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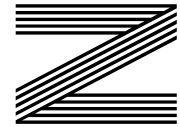
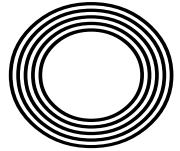
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# Editor's notes...

APRIL 2022



Emma Caulfield, Editor

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

Have you noticed anything different about this month's magazine? Here at **VISION**, we've taken one step further in our commitment to the environment by changing our printing process so that our magazines are now 100 per cent recyclable.

We know many of our readers like to keep their **VISION** magazines - we even know of some who have kept every edition - but if you do decide to throw it away, you can now put the whole magazine in the recycling bin without having to remove the cover first.

I recently attended a new networking group in Halstead, called Angel on Board Business Networking. It is looking for new members, so if you are a local businessperson keen to meet with like-minded people, come along to Michael's Property Consultants between 6pm and 8pm on the first Wednesday of the month.

It would be remiss of me not to mention the current situation in Ukraine. Many of us, horrified by what we are witnessing, are keen to help. Whether it's offering your time, money or donations, I encourage you all to help those in need in whatever way you can.

Hope you all have a lovely Easter.

*Emma Caulfield*

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

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CONTRIBUTORS | Tabatha Fabray, Christina Pantely

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

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# SEWING THE SEEDS OF SUCCESS



Photo credit: BBC and Comic Relief



## FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."





# STORM CHAOS

**STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING**

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email [nameourstorms@metoffice.gov.uk](mailto:nameourstorms@metoffice.gov.uk) with your own cute (or totally terrifying) choice.

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MOTORING



# MAGNIFICENT MOTORS

## THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.


Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

All we need now are the drivers...

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# WALK-IN SHOWER vs

Walk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

### WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

### WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

### WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

### WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

### WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.



# WET ROOM



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### HOW TO CALCULATE HOW MUCH PAINT YOU NEED WHEN DECORATING

Painting is one of the easiest DIY jobs you can do around the house. There's not much skill involved, materials are cheap, and it's easy to do once you get the time.

But one thing that frustrates DIY painters is not knowing how much paint is enough for their project. This leads to repeat visits to the decorating supplier, delays to your job, and frustration.

We're here to help you work out how much paint you need for your next project. Take a look at this simple guide for our top tips.

**MEASURE YOUR SPACE:** Knowing your figures will make the process of buying paint much simpler. Multiply the height and width of your walls to give you a square metre measurement to work with.

**CONSIDER HOW MANY COATS YOU NEED:** The number of coats you will need will depend on the type of paint you use. Some paints may only need one coat, but the majority will need two or three coats to achieve the desired look.

**MAKE YOUR CALCULATION:** Your paint tin should tell you how much coverage per square

metre it provides. Divide the square metre number for your space by the suggested coverage amount on the tin, to work out how many tins you'll need.

For example: If you're painting a wall that's 10mx2m (20m<sup>2</sup>), and a 5-litre tin of paint covers 10m<sup>2</sup>, you'll need two tins of paint. Et voilà, it's that simple.

**SOME QUICK AND HANDY TIPS:** These tips can provide you with a rough guide for calculating paint for different spaces:

- > 1 litre of paint will cover a feature wall (approx 2.5m<sup>2</sup>)
  - > 2.5 litres of paint will paint an entire small room (approx 2mx2m)
  - > 5 litres of paint will paint an entire medium room (approx 4mx4m)
- This is for two coats of paint, for a standard wall height of 2.4m.

Knowing how much paint you need will help you get started on your projects, help you save money, and avoid the frustration of having too little or too much paint.

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# 3 REMOVAL REMEDIES FOR BLACK MOULD

**B**lack mould is a common, yet nasty, household problem that no homeowner likes to face. However, there are remedies that promise to eradicate all signs of this troublesome tarnish.

**BAKING SODA:** If you want a natural remedy to remove black mould from your home, then a little baking soda is all you need. Used for generations to banish black mould, baking soda has a pH level of around 8-8.1, which is too high to allow mould to thrive.

**HOW TO MAKE AND APPLY A BAKING SODA SOLUTION:**

Add ¼ tsp of baking soda to 2 cups of water | Pour into a spray bottle | Liberally spray the affected area and scrub thoroughly with a brush | Rinse with cold water | Treat again to prevent the mould from returning.

**VINEGAR:** Another natural remedy, vinegar is acidic, with a pH of around 2.5, which means it can attack the structure of mould and actively break it down.

**HOW TO APPLY VINEGAR:**

Pour undiluted vinegar into a spray bottle | Spray directly onto the affected area | Leave for 15 minutes | Spray again and wait a further 15 minutes | Wipe clean with a damp rag.

**BLEACH:** Known for its ability to kill practically everything in its path, bleach is a powerful cleaner that can effectively get rid of black mould on non-porous surfaces such as tiles and sinks. The only problem with using bleach is that you need to be aware of the bleach fumes. Make sure you wear rubber gloves and a faceguard before you start cleaning.

**HOW TO MAKE AND APPLY A BLEACH SOLUTION:**

Mix one part bleach with four parts water | Pour onto the affected area and gently scrub with a damp cloth | Once finished, dry the area with a soft cloth.

**OUR TOP TIPS FOR PREVENTING BLACK MOULD:** Invest in a dehumidifier | Keep kitchens and bathrooms well ventilated | Tackle leaks as soon as they appear | Spread out towels and shower curtains to dry.



HOME & DIY





# NICK OF TIME



## NICK KNOWLES CELEBRATES 30 YEARS ON OUR SCREENS

When Nick Knowles said an emotional farewell to his *DIY SOS* show at the end of 2021, it brought the curtain down on an impressive period of renovating, refreshing and reviving people's living spaces.

It's a shame the 59 year old's tenure ended in such acrimonious fashion – the presenter was unceremoniously binned after appearing in an advert for Shreddies. In mimicking his role in *DIY SOS*, he had broken a BBC contract rule, and the axe fell. Comedian Rhod Gilbert replaced Knowles, who has since not been short of offers for new work. So it appears that life – and home improvements – continue.

Knowles got his break in television back in the early 1990s as a reporter on nightly news show *Coast to Coast*, which aired on TVS, the precursor to ITV Meridian.

From 1994, he presented a motorcycle programme called *Ridge Riders* for eight years, before the BBC saw Knowles' potential and

matched him up with Lowri Turner for a new-launch DIY show that would ride on the coattails of the hugely successful *Changing Rooms*.

The format of *DIY SOS* was fast-paced and usually leant on solving property issues for those in need of help, rather than people simply wanting a change of decor.

The success of *DIY SOS* led Knowles into daytime shows such as *Real Rescues*, *Wildest Dreams* and *Last Choir Standing*. However, it was becoming a game show host, notably through the lottery programme, that shaped the charismatic Southall-born frontman. *Who Dares Wins*, *Secret Fortune*, *Perfection* and *Break the Safe* guided him to star presenter status, and the inevitable *I'm A Celebrity* invitation. He subsequently finished sixth in the 2018 show, which was won by Harry Redknapp.

As for what comes next, Knowles's *Heritage Rescue* show on Quest looks at historic buildings in need of restoration – proof that there's always another DIY project lurking just around the corner.

Photo credit: Jake Morley/BAPTA/Shutterstock

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# LOCAL NEWS

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## Council takes next steps towards improving town centre

Proposed improvements for two town centres in Braintree, including Halstead, have taken a step forward.

Last month, councillors agreed to carry out a tender exercise to move forward with appointing contractors to offer improvements for both Halstead and Witham town centres, as well as appointing highway engineers to deliver a feasibility study for a potential new highway layout.

This comes after Braintree District Council approved an investment of more than £745,000 for improvements to the town centres at a meeting in February 2020.

The project will deliver a series of improvements, following several consultation events and engagement with partners and stakeholders. These include refurbishment of street furniture and street lighting,

new cycle parking, and road signage and lighting, as well as replacement or maintenance of litter bins, benches and bollards.

Councillor Tom Cunningham, deputy leader and cabinet member for economic growth at Braintree District Council, said: "We're looking forward to start progressing with these improvements, working with the town councils and engaging with potential contractors that can start designing and planning from spring or summer of this year."

Councillor Mick Radley, Mayor of Halstead and chairman of Halstead Town Council (pictured inset), said: "Halstead Town Council welcomes this significant step forward in delivering improvements to our town centre. Along with other local stakeholders, the council is eager to engage and work with Braintree District Council on the detailed implementation."



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Photo credit: The League of Friends of St Andrews Church



LOCAL NEWS

# Popular flower event to return for the summer

Residents are invited to a colourful summer event as the Halstead Flower Festival returns. Over the weekend of July 8 to July 10, St Andrew's Church on Parsonage Street will be full of floral displays all inspired by different hymns. The festival will be held from 10am-5pm on the Friday and Saturday, and 12pm-5pm on Sunday.

The event is organised by the Friends of St Andrew's Church, which exists to raise money for the upkeep of the historic parish church. Since its formation, the Friends and their supporters have contributed more than £300,000 to financing church projects. Entry to the festival is free, but donations towards the upkeep of the church are welcome.

# Police appeal for information after collision

Essex Police are appealing for information following a collision on Halstead High Street in which an elderly woman sustained potentially serious injuries. Police were called to reports of a collision involving a pedestrian and a car shortly after 10.30am on Saturday, March 12. The pedestrian, a woman in her 80s, was taken to hospital with potentially serious injuries to her pelvis, leg and spine. Officers are asking anyone who saw anything or has any CCTV, dashcam or doorbell footage to contact them. You can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm.



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## Celebrations planned for Queen's Jubilee

LOCAL NEWS



Photo credit: Royal.uk

A schedule of events is being drawn up to celebrate The Queen's Platinum Jubilee in Halstead this June.

The country is preparing for a four-day bank holiday from June 2 to June 5, with a number of events planned in Halstead to mark the special occasion.

This year, Her Majesty The Queen will become the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom and the Commonwealth.

Halstead Town Council will kick off the celebrations with the unveiling of a bench in St Andrew's churchyard at 12pm on Thursday, June 2, followed by the unveiling of a commemorative clock at Halstead Library at 12.30pm. From 2pm to 5pm, Caribbean Regals Steelband will perform in the Public Gardens, with stalls from Halstead WI and Milly Moos Ice Cream Van. At 9.45pm, there will be the lighting of the beacon at Halstead Fire Station.

At 10am on Friday, June 3, there will be a children's outdoor cinema in the Public Gardens, with a face painter, food truck, and ice cream and sweets vans also on offer.

Activities will take place at Weavers Court from 10am to 2pm on Saturday, June 4, including stalls provided by St Andrew's Church and activities for younger children.

Lastly, from 2pm to 5pm on Sunday, June 5, there will be a Beavers concert in the Public Gardens.

## Football club in final push for promotion play-offs

With just two games still to be played, Halstead Town FC manager, Mark McLean, will be looking for his team to take maximum points in the club's final push for a place in the promotion play-offs.

The first of these matches took place on Saturday, April 9, after VISIONHalstead went to print, when

Burnham Ramblers were the visitors at the Millbank Stadium, on Rosemary Lane.

This is a vital game for both sides, with the visitors another of the teams hoping to reach the play-offs. The difference between winning or losing will be crucial for both sides.

Attendances at the ground have been excellent this season and the club will be hoping that all their supporters are there to get behind the players and cheer them to victory.

The club's final game takes place on Easter Monday, April 18, when Coggeshall United will be making the short trip to the Millbank Stadium.

Later that day, after all the games across the league are completed, Halstead FC will know if their efforts to reach the play-offs have been successful.

## Care home on a mission to save hobbies and skills

A care home in Halstead has joined a nationwide campaign to save older hobbies from being forgotten.

A poll of 2,000 adults carried out by Care UK, which operates Colne View on Dame Mary Walk, found reading a map, using a compass and even handwriting are high on the list of the top 50 lost talents.

In a bid to prevent these hobbies and skills from being lost, Colne View is encouraging locals to join a nationwide campaign, Long Lost Hobbies, to tap into thousands of older people's expertise and knowledge.

Monica Boldeata, home manager at Colne View, said: "Here at Colne View, we know residents have a wealth of skills and hobbies that are now considered to be on the decline – and that is something we wanted to celebrate.

"We'd like to encourage everyone in the Halstead community to join us in our efforts to save old skills and hobbies by reaching out to their relatives or neighbours. We have so much to learn from older generations – and I'm sure they'd be more than happy to share all of their knowledge."



Photo credit: Care UK



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Photo credit: Halstead in Bloom/Facebook



LOCAL NEWS

## Litter picking group takes part in spring clean

A Halstead litter picking group took part in a nationwide cleaning event last month.

Halstead in Bloom took part in the Great British Spring Clean on Sunday, March 27, with a litter pick in the town.

The Great British Spring Clean sees people across the country pledge to help clear their local area of litter.

Halstead in Bloom holds a regular litter picking event on the last Sunday of every month. They meet at 10.30am in Sainsbury's car park and work in groups for around one and a half hours.

Group member Christine Laurence said: "Everyone is welcome to join the team on these events and equipment will be provided."

## Council plants trees to mark Queen's Jubilee

Braintree District Council has planted a tree in Halstead as part of The Queen's Green Canopy (QGC) initiative.

The red ornamental chestnut tree was planted in Halstead Public Gardens to mark 70 years since The Queen ascended to the throne.

The council is encouraging others to plant trees to celebrate The Queen's Platinum Jubilee. Many local communities across the district have already shown their support for the council's community tree and bulb planting project, including St John the Baptist School in Pebmarsh, Alec Hunter Secondary School in Braintree, Maltings Academy in Witham, and Halstead Brownies.

With a focus on planting sustainably, QGC encourages the planting of trees to create a legacy in honour of The Queen's leadership of the nation and for the benefit of future generations.

Councillor Sue Wilson, chairman of Braintree District Council (pictured second from right), said: "The Queen has been a true inspiration to all of us over the years



and I am honoured to be able to plant a tree for the jubilee on behalf of Braintree District Council. We will be adding the trees' locations to the QGC map to mark our respect and involvement."

Councillor Mick Radley, Mayor of Halstead and chairman of Halstead Town Council (pictured second from left), said: "I'm pleased to attend this tree planting in Halstead Public Gardens to mark the Platinum Jubilee of Her Majesty The Queen. For generations to come, this tree will serve as a reminder of her commitment and dedication to serving our country."





Photo credit: Ken McKay/ITV/Shutterstock

# OUT OF THE BROOM CUPBOARD... *and onto centre stage*

## CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning's* steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dyeing his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.





FOOD & DRINK



# 2022 FOOD festivals in the UK

**D**o you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

**PUB IN THE PARK**  
**All over the UK, May 12-September 18**  
Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at [pubintheparkuk.com](http://pubintheparkuk.com)

**BIGFOOT**  
**Buckinghamshire, June 17-19**  
A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gipsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at [bigfootfestival.co.uk](http://bigfootfestival.co.uk)

**THE BIG FESTIVAL**  
**The Cotswolds, August 26-28**  
Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at [thebigfestival.com](http://thebigfestival.com)

**MEATOPIA**  
**Tobacco Dock, London, September 2-4**  
One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at [meatopia.co.uk](http://meatopia.co.uk)



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# BRUCE KING

*on why people buy*



In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

*More information:*

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)

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## Holmes & Hills

## No-fault divorce – what you need to know

If you are in the process of considering a divorce, mark the date of 6th April 2022 in your diary as this will be the date of the biggest change to the divorce process in this country since 1973. This will be when no-fault divorce is introduced.

Up until now, if you were seeking a divorce, you must have been able to prove that your marriage had broken down irretrievably by relying on one of five "facts".

- Adultery
- Unreasonable behaviour
- Desertion
- Two years separation with consent
- Five years separation without consent

Whilst some people may have welcomed the opportunity to blame their spouse for the breakdown of their relationship, starting what can be a difficult process in this particular manner can be extremely problematic.

The first action taken in relation to the divorce can set the tone for what follows. Naturally, if you are the other party, reading allegations made by your spouse against you, effectively pinning the divorce on you, it can be very upsetting.

In turn this makes it very difficult to expect a separating couple to sit down together and have productive discussions of other aspects of the divorce such as the future arrangements for the children or a financial settlement with those allegations still fresh in your minds.

As a result, the courts are finding more people making applications for the court to decide on these issues which is leading to considerable delays. Currently, the average application that goes all the way to a final hearing can last two years.

Recognising the issues with the requirement to apportion blame, Family Law solicitors such as myself have long campaigned for changes to the law. Finally, these changes have come.

### The new law – no-fault divorce – what you need to know

The no-fault divorce process will remove the requirement to use one of the five "facts" mentioned above and, more importantly, it removes the ability for one party to defend (and delay) divorce proceedings, which should lead to the divorce process becoming far quicker and cheaper for both parties.

No-fault divorce also takes a positive step forward in encouraging separating parties to divorce on an amicable basis by introducing the ability for divorcing parties to make joint applications for divorce. Parties will no longer need to feel that one person is divorcing the other person, and this will allow for separating couples feeling like they are working together in getting beyond this difficult period of their lives.

Furthermore, by encouraging this better-natured approach from the start, separating couples are hopefully encouraged to adopt a similar approach in respect of the other aspects of separation also, such as arranging the care for the children and having more reasonable expectations for the settlement of finances.

The no-fault divorce process will encourage people to separate on a far more amicable basis than the current system encourages, which will present a host of benefits to couples that a separating.

### Discuss no-fault divorce or separation with a local lawyer

If you would like advice or assistance in applying for a no-fault divorce and would like to book a fixed fee initial consultation – contact Holmes & Hills Solicitors; call 01787 475312 and ask to speak with Alexander Garrett or email [advice@holmes-hills.co.uk](mailto:advice@holmes-hills.co.uk).



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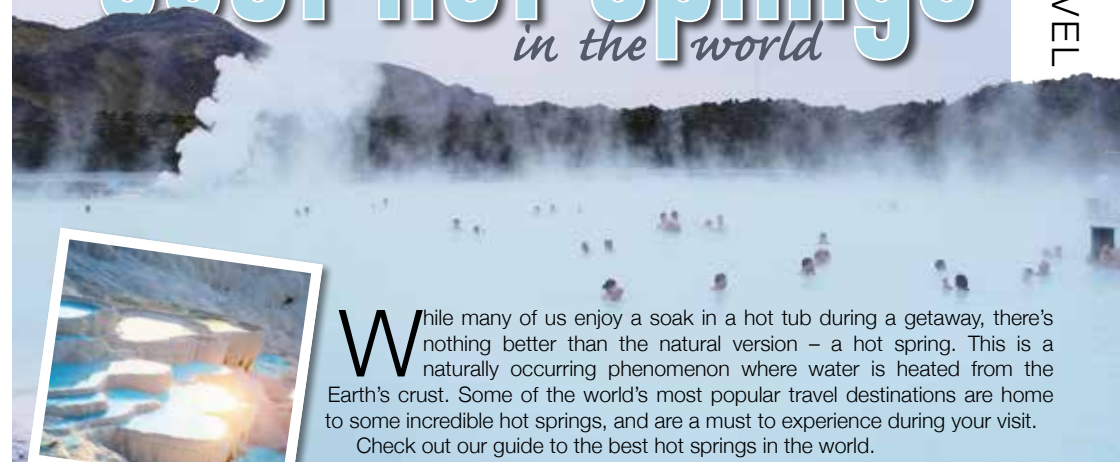
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# Guide to the best hot springs in the world



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Kerosene Creek



Cascade del Mulino

While many of us enjoy a soak in a hot tub during a getaway, there's nothing better than the natural version – a hot spring. This is a naturally occurring phenomenon where water is heated from the Earth's crust. Some of the world's most popular travel destinations are home to some incredible hot springs, and are a must to experience during your visit. Check out our guide to the best hot springs in the world.

**blue Lagoon geothermal spa, iceland:** One of the most famous hot springs in the world, more than 4,000 people visit Blue Lagoon every day. The beautiful blue water, alongside the idyllic mountain scenery, provides the perfect spot for relaxation. With 38°C temperatures and an on-site spa, a visit to Iceland isn't complete without a visit to Blue Lagoon.

**pamukkale thermal pools, turkey:** Pamukkale Natural Park is a UNESCO World Heritage Site and home to a dozen thermal springs. It's a picture-perfect setting with beautiful blue water set against white limestone – ideal for relaxing in the Turkish sun. The Egyptian Queen Cleopatra is known to have visited the Pamukkale pools.

**banjar hot springs, bali:** The Banjar Hot Springs provide a stunning setting across two levels and offer complete relaxation. There is even a family pool, providing something for everyone in this wonderful part of Indonesia.

**kerosene creek, new zealand:** New Zealand provides so many amazing experiences, and Kerosene Creek doesn't disappoint. Set deep within the Rotorua forest, spending time relaxing in this striking hot spring is an experience you won't forget.

**cascade del mulino, italy:** One of Tuscany's most popular spots, the Cascade del Mulino is open 24 hours a day, allowing guests to experience its beauty at all times of the day and night. The limestone pools are magnificent, and it's a great place to unwind after a day exploring the sights of Tuscany.

With incredible hot springs located all over the world, will you visit one on your next adventure?

Photo credit: Unsplash under Creative Commons/efr-sheldon





GARDENING

# Create your own OUTDOOR KITCHEN

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space. Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends. Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends. Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

**MEASURE YOUR SPACE:** You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

**FIND THE RIGHT APPLIANCES:** Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

**GET YOUR CONNECTIONS IN PLACE:** You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

**BUILD A SHELTER TO COVER ALL WEATHER:** A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

**MAKE SURE YOU'VE GOT ENOUGH STORAGE:** Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.

Photo credit: Grillo via housebeautiful.com, Moriso/Landform Consultants/Ikea via idealhome.co.uk



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GARDENING



## CONTAIN YOURSELF

Five ways to master container gardening, for maximum effect

**ONE:** Container gardening is pretty much what it sounds like – the display of plants, flowers and herbs in containers.

Gardening this way offers variety, flexibility and a great deal more control than placing plants in flowerbeds or around borders. To get it right, you need to abide by a few simple rules.

**TWO:** Location location location

The ability for your plants to flourish will almost certainly depend on location. Around six hours of sunlight a day and a south-facing position will offer them the best chance to make something of themselves.

**THREE:** Choose your container wisely

While containers come in all shapes and sizes and cater for various budgets, the golden rule is to allow adequate room for your plants to grow, and to ensure there is adequate drainage in the bottom.

**FOUR:** Heavily soiled

You can pick up a bag of high-nutrient, moisture-retaining, airy soil at the garden centre for less than the price of a glass of wine, and it will be considerably better for your plants than standard garden soil.

**FIVE:** Water lovely plant

Try to water plants every morning to allow them to flourish during the day. Watering in strong sunlight runs the risk of leaves being singed. Positioning containers next to a natural water source will help as well.

**SIX:** Feed greed

Adding nutrients, slow-release fertilisers and liquid feed to your watering can – or even directly to the container – will give your soil and your plant a perfect boost each day, as well as helping it to fend off any nasties.



Photo credit: idealhome.co.uk



# Positively Thriving!



Good mental health is more than the absence of mental illness. It's a positive style of wellbeing that includes feeling good and functioning well. It's what enables us to live life to the full.

Positive mental health is being studied across many different fields, often using terms such as wellbeing, flourishing, thriving, and happiness. Positive mental health covers many aspects of life, which can be divided into emotional, psychological, and social wellbeing areas.

Emotional wellbeing equates to feeling good, being happy, experiencing positive emotions like love, joy, or compassion, and feeling generally satisfied with your life.

Positive emotions have been extensively studied in the field of positive psychology. Barbara Fredrickson is one of the most prominent researchers into the effect of positive emotions and developed the broaden-and-build theory. This states that positive emotions tend to widen the

person's repertoire of thoughts and actions and lead to play and exploration behaviour. This leads to development of resources like social connections, environmental knowledge, and coping strategies, all of which are essential for wellbeing and resilience.

Psychological wellbeing is about functioning well and contributing in life. Social wellbeing is a sense of being connected to others, belonging to a community, or making a contribution to society.

Research in psychiatry and psychology has consistently shown that positive relationships are one of the most influential factors contributing to positive mental health. This can include family, friends, work mates, and others in the community. You can learn to develop your scope of positive emotions and use them to build richer and deeper positive relationships. Focussing your attention on your experience of positive emotions helps with this, but it's not about always putting a

positive spin on experiences or only thinking positive thoughts – that's not realistic nor desirable! But, as the saying states 'where your focus goes, the energy grows!'

How many positive emotions can you name? There's a list of 90 positive emotions that regularly gets passed around positive psychology lectures! Once you start to label your positive emotions and when you experience them, you can start to build upon them and embed them in your relationships – this in turn positively affects the other person and so happiness spreads. That's a lovely thought for a Spring day!

We're exploring positive emotions in the next (very lovely and friendly) Halstead Positive Psychology group that meets every month. Get in touch for more details. It's £5 per session and you'll be strengthening your social wellbeing too!

**Helen Reade is a certified Positive Psychology Practitioner and Coaching Psychologist**

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# TAME THE CURLS

Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy? As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair. Find out how to manage your mane below.



*Avoid hair-styling tools*  
Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

*Deep condition frequently*  
When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

*Try the pineapple trick*  
If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.

*Layer up products*  
If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.

## SEASONAL SPA DAYS

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# Preparing your child for Starting School

With primary school places offered this month, you and your child may start experiencing a range of emotions as the process of your little one starting 'big' school begins.

Miss Gutteridge, Head of Early Years at St Margaret's Prep School in Gosfield, has some advice for preparing your child for Reception:

"Firstly, be positive! A child's confidence will be strengthened when they feel safe and supported, and your positive attitude towards this change will be picked up by your child.

Most schools will organise transition days during the summer term, where the children can meet their new teachers and classmates. They're a great way to help your child feel more confident about what to expect.

It's also a good idea to encourage independence. Children will be asked to

do many things at school for themselves, encourage your child to dress themselves for example, to help them feel prepared for school routines.

There are lots of books about starting school, making friends and meeting new people, it's a good idea to read them together."

**"Be positive! A child's confidence will be strengthened when they feel safe and supported"**

Come along to our Open Morning on Saturday 23rd April - we'll take you on a bear hunt around the school and nursery, followed by fun crafting activities and games in the Early Years play area. Contact us to book your place on 01787 273 050.



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# Reaching for REPTILES

THE REPTILES THAT MAKE GREAT PETS... AND THOSE THAT DON'T



The lure of sharing time and space with reptiles links us back to a rugged and prehistoric past - after all, these creatures date right the way back to when dinosaurs were roaming the planet.

An acquired taste, certainly, reptiles can be great pets, are largely self-sufficient, and act as a constant source of wonder for kids and adults alike.

### Bearded dragons

A dragon by name, but in truth more of a lizard, this gentle creature isn't the most sociable of its kind, but enjoys being handled nonetheless. They have a varied diet, including vegetables, crickets and worms, and can live for more than a decade.



### Leopard geckos

Leopard geckos can live twice as long as the bearded dragon and are nocturnal, so will stress if not allowed time to relax in dark spaces. You'll need to ensure they have cover in their terrarium, and keeping two males together is a strict no-no as they are known to fight.



### Box turtles

Box turtles may look cute, but they are a lifelong commitment and can live for more than 40 years. This pet is not suitable for kids - despite their sluggish demeanour, the turtle has complex care requirements, can suffer from anxiety, and requires cleaning out each week.



### Chameleons

We know chameleons are ever-changing, ever-evolving creatures, and that extends right the way through to liking different temperatures at different times of the day, so as maintenance goes, they require more than most.

Factor in a need for good ventilation and natural sunlight, and a preference for living in trees, and it all points to this being a tricky reptile to maintain unless you can ensure plenty of foliage and a clean, non-toxic surrounding.





KIDS

# LEARN

## how to say NO

**STRUGGLING TO UTTER THAT TWO-LETTER WORD TO YOUR BELOVED YOUNGSTER? HERE'S HOW TO MASTER IT AND WHY YOU NEED TO TAKE BACK CONTROL**

**C**onstructive, confident and considered parenting means not always bending to your child's wants and desires. Sometimes the simple action of saying 'no' can seem obstructive and unkind, but when coaching our kids, the logic and reasoning behind our decision is vital.

Turning down some of our youngsters' requests is a key part of their development, but only if done in the right way.

**ONE:**  
**WHAT'S IN A WORD?**

An obstructive 'no' is rarely going to garner a positive response. As well as being blunt, it leaves a child with little explanation as to the decision reached. Instead, parents are reminded of the benefits of using positive and negative wording. So instead of saying "Stop hitting", say "Keep your hands to yourself". Or replace "No, you can't have that" for "Why don't we look at these?"

**TWO:**  
**THE EXPLAIN GAME**

No, if accompanied by an explanation that uses

emotion, empathy, consequences and alternatives will steer your child into a place where they not only go along with the response, but also agree with the sentiments behind it.

**THREE:**  
**WHAT WE HEAR**

Furthermore, as humans listening to a sentence, we listen to some of the first part, all of the last part and very little of the middle. Consider this when outlining something to your child that they perhaps don't want to hear.

**FOUR:**  
**ACTION STATIONS**

Accompanying rejection with a hug, or holding a hand, will soften the action and reduce the sense of loss a child may feel.

**FIVE:**  
**BALANCE**

Finally, perhaps the true art of saying 'no' is to ensure you practise saying 'yes' as well. Children will be more understanding of the things they don't have if they know there are many other things that they have received, or will over time.



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# TITANIC'S WATERY

*Grave Remains*



HISTORY

**SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED**

April 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York. It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

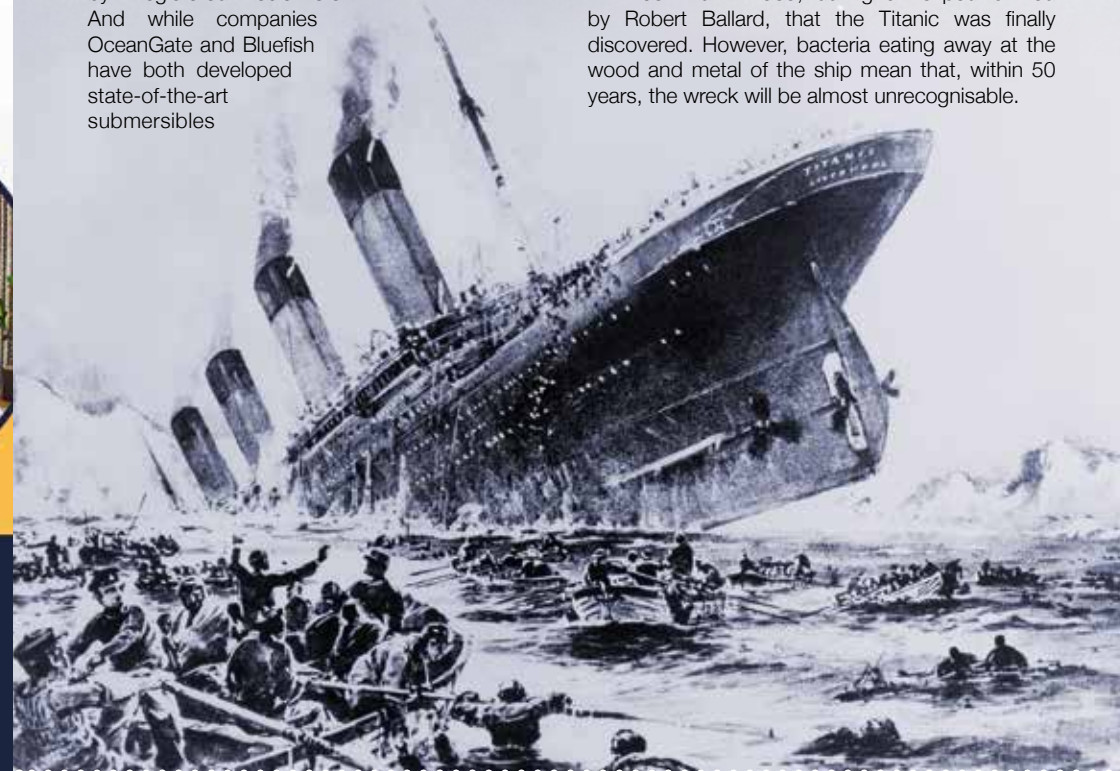
This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists. And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.







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ACROSS: 1. DESIGN, 4. ACETIC, 9. STIMULI, 10. GASEOUS, 11. REMIT, 12. EGYPT, 14. ABHOR, 15. SIGHT, 17. FALSE, 18. SANDALS, 20. EARLIER, 21. RELISH, 22. CONGER  
DOWN: 1. DESIRE, 2. SWIMMING, 3. GAUNT, 5. COASTER, 6. TRIO, 7. CORSET, 8. LIGHTHOUSE, 13. YIELDING, 14. ATTAINS, 15. SISTER, 16. HEARER, 17. FORGO, 19. NULL





# PUZZLES & TRIVIA

PUZZLES

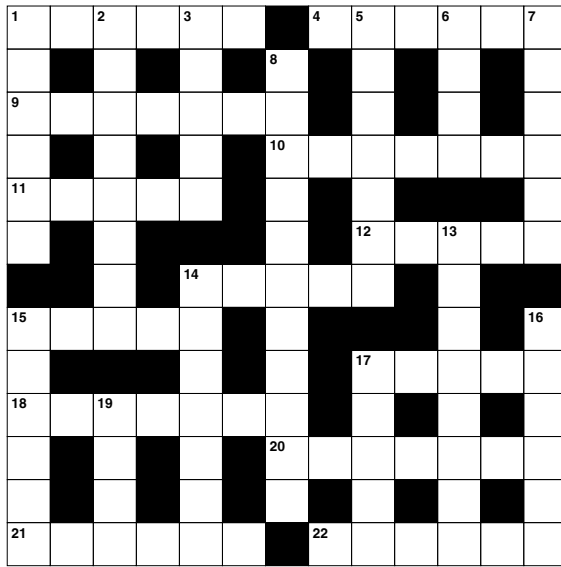
Answers: see end of The VISION Listings

## ACROSS

- 1. Creative act (6)
- 4. Pertaining to vinegar (6)
- 9. Nerve impulses (7)
- 10. Not solid or liquid (7)
- 11. Send money in payment (5)
- 12. Country in North East Africa (5)
- 14. Loathe (5)
- 15. Sense of seeing (5)
- 17. Wrong (5)
- 18. Light shoes (7)
- 20. Prior (7)
- 21. Enjoy greatly (6)
- 22. Large eel (6)

## DOWN

- 1. Wish for (6)
- 2. Propelling the body through water (8)
- 3. Haggard (5)
- 5. Small mat (7)
- 6. A group of three (4)
- 7. Form-fitting garment (6)
- 8. Sea beacons (11)
- 13. Giving way under pressure (8)



- 14. Reaches (7)
- 15. Female sibling (6)
- 16. Listener (6)
- 17. Refrain from (5)
- 19. Invalid (4)

## DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

## SUDOKU

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

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