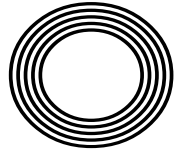


Could COVID-19
science help cure
other illnesses?

50 YEARS
OF ONE DAY
INTERNATIONAL
CRICKET

BOTTOMS UP!
Celebrating National Beer Day

J.K. Rowling
The author's success with Harry Potter



FREE

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ROMAN KEMP

Opening up conversation about men's mental health



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JUNE 2021

Editor's notes...



Brett Shohet, Editor

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

I hope everyone is well and enjoying a bit more freedom thanks to the easing of COVID-19 restrictions. I've not been able to get out too much owing to the often-shoddy weather; however, I've made the most of my time indoors by organising some exciting opportunities.

Myself and **VISION** always like to lead by example - through hard work and critical thinking, we are always coming up with creative ideas to make the **VISION** publications and our clients even more visible.

Beyond that, we are looking at opportunities where we can support some local charities through our business ventures.

While I can't go into much detail yet, there is big news coming about a plan that will benefit our readers and clients in equal measure. So, all I'll say is: watch this space.

As I'm sure everyone can appreciate, the last year and a half has been difficult for everyone - individuals and businesses alike. Through your support, we are still here and thriving, so I thank you for that.

VISION likes to keep things topical, so this month we take a look at radio host and TV personality Roman Kemp, who has become a champion for mental health awareness for young men across the country.

Brett Shohet

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

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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Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else,”

CELLmate

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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SUPPRESS the sweat



FASHION



Although the arrival of warmer weather can work wonders for your mood, it can also make you feel hot, bothered and bad tempered. Fortunately, the below breathable fabrics are guaranteed to help keep you cool, calm and collected.

1. Cotton: Known for being lightweight, soft and breathable, cotton should be your go-to fabric for summer. With a natural ability to soak up sweat, allow heat to escape from the body and keep your skin cool, cotton comes in countless styles and colours, meaning you can find the perfect outfit for any occasion.

CARE TIP: Cotton can shrink in the dryer. Avoid this by hanging items in the home or garden to dry.

2. Linen: Linen is loosely woven, meaning it is also a highly breathable fabric that lends itself well to high temperatures. Although it can be stiff, linen can absorb a vast amount of moisture and it dries quickly, providing relief from sweat when you need it most.

CARE TIP: Combat creases by lightly spraying with water and smoothing with your hand.

3. Rayon: A man-made fabric, rayon is a blend of cotton, wood pulp and other natural or synthetic fibres. Created as a more cost-effective alternative to silk, rayon boasts very thin fibres that offer lightness and help prevent sticking. The perfect fabric for dresses and sportswear, rayon garments keep their shape and require little maintenance.

CARE TIP: Machine washable and dryable, rayon should not require ironing.

4. Denim/Chambray: Denim is made from tightly woven cotton so it has many of the same benefits as this natural fabric. However, it can feel heavy, which is why some people prefer to wear chambray when the temperature rises. Often referred to as imitation denim, chambray is much lighter and comes in a high thread count which guarantees enhanced breathability.

CARE TIP: Preserve your denim/chambray by spot washing with cold water and use a mild soap.

NAILED IT

Do you know your nail shapes?

If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

ROUND

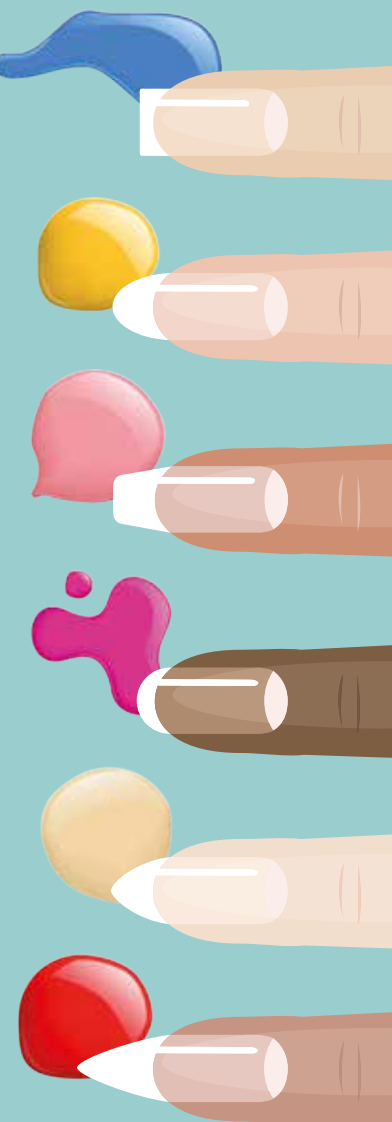
A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.



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HEALTH & FITNESS



From pop sensation Lady Gaga to body coach Joe Wicks to boxer Anthony Joshua, cold showers and baths are the lockdown wellness trend taking over the celebrity world.

So what has made these famous faces take the plunge?

faster to warm itself up, which in turn increases blood flow and promotes good circulation.



INCREASE WILLPOWER

A case of mind over matter, forcing yourself to endure the cold for extended periods of time can help to strengthen your willpower and make you more ready to take on the challenges of daily life.



REDUCE STRESS LEVELS

Regularly taking cold showers imposes a small amount of stress on the body which results in a process called "hardening". This enables your nervous system to get used to moderate amounts of stress, which can help you keep a cool head.



MORE ROBUST IMMUNE RESPONSE

Scientific studies have shown that taking a cold shower can increase the amount of white blood cells in your body, which helps to protect your body against diseases.



BETTER CIRCULATION

By reducing your core temperature, a cold shower forces your body to work harder and



WEIGHT LOSS

Research has shown that exposure to the cold increases your metabolic rate and directly stimulates the generation of brown fat, which is a specific type of fat tissue that generates energy by burning calories.

HOW TO TAKE A COLD SHOWER

- Enjoy your usual shower
- At the end, slowly lower the temperature
- Get the temperature low enough so that you start to feel slightly uncomfortable
- Stay there for 2-3 minutes
- Lower the temperature more with each shower

DID YOU KNOW...

...that the Guinness World Record for sitting in an ice bath is a whopping 1 hour, 52 minutes and 42 seconds? This record is held by Dutch adventurer Wim Hof, aka the "ICEMAN".



EYE YOGA EXERCISE...

A wellness trend that you most definitely need to keep an eye on, eye yoga promises to prevent eye strain and eye fatigue and to result in brighter peepers in as little as five minutes per day. Exactly what our screen-loving nation needs.

EYE EXERCISE 1: *Palming*

- ☞ Rub your hands together for 10 seconds to create heat and energy
- ☞ Look straight ahead and gently place your palms over your closed eyes
- ☞ Take a few deep breaths and allow the darkness and heat to soothe your eyes
- ☞ Leave until the warmth fades

EYE EXERCISE 2: *Blinking*

- ☞ Sit with your shoulders relaxed and your neck straight
- ☞ Blink your eyes very fast for 10–15 seconds
- ☞ Gently allow your eyes to close and settle
- ☞ Repeat every hour if using a screen all day

EYE EXERCISE 3: *Zooming*

- ☞ Sit in a comfortable position
- ☞ Focus on an object in the distance for five seconds
- ☞ Move your focus to a closer object for a further five seconds

- ☞ Move your focus to something very close to you, such as your hand, for five seconds
- ☞ Reverse your gaze back to the middle object and then to the one furthest away
- ☞ Repeat for two minutes

EYE EXERCISE 4: *Rolling*

- ☞ Sit with your shoulders relaxed and your neck straight
- ☞ Look to the right and then slowly roll your eyes up towards the ceiling
- ☞ Roll your eyes down to your left and then down to the floor
- ☞ Do this in both clockwise and anticlockwise directions

EYE EXERCISE 5: *Figure of Eight*

- ☞ Sit in a comfortable position
- ☞ Raise your hand in front of you at eye level
- ☞ Extend your thumb and focus on it
- ☞ Start to move your arm in a figure of eight shape
- ☞ Keep tracing for 30 seconds and then switch directions

...to try at home or work



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CARB

CONCENTRATION

You hear a lot about protein when it comes to building muscle, but did you know that the types of carbohydrates you eat are just as important? Discover which carbs to consume for optimal muscle growth below.

Breakfast cereals: Breakfast is most definitely the most important meal of the day and, if you are looking for maximum muscle growth, you should aim for a breakfast cereal that has at least two grams of fibre per serving. Ideally, add one scoop of protein powder and enough milk to bring the carb content to around 60g.

Sweet potatoes: Rather than eating white potatoes, which are high in calories, body builders should turn their attention to the sweeter variety. A great source of carbohydrates and containing Beta Carotene, which is responsible for aiding growth and repairing the body's tissues, sweet potatoes make an excellent addition to any post-workout meal.

Brown rice: Rice has been a popular carb for gymgoers for years, offering a cheap and convenient carbohydrate source. Perfect for those who are going through a bulking phase, brown rice has the added advantage of being full of fibre.

Quinoa: Often thought of as a grain but actually a seed, quinoa provides a clean source of carbohydrates for those looking to build muscle. Plus, it is considered a complete protein as it contains all the amino acids your body needs. It also boasts other micronutrients, including manganese and iron.

Pasta: Both white and whole-wheat pasta are great options for those looking to build muscle. The former provides immediate fuel that is needed for intense workouts and for the facilitation of muscle recovery. The latter is considered a complex carb, meaning it takes longer to digest and therefore releases energy at a slower rate. About 113g of dry pasta yield around 90g of carbs. Add lean meat and vegetables for a complete meal.



A VEGGIE VISION

WHY WE NEED TO UNDERSTAND THE HUGE IMPACT OF THE MEAT INDUSTRY

Though we may still umm and ahh over the full implications of climate change, there is one fact we are no longer able to deny, and that is that eating meat is not good for the environment.

In an era when our food comes perfectly packaged in innocent-looking fillet and steak packs, it is easy to detach ourselves from the reality of what we are consuming. Unfortunately, though, industrial meat farming has very real implications for our natural world.

For starters, there's the questionable treatment of animals being farmed on a large scale. Often kept in cramped and unsanitary conditions, these creatures have a poor quality of life and weak immune systems, which makes them more vulnerable to illness and the potential to spread disease.

Second, eating meat has a negative impact on climate change. Industrial meat is the biggest cause

of deforestation globally, as farmers in countries such as Brazil start forest fires to make room for cattle grazing and to grow industrial animal feed, such as soya. Removing the trees' ability to turn CO₂ into oxygen, these fires also release huge quantities of carbon dioxide into the air.

Finally, meat-eating is inefficient. It takes up to seven kilograms of grain to produce one kilogram of beef, which is incredibly wasteful in comparison to eating vegetables or grains, which we grow and then eat, cutting out the middleman (or cow).

However, dyed-in-the-wool carnivores need not fret, for no one is suggesting to remove meat entirely from your diet. Recent campaigns prefer to focus on the consideration of small changes, with quality over quantity. Eating local meat from a trusted and ethical farm is a great place to start, as is abstaining from the pleasure perhaps one day each week.



celebrate NATIONAL BEER DAY

To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

Stout & Oysters

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

Dark Ale & Steak Pie

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

British Bitter & a Ploughman's

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

IPA & Curry

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

Lager & Fish and Chips

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crisper and lighter texture.

Blonde Beer & Brie

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.

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UNUSUAL FRUIT OF THE MONTH: Mangosteen

An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

WHAT DOES MANGOSTEEN TASTE LIKE?

Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?

Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

WHERE CAN YOU BUY MANGOSTEEN?

Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.

HOW TO PREPARE MANGOSTEEN

To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

HOW TO EAT MANGOSTEEN

- > Eat fresh either on its own or combined with other fruits in a fruit salad
- > Juice them
- > Blend and make sorbet or ice cream
- > Add to a curry

HOW TO STORE MANGOSTEEN

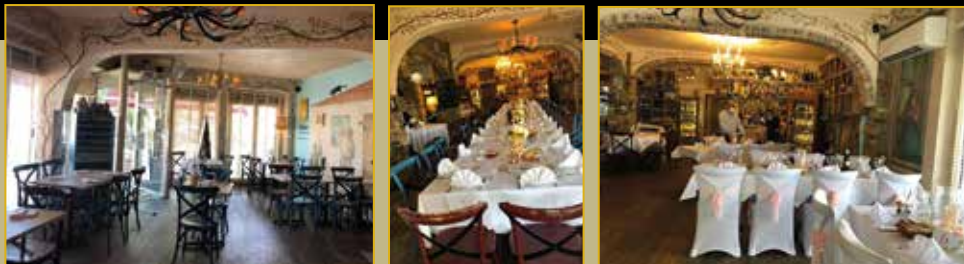
Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1–2 weeks. Store in the fridge for 3–4 weeks. Do not freeze as this will damage the flesh.



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CRACKING UP!

THE BEST LOW-COST WAYS TO
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PHONE SCREEN FROM DAMAGE



TECHNOLOGY



It's arguably the most advanced piece of everyday technology ever invented, yet the demands we place on it mean our phones are always in use, always on the move and forever susceptible to damage.

Our humble devices endure a lot, and we often fail to give them the protection they deserve. Here are five sure-fire ways to preserve the usefulness (and cosmetic appearance) of your cherished mobile phone.



ONE: ON THE CASE

It's the simplest advice you'll ever receive, but adding a protective case to your phone will preserve its life like nothing else. A tempered glass screen will ensure you lose no performance from your device while saving on scratches and impacts on the front. It can also be replaced cheaply, quickly and easily.

Remember, though, bashes, knocks and drops on the sides and corners can travel across the outer shell to create cracks, so investing in an all-over protective case is smart.



TWO: POCKET ROCKET

What's in your pocket that may scratch or make other abrasions on your phone? Keys and coins are the biggest culprits, and scratches usually occur when we're in a hurry, or are distracted by friends (or alcohol). Keep pockets clear of debris if you want to preserve your mobile's aesthetics.



THREE: GRIPPING STUFF

Mobile phone holders and grips have grown in popularity over recent years. They prevent gadgets from slipping through fingers and aid functionality when we're using them. What's not to like?



FOUR: WATER AND TEMPERATURE

Phone malfunctions often have a lot to do with water, heat and extreme cold. Exposing your device to any of these will speed up its deterioration.

FIVE: CURIOSITY KILLED THE... PHONE

The other enemy to mobile phone health is of course leaving it unattended. Small kids, toddlers and even pets can wreak massive damage, so keep it under a watchful eye at all times.



From Bobby TO BORIS

MARKING 300 YEARS SINCE THE UK'S FIRST PRIME MINISTER

While the supposition – usually by members of the party in opposition, predictably – is that modern politics is decorated with elected representatives engaged in poor behaviour, underhand dealings and general miscreant activity, the reality is that this has been going on for centuries – all the way back to the time of Sir Robert Walpole.

“Who is he?” you ask. Well none other than the United Kingdom’s first Prime Minister.

This year marks the 300th anniversary of his appointment – a stirring rise to the top for someone born in 1676 to a wealthy landowning family in Norfolk.

Cambridge-educated, Walpole was named member of parliament for Castle Rising in 1701 for the Whigs; and while he briefly lost elected power when the Tories won a General Election in 1710 – at which point he was imprisoned briefly on charges of corruption – he returned to front-line duties when George I came to the throne in 1714.

His ascent was built on a desire for peace abroad, low taxation and a reduction of the national debt; and while he became embroiled in various scandals as First Lord of the Treasury, Chancellor of the Exchequer and Paymaster General, his ability to speak for both the people and the upper-class elite who ran the country ultimately preserved his time at the top table. It also ensured a gift from George II of 10 Downing Street, where the current Prime Minister still resides today.

Walpole was comfortable in his role until the late 1730s, when pressure began to build from within his party. A poor election result in 1741 followed and he resigned from his post shortly afterwards. Within three years he was dead, though his political legacy lives on.

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HOW TO CLEAN

Blinds



HOME & DIY

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Whatever style blinds you have, and in whichever material, discover how to banish dirt and dust without breaking a sweat.

FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.

Hoover user



The mistakes most of us make when hoovering. How many are you guilty of?

Setting it right

The settings on your hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

Skirting around the problem

Most modern hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

Top form

Many of us store the hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the

bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then hoover.

Bagging it out

Regular changing of the hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your hoover.

It's behind you

The temptation when hoovering is to see a floor and hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

And remember, a hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.



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HOME & DIY

How to Create a SMART KITCHEN

Embrace innovation with the latest smart kitchen devices that will revolutionise this pivotal room in your home. Enjoy enhanced convenience, save money and have fun, all at the touch of a button or using just your voice.



INVEST IN A SMART FRIDGE: How often have you gone to the supermarket unsure about what exactly you need? Eliminate this problem with a smart fridge that boasts built-in cameras that allow you to see its contents wherever you are.

Other features include: Adjustable storage spaces that can be used as a fridge or freezer | Sensors to open and close the door hands-free | Artificial intelligence that detects maintenance issues

INSTALL SMART LIGHTING: The beauty of smart lighting is that it allows you to add the wow factor to your kitchen without blowing your budget. From smart dimmers that can be controlled from your phone or your smart speaker, to smart bulbs that plug into your existing light fittings and boast an adjustable colour temperature.

Other features include: Control individual bulbs, groups or your whole home's lighting | Set light themes to create different atmospheres | Motion-sensing lights



COOK WITH A SMART OVEN: Whether you love to cook or see it as more of a chore, a smart oven will revolutionise the way you feed your family, providing you with the means to control your cooking from your smartphone or tablet, whether you are in your home or not.

Other great features can include: Voice control | Automatic setting selection | In-oven camera

ADD A SMART TAP: No kitchen is complete without a sink, and for times when your hands are either full or dirty but you need water, a smart tap offers the perfect solution. Choose from a touchless faucet that works by waving your hands in front of the sensor or a voice-enabled tap that can be customised with your preferred commands.



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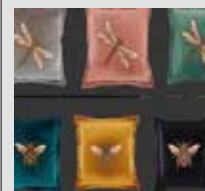
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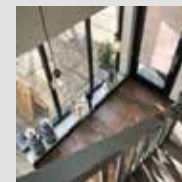
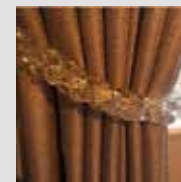
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MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

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LOCAL NEWS

from your neighbourhood



Photo credit: Epping Forest District Council

Conservatives dominate in elections with increased majority

The local elections on May 6 saw the Conservatives continue to control the political landscape of Epping Forest, taking 14 seats with 48 per cent of the vote share.

The voter turnout increased to 34.6 per cent, compared to 30.46 per cent in the 2016 elections, despite fears that the pandemic might dissuade people from going to the polls.

The Conservatives held all 11 of their seats, and took an additional three.

Loughton Residents Association took seven seats, while the Lib Dems and Green Party took one seat each. Labour had 13 per cent of the vote share, but took no seats.

In Epping Hemnall, Liberal Democrat candidate Jon

Whitehouse was elected with 61 per cent of the votes, beating Conservative candidate Simon Baker, who received 32 per cent.

Conservative councillor Holly Whitbread (pictured inset) held her seat to represent Epping Lindsey and Thornwood Common, taking 59 per cent of the vote.

There was also success for the Tories at the county council elections, with six of the seven candidates elected representing the Conservatives, including cllr Whitbread for Epping and Theydon Bois.

Councillor Chris Pond, who represents Loughton Residents Association, was also elected at county council level.

Nationally, the Conservatives now control a dozen more councils than they did before.



Community project receives national commendation

The Epping Forest community project, 3food4u, has received a commendation from national food surplus charity, FareShare, as it continues to help and support families in Epping Forest during the coronavirus pandemic.

The partnership over the past 10 months has resulted in 30 tonnes of food being redistributed, the equivalent of 70,000 meals.

Pesh Kapasiawala, chair of trustees at 3food4u, said: "We're very conscious that it can be embarrassing and awkward to ask for support for the most basic essentials, especially when you have been self-sufficient all your life. But if you are brave enough to ask for help, we give it."

The commendation from the charity reads: "We are proud to work with and provide surplus food to organisations like 3food4u, who work tirelessly to support and strengthen their community.

"With an extensive team of dedicated volunteers, 3food4u uses the FareShare Go scheme to redistribute surplus food items from local stores to four large food hubs across North East London and Essex.

"3food4u prides itself on its clear and effective ethos of creating a non-judgemental zone for those in the community who ask for help.

"Supporting everyone in a dignified and humane way is not only its brand, but it's the lifestyle it lives by. Its devoted work is a lifeline in these troubling times."

Outgoing mayor reflects on a difficult year

Epping Town's outgoing mayor has wished his successor the best of luck after reflecting on a difficult year.

Councillor Grahame Scruton, who has been mayor for the last two years, handed over the role to councillor Michael Wright (pictured right). Councillor Barbara Scruton (pictured left) is the new deputy town mayor.

Cllr Grahame Scruton told the annual council meeting: "This past year has been very different from my previous year as mayor.

"Rather than attending events and actually meeting people, the year was very much a case of decision-making based on the ever-changing legislation.

"I firmly believe that we made the right decisions at the right time.

"I wish Michael an enjoyable and indeed a more 'normal' year as mayor."



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Athlete given award for dedication to sport



A keen runner and triathlete from Epping has been awarded the First Award at Epping Forest District Council's Civic Awards.

Larna, 16, has shown great dedication and commitment to her sport and has been awarded £750 to progress her training.

She is a pupil at Saint Nicholas School and has dedicated her free time during the pandemic to her training. She is passionate about competing in triathlons and has her sights firmly set on the British Triathlon Championships, which will hopefully lead on to the World Triathlon Championships and the Olympics.

Larna plans to invest the funding in a new road bike, as she currently uses her mum's old one. A bike of her own will help her to improve in the cycling element of the triathlon.

Nathan Gladman, from Theydon Bois, received the Second Award, while Elliot Chow, from Loughton, picked up the third prize.

Street, Coopersale.

"Officers attended and contacted the fire service as the car was alight.

"The driver, a 19-year-old man, was not in the car at the time. He was located and taken to hospital."

His condition is not currently known.

School takes part in Dementia Action Week

Schools across the county took part in a variety of activities to mark Dementia Action Week (May 17–23), including special assemblies, blue non-uniform days and virtual sessions with care homes.

Every class at Coopersale & Theydon Garnon Primary School in Epping took part in a 'Memories with Grandma' activity, and a dementia awareness assembly was held for the whole school.

Statistics show that one in three children and young people will know someone with dementia. Dementia Action Week aims to promote awareness and understanding of dementia and how it impacts our lives and the wider community.

A growing number of schools across Essex have achieved dementia-friendly status by organising activities to build understanding of dementia, reduce stigma and raise awareness through increasing opportunities for intergenerational activities.

Councillor John Spence, Essex County Council's cabinet member for adult social care and health, said: "Our young people are so often an inspiration to us in the ways that they demonstrate their care – whether for their community, the environment or, as in this case, older people with the horrible condition called dementia.

"I am really grateful to them and all the school staff for all that they are doing."



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Driver hospitalised after car hits tree and catches fire

A man has been taken to hospital after the car he was driving hit a tree and caught fire near Epping on Sunday, May 9.

Police closed Coopersale Street while emergency services dealt with the incident.

The driver, who is 19 years old, was taken to hospital.

A police spokesman told **VISION**EppingTheydon: "We were called shortly before 1.25pm with reports that a car had collided with a tree in Coopersale



Three arrested after serious crash



Three people have been arrested after a road traffic accident on Epping High Road on May 1. Essex Police shut the road in both directions while they dealt with the incident.

Upon arriving at the scene at around 4am, officers found three people injured inside a suspected stolen Jaguar XE. They were taken to hospital.

The same three people were also arrested on suspicion of theft of a motor vehicle, being unfit to drive through drink or drugs, and dangerous driving.

A 21-year-old man and an 18-year-old man were arrested on suspicion of attempted theft of a motor vehicle, theft of a motor vehicle, using a motor vehicle in a public place without third-party insurance, driving otherwise than in accordance with a licence, failing to stop when required, and causing serious injury by dangerous driving.

Anyone who witnessed the incident is urged to submit a report online at www.essex.police.uk or to call 101 citing incident 158 of May 1.

Survey reveals residents' most pressing issues

A recent survey has revealed that 17.1 per cent of residents in Epping Forest think that improving transport is the biggest issue in the area.

Think tank Demos asked 20,000 adults in constituencies across the UK which issue out of the nine provided needed improving most urgently.

After improving transport, Epping Forest residents chose good local shops as the second most

important, followed by premises to support local jobs. Nationally, the most important issue was having good local shops.

Demos has urged the government to take this research into consideration as it considers how best to spend the £4.8 billion earmarked for the levelling-up fund aimed at reducing inequality across the UK.

Across the UK, nine per cent of survey respondents said they had recently moved house or were planning on doing so for reasons related to the pandemic.

The survey also asked residents how happy they were with the current standards of what was on offer in their area, with 26 per cent of people saying they considered the facilities nearer to 'bad' than 'good'.

Town council draws up wish list for recreation ground

Grant funding opportunities are to be investigated by Epping Town Council for a range of improvements at the Stonards Hill Recreation Ground in Epping.

The town council has drawn up a wish list of projects, including surfacing repairs in the main car park (estimated at £15,000) and at the Jack Silley Pavilion car park (£5,000 to £10,000), and a repaired or new height barrier at the main car park (£1,000).

New main gates and posts could be installed at the Jack Silley Pavilion car park, while the width of the footpath between the main car park and Jack Silley Pavilion could be doubled (£15,000 to £20,000).

A running track or tarmac path around the whole recreation ground is also on the list.

The total wish list amounts to between £117,000 and £120,000.

Councillor Barbara Scruton said the paths and perimeter track should be a priority, adding: "We get a lot of walkers up there. It would be nice to see a path all around the park."



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LOCAL NEWS

from your neighbourhood



Teens recognised for stepping up during pandemic

Two Theydon Bois teenagers have received awards at the Epping Forest District Council Civic Awards. COVID-19 impacted plans for the council's popular Civic Awards 2021 presentation. Instead of the usual ceremony at the Marriot in Waltham Abbey, the awards were presented in a COVID-19 secure manner.

Maisey Lee, from Theydon Bois, was highly commended during the awards ceremony for supporting young children during the pandemic.

She volunteered for the Red Balloon Foundation to help keep projects for children and young people running during the pandemic. Over the summer, she helped run a club in North Weald to ensure children had a fun experience while staying COVID-safe.

Also successful was rising hockey star, Nathan

Gladman, 16, from Theydon Bois, who was previously selected for England's U16 team for the 2019/20 season and has been reselected this year.

A pupil at Davenant Foundation School, Nathan aspires to reach the U18 team when he is old enough and to represent England in the first team one day.

Chairman of the council, councillor Helen Kane, said: "This year, we wanted to celebrate the efforts of volunteers, good neighbours and anyone who had stepped up to help others.

"We were looking for nominations for those in our community who needed to be acknowledged and thanked for their outstanding work in response to the COVID-19 crisis. I am delighted to announce our wonderful winners."

Twins run charity marathon for their grandfather



Two grandchildren have run a charity marathon and raised more than £1,000 in memory of their grandfather and Theydon resident, Bob Day, who was actively involved in many initiatives in the village.

Bob was one of the Village Association Committee members who oversaw the construction of the village. He also acted as the president of the Theydon Bois and District Rural Preservation Society (TBPS).

Sadly, Bob passed away from lung cancer in 2015. In the same year, the Village Association planted a memorial tree in his honour (pictured).

On their recent 26th birthday, Bob's grandchildren, twins Lydia and Henry Maher, ran a charity marathon in different parts of the world to raise money for the TBPS's youth engagement efforts.

Lydia ran around Lake Zurich in Switzerland, where she now lives, while Henry ran from London to his grandfather's grave at Theydon Bois Cemetery.

On their fundraising page, Lydia said: "Our grandfather gave tirelessly to the village of Theydon Bois. As well as being a lifelong resident and president of the Rural Preservation Society, he cherished his community and gave his all to keep the village vibrant and green.

"We were fortunate to be around someone who was able to teach us so much about the beauty of our surrounding area, making Epping Forest somewhere incredibly close to our hearts. We believe that teaching younger members of the community to cherish the forest, as we learned to, is crucial to its conservation.

"In this light, maintaining and funding organisations such as the TBPS is doubly important."

If you would like to donate, head to www.justgiving.com/crowdfunding/keep-it-green

Youth council develops new COVID-19 resource

A new and free programme that has been developed by Epping Forest Youth Council and the Red Balloon Foundation is set to help young people in response to the effects of COVID-19 on mental health

and emotional wellbeing.

Based on a 10-session teaching guide, MiLife C19 is designed for use both in school and at home to help young people understand the effects COVID-19 might have had on their mental health and how they can build their resilience.

Nine schools across the district have already signed up. Pupils in Years 9, 10, 11, 12 and 13 will receive the lessons and take part in activities.

Holly Whitbread, cabinet member for communities, said: "MiLife C19 is all about giving young people the tools they need not just to survive, but also to thrive in the 'new normal', post-COVID-19 world."

The programme is delivered during school and schools can sign up to join until October.

Pupils complete an online assessment at the start of the programme and again at the end to demonstrate the learning they have acquired and map how they have been feeling during lockdown.

Tory councillor holds seat in May local elections

A Conservative councillor held his Theydon Bois seat at the Epping Forest District Council elections last month, despite an increased vote share for the Liberal Democrats.

Three candidates were up for the vote, but it was councillor John Philip who comfortably held his seat over Liberal Democrat candidate, Clive Amos, and Labour candidate, Peter Pendle.

Cllr Philip, who is the former Theydon Bois Parish Council chairman, received 881 votes, which was 59.6 per cent of the total, compared to Amos's 34.6 per cent and Pendle's 5.6 per cent.

Despite Labour receiving its largest share of the vote since 2000, the party was unable to take any seats.





A GUIDE TO PATIO FLOORING

A well-designed patio can act as a second living room for your home, transforming your garden from basic to beautiful. However, you need to make sure you choose the right materials and style for your property if you want a showstopping end result.

PICK PATIO FLOORING TYPE

WOOD – Timeless and extremely versatile, wood can be used to create a rustic or modern-styled patio area. You can also sand down wood multiple times, making it a great long-term investment for your home. Apply a protective wood oil for enhanced longevity.

NATURAL STONE – For the epitome of luxury, natural stone is hard to beat. Popular natural stone options include slate, travertine, granite and marble. Avoid light-coloured natural stones if you have pets or young children.

CERAMIC TILE – A classic flooring material, ceramic offers a durable and cost-effective way to create a patio area in your garden. Opt for unglazed tiles to reduce the risk of slipping and consider adding a sealant to protect from wear and tear.

BRICK – Low maintenance and slip resistant, brick gives off an old-world feel that is ideal for period properties. If cost is an issue, brick pavers make a cheaper alternative.

CONCRETE – Arguably the most versatile choice, concrete can be moulded to fit any shape, and you can personalise it with colouring, stamping, brushing, painting and patterning.

CHOOSE THE RIGHT SIZE

There are three steps involved in sizing your patio flooring:

1. Decide how big you want your patio to be
2. Determine the size of your chosen patio material
3. Work out how much flooring you need to cover your chosen area

PATIO STYLE IDEAS

- > Surround tiles with decorative stones for a more organic look
- > Swap grass for a paved patio and surround with raised flowerbeds
- > Select interior and exterior flooring in the same tone to create a seamless flow



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Garden Goldmine

OUTDOOR FEATURES THAT ADD VALUE TO YOUR PROPERTY

C OVID-19 and the associated stamp duty holiday have made a lot of us think about the saleability of our homes, and perhaps even consider a move. While countless television shows point us in the right direction as far as interior décor goes, what can we do to spruce things up on the outside?

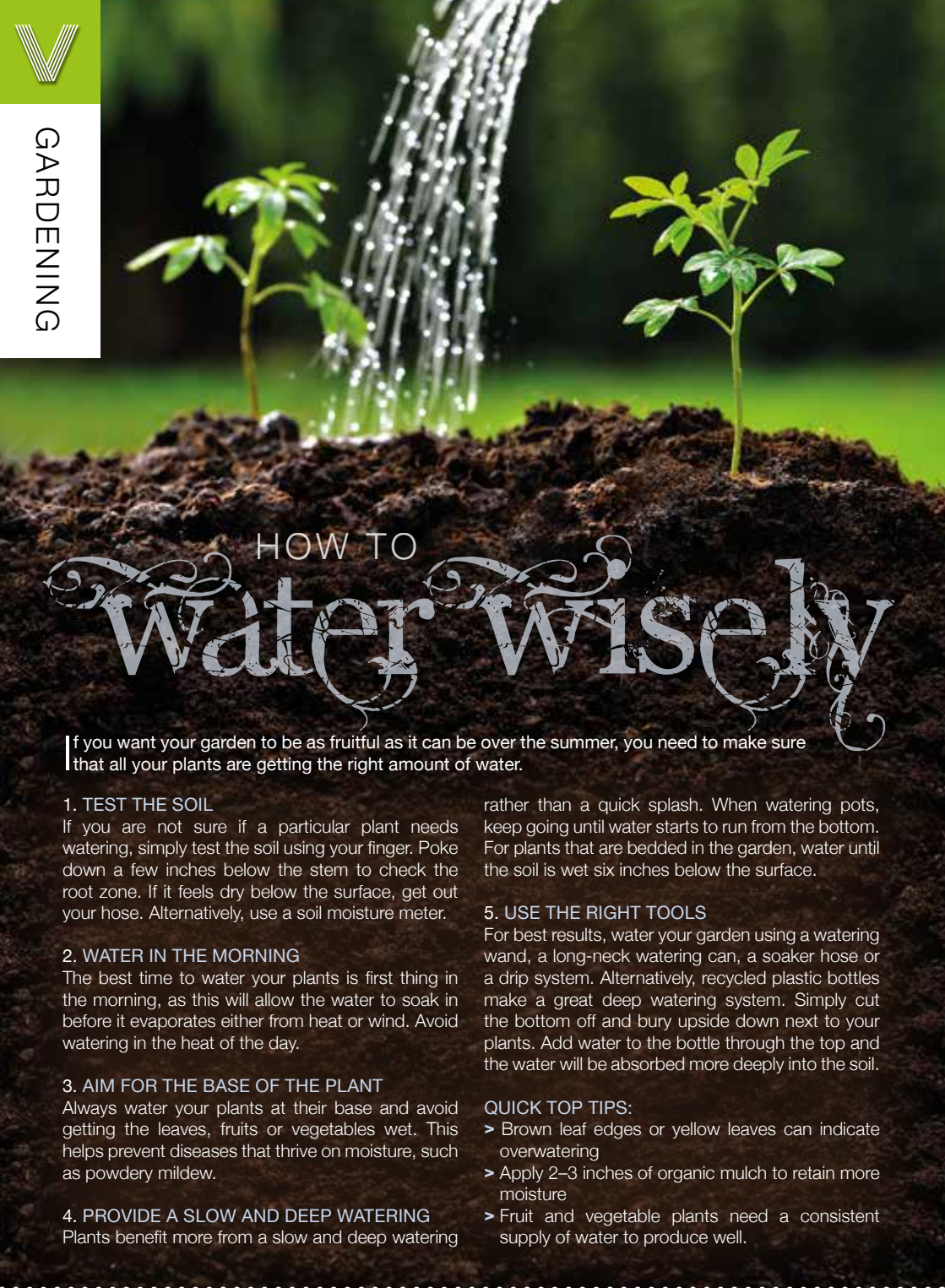
Natural landscaping: While for years we've obsessed over new kitchens, bathrooms, conservatories and more, it seems that landscaping garden spaces – from lawn care to water features and even planting small trees – will add more value to your property than any of the others listed, according to research undertaken last year.

In reality, it makes sense. In Britain we love the idea of reclining in peaceful, tranquil, stylish surroundings with a drink, a magazine, some music and the gentle breeze of summer... even if the season comes and goes in under a fortnight.

Wood you dare?: Wood effect adds a rustic, natural, earthy feel to any outside space, and the popularity of decking – and, to a lesser extent, patios – also makes a big difference when it comes to maximising property value. And the good news is that modern composites will give that 'indoor wood' finish and quality, even in exposed outdoor areas.

The paint saint: A paint job – the entire house, the front wall or perhaps just a new garden gate – will give a real sense of style and cleanliness. Our outer walls and pathways take a real battering across the seasons, so brightening them up can make a big difference when it comes to adding value.

Light show: We're very much in the area of strings of bulbs lighting up entrance ways, trees and even whole gardens. For a relatively low cost, it's possible to give those dusky evenings a real glow of homely warmth.



HOW TO Water wisely

If you want your garden to be as fruitful as it can be over the summer, you need to make sure that all your plants are getting the right amount of water.

1. TEST THE SOIL

If you are not sure if a particular plant needs watering, simply test the soil using your finger. Poke down a few inches below the stem to check the root zone. If it feels dry below the surface, get out your hose. Alternatively, use a soil moisture meter.

2. WATER IN THE MORNING

The best time to water your plants is first thing in the morning, as this will allow the water to soak in before it evaporates either from heat or wind. Avoid watering in the heat of the day.

3. AIM FOR THE BASE OF THE PLANT

Always water your plants at their base and avoid getting the leaves, fruits or vegetables wet. This helps prevent diseases that thrive on moisture, such as powdery mildew.

4. PROVIDE A SLOW AND DEEP WATERING

Plants benefit more from a slow and deep watering

rather than a quick splash. When watering pots, keep going until water starts to run from the bottom. For plants that are bedded in the garden, water until the soil is wet six inches below the surface.

5. USE THE RIGHT TOOLS

For best results, water your garden using a watering wand, a long-neck watering can, a soaker hose or a drip system. Alternatively, recycled plastic bottles make a great deep watering system. Simply cut the bottom off and bury upside down next to your plants. Add water to the bottle through the top and the water will be absorbed more deeply into the soil.

QUICK TOP TIPS:

- > Brown leaf edges or yellow leaves can indicate overwatering
- > Apply 2-3 inches of organic mulch to retain more moisture
- > Fruit and vegetable plants need a consistent supply of water to produce well.



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KIDS



THE SAFETY MEASURES YOU NEED TO PUT IN PLACE WHEN PURCHASING A TRAMPOLINE

On the face of it, it's hard to believe that trampolining is one of the more hazardous leisure pursuits out there; yet the activity accounts for almost 100,000 injuries requiring medical attention every year. Put another way, more than half of parents with children aged 12 have said their child has come to harm at some point.

The reality is, while the spring-mounted tarpaulin offers the softest of landings, kids are making contact from considerable height, and with others close by. And with a prevalence of injuries being caused by freak, awkward landings – sprains and strains account for almost half of injuries recorded – even the most cautious of happy hoppers can come unstuck.

Of course, there are a few measures you can take in order to minimise the risk of injury:

likely knock a juvenile jumper off their feet if a friend lands a split-second earlier.

✓ PROTECTIVE WALL

Most trampolines nowadays come with 360-degree netting around the edges, eliminating the danger of kids being propelled off the apparatus and into nearby hedges. If any part of the edging is broken, however, your safety net is gone, both metaphorically and literally.

✓ SIX OF ONE

It's recommended that no children 'bounce' if under the age of six. The reason for this is younger kids lack the muscular strength to be able to trampoline safely, leaving them more likely to come to harm.

✓ SUPERVISION

Perhaps the greatest deterrent of all is adult supervision. Sure, you may not want to spend your summer afternoons watching kids bounce up and down repetitively, but it's sure as hell a better sight than the inside of the A&E department.

✓ BOUNCE ALONE

Guidelines suggest kids should trampoline by themselves rather than with buddies. Colliding with others in a confined space is common and dangerous, and the trampoline canvas will most



Pups for PROFIT

THE WORLD'S MOST EXPENSIVE DOG BREEDS

We all know dogs are man's best friend... and they need to be, given some of the prices currently being asked for some of the UK's most sought after breeds.

In 2020, the average price of a puppy came in at around £1,750, an amount that soared during lockdown as the demand for companionship – and our ability to look after a pet, given people were either furloughed or working from home – skyrocketed.

Remembering that puppies should always be acquired from registered, verified breeders, here are the top six most expensive breeds:

Chow Chow: This Asian breed looks compact, sturdy and full of personality, yet is actually shy, stubborn and independent. And that comes at a cost – around £4,000 for a puppy.

English Bulldog: Fun-loving dogs who convert playfulness with courage and strength. Now fetching more than £3,000, your bulldog is a full-on investment in every way.

Goldendoodle: A cross-breed that has risen to prominence over the past few years, the Goldendoodle is patient, gentle and cheerful, and will cost upwards of £2,750.

Golden Retriever: Traditional, gentle and friendly, this dog's reputation as a perfect family dog means it carries a price tag to match, often in excess of £3,500.

Miniature Schnauzer: If ever a dog's looks matched its personality, then the Schnauzer is the one. Intelligent, smart, wise and often cautious, your invested £2,500 is probably in good hands (or paws).

Cavapoo: Finally, another trendy cross between a Cavalier and a Poodle, this designer dog regularly fetches more than £3,000 by way of its playful, semi-scruffy and buoyant personality, which comes complete with a teddy bear-esque coat.

Of course, at the heart of dog ownership is love, fun and the acceptance of looking after your new member of the family over a concerted period. That could mean upward of 15 years, and at an estimated total outlay of more than £30,000, so choose wisely.




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Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

We've all had purchases go bad, and when that happens the immediate fear is whether we'll get our money back.

In most instances, the answer is "yes". Certainly, if you buy anything online you are protected by the 2015 Consumer Rights Act. That means, for whatever reason – including simply changing your mind – you will be able to return your goods. You'll usually need to do this within 14 days in order to get a full refund, and obviously items must be sent back in the same condition as they were received.

When purchasing in store, things become a little different. You will struggle to get refunds for perishables unless you are returning in an almost immediate timeframe – such as buying a sandwich only to immediately discover the bread is stale.

In other situations, the product will need to be defective or not fit for purpose, at which point the retailer is allowed to attempt to repair or replace. Be warned, though, simply having changed your mind isn't a verified reason for a refund, and you may discover some pushback.

Of course, while these hard and fast rules reflect a stated code of conduct when it comes to refund rights, things can often veer either side of the line. You may sometimes encounter an overly officious staff member or customer service agent who makes life difficult; though more likely you'll find retailers going the extra yard to refund in some circumstances when they perhaps don't need to legally. Ultimately, good publicity – and bad – travels.

As with all refunds, proof of purchase is important, and building rapport with the person you are liaising with will doubtless move you closer to the result you want, no matter what the circumstances.





Speedy SALE

HOW TO SELL YOUR HOME FAST THIS SUMMER

If you are looking to sell your house this summer as quickly and lucratively as possible, then our property experts can help you. Plus, discover how to speed up the move into your new home.

SPRUCE UP YOUR GARDEN

Searches for properties with large outdoor spaces have soared during lockdown, but that doesn't mean homes with smaller gardens can't also be an attractive option for potential buyers. Make sure you mow your lawn, place the bins out of sight and, if possible, make your garden secluded with the use of fences or hedges.

FOCUS ON KERB APPEAL

You will be surprised at just how many homebuyers will dismiss a property purely on its exterior, with some not even venturing inside after a bad first impression. Prevent this from happening by keeping your windows clean, ensuring your house number is clearly visible and cutting back any overgrown trees or bushes.

STAGE YOUR HOME

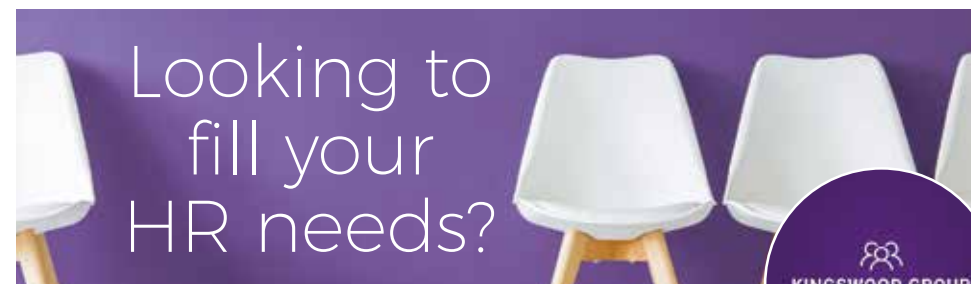
Property developers know exactly how to stage a new home to sell it fast and there is no reason why you can't do this too. Ensure that your property is clean and tidy, with any clutter out of sight, lay the table for dinner, make up the beds, light some scented candles and keep the thermostat at a consistently pleasant temperature.

SEEK PROFESSIONAL ADVICE

Estate agents live and breathe property sales, so it makes sense to ask their advice on how to sell your home as quickly as possible. Be sure to seek out local insights and pre-empt the questions buyers are likely to ask.

ENJOY A FAST AND STRESS-FREE MOVE WITH THESE MUST-ASK QUESTIONS:

- > What is the position of the buyer/seller?
- > Should I use a mortgage broker?
- > Has my buyer's mortgage application been submitted?
- > When is the target exchange date?
- > What paperwork do I need to complete?



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WILL THE UK BE THE FIRST TO INTRODUCE 'NO HANDS' TECHNOLOGY ENABLING CARS TO BE DRIVEN BY COMPUTERS?

It was back in 2017 that former Transport Secretary Chris Grayling MP announced that self-driving cars could be present on UK roads by the year 2021, a claim reinforced by the head of the Society of Motor Manufacturers and Traders as being a realistic aim.

In reality, we won't be seeing fleets of driverless cars tearing down our A roads in 2021, but we can expect the first few to pop up later in the year. Perhaps this delay is a result of lockdown, perhaps the dramatic slowing of the motor industry as a whole in light of the global pandemic.

And yet, the idea of self-driving cars still holds firm, and it may not be long until we do see high-end manufacturers fully embracing what will be the most dramatic motoring ever. The benefits include fewer incidents on the road (94 per cent of accidents are caused by human error), less congestion and improved transport connectivity, not to mention greater mobility options for elderly, disabled and

young users.

The UK wants to be regarded as a leader in this field, with the prediction being that by 2035 more than 40 per cent of new cars will have self-driving capabilities. Automated Vehicle (AV) technology could be worth more than £40billion, and will bring 40,000 jobs to the country.

More than £200million has been invested so far in start-ups looking to fuel this motoring revolution, with the advancement of Intelligent Roads helping to move ideas forward.

There is just one issue though – AVs work perfectly when surrounded by other AVs. It is only when these brilliant computers are asked to interact with human drivers that potential collisions occur. It seems the scientists will have to overcome this somewhat fundamental flaw before we can call on our trusty computerised four-wheeled motors to deposit us home safely.

CRICKETERS

Good day.

CELEBRATING 50 YEARS OF THE ONE DAY INTERNATIONAL

It shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a ‘One Day International’, comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of ‘traditional cricket’, where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn’t hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord’s to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world’s best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both sprinters and marathon runners alike as

he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.

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BRITAIN'S GREATEST SPORTING MOMENTS...

VIRGINIA WADE

Courting triumph, celebrating a golden day in 1977... Wade cementing her place in tennis folklore

Back in 1977, England's Virginia Wade was on the verge of completing a specular Grand Slam quadruplet. Already with US Open (1968), Australian Open (1972) and French Open (1973) titles to her name across singles and doubles, she just required victory at SW19 to complete a clean sweep of major honours.

There were times during her run to the final at Wimbledon when it seemed that elusive title would evade her, though. In the fourth round, and before the days of tie-breaks, she needed nine games to win the first set against Romanian Mariana Simionescu; while she recovered from a set down in the semi-final against Chris Evert.

The final itself, held on July 2, had an air of Britishness about it. The Queen's Silver Jubilee had taken place not five months previously, and Elizabeth II was present on Centre Court to witness, she hoped, a homegrown champion.

Yet champion status looked to be drifting

away from Wade when she lost the first set 6-4 to Betty Stöve. However, the Bournemouth-born star, who studied mathematics and physics at the University of Sussex before turning pro, came back 6-3 in the second after producing an array of dazzling winners.

In the deciding set, the electric atmosphere coupled with the pinpoint, aggressive shot-making that was such an important part of her game, saw the Brit home, as she demolished her Dutch rival 6-1 – Wade had done it.

Celebrating her 32nd birthday a week after the championships ended, she remains one of the oldest female Wimbledon champions.

Wade, who had been world number one in 1975, didn't spend a single day outside the top 10 in a 12-year period beginning in 1967, and finally retired in 1985. She moved into media work and, to this day, is one of the only female British tennis players to have won the Grand Slam.

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ACROSS: 1. SEQUENCE, 5. TROT, 8. DROOP, 9. ACERBIC, 10. EVEREST, 12. MUSINGS, 14. SECTION, 16. ARMREST, 18. SOARING, 19. REALM, 20. SAKI, 21. CAULDRON
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PUZZLES & TRIVIA

PUZZLES

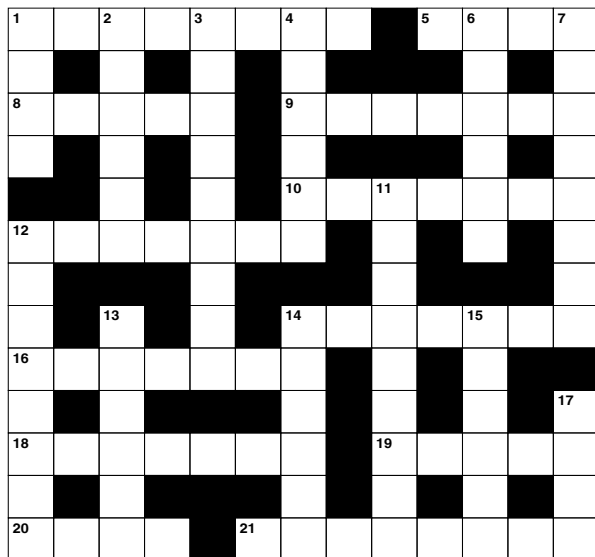
Answers: see end of The VISION Listings

ACROSS

1. Succession; series (8)
5. Run at a moderate pace (4)
8. Sag (5)
9. Sour in taste (7)
10. Mountain in the Himalayas (7)
12. Contemplations (7)
14. Subdivision (7)
16. Part of a chair (7)
18. Increasing rapidly (7)
19. Kingdom (5)
20. Japanese beverage (4)
21. Large metal pot (8)

DOWN

1. Soft drink (US) (4)
2. Cites (6)
3. Act of spying (9)
4. Stops (6)
6. Thief (6)
7. Not inclined to talk (8)
11. Let oracle (anag) (9)
12. Thick dark syrup (8)
13. Set out on a journey (6)
14. Mark of disgrace (6)



15. Make worse (6)
17. Word ending a prayer (4)

DID YOU KNOW?

- Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour
- Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make
- Crackers often have holes in them to prevent air bubbles from forming when cooking
- Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon
- Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff
- A typical ear of corn has an even number of rows

SUDOKU

					1		8	4
2		9	3					1
				4		3		
	3							
		7	4	8	9	6		
							7	
		6		5				
8					2	5		3
7	1		6					

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