

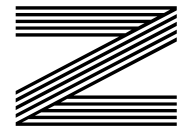
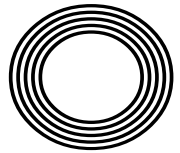
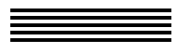
**HOW TO
PERFORM
CPR ON
AN ADULT**

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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Editor's notes...

AUGUST 2021



Emma Caulfield, Editor

Hello and welcome to this month's edition of **VISION**Halstead.
 I can't actually believe we are already in August - wow, the months are really flying by.
 I would like to say a big thank you to everyone who has got in touch to let me know how much you enjoyed the first edition; that means a great deal to me.
 I would also like to say a big thank you to our advertisers for supporting me in my new **VISION** journey.
 I hope everyone has been out and about enjoying some of the freedoms that we have sorely missed for so long. I for one have been, and it's been a pleasure to finally meet with customers face to face and to be able to eat in a restaurant with friends and family, especially when it was magazine delivery day. I enjoyed a lovely meal at The Kings Head in Gosfield. I also hope you're all enjoying the August school holidays - whatever and wherever you may be - whether enjoying a staycation in England or holidaying abroad.
 If there are any news, events or stories you would like published, just drop me a message - I'm here to help. Stay safe and be lucky.

Emma Caulfield

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

- HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

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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...'

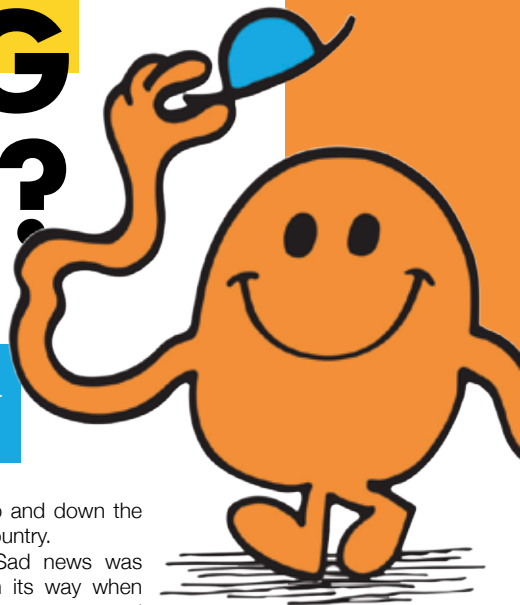
The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová 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.

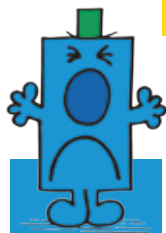
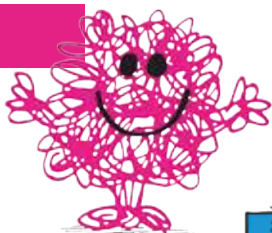
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

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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BANISH BATHROOM BACTERIA

Have you ever thought about how often you should clean and replace items in your bathroom? If not, the below advice from our cleaning experts may come as a shock to you.

BATHROOM TOWELS

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.

LOOFAHS 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



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.

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?

Photo credit: city.com



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THE STATEMENT VASE TREND THAT'S
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Vases have always been a practical necessity as something to display your flowers in. Now, it's the vases themselves that are on display.

One of the key home trends of the moment is the statement vase. With the ability to bring new life to an interior, or the perfect finishing touch to your tablescape or shelfie, having some statement vases in your home brings instant style.

From unusual textures and shapes to bold colours, this is one trend that anyone can get on board with.

Discover the statement vase trend and how to make it work in your home.

THE QUIRKY ONES: A cool and quirky vase is a great way to dress up your home. A bold shape draws the eye, making an excellent impression in any space. From your hallway display to your coffee table, a quirky vase will add some style interest to any home.

THE CLASSIC VASE: Just because something is a classic, doesn't mean it can't make a statement.

Traditional style vases, such as busts or a ceramic vase, are gracing Victorian-style homes all over Instagram and Pinterest, bringing an expensive, luxury look without the antique price tag. Choose a smaller vase for a more understated look, or go large if you want to create a bolder, more striking look.

THE BOLD VASE: If you want to liven up your neutral decor, or celebrate your love of colour, then a bold and bright vase is the way to go. There are some incredible pieces to choose from right now, blending vibrant colours with floral patterns to create a fashion-forward look. Keep the rest of your look simple to let the vase do the talking.

Whether you're looking for the perfect centrepiece or a dash of colour, or you want to dress up your space, there's a statement vase out there for you. Flowers or no flowers, your new vase will always have a place in your home.



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HOME & DIY



HOME & DIY

grillo designs: inspiration FOR EVERY HOME

Get to know Grillo Designs, a UK-based interiors blog that has all the inspiration you need to transform your home

The internet is full of incredible home inspiration, but let's face it – not all of it is achievable. Those Pinterest perfect homes are often only possible with a huge budget and a team of professionals to pull it off.

So it makes a refreshing change when someone like Medina Grillo comes along. Medina's love all of things interiors led to her starting her own Facebook page back in 2014, and she now runs an award-winning blog, Grillo Designs.

Full of inspiration showing renters that they too can do incredible things with their homes, Grillo Designs is the style guide you've been looking for to transform your space.

Medina describes herself as "an IKEA-loving-upcycling-junkie-DIY-passionate-home-décor-crazy momma and wife", who shares her cool and unique designs with the world. A healthcare worker by day, she works with her partner, Vince, to bring her design ideas to life.

Grillo Designs has more than 174,000 followers on Instagram, while the blog has won several awards.

In addition to Grillo Designs, Medina is the voice behind #HowIRent - "a celebration of all the amazing renters out there who, in spite of it all, have managed to transform their homes into abodes of personality and style".

Medina's style is contemporary, blending muted shades with pops of yellow and creating interest through textures and patterns. With Grillo Designs, you can find all kinds of inspiration to create beautiful, stylish looks for your space.

BRINGING GRILLO DESIGNS INTO YOUR HOME

Grillo Designs highlights fun, quirky DIY projects you can bring into your home, whether rented or owned. Here are some amazing ideas to help you transform your own space:

1. CREATE A DIY COFFEE CORNER IN YOUR KITCHEN

Using some shelving, hooks and maybe a few pieces of artwork, you can create a stylish space to display your favourite mugs and coffee items and celebrate your love of the bean.

2. UPDATE DATED DRESSERS TO GIVE THEM A NEW LIFE

Dresser or chest of drawers chipped, covered in scratches or just a bit dull? Give it a simple makeover. You could stain the wood, paint using multi-surface paint and add some new hardware to create a complete transformation.

3. CUSTOMISE YOUR IKEA ALEX DRAWERS

Most people have some trusty IKEA Alex drawers around – especially if you've built a home workspace for yourself during the COVID-19 pandemic. Make yours a little more unique with some stickers or contact paper to add your own quirky design.



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LOCAL NEWS

from your neighbourhood



Drug driver jailed for 26 months after fatal collision

A drug driver who killed an elderly woman in a fatal crash in Halstead has been jailed.

Callum Brankin (pictured inset) has been jailed for two years and two months and banned from driving for three years, following a collision in which 87-year-old Barbara Bragg was killed.

On October 12, 2019, Brankin was driving his blue Mini Cooper along the A131 Mount Hill when he crashed into Barbara's green Nissan Micra.

Brankin had lost control of the car as he negotiated a slight left bend. As he attempted to regain control, he swerved into the opposite lane, hitting Barbara's car.

Barbara was taken to hospital, but died the following evening.

Upon close inspection of the scene, officers found evidence of recent cannabis use in the driver's footwell and door pockets. Tests showed Brankin to be above

the drug driving limit at the time of the collision.

It was also established that one of his front brakes and one of his rear brakes were worn and a recent MOT had advised they should be replaced.

Replacement brake parts found in Brankin's car indicated that he had known the car's brakes were badly worn.

Sergeant Steve Holmes, from the Serious Collision Investigation Unit, said: "Callum Brankin's actions were wholly irresponsible.

"He got behind the wheel of a car he knew had defective brakes while also over the drug driving limit.

"He caused Barbara's death and he will have to live with that on his conscience for the rest of his life."

Brankin was sentenced at Ipswich Crown Court on Friday, July 9, after admitting causing death by careless driving while over the drug driving limit.

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Rotary club thanks care home staff with floral tributes



Members of Halstead Rotary Club thanked more than 600 members of staff across 21 care homes with floral tributes.

Staff at the care homes have given everything throughout the pandemic to serve the needs of their residents and adults with learning difficulties.

While presenting the tribute to staff at Meadowview Care Home in Halstead, Rotarian David Ainge said: "Thank you for all that you have done and continue to do. Everything you do is very much appreciated. Well done and many thanks."

The club's president, Alison Farrugia, also presented plants and a certificate to thank staff at Colne House Care Home in Colchester.

The home's deputy manager, Victoria Franklin, was overwhelmed by the gesture.

She said: "I would like to thank the rotary club for its kind gesture. The past 18 months have been very difficult for our staff and residents.

"Every member of our staff has gone above and beyond what anyone could ever expect. Our residents are our family, and we pride ourselves on making sure they have the best care and experiences."

Student represents Team GB in archery championships

A teenager from Halstead is doing the town proud after being selected to represent Team GB at the World Archery Youth Championships in Poland.

Imogen Newby, 17, who is a Sixth Form pupil at Hedingham School in Halstead, will compete at the 2021 World Archery Youth Championships, which is set to take place in Wroclaw, Poland, from August 9 to 15. Originally, the event was meant to be held in Australia, but the destination was changed owing to COVID-19 restrictions.

Imogen, who trains for three or four hours per day, says the support she gets from her school is paramount to her success.

She explains on her website: "They understand that what I do is important and give me the flexibility and support needed for me to cope."

A spokesman for Imogen's school said: "Everyone at Hedingham School wishes Imogen the very best of luck for this challenging but exciting event. We are sure she will do Great Britain proud."

Archery GB's performance pathway manager, Cait Leach, said: "With considerable safeguards in place, we are excited that our athletes have the opportunity to return to the international stage. The team's focus will now be on preparing themselves for peak performance."

Officers raise awareness of anti-social behaviour

Essex Police officers were out and about in Halstead last month as part of Anti-social Behaviour (ASB) Awareness Week.

The community was pleased to see officers patrolling the streets and making their presence felt on Tuesday, July 20.

On Facebook, the Essex Police Braintree Division said: "Officers were out patrolling around Halstead.

"While out, they were speaking to the community about what's happening in the area. They spoke to shop owners, a civil enforcement officer about parking issues, people at the town council, and people in the parks and town centre.

"It's by working together that we resolve community issues. Then PC Snow (pictured) couldn't resist the sprinkler in the park."

This was part of the UK's first ever ASB Awareness Week, between July 19 and 25, which was set up by Resolve, an organisation that focuses on community safety and works to resolve issues relating to ASB.

Resolve is campaigning for housing providers, councils, police forces, fire services and community groups to showcase the projects and partnerships it is running to keep communities safe.

For more information, go to www.resolveuk.org.uk





LOCAL NEWS



Photo credit: The Oak Rooms Facebook

Spa set to host Love Island-themed charity event

A spa in Halstead will host a *Love Island*-themed party in support of two charities.

The event, organised by The Oak Rooms Spa on Oak Road, will take place on August 28 from 7pm to midnight.

It will be held in aid of two charities, Mind and Essex & Herts Air Ambulance, with special guest and former *Love Island* contestant, Chloe Crowhurst, attending the event.

In a social media announcement, a spokesperson for the spa, wrote: "We are hosting a charity event in aid of Mind and Essex & Herts Air Ambulance because life has been tough for so many of us this last 18 months.

Every mind matters, and we never know when our lives may depend on the air ambulance team.

"If you can't attend the event, you can still support the wonderful charities by buying a raffle ticket with your chance to win an evening spa for two with overnight stay, worth £499. Plus, many more prizes."

Chloe Crowhurst, who appeared in the third series of *Love Island*, will be talking about her experience in the villa at the event.

To buy tickets, visit www.theoakrooms.com/event-details/love-island-party

To find out more about The Oak Rooms Spa, go to www.theoakrooms.com

Resident takes on epic cycling challenge



A Halstead resident has raised more than £3,500 in honour of his friend's son, who has been diagnosed with a type of blood cancer.

David Wallace has been raising funds for the C9 Teenager Cancer Trust Unit at Addenbrooke's Hospital in Cambridge, where his friend's son, Freddy, has been receiving treatment for Hodgkin's lymphoma.

Though he has yet to complete his fundraising challenge, David has already raised £3,500.

He will take on the Welsh Dragon Ride on September 26 – a 157km cycling challenge which includes 7,000ft of climbing through the Brecon Beacons.

Freddy, 16, discovered a lump in his neck and, following tests at West Suffolk Hospital, was diagnosed with cancer on his 16th birthday.

David said: "No matter how small or large the donation, I would be eternally grateful for your support. It will really help make a difference."

To donate, head to www.justgiving.com/fundraising/Freddys-story

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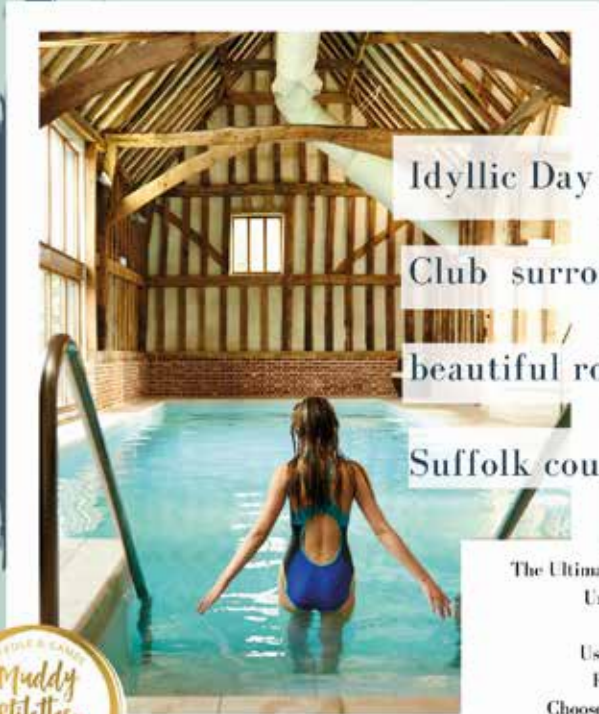
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Photo credit: Jack Photo Stock



Council tackles speeding in town by relaunching scheme

Council bosses have relaunched an anti-speeding scheme to make roads safer for those living in and visiting the town.

Halstead Town Council is once again running the town's Speedwatch scheme.

Recently, many residents have expressed concerns over speeding issues in the town and have sent complaints to the council, prompting them to revive the scheme.

As part of the initiative, residents will volunteer to

monitor Halstead's roads to catch speeding drivers.

The scheme is backed by Essex Police, and the council has asked volunteers to come forward to help reduce drivers' speeds on the town's four main approach roads.

The council is already equipped to run the scheme, as it was also run a few years previously.

If you would like to help, or need further information about the scheme, please contact townclerk@halsteadtowncouncil.org.uk

New book delves into history of grammar school

A new history book is set to take readers back in time to learn more about the history of Halstead Grammar School (pictured).

Halstead Grammar School: History and Memories focusses on the history of the school, which closed in 1975 when it merged with the Ramsey School.

With its history dating back to the 16th century, the book provides an insight into what it was like to be a pupil, teacher and headmistress at the school through a range of first-hand accounts.

Jane Jones, a member of Halstead Grammar School Old Girls' Association, which published the book, said it is a way to reflect on everyone's fond memories of the school.

She interviewed a number of former pupils and staff



Photo credit: Google Maps

members for the book, with the oldest student now aged 100.

The book has proved popular so far and is already on its third printing. To get a copy, email janiej@waitrose.com



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.



PETS

PET MYTHS

BUSTED



MYTH: Two male guinea pigs can't live together.
TRUTH: As long as your cage is big enough, there is little chance their occasional spats will lead to any real life-threatening behaviour, but in any case it is wise to neuter them both to prevent the need for dominance.



MYTH: A big garden means you don't need to walk your dog.
TRUTH: Just because you have access to an outdoor space that is large enough for your pooch to run around in, it can't replace a walk, as canines crave new scents and exploration. Experiencing much of the world via their olfactory sensors, those constant stops to sniff are vital to your dog's wellbeing.



MYTH: There is no need to use flea and tick treatment during the winter.
TRUTH: Though we refer to 'flea season' during the summer months, these critters don't just die off in winter, particularly as we generally keep our pets inside our warm homes. So keep your furry friends topped up whatever the weather, because prevention is definitely better than cure.



MYTH: Cats always land on their feet.
TRUTH: While they do possess an 'air-righting reflex' – meaning they can adapt their bodies quickly in order to land safely – this isn't an exact science. Too short a fall and they often land on their side, while too large may cause damage to their ligaments and bones.



MYTH: Wheels are an integral part of your hamster's happy home.
TRUTH: The sight of a hamster spinning on its wheel is a familiar one as it powers relentlessly through its daily exercise. While this is an excellent way for them to burn off all those honey treats, the classic hamster wheel is actually now thought to be detrimental to spinal health, unlike its 'flying saucer'-shaped counterparts.



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Filling up is the easiest way to spend money – simply holding down a lever and watching the money tick by. But could we be costing ourselves even more by having too much or too little petrol or diesel in our tank?

The quick answer is yes.

Scientists have found that driving around with low levels of fuel can be bad for the preservation of performance. At these levels, the debris and accumulated gunk in the tank has more chance of being ingested into the filter when it drops below the pump intake level.

Conflictingly, while having a full tank may give you a feeling of power and motoring potential, the weight of the fuel can end up costing you more, since that same additional weight requires more power to lug it around.

The general recommendation is to try to keep your tank above a quarter full at all times, and not beyond three-quarters. Within this range you're

protecting the cleanliness of the tank while not overloading it with excessive weight.

Of course, if you have genuine focus on optimising fuel cost and efficiency, you're probably already looking at the dawning of the greener fuels era, which could be heading to our fuel station forecourts as early as next year.

Transport Secretary Grant Shapps recently unveiled plans to introduce E10 as the standard grade at pumps in the UK. The current E5 petrol contains five per cent bioethanol; by embracing a minimum 10 per cent renewable energy ratio within the fuel, it is expected we will reduce CO₂ emissions by 750,000 tonnes per year – that's the equivalent of taking 350,000 cars off the road. And while an estimated 600,000 vehicles won't be compatible with the fuel, these concerted efforts to continue to reduce the nation's carbon emissions have been welcomed by environmental campaigners.



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Lie of THE LAND

If you are a first-time land buyer, the process of picking the right plot can be more than a little daunting. In fact, it can be completely terrifying.

Fortunately, our land-buying guide will help you every step of the way.

📍 DETERMINE YOUR MOTIVE

Think about why you want to buy land. Do you see it as a better investment than stocks and shares? Are you looking to build your forever home? Or perhaps you're seeking a smallholding (a piece of land of less than 50 acres) so that you can become more self-sufficient?

📍 SEARCH DIFFERENT TYPES OF LAND

Development land can be either a greenfield or a brownfield site, with the former never having been built on before and the latter having either been built on or having buildings on it. Each is subject to different planning requirements.

📍 RESEARCH THE MARKET

In the same way that you would check out the

local property market if you were buying a house, you need to research the land-buying market in your preferred areas. Land values can range from £5,000 to £15,000 per acre, so you need to find out what is a reasonable price to pay for a piece of land before committing.

📍 SEARCH FOR THE BEST DEALS

The land market is plentiful, so you will have lots of choice when it comes to finding the perfect plot. Plotfinder.com is the UK's leading land-finding service, but you can also try land auctions if you are prepared to move quickly.

📍 HIRE A CHARTERED SURVEYOR

You should always hire a chartered surveyor to inspect a plot of land before you make a purchase. They will be able to establish which category the ground is and whether it is fit to build on. They will also check for risk of flooding, pollution and subsidence.



BUSINESS & PROPERTY



PREP YOUR GARDEN FOR

AUTUMN

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



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.

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.

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.

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.

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.

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.

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.



A Headstart for Happiness



Imagine you're in a film of your life and a genie appears, granting your dearest wish... what is that wish? Endless riches? The love of your life? Happiness?

Most of us would choose the simple wish of happiness, for ourselves and others (whilst likely still playing the lottery and hoping Cupid spots us, right?). Happiness being the state, more than any other, we humans strive for.

But what if I told you that you didn't need a genie or a wish? What if, by doing a few scientifically evidenced activities, you could increase your own wellbeing. Positive Psychology is a relatively 'new' area in modern psychology but ancient philosophers explored what makes humans happy, and practices such as Buddhism have examined it too. Over the last 20 years of scientific research, we can now reliably identify activities that are scientifically proven to increase our positivity and wellbeing.

Traditionally, psychology has focussed on what's 'wrong' with us; depression, anxiety, PTSD and mental illnesses. It's concerned itself with 'fixing' us, helping us cope after we've experienced difficult or traumatic events.

Positive Psychology focusses on what's 'right' with us; our strengths, creativity, optimism, emotions, relationships, wellbeing and meaning. It concerns itself with giving us the tools and skills to thrive in our lives, and to cope better when we experience difficult times.

Developing our resilience to tough times helps us to recover from them faster – and we've all been going through a tough time during the pandemic. Each month, I'll offer gentle activities that are proven to help your mindset, motivation and mood. But first, understand that Positive Psychology isn't the 'toxic positivity' of "good vibes only!" where even

"bad stuff is for a positive reason".

Life is about the whole human experience of happiness and sadness, of joy and grief, of love and loss. Positive psychology helps you to thrive and flourish and accept difficulties with self-compassion.

So, this month, I invite you to practice gratitude in a simple way, to warm up your post-psycho muscles. Notice when someone does something kind for you and consciously express gratitude for their act, either to them or yourself. Think about how great you feel when someone is thrilled with your kind act – you smile and feel good! Expressing gratitude to others, thanking a stranger for their help, will make us all happier as we emerge from lockdown. Who wouldn't wish for that?

Helen Reade is a certified Positive Psychology Practitioner and coaching psychologist.

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HOW TO PERFORM CPR ON AN ADULT



HEALTH & FITNESS

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.



HISTORY



WHEN THE MONA LISA *went missing*

DETAILING THE 110TH ANNIVERSARY OF THE THEFT OF THE ICONIC PORTRAIT

Stealing the world's most famous pieces of art is usually about status, spite or financial gain, yet for Vincenzo Peruggia, the architect of the theft of the Mona Lisa on August 21, 1911, it was none of these things... or so he said.

Painted in 1503, the painting ended up in France following Napoleon Bonaparte's widespread plundering of art during the Napoleonic Wars. Many of its various mysteries – the creeping smile, the haunting face, even the lack of eyebrows – can only be answered by its long-dead creator, Leonardo da Vinci.

The masterpiece had hung in the Louvre for more than a century before Peruggia, an employee at the museum on the banks of the Seine, snuck it out under his smock after having hidden in the building overnight. The gendarmerie were at a complete loss as to who stole the artwork and the theft created a media sensation, with the mystery featuring on the front pages of newspapers worldwide.

Peruggia kept the painting in his apartment in Paris for two years, then took it back to Italy. Herein lies his claim that it was removed expressly with the intention of returning it to its homeland. The thief's explanation was undermined by the fact that when contacting Florence art dealer Mario Fratelli, he placed a 500,000 lire price tag on the piece.

No sooner was the deal discussed than the prospective buyer contacted the police and Peruggia was arrested.

For his crime, the Italian received only a short prison sentence – he served seven months and was hailed a patriot upon his release. Alas, his attempts were in vain, as the Mona Lisa was returned to the Louvre, where it has been on display ever since, its notoriety merely enhanced by the theft.

Peruggia died in 1925 on his 44th birthday, leaving behind a wife and daughter.



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DIY COLOURED CHALK

A low-cost summer activity that kids of all ages love, why not save yourself the trouble of hitting the shops and make your own super-sized coloured chalk that is perfect for using on the pavement, exterior walls and anywhere else your kids fancy getting crafty? Don't worry, it will all wash off in the rain.

YOU WILL NEED

- > 1 cup of water
- > 2 cups of plaster of Paris
- > 3 tbs of food colouring or poster paint
- > An old tin or plastic cup
- > Cardboard toilet roll tubes (one for each colour of chalk)
- > Baking paper
- > Masking tape

HOW TO MAKE:

- > Seal one end of each of your toilet roll tubes with masking tape. Ensure neat seals to avoid leakage
- > Line your toilet roll tubes with baking paper
- > Pour the water into a tin or large plastic cup,

then add the plaster of Paris and the paint or food colouring

- > Carefully pour the mixture into the toilet roll tubes
- > The plaster of Paris should begin to set after around 15 minutes. You can tell when it is about to harden as it will warm up
- > Leave for a couple of hours or ideally overnight
- > Peel off the toilet roll cardboard, and voila!

OTHER CHALK CREATIONS TO MAKE AT HOME:

- > **Chalk rocks.** Use balloons to mould your chalk recipe into the shape of rocks
- > **Chalk pops.** Insert wooden craft sticks and use a silicone pop mould or ice cube tray to create a lollipop shape. But remember these are not for eating. They are for drawing purposes only
- > **Glitter chalk.** Add glitter to the mixture for some added sparkle
- > **Squirt chalk.** Fill a squirt bottle two-thirds full with a mixture of corn starch and baking soda, add your preferred food colouring and fill to the top with water. Fill another bottle with vinegar and squirt on chalk patterns for a fizzy surprise.





UNUSUAL FRUIT OF THE MONTH:

Kiwano

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.





Whispers

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CAR TRAVEL *etiquette*



THE SIX RULES PASSENGERS MUST OBEY ON LONG JOURNEYS

Whether setting off for a jaunt across the middle of America or simply on a work trip up the A1, it's important to recognise the hidden hierarchy that exists when it comes to car journey etiquette.

While our top six rules are all slightly tongue-in-cheek, we can all probably pick out times when we've heard the person behind the wheel pull rank.

THE HEAT IS RISING

It's a confident – and possibly rude – passenger who starts messing with a car's climate control. Sit tight and sweat it out... it's still better than walking.

DRIVER DJ

From the minute you leave to the second you arrive, the soundtrack of your journey is deemed to be in the hands of the person behind the wheel. If you are graced with the opportunity to "put something else on", choose decisively and wisely.

IT'S A CAR, NOT A BIN

One for the kids – whether chocolate bar wrappers, Happy Meal toys or poorly mopped-up orange squash, there is nothing that angers a driver more than finding his or her car resembling a bin lorry at the end of a long trip.

FREE PETROL

Contributing towards petrol is usually something that's laid out before a journey starts, but if this hasn't been discussed and you find yourself pulling up at your destination, it's usually polite to offer.

THANKS FOR THE RIDE

Gratitude costs nothing, and a simple 'thank you' to the driver will make him or her feel that much better about themselves after suffering half an hour of you bemoaning Arsenal's recent woes.

THE FEET TREAT

Your pinkies should always be kept out of sight and in the footwell (there's a clue in the name). Raising them to the height of the dashboard – and leaving them there – is a one-way ticket to taking the bus next time.



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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.

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PUZZLES & TRIVIA

PUZZLES

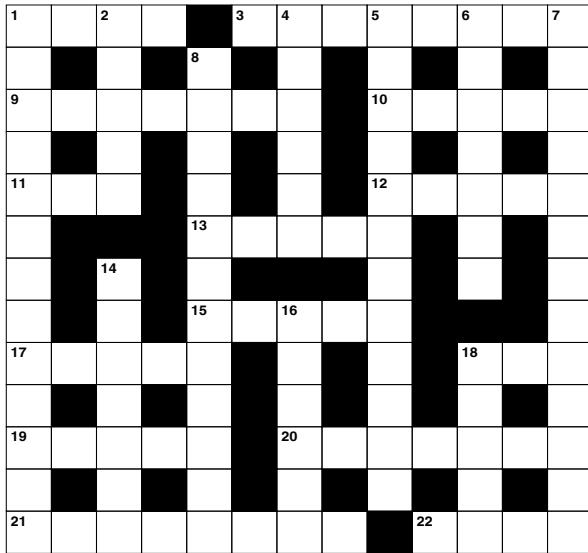
Answers: see end of The VISION Listings

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		
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		5		8			9	
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