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# Editor's notes...

JUNE 2022



Emma Caulfield, Editor

Hello and welcome to this month's edition of **VISION**Halstead. Earlier this month, we celebrated the Queen's Platinum Jubilee - a momentous occasion as Queen Elizabeth II is the only British monarch to have reigned for 70 years. It offered a fantastic opportunity for families, friends and neighbours to get together, with groups including the Royal British Legion, Brownies and Guides getting involved with events across the town.

I'd like to take this opportunity to once again encourage our readers to support local businesses. Before making your next purchase, consider if you could buy it from a smaller local shop rather than a multinational corporation. I know local business owners would highly appreciate it, and you can rest safe in the knowledge that your money is making a positive difference in your community.

As well as being distributed to thousands of homes and businesses, **VISION**Halstead is available at various pick-up points throughout the local area. If any companies would like to be considered as a pick-up point, please don't hesitate to get in touch.

This year, we can finally look forward to a summer without restrictions. After all we've been through over the last couple of years, we certainly deserve the chance to throw off the shackles and make the most of the warmer months with days out, picnics and barbecues galore.

*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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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 All pages are recyclable



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# SPECULATE TO ACCUMULATE

**FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK**

---

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon's is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn't enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors' money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don't fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects. His commitment to Tesla and SpaceX only came about because he'd sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, 'speculate to accumulate' has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

# SP KED?

1



## HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

**WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?**  
The most common illegal drugs to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

### HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

### THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

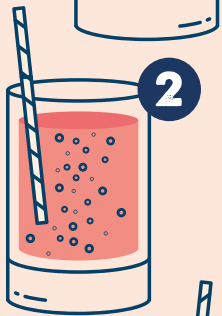
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

### WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

### HOW TO PREVENT YOUR DRINK BEING SPIKED

- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



2



3



4

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# GUIDE TO CLEANING PAINTED WALLS



There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.

### HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

### HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

### HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

### HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

### WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.



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# NO vacuuming ALLOWED



## A GUIDE TO HELP YOU DECIDE WHEN YOU SHOULDN'T USE YOUR VACUUM WHEN CLEANING

Some people love vacuuming; others can't stand it. Either way, there is no denying how quickly it can clean up your home.

However, did you know that there are some items that you should never Hoover up?

### PIECES OF GLASS

If you have smashed a glass, then you may reach for your vacuum cleaner to quickly clear the area. However, large pieces of glass can puncture the bag, get stuck in the hose and damage the interior. Instead, use a dustpan and brush for the large pieces and a damp cloth to pick up small shards. Be sure to wear gloves to protect your hands.

### FINE DUST

Have you recently renovated your home? If yes, then your furniture is probably covered in dust particles. Sadly, you should not Hoover these up as sanding residue and other tiny particles will clog the filters and cause your Hoover to spit dust back into the air.

### WET FOOD

Wet food, or anything wet or moist, should not be cleaned up with a vacuum cleaner. This includes soggy cereal, dog food and even small spills. Instead, use some kitchen towels or a tea towel.

### SMALL METAL ITEMS

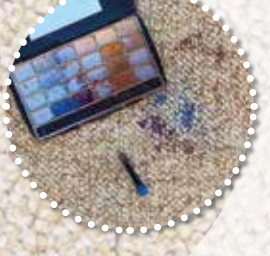
Small metal items such as paper clips and coins can easily become stuck in the rotating part of your vacuum cleaner and stop it from working properly. They can also sometimes break off plastic pieces from the interior of your appliance.

### MAKE-UP

Dropped an eyeshadow palette on the carpet? Or some foundation? Although you may be tempted to use your Hoover, this is not a good idea. Firstly, the vacuum brush could smear the make-up further into the carpet, and secondly, if you do manage to successfully clean it up, it is highly likely to melt once inside the appliance.



HOME & DIY



# CHINTZ

is making a comeback

If you're a millennial or younger, you'd be forgiven for not knowing the word chintz. Often regarded as a dated decor trend, you'll be more likely to see it in your grandmother's house than on Instagram or Pinterest. But could chintz be making a comeback?

## WHAT IS CHINTZ?

Chintz has a very long and fascinating history. It's a cotton textile dating to 4,000 years ago, originating in the Indus Valley between India and Pakistan. Made using a specialist dye method, chintz fabrics typically feature colourful floral designs. As the fabrics were traded around the world, they soon found their way into home textiles, made popular in more recent times by designers such as William Morris.

## WHERE DID IT GO?

In more recent times, chintz was seen as a dated fabric, and it has been declining in popularity since the 1980s. IKEA caused a stir in the 1990s by encouraging people to "chuck out your chintz" in favour of its own interior products, based around simple details and block colours.

For a long time, neutrals have reigned supreme, but now chintz is starting to reappear. This time around, colours are bolder and brighter and patterns are even more lavish.

## BRINGING CHINTZ INTO YOUR HOME

There are a lot of great ways to bring chintz into your home, including:

- > Chintz sofas and upholstery add a contrasting detail to neutrals and solid colours
- > Curtains in floral patterns add a little romance to your space
- > Patterned chintz-inspired wallpaper can add some colour and character to a room, bringing fantasy and fun to a child's bedroom or creating a feature in a cloakroom or dining room
- > Invest in cushions, table linens and other accessories to add a subtle hint of chintz to any interior style.

Incorporating some chintz into your home brings a modern take on a classic style. Keep an eye out for chintz-inspired décor making its way to a homeware section near you.



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# LOCAL NEWS

*from your neighbourhood*



## Former mayor thanks community following elections

Halstead's former mayor has reflected on his time in office over the last two years and thanked the community as a new mayor is appointed.

Councillor Mick Radley (pictured centre) said he was honoured to serve as Mayor of Halstead and has praised how the town came together through challenging times.

He said: "It has been an honour to have served as mayor for the past two years. Halstead is a great place to live and has a very strong community which has stuck together and supported each other through the challenging times presented to us by the COVID-19 pandemic. There are now many signs of recovery, with community groups getting back together and community events being held for all to enjoy.

"I was delighted to be able to present a cheque for £1,600 to the Halstead Day Centre as my mayor's charity for 2021/22. This was the proceeds from the generous contributions made at various events during my term of office as Mayor of Halstead. The

Day Centre does great work in providing a friendly environment for over-60s to socialise and be included in a range of activities that reduce isolation and encourage wellbeing. I'm very pleased to have been able to support it.

"Finally, I would like to thank the town council staff for their support, and also my deputy, councillor Dave Gronland, who has generously supported me with his help, advice and guidance over the past two years."

Cllr Radley will continue to represent St Andrews (North Ward) on Halstead Town Council.

Long-serving councillor Jackie Pell (pictured inset) has been named as the council's new chairman and mayor. Cllr Pell has been a member of the town council for 40 years.

Cllr Pell said: "I am very honoured to be elected mayor, it's lovely to represent locals again. It's my home, I've always lived in Halstead, I went to school here, I grew up here. Halstead is a very warm and welcome town."

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LOCAL NEWS

# Man arrested after drugs and weapon seized

Essex Police arrested a man in Halstead after receiving calls alleging a person was threatening individuals with a knife.

Officers arrived at Halstead Public Gardens at 7.11pm on Tuesday, May 17, and detained multiple individuals.

A man was searched and one man was arrested on suspicion of possessing a weapon, possession with

intent to supply class B drugs, common assault and violence to obtain access.

Essex Police are investigating the incident and have asked anybody who witnessed it, has surveillance footage or was in the area at the time to contact them.

If you have any information, you can submit a report online at [essex.police.uk](http://essex.police.uk) quoting incident number 1092 of May 17, 2022.

# Road to close for 68 days for gas works

A planned road closure means Halstead motorists could experience delays over the next two months.

White Ash Green closed from its junction with Bradleys Lane on May 30 and will remain shut for 68 days as Cadent will be replacing gas mains in the area.

The official Essex Highways detour will take traffic via the A131, Halstead Road and the A1017.

A spokesperson for Essex Highways said: "The closure is scheduled to commence on May 30 for 68 days.

"The closure is required for the safety of the public and workforce while mains replacement works are undertaken by Cadent.

"An alternative route is available via Mount Hill, Braintree Road, Bournebridge Hill, Pennypot Corner, Halstead Road, Gosfield Road, The Street, White Ash Green and vice versa.

"Access for emergency service vehicles and pedestrians will be maintained at all times during the closure."



Photo credit: Google Maps



Photo credit: Google Maps



# MP gives support to hospital following pandemic

James Cleverly, MP for Halstead (pictured inset), has addressed concerns over the future of Halstead Community Hospital.

The MP recently met with the League of Friends, which helps provide health support to the Halstead area, and had a tour of Halstead Community Hospital.

Mr Cleverly MP spoke with Derek and Stephanie from Provide, a community interest company that delivers a range of health and social care services.

He raised his concerns over the inpatient ward, which has been closed since the start of the pandemic.

Derek and Stephanie explained that Provide is currently, like much of the country, trialling a hybrid option and using virtual wards in some cases.

Mr Cleverly MP said: "I have been contacted by a number of people concerned about the future of Halstead Hospital."

"I agreed to meet with Provide and raise to the hospital with the Department for Health and Social Care, and with the Clinical Commissioning Group.

"Medical care must be organised to best meet the health needs of the community. Provide said that the community model and treating patients at home in a virtual ward setting are showing improved patient and clinical outcomes. Support services are therefore being deployed to support patients in their home environments.

"I stressed that it is vitally important that Halstead Community Hospital retains its beds in order that, following the upcoming public consultation, it can once again offer intermediate care.

"I will continue to push for the bedded ward and other facilities at Halstead Community Hospital to remain open and return to being efficiently used."

# Emergency services called out to cardiac arrest

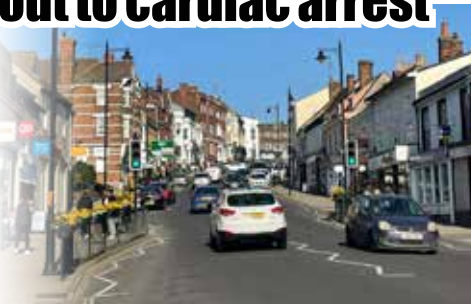
Two off-duty paramedics tried to help when a person collapsed in Halstead town centre.

Emergency services were called on May 13, following reports of a person suffering a cardiac arrest on the High Street.

According to the East of England Ambulance Service (EEAS), the individual died at the scene.

A spokesman for EEAS said: "We were called at 4.49pm on May 13 with reports of a person in cardiac arrest in High Street, Halstead.

"Sadly, despite our best efforts, the person died at the scene."




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# Football club look ahead to exciting season

Halstead Town Football Club (HTFC) are already looking forward to next season following their amazing play-off final victory against Buckhurst Hill.

The new season will see the club venture into Step 5 football for the first time in 17 years, courtesy of the Essex Senior League.

Support for the Humbugs has continued to grow over the last few seasons and the chairman and committee are working tirelessly to ensure the

matchday experience at Milbank Stadium continues to be enjoyable for both young and old alike.

There is now a wide range of HTFC merchandise available from the club shop at the stadium on matchdays or online via the club's website at [www.halsteadtownfc.com](http://www.halsteadtownfc.com)

Fixtures for the new season will be announced on the website as soon as they are confirmed, with pre-season friendlies scheduled to start early in July.

# Council launches cycle route competition

Braintree District Council (BDC) has launched a competition to encourage Halstead residents to get on their bikes and explore local cycle routes.

BDC has published family-friendly cycle routes to suit those with children, as well as heritage trails that take in tourism spots throughout the district.

To win one of three £50 local cycle shop vouchers, residents should submit a picture of their ride on social media, tagging #CycleBraintreeDistrict along with the route number they are cycling.

Residents' pictures will be shared on BDC's social media, and at the end of the summer, three winners will be chosen.

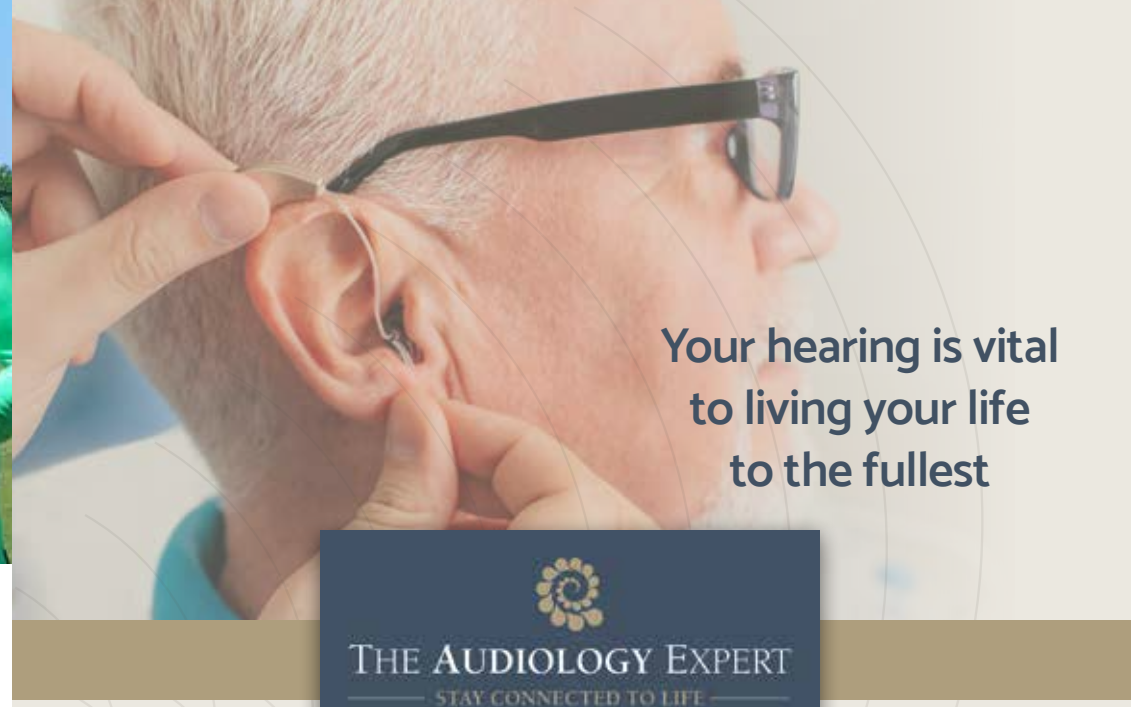
Councillor Frankie Ricci, BDC's cabinet member for communities, said: "As summer approaches and with the school holidays ahead of us, it is a great opportunity to see more of the district by bike."

The competition closes on August 31 and winners will be contacted by official BDC social media accounts only.

The cycle routes can be found at [www.visitbraintreedistrict.co.uk/explore/countryside/cycling](http://www.visitbraintreedistrict.co.uk/explore/countryside/cycling)



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### Our Expert

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.



Having worked for Imperial College NHS Trust in London and some of the biggest audiology high street brands in the UK, Keyla has the knowledge and clinical experience to deliver the best possible care to her patients.

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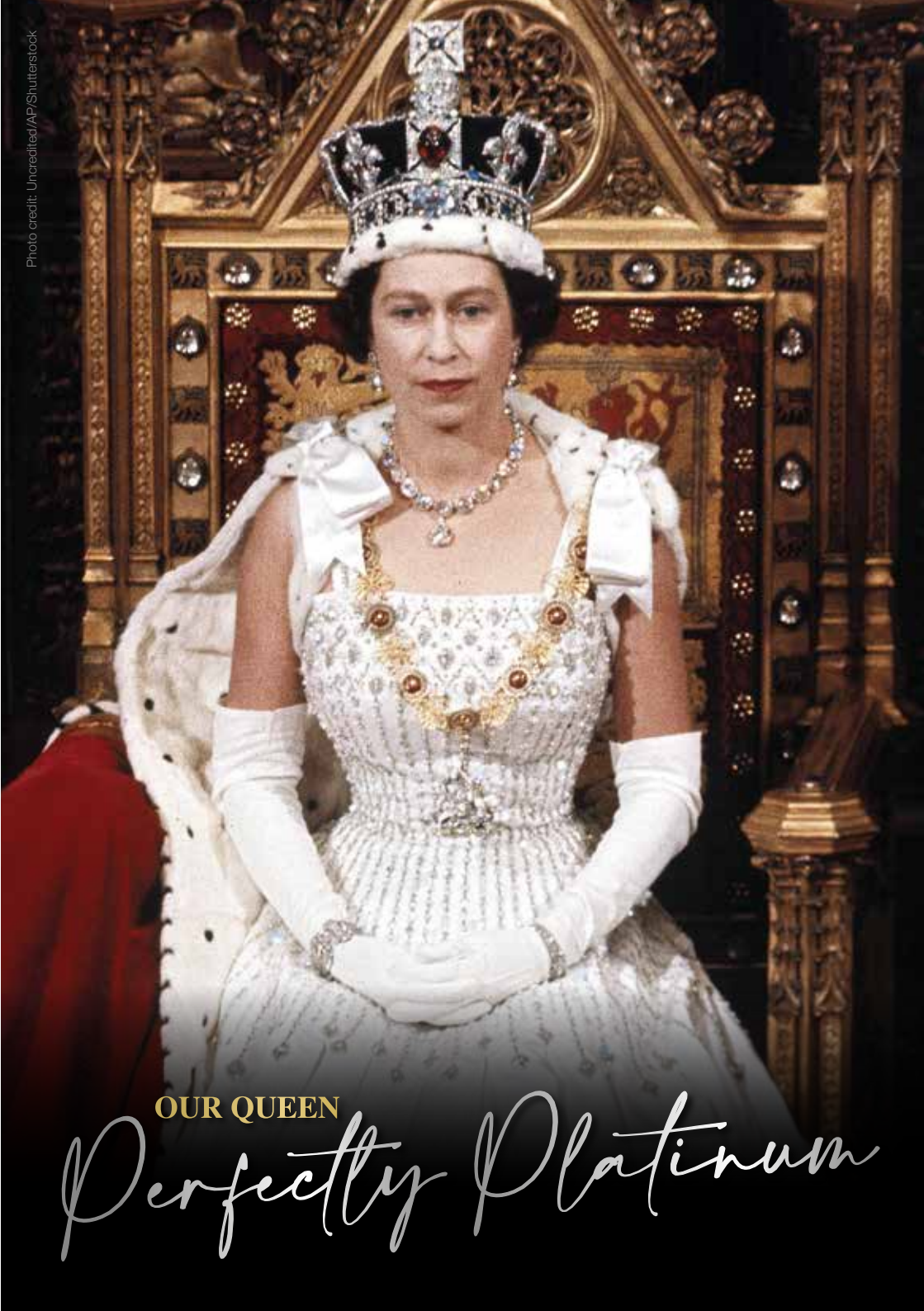


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**OUR QUEEN**

*Perfectly Platinum*

## CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

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*“ I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong ”*

---

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.





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HOW TO SET UP A

## FRESHWATER FISH TANK



PETS



Thinking about adding an aquarium to your home? Bringing beautiful colours and life to your surroundings, as well as a whole host of health benefits, discover how to set up a freshwater fish tank for maximum wow factor.

### 1. CHOOSE AN AQUARIUM

Think about the amount of space you have, the type of fish you want to get and your budget. Large aquariums are more stable and require less work to maintain, whereas smaller ones need more attention. Wide aquariums are ideal for active fish such as danios, and narrow ones are better suited to less active fish such as angelfish and gouramis.

### 2. PICK THE RIGHT SPOT

When it comes to where to place your new aquarium, you need a spot where you spend a lot of time so that you can get as much enjoyment from it as possible. Avoid windows that receive direct sunlight and areas near exterior doors which can be too cold.

### 3. ADD DECORATIONS

Obviously, gravel and water are essential for your freshwater tank, but there are lots of other decorative features that you can add. Some of the most popular additions include live and artificial plants, rockwork, sunken ships, castles and figures. Taller plants and décor items should be placed at the back to hide filter tubes and cords, with smaller items at the front. You can also add background material to hide hoses and add visual depth to your display.

### 4. USE A TEST KIT

Test kits are recommended for new aquariums as nitrite and ammonia levels can rise and become hazardous. You can buy these online or at most aquatic centres.

### BEST FISH FOR BEGINNERS:

Danio | Guppy | Platy | Tetra  
Avoid mollies as these fish are prone to disease and hard to keep alive for beginners.



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**A**re you fed up with finding soggy, slimy and generally sorry-looking salad in your fridge?

Keep your leaves looking (and tasting) lovely for longer with our top tips for how to keep salad fresh.

**GIVE IT SOME TLC:** If you fling your salad in your shopping bag with heavier food and drink items such as tins and bottles, then your leaves are highly likely to become bruised and battered. Instead, handle your salad with care and it will be less likely to spoil.

**DRY YOUR SALAD:** Pre-packaged salads are usually ready to eat and do not require washing. However, sometimes the leaves can look a little damp. If this is the case, give them a quick spin in a salad spinner to remove any excess moisture. Alternatively, gently pat them with a dry cloth or tea towel.

**REMOVE ANY SPOILT LEAVES:** When you get

your salad home from the supermarket, open it up and remove any spoilt or squishy leaves that could potentially cause fresher leaves to wilt. It can also be a good idea to fluff up your salad before storing.

**PLACE IN AN AIRTIGHT CONTAINER:** Store your salad leaves in an airtight plastic container that has been lined with a paper towel. This will help to absorb any moisture and keep your leaves fresher for longer.

**STORE IN THE FRIDGE:** Salad leaves should be kept in the crisper drawer of your fridge as this provides the optimal temperature for fresh fruits and vegetables. This should also help to ensure that your salad does not become partially frozen.

**FOLLOW THE SEVEN-DAY RULE:** Even if you follow the above tips, bagged salad leaves are not designed to last longer than a week. After this time, it is usually a case of use it or lose it.





# Cashback CATASTROPHE?

**DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?**

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

**THE PREMISE**

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

**WHEN CASHBACK CREDIT CARDS WORK**

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is

going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

**WHEN CASHBACK CREDIT CARDS DON'T WORK**

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.



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<p>Live Streaming in July <b>Prima Facie</b> Jodie Comer</p>		<p>Tribute evening to the music of <b>Roxy Music/Brian Ferry</b> <b>ROXY MAGIC</b></p>
<p><b>Tribute to the Jersey Boys</b> Saturday 25th June, 2022 7.15 for 8.00pm, £16.50 <b>The Faux Seasons</b> The UK's primary Jersey Boys Tribute act, not to be missed!</p>		<p><b>Films for Kids</b> <b>Dementia Friendly</b> <b>Autism Friendly</b> <b>Comedy Nights</b> <b>Live Theatre</b></p>

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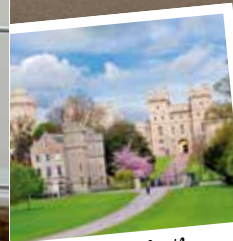
## Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.

### Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.



Windsor Castle

### Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.



Castle Combe

### Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer. A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.



St Nectan's Glen

### Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.



Chatsworth House

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.





# KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

### Bedbugs | Danger rating: 2/5

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

### Bees/Wasps | Danger rating: 3/5

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

### Fleas | Danger rating: 1/5

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

### Mosquitos | Danger rating: 2/5

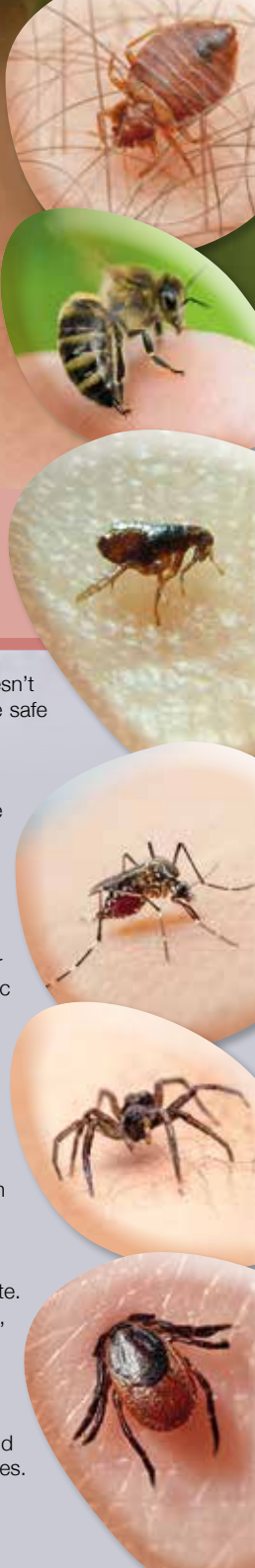
Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

### Spiders | Danger rating: 4/5

Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

### Ticks | Danger rating: 3/5

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.



# BEWARE THE booze!



Struggling to lose weight? It may not be your choice of food that is holding you back from dropping the pounds but, instead, your favourite tippie that is sabotaging your weight loss efforts.

### LONG ISLAND ICED TEA

A summer cocktail that definitely packs a punch, a Long Island Iced Tea contains a whopping 424 calories. With an impressive ingredient list that includes vodka, gin, rum, tequila, triple sec and Coca-Cola, it's no wonder this boozy beverage will see you packing on the pounds.

**LOW-CALORIE SWAP:** Cosmopolitan = 100 calories

### PIÑA COLADA

Creamy and delicious, who doesn't love a Piña Colada or three when relaxing by the pool? Sadly, this summery cocktail contains a hefty 300 calories.

**LOW-CALORIE SWAP:** Fuzzy Navel = 120 calories

### ALCOPOP

Although convenient, most alcopops contain a lot of added sugar, which makes them bad for your waistline. Plus, as they tend to taste sweet rather than strong, you may find yourself knocking back more than you intended, which is bad news seeing as these contain 250 calories per bottle on average.

**LOW-CALORIE SWAP:** Rum and Diet Coke = 115 calories

### SWEET WHITE WINE

Any wine or fizz with the word sweet attached to it is going to contain more sugar, which means more calories. In fact, a medium glass of sweet white wine has around 160 calories.

**LOW-CALORIE SWAP:** Champagne = 89 calories

### CIDER AND BEER

Two of the most popular drinks in the summertime, some ciders contain as much as 210 calories per bottle and beer up to 208 calories per pint. This is the equivalent of a glazed donut or a slice of pizza.

**LOW-CALORIE SWAP:** Light beer = 144 calories

# Be the best version of you



Do you ever think you could be better than you are? Do you beat yourself up about not being 'good enough'? How do you even measure being good enough and against whom are you measuring?

We often come into contact - maybe via social media, maybe from family - with the idea that our best isn't good enough, as if this were actually possible.

If you examine this idea, you will begin to see that it doesn't make much sense. Your best is always good enough, because it comes from you, and you are always good enough.

You may not be able to deliver someone else's idea of the best, but the good news is that's not your problem! As the saying goes, what someone else thinks of you isn't your business, it's theirs. You only need to fulfil your own potential, and as long as you remain true to that calling, and

always do your best to fulfil your purpose, you don't need to expect anything more from yourself. Play to your strengths, be authentic and you'll be the best version of you possible.

It's easy to get tangled up with the idea of trying to be the best - the best parent, the best employee, the best child, or best friend.

If we try to be the best, we run the risk of short-circuiting our originality because we are striving to fit into someone else's vision of success. In addition, if everyone is striving for the same outcome, we lose out on creativity, diversity, and visionary alternatives to the way things are done. If nothing is done differently, nothing can change and progress won't get made.

Incidentally, there is nothing wrong with wanting to improve, but examining where this feeling

comes from is important because wanting to be better than others is our ego coming into play.

Letting go of the tendency to hold ourselves up to other people's standards and letting go of the belief that we need to compete and win, doesn't mean we don't believe in doing the best job we can.

We always strive to do our best because when we do, we create a life free of regret, knowing we have performed to the best of our ability. This allows us to feel great personal satisfaction in all our efforts, regardless of how others perceive the outcome.

Remember, never let anyone's thoughts of you live rent-free in your head.

You are good enough!

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



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Even during the warmest months of the year in the UK, the evenings can get a little chilly. Fortunately, you can still enjoy your outdoor space after sunset with an outdoor heating source.

**WHAT IS A PATIO HEATER?**  
In its simplest form, a patio heater is a device that allows you to heat the patio area of your home. Some patio heaters run on electricity, whereas others burn wood, gas or butane. Patio heaters are designed for outdoor use, and you can find many different types to suit your space.

**WHAT IS A FIRE PIT?**  
Fire pits, just like patio heaters, are designed to keep you warm in your outdoor space. Some fire pits use wood, coal or propane as their heat source, whereas others have an electronic ignition to light the fire. There are many different shapes, sizes and styles of fire pits available.

**PROS OF PATIO HEATERS**  
Versatile – can be used for home or commercial use | Good temperature control | Safe for children

and pets | No embers or sparks | Low maintenance | Easy to move | Some approved for tent/garage use

**CONS OF PATIO HEATERS**  
Limited design choices | Require fuel or a power source | Cords can create a trip hazard | Propane is expensive | Not a significant light source

**PROS OF FIRE PITS**  
Lots of design options | Provide both warmth and light | Have roasting capabilities | Easy to move | Less messy than a campfire

**CONS OF FIRE PITS**  
Danger of sparks or embers | Limited heat range and temperature control | Open flames | Cannot be used indoors

**WHICH IS BETTER?**  
Both patio heaters and fire pits offer a great way to heat your garden. The former is a good option for those who can't have an open fire for safety reasons or if you don't like cleaning. The latter can be more economical and can also double up as a barbecue.

Photo credit: durnahm.com

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Create your own outdoor  
**CINEMA**



There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

**CHOOSE THE RIGHT SPOT**

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

**BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS**

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

**GET YOUR KIT SET UP**

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

**CREATE A COMFY SETUP**

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

**GET YOUR SNACKS READY**

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.

Photo credit: idealhome.co.uk, ao.com, cinemahire.co.uk

# A star in the making



## THE BEST WAY TO START OFF – AND STICK TO – A REWARDS CHART WITH YOUR KIDS

Most parents have tried to use rewards charts – you know, that large piece of card or app-based drive towards making your children nicer to be around... and your home a tidier place.

The reason many charts fail is because, while the concept is great, the complications, complexities and conversations surrounding what tasks have or haven't been done, and to what standard, make managing charts more of a chore than the jobs listed on them.

While rewards charts are available in plentiful supply from shops and online, it's sometimes more fun to make one up yourself – you can then tailor it to your own family, working in hobbies, treats and experiences unique to you.

## Six ways to ensure you can make a rewards chart stick!

- 1** **KEEP TASKS SIMPLE**  
Ensuring jobs are straightforward and achievable will mean kids maintain focus when they need to.
- 2** **UPDATE AFTER EVERY TASK**  
If possible, apply stars every time your little ones complete a challenge. This direct and very visual reward mechanism will keep them striving for more.
- 3** **KEEP REWARDS REGULAR AND TANGIBLE**  
Using quick-fire rewards – rather than offering to contribute small additions to a bigger project – means kids will remain engaged and interested.
- 4** **RESTART EVERY WEEK**  
Make every week a clean slate, where both completed and unfulfilled tasks are wiped away, meaning a new set of challenges – and rewards – awaits.
- 5** **ENCOURAGE TEAMWORK**  
If you have more than one child, pool tasks so that they become responsible for and beneficiaries of each other's successes.
- 6** **MOVE ON EVENTUALLY**  
While the rewards chart is a great way to motivate kids, it may lose its appeal over time, so progress the ideas behind it to tasks that offer greater responsibility and bigger rewards for your youngsters.

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# HALSTEAD TOWN FC GAIN PROMOTION

## STEP 5 FOOTBALL RETURNS TO THE TOWN AFTER 17 YEARS

What a great season it has been for the Humbugs, culminating in a fantastic play-off final victory against highly fancied Buckhurst Hill.

An impressive end to the conventional season saw a fourth place finish and a play-off semi-final away at Benfleet, which ended with a 2-1 victory after extra time. And so it was on to the highly anticipated final away to Buckhurst Hill, who had beaten the Humbugs comfortably in the 2 league games by an aggregate score of 10-1.

Boyed on by a large away following, the Team put on a masterclass of defending and saw out a really tense game to take the spoils 2-1 and cause one of the non-league upsets of the season.

So after a long absence, we can now look forward to Step 5 football at the Millbank Stadium next season and jubilant Manager Mark McLean and his staff have already started the hard work in building a squad capable of competing at a higher level.

Off the pitch it has also been an impressive season for the Club, with average attendances being the highest in their former Thurlow Nunn Division and hitting over 4,000 for the season. This is testament

to Chairman Carl Pearse and his hard working Committee's desire to make the Club a friendly, welcoming environment where the Townsfolk can enjoy a great few hours out and really get behind their Team.

The new Season will likely start around early August and the Pre-season friendly schedule will be announced soon. We look forward to seeing all of our regular supporters shortly and thank you all for your great support this year. If you have not been to the Millbank Stadium before, why not come and pay us a visit – you'll always receive a warm welcome.

We have some great sponsorship opportunities available and would welcome the chance to speak to local Businesses and Companies who would like to assist us as we continue on the next phase of our exciting journey.

For more information visit [www.halsteadtownfc.com](http://www.halsteadtownfc.com) or call Carl Pearse on 07903 539007.

*See you next Season*

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So for further details or to arrange a viewing or booking, please contact our Club Secretary Steve.

Telephone: 07533 945154 or  
Email: [halsteadtownfc@aol.com](mailto:halsteadtownfc@aol.com)



## Halstead Town Football Club

Milbank Stadium, Rosemary Lane, Broton Industrial Estate, Halstead CO9 1HR  
01787 472082 [www.halsteadtownfc.com](http://www.halsteadtownfc.com)

Facebook: Halstead Town Football Club Instagram: halsteadtownfc Twitter: @HalsteadTownFC

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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

### ACROSS

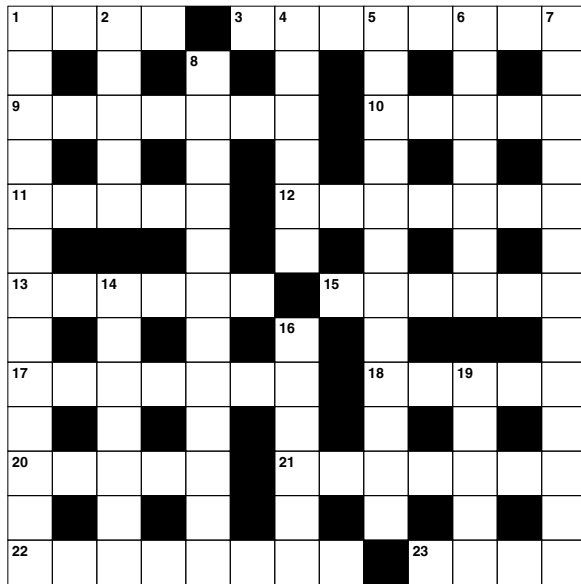
- 1. Eurasian crow (4)
- 3. Excessively emotional (6,2)
- 9. Time off (7)
- 10. Sudden movement (5)
- 11. Steer (anag) (5)
- 12. Wicked look that causes harm (4,3)
- 13. Possessing (6)
- 15. Wind instrument (6)
- 17. More sugary (7)
- 18. Freight (5)
- 20. Deduce or conclude (5)
- 21. Currents of air (7)
- 22. Disregarding oneself (8)
- 23. Depend on (4)

### DOWN

- 1. Connections or associations (13)
- 2. Willow twig (5)
- 4. Complied with a command (6)
- 5. Children's toy (12)
- 6. Medieval cell (7)
- 7. Affectedly (13)
- 8. Occult (12)

- 14. Necessary (7)
- 16. Eats grass (6)

- 19. Verse (5)



### DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

### SUDOKU

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

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