

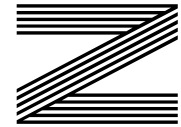
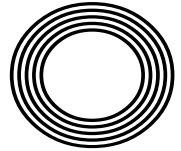
**HOW TO
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50 YEARS
of Mr Men and Little Miss

Sue Barker
Celebrating the TV presenter's career

SIR RICHARD BRANSON

The billionaire completes out-of-this-world venture



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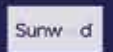
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Editor's notes...

AUGUST 2021



William Taylor, Editor

Hello and welcome to the second edition of **VISION** Frinton-on-Sea.. Well, it's been a few weeks now since "Freedom Day", and I don't know about you, but I've been enjoying having some semblance of normality back.

I do say that with slight hesitation, because I realise what we're now experiencing still isn't total freedom and many of us are still incredibly anxious about stepping out into the world again, and understandably so.

Having received the second of my vaccinations around a month ago, as well as being still relatively young and healthy, I do feel quite confident and optimistic about getting back to normality. Simple things, like ordering

a pint from the bar or being able to attend sports events again do make a difference.

One big event on the horizon for me is the London Marathon, taking place on October 3, 2021. I'm running in aid of a charity called Retina UK which supports people born with inherited sight-loss - a cause close to my heart with two members of my own family having a rare condition called Retinitis Pigmentosa.

Needless to say, any donations would be gratefully received. If you'd like to donate or read more about my challenge, you can do so by visiting uk.virginmoneygiving.com/WilliamTaylorLondonMarathon

Have a great month!

William Taylor

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

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SPORTING INJUSTICE?

SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.

The ever-evolving world of sport is perhaps only rivalled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'

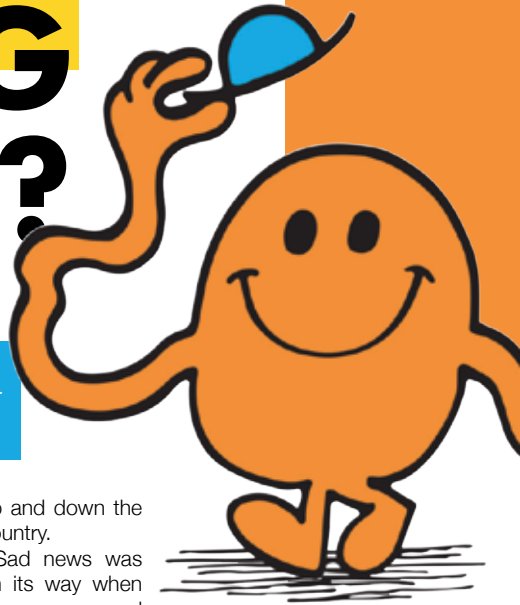
The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".

A LONG TICKLE?



Celebrating 50 years of the Mr Men and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

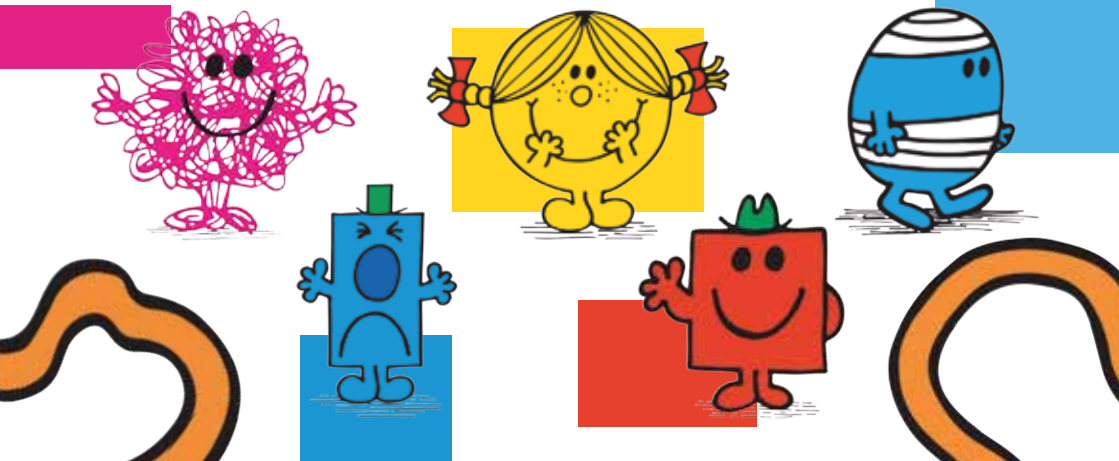
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



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Brave Jordan raises thousands in cycle challenge

A 23-year-old man from Frinton-on-Sea has raised more than £4,000 by cycling from Frinton-on-Sea to Land's End last month to honour the memory of his mother and brother.

Jordan Cantlow sadly lost his mother, Michelle, on July 19, 2019, just one month after her cancer diagnosis. Jordan's youngest brother, Kayden, took his own life on July 22, 2020, at the age of 14.

Jordan is cycling more than 400 miles to support and raise awareness of St Helena Hospice, where his mum was cared for, and Papyrus, a charity dedicated to the prevention of young suicide.

Before the cycle ride, Jordan said: "I want to do this because it's for me to close a chapter, to do something for them in their memory.

"But now, the more that I am talking about doing

it, there is a big message here and I want to push for some sort of change.

"I've lost two key figures in my life coming out of university and I could have quite easily been in a very different position, because it could have been so easy for me to just be like, no, I can't do this.

"But what I've done is turn it into something positive and now I want to focus my energy on doing something for them. I want to push this as hard as I can and raise as much money and awareness as I can."

Jordan has raised more than £4,300 through the challenge so far, with a target of £5,000.

Visit uk.virginmoneygiving.com/giving and search 'Jordan Cantlow' in the search bar to donate.

To find out more, visit www.sthelenas.org.uk and www.papyrus-uk.org

Curtain-up for theatre's 80th summer season

LOCAL NEWS



Photo credit: Frinton Summer Theatre and PhotoVogue

It's full steam ahead for the UK's longest-running professional weekly summer theatre.

For its 80th season, Frinton Summer Theatre has put together six productions to celebrate this milestone anniversary, including a double bill featurette of two plays from Alan Ayckbourn's famous trilogy, *The Norman Conquests*.

The season runs from July 13 to August 30 and includes special guests such as Kellie Shirley and Stuart Laing from *EastEnders*.

Other performances include *Tell Me on a Sunday* by Sir Andrew Lloyd Webber between August 12 and 22, and an evening with actor and author Hayley Mills, on August 29.

To finish the season, *Abigail's Party* will run between August 25 and August 30. An iconic British comedy of manners, the play is based around a drinks party that married couple, Beverly and Laurence, are holding for their new neighbours.

All productions will take place at McGrigor Hall. To book tickets, visit www.frintonsummertheatre.org

New post office praised after council takeover

A new post office has been praised after the council stepped in to take over the service.

The Triangle Estate Post Office in Frinton-on-Sea was due to close in May 2021. However, Frinton and Walton Town Council stepped in to take over the running of this valuable local service.

A ground floor meeting room in the Council House building, at the Triangle Shopping Centre, was converted into a community post office, which opened at the beginning of June.

The facility is now up and running and has been praised by customers, who have been delighted with the service so far.

A spokesperson for Frinton and Walton Town

Council said: "Personal and business customers have been delighted with the new post office at the Triangle Centre. They have been particularly complimentary about the professional service provided by the staff."

The Triangle Post Office is open from 9am to 5.30pm Monday to Friday and 9am to 2pm on Saturdays.

Volunteers help two boats return safely to marina

Volunteers at Walton and Frinton Royal National Lifeboat Institution (RNLI) rushed to the aid of a yacht which had suffered a steering failure.

At 9.20am on July 17, the RNLI received a report of a yacht needing assistance 17 miles from the station.

At the request of Dover Coastguard, the volunteer crew launched the Tamar-class all-weather lifeboat shortly after the pagers sounded to go to the aid of the yacht.

The two people on board the yacht had deployed their anchor while they awaited the arrival of the lifeboat.

Once on scene, an assessment was carried out and it was deemed that a tow was the safest way to assist the casualty back to Titchmarsh Marina. The slow tow took some six-and-a-half hours.

Once in the Walton backwaters, the lifeboat was waved down by a broken-down speedboat, which was also talking to the UK coastguard via a mobile phone at the same time.

With the yacht secured, the lifeboat and her crew proceeded to assist the 15ft speedboat, which had run aground.

It was deemed that the safest approach would be to establish a short tow back to the marina.

Once the speedboat was secured, the lifeboat was able to return to the station some nine hours after launching.

For more information on Walton and Frinton RNLI, visit www.waltonfrintonlifeboat.co.uk



Photo credit: RNLI and Dale Steggles

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Golfers win prizes at successful Lady Captain's Day



A recent Lady Captain's Day at a local golf club was heralded as a success.

Tracey Taylor hosted her Lady Captain's Day on July 20 at Frinton Golf Club, where the weather conditions were perfect for the golfers in their fancy dress attire.

The format was four-woman Texas Scramble and the scores were close.

The stars of the day were Claire Vaughan, Jemma Jackson, Angela Low and Marie Ellis – a winning combination with a score of 57.2.

Second place went to Lynda Boland, Joan Horner, Trish Freear and Mary Johnson with 58.5.

Maria Naden, Bernadette West, Susie Gregory and Jean Mockford finished third with 58.9.

Over on the Kirby Course, Annabel Brejon was way out in front with 45 points and Ann Perfect came in second with 39.

The prize for the best fancy dress went to the team of Gina Donnelly, Tricia Hamilton and Sarah Fryer.

Beachgoers warned of dangers amid warm weather

Tendring District Council's (TDC) Beach Patrol has been busy, as the hot weather coincided with the start of the school summer holidays.

With visitors flocking to enjoy the Essex Sunshine Coast's beaches, Tendring's Beach Patrol teams stationed at Frinton, Walton, Clacton and Brightlingsea were on hand to help those who were spending time out in the sunshine.

Staff supported visitors with numerous minor first aid treatments and helped to reunite 15 children who had been separated from their guardians.

Alex Porter, TDC cabinet member for leisure and tourism, said it was important people respect the water when visiting the beach.

He said: "While our brilliant Tendring Beach Patrol – along with the RNLI and Coastguard – are on hand to

help people, beachgoers need to take their own steps to keep themselves safe.

"That is why we urge people to stay within their depth and be aware the water can shelve quite quickly in places, becoming too deep to stand in. Inflatables are not advised at sea and, if they are used, must be tethered to the shore, as even slight winds and tides can quickly pull them out to sea.

"Groynes, breakwaters and piers can also be incredibly dangerous. Strong and unusual currents around them can quickly cause even strong swimmers to get into difficulties.

"We love people coming to visit and enjoy the Essex Sunshine Coast, but please do so responsibly."

Resident hosts fundraising event for COVID-19 wards

Frinton-on-Sea Cricket Club hosted a fundraising event for the two main COVID-19 wards at Colchester Hospital at the end of July.

The event was a way for local people to show their appreciation for the dedication and commitment of all the hospital staff over the past year.

The event, named Reward the Wards, took place on Wednesday, July 28, at the cricket club, and featured a disco, karaoke, bouncy castle, assault course, food stalls from around the world, wardrobe stall and ice cream stall.

Artists also performed music for visitors, including Jenni Castell, Mike Pugh and Amanda Jacks.

The event was hosted by Derek Cobbing, who recalled the experience of catching COVID-19 in April last year.

Derek said: "In all honesty, it was a very frightening experience, one that even now I find it hard to talk about. Luckily, with the care and attention I received, I managed to pull through, but I was left wondering if there was a way I could ever repay their kindness."



Photo credit: www.frintoncc.com





Open Gardens event raises record amount for charity

A record amount of money was raised for a charity that saves lives at sea during an annual event.

Frinton Open Gardens returned for its fifth year and attendance at the nine gardens on show was higher than ever before.

Organisers were delighted to raise more than £7,000 for the Walton and Frinton Royal National Lifeboat Institution (RNLI).

Paul Williams, who headed up the organising team, said: "This has been our most successful event ever, giving much pleasure and welcome mindfulness during these challenging times.

"It was wonderful to welcome so many from our community and visitors from further afield to nine very diverse gardens. More than 750 tickets were sold, and we thank everyone for their patience when having to queue so we could ensure their safety according to

COVID-19 restrictions. "Thanks go to all those who showed their lovely gardens and also to the organising team, including my wife, Michele, without whom this could never have taken place."

A spokesperson from Walton and Frinton RNLI added: "We are incredibly grateful for this donation.

"During the pandemic, we have been unable to hold any fundraising events, but have remained operational throughout.

"Our costs have remained the same, but with the additional burden of expenses associated with COVID-19, such as PPE and extra cleaning materials.

"This is another demonstration of the support we have had from the local community since the station was founded and will go a long way to ensuring our sustainability for any challenges that may lie ahead."

Four charged in police blackmail investigation

Four people, including one person from Frinton-on-Sea, have been charged in connection with an investigation into blackmail.

Barry Bond, 37, of Peake Avenue, Frinton; Keith Gibbins, 61, of Bridge Place, Manningtree; and Jason Tipple, 45, of Nayland Road, Colchester, have all been charged with conspiracy to blackmail and conspiracy to convert criminal property.

Stevie Titler, 35, of Bridge Place, Manningtree, has been charged with conspiracy to convert criminal property.

They are all now due to appear at Chelmsford Crown Court on September 3.

The offences are alleged to have happened between March 31 and June 1, 2020.

Essex Police are also continuing to look for Simon Bond, 38, in connection with this ongoing investigation. He has links to Manningtree, Lawford, and Bungay in Suffolk.

Anyone with information on his whereabouts is asked to call Colchester CID. You can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm. Alternatively, you can call 101.

Information can also be given to Crimestoppers 100 per cent anonymously on 0800 555 111.

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You may be surprised to find out that bathroom towels should be washed after every three uses. Furthermore, they should be replaced entirely every one to three years.
TOP CLEANING TIP: Always hang up your towels to dry fully after each use.

BATH MATS

This essential is one of the most germ-ridden areas of your bathroom and needs to be washed every three to seven days and thrown away after two years. For mats with rubber backing, spray generously with white vinegar weekly and wash in cold water every three to four weeks.
TOP CLEANING TIP: Clean on a 40-degree wash and hang to dry.

TOILET BRUSHES

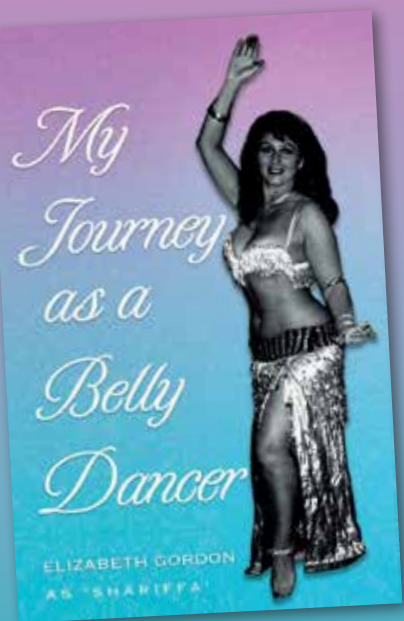
Covered in lots of harmful bacteria, your toilet brush should be cleaned weekly and replaced every six to eight months. Soak in a mixture of boiling water and bleach and allow to drip dry.
TOP CLEANING TIP: Rinse after every use for maximum longevity.

SHOWER HEADS

Shower heads should be cleaned monthly and replaced every six to eight months as harmful bacteria thrive in this moist environment, which can be harmful to the respiratory system, especially for at-risk patient groups.
TOP CLEANING TIP: Soak in a mixture of three cups hot water and one cup white vinegar for 30 minutes and then scrub with an old toothbrush.

LOOFHANS AND TOOTHBRUSHES

Both these items should be replaced every one to three months. Toothbrushes should be rinsed after every use and the handle should be wiped down once a week. Your loofah should be rinsed thoroughly after each use.
TOP CLEANING TIP: Soak your loofah in warm water and a few drops of essential oils weekly to deter bacterial growth



Was it all Glitz and Glamour?!

Elizabeth's autobiography about the dangers she experienced whilst dancing in Clubs and Restaurants as a professional Belly Dancer at night. By day she worked as a Legal Secretary, finding herself in two very different worlds!

Years later someone from her past tracks her down, but does she dare meet up with him as he's now a Famous Celebrity.

A fascinating and compelling read.

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HOME & DIY

BRICKING IT

THE SMART BRICKS THAT CAN REVOLUTIONISE HOW WE USE ELECTRICITY IN OUR HOMES



Most of us know that bricks are brilliant insulators against the cold. In warmer periods, their thermal mass qualities can mean heat is released very gradually over time – something that's perfect for maintaining the temperature of our homes.

However, advances in construction technology are set to take our desire for energy- and cost-efficient warmth to another level.

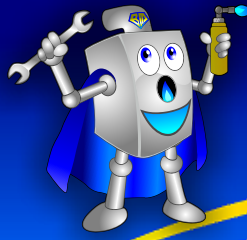
Scientists have developed a new type of brick that works more like a battery, thanks to fine strands of special conductive polymer fibres, called PEDOTs.

The new bricks, which appear a darkish brown colour instead of the standard red, are coated with an epoxy in order to waterproof them, and are then connected to a power source. The result is that the heat stored within a single brick can power a LED light for 10 minutes.

At present, the technology on offer won't allow the bricks to be used for construction purposes because they contain an acid component in their ingredients, but scientists are looking for alternative constituents that would mean safe and durable building blocks that can be used to power the very homes they act as a border for.

What's more, it's said each brick can be charged 10,000 times without losing any more than 10 per cent of its storage capacity, suggesting longevity when put into a physical, built-in structure.

At present, each brick would cost around £2 to make, though if the necessary adjustments could be made to ensure the product becomes construction-friendly, that cost would be brought down dramatically – as would energy bills.



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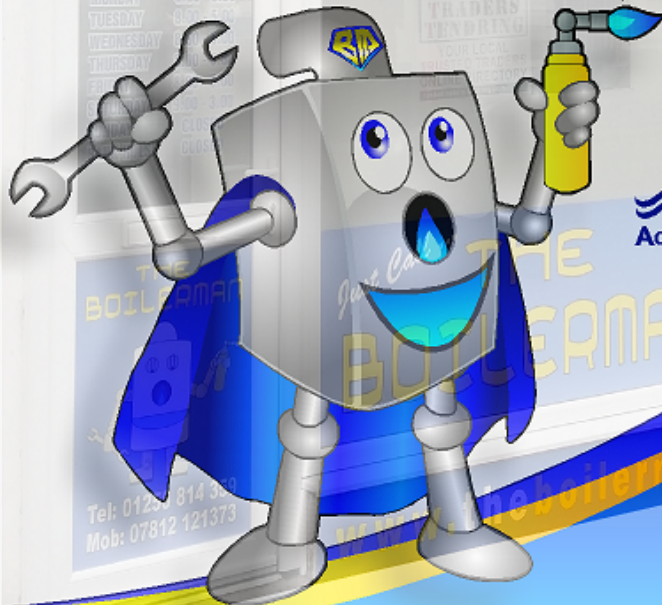
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HOME & DIY

ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of “the best night’s sleep you’ll ever have” – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it’s a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Photo credit: city.com

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting ‘space-inspired’ fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what’s worse – counting pennies or counting sheep?





TOTES *amazing!*

Sustainable fashion is all the rage, so why not take your eco-friendly efforts one step further and create your very own handy tote bag using just an old jumper?



WHAT YOU NEED:

An old jumper – this could be an old school jumper or a much-loved hoodie that no longer fits | Needle and thread | A pair of scissors | Sewing machine (optional)

HOW TO MAKE:

- > Cut off the bottom band of the jumper
- > Cut off the hood (if applicable) and sleeves as close to the seams as possible
- > Determine the centre of the logo or image if there is one
- > Depending on the size of your jumper, work out the length and width of your tote bag – 35x40cm is a medium-sized bag
- > For the handles, cut and remove the sleeve band and cut the sleeve open along the seam
- > Cut eight strips of 2–3cm width and set aside for later
- > Using the remaining fabric, cut out the desired size of your bag, making sure to add 2–3cm extra on both the width and length
- > Pin the front and back of your jumper fabrics together and stitch using a ½-inch seam allowance, either by hand or using a sewing machine
- > Secure and set the seams with the fibres of the fabric using an iron. Always supervise children during this step
- > Fold in 2cm of fabric at the top of the bag and press, and then stitch the fabric near the raw edge using a zigzag or straight stitch for a seamless opening
- > Make the handles by sewing together two of the strips you cut earlier to create one long strip. Create four long strips in total, using eight strips. Overlap the ends and use a zigzag stitch to secure
- > Take two of the four strips, lay the ends on top of one another and stitch together. Repeat with the other two strips
- > Stitch the handles to the top of your tote bag
- > Voila! Your finished jumper tote bag.



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SPACE IS THE PLACE

Photo credit: Virgin Galactic/ZUMA Press Wire Services/Shutterstock

HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.



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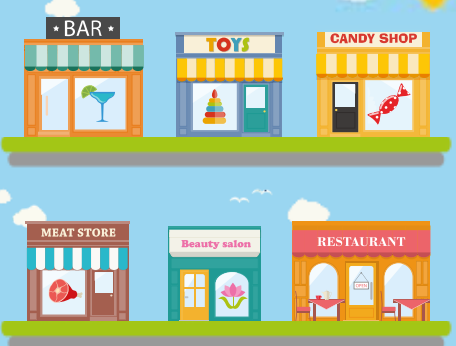
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TECHNOLOGY

SMART HEATING SYSTEMS AND HOW THEY WILL STYLE OUR FUTURES

Like a scene from a science fiction novel, you can now control appliances and systems in your home using your voice, a sleek home hub, or even remotely via your smartphone. From doorbells and lighting to security cameras and motion sensors, it has never been easier to make your home work for you. We also now have smart heating systems, such as Hive or Google's Nest, that have revolutionised how we heat our homes.

As the names suggest, these systems are developed with your preferences, lifestyle and – most importantly – comfort in mind. Gone are the clunky thermostats of yore that were either painfully complex to programme, or frustratingly simple with nothing more than a temperature dial. Both Nest and Hive boast stylish thermostats with customisable options, and, even better, you can also download a corresponding app that gives you full control over both your heating and hot water even while away from home.

Better still, this level of control helps you save money in the long run. Going to be home an hour late from work? Simply delay your heating until you're on your way back. Concerned about a sudden drop in temperature while you're away for the weekend? Enable the frost setting via your app to protect your pipes. You can even create zones within your house by buying smart radiator valves, to reduce your overall energy output while you're at home.

Going forward, it seems likely that devices such as these will become as ubiquitous as the kitchen sink as we edge closer towards the reality of the hi-tech modern home.



Photo credit: currys.co.uk, grahamdirect.co.uk, Hive YouTube



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PREP YOUR GARDEN FOR



Whether you love to garden or not, there are several jobs that need to be taken care of during the last few weeks of summer if you want your garden to remain intact over winter and thrive come spring.

DIG UP ANNUAL FLOWERS
Although annuals are great for a single season, providing vibrant colours and stunning scents, they do need to be dug up and added to your compost heap before winter.

ADD FERTILISER TO YOUR LAWN
You may not usually fertilise your lawn, but your grass needs this in order to maintain healthy growth. Typically, plants absorb nutrients through their roots, but you can give your lawn an extra boost with a good quality lawn fertiliser such as Growmore Garden Fertiliser.

CLEAN AND COVER YOUR POND
If you are lucky enough to have a garden pond, you should remove any leaves and other gunk before the weather turns cold. You should also cover it with a net to protect against falling leaves and other debris.

CUT YOUR PERENNIALS
Perennials will survive all year round, but they can also dominate your garden over winter if you let them. Avoid this by cutting them back to soil level and disposing of the cuttings to prevent further growth.

DE-WEED YOUR GARDEN
One of the least appealing garden tasks, but if you don't get your weeds under control before winter, you face a mammoth job come spring. Always remove weeds by the root and refrain from using weedkiller near other plants.

PROTECT YOUNG TREES
Young trees need protection during the winter months as they are more susceptible to damage from frost, ice and wind. Tree-guarding wraps are ideal for protecting their trunks.

Photo credit: nomorebirds.co.uk



GARDENING



ONE MAN WENT TO MOW

We cherish our gardens for the freshness, variety and life they bring to our homes, but a bit of cultivated creativity can add a whole new level of interest to your luscious lawn.

PERFECT PATTERNS

You can achieve the most wonderful lawn patterns simply by adding a striping kit to your lawnmower. This bends the blades of grass, meaning that stripes can be achieved by leaning the grass towards or away from the eye.

THREE OR MORE STEPS TO HEAVEN

From stepping stones to a mosaic path, breaking up your lawn with a decorative stone or wooden walkway will give it personality and depth, as well as preventing the gradual wearing away of grass marking out the path to the shed.

SIMPLY SOLAR

Give your lawn light and radiance, even when the nights begin to draw in, with a selection of solar lights which can be inserted into the beds around the perimeter.

WILDLIFE

Section off a quiet part of your lawn in order to create your own mini wildflower meadow. Plants and grasses such as cowslip, red clover, hoary plantain and birds-foot trefoil can be bought from garden centres and will add a rustic feel to your garden, where plants and insects can thrive.

MAIN FEATURE

A water feature will bring extra life to a lawn, as well as providing an audible, gentle backdrop to days spent in the garden. The hard work is in the installation, but with a variety of traditional and contemporary features, coming in all shapes and sizes, you can quickly bring extra interest to your lawn space.

STONE THE CROWS

Finally, how about making a focal point out of large rocks, an old tree trunk or some scattered driftwood as an artistic feature on your lawn? Not only will your garden space have abounding personality, but you'll also be encouraging natural life into the various nooks and crannies.



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HOW TO PERFORM CPR ON AN ADULT

Cardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger.
Find out how to perform CPR on an adult below.

HOW TO DO CPR ON AN ADULT:

- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5–6cm before releasing pressure.
- > Allow the chest to come back up.
- > In line with new COVID-19 guidelines, do not give rescue breaths.
- > Continue to perform CPR until emergency help arrives, the person starts to show signs of life and starts to breathe normally, or until a defibrillator is ready to be used.

TOP TIP:
Use the beat of the song *Staying Alive* to keep the right speed when performing chest compressions

IN NEXT MONTH'S EDITION, LEARN HOW TO PERFORM CPR ON CHILDREN AND BABIES.



MAKEOVER

your mane

Unlike women, most men seem to have an “if it ain’t broke, don’t fix it” approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

THE TEXTURED CROP Best for triangle-shaped faces

If you’ve got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

THE LONG & LAYERED Best for oval-shaped faces

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

THE CHERUBIM Best for heart-shaped faces

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don’t mind a slightly feminine look.

THE MESSY BED QUIFF Best for diamond-shaped faces

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

THE SWEEP BACK Best for square-shaped faces

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



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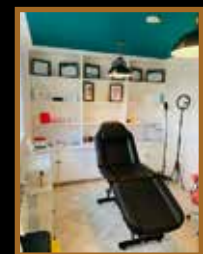
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UNUSUAL FRUIT OF THE MONTH:

Kiwano



FOOD & DRINK

The kiwano – also known as the horned melon owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

WHAT DOES KIWANO TASTE LIKE?

The flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

HOW TO PREPARE KIWANO

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

WAYS TO EAT KIWANO

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

HOW TO STORE KIWANO

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored

at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

WHAT ARE THE HEALTH BENEFITS OF KIWANO?

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.



Looking back on when we first met...



SPORT



HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1-0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2-0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2-1.

Southgate's confidence in his stubborn 5-3-2 formation was upheld in every game. When he switched to a 4-3-3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

Photo: credit: Faouad Arizabalaga/POOL/EPA-EFE/Shutterstock

WIN TOGETHER. LOSE TOGETHER. WE ALL STAND TOGETHER.



I PREDICT A RIOT

FROM BUILD-A-BEAR TO THE NUTELLA PANIC, THESE ARE THE MOST EPIC CONSUMER RAMPAGES EVER

When consumers get a taste for a retail trend, there's every chance that seemingly sane people will transform into bloodthirsty consumers. While it happens every year with Black Friday and January sales, here are four other occasions when people have stopped at nothing to get their hands on a cherished prize.

THE FRENCH NUTELLA PANIC

It was a seemingly average 2018 before French supermarket Intermarché decided to slap a 70 per cent discount on Nutella. Cue a stampede for the spread, reminiscent of a situation four years previously where a hike in the price of hazelnuts caused similar stampedes across the UK. Nutty!

THE BUILD-A-BEAR BOOM

Thursday, July 12, 2018, will forever be known as the Build-A-Bear day of mayhem. An initiative that invited customers to "pay their age" meant a top-of-

the-range bear could be purchased for well below the usual price point of around £50.

Yet they reckoned without the devotion of a younger audience, leading to stores being overrun, queues of up to four hours and police being called. What's more, the exercise turned out to be wholly unprofitable for the chain.

TESCO'S BEER BONANZA

A computer error back in 2012 meant that instead of discounting two cases of beer by £4 at the checkout, the booze was costing £4 in total. It took the retailer hours to fix the error as shoppers across the country performed relays in emptying the shelves.

AND WHO CAN FORGET THE 2020 TOILET ROLL HUNT?

As COVID-19 gripped the world in the spring of 2020, so too did a strange perception that this global pandemic would see us imprisoned in our bathrooms. As early toilet roll fanatics bought up large stocks of paper, so too did others in fear of supplies being exhausted. Thankfully, normality was resumed within a few weeks.



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Julie Searles

Searles Financial Planning Ltd

Responsible investment beyond COVID-19

How the investment community can help advance the
environmental gains that have come out of the coronavirus.

The consequences of this pandemic will be
long-lasting. It's no surprise that any sources
of optimism to be found are quickly seized
upon. Perhaps the most significant has come in the
form of the immediate effects on the environment.

Greenhouse gas emissions have fallen, while data
from NASA suggests that air quality has improved
dramatically as countries around the world have
taken steps to restrict activity and travel.

Indeed, this could be an opportunity for
organisations to rethink how they do business
- and question whether they need to return to a
form of normality in which, for example, employees
are flown to meetings that could otherwise be held
using video conferencing facilities.

If we're taking climate change seriously, we would
rather see a smooth transition at a rate less dramatic
than we're seeing at the moment. We don't want to
be in a position of having to bring a halt to everything,
in order to have that environmental impact.

We can invest for change

Responsible investing isn't just about the
environment, of course. The crisis has also shone
the spotlight on corporate behaviours and helped
show why businesses cannot just be about profits.

If they are going to be successful, they need to
think about their wider stakeholders. Companies
that have put measures in place for employees will
come out of this with higher employee satisfaction
and community spirit.

The importance of environmental, social and
corporate governance (ESG) factors in investment
has only become clearer as the crisis has unfolded.

Investors increasingly seek information about
sustainability and responsible investing, with
growing awareness of the broader long-term
aspects of successful and effective investing.

Anyone who wants to explore their responsible
investing options should speak with a financial
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A more realistic rate of change

Unfortunately, the environmental positives
are likely to be temporary. There is now a risk
that governments will prioritise the economic
implications of the crisis, ahead of climate change.
This is why the investment industry has an important
role to play in maintaining the momentum.

The biggest crisis now is COVID-19, but the
biggest crisis of the 2020s is still climate change,
and we need to ensure that once we're on the other
side of the pandemic, governments focus on that.

These gains have been made alongside painful
social, economic and health consequences, making
the current improvement unsustainable.

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DOWN: 1. MANUFACTURING, 2. RUSTY, 4. RUDEST, 5. BUSINESSLIKE, 6. EXPECTS, 7. SELF-EVIDENTLY, 8. ELECTROLYSIS, 14. BETWEEN, 16. SECURE, 18. ROMEO



PUZZLES & TRIVIA

PUZZLES

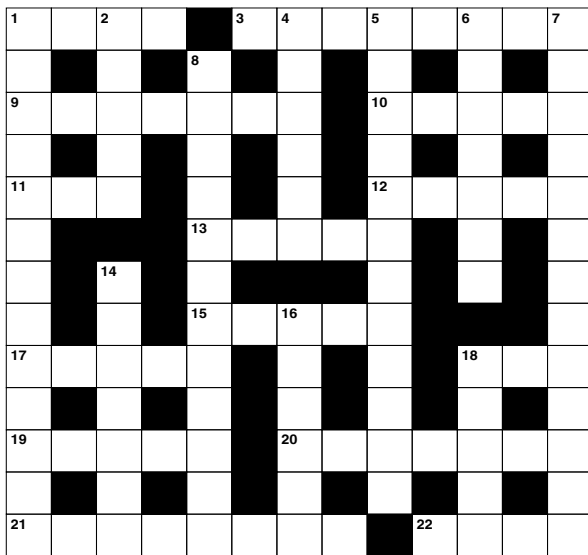
Answers: see end of The VISION Listings

ACROSS

- 1. Bog (4)
- 3. Difficulties (8)
- 9. Settled oneself comfortably (7)
- 10. Flower part (5)
- 11. Cook in hot oil (3)
- 12. Mother-of-pearl (5)
- 13. Name of a book (5)
- 15. Drives out from a place (5)
- 17. Up to the time when (5)
- 18. Cereal plant (3)
- 19. Mental impressions (5)
- 20. Not tidy (7)
- 21. Mobster (8)
- 22. Young kangaroo (4)

DOWN

- 1. Making (13)
- 2. Tarnished (of a metal object) (5)
- 4. Least polite (6)
- 5. Efficient (12)
- 6. Anticipates (7)
- 7. Obviously (4-9)
- 8. Decomposition by a current (12)
- 14. Among (7)



- 16. Safe (6)
- 18. Lover of Juliet (5)

DID YOU KNOW?

- ▶ As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes
- ▶ In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree
- ▶ When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin
- ▶ Cucumbers are made up of around 96 per cent water, making them the food with the highest water content
- ▶ A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'
- ▶ Almonds are actually seeds, although many people classify them as nuts

SUDOKU

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

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Linda Fisher (seller), Maldon



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