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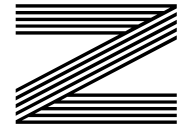
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*A tribute to the iconic actress*  
**JUNE BROWN OBE**

*Denise*  
**VAN OUTEN**

The actress and presenter marking 25 years on our screens



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# Editor's notes...

MAY 2022



Emma Caulfield, Editor

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

I hope you had a wonderful Easter weekend. With the previous two Easter holidays affected by COVID-19 restrictions, it was wonderful to once again spend some time with family and friends.

On Easter Monday, I went to watch Halstead FC play a league game against Coggeshall United at the Millbank Stadium. The mighty Humbugs triumphed 2-0 and it was great to see more than 300 spectators supporting the team. They then won 2-1 against Buckhurst Hill in the First Division Play-off Final on April 30, winning promotion to the Essex Senior

League. The club would like to thank their fans for all their support. This season, we have had more than 4,000 people watch games at the Millbank Stadium - not bad for a small market town in Essex!

I'd like to take this opportunity to remind readers of the importance of shopping local. A few businesses on Halstead High Street have sadly closed their doors recently, having struggled to cope following the COVID-19 lockdowns. It's important - now more than ever - to support local businesses.

Coming up next month is the Queen's Platinum Jubilee, so keep an eye on our social media for events taking place in Halstead.

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



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# Golden BROWN

## BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way."

---

*'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'*

---

"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."



# Long live THE QUEEN

On February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service. So, what is the secret to her success and her longevity? Let's take a closer look.

## REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

## LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

## MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

## MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

## DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

## THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.

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MOTORING



# DEATH TRAP

THE DANGERS POSED BY LOOSE OBJECTS IN YOUR CAR

We all know the dangers represented by cars and, as responsible drivers, invest time and effort in protecting the occupants of our cars from the dangers of the road. Yet what if there were a collection of hazards inside our vehicles – things that account for more than 15,000 injuries every year?

What we're talking about here is the threat posed by everyday items within a car. From a metal tissue box on the back shelf to dashboard air fresheners, from tablets and devices right the way through to cans of drink and snacks. The point is, when a collision occurs, it's not just the things on the outside of the vehicle that can cause harm.

A string of recent awareness campaigns has been designed to make motorists more aware of the risks when our vehicles are decorated with possessions. Securing items or, better still, putting

them away in door or back-of-seat pockets, or the glove compartment, ensures that if impact occurs, those possessions won't come hurtling through the air towards you.

Think carefully about luggage storage, make sure floor mats are secured in the correct positions, and do your best to keep pets secured and still.

Furthermore, if you think the threat of being hit by a loose or unsecured object in your car only comes about in the event of a road traffic accident, think again. Anything from sharp cornering to speed bumps may dislodge an item and send it on a path towards you or your passengers.

In the modern era, cars are more and more becoming extensions of our home. While that gives us the chance to adorn them with small items and luxuries, it's always smart to keep a close eye on the potential danger they might pose.



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We will provide advice on the following types of collectables: Coins, stamps, banknotes, medals & militaria, clocks, watches, jewellery, gold & silver, pre-1900 documents/books & maps, cigarette-cards, postcards, pre-1960 sporting programmes & tickets, pens, vintage toys & models, comics, scientific instruments, swords, bayonets, de-activated and antique firearms, and more.

Cash purchase offers are available, and there may also be the option to consign to auction (subject to terms). Valuations will be provided free of charge, with no obligation. Pick up a free catalogue from a previous auction, as an example of the services we provide.

Over the years we've turned up some amazing finds at our events. We have been, and could still be the British record holders for a Rolex Submariner



wristwatch sold at auction, having sold an example made c.1964 with orange numerals for just under £280,000 including premium.

Our auctions have gone from strength to strength even throughout the Covid crisis, due to our worldwide online customer base. Now with business getting back to normal, with face-to-face customer service and public auctions possible once again, we look forward to meeting you in person.

Any questions feel free to contact Lockdales' Martlesham offices: 01473 627110, email info@lockdales.com and for further information see our website www.lockdales.com

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**Tuesday 17th May** (11am-3pm, last 2:30pm)  
Elmstead Market Community Ctr., School Rd, Elmstead Market, CO7 7ET

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# Colourwashing

THE INTERIOR DECOR TREND YOU NEED TO TRY

Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

### WHAT IS COLOURWASHING?

Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

### WHAT YOU NEED TO DO A COLOURWASH

- To create a colourwash at home, you will need:
  - > Two types of paint, a lighter and a darker shade – one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.
  - > A transparent water-based glaze. You could also use water.
  - > A roller or brush to apply your base colour.

- > Either a sponge or a soft brush to paint the wash.

### HOW TO DO A COLOURWASH

- > After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.
- > Mix the colourwash using four parts glaze to one part paint.
- > Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.
- > Leave to dry, and apply a second coat if desired.

This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.



Photo credit: Brand - Zinc Textiles, Stylist - Sarah Harwood, Photographer - Alex J Curtis via www.livingetc.com



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HOME & DIY

# BEST WAY TO PAINT A ROOM

**W**hen you decide to go down the DIY route with painting, you'll want to make sure you get it right.

Understanding the order to paint a room in will help you achieve the best finish, as well as make your paintwork look professional.

Learn what order to paint a room in, ready for your next interior décor project.

### START WITH THE CEILING

Once a ceiling has been prepped, you can get to work with painting.

Start by cutting in the edges with your desired paint. Then you can quickly roller the remainder of the ceiling with the desired number of coats.

### TACKLE THE WALLS

Painting the walls requires a little more precision. You'll need to cut in the edges, either freehand or by using some masking or decorators tape. Using a roller, you can paint the remainder of the wall. You may need a smaller roller to get to the hard-to-reach areas.

### DO THE DOORS AND WINDOWS

Take your time applying special woodwork paint to your doors and windows. This type of paint dries slowly, so you'll need to give yourself plenty of time between coats. Remember to mask your edges for a clean finish.

### FINISH WITH THE SKIRTING BOARDS

When the rest of your paintwork is dry, fill and sand any cracks between your wall and skirting, mask up the edges then apply two coats of your woodwork paint, letting it dry thoroughly between each coat.

And there you have it. Now you know exactly what order to paint a room in to get the best results.





# HOME DÉCOR TRENDS 2022



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.

**ARTIFICIAL GREEN WALL:** Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.

**VELVET FURNISHINGS:** If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.

**AUTHENTIC DESIGNS:** Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.

**ROYALCORE:** Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.

**SOFTER SHAPES:** Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.



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# LOCAL NEWS

*from your neighbourhood*



## Charity appeals for volunteers to save choir

A charity is appealing for volunteers in Halstead to help with its blind veterans' choir.

Blind Veterans UK has put out an urgent appeal for volunteers to help with the fortnightly rehearsals of its Vision in Song choir (pictured above with choir mistress Jane in the centre, and another volunteer), the world's only choir made up of blind veterans.

Meeting every other Thursday morning at Colchester Garrison, the choir is made up of men aged between 79 and 95 from Halstead, Basildon, Rayne and other areas across Essex. All are ex-servicemen who are blind or visually impaired.

Jennie Hammond, a community support worker who helped form the choir, said: "The rehearsals have really brought the group together and provided companionship, which is so crucial in combating the isolation that is so often felt in older people, particularly if they have a disability like sight loss."

The charity says it urgently needs volunteer drivers in Halstead, Shotley, Colchester, Basildon, Billericay, Rayne and Ipswich, and will provide training as well as reimbursement of expenses.

To find out more about Blind Veterans UK, visit [www.blindveterans.org.uk](http://www.blindveterans.org.uk)

<p>Thursday 19th May  <b>AUTISM FRIENDLY CINEMA</b>          Entry Free          10.30 for 11.00</p>	<p>Thursday 19th May  <b>SWAN LAKE</b>          £18.50 / £17.50  <b>STREAMED LIVE</b>          from the ROYAL OPERA HOUSE</p>	<p>Sunday 29th May  <b>SISTER ACT JR</b>          All seats £15.00  <b>PERFORMED LIVE</b>          by award winning ABIGAIL'S PERFORMING ARTS</p>
<p>Live Streaming in July</p> <p><b>Prima Facie</b></p> <p>Jodie Comer</p>	<p><b>STRAIGHT LINE CRAZY</b></p> <p>Live Streaming from National Theatre LIVE</p> <p>Thursday 26th May</p> <p>Ralph Fiennes</p>	
<p><b>Tribute to the Jersey Boys</b></p> <p>Saturday 25th June, 2022</p> <p>7.15 for 8.00pm, £16.50</p> <p><b>The Faux Seasons</b></p> <p>The UK's primary Jersey Boys Tribute act, not to be missed!</p>	<p><b>Films for Kids</b></p> <p><b>Dementia Friendly</b></p> <p><b>Autism Friendly</b></p> <p><b>Comedy Nights</b></p> <p><b>Live Theatre</b></p>	

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Photo credit: Google Maps

# Plans approved for buildings on industrial land

An application for seven houses, 12 flats and 10 commercial units on former industrial land in Halstead town centre has been approved.

Despite causing controversy among the local community since being submitted in September 2021, the plans were approved by Braintree District Council's Planning Committee at a meeting last month.

The plans will see the land formerly occupied by Hunwick PLC turned into a commercial and residential area, located between Kings Road, Parsonage Street and Factory Lane West.

A report from the committee said: "The principle

of residential/commercial development at the site has been established following the grant of outline planning permission.

"The applicant seeks approval only for reserved matters pursuant to this outline consent consisting of appearance and landscaping.

"Officers consider that the detailed proposals for the appearance and landscaping of the development are acceptable in planning terms, subject to the further conditions recommended.

"Consequently, it is therefore recommended that the reserved matters are approved."

# Video allegedly shows boys killing ducklings

Police have issued an appeal for information concerning disturbing reports of a group of young boys deliberately killing ducklings in a park in Halstead.

Since the report of the incident on Wednesday, April 13, Essex Police say they have started an investigation and officers are carrying out further patrols in the area.

A spokesperson for Essex Police said: "We received a call at around 3.20pm on April 13 reporting a video showing a group of people described as being between 11 and 15 years old killing ducklings in Halstead. Officers have carried out patrols in the area.

"We need anyone who saw anything or has any CCTV, dashcam or doorbell footage to contact us.

"If you have any information, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat



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button to speak to an online operator between 7am and 11pm.

"Please quote incident 725 of April 13. You can also call us on 101 or contact Crimestoppers anonymously on 0800 555 111."

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LOCAL NEWS

# Proposal submitted for 25-metre telephone mast

Developers are hoping to replace a 15-metre telephone mast next to a Halstead sports centre with an even taller one.

Cornerstone Ltd, which manages telephone masts for phone companies such as Vodafone and O2, will be placing the new 25-metre 5G mast at a plot of land rented from the Courtauld Sports Ground, if Braintree District Council gives its approval.

The mast would be the first to add 5G coverage to the Halstead area, while also upgrading the existing 2G, 3G and 4G services.

Though the introduction of 5G has caused some controversy amid misinformation concerning its effects on people's health, Cornerstone is determined to allay such fears, including several guides about 5G that debunk such claims in the planning application.

In a covering letter, Cornerstone said: "The enclosed application is identified as the most suitable site option and design that balances operational need with local planning policies and national planning guidance.

"It will deliver public benefit in terms of the mobile services it will provide."

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## Businesses given funds to improve shopfronts

Businesses across Halstead and the rest of the Braintree district have benefited from a £30,000 fund from the council to improve their shopfronts.

A total of 36 independent businesses from across the retail, hospitality and service sectors have received funds from the Braintree District Council scheme to make improvements to their premises.

The money covers the cost of labour up to the value of £1,000.

Anja Bolcina (pictured right), owner of Steady Pace Café and Bakery in Halstead, said: "We had the window frames and door repaired and repainted and a new awning installed, which will provide the café with some shade as we move towards the summer months.

"We're really pleased with the makeover, repairs and results. The initiative is a good way of bringing life back into our high streets."

Councillor Tom Cunningham, deputy leader and cabinet member for economic growth at Braintree District Council, said: "With this initiative, we are supporting businesses on our high streets and in our town centres.

"The scheme is also creating jobs for local tradespeople."

The initiative is now closed to new applications.





# Care home company introduces salary increase

To help combat the cost of living crisis, care workers from two of Halstead's care homes will receive a new wage higher than the National Living Wage.

Stow Healthcare, which runs six homes across East Anglia, including Halstead Hall (pictured above) and Cedars Place in Halstead, have made the decision to sign up to the voluntary Real Living Wage. This means all staff will now be paid £9.90 or more an hour, with paid-for breaks and birthdays off.

Company director Ruth French said: "The Real Living Wage is a voluntary rate paid by more than 9,000

businesses in the UK and it reflects the real living costs our staff face and represents a much-needed boost for social care staff."

This decision is already having a positive impact on current staff, as well as attracting new workers.

Miss French added: "We have had brilliant feedback from our staff. We know that people do not choose a career in social care for the pay, but the reality is that people recognise now that not only can they be paid well from an employer like Stow Healthcare, but there are also brilliant opportunities for career progression."

# District prepares to celebrate Platinum Jubilee

Braintree District Council (BDC) has revealed the various events and initiatives in Halstead being planned to commemorate Queen Elizabeth II's Platinum Jubilee next month.

The lighting of the beacon, as is traditional for jubilees, will be taking place on the evening of Thursday, June 2, with various ceremonies across the district.

In Halstead, Braintree and Witham town centres, beacon trails will be set up, offering a fun QR code-based experience for children where they can interact with characters from the past 70 years and collect digital stamps.

New commemorative benches and trees have been installed in Halstead Public Gardens and Witham Town Park as part of the ongoing Queen's Green Canopy initiative, which encourages people to plant a tree for the jubilee.

Street parties are also being organised, with residents able to apply to close their road through the council website at [www.braintree.gov.uk/streetpartyguide](http://www.braintree.gov.uk/streetpartyguide)

To find out more, visit [www.braintree.gov.uk/queensplatinumjubilee](http://www.braintree.gov.uk/queensplatinumjubilee)



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Keyla de Magalhaes graduated from the Catholic University of Petropolis, Rio de Janeiro, Brazil in 2002 with an Audiology and Speech and Language Pathology Bsc degree.



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# WATCH OUT(EN) *Denise is about*

**CELEBRATING THE STAR QUALITY OF DENISE VAN OUTEN, WHO MARKS 25 YEARS ON OUR SCREENS**

---

**D**enise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.



# POTATO MILK

THE NEW VEGAN AND DAIRY-FREE ALTERNATIVE

**P**otato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

### WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

### WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

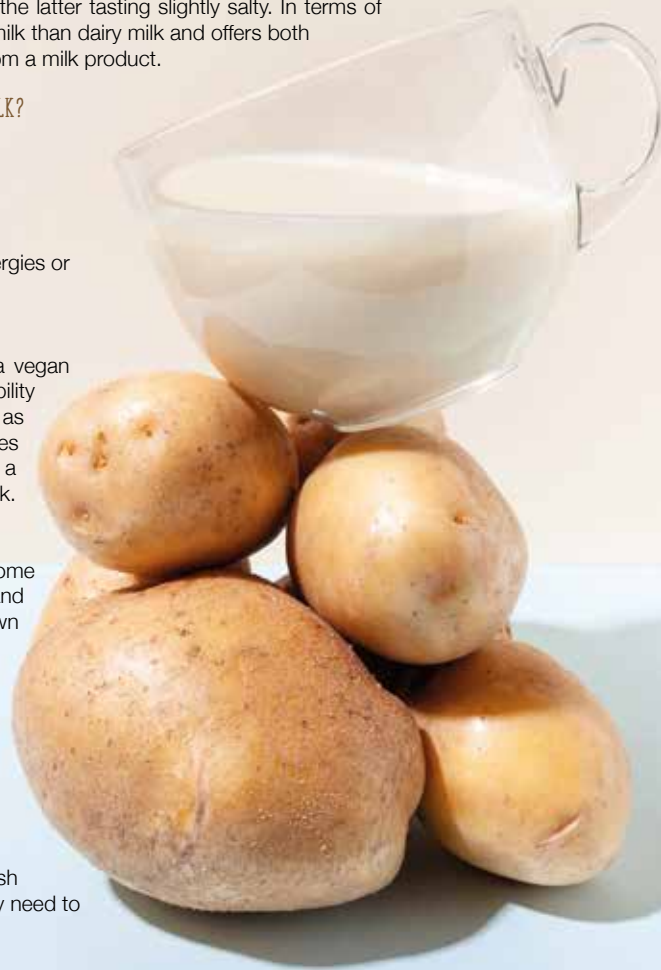
### WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

### HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsp of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.



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# BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

**Choose a cryptocurrency trading programme**

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

**Pick crypto to invest in**

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.

**Select your strategy**

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

**Consider automated crypto trading**

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

- Our top trading tips for beginners**
- Start with a small investment
  - Choose a secure wallet to keep your digital assets safe
  - Research the market thoroughly first
  - Set stop-loss levels and stick to them
  - Don't be afraid to diversify your portfolio
  - Do not let your emotions dictate your decisions.



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### WHAT BENEFITS DOES IT OFFER

A stay at Hacienda AltaGracia is tailored to you, and is inclusive of all meals and non-alcoholic drinks. Throughout your stay, you’ll be able to enjoy a range of adventure, wellness and cultural activities, helping you truly focus on your wellbeing.

### WHAT TO EXPECT AT THE HOTEL

On arrival, guests are given a virtual health coaching consultation, resulting in a tailored plan to aid each individual’s stay.

The hotel offers many different activities, including jungle hikes, botanical yoga, horse riding, trips to the bird observatory, river baths, and much more. Your visit is altered to suit you and also includes a range of dining experiences.

### WHY YOU SHOULD VISIT

The hotel has already won a place on *Condé Nast Traveller’s* top 50 resorts in the world and is attracting attention for its unique approach and wide range of experiences.

If you’re looking to get away from it all and focus on getting your life back on track, then this could be the hotel for you.

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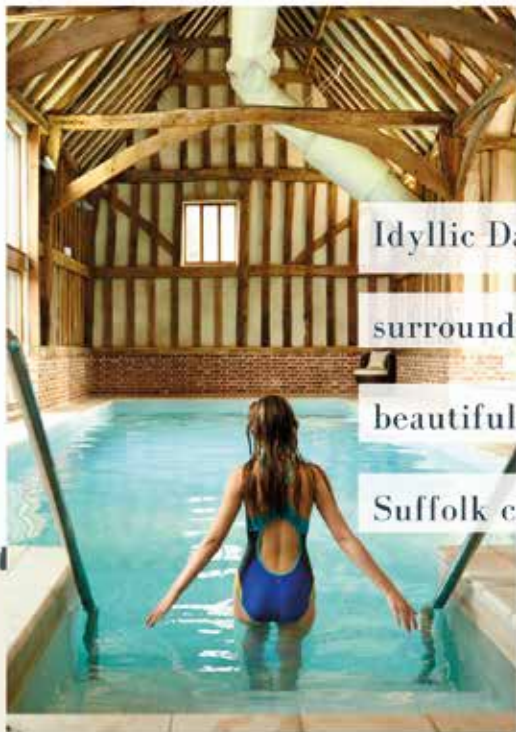
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# Sun, Sea and Sand

## THE SECRET TO BETTER HEALTH?

When the sun's out, there's one place we all want to go – the beach. A trip to the beach gives us those feel-good vibes, reminding us of holidays and childhood outings. But did you know that a visit to the beach can give you a health boost? Discover some of the health benefits of a trip to the beach.

*It helps you get your dose of vitamin D*  
Vitamin D is known for boosting your immune system and maintaining strong teeth and bones. And one of the best ways to get it is from the sun. A trip to the beach on a sunny day can help you get a dose of vitamin D that can do wonders for your health.

*Sunlight is good for your sleep*  
Getting outdoors during the day is good for regulating your serotonin levels. This can help you sleep easier, enabling you to get into a sleep pattern to make sure you get the rest you need. Spending time outdoors is also good for your mental health, helping to reduce depression and other conditions.

*Walking on the sand is great for fitness*  
Taking a walk on sand can be a big calorie

burner. It's harder to walk on sand than on concrete or other surfaces, so you'll burn energy as you move. You could even try running on the sand for an even bigger workout.

If you're feeling brave, jump in the sea and enjoy a swim. A lot of people find this invigorating and great for their health. The seawater can also help alleviate symptoms of arthritis and even skin conditions like eczema and psoriasis.

*The sea air could help you relax*  
Breathing in the sea air could be just what you need to help you relax. The negative ions have a calming effect, helping to ease stress and boost your mood. The sea air has also been said to help reduce the symptoms of asthma, improve allergies and alleviate respiratory problems.

Next time you're feeling down and in need of a quick pick-me-up, head to your nearest beach and take advantage of this natural health booster.



## Let It Go!



Is everything getting 'a bit much' for you right now? Are you getting wound up over the small stuff?

We experience numerous disappointments every day. Our expectations go unmet, our plans are messed up by circumstance, our wishes go unfulfilled, and we discover that our lives are subject to forces beyond our conscious control.

In some cases, our response is powerful because we must invest ourselves and our resources to overcome genuine difficulty.

In others, our reactions are far more passionate than our circumstances really deserve. The tension that floods our bodies and minds when we are late for an event, interrupted at work, or sitting in traffic is not inappropriate, but it can interfere with our well-being in profound ways.

But, when we stop worrying about relatively unimportant matters, we can be at peace and devote more of ourselves

to what is truly important. The small frustrations and irritations have such power over us because they rob us of the illusion of control.

But every problem is a potential teacher... a confusing situation is an opportunity to perhaps practice mindfulness, and difficult people provide us with opportunities to display compassion. There is a natural human tendency to invest emotional energy in minor dilemmas and frustrations in order to avoid confronting those more complex issues that are largely outside the realm of our control.

The intensity of our response provides us with a temporary sense of personal power that helps us cope with challenges that might otherwise overwhelm us. But it is only when we let the little stuff go that we discover that the big stuff might not be so devastating after all.

In the stress of a singularly tense incident, differentiating between

an inconsequential annoyance and a legitimate challenge can seem a monumental task.

Ask yourself whether the emotions you are feeling will be as vivid in a year, a day, or even an hour. As focused as you are on this moment in time, your reward for letting go of your emotional investment may be the very happiness and harmony of being whose loss you are lamenting.

Unnecessary aggravation is seldom worth the cost it exacts. You cannot distance yourself from life's inconsistencies, irritations, and upheavals, but you can relinquish your desire for perfect order and gain peace of mind in the process.

When we stop worrying about unimportant matters, we can devote so much more of ourselves to what is truly important.

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



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# Create your own DIY BAR

When it comes to entertaining at home, there's one thing everyone needs – a garden bar. Garden bars have grown in popularity in recent years, and you can easily build your own with a little creativity and determination.

Get ready to transform your garden into your new local with these tips for building the perfect garden bar.

**HOW BIG CAN YOU GO?** Garden bars come in all shapes and sizes. From a tiki bar to your own garden pub complete with flat-screen TV and pool table, you can be as ambitious as you like. Decide on your budget and how much space you have to create the perfect outdoor bar.

**TRY DIY OR READY-MADE.** A DIY garden bar is the perfect chance to get creative. You can use recycled materials and design a space that's ideal for your needs. Alternatively, you can find ready-made garden bars in places like Argos or Etsy, or hire someone to custom build your bar.

Using a pre-existing structure, such as a shed or potting bench, your extension or garage, could also help you make the most of your garden space, and give you a good foundation for your garden bar.

**MAKE IT SHELTERED.** Some shelter is a must for any British garden bar. Whether you choose to have your bar enclosed or build a solid weatherproof canopy, having shelter will protect your bar while helping you make the most of it in any weather.

**ADD APPLIANCES AND STORAGE.** From fridges to pumps and spirit dispensers, your garden bar can have it all. Buy your equipment and get it installed by professionals to make sure the job is done safely. Don't forget to add storage.

**BUY SOME ACCESSORIES.** Some of the essentials you'll need for your garden bar include: Glasses (you could create your own labels too) | Bottle holders | Ice bucket | Cocktail shakers | Towel hooks | Bottle openers/corkscrews

**GIVE IT A NAME.** Once your bar is all in place, the last thing to do is give it a name. Name it something unique – it's your bar, after all.



GARDENING

Photo credit: Allan Wainwright/Liberty Games, Future Plc/Doriana Henderson, Future Plc/Simon Whitmore, Future Plc/Tim Young all via IdealHome.co.uk



KIDS



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Kinetic sand is essentially sand that has had other ingredients added to it to create a soft and crumbly consistency, like beach sand, but is also able to hold its shape. Easy to clean and store, kinetic sand should last for several years and is great for child development and sensory play.

**HOW TO MAKE YOUR OWN KINETIC SAND**

**YOU WILL NEED:**

2½ cups of fine sand such as play sand (available in a variety of different colours) or decorators sand | 1½ cups of cornstarch | ½ cup of oil such as cooking, baby or mineral | An airtight container with a lid

**HOW TO MAKE:**

Pour the sand into your chosen container | Mix in the cornstarch | Slowly pour in the oil and mix well | Continue to mix until there are no oily or dry spots in the mixture | Start to play.

**HOW TO STORE KINETIC SAND**

Although kinetic sand does not dry out, you should keep it clean and dust-free in a resealable bag or an airtight plastic container. When kept like this, it should last for between three and five years.

**IS KINETIC SAND SAFE?**

Kinetic sand is non-toxic but is not intended for consumption. Any child under the age of three should be supervised when playing with kinetic sand.

**KINETIC SAND ACTIVITIES**

- > Dig for fossils with small dinosaur toys
- > Use Play-Doh tools to roll out and cut shapes
- > Make ice cream with scoops and spoons
- > Hunt for buried treasure using plastic coins and gems
- > Build a Mr Potato Head out of kinetic sand
- > Practise writing letters and numbers in the sand.



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SPORT



# SCOOTER *loopy*

THE INAUGURAL E-SCOOTER WORLD CHAMPIONSHIP HITS UK SHORES

It seems you can barely step outside your house or place of work before being confronted by an e-scooter tearing its way past with almost reckless abandon.

While streets and, more worryingly, pavements are awash with e-scooters, there is also a growing abundance of them on racetracks around the UK.

Indeed, their popularity has given rise to the formation of the international eSkootr Championship, with the UK given the honour of kicking off this inaugural battery-powered procession in May.

And while many of the riders we witness on a day-to-day basis adorn themselves with work bags, shopping and, in some cases, passengers, the competitors embarking on a six-location world championship campaign are driving forward for landmark success. The scooter, designed by motorsport technology firm YCOM, boasts inflatable tyres, a 1.5kilowatt hour battery and a carbon fibre chassis.

While competition is the name of the game where e-scooters are concerned, the organisers also recognise the need for education, stating that they intend to accelerate micromobility culture and technology in forward-thinking global cities, working closely with city officials and local governments to outline the benefits of a rapidly changing mobility landscape.

Their challenge, in the UK at least, is that privately owned e-scooters are illegal unless ridden on private land. Only those hired from approved leasers are allowed on roads. However, the pressure is mounting on the government given rapidly accelerating purchase numbers – in 2021, there were an estimated one million privately owned scooters.

The 30 professional competitors taking part in the 2022 championship have their sights on different goals. After the UK race on May 13 and 14, they travel to Switzerland, France, Italy, Spain and USA – a six-race set-up performed on S1-X vehicles primed to hit speeds of more than 100kmph.

All those riders require is bravery... and a lot of it.



Photo credit: official.escooter





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BRITAIN'S GREATEST SPORTING MOMENTS...



SPORT

# CHAMPIONS LEAGUE FINAL 1999

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S MANCHESTER UNITED'S LATE LATE SHOW AT CAMP NOU IN THE 1999 CHAMPIONS LEAGUE FINAL

The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when super-sub Ole Gunnar Solskjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as Solskjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.



# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

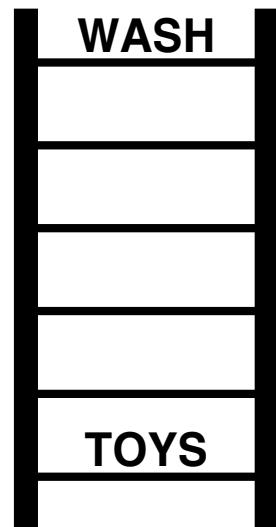
- ▶ ALMOND
- ▶ AMBER
- ▶ AUBURN
- ▶ BEIGE
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- ▶ BUFF
- ▶ CARAMEL
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ COCOA
- ▶ GINGER
- ▶ HAZEL
- ▶ MAHOGANY
- ▶ NUTMEG
- ▶ RUST
- ▶ SAND
- ▶ SEPIA
- ▶ SIENNA
- ▶ TEAK
- ▶ UMBER

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

## DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

## WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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## Solicitors comment on new no-fault divorce law

Since the 6th April 2022, separating married couples have been able to divorce without one party having to allege fault. The timescales for divorcing a spouse and the ability for one spouse to obstruct a divorce have also changed.

Previously, for a couple to divorce, one person was required to accept responsibility for the relationship breaking down. Or, if neither person was willing to accept responsibility, they must have been separated for a period of two years (where both individuals agree to the divorce) or five years (where one spouse does not agree to the divorce). Other than in the event of extended separation, this means one party accepting that they have committed adultery, behaved unreasonably, or have deserted the other.

For many years campaigners have demanded changes to divorce law, recognising that many couples simply drift apart; that no one party is to blame for the relationship breaking down, or that both spouses mutually and amicably want to separate.

Since April 2022, divorcing couples are now not required to apportion blame or wait a period of two or five years of separation to pass to be able to commence divorce proceedings. Under the changes, couples will now be able to apply for a divorce simply because their marriage has broken down, paving the way for a mutually agreed and amicable divorce process.

In situations where the divorce is not amicable or mutually agreed, the new legislation will also remove the ability for one spouse to prevent the other from divorcing

them and in these and other cases will provide for reducing the time it takes to formally divorce, compared to the previous legislation.

If you are considering separating from your partner, have made a full and final decision on separating from your spouse, or have delayed commencing proceedings due to not previously having grounds to divorce from your spouse, call Holmes & Hills Solicitors for initial advice and guidance. Your options may have changed.

Holmes & Hills has a team of specialist divorce solicitors that is independently ranked as one of the leading teams of divorce solicitors in the region. The team is noted as a 'strong choice for advice on financial settlements' by the Legal 500 directory of the county's top law firms.

When you contact Holmes & Hills, you can speak with an expert Family Law solicitor who will help you to understand your options and legal position when considering separating from a spouse. This specialist advice will be aimed at protecting your interests both now and in the future.

When discussing your circumstances and legal position with a solicitor at Holmes & Hills, you can talk about the changes to legislation and what this means for you and your options.

**Call Holmes & Hills on 01787 475312 or email [advice@holmes-hills.co.uk](mailto:advice@holmes-hills.co.uk). Holmes & Hills can offer initial advice via in-person appointment, video conference or telephone call. Initial advice appointments are offered a discounted fee rate.**

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