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HOW TO
ENJOY
RHUBARB
SEASON

THE BEST SECOND CITIES
to visit across Europe

SWEET AS...
discover the health benefits of honey

LEWIS CAPALDI

On overcoming life's challenges on the road to fame



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Editor's notes...

MAY 2023



Brett Shohet, Editor

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

I hoped you enjoyed the Easter break and took the chance to spend time with family and friends. In this fast-paced world, it's easy to forget to relax and chill out, so I hope you remembered to take some time for yourself too.

The world is constantly changing, and technology is moving at such a fast pace that it can be difficult to keep up with. AI is a subject on many people's lips at the moment. While some are uncertain about its capabilities, I think it's important not to be afraid of change and to embrace the potential offered to us by such technology.

Our cover star this month is Lewis Capaldi, who is heading out on a UK tour following the release of his new album. I recently watched his Netflix documentary, *How I'm Feeling Now*, and it offered a fascinating insight into his journey on the road to fame, particularly with his struggles with mental health. It drove home the important message about looking after our mental health, and that talking about such issues is the first step to destigmatising them.

I'd encourage everyone to support their local businesses while out and about during the bank holidays coming up this month. Whether that's shopping in an independent boutique or visiting a local restaurant for lunch, they are sure to appreciate your support.

Brett Shohet

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SUPERB COURSE - LOVELY PEOPLE - A PROPER GOLF CLUB



FROM LILY SAVAGE

The death of Paul O'Grady MBE at the end of March brought a premature end to the life of one of our most respected modern-day entertainers – someone whose own reinvention helped the gradual process of changing attitudes in British society.

Growing up on the sometimes rough, often competitive back streets of Liverpool in the Swinging Sixties required more than a little spark and swagger, so it's probably little surprise that one of its finest exports, Paul O'Grady, created a career built on the foundation of his larger-than-life personality.

"As the saying goes, if you can't beat them, join them – and if you can't join them, become a drag act," laughed Paul O'Grady in one of this final interviews.

He departed from us at 67, seemingly with another decade or two of wit, charm and pzazz still ready to be unleashed, and the tributes have been extensive and heartfelt.

O'Grady had a number of jobs growing up, including working as a clerk, a waiter and a barman. It was only when he moved to London that he managed to create a career out of his passion for entertainment and performance.

The star's main outlet was the dynamic and daring Lily Savage, a drag queen act who became hugely popular on the underground scene, and eventually gained mainstream appeal when Channel 4 took up the option to give him a stint on *The Big Breakfast* after Paula Yates' resignation. The likes of *The Lily Savage Show*, *Blankety Blank* (which the character fronted for five years) and *Lily Live!* followed, showcasing the full mainstream evolution of a character. It was a long way from O'Grady's first TV appearance on *The Bill* back in 1988 as a transvestite prostitute informant named Roxanne (credited to Paul Savage).

While Lily Savage was eventually retired, the legacy of such a dynamic figure lived on. The character had opened doors for a brand of leftfield entertainment, and helped carve a path for LGBTQ+ rights and promotion across mainstream entertainment.

"I had been in that world since the seventies when I began performing in pubs and clubs around London, so it was all very natural for me, and had been for decades," he said.

"That I lived in a country that embraced me and loved me for who I was, I found wonderful, and it compelled me to go on to do other things."

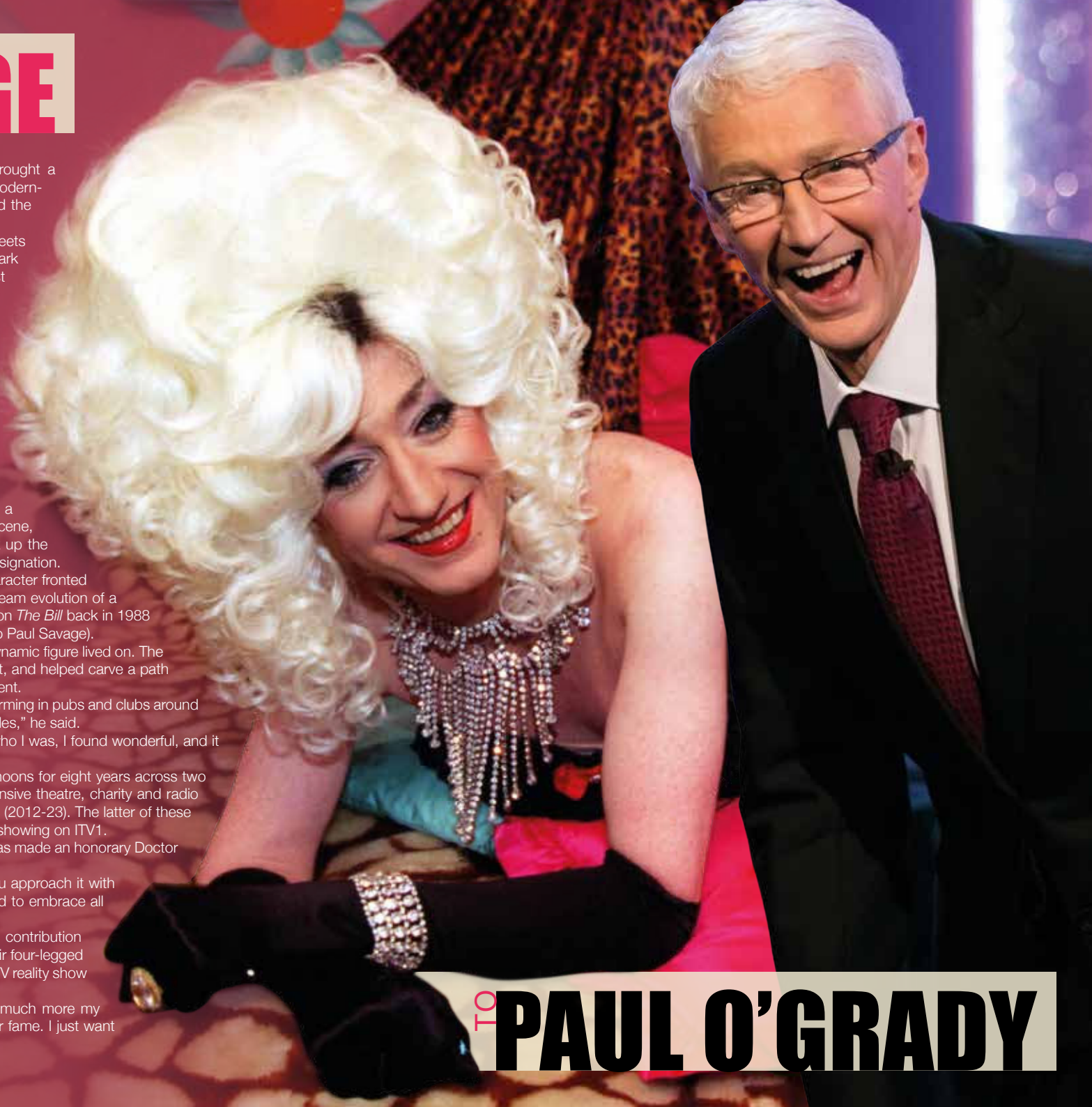
The successful *The Paul O'Grady Show* ran on weekday afternoons for eight years across two spells, and the entertainer also saw huge popularity across extensive theatre, charity and radio work, as well as the likes of *Blind Date* and *For the Love of Dogs* (2012-23). The latter of these popular TV programmes was filmed in late 2022 and is currently showing on ITV1.

In recognition of his contributions to TV, radio and theatre, he was made an honorary Doctor of Arts at De Montfort University Leicester in 2010.

"I always found you can talk about absolutely any subject if you approach it with interest, respect, humility and humour. That's the way I have tried to embrace all the challenges that have come my way," he said.

His funeral, which was held on April 20, featured a significant contribution from Battersea Dogs & Cats Home, who lined the streets with their four-legged residents in honour of the decade O'Grady spent presenting the ITV reality show at Battersea.

"I've always got on better with animals," he joked. "They are much more my type. As I've said before, I am not bothered about sex, money or fame. I just want a mongoose."



TO PAUL O'GRADY

A GUIDE TO THE MOON



Have you ever wondered why the moon appears to change shape each night? These are known as the moon's phases, and it isn't actually the shape of the moon that changes but our view of it.

Find out more about the different phases and names of the moon below.

WHAT ARE THE PHASES OF THE MOON?

- 1. New moon:** You cannot see the moon when it is a new moon.
- 2. Waxing crescent moon:** In the Northern Hemisphere, you see the waxing crescent moon as a thin crescent of light on the right.
- 3. First quarter moon:** The first quarter moon
- 4. Waxing gibbous moon:** This phase is between a half moon and full moon. Waxing means it is getting bigger.
- 5. Full moon:** You can see the moon completely illuminated during full moons.
- 6. Waning gibbous moon:** This phase is between a half moon and full moon. Waning means it is getting smaller.
- 7. Last quarter moon:** This appears as a half moon but with the opposite half illuminated to the first quarter moon.
- 8. Waning crescent moon:** In the Northern Hemisphere, you see the waning crescent moon as a thin crescent of light on the left.



FULL MOON NAMES

Each monthly full moon has a special name, many of which originated from Native American culture:

January: Wolf Moon

February: Snow Moon

March: Worm Moon

April: Pink Moon

May: Flower Moon

June: Strawberry Moon

July: Buck Moon

August: Sturgeon Moon

September: Full Corn Moon

October: Hunter's Moon

November: Beaver Moon

December: Cold Moon

WHAT IS A BLUE MOON?

A blue moon is an additional full moon that appears every once in a while. Typically, a year contains 12 full moons – three in each season – but sometimes a 13th full moon appears, known as a blue moon. Blue moons usually occur once every two to three years but can occur twice in one year. This is next due to happen in 2037.

WHAT IS A HARVEST MOON?

The harvest moon is the full, bright moon that occurs closest to the start of autumn. The term comes from the days before electricity when farmers relied on the moonlight to harvest their crops at night.



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A guide to make-up

EXPIRATION DATES

Be honest, how often do you check the expiration date on your make-up? If the answer is hardly ever, then you're not alone. Unfortunately, out-of-date make-up can cause a whole host of problems, including skin irritations and eye infections.

FOUNDATION: Shelf life of six months to one year

You can keep your foundation germ-free for longer by keeping your fingers away from the neck of the bottle and gently dripping the formula onto the back of your hand before applying. If your foundation starts to separate, it definitely needs to be binned.

CONCEALER: Shelf life of six months to one year

Similar to foundation, concealer can last up to one year as long as you keep it out of direct sunlight and avoid touching the applicator with your fingers. Again, if it separates, throw it away.

LIPSTICK: Shelf life of one year

Typically, a lipstick should last for around 12 months. However, if you notice a change in texture, whether it has started to dry out or become gloopy, or if it starts to smell funny, it is no longer usable. Remember to store your lipstick in a cool, dry place.

EYE PENCIL: Shelf life of one year
Pencils tend to last longer than other eye products as they are sharpened regularly. Keep away from steam for enhanced longevity.

MASCARA: Shelf life of three months
If you don't want to get a nasty eye infection, you should be replacing your mascara once every three months or sooner if you notice that the formula has started to become clumpy or smell strange. Never share mascara.

EYESHADOW: Shelf life of three to six months
Although powder eyeshadow can potentially last for up to two years, because it is used around the eyes, you should replace it more often.



BEAUTY



She may only recently have become a recognised TV star, but Esme Young has had a career most budding fashionistas can only dream of.

On first impressions, fashion designers Esme Young and Patrick Grant make unlikely candidates for a sparkling television duo, but that is precisely what they have become as judges on *The Great British Sewing Bee*.

Both have decades of experience in the fashion industry, yet it is Young's effervescent wit and charm that has made her a media darling in her twilight years. She is a natural in front of the camera, but given the Bedfordshire native's illustrious life and career – as revealed in her memoir *Behind the Seams: My Life in Creativity, Friendship and Adventure* – this is hardly surprising.

After graduating from Central Saint Martins in the early 1970s, Young and three of her female friends launched the Camden-based fashion collective Swanky Modes, whose designs appeared in *Vogue*

and were snapped by the likes of David Bailey and Helmut Newton. During these carefree years, Young lived in a squat in Maida Vale, partied with the likes of David Bowie and the Sex Pistols, and saw Swanky Mode dresses worn by superstars of the era such as Grace Jones and Cher.

In the 1990s, Young moved into cinema. Her creations included Leonardo DiCaprio's shirt in *The Beach* and Renée Zellweger's iconic bunny outfit in *Bridget Jones's Diary*.

Alongside her judging role, Young teaches at Central Saint Martins, where she passes down her sartorial wisdom. Musing on how she was taught darning, mending and crocheting by nuns at the all-girl convent school she attended, the talented designer confesses that while seeking perfection in the seams and sleeves she judges, she also wants to be excited and surprised by contestants' creativity.

It seems that, even at 74, Esme Young's best days remain ahead of her.

Photo credit: BBC-Love Productions-James Slack

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Honey

NOT JUST FOR SPREADING ON TOAST

On May 20, it's World Bee Day – a time to celebrate those buzzing bugs that make honey.

How do bees make honey?

Using their hollow tongues, bees suck up the nectar from flowers and store it in part of their stomach. Back in the hive, they regurgitate the mixture and spread it through the honeycomb cells. They then fan it with their wings to evaporate the moisture and turn it into honey. There are more than 300 different kinds of honey, depending on the flowers the nectar comes from.

Of course, honey is delicious spread on toast. But did you know it's also a great natural health and beauty aid because it contains micronutrients, including vitamins, minerals and antioxidants? It also has moisturising, antibacterial and anti-inflammatory properties. For maximum benefits, choose raw, organic honey.

Healthy scalp and hair

To treat your scalp, use a tablespoon or two of honey straight from the jar. Leave for a couple of hours before rinsing and shampooing. For a hair mask, mix a tablespoon of honey with the same quantity of olive oil. Leave on for 15 minutes before rinsing and shampooing.

Minor cuts, grazes and insect bites

If you're unlucky enough to suffer a cut or bite, simply dab on some honey to help with the healing process.

Sore throats

To relieve a sore throat, mix a tablespoon of honey with ¼ teaspoon turmeric in a mug of warm water or tea, and sip when you need it. You can also use the mixture as a gargle.

Healthy sleep

A tablespoon or two of honey before bed, eaten or in a drink, can help regulate your blood sugar and make you feel relaxed.

Remember...

Never give honey to children under one year as certain bacteria in honey can produce toxins in a baby's intestines. Also remember that honey is high in sugar and calories. The information here is for guidance only – it is not medical advice.



HEALTH & FITNESS



10 things YOUR GP wishes you knew

Do you find yourself Googling questions or symptoms you wish you could discuss with your doctor? Read on to discover 10 things your GP wishes you knew, and save yourself time and worry.

♥ **You do not need to clean your ears**

Earwax is needed to protect your ears and should not be removed with a cotton bud or any other small item. This may cause a perforated ear drum.

♥ **You do not have to have a period on the pill**

You don't need to have a break from the pill so that you have a period. Taking 21-day contraceptive pills back to back without having the seven-day break will not cause any ill effects.

♥ **You don't need to bring down a child's fever**

A fever shows that your body is fighting an infection so, if your child seems well in themselves, you do not need to bring down a high temperature. However, seek medical attention if it is 39.4°C or higher.

♥ **Verrucas do not need to be treated**

In most cases, a verruca will go away on its own in a few weeks or a month without the need for

treatment. However, there are over-the-counter remedies that you can use to treat them.

♥ **You do not need to drink eight glasses of water per day**

As long as you stay hydrated, aiming to drink eight glasses of water a day isn't a necessity.

♥ **Watching TV in the dark isn't bad for your eyes**

As long as you take regular breaks from watching TV or any other screen, watching TV with the light off is no worse than watching it with the light on.

♥ **You can drink alcohol on some antibiotics**

Most antibiotics do not interact with alcohol, so you can safely enjoy a drink if you feel well enough. However, you should always check the attached leaflet to be on the safe side.

♥ **Being cold will not give you a cold**

A cold is a virus and is not caused by cold temperatures or being outside.

♥ **Cracking joints doesn't cause arthritis**

Cracking of the joints is caused by bubbles of gas and is nothing to be worried about.

♥ **The five-second rule isn't real**

If your child eats food that has been dropped on the floor, this is highly unlikely to cause any problems.



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KIWILICIOUS!

FOOD & DRINK

Although small, kiwis pack a punch when it comes to both health benefits and flavour. They're sweet, easy to eat and highly nutritious, so explore this extremely underrated and underused fruit in more detail below.

WHAT IS A KIWI?

If you are unfamiliar with this fruit, then let us tell you a little more about it. Oval in shape and about the size of a large egg, kiwis boast brown skin, green flesh and tiny black seeds.

WHAT ARE THE HEALTH BENEFITS OF EATING KIWIS?

Excellent source of protective antioxidants | Support heart health | Contain both soluble and insoluble fibre for digestive health | Good source of vitamin C | Alleviate some of the symptoms of asthma | Support immune function | Low in calories | Count as one of your five-a-day

HOW TO ENJOY KIWIS:

KIWI FRUIT SMOOTHIE

You will need: 3 peeled kiwis | 1 peeled, stoned and chopped mango | 500ml pineapple juice | 1 sliced banana

Place all the ingredients into a blender and blitz until smooth. Serve over ice.

KIWI AND AVOCADO SALSA

You will need: 3 ripe chopped kiwis | ½ peeled and chopped avocado | ¼ cup of pomegranate seeds | 1 tbsp thinly sliced onion | 1 tsp chopped chilli peppers | 1 tsp extra virgin olive oil | 1 tbsp chopped fresh coriander | Salt and pepper to taste

Place the kiwi, pomegranate seeds, avocado, onion and olive oil in a bowl. Add the chilli peppers and coriander and gently fold in, then season to taste.

KIWI AND STRAWBERRY LIME FRUIT SALAD

You will need: Handful of strawberries | 1 kiwi | 1 tbsp honey | 1 tbsp lime juice | ¼ cup of mint leaves

Chop the strawberries into small cubes and add to a mixing bowl. Peel the kiwis, chop into small cubes and add to the bowl. Add the honey, chopped mint and lime juice and gently mix together. Be careful not to bruise or mash the fruit.





RAVISHING Rhubarb

An unusual vegetable owing to its very sour yet slightly sweet taste, rhubarb is instantly recognisable by its deep pink hue. Super simple to grow, rhubarb is popular for both sweet and savoury dishes.

Serve as it is or strain the liquid through a muslin-lined sieve first.

2 RHUBARB CHUTNEY

YOU WILL NEED: 250ml cider vinegar | 100g golden caster sugar | 300g chopped rhubarb | 4 chopped medjool dates | 1 tsp grated ginger | 1 cardamon pod

HOW TO MAKE: In a pan, heat the cider vinegar and caster sugar until dissolved | Add the chopped rhubarb, ginger, dates and cardamon pod and cook for 15-20 minutes | Once you have a thick chutney consistency, season with salt to taste | Store in sterilised jars for up to two years (unopened).

What are the healthy benefits of rhubarb?

- Contains high levels of fibre, which is linked to lower cholesterol levels
- A good source of vitamin K, which is beneficial for your bone and heart health
- Full of antioxidants that protect the body from free radicals
- May help with digestion and to treat digestive disorders

Rhubarb recipes

1 RHUBARB GIN

YOU WILL NEED: 1kg pink rhubarb stalks | 400g white caster sugar | 800ml gin

HOW TO MAKE: Wash the rhubarb, trim the stalks and discard the base and leaves | Cut the stalks into 3cm lengths and place in a sterilised jar with the sugar. (To sterilise jars, wash in soapy water, rinse and then dry in the oven for 20 minutes at a temperature of 140°C/120°C fan/gas mark 1) | Shake and leave overnight | After 24 hours, add the gin, seal and shake again | Leave for four weeks before drinking |



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fiddle-leaf fig

PLANT TO YOUR HOME

If you are looking for a new indoor plant for your home, then a fiddle-leaf fig is a great choice. With large, glossy leaves and an impressive trunk, this statuesque tree can act as the focal point in any room.

WHAT ARE THE DIFFERENT TYPES OF FIDDLE-LEAF FIGS?

The most common type of fiddle-leaf fig plant is the *ficus lyrata*, which grows to around 10 feet tall when kept inside. Other varieties include:

- > ***Ficus lyrata bambino*** – a dwarf variety that grows to only a few feet tall
- > ***Ficus lyrata compacta*** – features smaller leaves and grows to around five feet tall
- > ***Ficus lyrata variegata*** – an uncommon variety with a mix of green and cream leaves

HOW TO CARE FOR A FIDDLE-LEAF FIG

A fiddle-leaf fig needs bright, filtered light to grow, as direct sunlight can burn its leaves. Any quality indoor plant potting mix is fine as long as the soil drains well.

This plant needs a moderate amount of moisture to thrive; too much can cause root rot and too little can cause the leaves to wilt. During the growing season (spring to autumn), water when the top inch of the soil feels dry, and then slightly less over winter. Also add a fertiliser specially made for this plant during growing season and remember to regularly clean its leaves.

HOW TO PRUNE A FIDDLE-LEAF FIG

To keep your fiddle-leaf fig in optimal condition, cut back any damaged leaves, overgrowth or crossing branches. Make the cuts about an inch away from the trunk to avoid damage.

WHERE TO BUY A FIDDLE-LEAF FIG

You can buy fiddle-leaf fig trees either online or at some garden centres.



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Who doesn't appreciate a taste of luxury, especially when it comes to home design?

One of the most famous names in British luxury interiors is Helen Green Design. Originally founded by the late Helen Green in 2002, the design house describes itself as "a comprehensive luxury interior design studio synonymous with the creation of beautifully crafted, multi-layered, elegant interiors". And we agree.

Learn more about what makes Helen Green Design one of the best in the business and how you can recreate the look at home.

From stand-out homes in Belgravia to yachts that travel the world, Helen Green Design is behind a wide variety of exquisite home interiors.

Blending both modern and traditional elements, you can expect neutral shades paired with luxury textures to create wonderful designs that are always sure to impress.

How to get the look at home

While Helen Green Design is a design house that oozes sophistication and luxury, it is possible to get the Helen Green look at home. Here are some easy tips to help you make high-end more affordable:

1 Work with the details of your home. From panelling to intricate ceiling patterns, you can keep some of the original features of your home to contrast the modern touches you bring into it.

2 Keep spaces clean and clutter-free to let your statement furniture do the talking. Less is more to create an elegant look.

3 Use textures to add detail. From textured wall art to textured flooring and walls, you can easily add some features to make your interior look and feel more expensive.

Helen Green Design provides the perfect inspiration for any home looking for a high-class upgrade. However, you don't need a luxury budget in order to achieve this look in your own home.

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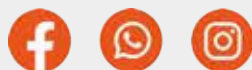
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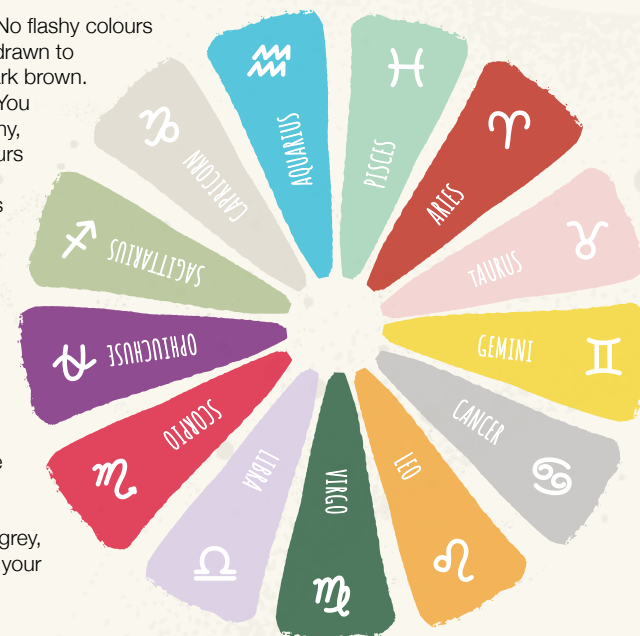
DISCOVER YOUR

ZODIAC

COLOUR PALETTE

Did you know that each zodiac sign has its own bespoke colour palette? Based around the concept of colour psychology, here are the best colours for you and your home, plus why you are drawn to them in the first place.

- > **AQUARIUS:** Elevated primary colours... Not one to stick to the rules, you're drawn to colours that stand out. Choose primary colours with a twist, such as turquoise or deep red.
- > **PISCES:** Soft and dreamy colours... A true romantic, opt for soft hues such as seafoam green and lavender that promise to make you feel open and carefree.
- > **ARIES:** Big and bold colours... Energetic and passionate, you are linked to powerful colours that draw the eye, such as red and deep oranges.
- > **TAURUS:** Playful and bright colours... Light shades of pink and pastel green are perfect for your playful nature.
- > **GEMINI:** Contrasting colours... Geminis are associated with the colour yellow owing to their sunny disposition. Add in some neutral shades for enhanced balance.
- > **CANCER:** Gentle and cool colours... You gravitate towards cooler and lighter tones such as light blue and silver.
- > **LEO:** Striking and statement colours... You command attention, so bold and warm colours such as orange, yellow and gold are ideal for you.
- > **VIRGO:** Grounded and earthy colours... No flashy colours or concepts for Virgos. Instead, you are drawn to earthy tones such as forest green and dark brown.
- > **LIBRA:** Warm and welcoming colours... You have energy that likes to promote harmony, so lavender and pink are both great colours for you.
- > **SCORPIO:** Dark and moody colours... As a sensual and mysterious being, you are inspired by maroon and crimson tones.
- > **OPHIUCHUS:** Deep and mysterious colours... Located between Scorpio and Sagittarius, you are both passionate and unpredictable. Purple should be your go-to colour.
- > **SAGITTARIUS:** Inspiring and intelligent colours... You want a space that makes you feel free, so greens and blues are the colours that draw you in.
- > **CAPRICORN:** Simple and minimalistic colours... Neutral colours such as white, grey, black and ivory are the perfect match for your calm demeanour.



HOME & DIY

Your guide to SPONGES

A GUIDE TO CHOOSING THE RIGHT SPONGES AND HOW TO KEEP THEM CLEAN

While you may not have given much thought to sponges, if you hate doing the dishes or cleaning kitchen worktops, the right sponge can help to make tiresome tasks a breeze.

WHAT ARE THE MOST COMMON TYPES OF SPONGE?

NON-SCRATCH SPONGES

Sponges that are labelled as non-scratch are safe to use on non-stick pots and pans, as well as real wood surfaces. They also will not scratch the surfaces of ceramic bakeware. Non-scratch sponges are a good choice for cleaning glassware as they effectively remove dirt without causing any damage.

HEAVY-DUTY SPONGES

As the name suggests, heavy-duty sponges are highly abrasive so should be used to remove tough, stuck-on dirt and debris from kitchen items such as stainless steel pans. Heavy-duty sponges are not suitable for non-stick cookware, as they are likely to scratch their Teflon coating, nor for ceramic cookware or copper pans.

CELLULOSE SPONGES

Cellulose sponges are made from recycled plant fibres, making them a good option for those who want to reduce their carbon footprint and become more sustainable. The main benefits of cellulose sponges are that they are low-cost and very absorbent. However, they are also prone to collecting bits of food over time, so you need to make sure that you

sanitise your sponge weekly and throw it away when it shows signs of wear. Ideal for cleaning kitchens, windows, countertops and bathrooms.

HOW DO I CLEAN REUSABLE SPONGES?

The best way to kill bacteria harbouring in reusable sponges is to clean them in your microwave or dishwasher. If you choose the former, wet the sponge thoroughly and heat on high for one minute. Alternatively, place on the top rack of your dishwasher with the drying cycle on. Do this once a week for best results.



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TO DIG OR NOT TO DIG?



GARDENING

Although it may seem strange, no-dig gardening is becoming increasingly popular owing to its ability to save time, banish weeds and ensure plants grow more healthily.

WHAT IS NO-DIG GARDENING?

No-dig gardening is a method of cultivation that aims for minimal disturbance of the soil. Made popular by Charles Dowding, an author and avid gardener, no-dig gardening requires less fertiliser and pesticide, is suitable for any size garden, and can be used to grow flowers, shrubs or vegetables.

WHAT ARE THE BENEFITS?

No-dig gardening is beneficial to your soil, garden and the environment, and can significantly reduce the need to weed. Soil stores a lot of carbon, which means that the more you dig, the more is released into the atmosphere. There is also evidence to suggest that digging upsets the structure of the soil.

A GUIDE TO NO-DIG GARDENING

STEP 1: PREPARE THE AREA

Remove any large weeds and then cover the ground in a layer of light blocking material such as torn-up newspaper. If creating a no-dig area on grass, add a layer of manure and lime first.

STEP 2: ADD LAYERS

Add a layer of kitchen scraps, such as vegetable peelings or fruit waste, and a layer of compost made from leaves and grass cuttings. Then, add a layer of straw, another layer of compost, and finally another layer of straw.

STEP 3: MAKE WELLS FOR PLANTING

Create wells about 10cm deep in the top layer of straw and fill them with compost. Then, plant your seeds or seedlings into the wells. Water well and wait for your no-dig garden to grow.

Photo credit: charlesdowding.co.uk



GOT SOME FRONT

Our front gardens are typically a bit more restrictive than the spaces behind our homes, but that doesn't mean we can't still make them look stunning.

They are the outdoor spaces that typically lack privacy, are exposed to dirtier air, and may even find themselves hosting a car or work vehicle. Therefore, for the added aggro our front gardens have to put up with, it's sensible to keep things simple, saving your energy for the private space at the back.

Beginning with plants and varieties of flowers, it's sensible to limit a front garden to perhaps just five or six variations. If you include too many different styles, it can create a hotchpotch of ideas that will only make your home look untidy.

Also try to prioritise privacy over prettiness. The front of our property is exposed to all and sundry, so carefully positioned hedges, shrubs and trees can keep unwanted eyes away. Just be sure not to

position larger living matter in front of windows to prevent blocking out the light.

When selecting plants, consider varieties that will last all year round, saving you a constant summer/winter change-up. Think summer roses that progress into gorgeous winter blossoms, and evergreens that will grace the changing seasons with constant class.

As far as a lawn goes, while artificial grass has never been better or looked more authentic, a small area of real grass, or perhaps one either side of a path, is low maintenance and can be taken care of with a simple mower. While it's tempting to bring a wild meadow into the equation, that look is always better achieved in a larger garden, where a rugged area is established in a well-tended garden.

Finally, if you're looking to pave or lay down slate or stone in a front garden, remember weeds will still work their way through, so keep an eye on things, particularly in the summer months.

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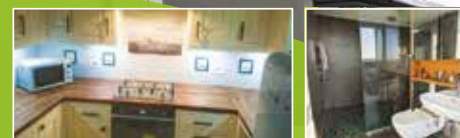
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We live in a world where our leading male singer-songwriters no longer have to subscribe to the airbrushed, heavily manufactured, perfectly coiffured boyband façades of the stars of decades gone by.

This has helped to create careers and vast wealth for the likes of Ed Sheeran, James Arthur, Rag'n'Bone Man and, now, Lewis Capaldi.

For the vast majority of us, this is a relief. Not only does it lend hope that any of us can aspire to and reach the most ambitious of heights; more importantly, it dispels the faux perfection that emanates from TV screens, devices and digital radios.

"I grew up in that era where everyone looked like they had just stepped off a catwalk," begins Capaldi, the 26-year-old Scottish singer-songwriter who has captivated the hearts of many with his soulful voice and emotive lyrics.

"We don't have to play those games anymore and I think there is much more allowance for us to be ourselves. It's real progress."

The star, who rose to fame with his chart-topping single *Someone You Loved* in 2019 – a track currently ascending past a colossal three billion streams on Spotify – is reaping the rewards of two decades of soul-searching and hard work... a process that came to light via a recent Netflix documentary, *How I'm Feeling Now*.

The production shone a light on the perseverance that has patterned his rise to the top, as well as giving the artist the opportunity to open up about living with Tourette's syndrome.

The neurological disorder is characterised by involuntary movements and vocalisations, known as tics. "It's something that has always been with me and perhaps always will, but it's so important I use my platform to reassure other people that

Tourette's doesn't need to hold you back from what it is you want to do," he says.

"For years, I felt imprisoned by it, before realising I could use it as a stimulus, because sometimes you need something to rally against in your life, and Tourette's is that thing for me."

Perhaps we shouldn't be surprised at Capaldi's ability to counter life's challenges. A deep thinker, the Scot's emotional attentiveness frequently comes across in his music. From the breakthrough *Someone You Loved*, a poignant ballad, characterised by its raw lyrics and melancholic piano melody, that spent seven weeks at the top of the UK singles chart and reached number one in the US too, to the soulful vocals and introspective lyrics of *Bruises*.

In 2022, both *Forget Me* and *Pointless* made it to the top of the hit parade as well. The former track was Capaldi's first meaningful release in three years, and despite huge previous success, his candid uncertainty was on show in the promotion of the track, when he revealed, "It could be the beginning of a beautiful chapter in my life, or the very public downward spiral that, let's face it, I'm probably due."

Of course, the artist needn't have worried, and he is now embarking on a UK tour to accompany the release of his album, *Broken by Desire to Be Heavenly Sent*, on May 19.

Capaldi is a singer-songwriter of impeccable talent but, almost as important, devastating humility... and he's here to stay.

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FROM YOUR AREA

LOCAL NEWS EPPING

Residents raise concerns over 'unacceptable' road



Photo credit: Google Maps

A road in Theydon Bois has been temporarily fixed following complaints from residents.

Residents had launched a petition to campaign for urgent repairs to potholes on Abridge Road, with councillor Holly Whitbread supporting the cause.

Cllr Whitbread posted on Facebook: "The condition of Abridge Road in Theydon Bois is simply unacceptable. I support the petition put together by residents asking for it to be repaired urgently and I have been lobbying for action.

"A make-safe (temporary fix) has been put in place in recent days. The road is set for full micro-surfacing in the coming months."

To view the petition, visit bit.ly/41KvQVj

A spokesperson for Essex Highways said: "We carry out regular inspections, as well as having the public reporting defects to us online. When a defect is reported to us, we send an inspector out. The defect is then given a risk factor score. Due to our limited resources, we must fix the higher-risk issues first.

"A job has been raised to carry out carriageway works on Abridge Road over the coming months."

Man arrested following fatal vehicle collision

Detectives investigating a fatal collision in Epping are asking for witnesses and dashcam footage.

Essex Police were called shortly after 4.15pm on Sunday, April 16, to reports of a collision involving a motorcycle and a woman on Epping New Road.

It is believed she was crossing the road and that the

motorcycle was travelling from the Robin Hood Roundabout towards the Wake Arms Roundabout at the time of the collision.

Sadly, a woman aged in her 30s died at the scene.

A 59-year-old man, from Waltham Abbey, was arrested on suspicion of causing death by dangerous driving. He has been released under investigation while inquiries continue.

If you have any information, please contact police at www.essex.police.uk or call 101, quoting incident 824 of 16 April.

Resident runs marathon in support of hospice

An Epping resident completed the London Marathon on April 23 in a bid to raise money for St Clare Hospice.

Nick Barker (pictured below) ran the marathon in memory of Loughton Athletic Club member Michaela Davis, who passed away in January. He decided to fundraise to give something back to the hospice that cared for Michaela.

Nick completed the marathon in three hours and 44 minutes and at the time of writing had raised more than £400.

Ellie Gale, St Clare Hospice's relationship fundraising manager, said: "We cheered on our runners from the sidelines, and not only did they have to tackle 26.2 miles, they did it all running through the pouring rain. We couldn't be more proud and grateful."

To donate to Nick's fundraiser, please visit www.justgiving.com/fundraising/nick-barker21



DAME ELEANOR LAING MP

Conservative MP for Epping Forest



Photo credit: David Jackman/Everything Local News

People often ask me how we can encourage more young people to become involved in politics and public affairs. Actually, there are far more young people standing for election and serving on democratic bodies than ever before. Here in Epping Forest, for example, several candidates who are standing in the forthcoming local elections are in their twenties.

I am really quite proud of the progress that my generation has made in encouraging younger people to stand for election. It is an aspect of our democratic development that is proving successful.

For more than 20 years, I have organised a debating competition for the schools in my constituency to encourage students to discover the challenge, excitement and art of debating. It has been really good

to see some of those young debaters go on to achieve great things.

It is my privilege as an MP to visit our local schools and I am always fascinated to be asked challenging questions. I am also very impressed to see that so many sixth formers are studying politics. I recently met a particular sixth form group who asked me very incisive questions about the workings of our democracy. Their approach filled me with confidence.

I do not care which political party these young people support. I do care that they fully appreciate that it is only through protecting and developing our democracy that we can defend the freedoms of our people. In an increasingly dangerous world, that is desperately important.

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DISCOVER HISTORIC WALTHAM ABBEY

Tourist Information Centre,
6 Highbridge Street, Waltham Abbey,
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Saturday, May 20, 11am



Photo credit: Google Maps

This tour will take visitors around the town, starting at the Tourist Information Centre, and will be guided by Chris Sumner, chairman of Waltham Abbey Historical Society.

Tickets cost £5 for adults, £2 for young people aged eight to 16, or free for under-eights, including a visitor pack and refreshments on arrival.

Pre-booking is not necessary but can be confirmed by contacting the Tourist Information Centre on 01992 660336 or emailing tic@walthamabbey-tc.gov.uk

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Epping Hall, St Johns Road, Epping, CM16 5DN
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The sessions can be booked online at rockchoir.com

THEYDON BOIS GOLF CLUB OVER-35S PARTY

Theydon Bois Golf Club, Theydon Road,
Theydon Bois, Epping, CM16 4EH
Friday, May 26, 8.30pm – 1am

Dance Parties Plus is restarting the popular Friday night parties at Theydon Bois Golf Club.

The function suite has a large dancefloor with a

raised stage and a terrace overlooking the grounds.

The club is members only so non-members will have to join on arrival, with membership only £5 a year.

Tickets are £10 in advance or £12 on the door and can be bought via www.dance-parties.co.uk/essex

THEYDON BOIS LAWN TENNIS CLUB MAY HALF TERM CAMP

Theydon Bois Tennis Club, Sidney Road,
Theydon Bois, Epping, CM16 7DT
Tuesday, May 30, to Thursday, June 1,
10am – 3pm

Designed for children aged five to 12, the camp combines tennis coaching with a range of fun and challenging sports activities to keep your child active and engaged over the school break.

Children will learn the fundamentals of tennis, including technique, tactics and gameplay, as well as participating in a variety of other sports and games.

If you have any questions, please email theydonbois.coaching@gmail.com or contact head pro Dave Wright on 07846 601113.

MAKE A PAPER TEAPOT AND TEACUPS

Epping Forest District Museum, 39 Sun Street,
Waltham Abbey, EN9 1EL
Tuesday, May 30, 10.30am – 3.30pm

Join the team at Epping Forest District Museum to have a go at making your own paper teapot and teacups.

All ages are welcome but the activity most suits those aged five to 11. No need to book, just drop in during the times above and allow about 30 minutes to do the activity.



Photo credit: Epping Forest District Museum



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Enjoy the delights of the traditional British seaside

For those who crave a bit of nostalgia, and maybe worry that our ability to connect with iconic seaside locations of old is a thing of the past, a trip to Frinton-on-Sea is the perfect remedy.

There is little to rival the natural vibrancy of a sumptuous, sunny, sandy beach, as radiant sun beats down on the coolest, finest Essex sand.

And yet, where Frinton-on-Sea is concerned, serenity and nostalgia come as much from its vibrant rows of beach huts as they do from the wondrous natural environment.

Its architecturally precise promenade sees beach huts painted in a kaleidoscope of bright colours, and these have been an integral part of the town's heritage for more than 100 years. Simple in their form, they retail for upwards of £50,000 – yet if a 12ft square space is adequate for you to relax, change or store beach essentials in, then perhaps the investment is worthwhile? These picturesque huts have become a symbol of traditional British seaside culture and continue to draw visitors from far and wide, yet Frinton is about so much more.

Its unspoiled sandy beaches are award-winning and stretch for miles along the coast, and the gentle slope of the shoreline creates a shallow, safe swimming area that is perfect for families and children. Meanwhile, the absence of amusement arcades, commercial outlets and 'kiss me quick' hats ensures that this part of the Tendring coastline retains a sense of simplicity and class that few other resorts around the UK can rival.

Even the aforementioned promenade, adorned with Victorian-style streetlamps and ornate railings, holds a sense of class about it; while further back, extensive parkland shows the town's custodians are just as adept with grass as they are with sand.

Frinton-on-Sea has a population of fewer than 5,000. Although several times that number swarm into the area on hot summer days, it rarely feels anything other than idyllic. The next time you're looking for an idyllic British seaside escape, Frinton should be top of the list.



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Make a splash

Stuck for something to do with the kids on a typically rainy day in the UK? No need to fret; there will be smiles all round if you pay a visit to one of these top indoor waterparks.

Waterworld, Stoke-on-Trent

Frequently listed as one of the top indoor waterparks in the UK, Waterworld is a fantastic day out for all the family. Featuring 30 rides and activities for all ages, some of its most popular attractions include slides for toddlers, white-knuckle rapids and a wave pool.

Splashdown, Dorset

Splashdown offers 13 thrilling indoor and outdoor rides, as well as three splash zones for children under five. Our favourite ride by far is the Mississippi Drifter, where the whole family can ride on one inflatable tyre. The Infinity flume is also great fun, and you can even pick your own music!

Sandcastle Waterpark, Blackpool

The largest indoor waterpark in the UK, Sandcastle features an impressive 18 rides and attractions for you to enjoy. As well as the slides, wave pools and flumes, this waterpark has arcades, snack bars and cafés, so you can easily spend the whole day there.

Alton Towers Waterpark, Staffordshire

If you want to combine theme park rides with water slides, the Alton Towers Waterpark is the ideal choice for you and your family. With high-speed slides, waterfalls, tranquil lagoons and relaxing hot tubs, there's something for everyone at this popular waterpark.



KIDS

DOES YOUR DOG HAVE HAY FEVER?

Did you know that dogs can suffer with hay fever? In fact, an estimated 10 per cent of pooches in the UK suffer with this seasonal affliction.

DOES MY DOG HAVE HAY FEVER?

Unlike in humans, who typically experience itchy eyes, sneezing and a runny nose, hay fever in dogs typically manifests itself on their skin. Look out for your dog itching, nibbling or rubbing any of the following spots:

Paws | Eyes, ears and mouth | Armpits | Abdomen | Legs | Around their bottom | Groin

In some cases, their skin may also look red, flaky and sore, or they may experience fur loss as a result of constant scratching.

WHEN IS HAY FEVER SEASON?

When your dog suffers with hay fever will be dependent on where you live in the UK and what strain of pollen your dog is sensitive to. However, that being said:

- > Tree pollen occurs from late March to mid-May
- > Grass pollen occurs from mid-May to July
- > Weed pollen occurs from the end of June to September

HOW TO TREAT HAY FEVER IN DOGS

Although hay fever cannot be treated, there are things that you can do to help manage their symptoms and make your dog feel more comfortable. Some of the available hay fever

treatments for dogs are:

- > Topical treatments, such as medicated shampoos and creams
- > Antihistamines (prescribed by your vet)
- > Essential fatty acid supplements
- > Medication to reduce your dog's immune reaction, such as steroids
- > Immunotherapy – although this is expensive and not always effective

HOW TO MANAGE HAY FEVER IN DOGS

- > Walk your dog early in the morning or later in the evening to avoid high pollen counts
- > Keep your dog's ears clean to prevent irritation
- > Wipe your dog's fur, skin and paws with a damp cloth after a walk
- > Wash their bedding regularly
- > Vacuum your home regularly
- > Use an air filter system in your home
- > Stay up to date with your dog's flea and worming treatments

CAN CATS GET HAY FEVER?

Yes, cats can also get hay fever and tend to experience many of the same symptoms as dogs, such as excessive itching, most commonly on the ears, bottom and paws. Cats may also snore as a result of an inflamed throat.

You can get topical creams and anti-itch wipes to alleviate their symptoms.



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ISAs VS...

If you want to start saving, then you may be wondering where to put your hard-earned cash. Two of the most popular options are ISAs and savings accounts, but which one is best for you?

WHAT IS AN ISA?

ISA stands for individual savings account and offers a tax-efficient way to save money. There are four types of ISAs:

- Cash ISAs
- Stocks and shares ISAs
- Innovative finance ISAs
- Lifetime ISAs

The government sets a limit for how much can be saved each financial year and does not charge any tax on the interest you earn.

WHAT IS A SAVINGS ACCOUNT?

A savings account offers a safe place to put aside your money and allows you to earn varying amounts of interest. Depending on your circumstances, you may have to pay tax on any interest earned.

There are several different types of savings accounts, including:

- Easy-access accounts
- Fixed-term accounts
- Regular savings accounts

ISA	Savings Account
Completely tax-free	Interest is taxed if you earn over £1,000 for basic tax earners and £500 for high tax earners per year
You can deposit up to £20,000 per year	No limits on deposits
Limited to opening one type of ISA per year	No limits on how many accounts you can open
Good for large amounts and long-term saving	Good for large amounts and long-term saving

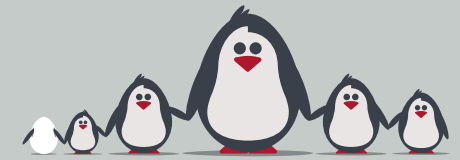
SHOULD I OPEN AN ISA OR A SAVINGS ACCOUNT?

Before you decide whether to open an ISA or a savings account, you need to determine your needs and savings goals. Typically, you can earn more competitive interest rates on a savings account and, depending on the account, you may be able to both deposit and withdraw money. However, an ISA is a good choice if you want to protect yourself from paying tax on any interest earned.



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Imagine living amid the smog, chaos and stench of Victorian London. Now imagine the bliss of fresh air and some live entertainment to take your mind off things. Alexandra Palace, which opened 150 years ago this month, was built to give Londoners that chance to escape the daily grind.

The palace opened on Queen Victoria's 54th birthday with a grand celebration. Tragically, fire destroyed the building just a fortnight after it opened. But two years later, it opened again – and this time it was bigger and better. There was a concert hall, theatre, circus, racetrack, boating lake, the Victorian equivalent of a food court, and even a Japanese-style garden.

Sadly, the privately owned palace and surrounding parkland struggled to make money. In 1900, the site was bought by the nation, and an Act of Parliament

decreed that it should remain “a place of public resort and recreation”.

During the First World War, the palace was home to refugees and later became an internment camp for ‘enemy aliens’. It became a refugee shelter again during the Second World War, and also a staging post for troops on their way back from Dunkirk.

But perhaps the palace is best known for its link to BBC television. The corporation launched the world's first television service from studios built in the palace's former dining rooms in 1936.

To this day, the palace continues to host leading events, including theatre performances, retail shows, gigs, fairs and festivals to honour its commitment to serve the public.

To find out what's on this summer, check out alexandrapalace.com/whats-on

Alexandra Palace was built as a north London version of Crystal Palace, which hosted The Great Exhibition in 1851. It was named after the Danish-born Princess Alexandra, who had just married Queen Victoria's eldest son – later to become Edward VII. It was called The People's Palace and soon became widely known as Ally Pally.



HISTORY

Europe's best SECOND CITIES

FIVE EUROPEAN COUNTRIES WHERE THE LESSER-KNOWN SECOND CITIES OFFER, ARGUABLY, MORE THAN THE CAPITAL

1. BERGEN, NORWAY

Many people visiting Scandinavia will instantly migrate towards Oslo for its green spaces, architecture and nightlife, yet for those looking to sample a more stylish, artistic side of Norwegian culture, Bergen is the choice. A seductive port decorated with colourful houses and romantic cobbled streets, it is the gateway to the fjords.

2. KRAKÓW, POLAND

Poland's elevation into a popular location to visit over the past 20 years has been impressive, and this is no better exemplified than in the way Kraków, its second city, welcomes visitors.

A former European Capital of Culture, it is a creative tourist's dream, with arts, crafts, collections and museums, plus a host of theatres for the performing arts.

3. PORTO, PORTUGAL

Located on the Iberian Peninsula, many parts of Porto were built with the aim of luring in foreign investment, so it makes sense that Lisbon's smaller sibling has an abundance of interest and charm.

From bridges to cathedrals, elegant gardens to wine tasting – the city is the birthplace of port wine – it's a smorgasbord of tastes and flavours.

4. CORK, IRELAND

The last port of call for the Titanic before it headed off across the Atlantic, Cork has a lot going for it, with a bustling market, friendly people, and a renowned food and drink scene.

Much more personal than Dublin, it introduces tourists to the rural delights of southern Ireland.

5. KOŠICE, SLOVAKIA

A modern city with an eco edge, Košice combines incredible architecture dating back centuries with a defined approach towards sustainability and the repurposing of old spaces for creative industry.

With a warm welcome and thriving arts scene, this is an inspirational place which transports visitors into a world that reflects the past while embracing the future.



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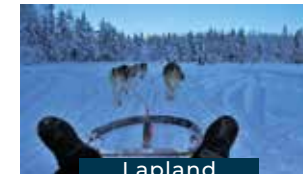
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GUIDE TO BUYING A

USED SCOOTER

Whether you are a first-time buyer or are seasoned in the world of scooters, a used one can save you a pretty penny.

Below are four questions you need to ask before buying a used scooter.

1 DOES IT RUN?

While this may seem like a no-brainer, before you buy a used scooter, you need to make sure that it actually runs. Once you have established that it does, the next step is to listen to how it sounds. Four-stroke engines should have a smooth hum, whereas two-stroke engines should sound like a gentle chainsaw, so make sure you listen out when you do a test drive.

2 HOW LONG HAS IT BEEN SITTING?

If you are purchasing a used scooter online, take a close look at the pictures. Does the scooter look dusty? If yes, then it may

have been sitting unused for a while. Make sure you check the battery and the tyres as both of these are likely to need replacing.

3 CAN YOU STILL GET SPARE PARTS FOR THE SCOOTER?

While you can still get spare parts for most scooters that have come out in the last decade, it is always worth checking before you sign on the dotted line. Don't forget to also be vigilant of scooters that are missing several body panels, as this can be a sign of a crash or that the scooter has been stolen.

4 WHO IS THE SELLER?

You can choose to buy a used scooter from either a dealership or a private seller. While there are advantages and disadvantages for each option, a dealership is a safer bet as you can find out about their reputation online and they are more likely to provide detailed checks on their scooters.



Photo credit: Martin Charles Hatch/Shutterstock.com



MOTORING

UNUSUAL SPORT:

Underwater Rugby

HEARING THE RALLYING CRY OF 'SWIM LOW, SWEET CHARIOT', IT CAN ONLY BE AN INVITATION TO PLAY UNDERWATER RUGBY

In 1961 in Cologne, Germany, a new variation on a hybrid sport containing elements of rugby and water polo was invented.

Named underwater rugby, for perhaps rather obvious reasons, the first championships took place some 17 years later, even though the sport's overseers were still unclear as to what the rules should be.

Ultimately, it was decided that there should be six players per side in the pool at any one time, with further substitutes from a total squad of 15 able to be made during the two 15-minute halves.

Most team formations comprise of two forwards, two backs and two goalkeepers or left-wingers, with the aim being to keep possession and score after outwitting the opposition through speed, skill and holding your breath.

The underwater rugby ball is plastic and filled with salt

water and the players have to score in steel goals which are located at the bottom of opposing ends of the pool. The pool dimensions have to be between 12m and 22m in length, 8m and 12m wide, and with a depth of 3.5-5m.

No kicking, hitting or strangling is allowed, but it's a contact sport so, within reason, anything else goes. Officials are present to judge possible offences, resulting in punishments such as warnings, free throws or two-minute penalties.

There were 18 countries involved at the last World Championships in 2019, where Colombia became the first non-Nordic nation to win a gold medal, beating two-time and defending champions Norway in the final in Graz, Austria.

Underwater rugby is said to be the only true 3D sport in the world in the way both the ball and the players can travel in three dimensions and in all directions – imagine, for instance, having a teammate 5m below you in a pool. For this reason, its popularity is exploding.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

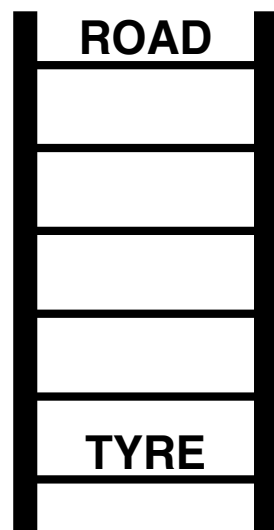
- ▶ ACCRA
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- ▶ MONROVIA
- ▶ NAIROBI
- ▶ NIAMEY
- ▶ NOUAKCHOTT
- ▶ VICTORIA
- ▶ WINDHOEK

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

DID YOU KNOW?

- ▶ Members of the Royal Family are not allowed to sign autographs. This is in case somebody tries to forge their signature.
- ▶ During her reign, Her Majesty Queen Elizabeth II sent more than 300,000 congratulatory cards to people celebrating their 100th birthdays, and more than 900,000 messages to couples marking their diamond (60th) wedding anniversary.
- ▶ King Charles III, the former Prince of Wales, has been the heir apparent since he was three years old.
- ▶ In November 1965, while a student at Gordonstoun School, the then-Prince of Wales played the lead in Shakespeare's *Macbeth*.
- ▶ The former Prince of Wales has presented the weather forecast on the BBC.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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