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MAY 2021

# Editor's notes...



Brett Shohet, Editor

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

It's been great to see people face to face again as we venture out of lockdown. I've had proper conversations with readers and clients again, many of whom have said they were very pleased to see us still up and running during the pandemic.

What's more, I'm seeing so many local businesses that have been in the community for as long as I can remember continuing to move forward despite the pandemic - it truly is uplifting.

I'm expecting there will be enough local events lined up that we'll soon be able to reintroduce our 'What's On' page, which is hopefully as exciting for our readers

as it is for us.

With the weather improving, I've been able to enjoy my garden a lot more, which is exciting both because it's encouraged me to finally cut the grass and because it's provided me with the opportunity to buy gardening goods from local businesses.

I wanted to say a quick "happy birthday" to my girlfriend, Kirstie, who recently turned 30. It's the support of people like Kirstie around me that helps make **VISION** the success that it is.

*Brett Shohet*

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

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# WILLIAM & KATE:

## *ten years on*

**Looking back to celebrate William and Kate as they reach the milestone of their 10<sup>th</sup> wedding anniversary.**

When asked, Prince William and Kate Middleton, the Duke and Duchess of Cambridge, would doubtless suggest their first decade together as husband and wife has been wonderfully happy, uplifting and rewarding... albeit not without its challenges.

To most couples in the early throes of wedded bliss, the faint cry of babies and the bringing on of previously untapped levels of tiredness is a challenge enough. Yet it is to the couple's unending credit that they have never swayed away from their other royal duties, while having the ambition to pursue new challenges and initiatives. They are every bit the exemplars of people wanting the best for themselves, their family and those around them.

In isolation, those challenges of early parenthood – when we saw the arrival of Prince George in 2013, Princess Charlotte two years later and, most recently, Prince Louis in 2018 – are considerable, yet in recent years family events have compounded further the complications of life. The Prince Harry and Meghan Markle spat, notably, has left a devastating scar across how we perceive the Royal Family; then there's been the controversy of Prince Andrew and his links to Jeffrey Epstein; while the recent passing of William's grandfather, Prince Philip, Duke of Edinburgh, has further shrouded the institution at a time when the rest of the nation is finally managing to pull away from the darkness.

Regardless, the April 29, 2021, anniversary reaffirms the couple as a modern inspiration. The ceremony, 10 years ago, was a typically lavish affair, albeit laced with the style and individuality that William and Kate have wanted to imprint in the way they go about their duties.

Former Archbishop of Canterbury Rowan Williams conducted the ceremony, as 26 million UK viewers watched it live. The Royal Family and the Middletons picked up the bill for almost 2,000 guests, with 300 special invitees going on to an evening dinner hosted by Prince Charles.

Naturally, the day went off without issue, and their work as a couple was only just beginning. Few would disagree now that, during an era when criticism of the royals has been fervent, William and Kate uphold the value and purpose of the Royal Family, even if others in the clan are less proactive.

Over the past decade, the prince has committed huge amounts of time to mental health issues, as well as opening up to a more mainstream audience with his love of sport; while the Duchess of Cambridge's elegant embracing of the mum role model is notable for the familiarity it has with Princess Diana and her boys.

More than anything else, William and Kate speak to the world with the shutters up. Rarely have a royal couple been so close to the people, with honesty, humility and even the ability to laugh at themselves.

It gives all of us hope that not only will the Windsors overcome this recent spate of negative events but, more than that, with William and Kate excellent exemplars, the institution of marriage – itself in decline – once again has those to uphold its values.

"We have always loved being married," says William. "I think we are more in love now than before, and we both truly feel we have found a soulmate who will be there forever."



# BETTER THAN *Just O-kay*

## Vernon Kay and 25 years on camera

There's something unmistakable about people from Bolton – think Peter Kay, Paddy McGuinness, Amir Khan. Perhaps it's the accent, perhaps the exuding of confidence, or maybe it's just an ability to look on life with uplifted energy.

Whatever the mechanics are, Vernon Kay, like so many of his Greater Manchester contemporaries, has them in abundance.

The husband of Tess Daly, Kay has just celebrated 25 years on screen – no mean feat for someone once described in the Nineties by Mark Lamarr as “a lanky indie kid with bad taste in clothes”.

That's ironic, given that Kay was actually first spotted at Clothes Show Live when he agreed to strut some clothes in return for free drinks. He went on to model for several years before using the catwalk as a platform to launch a TV career.

One of the many to emerge through the T4 stable, he has gone on to present *All Star Family Fortunes*, *Beat the Star* and *Splash!*, among others. Yet it was his appearance in *I'm a Celebrity... Get Me Out of Here* last year that truly reacquainted the watching public with someone who has also spread his talent across radio DJing (notably on Radio 1) and even movie cameos (in *Shaun of the Dead* and *Keith Lemon: The Film*).

A father of two, Kay famously talks down his talents, but has become one of terrestrial TV's go-to faces. Most recently, his *Game of Talents* show has allowed him to rediscover some of the spontaneity so associated with those T4 days.

“A lot of entertainment is very sanitised these days and I want to bring energy and unpredictability back to it,” says Kay, who said recently he blames the sterility of autocue for ruining so much live programming.

“Having fun is difficult when you're reading words off a script, so I'd love us to get back to really immersive TV that throws off the shackles.”

The shackles are off, Vernon.

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BEAUTY

# RICE, RICE baby

**W**hen you rinse rice before cooking, chances are you let the water simply run down the drain. However, you may think twice about wasting this leftover liquid when you discover its many beauty benefits below.

## WHAT MAKES RICE WATER BENEFICIAL?

Rice water is packed with vitamins, minerals and amino acids which are all needed for maintaining healthy skin, hair and nails. It contains ferulic acid, an antioxidant that helps to nourish skin and nails, as well as allantoin that has healing properties. For your hair, rice water contains inositol, which strengthens your follicles and reduces surface friction.

## BEAUTY USES FOR RICE WATER

**Facial cleanser:** Give your skin a boost of goodness by pouring rice water onto a cotton pad and massaging over your face, both in the morning and before bed.

**Acne treatment:** Apply to spots to help reduce redness to act as an astringent and to prevent future breakouts.

**Age spot treatment:** If you suffer with age spots or skin discolouration, mix 1 tsp of rice water with

two drops of fractionated coconut oil and massage into your face and neck.

**Hair conditioner:** For those with dry or brittle hair, apply rice water and a few drops of lavender essential oil after shampooing, leave for 10 minutes and rinse with cold water.

**Nail treatment:** To help your nails grow faster, soak them in a bowl of rice water for five minutes once a day. This can also help to reduce the signs of ageing on your hands.

## HOW TO MAKE YOUR OWN RICE WATER

- > Rinse ½ cup of uncooked rice to remove any dirt or impurities
- > Place the rinsed rice in a bowl and cover it with two cups of water
- > Swirl and leave to soak for 30 minutes
- > Strain the rice and set aside the water
- > Store the rice water in an airtight container. It will keep for one week in the fridge.







# REACH FOR *Retro*

**F**orget spending a fortune on a new wardrobe this season – simply dig into your cupboards and pull out some pieces that are back in fashion.

## SUPER-STATEMENT TROUSERS

Ditch your skinny jeans and leggings, because this season it is all about the high-waisted, wide-legged trousers. A huge trend in the Eighties, this is the perfect style for anyone who likes to feel comfy in their clothes while also being fashion-forward.

## ALL THAT GLITTERS

If you were a huge fan of disco, then you will be thrilled to know that glitter is back! From Louis Vuitton's stunning silver suits to Balmain's super slinky sparkle dresses, the catwalk will be lit up with glitzy, glittery glam.

## TOP OF THE CROPS

Not for the faint-hearted, crop tops are making a huge comeback. Best matched with a loose blazer and high-waisted skirt or jeans – ideal if you love your tum, but not your hips! – this is the ultimate throwback look for when the heat rises.

## POWER PUFF SLEEVES

You may have to reach right back into your wardrobe to find this look; the ultimate symbol of Eighties glam. That's right – puffy sleeves are back, and this time they mean business. Whether summery and voluminous or structured to create that classic silhouette, this is a big, bold trend that's here to stay.

## SHEER LUCK

Incredibly versatile, this is a fantastic trend for almost every body shape. Whether you want to emulate Seventies beach chic with patterned maxi-dresses and a bikini peeking through, Nineties grunge with a see-through loose layer over a tight minidress and chunky boots, or simply a semi-sheer camisole under a blazer, this is a great way to reveal a little extra flesh while still remaining modest.

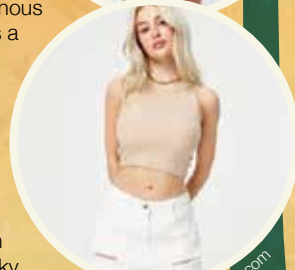


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## Hello hay, FAREWELL FEVER

As the weather gets warmer and the pollen count grows, hay fever sufferers across the nation lament. If you are already in the throes of a hay fever attack, you don't have to turn to over-the-counter medications. Instead, try one of the below natural remedies.

### VITAMIN C

A natural antihistamine, vitamin C can be found in oranges, lemons and grapefruits, as well as red bell peppers. As vitamin C cannot be stored in the body, you need to offer consistent and low doses to support your nasal lining and minimise the effects of hay fever.

### HONEY

If you know anyone who sells local honey, then this is the perfect hay fever remedy for you. With the ability to desensitise your body to other pollens, the bee pollen found in honey can help to significantly reduce the most common hay fever symptoms, including a runny nose and persistent sneezing.

### GARLIC

Known for boosting your immune system, garlic can also act as a decongestant which can help to alleviate minor hay fever symptoms. This potent plant is also an anti-inflammatory and a good source of quercetin, a natural antihistamine.

### PETROLEUM JELLY

Not just a lip saviour when the weather turns cold, petroleum jelly has been praised by hay fever sufferers for its ability to trap pollen before it enters the nose. Simply apply a thin layer inside your lower nostrils to prevent your symptoms from becoming any worse.

### CHAMOMILE TEA

High in antioxidants, as well as being a natural antihistamine, chamomile tea can be drunk to act as an anti-inflammatory agent. Alternatively, choose to place cooled teabags on swollen, red eyes for an instant calming effect.

### CHILLI PEPPERS

Chilli peppers contain capsaicin which, when eaten, opens up the nasal passages, helping to reduce congestion caused by hay fever.



HEALTH & FITNESS





# HAVE A brew-tiful DAY

Coffee lovers rejoice, your morning cuppa can not only help kickstart your day but it can also help your health in more ways than you can imagine.

## ENHANCED LONGEVITY

Recent studies have found that coffee drinkers are less likely to die from some of the most leading causes of death, including heart disease, stroke, diabetes and kidney disease.

## REDUCED RISK OF ALZHEIMER'S AND PARKINSON'S

Drinking two or three cups of coffee a day can reduce your risk of developing dementia and Parkinson's disease. Plus, for the latter, it can help you control your movements.

## INCREASED FAT-BURNING ABILITIES

There is a reason why caffeine is found in nearly every fat-burning supplement, and this is because it has the ability to boost your metabolic rate by between three and 11 per cent and potentially increase fat-burning by up to 29 per cent.

## IMPROVED PHYSICAL ABILITIES

Caffeine increases epinephrine, also known as adrenaline, in your body, which can help to improve physical performance by between 11 and 12 per cent.

## DECREASED RISK OF DEPRESSION

The drinking of coffee is linked to positive emotions such as pleasure, satisfaction, calmness and happiness. In fact, a study by

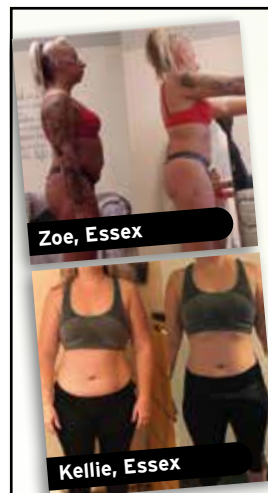
Harvard found that the risk of depression in women decreased as their caffeinated coffee consumption increased.

## WHAT IS THE COFFEE DIET?

Popularised by the book *The Coffee Lover's Diet* by Dr Bob Arnot, the coffee diet is based around the idea that health and longevity is enhanced by a high intake of antioxidant-rich coffee. The diet is said to help boost your metabolism, burn fat, block calorie absorption and decrease your appetite.

## HOW IT WORKS

- Drink a minimum of three cups of light-roast coffee per day
- Avoid adding milk or sugar
- Replace one meal with a home-made, high-fibre, green smoothie
- Stick to 1,500 calories per day
- Avoid highly processed foods



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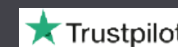
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# REBUND REGRET

*how to move on properly after a failed relationship*

**W**hen a relationship comes to an end it can be a traumatic and sad experience, with statistics showing that most of us will experience the feeling at some point in our lives.

While time is undoubtedly the greatest healer, there are a few useful techniques and ideas that can let light come through on even the very darkest days of a relationship break-up:

**1. Draw a line:** It's easier said than done, but the thing that makes failed relationships so painful is the brain's desire to relive happier times. While assessing what went wrong is something you will probably need to do at some point, if you feel the relationship is beyond repair you should save the soul-searching for further down the track, instead looking to draw a line in the sand.

When you can tackle the ins and outs, avoid viewing history with rose-tinted glasses by writing a list of both

the bad and the good aspects of the relationship.

**2. Sever ties:** The temptation when a relationship goes bad is to attempt to stay in touch in the hope of repairing or, worse still, staying friends. Both can be tricky – things happen for a reason – and you may find yourself not just prolonging that yearning for your ex, but also holding back on meeting someone new.

**3. Stay busy:** Keeping the brain active and distracted is an important route towards moving forward. Look for new challenges or embark on a fresh project as a way of distracting the mind away from painful thoughts.

**4. Focus on your own health:** The dopamine buzz we receive from exercise is a great antidote to feelings of despondency that might arise out of a split. Exercise and other steps towards building health and strength will aid recovery as well as serving to focus on 'the you', which after a painful split is important and, undoubtedly, what you deserve.



## BBO IQ

THE DOS AND DON'TS OF GRILLING OUTSIDE

**D**O expand your repertoire beyond sausages and burgers. From slow-roasted delectable cuts of beef to a delicately grilled entire sea bass, there really is no limit to what can be cooked on the barbecue provided you get your temperature and technique right.

**DON'T only barbecue in the summer.** It is almost criminal that we limit our grilling to just one season when so many other meals could benefit from being barbecued. Whether slow-roasting pork belly for a sumptuous Sunday lunch or smoking ribs for a night in front of the footie, your barbecue is waiting to bring that added wallop of flavour, whatever the season.

**DO let the flavour linger.** Another plus of the outdoor grill is that it requires little maintenance. During periods of regular use, you can simply heat it up and brush off any food debris with a steel brush – this will also help preserve your non-stick seasoning.

**DON'T leave it to the elements.** Barbecues may be hardy, but they aren't invincible, so cover them up when not in use.

**DO your research.** Just as you wouldn't blast every cut of meat with heat in the oven, the key to successful grilling is to adapt your barbecue accordingly by having areas with and without coal underneath. For example, steaks benefit from a few minutes over really high heat before being taken off to rest, whereas chicken thighs need a few minutes over a direct heat and then a longer period with indirect heat to cook properly.

**DON'T go full caveman.** Grilling may seem like a primitive cooking method, but using the right tools will really enhance your experience and the food you produce. Whether using chimney fire starters to expertly preheat coals, or heatproof gloves for effortless handling of utensils, or a meat thermometer for supreme cooking accuracy, these nifty gadgets are more than just a gimmick... although the "kiss the cook" apron remains optional.







# FOOD ALLERGY

**AWARENESS WEEK: May 9 - 16, 2021**

An annual event, Food Allergy Awareness Week aims to raise awareness of different food allergies and to improve public understanding of what can sometimes be a life-threatening condition. From cow's milk to peanuts, eggs to shellfish, discover the most common food allergies in the UK below.

## Peanuts

Peanut allergy affects around one in 50 children and has seen a significant increase in cases in recent decades. Typically developed in early childhood, symptoms of a peanut allergy usually occur within minutes of contact and can include nausea, shortness of breath and skin reactions such as hives, redness and swelling.

## Cow's milk

Affecting mostly babies and young children, a cow's milk (protein) allergy is usually outgrown by the age of five. Common symptoms include swelling of the lips or tongue and breathing difficulties, and these can occur within minutes or many hours after ingesting.

## Eggs

Another allergy that is much more common in young children than adults, an egg allergy can mean being allergic to all forms of egg, or only to loosely cooked and raw egg. Egg allergy symptoms include skin inflammation, sneezing, runny nose and shortness of breath and/or chest tightness.

## Shellfish

The most common allergy in adults, around 60 per cent of people experience their first allergic reaction to shellfish once they have reached adulthood. Shrimp is the most prevalent shellfish allergen for both children and adults. Allergic reactions to shellfish can be unpredictable, with common symptoms including swelling of the lips, mouth, tongue, throat and face.

## What is an anaphylactic shock?

Anaphylaxis is a severe and potentially life-threatening reaction to a trigger, such as an allergy. Symptoms include:

- > Feeling faint
- > Wheezing
- > Clammy skin
- > Collapsing or losing consciousness
- > Difficulty breathing
- > A fast heartbeat
- > Confusion and/or anxiety

If someone has symptoms of anaphylaxis, you should use an adrenaline auto-injector if they have one and call 999 immediately.



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## Jicama

The jicama, also known as a Mexican yam bean, is a starchy root vegetable that is recognisable by its thick, brown skin and turnip shape. Low in calories and sweet in taste, this veg makes a great alternative to the humble potato.

### WHAT DOES JICAMA TASTE LIKE?

The jicama has been described as a cross between a potato and a pear owing to its distinctive flavour which is both nutty and sweet. Its flesh is juicy and crunchy and, because it has a fairly mild taste, it blends well with other flavours.

### WHAT ARE THE HEALTH BENEFITS OF JICAMA?

The perfect vegetable for people with diabetes, the jicama is naturally low in sugar but still sweet to taste. It is also high in fibre, a great source of vitamin C and low in fat and calories.

### IS JICAMA SAFE TO EAT?

It is worth noting that only the root vegetable of the

jicama plant is safe to eat, as the rest, including the beans and flowers, contain rotenone, a natural insecticide that can be toxic to humans in high doses. You should also remove the brown skin before consuming.

### HOW TO USE JICAMA

- > Slice thinly and add raw to a vegetable salad or Mexican fruit salad for added crunch
- > Sauté with other veg such as broccoli and carrots
- > Use as a substitute for water chestnuts in a stir-fry
- > Bake in the oven or place in an air fryer for healthy chips

### HOW TO STORE JICAMA

The most important thing to remember when storing jicama is that you must keep it dry, as any moisture can cause rot and mould. Store unwrapped at room temperature if still whole or, once cut, wrap tightly in cling film and store in the fridge for up to one week. Alternatively, wrap a whole jicama in foil and freeze for up to one year.

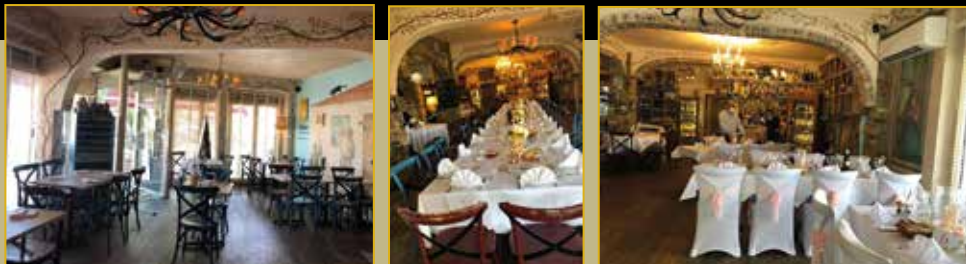


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*Possible savings:* £2,620 per year

### LEAKBOT – The Leak Detector

Did you know that one in three households experiences a leak each year? Avoid this costly occurrence by investing in a LeakBot, a handy device that clips to your mains water supply pipe and detects leaks. If you have insurance with Neos, Aviva or Legal & General, you can get a LeakBot for free. Retail price of £149.

*Potential savings:* £633 per detected leak

### HYDRAO – The Water-Saving Shower Head

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*Potential savings:* £135 per person per year

### DRY:SOON – The Heated Airster

For those who rely heavily on their tumble dryer, this money-saving smart device is exactly what you need. Costing just 6p per hour to run, compared to 36p per hour for a tumble dryer, the Dry:Soon heated airster has the ability to slash your drying costs. Retail price of £149.99.

*Potential savings:* £51 per year based on twice weekly usage

### TAPO – The Smart Plug

Only £8.99 to buy, the Tapo plug allows you to remotely turn on and off appliances such as fans, electric heaters and dehumidifiers, saving you money and helping the environment.

*Potential savings:* £128 per year





# ★ THE STORY OF ★ BONNIE & CLYDE

Two destructive lives combine to fuel a potent love story



The glamorisation of Bonnie and Clyde in modern culture is certainly at odds with the murder and robbery spree that led to the FBI pursuing them and, ultimately, effecting their fatal end in 1934.

Having first met four years earlier, Bonnie Parker and Clyde Champion Barrow had both already been on the wrong side of the law, and the signs were there of the peril they could cause to the unsuspecting, not least when Bonnie helped Clyde smuggle a gun into prison in 1930, when he was locked up for a robbery charge. He escaped but was recaptured, yet remarkably was released just 18 months later.

Their crime spree began in earnest in 1932. Joined by three other criminals, they undertook a number of robberies, escaping capture by any means possible. Indeed, by the time their criminal lives were brought to a halt, it's said they had murdered at least 13 people.

As well as seeking financial gains, the couple sought to break convicts out of jail, notably cohort Raymond Hamilton from Eastham State Prison Farm at Waldo, Texas, who was serving sentences totalling in excess of 200 years.

By the middle of April 1934, the FBI had traced the pair to a remote part of Louisiana following the couple's theft of a motor vehicle. Posters were distributed to police staff throughout various states and the hunt was on.

Intelligence suggested they were due to return to the location of a party that was held near Sables in Louisiana two days previously. On May 23, 1934, officers from the county and neighbouring Texas converged to create an ambush on the side of a highway, concealing themselves in bushes. Bonnie and Clyde appeared in a motor car and, unable to turn and flee, were killed instantly as more than 100 shots rained through the front windscreen of the vehicle.

Photo credit: Everett/Shutterstock

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# HOW TO CLEAN YOUR *Curtains*

**D**id you know that you should be cleaning your curtains at least once a year and preferably once every three to six months? Although this may not sound like a lot, can you honestly remember the last time you gave yours a good wash? If not, don't worry. Discover below how to clean your curtains in five simple steps.

**STEP ONE:** Remove all the hooks and curtain weights and loosen the heading tape. If you are worried about the fabric shrinking, you may want to let down the hem. Take outside and shake well to remove any dust.

**STEP TWO:** Check the washing label of your curtains to see if they are machine washable. If they are made using a lightweight fabric such as cotton, they probably are. However, if they are large and heavy you may want to have them dry cleaned or wash them by hand. This is also the case for curtains made from velvet, wool, silk or chenille.

**STEP THREE:** If machine washable, place your curtains in your washing machine and add your usual detergent. Set the machine to either a "delicates" cycle or a cool wash with a slow spin to avoid damage.

**STEP FOUR:** If you want to iron your curtains, you should do this while they are still damp. Work lengthways, on the wrong side, stretching the fabric gently to prevent seams from puckering. If not, simply hang to dry either outside if the weather permits or inside until they are at least 95 per cent dry. Do not rub or wring out your curtains.

**STEP FIVE:** Thoroughly dust and clean your curtain tracks, windows and sills before hanging your clean curtains back up. You should also try to incorporate a weekly curtain vacuum into your cleaning schedule to keep them in tip-top condition for longer.

**NEXT MONTH WE'LL TELL YOU HOW TO CLEAN YOUR BLINDS**



# WHY BUY A beanbag?

If you are wanting to update the furniture in your home without breaking the bank, you may want to consider investing in bean bag furniture. Synonymous with comfort and cosiness, the benefits of bean bags are numerous.

## 1. LOOKS STYLISH

Furniture for your home needs to look the part as well as feel it. Luckily, bean bags come in a wide variety of colours and designs, meaning you are guaranteed to be able to find one that complements your home's interior. Plus, you can accessorise your bag with cushions and throws in the same way you would a sofa.

## 2. OFFERS PORTABILITY

If you have a small home or limited space in your living room, a bean bag is a great option as it can be moved from one room to another with ease, owing to its lightweight nature. It can also be stored away when not in use.

## 3. EASY TO MAINTAIN

Bean bags come in a wide variety of different fabrics, meaning you can pick the perfect one for

your needs. Choose from faux leather that is super-easy to clean, cotton that is long-lasting, and even waterproof and UV resistant material for outdoor use.

## 4. SAVES YOU MONEY

Even with the seemingly never-ending furniture shop sales, it is still expensive to buy a new three-piece suite for your home, with prices potentially running into the thousands. Fortunately, bean bag furniture is extremely cost efficient and you can choose from single chairs, loungers, three-seaters and more.

## 5. IMPROVES YOUR HEALTH

If you suffer with either muscle or joint pain, then bean bag chairs can help you by moulding to your individual shape and offering optimal support. They can also help to relieve tension headaches and correct poor posture.



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# INVINCIBLE houseplants

If you are looking for a hassle-free houseplant, either for yourself or as a gift for a friend, we have got you covered. Discover the below five houseplants that are virtually indestructible, even for those with a history of plant abuse.

## 1. DEVIL'S IVY

Incredibly popular, this hardy houseplant is stunning to look at with its unmistakable marbled leaves, and it has the added advantage of not needing much water or light. A great choice for popping on a bookshelf to brighten up your next Zoom meeting, but make sure you keep it away from children and pets as all parts are toxic.

## 2. SNAKE PLANT

Also known as mother-in-law's tongue, this houseplant is incredibly forgiving and therefore ideal for beginners. In the wild, snake plants can go a long time without seeing rain so they do not need frequent watering. Available in a range of different sizes, choose to place one on your home office desk or in a more impactful position in the hallway.

## 3. CAST IRON PLANT

This aptly named houseplant thrives on neglect and can even be grown in the dark, making it an excellent choice for rooms that do not provide much natural light. Recognisable by its deep-green glossy leaves, unfortunately, when grown indoors, you are unlikely to see its creamy purple flowers.

## 4. ZZ PLANT

The ZZ plant, or zamioculcas, is used to putting up with long periods of drought and can therefore survive if given to a frequent forgetful waterer. A graceful and elegant plant, place in a white-walled room for maximum impact.

## 5. CORN PLANT

If you are after a commanding but undemanding houseplant, then look no further. The corn plant, aka dracaena fragrans, grows tall and strong, even without your help, and may even deliver small, white flowers.



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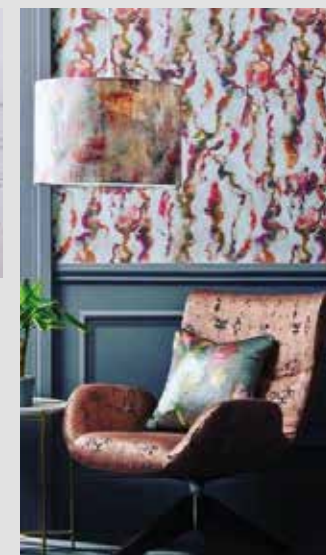
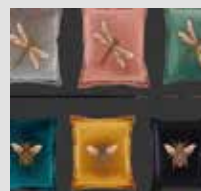
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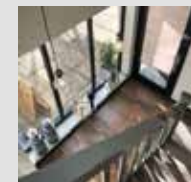
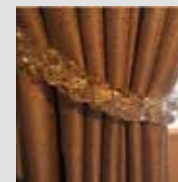
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## A PRINCE *among men*

CELEBRATING THE LIFE OF HRH PRINCE PHILIP, DUKE OF EDINBURGH

Photo credit: Tim Graham/Shutterstock

**M**eticulous, measured, majestic and more than a little eccentric... and that was just the funeral procession – HRH Prince Philip departed these strange shores just two months short of his 100th birthday, leaving behind a partner so hopelessly and publicly bereaved, and a nation of admirers wondering who could live up to the Duke of Edinburgh's lofty lovability.

Rarely is someone's passing met with almost universal solemnity and respect. It appears we all admired Prince Philip for different reasons – his faithful devotion to Queen Elizabeth II; his stolid determination to affect positive change; his humorous tendency to stray over the boundary of political correctness; or perhaps simply because he embodied so wholly that 'grandad' figure. Whatever it is, whatever it was, he had it, and in the stuffy silliness of modern media, he was exactly the antidote so many of us needed.

On Saturday, April 17, Prince Philip was laid to rest. In a ceremony he planned and choreographed himself, his coffin was lifted onto the back of a modified Land Rover Defender. Decorated in a stunning matt





Photo credit: Tim Rooke/Shutterstock

bottle green, the hearse was Philip's own creation, while various other touches clearly bore the mark of a man who wanted to slip away with energetic, original reflections of life, not the formal bleakness of most ceremonies.

There was the empty seat on the carriage, decorated with his blanket, flat cap, whip, brown gloves and pot containing a sugar cube for the ponies; then his military cap and sword on a coffin adorned with the most beautiful personal standard flag which referenced his overseas roots, family name and Edinburgh Castle. Meanwhile, various other marine references were present during the ceremony, each a nod to his cherished naval career, which came to an end in 1951.

In truth, there was so much of this special life to be celebrated. He was born on June 10, 1921 in Corfu, his family holding both Greek and Danish royal heritage. Banished from their homeland, he spent parts of his early life in France and Germany before settling in Britain.

It wasn't an easy childhood – his mother was admitted to a psychiatric institution, and he was separated from his family after landing in the UK. He studied at Cheam School before relocating to Scotland. He served in the British Navy during the Second World War, despite members of his family effectively fighting for the opposition as part of the Axis.

He denounced his Greek and Danish titles and adopted the surname Mountbatten – from his mother's side – so he could marry Princess Elizabeth in 1947 at Westminster Abbey, eight years after they had first met.

He was doted on by his four children – Prince Charles, Princess Anne, Prince Andrew and Prince Edward (Prince Edward will now take his title) – and never wavered from his role as the Queen's consort... in fact, the longest in royal history. A passionate supporter of everything she did, he also undertook his own projects, notably the Duke of Edinburgh's Award which, to this day, continues to promote youth achievement across many different disciplines.

He enjoyed polo, boat racing, piloting aeroplanes, painting and antiques, and while deteriorating health in recent years proved concerning, it was supposed he had recovered from a recent stay at St Bartholomew's Hospital; yet he slipped away peacefully on April 9, 2021 at Windsor Castle.

In total, almost 14 million of us watched the Duke of Edinburgh's funeral, and even the staunchest anti-royal must have pitied the senior Windsors being forced to display their grief in public. Such are the realities of a state funeral, and so it is conditioned that the only follow-on from a life played out in the public eye is a memorial on the same terms.

Prince Philip was born of a different time and a different generation of royalty, yet he fit so wonderfully into modern-day society and brought joy to many.

His unique, charismatic, eccentric take on the world is something we just don't see very often these days, with most public figures keeping their cards close to their chests for fear of repercussions.

His truly one-of-a-kind presence will be sorely missed by the Royal Family, the nation and the world.





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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS EPPING



## Fines issued after fungi foraging clampdown

**T**wenty-seven people have been fined a total of £2,160 for illegally picking large amounts of fungi in Epping Forest.

The City of London Corporation, which protects the site, issued the £80 fixed penalty notices over the last 12 months.

Some of the foragers were caught carrying more than 5kg of fungi – the equivalent of multiple carrier bags full of mushrooms.

Fungi are protected under Epping Forest by-laws, as their large-scale removal damages the area's ecology. They are a major reason the ancient woodland is designated as a Site of Special Scientific Interest and a Special Area of Conservation.

Some of the mushrooms are being sold to restaurants and markets, removing a resource from

the forest on which many rare insect species depend and depriving animals, such as deer, of food.

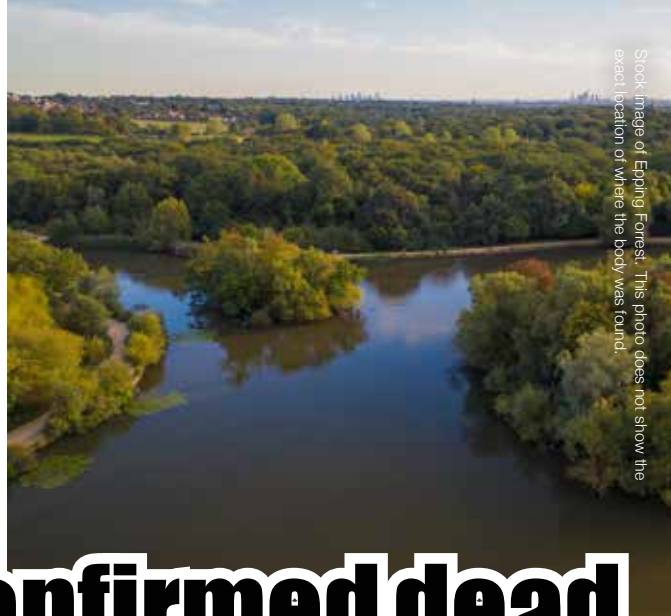
Chairman of the City of London Corporation's Epping Forest and Commons Committee, Graeme Doshi-Smith, said: "Fungi play an incredibly important role in the delicate balance of biodiversity that makes Epping Forest special."

"Stripping the ancient woodland of mushrooms damages its wildlife and threatens rare species. Many varieties are dangerous for human consumption and can indeed be fatal."

"We welcome the millions of people who come to enjoy this protected site. But I urge visitors to leave the fungi how they find them – untouched."

Epping Forest is London and Essex's largest green space and is home to more than one million trees.





Stock image of Epping Forest. This photo does not show the exact location of where the body was found.

# Teen confirmed dead after his body is found in lake

A teenager who was last seen in Loughton has tragically been found dead in Epping Forest. On Monday, April 5, at approximately 2.01pm, Essex Police informed colleagues at London Metropolitan Police that the body of a man had been found in a lake. Formal identification confirmed that the body was that of 19-year-old Richard Okorogheye (pictured left). Richard, who suffered from sickle cell disease, went missing from his home in Ladbrooke Grove on Monday, March 22. He was reported missing on Wednesday, March 24. Richard's death is being treated as unexplained and

police do not believe, at this stage, that there was any third-party involvement. A forensic post-mortem took place on Wednesday, April 7. No evidence of physical trauma or assault was found. The cause of death is pending while further investigations are carried out. Detective Superintendent Danny Gosling, head of the Met's Central West Public Protection Unit, said: "My deepest sympathies go out to Richard's family at this incredibly difficult time. This was not the outcome that any of us had hoped for and we will ensure that his grieving family are well supported by specially trained officers."

# Mayor promises to improve Christmas lights

Epping Town Council has promised to look at improving the lighting on the town's Christmas tree following a complaint that last year's lights were "disappointing". A complaint about the tree's lights was raised at the virtual annual town meeting. The complainant, who was not named, stated in a letter to the council that the tree lighting was "very much short of what Epping residents would expect". Town Mayor Grahame Scruton admitted that the

lights had been disappointing and highlighted issues with vandalism, which had impacted on the display's appearance. He added: "The contract is up for tender this year, so we will be looking at what is provided very carefully to see if we can improve on that situation." He told the meeting that the tree lights, the 120 small trees that adorn the shopfronts in the High Street, and the five illuminated large trees cost the council £9,500.



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## Councillors criticise plans for flats in conservation area



Plans to add a third storey to a building in Station Road, Epping, to enable a development of six one-bedroom flats, are being opposed by Epping Town Council.

Councillors have said that the proposed development at Purlieu House, 11 Station Road, is “overbearing” and “overdominant”.

A planning application submitted to Epping Forest District Council is seeking consent to add a third floor and to use existing office space on the ground floor for retail.

Existing undercroft parking for six vehicles would be retained, with office space on the first floor and flats on the second and newly created third floor.

Councillor Barbara Scruton told the planning and general purposes committee on Tuesday, April 13: “It’s the first building you see when you walk up Station Road. Another storey will be so dominant.

“It’s in the conservation area and I just think it will have such a negative impact on the street scene and will have a loss of amenity to the properties around it.”

Councillor Cherry McCredie asked: “Is this actually needed? Is it just overdevelopment and we can live without it?”

Committee chairman Nigel Avey also questioned the reasoning behind the proposed development: “When I saw this, I couldn’t see the logic. Why would you do that to the building? It doesn’t seem, to a layperson, to be the most sensible thing to do.

“I have concerns about parking. Access has been mentioned as well. I just think it’s overdominant.”

## Police arrest another suspect in murder investigation

A fourteenth person has been arrested in connection with the murder of Stephen Morrisson in Epping.

Stephen, 30, was found seriously injured in Epping Road shortly before 8pm on June 23, 2020. He had been stabbed in the liver and, despite the efforts of

medical staff, he died later that evening.

On Wednesday, April 21, a 24-year-old man from Ruislip was arrested in London on suspicion of murder.

He has been released on bail until May 18.

In total, Essex Police have now arrested 14 people in connection with Stephen’s death. Including this new arrest, seven people have been released on bail and two people have been released under investigation.

Five people face no further action at this time.

## New school for autistic students opens

A new school for young people with autism opened in Epping in April, after it received a positive Ofsted pre-registration inspection.

The Tower School will provide education for young people aged 11–18 who have autism and associated conditions.

Ofsted visited the school in March and inspectors reported that it was “likely to meet all the independent school standards when it opens”.

The school is situated in the heart of the community at the end of Epping’s High Street. The building, formerly a 1920s car showroom, has been redesigned and refurbished to meet the needs of its students.

Headteacher Kerry Linden has more than 20 years’ experience in education.

She said: “The tallest towers need the strongest foundations, and young people attending The Tower School will experience a great combination of education, support and life skills which will provide them with those strong foundations to achieve great things.

“As a dedicated safeguarding lead and a special educational needs coordinator, I know exactly what it takes to meet your child’s educational needs and to keep them safe in our school.”



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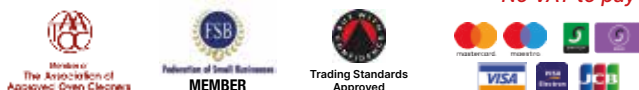
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## Refurbishment of Civic Offices complete



Photo credit: Epping Forest District Council

The refurbishment of Epping Forest District Council Civic Offices has been completed on time and within budget.

The completed building was handed back from the contractor on April 15, and work is currently ongoing to fit out the interior ready for staff to return to the offices in mid-June.

A council spokesman said: "The Civic Offices transformation is part of our investment in the future and our aim to become carbon neutral by 2030.

"Marketing of the top floor to commercial businesses has sparked major interest not just from local companies, but also from those further afield looking to grow their enterprises in an Essex location with excellent transport links."

Viewings are ongoing and conversations are taking place with a number of interested parties.

## COVID-19 self-test kits available from library

Epping Forest District Council has announced that COVID-19 self-test kits are now available for collection from Epping Library, as part of the latest campaign to make testing more accessible and convenient.

Residents who do not have COVID-19 symptoms will be able to collect two boxes of seven tests, so that they can carry out twice weekly tests at home to help prevent the spread of the virus.

The council says the self-test kits are simple to use and offer quick results, helping to identify those who

have no symptoms but are still infectious. They can be collected from Epping Library on St John's Road from Monday to Saturday, between 9am and 5pm.

Dr Mike Gogarty, director of public health, said: "I cannot emphasise enough how important it is that, as lockdown eases, people remain vigilant, observe hands, face and space, and get tested to make sure we reduce asymptomatic infections as much as possible.

"We are particularly keen to test people who cannot work from home, and we are encouraging residents to take a test before seeing relatives or loved ones outside their lockdown bubble."

## Responsible attitude needed as high street finally reopens

The second step of the government's roadmap out of lockdown began on April 12 with the reopening of shops, pubs, bars and cafes.

Council officers and police from the Brentwood and Epping Forest District Community Policing team are working together to ensure a safe and sociable opening of licensed premises across the two areas.

A council spokesman said: "While we are looking forward to welcoming residents and visitors back to our high streets, we recognise that the easing of restrictions, coupled with warmer weather, may tempt some to disregard ongoing COVID-19 rules.

"For instance, social distancing is still required, along with the rule of six in groups outdoors, and wearing masks in shops.

"It is important we move slowly and responsibly out of lockdown into a new normal to avoid facing further restrictions in the months ahead."





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# LOCAL NEWS

*from your neighbourhood*

## Two arrested after police find stolen vehicle in village



Two people have been arrested for theft-related offences after a stolen vehicle was tracked to a location in Theydon Garnon.

In the early hours of Saturday, April 10, Essex Police were notified that a Range Rover had recently been stolen from Hertfordshire.

Local Policing Team and Roads Policing Unit officers responded. They found the vehicle at a premises off Coopersale Lane. A 32-year-old woman from Romford and a 27-year-old man from Dagenham were arrested on suspicion of handling stolen goods and theft of a motor vehicle.

Police began a full investigation, with support from Stolen Vehicle Intelligence, crime scene investigators and Loughton Criminal Investigation Department.

A further four industrial premises of interest were identified nearby, with warrants obtained and executed. Vehicle parts from numerous models were found and work continues to identify these and their true owners.

The man and woman were released on conditional bail while officers continue their enquiries.

## Police appeal after motorbike rider injured in collision

Police are appealing for anyone who witnessed or has footage of a collision in Theydon Bois, in which a motorbike rider was injured, to come forward.

A white Toyota Hilux and a red and green Ducati 900 motorbike were involved in a collision at the junction of Abridge Road and Poplar Row shortly after 11.10am on Saturday, March 27.

The motorbike rider sustained a number of injuries, including a broken arm and collarbone.

If you saw anything, have any CCTV or dashcam

footage, or have any other information, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote incident 359 of 27 March. You can also call 101 or contact Crimestoppers anonymously on 0800 555 111.

## Grants available for self-isolating residents

Up to £500 per person is available for those who must self-isolate if they are told to do so by NHS Test and Trace or Essex and Southend contact tracing.

Councils in Essex, including Epping Forest District Council, have made it easier for people on low incomes to apply for a discretionary £500 payment if they are unable to work from home while self-isolating.

Dr Mike Gogarty, director of public health for Essex, said: "Thanks to everything the people of Essex have done, COVID-19 case rates have gone from among the highest in England to about a third of the national average. But we can't let down our guard.

"If you carry on going out to work after being told to self-isolate because you're worried about losing money, you could be spreading the virus. These changes to the discretionary Test and Trace Support Scheme will help more people to self-isolate."

For more information about support while you are self-isolating and to apply for payments from your local council, visit [www.essex.gov.uk/support-if-you-are-self-isolating](http://www.essex.gov.uk/support-if-you-are-self-isolating)

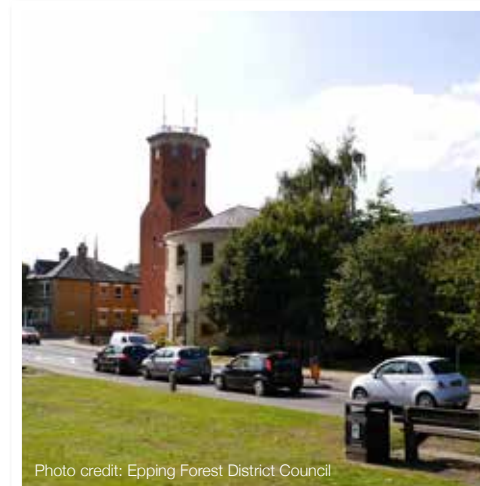


Photo credit: Epping Forest District Council



# Tennis club returns with record-breaking camp

Theydon Bois Lawn Tennis Club was delighted to welcome back both new and familiar and new faces to the courts as play resumed after lockdown.

Its camp, which took place at the beginning of April, attracted a record number of people.

Play resumed for the first time on March 29, with government and LTA guidelines in place to keep everyone safe.

A spokesperson for the club said: "Well done to all who attended the Easter camps over half-term. It was a record-breaking camp, becoming the most popular we have ever run, with many familiar faces and some new ones too.

"Our busiest day saw 44 participants taking part in games such as hockey, Swedish handball, dodgeball

and, of course, tennis. Owing to the LTA guidelines, the camp was run in a slightly different format, which was received well.

"The camp started off with perfect weather for the return to tennis. But, as expected, by the second week the weather was less on our side. We even saw a flurry of snow, but this didn't faze us as everyone was just excited to be back on court."

The club has also welcomed a new coach, Jack Dowsett (pictured), for both junior and adult coaching.

Upon joining the club, Jack said: "I am really excited to start working at Theydon and getting to know all the junior and adult players at the club."

For more information, visit [clubspark.lta.org.uk/TheydonBoisLawnTennisClub](http://clubspark.lta.org.uk/TheydonBoisLawnTennisClub)





MAY BIRTH FLOWER OF THE MONTH:

# Lily

The May birth flower is the delicate and sweetly scented lily. Available in a wide range of vibrant colours, each shade conveys a different meaning. Planted as bulbs, lilies are perfect for containers and flower borders, making them a great choice for small and large gardens alike.

## What does the lily symbolise?

As mentioned above, the lily holds many different meanings which are dependent upon its colour:

- > Pink lilies symbolise femininity and admiration
- > Red lilies represent love and passion
- > Orange lilies convey confidence and energy
- > Yellow lilies are used to say thank you
- > White lilies portray purity and rebirth

## What does this birth flower say about you?

If your birth flower is the lily, you are said to be practical, with the ability to tackle even the most challenging situations. Contrary to the toxic lily flower, you are sweet, tender and with a huge capacity to love, meaning that others always feel safe in your company.

## How to grow lilies

Lilies are planted as bulbs and are ideal for placing in containers or in sunny borders. There are two main types of lily that you can choose from: Oriental lilies and Asiatic lilies. The former give off an intense aroma and are large in stature, whereas the latter are available in a wide variety of vibrant colours but are sadly unscented.

Lily bulbs thrive in moist, acid soils, so if placed in a container, be sure to add ericaceous compost.

## Do lilies come back every year?

Lilies are perennial flowers which mean that they will return year after year. Requiring minimal care if planted correctly, make sure you do not overcrowd your bulbs and place in full sun where possible.

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## GARDEN OF LIFE

# MOISTURE *in the air*

In the final part of our series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the role of moisture in this wondrous ecosystem.

While we may bemoan the washing getting wet when we forget to bring it indoors, the cycle of moisture in our gardens is perhaps nature's greatest wonder of them all. Consider it – we've all gazed out across our lawns or poked around a plant on a window ledge and known that when nature either dries out or floods, the end is nigh.

On a local level, moisture in our plant soil is the difference between a flowering plant and a wilting one; or perhaps a ripe, juicy tomato and one that fails to develop.

On a national, mass-market scale then, getting the moisture content right means looking after the production of every variety of crop, for both human

and animal consumption.

And yet, controlling moisture goes far beyond even that, because the density of water in the soil is vital in regulating the exchange of water and heat energy between plants and the atmosphere, via evaporation. This leads to the production of weather patterns all across the world, and especially determines levels of precipitation.

Even on its way into the atmosphere, moisture is stabilising our climate, plus helping animal life that's dependent on perspiration to regulate internal body temperature – something that's key to survival.

It all adds up to the fact that the humble bit of soil around your petunias is, in the most minute of ways, contributing towards the maintenance and welfare of the flora and fauna and of people's lives in towns, villages and cities all across the world, whether their fear is flash floods, droughts or even potential starvation.





# GUIDE TO GARDEN GAZEBOS

Thinking about putting up a gazebo in your garden? Before you rush to your nearest DIY store to buy one, there are several factors that you first need to consider.

## 1. SURFACE AREA

The surface area of a gazebo is determined by its length and width and needs to be calculated before you make a purchase. As well as working out how much space you have in your garden, you need to consider what equipment and furniture you tend to place under it. Typically, gazebos tend to be at least two metres wide, although you can find smaller ones for more compact gardens.

## 2. FRAME MATERIAL

There are several options to choose from for the main frame of your gazebo. These include:

- > Powder-coated steel. Fairly heavy and inexpensive.
- > Aluminium. Resistant to rust and lightweight.
- > Wrought iron. Strong and durable.
- > Resin. Very lightweight and good value for money.
- > Wood. Attractive and fairly long-lasting.

## 3. CANOPY MATERIAL

Gazebo canopies are typically made out of either polyethylene or polyester, with the former being the most commonly used material for budget gazebos. Polyester, on the other hand, is more expensive but offers superior quality and is less permeable. You may also wish to purchase gazebo curtains for even more protection against the elements, and these are available in the same materials as the canopy itself.

## 4. TYPES OF GAZEBO

There are several different types of gazebos that you can choose from, including:

- > Freestanding gazebo. These typically have a metal framework that is topped with a fabric canopy.
- > Lean-to gazebo. These require a wall to lean against for support and are popular on decking.
- > Pop-up gazebo. Ideal for temporary use, pop-ups tend to be more cost-effective and basic in their design.

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**KIDS**



# CHECKING IN

## WHY PROTECTING THE YOUNG PEOPLE AROUND YOU MEANS INSISTING ON THE RELEVANT CHECKS

In the past decade or so, Criminal Record Checks (CRCs) have become commonplace in situations where organisations need to safeguard the welfare of children, young people and vulnerable adults. And this can be the case in everything from 9-5 employers ensuring their staff have been honest in job applications, to volunteers working for charities, right through to local sports teams safeguarding the welfare of young players.

The checks are done by the Disclosure and Barring Service (DBS) and take the form of a simple and relatively cheap process that takes a couple of weeks. The application can be submitted by the individual or an employee (but only after an offer of employment has been made – in other words, for a successful applicant, not for an interview candidate).

The request goes to the DBS, where a criminal background check will be made. A certificate is subsequently issued that lists any convictions.

The process has become an essential part of

verifying people who are in positions of responsibility where young and vulnerable people are concerned, and replaces what was previously a somewhat more convoluted process between the Criminal Records Bureau and the Independent Safeguarding Authority. By merging these two organisations into one entity, the DBS, in 2012, the government was able to streamline welfare checks, which meant not only a safer and more comprehensive system, but also one where people could begin helping and assisting youngsters without having to go through swarms of red tape.

Of course, while a DBS check will list noted convictions, organisations can and do undertake additional protection, welfare and safeguarding training. And as ever, as parents, the most effective reference to those helping our children comes through our own communication with both our loved ones and the organisation – it always pays to be vigilant.

Photo credit: Ascannio/Shutterstock.com





PETS

# FIRST AID for pets

Knowing what to do in an emergency can be the difference between life and death when it comes to your beloved pets. From what to put in your pet first aid kit to the benefits of undertaking a pet first aid course, keep reading to ensure you are equipped to help your pet when they need it most.

## PET FIRST AID CHECKLIST

All pet owners should have a pet first aid kit, for use both at home and when out and about. You should also keep your vet's number stored in your phone in case of an emergency. Your kit should contain:

- + Bandages
- + Blunt-ended scissors
- + Wound wash and dressing
- + Cotton wool
- + Tweezers (standard and tick)
- + Self-adhesive tape
- + Vinyl gloves
- + Foil blanket
- + Antiseptic wipes
- + A blanket (to be used as a stretcher)

## WHAT CAN I EXPECT TO LEARN ON A PET FIRST AID COURSE?

Although not intended as a replacement for professional veterinary care, a pet first aid course can give you the skills needed to deal with an

emergency should it arise.

During a pet first aid course, you can expect to learn:

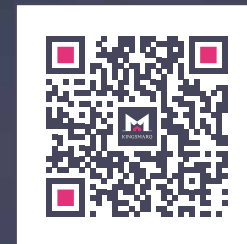
- + Overall pet health
- + Tips on examining your pet
- + Pet digestion
- + Signs of dehydration
- + How to treat burns
- + How to treat a choking pet
- + Basic CPR for pets
- + Signs of frostbite
- + What to do if your pet goes into shock
- + Drowning first aid
- + How to approach an injured animal
- + How to check vital signs

The exact course material may differ from one course to another.

## WHERE CAN I GET FREE PET FIRST AID INFORMATION?

The People's Dispensary for Sick Animals offers a free downloadable pet first aid guide on its website [www.pdsa.org.uk/get-involved/our-campaigns/free-first-aid-guide](http://www.pdsa.org.uk/get-involved/our-campaigns/free-first-aid-guide)

It also offers local pet first aid courses, although you will need to check if these are up and running again after a temporary suspension of service owing to the COVID-19 pandemic.



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# COASTAL HOTSPOTS

for home buyers

With summer staycations being on the cards for many families this year, homes by the sea are attracting more interest than ever before.

But if you are thinking of making a more permanent move to a coastal location, check out the below hotspots that are proving to be popular with home buyers across the UK.

**SWANAGE, DORSET** - average asking price £394,762

Only six miles from Bournemouth, Swanage was recently named as one of the best places to live in the South West by *The Sunday Times*. Offering an old-fashioned seaside charm, this town is your best bet for affordable family homes with sea views.

Choose from Victorian terrace houses, bungalows and modern sea-view apartments.

**ROTTINGDEAN, EAST SUSSEX** - average asking price £596,699

Another highly popular spot for home buyers, Rottingdean combines a picturesque village with a beautiful beachfront and boasts a lively community. Explore a mix of Georgian town houses, Edwardian family homes and character cottages.

**ST MAWES, CORNWALL** - average asking price £963,398

For those with a larger budget, the small fishing village of St Mawes, near Falmouth, is the perfect coastal location. With more than five million searches on Rightmove in February, Cornwall has now overtaken London as the most searched for place for home buyers.

Popular for boating and yachting, if you want to do a bit of daydreaming, check out its selection of stunning sea-view mansions.

**THORNHAM, NORFOLK** - average asking price £223,898

A small coastal village situated in the Norfolk Coast Area of Outstanding Natural Beauty, Thornham's attractive and traditionally styled properties make it a highly sought-after location for home buyers. Ideal for those looking for a more remote place to live; if you work from home, you won't find a more idyllic setting.



BUSINESS & PROPERTY



# QUIDS IN

*How to make money back on your online purchases*

While the three lockdowns we've endured since March 2020 may not have done much for our mental health, they have at least, as very small consolation, given new energy to consumerism. From shops and online retailers needing to find new ways to connect with a marketplace unable to act in the same way as before, to huge quantities of dormant pre-lockdown stock needing to be shifted, it's a good time to be on the lookout for deals.

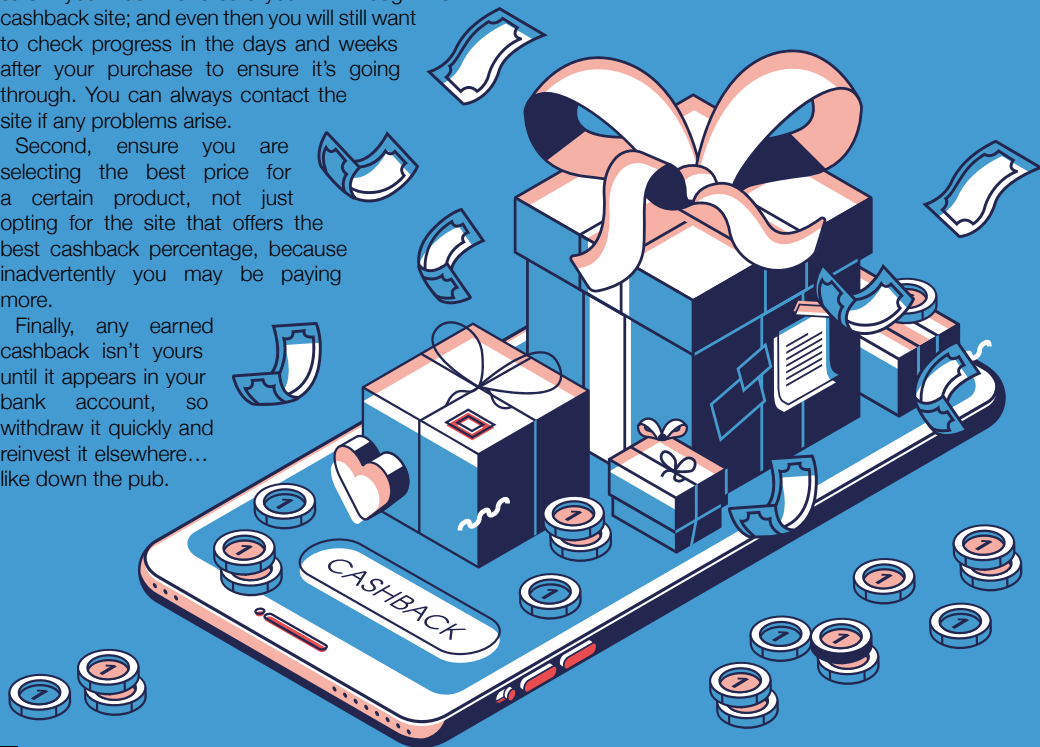
Sure enough, in a world that is more driven than ever towards consumerism, online tracking of purchases through cashback sites can provide an additional useful bonus to purchases – they might even determine which retailer you buy from in the first place.

Sites such as Quidco and TopCashBack advertise cashback offers from thousands of retailers. Simply follow the link to Nike, Next, New Look or whoever has a product you desire, and make a purchase, which will be tracked using cookies. You will have been given a percentage cashback level – usually between one and 10 per cent. A few weeks later, that cashback will appear on the platform, ready to be withdrawn into your bank account or converted into a gift card.

There are a couple of operational points worth noting. First, the tracking process isn't 100 per cent fail-safe – you must make sure you link through the cashback site; and even then you will still want to check progress in the days and weeks after your purchase to ensure it's going through. You can always contact the site if any problems arise.

Second, ensure you are selecting the best price for a certain product, not just opting for the site that offers the best cashback percentage, because inadvertently you may be paying more.

Finally, any earned cashback isn't yours until it appears in your bank account, so withdraw it quickly and reinvest it elsewhere... like down the pub.





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# Buy or Lease?

*The ins and outs of buying versus leasing, and which one you should choose*

The trend in modern motoring, certainly where new cars are concerned, is to lease rather than buy. The advantages of leasing speak for themselves – you'll need to put down only a small amount of money upfront, your monthly payments can be configured according to the budget you set out at the start, and you have the option of upgrading the car every few years so you're always rocking about town in the latest model.

There's also the reassurance of knowing that if something goes wrong with the vehicle, you'll be covered by the manufacturer's warranty; and that fear of the unexpected, when you hear that horrible, grinding sound... well, it's someone else's problem!

You'll also find that road tax can be covered, and you may even get the vehicle delivered to your door.

The appeal of what is, in effect, borrowing a vehicle is at odds with the way we view other things in life. Home ownership, for instance, is taken as preferable over renting, yet owning a car outright is fraught with perils.

If you can afford the entire cost of a vehicle upfront you're immediately into the realms of depreciation the moment you turn the key in the ignition – and of course any repair

bills fall to you and you only.

That said, you won't have to subscribe to any mileage limitations, nor will you be dealing with broker fees. And while many pay for new cars through PCP (personal contract purchase) or HP (hire purchase) finance, you do have a potentially substantial asset ready to be cashed in when you decide you want to switch to another vehicle.

Buying over leasing very much comes down to personal circumstances – what's right for you will be wrong for someone else. As ever, do the maths and, more than anything else, drive safely!





# Masterful MATSUYAMA



Photo credit: Gregory Bull/AP/Shutterstock

## HOW A SHY JAPANESE GOLFER MADE HISTORY AT THE MASTERS

In all honesty, golfer Hideki Matsuyama probably isn't cut out for a life in the spotlight of the sporting world. The 2021 Masters champion, who originates from the place in Japan that gave him his name – Matsuyama is a city in the Ehime region on the island of Shikoku – claimed victory at the iconic Augusta course in April, finishing a shot clear of American youngster Will Zalatoris.

"I am relieved," he said afterwards. "It looked good coming into the final day – the course was playing well for me and I knew I just had to hold my nerve."

"It is the proudest moment of my sporting life."

Success hasn't come quickly or easily. Indeed, Matsuyama has had to wait four painful years to make amends for a catastrophic loss of confidence on the back nine of the 2017 PGA Championship when he seemed set to take the title.

Recovering from hitting five bogeys in the final

trappings that cost him that victory has taken the 29-year-old time, and although he again wobbled on his way to finally setting the record straight as he posted an overall 10 under par, this time he held on to the clamours of delight emanating from his homeland.

Japan is a golf-mad country and finally it has a golfing champion to call its own; not just that but a man who values respect and humility. He bowed to the 18th fairway at Augusta as a mark of respect and, despite pocketing the \$2million first prize, still flew back to his homeland alone, on a standard flight. Indeed, perhaps the most iconic image of the whole weekend was Matsuyama sitting at Augusta airport on the Monday, dressed down, checking messages, and that famous green blazer casually draped over a neighbouring seat.

Japan has a champion to be proud of, as does the sport of golf.



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## THERE'S NO BEATING BLACKMORE

*How modest but magnificent jockey Rachael Blackmore made history*

On April 10, Rachael Blackmore stood aloft Minella Times, triumphant in becoming the first female jockey to have ridden a horse to victory at the Grand National.

In 182 years of the world's most famous horse race, never before has a member of the fairer sex come home victorious, though in Blackmore, who hails from Killenaule in County Tipperary, there is a jockey of prolific character, determination and future potential.

Already 10 years on the circuit, having ridden her first winner as an amateur back in February 2011, she truly announced herself at Cheltenham in 2019 when she came home first on A Plus Tard in the Close Brothers Novices' Handicap Chase.

That year she also had her second taste of riding at Aintree and, with each passing iteration, enhanced a game plan that would help her take home the big prize.

"I think as a jockey you are always learning; and although the courses and the horses are different, every race for me has felt like a rehearsal for a big victory."

Cheltenham success this year on favourite Honeysuckle reaffirmed the jockey's status to perform when the pressure was on, though starting out at 11/1 at Aintree in the Grand National left plenty of room for doubt. Those who bet on her to bring home the greatest victory of her career needn't have worried – Blackmore rode an impeccable race as the eight-year-old horse came through in style, winning by six and a half lengths.

"It fell right for me on the day, and that's all you can ask as a jockey," she said with immaculate modesty. "I never at any point thought I had a divine right to win, and nor will I in future – I've always regarded myself as being in the right place at the right time; and I'll hopefully continue to be."

Photo credit: Steven Cargill/racingphotos.com/Shutterstock



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# PUZZLES & TRIVIA

## PUZZLES

Answers: see end of The VISION Listings

- ▶ QUACK
- ▶ QUALIFY
- ▶ QUALITY
- ▶ QUARREL
- ▶ QUARTER
- ▶ QUASH
- ▶ QUEEN
- ▶ QUEUE
- ▶ QUICHE
- ▶ QUICK
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T	T	L	Q	O	A	T	D	Q	M	R	E	I	S	A
A	N	E	E	U	Q	Y	Y	S	U	I	H	F	C	F
Q	U	E	U	E	I	O	T	A	T	A	L	W	P	P
L	J	Z	I	T	A	N	Q	E	E	T	R	L	O	L
Q	G	U	Q	N	Q	T	T	U	I	T	P	T	E	A
H	Q	Y	U	E	P	H	Q	U	O	U	B	V	E	F
E	O	R	I	I	H	G	S	U	P	R	Q	Z	V	R
T	Q	E	Z	T	A	C	K	A	I	L	U	A	T	R
I	U	V	S	O	W	G	I	C	U	T	E	M	R	U
U	A	I	Z	U	K	C	I	U	Q	Q	T	F	R	U
Q	L	U	P	Q	K	C	A	U	Q	K	A	E	R	A
R	I	Q	G	R	L	E	R	R	A	U	Q	I	R	P
P	F	K	Y	I	U	I	Y	T	I	L	A	U	Q	A
N	Y	I	W	F	S	S	P	S	O	Q	U	I	R	K
J	B	T	P	U	T	E	T	O	U	Q	C	J	W	S

## DID YOU KNOW?

- ▶ Lots of plants are used as dyes. For example, teabags and stewed onion skins
- ▶ According to Guinness World Records, the tallest planted tree was a Eucalyptus regnans planted in Dunedin, New Zealand. It measured 82.25 metres on November 15, 2018
- ▶ Pollen from trees provides essential food for bees in the early spring
- ▶ Orange carrots were created by crossing various other colours of the vegetable
- ▶ Seeds can be dispersed in several ways. Some of the most common are the wind, water and animals
- ▶ The stem of a plant is used to transport water and nutrients to different areas
- ▶ Mushrooms have their own immune system

## WORD LADDER

BACK
DOWN

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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