the first impression when you enter the house or flat, and with the male penchant for a 'man drawer', a hallway should have sensible space for stylish storage of jackets, keys, cash and all those other essentials guys have. Rather than hide these away, make a statement of the fact (a key and cash bowl is a great idea), with metal, wood and greenery all combining well for a big welcome.



For the main living space or lounge, a statement piece of art will express more in one picture than a hundred words. A leather sofa looks great against anything, with lamps and throws a must.

Consider as well your everyday items – cutlery, cups, pots and pans. Pulling out an old Stella pint glass procured from the pub in 2014 won't look good – think clean, white, matching, statement-like pieces that show you don't need anyone else's rejects.

And the bathroom space should be similarly masculine. Matching towels, sparing wash items, aftershave and moisturiser, and certainly not a hint of leftover Head & Shoulders.

The ultimate allure for any bachelor pad is cleanliness. Relaxing in your own company or inviting someone else in should be a reflection of homeliness and health. Keep windows shiny, the music classy and even invest in a hotel-level air freshener, and your bachelor pad is ready to impress.



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## DIY Macramé

### PLANT HANGER



**D**o you remember the 1970s' trend that was macramé? If not, you are in for a treat. This simple yet highly visually attractive knotting technique can be used to create many beautiful items for your home. In this article, we are going to show you how to make a macramé plant hanger.

#### YOU WILL NEED:

8 pieces of 15ft cotton cord | A 2-inch brass ring  
2 pieces of 5ft string

#### HOW TO MAKE:

- > Take all 8 pieces of 15ft cord, fold in half and loop through the ring
- > Using your 5ft long pieces of string, tie a loop knot directly below the ring
- > Take 4 strands and tie a square knot
- > Repeat this last step 6 times
- > Repeat this pattern with the next group of four cords and repeat for the remaining cords
- > Leave a 2½-inch gap and tie a half square knot
- > Repeat the half square knot until you have created a 5-inch spiral
- > Repeat for remaining knot groups
- > Leave a 6-inch gap and create a crossover square knot using the 2 right cords from your first group and the 2 left cords from the adjacent group

- > Repeat the process for the remaining knot groups
- > Leave a 6-inch gap and create another crossover square knot by alternating the cords from the previous step
- > Leave a 3½-inch gap and tie a loop knot
- > Cut off any excess cord to create a stylish tassel

The above requires a basic knowledge of three different types of macramé knotting techniques: a square knot, a half square knot and a loop knot. You can find simple tutorials for all of these online.

#### DECORATING IDEAS:

- > Dip-dye
- > Embroidery floss
- > Silk or leather instead of cotton cord
- > Fill with fresh flowers, succulents or a battery powered candle



Loop knot



Square knot



Half square knot





# CELINE INTERIOR DESIGN

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Given that Noor Charchafchi, the owner of London-based interior designers Celine Estates, hails from the Middle East, it's unsurprising to find such dedication to bright, clinical, uncomplicated styles of design.

In an interiors world that often tries to complicate the equation, either in creating a menagerie of conflicting ideas or in going the other way with a perplexing excess of contemporary nothingness, the 39-year-old attempts to tread a sensible line between Arab air and lightness and the reflections of a childhood in London – it all offers design values that are based in both tradition and heritage.

"I must admit I've always been a bit nervous about new ideas and experiments," she admits. "Design comes very much from the heart, and while no one could ever tell me I was wrong in what I was attempting – because we are all correct in the sense of what we feel works – my designs aren't to everyone's tastes."



The key elements are:

**> WHITES AND BEIGE...** celebrating subtleties of shade is very important, with harmony and heavy fabrics complemented with wooden or stone floors. Neutral is seen as a positive thing, where other colours can bed in around it, rather than being in conflict.

**> BEADING AND TRIM...** framing furniture, bedsteads or tables in bevelling and added detail is a great way to draw the eye to a piece, as well as adding detail.

**> FOCAL POINTS...** each room should have a key point

where the attention is centred. For the bedroom, it's the bed, and everything should be created around it. For the front room, perhaps a table, sofa or fireplace. The trick is to start with one thing and work outwards.

**> CURTAINS AND DRAPES...** to enhance the idea of air and flow, curtains are pivotal, not an after-thought. With customers ranging from Far Eastern royalty to millionaire footballers to Asian celebrities, the Celine Estates team are clearly hitting the right tones.



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*Perfectly pitched dining room ideas that bring out the nuances of neutral*



A dining room is arguably the most traditional room in the house – where simple shades give way to the colours and echoes of food, family and fun. For that reason, we've always looked on this very special room with a neutral, inoffensive palette, but that doesn't mean you can't still push on with some clever and cool design ideas:

#### BRING BACK THE BRICK

While the idea of something being 'beige' used to be taken as a derogatory term, consider the exposed brilliance of brick, and how this classic, classy look brings out not only its own unique shade, but also the neutrality of simple shades around it, in perfect unison.



#### COOL CORNERS

A corner unit bench not only provides a wealth of different spots to perch and read the paper, but offers ample storage space beneath as well. Shades will reflect the light coming in from bordering windows to bring uplifting brightness into the room.



#### GREY IS OKAY

Past trends may have labelled grey a dull and unimaginative colour. These days it's a base for matt style, and complements everything from wood to concrete to woven fabrics.



#### GAZING AT THE GALLERY

White on white? You wouldn't imagine it could work, but the neutrality of matching a wall with similarly coloured frames and prints brings out so much – shape, style, form and finesse, as well as offering a variety of subtle colours on the canvas that might be lost on a wall of any other colour.



#### WOOD YOU DARE?

With echoes of Scandi style to echoes of lighter shades from the 1970s, light- and neutral-coloured wood offers a perfect platform for tables, chairs and stools.

#### THE STRIPE IS RIGHT

And finally, adding a dash of colour across a neutral background can transform an area, a wall or an entire room.





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HOME & DIY

Sales of hot tubs have soared since lockdown began, with Brits splashing out on this luxury item to make the most out of their outdoor space.

But is this ultimate indulgence the right choice for you and your home?

### PROS:

#### *Relaxation*

If you have had a stressful day there is nothing quite like a quick dip in a hot tub for melting away your troubles. Just imagine the soothing warm water and muscle-relaxing bubbles. Plus, if you suffer from a chronic illness or persistent injury, you will find that your body reacts favourably to the heat.

#### *Entertainment*

Although you may not be able to share your hot tub with your friends and family at the moment, this investment piece will act as a great source of entertainment for many years to come. Think themed parties and late-night soaks under the stars.

### *Year-round use*

Unlike a paddling pool, you can use your hot tub all year round. Simply invest in a gazebo and you can experience the heat and bubbles even when it's raining. Plus, owing to its smaller size, it can be heated quickly.

### CONS:

#### *Expense*

A hot tub is an expensive purchase. Even if you opt for a second-hand, soft, inflatable one, you are still looking at between £300 and £800. You also need to think about the cost of the upkeep, which will include cleaning chemicals and a higher energy bill.

#### *Installation*

If you are wanting to invest in a hard-shell hot tub, you need to make sure that you have the space available to accommodate an item of this size. You also need to check to see if the installation is included in the price as you may require a crane to lift your purchase into place.

# Rub a dub tub





# WEAR AND CARE

**F**rom wood to leather upholstery, here's how to take care of the fabrics and surfaces in your home.

## LEATHER

One of the priciest options for your sofas or chairs, leather is expensive because it's so hardwearing and easy to maintain, making it a great option for anyone with kids. In fact, one way you can really damage it is by using products that are too harsh, so it's best to keep things simple.

Day-to-day upkeep needs nothing more than a quick Hoover and a wipe with a slightly damp cloth.

However, when it comes to stains, you need to be aware of which kind of leather you are dealing with. Aniline leather is soft, buttery and absorptive, so blot off any stain quickly before dabbing with a moist cloth. Use the same process for treated leather, but with the addition of a mild detergent.

## POLISHED WOOD

Despite what adverts would have you believe,

your wood isn't hungry, and nourishing polishes and oils are largely pointless. However, after wiping your furniture with a damp cloth and mild detergent (use an old toothbrush for any crevices) you can use a soft wax paste to buff up to the original shine.

## UNSEALED WOOD FLOORS

If you have an older house, it's more likely you will have an unsealed wooden floor. These look great, but are more susceptible to staining and warping. Your best approach is regular sweeping and vacuuming to keep it clear of dirt and dust, and then a weekly mop with a white vinegar solution (one gallon of water, half a cup of vinegar).

## STAINLESS STEEL

Clean off grime with a cloth and washing-up liquid (avoid using steel wool as this can scratch the surface), then apply glass cleaner to remove streaks, wiping in the direction of the grain. Dry thoroughly with a towel to avoid water spots.



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# Tricky RICKY

HE'S THE CELEBRITY THAT CELEBRITIES AVOID,  
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In many respects, Ricky Gervais is a pretty bad version of a celebrity. He looks like someone who works in a hardware store, has been fiercely loyal and faithful to partner Jane Fallon for the past three decades, doesn't live in a 15-bedroom mansion, and couldn't undertake a spate of brazen virtue signalling if he tried.

There's also the small matter of him calling out other celebrities for their greed, corrupt dealings, bullying, two-facedness and hypocrisy at any available opportunity. A habit that began when he started naming and shaming the great and the good during his debut hosting of the Golden Globes back in 2010 – remarkably, they keep inviting him back! – has now extended fully into everyday discourse.

And at the start of the recent coronavirus lockdown we were treated to a brilliant display of Gervais bashing a bevy of film stars, musicians and models who felt the need to take to social media to inform us just how tough life was.

"After this is over I never want to hear people moaning about the welfare state again; I never want to hear people moaning about nurses again, or porters," he said.

"These people are doing 14-hour shifts and not complaining. Wearing masks, and being left with sores, after risking their own health and their families' health selflessly. But then I see someone complaining about being in a mansion with a swimming pool. And, you know, honestly, I just don't want to hear it."

Gervais's 'man of the people' status is, of course, nothing new. From his early breakthrough days in the late 1990s as a segment host on

ITV's *The Sketch Show* and on Channel 4 hit *The 11 O'Clock Show*, he has always led with an aura of honest and normality. There was the addictive 9–5 banality in *The Office*, then *Extras*, with its ground-breaking parodying of the movie industry, featuring A-list contributions from Kate Winslet, Ben Stiller, Patrick Stewart and Samuel L. Jackson.

Success followed with *The Ricky Gervais Show*, then the snappy *Life's Too Short*, comedy reality series *An Idiot Abroad*, bittersweet Netflix part-funded drama *Derek* and the rather darker, touching undertones of *After Life*.

The one thing that permeates everything Gervais touches is his unapologetic honesty. Whether discussing the "scourge" of religion or the majesty of the natural world, whether calling out nationalities, races, genders or persuasions, Gervais takes offence at people being offended.

"It's a disease that's getting worse," he says. "It's not healthy and it's not even real. Most of the people who claim to have taken offence at a statement someone made on Twitter are actually some of the most offensive people I have ever encountered," he laughs.

Some regard him as a national treasure, others a national disgrace. Either way, it's hard to avoid the magnitude of Ricky Gervais.

A one-time aspiring singer and band manager – he looked after indie outfit Suede back in their earliest incarnation – Ricky is the type who is always working on the next project. Whether self-penned or tagging on to big-budget comedies – *Ghost Town*, *Night At The Museum*, *The Invention of Lying* and *The Muppets* – he accepts the industry and its unpredictability.

"Nothing is a given. You just have to keep trying, keep things original, keep the creative processes rolling, and stay ever so slightly controversial."



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS EPPING



Photo credit: Everything Epping Forest



## Three arrested as murder investigation gathers pace

A man has been arrested on suspicion of murder as Essex Police continue to investigate the death of 30-year-old Stephen Morrison in Epping last month.

Stephen died in hospital on June 23 after he was found seriously injured outside Shell in the town.

Officers believe he was stabbed in a car park between the Robin Hood roundabout and the Wake Arms roundabout on Epping New Road.

Flowers and bottles of champagne were among the tributes left at the scene.

Metropolitan Police officers arrested a man at 4pm on July 3 after they stopped a vehicle in Hackney. He has been transferred into the custody of Essex Police.

A man and a woman who were arrested in connection with the investigation have both been released on bail until July 28.

Julie Gowen, senior investigating officer for Essex

Police, said: "First and foremost my condolences go to the victim's family and friends at what is a very sad and difficult time for them.

"We are keen to speak to anyone who was in the area between 3pm and 8.30pm on Tuesday, June 23, and saw or heard any suspicious or unusual behaviour.

"We are particularly interested in anyone who was driving in the area and has dashcam footage.

"It doesn't matter how small or insignificant you think your information is, it could be vital to our investigation."

Anyone with information is asked to ring the Major Crime Team on 101, quoting crime reference 1191 of June 23, or email [scd.appeals.essex@essex.pnn.police.uk](mailto:scd.appeals.essex@essex.pnn.police.uk)

You can also contact Crimestoppers anonymously on 0800 555 111.





# Firefighter celebrates 45-year milestone



An Essex County Fire and Rescue Service on-call firefighter celebrated 45 years in the service last month.

Watch manager Derek Whitbread is one of the service's longest-ever serving on-call firefighters, having begun his career in June 1975 at Epping Fire Station where he still works today.

The crew at Epping Fire Station held a surprise socially distanced celebration guard of honour last month to celebrate Derek's milestone.

Jo Turton, chief fire officer and chief executive, said: "Derek is quite rightly something of a legend within our service – his amazing dedication and commitment to the people of Epping and Essex over the last 45 years are unparalleled.

"Derek deserves the utmost thanks for this amazing achievement, and so does his wonderful family that has supported him over the years and throughout his career."

# Sisters read for 10 hours for the NHS

A keen reader ploughed her way through two and a half books in one day to raise much-needed funds for the NHS.

Ella Gostling, a Year 7 pupil at Epping St John's School, was keen to show her support for local doctors and nurses after hearing about their work during the coronavirus outbreak.

She teamed up with her sister Sophie, a Year 4 pupil at Ivy Chimneys Primary School, to complete a ten-hour readathon in support of Princess Alexandra Hospital in Harlow.

Ella said: "I read every night before bed for up to an hour. My sister and I read for ten hours in one day for our challenge; we moved around the house, from my bedroom, to the garden and the couch."

The girls set a goal of raising £100 for the hospital – but instead raised a total of £800.

Ella said: "We are very proud of ourselves. It is good

to know it will go to a good cause."

Proud mum Katie said: "I am really proud of the girls. When they said about reading for ten hours, I was a little sceptical as that is a very long time to read. But they really stuck with it and were glued to their books; I was really impressed. The fact they could get enjoyment out of it, raise money and it was educational was great.

"The amount they have raised is amazing and well exceeded their expectations. We have been blown away by their efforts."

Head of Epping St John's School, Michael Yerosimou, said: "I continue to be amazed by the efforts and selflessness of our students. We have seen so many go above and beyond to raise money and awareness and to show support and these two are no different. As an English teacher, it makes me even happier that they have done it through reading."

# Man dies in flat fire

A man died following a fire in a flat at Woodland Grove in Epping last month.

Ten fire engines rushed to the scene at 6.30am on June 21 to tackle the blaze which started in a top-floor flat and spread to the roof of the three-storey building. It also affected an adjacent block of flats.

Residents were ordered to evacuate their homes.

Fire investigator Mark Earwicker said: "We have recorded the cause as accidental but because of the extent of fire damage in the flat it's difficult to determine exactly how the fire started.

"We believe this was a tragic accident where a man sadly lost his life, and, over the coming days and weeks, we will be working hard to spread our safety messages and offer reassurance and advice to residents."

Epping Forest District Council (EFDC) opened a rest centre at the Jack Silley Pavilion at Stonards Hill for residents affected by the fire.

Councillor Chris Whitbread, Leader of EFDC, said: "Our hearts go out to everyone involved. There has been extensive damage to the block. But for the swift action by Essex Fire and Rescue it would certainly have been worse."



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# LOCAL NEWS

*from your neighbourhood*



## Community backs James in his charity challenge

A barman at a pub in Theydon Bois, who suffers from Crohn's disease, has raised nearly £500 for Crohn's and Colitis UK after walking and cycling 50km over the course of a week last month.

James Howard, who works at the Queen Victoria, was diagnosed with the disease in February 2020 and he was recommended to join Crohn's and Colitis UK.

The charity provides information on the conditions, their symptoms, treatment and how to get diagnosed.

On his JustGiving page, James explained why he wanted to help.

He commented: "Since the whole coronavirus situation has happened and we've been put into lockdown, the charity has seen a 60 per cent reduction

in its income. It's also seen calls to its helpline rise by 400 per cent and website visits by 600 per cent.

"With all of this happening I decided I wanted to help raise money for the charity, so it's able to keep on supporting all the people who suffer with this condition on a daily basis."

After he completed the challenge, James posted thanking everyone who supported him.

He posted: "Just to let you guys know that I completed the 50km challenge on Thursday, June 25, which I ended up walking all of it instead of adding some cycling into it."

You can donate by going to [www.justgiving.com/fundraising/james-howard31](http://www.justgiving.com/fundraising/james-howard31)

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## Bereavement Cafés connect grieving locals



Bereaved people in Theydon Bois who need support during the COVID-19 pandemic have been able to take advantage of a new online community launched by St Clare Hospice.

The service consists of a series of seven local Bereavement Café online community Facebook groups, one of which covers Theydon Bois, and a group for young people (aged 18-30) called Youth Bereavement Café.

Since the national COVID-19 lockdown began, the usual Bereavement Cafés have had to be postponed and cannot take place for the foreseeable future. The community engagement team has been working hard to take the project online so that bereaved local people can be supported virtually.

Community engagement manager at St Clare Hospice, Sally Muylders, explained: "Having these groups affiliated to locations across our catchment area means that people experiencing bereavement can stay connected with local people.

"The Facebook groups are being carefully managed by our volunteer facilitators to ensure that they remain safe places to connect and engage with other local people who are also experiencing grief and loss. We hope that our community find the Bereavement Café online communities as supportive and meaningful as the physical ones – and we are confident that this new way of connecting digitally around bereavement and loss will be a positive legacy that we will continue to run after lockdown, and beyond."

## Police investigating after man dies on M25

Police are investigating after a man died in a crash on the M25 near Theydon Bois last month.

Officers were called after reports that a silver Ford Focus hit the central reservation between junctions 28

and 27 at around 8pm on June 16.

Essex Police said: "Our investigation into the collision along the M25 near Theydon Bois at around 8.10pm on Tuesday, 16 June, is ongoing.

"The driver, a 39-year old man from Kent, died at the scene.

"We are appealing for anyone with information or dashcam footage to call our serious collision investigations unit on 101 quoting incident 1142 of 16/06.

"Alternatively, you can report information by visiting [www.essex.police.uk](http://www.essex.police.uk) or you can call Crimestoppers anonymously on 0800 555 111."

## Report sightings of tree pest

Members of the public in Theydon Bois are being asked to report any sightings of the tree pest oak processionary moth (OPM) caterpillars.

The caterpillars and their nests contain hairs which can cause itchy rashes, eye and throat irritations, and should not be touched. The tree pest was spotted in Essex in 2019.

You can identify them by their nests that are typically dome or teardrop-shaped, averaging the size of a tennis ball. They are white when fresh, but soon become discoloured and brown.

Andrew Hall, Forestry Commission operations manager, said: "Many people are enjoying green spaces and it's really important for the public to be aware of the risk of tree pests and to report any sightings via our TreeAlert website or by calling the Forestry Commission."

Please report any sightings to the Forestry Commission by emailing [opm@forestrycommission.gov.uk](mailto:opm@forestrycommission.gov.uk) or by calling them on 0300 067 4442.





# Delphinium

JULY BIRTH FLOWER OF THE MONTH

**F**or those born in the month of July, your birth flower is delphinium. A striking flower that is available in several colours, although most notably a deep bluish-purple, delphinium is associated with openness and positivity, making people who were born in this month as charming as they are humorous.

## WHAT DOES DELPHINIUM SYMBOLISE?

The Greek name Delphinium is derived from the shape of its flower buds, which are similar to a dolphin, and its intense blue colour makes it a very special flower indeed. In romanticism, the blue flower was said to be a symbol of yearning and ardent attachment.

However, a pink delphinium conveys contrariness, a white one means happiness and a pure purple flower is said to signify first love.

## WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If you were born in July, you are a natural entertainer, always wanting to be seen as the funny one. Your

charm and sense of humour make others feel both welcome and appreciated. You also value family above all else.

## HOW TO GROW DELPHINIUMS

Although you can grow delphiniums from seed, this can be quite challenging, so you may want to start off using cuttings instead. This flower enjoys moist but well-drained soil in full sun and, as it grows tall, does best at the back of a sunny border.

## HOW TO HELP DELPHINIUMS THRIVE

Delphiniums are hungry plants and need a liquid fertiliser applied every couple of weeks to encourage strong growth. It is also a good idea to use canes or a frame so that the plants can grow up through them. Delphiniums only flower for a short amount of time, but by cutting back the spikes you can encourage further growth.



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# HAWAII FIVE OH!

You may not be able to enjoy the usual beach experience this summer, but with these fabulous outdoor furnishings and lighting tricks you can certainly create that same blissed-out vibe.

While they're not entirely out of bounds, the restrictions surrounding trips to the coast have numbed somewhat the appeal of the seaside.

Sure, you may struggle to recreate a vista of rolling waves and painful pebbles underfoot in your humble back garden, but there are a number of outdoor effects – beyond the basics of a sun lounger and umbrella – that can bring the breathless brilliance of the beach to your home.

### Shelling out

It's perhaps the simplest move of all, but a few handfuls of shells and pebbles, and perhaps a stray sprig of seaweed or a sprinkle of sand, can instantly give your garden space a neat, nautical feel.

Remember, though, removing beach matter (stones, sand) is in fact illegal, so please source your props responsibly.

### Wicked wicker

Nothing shouts 'beach' like wicker windbreaks,

umbrellas and mats. As a fabric it's versatile, cooling and good to look at, and wrapping your yard in this light material will soon have you dreaming of the Mediterranean or Caribbean.

### A win on the pools

For those of us lucky enough to have a swimming pool (either permanent or foldaway) to cool off in, consider adding sandy banks and trails leading into it or immediately as you step into the water. A sand gradient will remove harsh, clumsy edges while offering a water feature that blends in perfectly with the beach vibe.

### Amazing ambience

When the sun begins to set, there is no nicer feeling than settling down to watch the day fade away. And with some clever string lights, you can bring about a seaside ambience that will chill you out as well as light up the night.



GARDENING





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# Joe Swift

Joe Swift, the gardener, designer and TV personality best known for presenting *Gardener's World*, is also revered as someone who cares a lot about allotments.

Joe Swift takes a hands-off path to gardening that many of us will endorse.

"To be honest, I'm more of a designer than a doer," he chuckles. "I hide behind a computer and let others do the real work."

Typically understating his imprint and knowledge on modern gardening, Swift is famed for his love of container planting, and permanently has an eye on DIY.

"Some of the ins and outs of plants, trees, flowers and ecological intricacies are beyond me, but if you're looking for a platform or a plan on which to construct your garden, then that's where I'm at my best."

Joe's 'best' serves as a reminder to every gardener that DIY and hardware is a pivotal part of every plot. "Really, the greenery in your garden is just the final layer of the plan, and I always encourage gardeners to think of a garden like they would a front room or a bedroom. Plan out every corner, every view, every comfort, then finish it off with furnishings... or, in this case, plants, flowers and the like."

The popular gardener's admiration for allotments has also been a defining part of his appeal. He fronted the series *The Great Allotment Challenge*, and says a simple, manageable space is the best way to get started. "Allotments are brilliant value for money; even mine, at £65 a year, is one of the most expensive, and that's less than a cup of coffee a week."

"I made all my beds out of plant pallets, made a compost heap and found a second-hand shed on eBay for £20."

"Everyone on allotments is fairly frugal. You can recycle lots of things – every time you drive past a skip, it's always worth a look! What you get in return is a creative space like no other."





PETS



# Summer SAFETY TIPS

## FIVE TIPS TO KEEP YOUR PETS SAFE THIS SUMMER...

**A**s if there weren't already enough safety concerns for pet owners in the summer months, this year you also have the additional worry of coming out of lockdown and how this profound change will affect your animals. Don't worry – we are here to help.

### GO TO THE VET IF NEEDED

If your pet is poorly or becomes injured, you should not put off going to the vet. Call first as you normally would and, if advised, take your pet in for a check-up. Social distancing will still apply, and you will most likely be asked that only one member of the household attends the consultation.



### BE PREPARED FOR SEPARATION ANXIETY

For those who have been furloughed or working from home, this will seem like Christmas to your pet. What could be better for them than seeing their owners every day when they are usually alone? However, you now need to be prepared for when you leave. Expect naughty behaviour, continual barking or whining and/or destructive actions.



### PRACTISE SOCIAL DISTANCING IN THE PARK

Although there is no evidence of animal-to-human transmission of the COVID-19 virus, it is still a good idea to keep your dog close to you when you are in a public area. This is not only for their safety but also to avoid confrontation with other dog walkers.

### DO NOT FORGET THE IMPORTANCE OF GOOD HYGIENE PRACTICES

One of the most effective ways of keeping yourself and your pets safe from COVID-19 is good hygiene practices. You should wash your hands with an antibacterial gel whenever you take your dog for a walk, go out to purchase pet food and after you have played with your animal.



**AVOID CONTACT** with your pets if you show symptoms of COVID-19.

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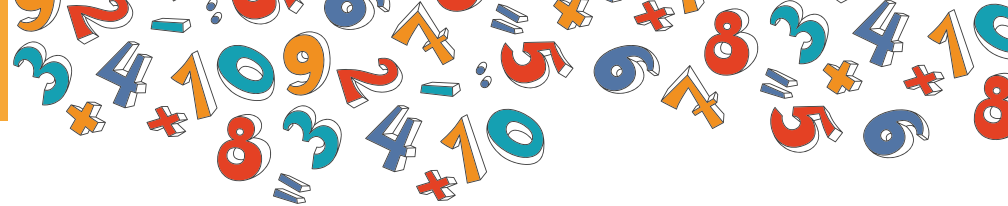
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KIDS



# EASY AS 1, 2, 3

$$2 \times 2 = 4$$

## How to stimulate your kids into learning their times tables

To see someone reeling off apparently confusing multiplication sums can provoke in kids a look of genuine awe, yet reciting times tables is something that, as adults, becomes second nature.

For our youngsters, the process reaches deep into parts of their brains they've never before needed to access, so making the learning of these numbers easy and attractive is important. Here are some top tips:

### POSTER PERFECT

Repetition is known to be the best stimulus for children, so having a poster of times tables (up to 10) on a bedroom wall, playroom noticeboard or even perhaps just stuck to the fridge will give kids the opportunity to go back to their sums multiple times throughout the day.

### PRACTICALITY

Use examples around the house or when out and about that show kids the real value of learning their times tables. It could be the number of sweets they are allowed at the shop, pieces of Lego or perhaps just grains of rice when cooking. Whatever the subject of your multiplication, show how learning numbers translates into real life.

### QUICK QUIZZES

Construct quizzes between your child and yourself, or perhaps a sibling, to

add a challenge element into the process. While methodical learning of processes and numbers might not be the most stimulating things in the mind of a six-year-old, the incentive of getting one over on an older brother or sister may well spark the interest.

### REWARD

Like anything, a child's stimulus often comes down to the reward mechanism, so ensure you have stickers, a chart and any other planned payback that incentivises your kids to learn their numbers.



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# Default DANGER



What are the real consequences of not being able to pay a loan or credit card?

In the past few months, many of us may have strayed closer than we would want to financial trouble. Money worries put more stress on us than anything else in life, though often our tendency is to fear the worst when we needn't.

The truth is that lenders – be that in the form of loans, credit cards or mortgages – are regulated to work with you, not against you, when it comes to ensuring your commitments are affordable. And, contrary to what you may see on reality television programmes, falling behind on payments won't suddenly land you with a bailiff at the door.

Below is a 'typical' debt timeline (note: not a definitive outline), based on being unable to make repayments:

- > **MONTH 1:** Failure to pay loan or credit card.
- > **MONTHS 2–4:** Creditor makes contact and will usually agree to hold charges and interest, effectively freezing the account (although this will mark your credit score).
- > **MONTHS 4–6:** Either resume payments or the

creditor may sell the debt on to a collections company.

- > **MONTHS 6–9:** New 'owner' of the debt will make contact to attempt to agree with you a new (interest-free) repayment plan – they will work with you to check you are prioritising key commitments (such as utilities) and they need to accept any reasonable offer (which could be as low as £10/month).
- > Your account will be reviewed regularly but you will have a new agreement in place going forward.
- > Only if you default on this new agreement will the prospect of a court order or CCJ come about, and only failing that provokes bailiff action.

If you are worried about debt, speak to charity [stepchange.org](http://stepchange.org)

The most important thing is to address the issue, be upfront with those you owe money to and keep communicating at every stage.



BUSINESS & PROPERTY





## WILL VIRTUAL TOURS OF PROPERTIES REVOLUTIONISE THE MARKET?

There are many instances where enforced change has altered for the better the methods by which we live. Certainly, as far as consumer feedback goes, the early indications are that virtual house viewing may be something that's here to stay. Whether renting or buying, for too long consumers have found themselves at the whim of agents' rather creative use of adjectives in their attempts to lease or sell properties. On other occasions, that age-old ability to stretch a photo beyond any reasonable credibility can leave us deflated.

Up until now, the realisation that the apparently spacious flat we're looking round may actually only be big enough to house a family of small rodents has only come to light when we're in the property. However, thanks to the need for social distancing and some tremendous, high-tech 360-degree videography, we can get a real inside track on a plot with a virtual tour.

Of course, on the subject of rodents, only a viewing

'in the flesh' will give you the opportunity to take a scrutinous eye to nooks, crannies and the like. And yet, a virtual tour will at least let you sort the wheat from the chaff without having to slog around town or hover outside a property waiting for the agent to excavate the correct door key from their pocket. And as we know, there's nothing more off-putting when considering a new area than being slammed with a parking ticket courtesy of 10 minutes looking around a property.

Even for the agents, the virtual tour removes the much-reviled time-waster, while existing tenants or owners can eradicate the inconvenience of having to repeatedly get a property presentable and ready for visitors.

For a market desperate to recover momentum in light of the COVID-19 downturn, our willingness to use virtual viewings – and the accompanying tech that facilitates it – could not have come at a better time.

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MOTORING

THE DRIVE OF YOUR LIFE... WHY NOT TO TAKE A CHANCE AFTER A DRINK

As if you didn't know it were true, drinking and driving are completely incongruous. Not only has it been illegal to be over the limit when behind the wheel of a car since the Road Safety Act was introduced in 1967, it's also insanely dangerous, to yourself, passengers and other road users.

The issue with drink-driving is that, in many people, the confidence, bravado and bullishness that alcohol provides actually reinforces a belief that it is okay to 'push the limits' a little; and yet, the guidelines are set, the recommendations realistic and the punishments severe.

- > Get stopped in England and your limit is 80mg of alcohol per 100ml of blood, and that allowance drops to 50mg in Scotland.
- > In real terms, everyone's tolerance and reaction to alcohol varies, and can be additionally affected by weight, sex, metabolism, food and stress; but for men, two pints of medium-strength lager (four units), or two small glasses of wine (two units) for women, will see you over the limit.

- > The only published safe advice is to avoid alcohol altogether.
- > Remember as well, if you've been drinking heavily the night before, there's a reasonable chance you'll still be over the limit the following morning.

And if you were in any doubt as to just how profound those punishments can be, it's up to 10 years for manslaughter, should the worst happen. You can even be arrested for being inebriated and sleeping or resting in a car even without the key in the ignition.

The frightening thing is that many of us still aren't learning the lessons. Around one in eight road deaths is still alcohol-related, and when you add in injuries, that's around 9,000 per year.

In an era when calling a taxi has never been simpler, there is no excuse to risk the lives of others, so enjoy yourself and get home safely.







# eco excess

## HOW LEAD LED THE WAY IN A MOTORING REVOLUTION

The motoring industry sees itself as one of the true pioneers for a better, cleaner, more eco-friendly environment; and quite right too given the estimated 1.4 billion cars on the road across the planet.

With a move towards carbon neutrality, the acceleration of the sector is visible as much on blueprints, bar charts and graphs as it is in getting its latest models from 0 to 60, but how much cleaner are vehicles now compared to their older counterparts?

Unleaded petrol only went on sale in the UK in 1986, but within 15 years it was the only option other than diesel. Rightly so, as at its peak we were pumping 3,000 tonnes of the stuff into the air. The results? Brain damage in children; hypertension, high blood pressure and heart attacks in adults.

Levels of lead in the air decreased by 94 per cent between 1980 and 1999 – a huge proportion of that pollution having been caused by cars, with

almost 0.9g of the toxin in a litre of petrol in the 1970s. The permitted level is now 0.01g/l.

Add in better engine efficiency thanks to systems such as air injection and catalytic converters, plus the development of better diesel systems – even if manufacturers such as Volkswagen were found to have overstated efficiencies – and car output efficiency has moved into levels we could only have dreamed about in the 1970s and 1980s.

It's not all good news, though. Over the past five years the industry has seen demand switch back towards bigger, premium vehicles, despite conscious government moves to make such vehicles less appealing at the fuel pump.

It has caused a seven per cent increase in carbon dioxide output in the year up to 2018, with cars accounting for just over 18 per cent of total UK emissions.

The evidence suggests that while our desire to be green is genuine, the need for comfort and convenience is still the biggest 'driver' in our lives.

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# CON the MAN

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## WHY CONOR MCGREGOR'S THIRD RETIREMENT FROM COMPETITIVE ACTION WILL BE HIS LAST

Unlike the two previous occasions when Conor McGregor announced that his days in the cage were over, when the mixed martial arts (MMA) supremo tweeted his retirement on June 7, fans got the sense that this time the 31-year-old Irishman, who has transformed the sport since picking up his first world Ultimate Fighting Championship (UFC) title in 2013, meant it. MMA owes Conor McGregor a huge amount. The Dublin-born fighter has single-handedly moved this Marmite entertainment form into new realms, displaying a brand of bold, brash, uncompromising spirit both in competition and away from the fight. It is a sport sold on ego and confidence, and McGregor has both in abundance, always capable of flicking a switch between charisma and out-and-out combat. He is someone whose personality has engaged fans the world over, the type of character you either love, or love to hate – either way, the box office riches flow.

And yet, McGregor's biggest battle across a 12-year professional career has been in managing ambition versus ambivalence. His latest retirement came accompanied with a typically cursive glance at the current state of play with UFC.

The fighter stated: "The game just does not excite me, and that's that. All this waiting around. There's nothing happening."

"I'm going through opponent options, and there's nothing really there at the minute. There's nothing that's exciting me."

It's not the first time a perceived lack of a real challenge has led McGregor to throw in the towel. Upon his first retirement, McGregor said he wanted to explore new challenges, and promptly set up a landmark boxing contest with five-times world champion Floyd Mayweather, in August 2017.

Although McGregor was overpowered by the legendary US boxer, his intention to push, to innovate and to mix things up was clear, and when he came out of retirement just over a year later it was clear he was returning to the stage not just as a fighter but also as a showman for the sport. That enabled him to present both the good – this year's 40-second knockout of Donald Cerrone at UFC 246 was McGregor back to his ruthless best – and the bad – the warrior courted publicity after attacking a tour bus in 2018, smashing a fan's mobile phone in March last year, and being involved in an altercation in a Dublin pub six months later.

His string of recent misdemeanours also confirms a disenchantment with the sport, and he has repeated last year's retirement with one now that will surely hold.

The coronavirus pandemic and a lack of clarity over when MMA will return to any semblance of normality has surely hastened his withdrawal, as it has those of respected rivals Jon Jones and Jorge Masvidal. Combined with the countless media opportunities that are certain to present themselves, plus an estimated war chest approaching £100million, it's time for his next move.

After all, for a man who has forged incredible wealth, success and recognition out of less than one hour in professional combat across 12 years and 26 fights, you sense that whatever Conor McGregor does next, success is guaranteed.



SPORT



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# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

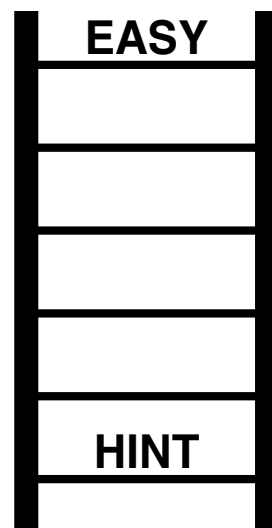
- ▶ AUBURN
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- ▶ MAGENTA
- ▶ MAUVE
- ▶ MINT
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- ▶ PINK
- ▶ PURPLE
- ▶ SCARLET
- ▶ TURQUOISE
- ▶ ULTRAMARINE
- ▶ WHITE
- ▶ YELLOW

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

## DID YOU KNOW?

- ▶ The killer whale belongs to the dolphin family
- ▶ Some animals sleep standing up, including horses and elephants
- ▶ Elephants are the only animals to have four forward-facing knees
- ▶ Tigers are the largest wild cats in the world
- ▶ Female kangaroos have a pouch on their belly to transport baby kangaroos, called joeys
- ▶ There are three different species of zebra, which are all native to Africa
- ▶ A male reindeer's antlers can grow up to 1.4 metres in length
- ▶ Butterflies can taste with their feet

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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