

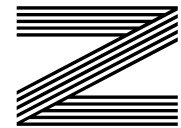
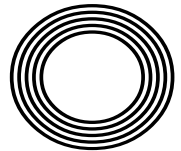


**IT'S
BROAD
BEAN
SEASON**

TOP TIPS
For cleaning Converse

10,000 STEPS
How to reach that magic number

COLOUR DRENCHING
The latest interiors trend



FREE

Photo credit: David Fisher/Shutterstock

JODIE COMER

One-woman winning machine celebrates her latest award

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Editor's notes...

JULY 2023



Brett Shohet, Editor

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

There's no denying that the world is rapidly changing, but whether those changes are for the better remains up for debate. I recently looked into buying a new vehicle ahead of the expansion of the Ultra Low Emission Zone in August. I went to a local dealership and, when I struggled to find it, gave them a call. They told me they hold their vehicles in a warehouse; you choose the car online and they deliver it to you.

While the convenience of this is undeniable, I'd much rather see the car in person, have the chance to play with the gadgets and take it for a test drive. After all, it's one of people's top purchases, so attention to detail is important.

Sometimes change is necessary, but that doesn't mean we have to completely reinvent the market. There's still space to do things the old-fashioned way. Consider print, for example. While many say digital is the way forward, that doesn't mean print doesn't still have its place.

With prices continuing to rise, we are all looking to cut back on unnecessary spending. Many businesses will reduce their advertising, but I'd argue that now is the time to continue investing to make sure you stand out from the crowd. Get in touch today to find out more about our current advertising deals.

Brett Shohet

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MARTIN TYLER'S fantastic finish

Celebrating both the career and the caressing tones of Martin Tyler, one of the most revered and celebrated football commentators of the modern era, who has left Sky Sports after 33 years of service.

"Manchester City are still alive here... Balotelli... AGUERROOOO! I swear you'll never see anything like this again. So, watch it. Drink it in."

Martin Tyler's almost indelible words that accompanied Manchester City's first Premier League title in 2011/12 came more than two decades into his service as lead commentator for Sky Sports, the leading UK broadcaster of the English top-flight since its inception in 1992.

To link the Chester-born wordsmith with the pioneering, game-changing nature of Rupert Murdoch's pay TV revolution is an appropriate fit. Both supported each other in the growth of a football product that, rightfully, was to present our domestic league as the very best in the world.

That piece of iconic commentary came on a day when the blue half of Manchester scored two injury-time goals against QPR to wrestle the title away from their city rivals United. Many regard it as being right up there with the sport's other legendary narratives – from Kenneth Wolstenholme's "They think it's all over... it is now" in the 1966 World Cup Final, to Brian Moore's "It's up for grabs now" as Arsenal won the league title with virtually the last kick of the 1988/89 season at Anfield.

Indeed, that spine-tingling commentary is held so dear by the club's fans that many have it painted on walls, or inscribed on body parts – a goal and a string of words that kicked off a football revolution that now sees Manchester City as truly the dominant side in this country.

Tyler has always seen his vocal variations matched with awards – included in these are multiple gongs for Football Supporters' Federation Commentator of the Year Award, plus the much-cherished Premier League Commentator of the Decade.

Away from the satellite giant, he has voiced for Fox SBS (Australia), was the default commentator on the FIFA video game franchise between 2005 and 2022, and has also worked at the Euros and World Cup, having started out at ITV.

While the broadcaster is associated with the very top rung of the professional game, his inherent football passion comes much further down the ladder, given he is a supporter of National League side Woking.

Upon hanging up his microphone, Tyler said: "It's been a privilege to play a small part in the broadcasting history of the greatest league in the world."

"Working alongside wonderful professionals, I thank them for their support and expertise. It's been an honour as a member of a very gifted team."

Tyler, with his mannerisms, his turn of phrase and his presence that could fill the emptiest of front rooms on a Sunday afternoon, will be a hard act to follow, yet Sky Sports commentary is in good hands as Peter Drury takes the hot seat for the new season, starting in August 2023.



Photo credit: Mike Hewitt

Weird and Wonderful

festivals around the world

Summer is the time when crowds flock to music festivals, but did you know there are also a host of weird and wonderful festivals and events that take place throughout the year?

INTERNATIONAL HAIR FREEZING CONTEST: In the cold province of Yukon, Canada, the International Hair Freezing Contest takes place every February at the Takhini Hot Springs. With temperatures that reach below -30 degrees Celsius, participants dunk their heads in the hot water of the pools and then create frosty hairdos by shaping their locks as they freeze in the cold air.

BABY JUMPING FESTIVAL: Known to the locals as El Colacho, this unusual event takes place in Spain 60 days after Easter during the feast of Corpus Christi. It involves men dressing in traditional 'devilish' clothing to scare the crowd before running down the street and jumping over carefully placed babies.

WIFE CARRYING WORLD CHAMPIONSHIP: Fancy carrying your wife around a 253.5-metre track that is riddled with obstacles? Then you need to head to the two-day Wife Carrying World Championship in Finland. A hugely popular annual event that takes place in late June/early July, the winning team is awarded a prize of their wife's weight in beer.

LA TOMATINA: You may have heard of this popular Spanish festival that involves A LOT of tomatoes being thrown about the streets of Valencia. Essentially an hour-long tomato fight for the chosen 20,000 participants, this event is held on the last Wednesday in August each year.

MONKEY BUFFET FESTIVAL: The Monkey Buffet Festival in Lopburi, Thailand, is, as the name suggests, a buffet for monkeys that takes place annually among the ruins of a temple on the last Sunday of November. The local monkey population in Lopburi is around 2,000-3,000, and all are welcome to the annual feast of fruits, cakes, vegetables and candies.



Photo credit: alissascuria.com, nationalgeographic.com, wife-carrying.org, dominicofoto/Shutterstock

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Never-ending NAIL POLISH

TOP TIPS TO STOP YOUR NAIL POLISH CHIPPING AND TO MAKE IT LAST LONGER

Do you wish your nails would stay chip-free for longer? Or maybe your favourite nail polishes start to become tacky before you've even used half the bottle? Either way, these tips are just what you need.

HOW TO MAKE YOUR NAIL POLISH LAST LONGER

Keep your nails short: Although you may covet long nails, the sad truth is that these are much more likely to break, chip and peel.

Buff your nails: Before applying nail polish, buff your nails using a glass or crystal file. Avoid harsh emery files which can damage the nails.

Choose the right top coat: Look for a top coat nail polish that boasts chip-resistance, protection and strengthening properties.

Always apply a base coat: The base coat is equally as important as the top coat, although this is a step that many skip. Use a strong base coat for best results.

Reapply the top coat: A top coat is not a set-and-forget type of application and needs to be reapplied once every two to three days to ensure the preservation of your manicure.

Wear gloves: Always wear gloves to protect your hands from water, chemical cleaners and any heavy-duty work.

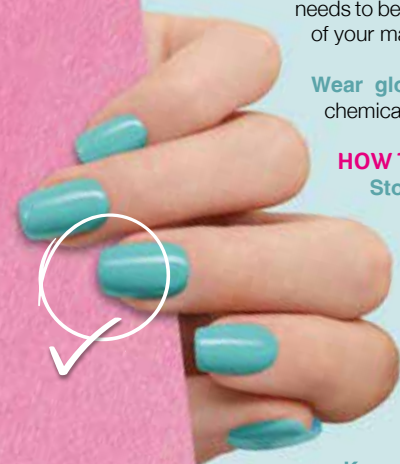
HOW TO MAKE NAIL POLISH LAST LONGER IN THE BOTTLE

Store it in a cool place: Store your nail polishes in a dark cupboard or drawer. You can even keep them in the fridge.

Invest in nail thinning lacquer: A good-quality nail thinning lacquer can be added to nail polish that has started to thicken in consistency or dry out.

Keep the cap on tight: Every time you use a nail polish, make sure you screw the cap back on tightly as this will ensure that no air gets in and dries it out.

Keep out of direct sunlight: Extreme warmth on the bottle can cause the polish to thicken or dry out, as well as lead to discolouration.



CONVERSE

cleaning

If your Converse trainers are looking more grimy than gleaming, then you will be pleased to hear that this type of footwear is relatively easy to clean.

All you need is a few simple ingredients and a little bit of elbow grease.

WHAT YOU WILL NEED:

Baking soda | Toothpaste | Washing-up liquid | Stain remover | Water | A sponge | A nail brush and toothbrush | Cloths | Newspaper

HOW TO CLEAN:

STEP 1: Cleaning the laces

Remove the laces from your Converse and then create a cleaning solution using 50ml of washing-up liquid, 1 tbsp toothpaste, 1tbsp baking soda and 200ml of warm water. Soak the laces for two to three hours and then hang to dry.

STEP 2: Cleaning the shoe

Stuff each shoe with newspaper and generously apply toothpaste to the shoe using a toothbrush. Leave for 15 minutes. Wash off all the toothpaste using a nail brush and warm water, then leave to dry

in a warm place. Never apply direct heat to your Converse trainers.

STEP 3: Removing tough stains

For any stubborn stains, apply stain remover directly to the affected area. Leave for five to 10 minutes and then wash off using a nail brush. Leave in a warm place to dry. It can be a good idea to test your stain remover on a section of the shoe that is not visible first, such as the outer edge of the tongue.

NB: You should never machine wash or dry Converse trainers as this can damage the shoes.

How to keep white Converse white

If you have recently purchased a pair of white Converse trainers, spray them with a water and stain repellent spray before you wear them. When a stain occurs, spot clean immediately with an equal mix of warm water and washing-up liquid.



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KNOW YOUR CHORES

KIDS

MONDAY:

Would you like your children to start helping out around the house, but are unsure of what they should be doing? Use this guide to age-appropriate chores and create the ultimate chore calendar for your family.


AGES 2 AND 3: Most toddlers love to help their parents with chores, although their help may not actually be that helpful! Although you will be needed every step of the way, the below chores are a good place to start with this age group:
Making their bed | Picking up their toys | Helping to feed pets | Helping to wipe up spills

AGES 4 AND 5: Preschool-aged children should still be fairly motivated to help and love one-on-one time with adults. Suitable chores include:
Clearing and setting the table | Dusting | Making their beds independently | Helping to tidy their room

AGES 6 TO 8: School-aged children are more independent and can keep track of their responsibilities. Chores you may want to entrust to them include:
Washing small plates and bowls | Helping to care for pets | Taking out the rubbish | Sweeping or mopping | Making their own breakfast or snacks | Tidying their room

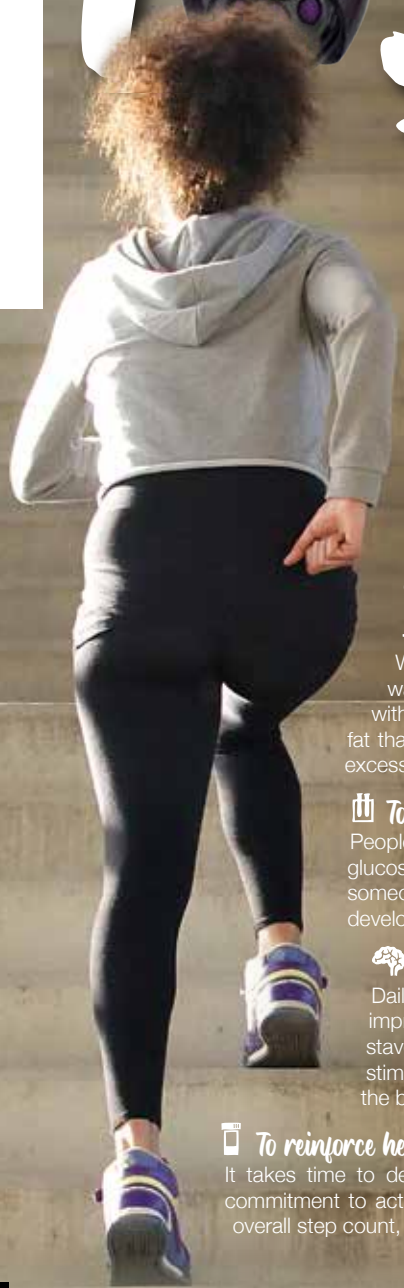
AGES 9 TO 12: At this age, you can set a schedule and expectations when it comes to help in the home. Chores they are able to take on include:
Helping to wash the car | Learning to load and unload the dishwasher | Cleaning the bathroom | Operating the washing machine | Helping to prepare simple meals

AGES 13 TO 18: Most teenagers are capable of handling any household chore as long as they have been taught how to do it properly. Depending on their school commitments and schedule, tasks you may like to delegate include:
Vacuuming | Doing their own laundry | Cleaning out the fridge | Preparing family meals | Ironing clothes | Mowing the lawn | Caring for pets.





10,000 a day!



No, not 10k in money but 10k in steps! According to a 2017 study, completing 10,000 steps a day is just as effective as doing five 30-minute workouts a week.

Here are a few more reasons why you should be clocking up some serious mileage.

To strengthen your heart

If you walk 10,000 steps per day, you will have a larger stroke volume than someone who only walks 1,000 steps a day. Your stroke volume refers to how much blood the heart beats per minute, with a larger stroke volume being a sign of greater aerobic capacity and better heart health.

To lose weight

Walking is a great form of aerobic exercise, especially if you walk briskly. This can help you to lose weight when combined with a healthy and balanced diet. Furthermore, you will store less fat than an inactive person and be better able to handle periods of excess, such as Christmas, without gaining too much weight.

To stabilise your blood sugar

People who walk 10,000 steps per day will have a much lower glucose and insulin response in their blood after eating a meal than someone who is inactive. This means that you are less likely to develop type 2 diabetes in the future.

To improve cognitive function

Daily moderate exercise such as walking has been shown to improve one's ability to learn new tasks, grow new brain cells and stave off cognitive decline. Aerobic exercise may also be able to stimulate new cell growth in the hippocampus, which is the part of the brain responsible for emotion and memory.

To reinforce healthy habits

It takes time to develop new habits, but sometimes all it takes is one small commitment to act as a catalyst for change. Start with small increases to your overall step count, before gradually increasing to 10,000 steps per day.

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We are delighted to announce the grand opening of The Jubilee Suite - our new luxury care suite situated within Abbot Care Home in Harlow, Essex.

Our new Jubilee Suite has been expertly designed with kindness, and dignity at its heart, providing person-centred nursing, residential and dementia care. With a variety of excellent facilities and spaces to enjoy, we welcome the people who live here to play an active part in everyday life – as we ensure activities, events and mealtimes are carefully tailored to the personal preferences of each individual.

Abbot Care Home is situated amongst peaceful open parkland and features beautiful, landscaped gardens. The people who live here enjoy a comfortable environment and benefit from the home-from-home atmosphere.

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To find out more about Abbot Care Home and book in to view our newly opened Jubilee Suite, please get in touch

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FEEL THE FOAM



If you are into fitness, then you need to know about foam rollers and how to use them. Predominantly designed to help with the recovery of injured muscles, they can also be used as part of your warm-up and cool-down routines to great effect.

WHY USE A FOAM ROLLER?

- To alleviate muscle soreness
- To reduce inflammation
- To aid muscle repair and recovery
- To help prevent injuries
- To increase blood flow
- To improve mobility
- To smooth the appearance of the skin
- To promote relaxation

WHERE ON THE BODY CAN YOU USE A FOAM ROLLER?

You can use a foam roller on your quads, hip flexors,

calves, lats, hamstrings, IT band (the connective tissues that run along your outer thigh from the hip to the knee), the upper back and shoulders, as well as the neck area.

WHEN SHOULD YOU USE A FOAM ROLLER?

You can use a foam roller either before or after a workout. Using a foam roller before working out can help to loosen up your muscles and allow for more efficient movement. Applying a foam roller after a workout can help to reduce muscle soreness and reduce recovery time.

HOW SHOULD YOU USE A FOAM ROLLER?

If you are new to using a foam roller, then be warned that foam rolling can be slightly painful. This is particularly true if you are using it on an area where the muscle or tissue is tight and in need of some TLC.

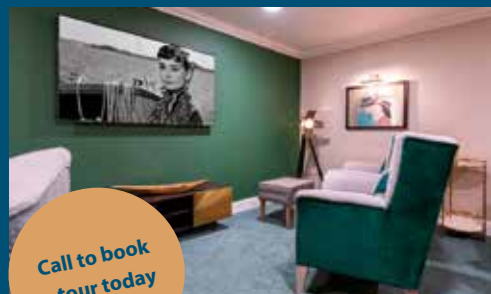
To use a foam roller for the first time:

- Pinpoint the sore or tight area of your muscle.
- Control your body as you slowly lower the targeted area, so it is centred above the roller.
- Lower your body onto the roller until you reach a point of discomfort.
 - Hold it there for 20-30 seconds.
 - You can roll the foam roller slowly back and forth to further stimulate the area.



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STAY HYDRATED

Water plays a crucial role in our daily wellbeing. From quenching our
thirst to fuelling essential bodily functions, staying hydrated is vital.
But many of us find it hard to drink enough water or don't know how
much we need. If that's you, here are some practical ways to keep hydrated.

HOW MUCH IS ENOUGH?

According to the government's Eatwell Guide, we should consume 1.5 to
2 litres of fluid per day – more if we're exercising or when the weather's hot.
Some experts say we should drink more than that, but it's
a helpful starting point.

DOES IT HAVE TO BE WATER?

No, it doesn't. Lower-fat milk and sugar-free drinks,
including tea and coffee, all count. But caffeinated drinks
can have a diuretic effect (increasing urine output), and
sugar-free drinks can harm tooth enamel. So only rely on
these drinks for some of your fluid intake.

TOP TIPS:

- ✦ Kickstart your hydration by drinking a glass of water first thing in
the morning after you've woken up.
- ✦ If you don't like plain water, try infusing it with citrus fruit slices,
berries or cucumber – or opt for herbal teas.
- ✦ Carry a bottle of water around with you so you can sip water on
the go, whatever you're doing.
- ✦ Make drinking water a habit throughout the day – for
example, before each meal or after you've been to the loo.
- ✦ Treat yourself to a smart water bottle or one with times and
measurements written on it. Alternatively, download a reminder
app, or set alarms or calendar alerts on your phone, to
remind yourself to drink.
- ✦ Choose a water bottle, cup or glass that you like – it's
easier to drink out of something you find
visually appealing.
- ✦ Eat plenty of water-filled foods
like fresh fruit and vegetables
– they're hydrating as well as
being nutritious. Watermelon,
cucumber and oranges are all
excellent choices.



FOOD & DRINK

7AM/2PM

9AM/4PM

11AM/6PM

1PM/8PM



BROAD BEANS

If you want to try to eat more seasonally, then now is the time of year to embrace the humble broad bean. They're delicious, nutritious and guaranteed to brighten up your day. Discover two of our favourite broad bean recipes below.

TOMATO, MOZZARELLA AND BROAD BEAN SALAD

You will need:

500g tomatoes | 150g podded broad beans | ½ tsp salt | ½ tsp caster sugar | Handful of fresh basil and chives | 1 tbsp fresh tarragon | 1 tbsp mint leaves | 3 tbsp olive oil | 2 tsp Dijon mustard | 1 lemon, zested | 1 tbsp red wine vinegar | 250g mozzarella balls | 50g toasted and chopped hazelnuts

How to make:

- Cut the tomatoes into slices and place in a bowl.
- Add the salt and sugar and leave to marinate for 30 minutes.
- Bring a pan of water to the boil and add the broad beans.
- Boil for two minutes, drain and allow to cool.
- Remove the beans from their shells.
- Finely chop all the herbs and tip into a bowl.
- Whisk in the olive oil, mustard, lemon zest and red wine vinegar.
- Season and stir in the broad beans.
- Tip the tomatoes onto a serving platter, then top

with the mozzarella and spoon over the broad bean salsa.

- Scatter over the toasted hazelnuts.

BROAD BEAN DIP

You will need:

300g podded broad beans | 3 tbsp crème fraîche | ½ a lemon | 1 tbsp fresh dill | Flatbreads or pitta bread to serve

How to make:

- Bring a pan of water to the boil.
- Add the broad beans and cook until tender.
- Drain and refresh in iced water.
- Blitz the beans, crème fraîche and a little seasoning together in a food processor.
- Tip into a bowl and squeeze in the juice of the lemon.
- Finely chop the fresh dill and stir through.
- Serve with warm bread.
- You can store this dip in a tightly sealed container for up to four days in the fridge.



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HOME & DIY



GREAT BRITISH INTERIOR DESIGNER

LOUISE BRADLEY

Interior designer Louise Bradley has impeccable taste, and it's no wonder she's sought after all over the world to create stunning designs in properties that range from country houses to overseas villas. Louise started her business in 1991, and is a self-confessed perfectionist with an eye for detail.

CLASSIC, CONTEMPORARY BEAUTY

While her styles are striking and timeless, Louise's spaces are designed to be functional too.

Her designs typically feature neutral colours enhanced with darker tones and blacks, with plush fabrics, statement lights and carefully chosen accessories completing the look. Louise's spaces represent a new modern classic style that works in different types of homes, including more traditional homes where the property's original features become elevated with Louise's designs.

RECREATING LOUISE BRADLEY'S LOOK

Some useful tips for recreating this look in your own home include:

- > Keep your layout simple, deciding carefully where furniture should go to help you make the most of the space you have.
- > Choose a muted colour palette that can be enhanced with darker shades to add depth.
- > Dress up the space with cushions and textiles in luxury fabrics. A rug can be a simple way to give a new look to an existing space.
- > Ornate mirrors and statement light fixtures add elegance, and can be an affordable way to dress up your interior if you're willing to shop around.

With looks that are simple yet timeless, Louise Bradley is the ultimate inspiration for contemporary décor that can work in any home.



Photo credit: louisebradley.co.uk



Drenched IN COLOUR

YOUR GUIDE TO THE DRENCHING TREND

If you love a little colour, then you're going to love colour drenching. This latest interior craze is helping people utilise their favourite shades and transform spaces to give them a coordinated, striking finish. Check out our simple guide to colour drenching and how to nail the look in your home.

WHAT IS COLOUR DRENCHING?

Colour drenching means taking one colour and using it in various shades throughout a space. From your walls to ceilings and even your woodwork, using the same colour in a room can be super stylish. It's a bold look – one that can make a big impression.

HOW TO ACHIEVE THE LOOK

To achieve a colour-drenched look in your home, choose a colour that can be applied to your walls, ceiling, doors and window frames. You can then play around with accessories in the same or similar shades to help you fill out the space.

This is a fantastic way to make the most of any statement furniture items you have. A contrasting piece or artwork can really shine in a colour-drenched room, with the space creating the perfect backdrop.

WHICH ROOMS WORK BEST?

Colour drenching looks great in spaces like living rooms or dining areas. The less clutter you have, the more effective colour drenching can be. If you have a small space to work with, this can be a good way to create the illusion of a bigger room.

You can opt for light, dark or bold colours with colour drenching, helping to create a range of different effects within your home.

CHOOSING THE RIGHT COLOURS

When it comes to colour drenching, choosing the right colour is important – you're going to be seeing a lot of it, after all.

Some of the colours that work well for colour drenching include rich shades of navy and green, pink and burgundy. White and neutral shades can also work well, especially when paired with wooden details.

You may want to avoid using pastels like yellow, green and pale blue – the room may look too light without any contrasting features.

AN EXTRA TIP

Start with a feature wall in your chosen colour to see how it feels. If you like it and like the way the light hits the space, you can start adding to it until your room is sufficiently drenched.



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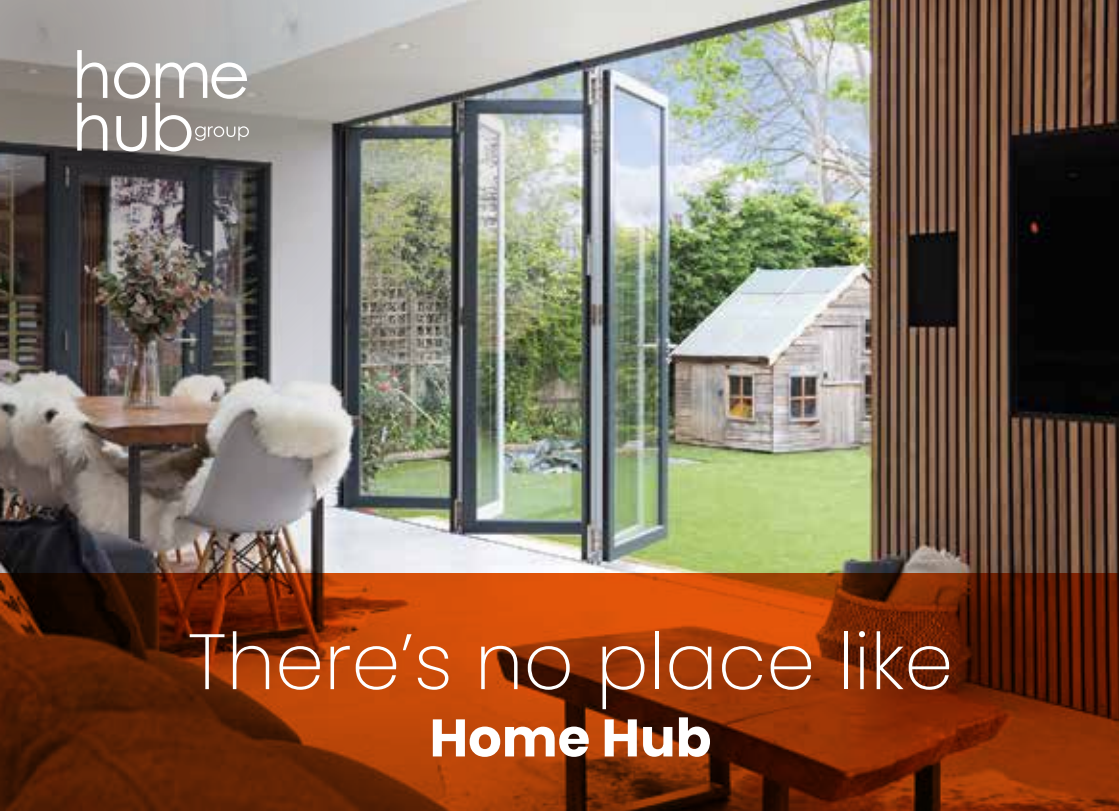
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Growing orchids can be a daunting prospect, even for the most experienced gardener. That being said, when cared for correctly, this beautiful bloom can last between 15 and 20 years.

Six signs that your orchid is dying

- 1** The leaves turn yellow and drop
While the shedding of leaves is a natural process for almost all plants, if new leaves start to turn yellow or drop off, this indicates that your orchid is getting too much light or water.
- 2** The leaves have brown tips
When the leaves on an orchid turn brown, this means that they are not getting enough moisture and you need to adjust your watering schedule to water your plant more frequently.
- 3** The leaves become wrinkled
Wrinkled leaves are a sure sign of underwatering and, in some cases, the leaves may start to fold in on themselves.
- 4** The aerial roots dry up
If your orchid is not getting enough humidity, its aerial roots may shrivel, become dry and turn brown. If the root is dead, you will need to remove it with a sterilised cutting tool.
- 5** The leaves have black or brown spots
Black or brown spots on leaves are usually caused by sunburn from too much bright light. If this occurs, move your orchid to a more shaded spot.
- 6** Your orchid does not bloom
If your orchid is not blooming, then this is almost definitely owing to poor growing conditions or conditions that are not suited to your particular orchid.

How to make your orchid live longer

- > Position your orchid in bright but indirect light
- > Water your orchid once a week with room temperature water
- > Keep them in a room where the temperature is between 18 and 29°C
- > Cut away any blooms that have died
- > When not in bloom, give your orchid a 20-20-20 fertiliser which contains 20 per cent nitrogen, 20 per cent phosphorous and 20 per cent potassium.





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- that simply wouldn't happen if we didn't adhere to our overriding principles.

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So, if you want to make use of your loft space, call Jamie free on 0808 301 9551 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!





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TO STORE IMPORTANT DOCUMENTS

Are you always misplacing your birth certificate or car

insurance documents? Keep important documents safe and crease-free by rolling them up and placing them inside a toilet paper tube. You can also store your child's artwork.

TO MAKE A FIRE STARTER

Whether you have a wood-burning fire in your home, love to go camping, or like to throw impromptu barbecues, a toilet paper roll makes the process of lighting a fire much easier. Simply stuff a tube with dryer lint, wrap in newspaper and twist at the ends.

TO MAKE A DIY PHONE SPEAKER

Like your music loud but don't want to have to buy an expensive speaker? Why not make your own with just a toilet roll? Start by cutting a long, rectangular hole in the tube which is big enough to slip your phone into. Then use drawing pins as feet to stabilise the speaker.

TO PREVENT CREASES

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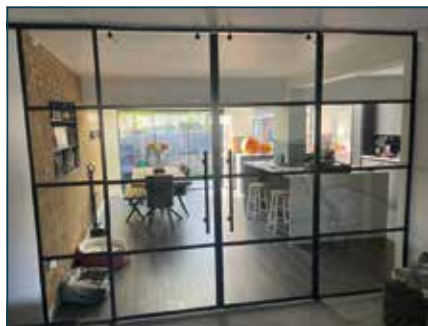
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COMER CHAMELEON



The changing mode of Jodie Comer, and why, in the face of her recent Tony Award win, the British actress's career will surely only continue to ascend.

In the pantheon of British acting royalty, Jodie Comer's journey has been gradual, yet dramatic. The 30-year-old actress has worked her way up through the slightly clichéd ranks, with the usual spread of appearances in TV staples such as *Holby City*, *Waterloo Road* and *Doctors*. Lead-character presence in *Thirteen* and *The White Princess* saw the Liverpoolian build on her early success, with widespread attention on both sides of the Atlantic finally arriving as a result of her portrayal of assassin Villanelle in the BBC drama *Killing Eve*.

Comer's appeal is obvious; she possesses distinctive flair and undeniable talent, with an ability to switch between comedy and drama, romantic segments and thriller sequences.

And nowhere better has that versatility been shown than in her recent triumph at the 2023 Tony Awards, where she garnered the Best Leading Actress accolade for her tour-de-force performance in the Broadway show *Prima Facie*.

"I've never been one to pin everything I do on the idea of winning awards," she begins, "as I believe there is so much good stuff that goes unnoticed. And really, the success or failure of a project is something that only really I can decide upon."

"That said, when recognition comes along, especially with something this big, and in an environment on stage that is a diversion from what I have been doing, it does mean so much to me and I am so grateful."

Comer wouldn't be able to achieve what she has without the eclectic blend of strength, charm and emotional vulnerability that she brings to every role. She is visually striking and phonetically exacting, and with these tools, she manages to engage an audience in a way that few actresses of her age can.

"Drama is about sharing an emotion," she says. "It's not a one-way street – the task is to envelop everyone around you in a character and a feeling."

Comer's journey to the top, while impressive, has been linear. That's what makes the Tony Award her biggest achievement yet – for the fact she stepped out, alone, looking to impress not just those at home, but the fiercely demanding New York Broadway crowd too.

The show, a one-woman play, tells the story of a lawyer who defends men in sexual assault cases, though finds the script flipped when she herself becomes the victim of a sexual assault. The play was also a hit in the West End, with a successful run at the Harold Pinter Theatre.

Beyond the stage, Comer's cinematic work is equally noteworthy. Her role in the upcoming survival film *The End We Start From*, co-starring Benedict Cumberbatch CBE, is eagerly anticipated.

"For me, it's about continuing to move forward – to try new things and to work with new people. I am flattered when I get cast alongside some real heavyweights of the industry, and it is a struggle to feel worthy, at times."

Perhaps that's what makes Comer so popular – a sense of humility and down-to-earth persona. Despite her fame, she remains a humble Liverpoolian who loves her craft and respects her audience.

Photo credit: Jon Sugg

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FROM YOUR AREA

LOCAL NEWS

Reverend honoured for dedication to community



Photo credit: David Jackman/Everything Local News

A reverend who serves three churches in Epping has been presented with an award.

Team Rector Reverend Lee Batson (pictured above, right) was recently named as the winner of the Rotary Club of Epping's Service Above Self Award.

The award is presented to someone who has gone above and beyond what is expected of them, in both their career and their personal life.

Rev'd Batson – who serves St John's Church in Epping, St Alban's Church in Coopersale and All Saints Church, Epping Upland – also serves on many committees, including the Epping Schools Partnership Trust where he is chairman, and the Global Partnership.

He has established a domestic abuse support group in Epping, and has revived the Heart of Epping project for building work at St John's Church.

A Rotary Club spokesman said: "Although his calling expects him to be selfless, he is a man who goes above and beyond that expectation and deserves to receive this award."

Appeal after man hit with glass bottle

Essex Police are investigating after a man was struck over the head with a glass bottle in Epping High Street.

The incident happened at around 12.45am on

Saturday, June 17.

His attacker has been described as being mixed race, roughly 5ft 10ins tall, around 30 years old and bald.

If you have any information, CCTV, dashcam or other footage in relation to this incident, please contact www.essex.police.uk or call 101, quoting the crime reference number 42/107654/23.

Garden event returns to raise funds for hospice

After a seven-year hiatus, Theydon Bois Open Gardens returned last month to raise money for St Clare Hospice.

The annual event, hosted by the hospice, took place on Sunday, June 18, and saw members of the local community open their gardens for residents to visit.

Residents were able to collect a brochure from the Village Hall, which contained a map of all the gardens that were open to visitors.

Proceeds from ticket sales and donations will go to the hospice.

Theydon councillor Holly Whitbread (pictured below) attended the event and commented: "It was great to see so many households take part and lots of people in attendance."

St Clare Hospice patron and Deputy Lieutenant of Essex Michael Chapman said: "Giving support to St Clare through visiting one of the Open Gardens in the scheme is an excellent way to pick up some great gardening ideas and learn from other local gardeners, have a great day out and give support to your local hospice charity."



Photo credit: Councillor Holly Whitbread

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SCAN ME

Heavyweight promoter stays true to his roots



Photo credit: Gary Carr/INPHO/Shutterstock

The man who runs rings around the world's best boxers, Eddie Hearn is undoubtedly one of Brentwood's finest sporting exports, even if his activities, primarily across boxing, rarely see him break into a sweat.

Hearn, who attended the private Brentwood School before heading to Havering College in Hornchurch, is the son of Barry Hearn and therefore comes from solid boxing promoter stock. Yet over the past decade, Eddie has truly stepped out of his father's shadow.

Hearn's first foray into boxing promotion came in 2004, when he used Brentwood as the base for his first sporting event. The showcase featured a number of up-and-coming boxers, and enabled him to begin to build his reputation.

He has gone on to work with some of the biggest names in the sport, including Anthony Joshua OBE, Dillian Whyte and Kell Brook. He has also promoted numerous world champions, including Carl Froch MBE, Tony Bellew and Katie Taylor, as well as dabbling in management for poker, snooker and darts.

Hearn, who now lives in Billericay with his wife Chloe and their two daughters, is known for his flamboyant personality and an ability to promote fights in a way that generates excitement and interest from fans. He is a master of social media, using Twitter and Instagram to engage with fans and promote his fighters, both male and female.

Despite his success, Hearn is not without his critics. Some boxing fans accuse him of having too much control over the sport, and have questioned his decision to work with streaming service DAZN. This is despite the fact that the multi-million-pound deal disrupted the traditional pay-per-view model, making elite boxing more accessible to fans around the world.

The promoter's biggest fight was the heavyweight rematch between Anthony Joshua OBE and Andy Ruiz Jr, which was held in Saudi Arabia in 2019; yet more recently he brilliantly traded verbal punches with Simon Jordan on talkSPORT.

Hearn's success in boxing has given him an estimated worth of more than £100million, yet he remains fiercely loyal to his Essex roots.

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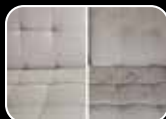


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Until Saturday, September 2



Photo credit: Epping Forest District Museum

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For more information, please visit the museum website at www.eppingforestdc.gov.uk/museum

CLASSIC CARS IN THE PARK

Stonards Hill Recreation Ground, Stonards Hill,
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Sunday, July 16, 12pm – 4pm

Run by the Rotary Club of Epping and sponsored by Treehouse Nursery School and Concept 5, this event showcases the best classic cars from the area.

Entry is free, and guests can enjoy refreshments and browse club stalls.

Register your car for £5 by calling Vince on 01992 677906 or 07958 526786.

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North Weald Station will host the main marquee of real ale, which will be open from 12pm each day. Ongar Station will host two new bars: A Chalet of Cask, with up to 12 real ales, and The Keg Shed, which will be serving up some interesting craft beers.

The bars on the trains will be open from the first departure at 10.10am from North Weald.

Tickets cost £18 for adults and £1 for children.

To find out more and purchase tickets, head to www.eorailway.co.uk/events/real-ale-festival

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PETAL PERFECTION

Are you planning to throw confetti at your wedding? Then you need to know about petal confetti, also known as biodegradable confetti, and how it can help make your big day both stylish and sustainable.

WHY IS CONFETTI THROWN AT WEDDINGS?

The tradition of throwing confetti at weddings dates back to the Middle Ages, and is used to say congratulations to the happy couple and wish them a lifetime of luck and happiness.

WHAT IS PETAL CONFETTI?

Petal confetti, as the name suggests, is confetti that is made out of real flowers rather than plastic, metal or paper. It is 100 per cent biodegradable, affordable and makes a stunning addition to any style of wedding. You can create bespoke petal confetti mixes or you can order pre-mixed bags online from companies such as Shropshire Petals

and Pretty Petals. There is also a confetti field in Pershore, Worcestershire, where you can carry out pre-wedding photoshoots and purchase petals.

WHAT ARE THE BEST FLOWERS FOR PETAL CONFETTI?

There are many different flowers to choose from for your eco-friendly wedding confetti, with some of the most popular options including delphiniums, wildflowers, roses and hydrangeas. In particular, delphinium petals make wonderful confetti as they are small and delicate. It is worth noting that delphiniums and hydrangeas are harmful to dogs, so if you have any four-legged friends attending your wedding, then rose petals and lavender make a fragrant alternative.

OTHER WAYS TO USE PETAL CONFETTI

As well as being used for beautiful confetti, there are other ways in which you can use petals to make your big day just that bit more special:

- > Create a petal aisle for the bride to walk down
- > Flower girls and boys can scatter petals down the aisle
- > Place piles of petals around other decorations
- > Decorate your wedding tables.



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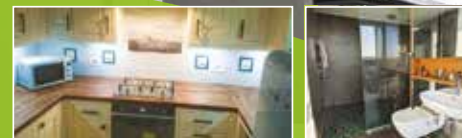
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GARDENING

**GET
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With the right seating, you can transform your outdoor space into a comfortable and stylish retreat, whether you've got a simple balcony or something much grander.

GO SCANDI: One popular style for outdoor seating is the Scandinavian look, which often features slim wooden frames. This style embraces simplicity and minimalist designs, and is perfect if you're after something timeless and understated. Pair your Scandi seating with outdoor rugs for a relaxed and laid-back vibe.

EMBRACE INDUSTRIAL CHIC: If you prefer a more edgy vibe, consider industrial-inspired furniture. Look for dark metal frames and sleek designs, and choose metal planters and modern outdoor lighting to complete the look. Industrial seating is ideal for those who appreciate a modern and urban atmosphere.

OPT FOR COUNTRY HOUSE CHARM: If you're after a touch of elegance with a country house feel, look out for rattan lounge sets or daybeds. This furniture blends into the natural landscape beautifully – particularly if you add some terracotta pots and troughs – and evokes a timeless country scene. If you want to go green, choose eco-rattan, a weather-proof rattan lookalike made from recycled plastics.

CREATE A BEACHY PARADISE: For a relaxing holiday resort atmosphere, choose wooden suites you can relax into. With some mood-enhancing lighting and a solar lantern, you'll be transported to a beachy paradise, wherever you are. And if you want to complete the look, why not add a fringed parasol?

CHOOSE CAFÉ-STYLE CHIC: Indulge in the enchanting ambiance of an outdoor café with a budget-friendly bistro set. Ideal for small spaces, these sets are available in various materials, including metal, plastic and wood. Enhance the charm by adding a couple of plants, and voila! Your space becomes the perfect spot for dining al fresco.





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SECURE

your canine!

If your pooch loves lolling their head out of a car window, you could be breaking the law.

It's common knowledge that dogs love to hang their furry heads outside car windows in order to absorb all the fragrant wonders of the world passing by, yet did you know that this could actually be breaking the law?

It is a legal requirement as part of the Highway Code to secure a dog – or any other small animal – in a car when driving to prevent them from causing an accident. This is because they could block your vision, jump in the footwell and stop you braking, or generally distract you with their fluffy cuteness.

In the event that an animal is believed to have caused an accident, the driver of the vehicle can face a fine of up to £5,000 and could receive points on their licence. Worse still, it could also invalidate both your car AND pet insurance – meaning no financial help for Fido should they get hurt.

Mark Tongue, of Select Car Leasing, said: "We'd recommend you don't let your dog

stick its head out of the window.

"Not only does that potentially illustrate that the animal is not restrained properly, but there's also the obvious risk of its head coming into contact with something, like a bush or a tree, resulting in a bad injury. And make no mistake – if you don't have your dog properly restrained, and it's causing distraction, you could be prosecuted by the law.

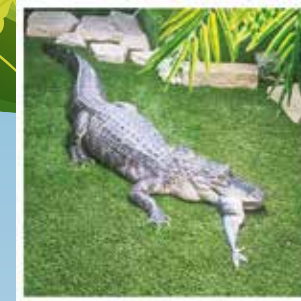
"Don't take the risk. Make sure both you and your pooch are buckled up properly."

In other words, next time your four-legged friend feels like catching the breeze, make sure you've invested in a dog-friendly harness, or risk finding yourself in the doghouse.



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LOVE PARKS

Week

Love Parks Week is an annual event that gives people across the country the chance to shout about their favourite green spaces. It takes place between July 28 and August 4 this year. Here are some of the best national parks the UK has to offer.

NEW FOREST: *Best for nature lovers*

One of the largest areas of woodlands in southern England, the New Forest is a great park to visit all year round. In spring, head to Clayhill Heath to stroll through a sea of bluebells, and in summer, look out for forest pony foals outside Beaulieu and Brockenhurst. Later in the year, don't miss the free-roaming pigs that are let loose to scavenge acorns.

SOUTH DOWNS: *Best for long-distance walks*

The newest UK national park, South Downs boasts rolling hills and stunning views down to the Weald and out to the Channel. The impressive 100-mile South Downs Way covers the entire park from Winchester Cathedral to the beach at Eastbourne, making it a must-do experience for hiking enthusiasts.

EXMOOR: *Best for isolation*

One of the least visited national parks in the UK, Exmoor is the perfect place for those who want to seek solace. Offering wild moorlands, rocky ravines and breath-taking coastal cliffs, Exmoor is also home to a population of wild ponies who wander around its expansive landscape.

DARTMOOR: *Best for camping*

If you fancy experiencing the freedom of wild camping, then this is the national park for you. You can just pitch up and explore Devon's wondrous moorlands – the only national park in the UK where this is permitted. Ideal for families, some of the most popular spots are Haytor and Hound Tor or, for adventure seekers, head out to the remote Fur Tor.

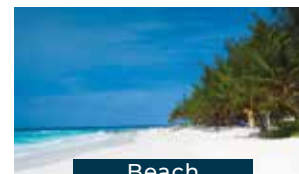


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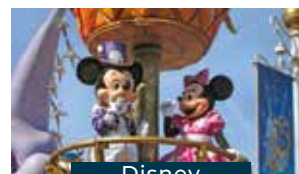
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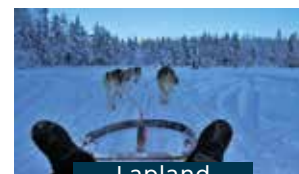
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Have you ever thought about renting out a room in your home to bring in some extra income? Find out everything there is to know about becoming a resident landlord below.

WHAT IS A RESIDENT LANDLORD?

A resident landlord, sometimes referred to as a live-in landlord, is someone who rents out a room or a proportion of their accommodation in a property that they also live in. You are not a resident landlord if the property is split into purpose-built flats, with yourself in a separate flat, or if you are not considered by law to be a resident at the property.

WHAT ARE THE BENEFITS OF BECOMING A RESIDENT LANDLORD?

The main reason that people choose to rent out a room in their home is to earn some extra money which can be used to help pay the mortgage, pay

off other debts, or be put aside for retirement.

ARE THERE ANY TAX BENEFITS TO RENTING OUT A ROOM IN YOUR HOME?

Yes, the government's Rent a Room Scheme allows you to earn up to £7,500 per year tax-free from letting out furnished accommodation in your home. If you earn less than £7,500, then your tax exemption will kick in immediately, otherwise you will need to complete a tax return or opt into the scheme.

CAN I RENT TO MORE THAN ONE LODGER?

Yes, you can. If you have more than one spare room in your home, then you can rent to more than one lodger. However, if you rent to three or more tenants who are not from the same family, this becomes a house in multiple occupation, which has very strict licensing rules.

DO I NEED TO TELL MY MORTGAGE LENDER?

Most mortgage agreements allow you to take in a lodger as long as you live in the property. However, it is worth checking with them first to make sure.



BUSINESS & PROPERTY



Camilla

THE QUEEN UNVEILED

Fifty years ago this month, Camilla Shand married Andrew Parker Bowles OBE and embarked on what seemed like a conventional life. However, fate had different plans in store.

Her Majesty Queen Camilla first met His Majesty King Charles III in the early 1970s. After a period of dating, they separated. Charles joined the Royal Navy. Camilla married Andrew – her on-off boyfriend of several years – and in 1981, Charles married Lady Diana Spencer.

It's believed that Charles and Camilla rekindled their romance in the late 1980s, though the exact timeline isn't certain. There were rumours, of course, but their affair only became public in 1993, when the press leaked transcripts of the couple's intimate phone conversations. Now more than ever, people blamed Camilla for the breakdown of Charles' marriage.

In the aftermath of the revelations, Camilla shut herself away to avoid the press. Charles admitted their affair on television, and Camilla's husband asked for a divorce.

But despite the challenges, Charles was already paving the way for a future with the woman he loved. In 1996, he and Diana divorced. But a year later, tragedy struck with Diana's untimely death in a car accident. For months afterwards, Camilla kept a low profile. But gradually, Charles introduced her to the public. Despite ongoing criticism, Camilla's positive impact on Charles soon became evident, and more people began to accept their relationship.

The pivotal moment happened in June 2000 when Camilla had a private lunch with Her late Majesty Queen Elizabeth II. In 2003, Camilla moved into Charles' home. In 2005, they announced their engagement and they married later that year. Camilla immersed herself in charity work, gaining admiration from various sources, including the Queen.

Last September, shortly before her passing, the late HM Queen Elizabeth II endorsed Camilla as Queen Consort rather than Princess Consort. And in May this year, King Charles III and Queen Camilla were officially crowned, side by side at Westminster Abbey.



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When a bird decides to lighten its load your head, it's said to be a sign of good luck.

Well, tell that to motor aficionados and they may well disagree, because unequivocally, bird poo is bad for your car's paintwork and should be removed immediately.

The acid in bird poo begins to corrode the shiny coat that sits atop your cherished four wheels within 48 hours. This acid kicks off a rusting process, which can be difficult and expensive to fix.

The fact that birds consume a large amount of gravel in their diet means that not only do you need to be quick in removing deposits, but careful as well, or you'll find that despite being prompt in ridding your paintwork of the mess, it's left behind a horror show of scratch marks too.

Preventing the deposit of bird poo on your car is a near-impossible task, though ensuring you don't park under trees or roofed overhangs will reduce the chance of your car resembling a painter and decorator's radio.

The best and easiest method to get rid of

the mess is simply to spray it with WD-40. This will serve to loosen the droppings. You should then use a sponge or microfibre cloth to pinch them up from the surface of the car.

Baking soda mixed with dish soap and dispensed from a spray bottle can be just as good, while pre-prepared over-the-counter formulas are expensive, but equally effective.

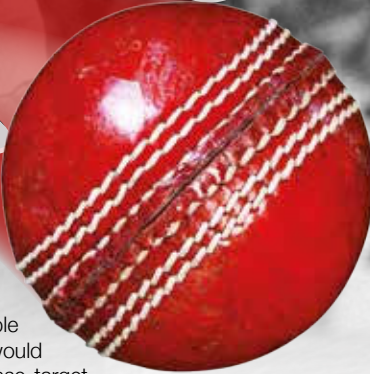
The real trick to ensuring no long-lasting marks on your vehicle where bird poo is concerned is rapid detection, so keep your eyes peeled and leap into action at the first sign of air attack.





BRITAIN'S GREATEST SPORTING MOMENTS...

BOTHAM'S ASHES



This month, we look back at one of the most significant events in British sporting history, when Lord Ian Botham OBE single-handedly derailed the Australian Ashes machine.

It's rare to find a sporting event named after one person, let alone a whole series, yet July sees the celebration of more than four decades of the term Botham's Ashes – a tribute to a one-man masterclass that turned a dramatic series of matches on its head.

Australia came to England in the summer of 1981 keen to win back the urn, and in a low-scoring first Test at Trent Bridge, they bowled the hosts out for 185 and 125 to seize the initiative.

The second Test was drawn, and the Aussies looked to be coasting to success in the third, at Headingley, as they clocked up 401/9, before skittling England out for just 174. Lord Botham's half-century appeared little more than a consolation, and while a follow-on total of 356 (with the talismanic former footballer 149 not out) had the hosts ahead, it

seemed inevitable that Australia would put away the chase target of 129 very easily.

Only once previously in Test history had a team won after following on, yet the Aussies reckoned without Bob Willis MBE's devastating eight wickets for just 43 runs with the ball, and collapsed to 111 all out, allowing England to level the series.

Past that point, it was a Lord Botham masterclass – he took five wickets in the second innings in the fourth Test at Edgbaston with the Aussies requiring just 150 to win; then bagged a century at Old Trafford as England went 2-1 up. It was his third successive Man of the Match performance.

And in a sixth Test at The Oval, another century from 'Beefy' wrapped up a 3-1 Ashes victory.

From a position of apparent hopelessness, Lord Botham's courage, bullshness, power and fortitude guided England to a sensational series win.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

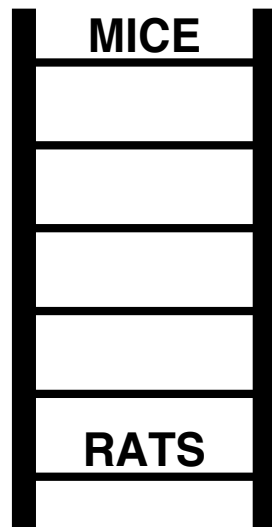
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B	G	O	E	Z	E	M	E	S	P	O	T	T	E	D
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O	X	E	X	E	C	O	R	N	I	S	H	R	E	X
S	I	A	M	E	S	E	C	B	U	R	M	E	S	E

DID YOU KNOW?

- ▶ Earth isn't actually perfectly round. Earth's rotation causes the planet to bulge at the equator and flatten at the poles.
- ▶ Coral reefs are Planet Earth's largest living structure. These underwater ecosystems are made up of colonies of tiny animals called coral polyps, which build calcium carbonate skeletons that accumulate over time and form the complex structures we know as coral reefs.
- ▶ The Earth's interior is not solid, but rather has a semi-solid or 'squishy' consistency owing to the extremely high temperatures and pressures.
- ▶ The Earth's diameter (the distance straight through the middle) measures a massive 12,800 kilometres, which makes it the fifth largest planet in the solar system.

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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