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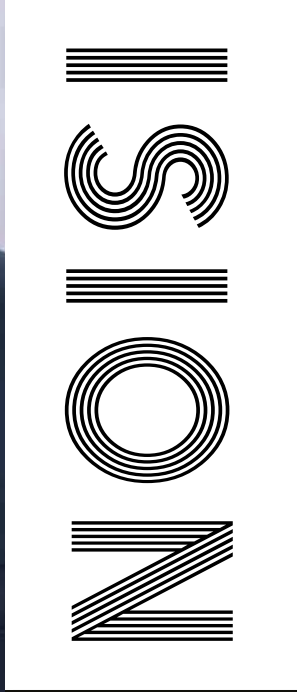
*The benefits  
of upside-down  
exercise*

**NEIGHBOURS**  
ends after 37 years

*A tribute to the late*  
**DAME DEBORAH JAMES DBE**

**ADIL RAY OBE**

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# Editor's notes...

AUGUST 2022



Emma Caulfield, Editor

Hello and welcome to this month's edition of **VISION** Halstead Braintree. Following our success in Halstead, this magazine has now expanded into the Braintree area. We're very excited about this new development and hope our new readers will enjoy the mix of lifestyle content and local news that makes **VISION** so special. If any local businesses are keen to get involved, please get in touch.

I've been out and about in the local area recently, which is looking fantastic in the sunshine. This is largely thanks to local volunteers at Halstead in Bloom and the Braintree-based Green Heart Champions, who have been helping to clean up litter and brighten up the district with plants.

I also stopped by Buzy Beanz Bistro on Bridge Street in Halstead for lunch. The food was excellent and the service was brilliant, and I'd highly recommend that you pay a visit if you haven't done so already.

There's never been a better time to support our local venues, and the perfect opportunity is coming up at the Empire Theatre on September 30, when star of *The Chase*, Paul Sinha, performs at the comedy night. Get your tickets now to make sure you don't miss out.

Of course, let's not forget about supporting local traders. Braintree Street Market brings small businesses to the fore and is a chance for residents to meet with traders face-to-face.

*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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# BOWEL babe

## THE AMAZING IMPACT DAME DEBORAH JAMES DBE HAD ON OUR AWARENESS OF BOWEL CANCER, AND THE COURAGE TO FIGHT THIS DISEASE

It's a marker to the strength and resilience of Dame Deborah James DBE that, even in her final days fighting against cancer, she was still able to laughingly refer to herself by a nickname that had done more than just provide a natty piece of alliteration for headline writers.

The self-confessed Bowel Babe, Dame Deborah James, had immersed herself in a wholly public battle with cancer after being diagnosed with the illness back in 2016. She was just 35 at the time. When she received the news that she had stage 4 bowel cancer, Deborah immediately threw herself into work as a patron for Bowel Cancer UK.

And rather than recoil at the shock of the news, Deborah, who at the time was working as a teacher at The Matthew Arnold School in Staines-upon-Thames, found incredible support across social media. Her outspoken voice was picked up by *The Sun*, for whom she began working as a journalist and columnist.

BBC 5Live stepped in shortly afterwards to take on her original, no-holds-barred podcast, entitled *You, Me and the Big C*, with its unapologetic, graphic and unrelenting portrayal of the many elements of cancer gaining admirers from all quarters.

*'Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo—it could just save your life'*

In October 2018, her book, *F\*\*\* You Cancer: How to Face the Big C, Live Your Life and Still Be Yourself*, became a cult read. However, while she publicly continued to show strength and courage, the scourge of her disease sometimes made the easiest parts of everyday life difficult.

Two years on, she revealed that her body's tolerance to the drugs was waning. By May 2022, she posted on social media that she was receiving hospice-at-home care and was, ultimately, entering the final stages of the disease. Within 48 hours, more than £3million had been raised for her Bowel Babe campaign, and just two days after that she was awarded the title Dame Commander of the Order of the British Empire. Her damehood was conferred on her by Prince William, Duke of Cambridge, at her parental home.

Dame Deborah passed away on June 28, 2022, leaving behind a husband and two children. At the time of her death, she had raised a colossal £7million to fund clinical trials and research into personalised medicine for cancer patients, and to support campaigns raising awareness of bowel cancer.

This inspirational person used her platform to put perhaps the most candid slant on cancer treatment we have ever seen in the public space. As she said: "Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo – it could just save your life."

For more information, please visit [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)



Photo credit: Ken Mckay/TVShutterstock

# Neighbours ...NO LONGER

IT'S THE SOAP OPERA THAT PERMEATED BRITISH CULTURE – AND OUR POP CHARTS – LIKE NO OTHER, BUT THE RAMSAY STREET ERA IS APPROACHING AN END

Some of us are old enough to remember the early episodes of *Neighbours* in the UK, when a sparky mechanic named Charlene (AKA future global superstar Kylie Minogue) was caught apparently breaking and entering the home of Madge Bishop by her son, Scott (Jason Donovan, no less).

As the storylines unfolded, so the characters became part of our teatime routines, as Aussie life seemed a sun-drenched fantasy world that became all the more accessible as its stars swapped Erinsborough for record contracts and model photoshoots in London.

When the Reg Watson-produced series was first picked up by the BBC in 1986, the UK was some 18 months behind episodes being created Down Under, yet such was the efficiency of the team in Melbourne that it would take three years for UK viewers to catch up.

The success was extraordinary, however. At its peak, 16 million UK viewers watched

the daily lives of these cool kids and their parents – that's more than the population of Australia.

Yet the advent of the internet brought a new era of TV consumption, where viewers no longer wanted to be tied by time. In 2008, the BBC gave up the rights to *Neighbours*, and only Channel 5's interest kept production alive in Australia.

When Channel 5 stated its aim to end the commitment, the death knell finally sounded in Ramsay Street.

Across almost 9,000 episodes, hundreds of stars – including Margot Robbie, Holly Valance, Guy Pearce, Liam Hemsworth, Natalie Imbruglia and more – have gone on to impressive careers in entertainment, and with an instantly recognisable theme tune, *Neighbours* has occupied a special place in our hearts.

And there was no better way to go out than to see Kylie, Jason and a host of other alumni return on July 29 for a special reunion show.

Fair dinkum!

Photo credit: Fremantle Media/Shutterstock - mediaselct.pa.media



The original cast

The 2020 cast

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MOTORING

# Enter NEOM McLaren

## MCLAREN THROWS ITS WEIGHT BEHIND THE ELECTRIC CAR REVOLUTION

You may permit yourself to scoff very quietly when it comes to major car manufacturers rolling out terms such as sustainability, eco-consciousness and global change. The motor industry is, after all, responsible for around 30 per cent of the Earth's carbon emissions, so any virtue-signalling pledges should be taken with a pinch of salt.

However, UK manufacturer McLaren is at least aligning strong portions of its competitive arm as it enters the Formula E championship in place of reigning champion Mercedes, who is quitting to focus on road car development.

The switch enables McLaren to take on the progress Mercedes has made so far, as well as claiming the fourth quarter of its competitive motoring proposition – it will now have vehicles racing in Formula E, Extreme E (the off-road spin-off), IndyCar and, of course, Formula 1.

What's more, the team announced a new strategic partnership with NEOM, a sustainable region in northwest Saudi Arabia, with the combined e-teams

known as NEOM McLaren Electric Racing.

While leading the charge, literally, in electric car competition may seem like the work of marketing and PR, the truth is that Woking-based McLaren wants to push its competitive research edge as far as possible in creating a car that's great on the track, while adapting an engine that can be used for everyday road vehicles.

Certainly, the efficiencies gained in both specialisms lend faith to the incredible advances that continue to evolve, from the simplicity of quicker charging times and better batteries to the reality that electric sports vehicles are no longer derided or disrespected by fervent racing fans.

In this sense, Mercedes' loss is most definitely McLaren's gain, with Formula E set to make further ground on motor racing's showpiece, F1, this season.



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HOME & DIY



# Colour CATASTROPHES

## THE WORST COLOURS TO USE IN YOUR BATHROOM (AND THE BEST)

Decorating a bathroom can be tricky, as you need to create a space that is restorative, practical and stylish. When it comes to colour schemes, there are certain colours that you should avoid at all costs.

### PEACH

The colour peach can make a bathroom feel both outdated and unappealing. It may also make you want to spend less time in the room owing to its ability to decrease energy and make a space feel uninviting.

### RED

You don't see many red bathrooms, and there is a good reason for this. While this vibrant shade can bring about feelings of empowerment, it is not very good for creating a relaxing atmosphere, which is paramount in a bathroom.

### OLIVE GREEN

Although green bathrooms are becoming increasingly popular, you need to make sure you select the right shade of green. While dark greens such as forest green and bottle green can create a great contrast with white bathroom furniture, olive greens can make the space look drab and dull.

### GOLD

Goldish yellow and beige colours are a big commitment for a bathroom as it can be hard to find tiles and finishings that go with these tones. These shades also date quickly, so you may find yourself having to redecorate sooner than you would like.

### BROWN

As you might expect, brown is not a great choice of colour for a bathroom. Not only can it create dark corners which can make it more difficult to clean, but it is also not very visually appealing.

### BEST COLOURS FOR BATHROOM

- > Rich greens – these are bold and provide a fresh and vibrant feel.
- > Black – this can add contrast and depth when paired with a lighter colour.
- > Blue-grey – this is airy and tranquil without being overpowering.

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# DIY NATURAL DUSTING SPRAYS

**D**id you know that dusting sprays contain toxic ingredients that are bad for the environment and your health? Fortunately, there are several natural alternatives that promise to banish dust without any negative side effects. Plus, all you need is a few storecupboard staples to make them.

### DIY CITRUS SPRAY

Ideal for all types of surfaces, this homemade citrus spray will eliminate dust and make your home smell wonderful.

#### You will need:

- 1 cup water | ¼ cup white vinegar | 2 tsp olive oil | 10-15 drops orange essential oil

Pour all the above ingredients into a spray bottle and shake vigorously.

### DIY VINEGAR SPRAY

The simplest DIY dusting spray available, vinegar is a versatile all-purpose cleaner which cuts through grime and acts as a disinfectant. Ideal for use in the kitchen and bathroom.

#### You will need:

- ½ cup water | ½ cup white vinegar

Add both to a spray bottle, shake, and spray where desired.

### DIY ESSENTIAL OILS SPRAY

Similar to the citrus spray, this DIY recipe will

effectively get rid of any dust and fill your home with lovely scents.

This spray is perfect for creating a relaxing vibe in the bedroom.

#### You will need:

- 1 cup water | ½ cup of witch hazel or vinegar | 1 tbsp olive or sunflower oil | 1 tbsp unscented liquid soap | 15 drops of lemon essential oil | 1 drop tea tree oil

Add all ingredients to a spray bottle and shake vigorously.

### DIY WOOD DUSTING SPRAY

This DIY dusting spray is specially designed for use on wooden surfaces and will effectively remove both dust and dirt.


#### You will need:

- 1 cup water | ½ cup vinegar | 2 tbsp olive, sunflower or grapeseed oil | 10 drops lemon essential oil | 5 drops cedarwood essential oil

Mix the ingredients together in a spray bottle and spray directly onto any wooden item or surface.

Once sprayed, all of the above DIY dusting sprays should be wiped with a clean cloth, preferably a microfibre one.

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# Marvellous MARBLE



HOME & DIY

**M**arble accessories for the home have never been more popular, yet they can be expensive to buy. So why not make your own at home?

Check out our simple guide to marbling and start upcycling your household items today.

### WHAT KINDS OF OBJECTS CAN YOU MARBLE?

One of the best things about marbling is that it works on almost any material. You can marble wrapping paper, Christmas baubles, coasters, candle jars, plant pots and so much more. If you are new to marbling, it can be a good idea to practise on paper first.

### WHAT YOU WILL NEED TO MARBLE AT HOME

2 x marbling inks or nail polishes in different colours | A tray (plastic or metal) or a bowl | A waterproof tablecloth | Water | A cocktail stick | Your chosen item

### HOW TO MARBLE AT HOME

1. Cover your table with a waterproof tablecloth to protect it.
2. Next, fill your tray or bowl with room-temperature water two-thirds of the way up.
3. Pour a small amount of ink or nail polish across the surface of the water, swirling in a zigzag shape.
4. Repeat with your second ink or nail polish, layering the new colour on top of the other.
5. If you are using marbling ink, use a cocktail stick to mix the colours together.
6. Place your chosen item on top of the water and ink mix and then fully submerge it.
7. Gently pull it out and leave to dry – this can take up to 24 hours depending on the item.

### TOP TIPS FOR MARBLING AT HOME

- > Wear gloves
- > Dip quickly as marbling inks don't take long to set
- > Pick your colour combinations carefully
- > Use one marbling solution per object
- > 3D items should be dipped in a bowl that is deep enough for the object rather than a tray, and may require double-dipping
- > Don't be afraid to experiment with more than two marbling ink colours.

Photo credit: [realitydaydream.com/marble-paint-dipping](http://realitydaydream.com/marble-paint-dipping), [thesewitchcircle.com](http://thesewitchcircle.com), [hobbycraft.co.uk](http://hobbycraft.co.uk)

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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS HALSTEAD



## Theatre relaunches dementia-friendly choir

Halstead's Empire Theatre has announced the relaunch of its dementia-friendly choir project in partnership with Colne View, Care UK and Halstead Community Choir.

Anyone who is interested in getting involved is invited to come along to the free sessions, where tutors and volunteers will be on hand to provide support and guidance.

Workshops, which are held at the theatre from 11am to 12.30pm on Wednesdays, commenced on July 13.

The events include a meet and greet, plus a break for free tea, coffee and biscuits.

A million people in the UK are expected to be living with dementia by 2025. While there is no cure, there is growing evidence that music can help to ameliorate symptoms such as depression and agitation, as well as bring people and their families some much-needed moments of joy.

To find out more, email [mike@empire-theatre.co.uk](mailto:mike@empire-theatre.co.uk) or call 07947 556501.

## Residents invited to attend fire station open day

Halstead Fire Station is inviting members of the public to attend its upcoming open day.

The event will be held between 10am and 3pm on Saturday, September 3, at the fire station on Parsonage Street, Halstead.

Local firefighters will be on hand to answer any questions attendees have about the service and volunteering.

A spokesperson for the fire station said: "There will be lots to see and do, so please add the date to your diaries and keep an eye out for more details."

For more information, search 'Halstead Fire Station open day' on Facebook.





### Former councillor jailed after abusing boy



Photo credit: Essex Police

A Halstead resident and the former chairman of Ongar Town Council has been jailed after being found guilty of abusing a 14-year-old boy.

Keith Tait, 77 (pictured above), who has a 36-year association with Ongar Town Council as a councillor, was sentenced to six and a half years' imprisonment at Chelmsford Crown Court after he was convicted of five counts of indecent assault.

Tait had denied the abuse, which took place in the 1980s.

His involvement with the council ended in 2013, having served the Shelley Ward since 1977.

He had also served spells as council chairman and vice-chairman.

Ongar Town Council marked his departure from the council with a reception and plaque unveiling at Basons Way in February 2014.

Tait is also a former headteacher.

In a written statement, Tait's victim spoke of the day he first met the former chairman.

He said: "I was still a child, but that was about to change.

"I wanted to go to Chelmsford that afternoon to just hang out. I liked the bustle; I liked watching the people.

"But I had no money for a bus. Naively, I stuck my thumb out for a lift.

"The man who picked me up was the headteacher of a primary school. He was a member of Ongar Town Council. He was involved in loads of charities.

"Little did I know then that Keith Tait was, in fact, a monster."

### Football club preparing for upcoming season

It's been a busy few weeks at the Milbank Stadium as Halstead FC prepare for the new season.

As well as their return to Step 5 football courtesy of the Essex Senior League, there is the much-anticipated annual FA Cup to look forward to.

Lots of work has been taking place to ensure the stadium is ready to welcome the club's growing number of fans, and they have thanked their sponsors, both old and new, for their help and support as they continue to move forward.

The club also announced that they have added to the terracing at the popular 'step-end' of the stadium, thanks to sponsor Milbank Concrete Products.

For all the latest news from the Humbugs, including fixtures, visit [www.halsteadtownfc.com](http://www.halsteadtownfc.com)

### Resident appears on popular TV dating show

A personal trainer and model from Halstead appeared on ITV's *Love Island* last month.

Josh LeGrove, 22, hoped to find love on the reality dating show, which is filmed in Mallorca, Spain, and sees a group of men and women couple up in a series of tasks and challenges in the hope of winning the £50,000 prize.

Josh, who grew up in Halstead and later studied sports coaching at the Colchester Institute, is now a qualified personal trainer and sports coach.

He made his entrance into the *Love Island* villa on day 26 and was dumped last month.

Ahead of entering the villa, Josh explained he had always been single and was looking for "someone who can stick up for themselves and hold their own".

He added: "If I were to settle down with someone, it would be serious - I would give them 100 per cent."



Photo credit: ITV Pic



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<p><b>Halstead COMEDY CLUB</b> Friday 30th September, 2022</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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# LOCAL NEWS

*from your neighbourhood*



## New garden opens as part of £30million regeneration

A new garden and plaza has opened in Braintree town centre as part of the council's £30million Victoria Square regeneration.

The new area contains wooden benches, trees and shrubs and has been designed to be a friendly environment for dementia sufferers.

Chairman of Braintree District Council, councillor Andrew Hensman (pictured front centre), cut the ribbon to mark the official opening of the garden last month.

Matt Bird, senior landscape architect at Wynne-Williams Associates in Feering (pictured back row, far left), said: "The design is sensitive to surrounding listed

walls and structures, while providing a quiet space and offering an attractive setting for wedding photos for those having ceremonies at the Town Hall, as well as a peaceful surrounding for people using the town centre."

Ian Gifford, regional director at Kier Eastern and Midlands (pictured back row, third from right), said: "This new space is the final piece in the regeneration of Victoria Square, which Kier is proud to have played a key part in. We worked closely with the Town Hall and museum to redefine the garden space and create a design that also reflects Braintree's history."

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## Traders invited to join street market



Braintree Street Market is looking for new traders for the popular shopping event.

Stallholders sell a variety of items, from African-inspired clothing to crochet toys, artisan chilli jam to Mexican street food.

The market is offering craftspeople the chance to showcase their talents and products to a local audience. It is seeking Bohemian-style clothing, silver and gold jewellery, a florist, independent coffee trader, a crepe or waffle stand, vegan street food

vendor, and artisan bread and pastries to complement the existing range of food stalls.

One of the newest traders to join Braintree Street Market is Datum Attitude Brewing Co, run by husband and wife duo Amy (pictured above) and Sam Morris.

The couple, from Tolleshunt D'Arcy, launched the business last year and have already expanded their operation making vegan beers, which have proven so popular with market visitors that the couple plan to run a bar at future events.

Councillor Tom Cunningham, Braintree District Council's cabinet member for economic growth, said: "Our street market brings small local businesses to the fore, and gives customers the chance to meet with makers face-to-face and understand the skill that goes into making craft items."

The market takes place in the town centre on August 27, September 24, October 29, November 19, December 3 and December 17.

If you are interested in having a stall at the market, please email [streetmarket@braintree.gov.uk](mailto:streetmarket@braintree.gov.uk)

## Facebook group unites litter-picking volunteers

A new Facebook group has been launched to bring volunteers in the Braintree district together.

Each year, Green Heart Champions walk miles around Braintree, collecting sacks full of discarded drinks cans, crisp packets and cigarettes.

The new Facebook group, launched by Braintree District Council (BDC), is exclusively for Green Heart Champions and is helping to further inspire them to help clean up streets, playgrounds and beauty spots.

As well as praising the efforts of current volunteers, the group is calling on more people to join them.

Volunteers are given guidance on how to stay safe as they carry out their role and are provided with equipment, including litter pickers and safety gloves.

Councillor Wendy Schmitt, cabinet member for climate change and the environment at BDC, said: "We are extremely grateful to each and every one of our Green Heart Champions. All of us have a collective responsibility to look after our environment and clean up after ourselves, but our volunteers go one step further and pick up after other people."

To find out more about becoming a Green Heart Champion, visit [www.braintree.gov.uk/xfp/form/373](http://www.braintree.gov.uk/xfp/form/373)

## Detective and shop worker saved man's life

A man who collapsed while out shopping in Braintree has thanked the detective and shop worker who helped to save his life.

Ian Howard (pictured below left) and his wife Dawn celebrated their 39th wedding anniversary just days after he collapsed in Sainsbury's on June 15.

After spending a couple of days in hospital, Mr Howard is slowly recovering and has now met both of the people who saved his life, Detective Sergeant Gav Morris (pictured below right) and Sainsbury's shop worker Holly Heather.

Detective Sergeant Morris, who works in Crime and Public Protection Command, was off duty and had popped into Sainsbury's when a member of staff asked if he could help a customer.

Mr Howard said: "I had pains in my chest, so I took my medication, but the pain got slowly worse. I knew I was in trouble.

"I am so grateful, from the bottom of my heart, that Detective Sergeant Gav Morris was there to help me.

"I found out that without him and Holly, I would have died on that day. I really can't praise them enough."



Photo credit: Essex Police



# ENVIROPLANET

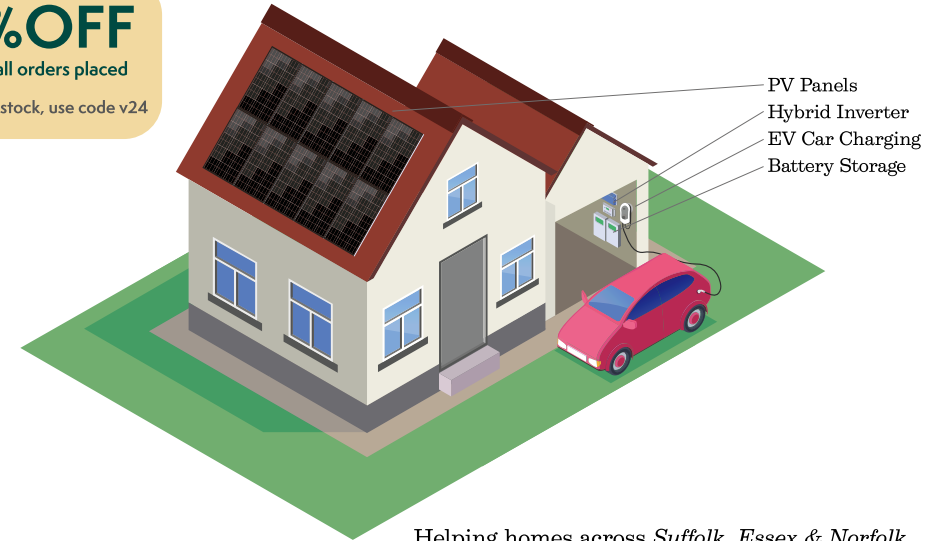
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# KHAN'T

## stop Adil

### ADIL RAY OBE CELEBRATES 25 YEARS IN THE ENTERTAINMENT INDUSTRY

We're in an era where some claim the path for ethnic minorities is blocked by prejudice, bias, racism and more. Adil Ray OBE, the DJ, presenter, scriptwriter and unashamed cricket fanatic, is one man who roundly disputes that assumption. In fairness, the 48 year old need only look at the success of his own career to see how a constant battle to innovate, inform and enthuse an audience will not only create great TV or radio, it will also keep an ambitious career moving forward.

"I'm not blind enough to suggest there aren't challenges for a lot of people in our society, pretty much all across the board," begins Adil, "and that applies to indigenous members of the population too.

"Yet my own experiences are that if you are original, open, confident and malleable to the norm while also looking to push beyond it, you really can get on, and when that happens, life gets exciting."

Adil kicked off an impressive voyage through the entertainment world in pirate radio during his degree at the University of Huddersfield. Before graduating with a 2:1 in marketing in 1997, the son of a Pakistani father and Kenyan mother had already landed a gig with Choice FM, and he was swiftly to move on to Galaxy 105, Century Radio in Manchester, and Ministry of Sound.

Things really began to accelerate when he joined BBC Asian Network in 2002, with the station having just gone digital to a nationwide audience. His award-winning stint included hosting the *Breakfast Show* and led him to BBC 5 Live, where he quickly worked his way across to TV projects, with presenting duties on *The One Show*, as well as taking on a number of documentary commissions, notably about community, Asian integration and, of course, cricket.

Versatility had always been at the heart of what Adil preached, and back in 2012 he co-wrote the comedy *Citizen Khan*, featuring central character Mr Khan and his long-suffering family. The sitcom was taken up by the BBC and went primetime, and to date has returned for five series and 34 episodes, clinching four Royal Television Society Awards along the way.

In recent times, Adil has switched allegiance to ITV, filling in for former host Piers Morgan on *Good Morning Britain* and, as if to push his versatility even further, has entered the space of quiz show host, as in 2021 he began fronting *Lingo*.

Fans of the cult word game Wordle, which has gone viral over the past year, will recognise the format, where contestants have to identify a word using correctly and incorrectly placed letters from past attempts.

"I've always loved words and wordplay, so this one has fitted into my portfolio nicely, to be honest," laughs Adil.

"Mostly, what interests me is moving forward with new ideas. I've still got a big box of them at home – most are rubbish, but you only need to get one right, and that could lead to a lucky break.

"TV execs these days are looking for something a bit different. Shock factor will work, for a while at least, but courage and charisma will always carry people forward the furthest."

# DOGGIE language

## FIVE THINGS YOUR DOG IS REALLY TRYING TO TELL YOU

Think that panting means they are thirsty? That rolling over means they want their belly scratched?

Read on to discover five canine behaviours that owners often misinterpret.

### 1. TAIL WAGGING

If your dog wags their tail, you may automatically think that they are happy or excited. However, this can also be a sign that they are frustrated or overstimulated. If your dog holds their tail up high, this could be because they are feeling confident or aroused.

### 2. TEETH CHATTERING

While teeth chattering in humans most often means they are cold, in dogs this indicates something completely different. In most cases, teeth chattering in dogs is a sign of a dental health problem such as an abscessed tooth or periodontitis. It can also be a sign of anxiety.

### 3. LICKING THEIR LIPS

Although this could indicate that they are looking forward to a meal, licking their lips could mean that your dog feels sick or afraid. It can also be because they are nervous about something, with dogs licking their lips as a sign of appeasement to avoid injury.

### 4. EXPOSING THEIR BELLY

Do you always assume your dog wants their belly rubbed when they lie on their back and expose their stomach? Although this may sometimes be the case, it can also indicate that they are feeling nervous or threatened, which may result in aggressive behaviour if you touch them.

### 5. PANTING

While you may think that panting means that your dog is overheated, it can also be a sign of stress. If your dog is panting and they do not seem hot or tired, then try to identify any triggers that could be causing them stress or anxiety and look to avoid these.



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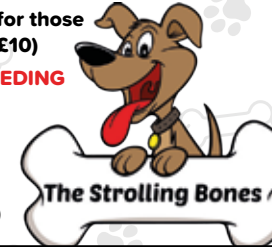
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# How to Bakewell

National Bakewell Tart Day falls on August 11 this year. But let's face it, any day is a great day to enjoy this delicious treat. Legend has it that these lovelies originated in Bakewell, Derbyshire, in the 1860s. A pub landlady asked a member of staff to make a jam tart, but instead of mixing the almonds and eggs into the pastry, the cook poured the mixture

on top. The result was a baking sensation. So much so that a local lady got hold of the recipe and made a handsome living off the back of it. It's a great story. However, the recipe had apparently already featured in a cookbook published 15 years previously.

Food historians also squabble over the tart's topping. Viewers of *The Great British Bake Off* took to social media to share their outrage when the bakers decorated their tarts with white icing and glacé cherries. Your traditional Bakewells are apparently topped with just a smattering of flaked almonds. Those other ones are Cherry Bakewells.

## THE RECIPE Ingredients for shortcrust pastry base:

- 175g plain flour
- 75g cold butter
- 55ml water

## Ingredients for filling:

- 1 tbsp raspberry jam
- 125g butter
- 125g caster sugar
- 125g ground almonds
- 1 egg, beaten
- ½ tsp almond extract
- 50g flaked almonds

## Method:

Make the shortcrust pastry in the normal way and use it to line a 20-cm flan tin. Chill for 30 minutes. Preheat oven to 200°C/180°C fan/gas mark 6. Bake blind (using foil and baking beans) for 15 minutes. Remove beans and foil and bake for another 5 minutes. Spread the jam all over the base. Melt the butter. Then stir in the sugar, ground almonds, egg and almond extract. Pour the mixture into the tin over the pastry and sprinkle over the flaked almonds. Bake for 30-35 minutes (cover with foil if the almonds are browning too quickly). Chill and enjoy.



# Go crazy for COURGETTE

Incredibly underrated, the humble courgette is in abundance this month, so why not step outside your veg comfort zone and try one of these tasty and nutritious courgette recipes?

## COURGETTE PIZZA

Pizza is a family favourite in most households, but there are several ways that you can incorporate courgette into a pizza. Thinly slice and use as a topping, make some courgette pizza boats, or bake your own courgette pizza base using the below recipe.

**You will need:** 3 medium grated courgettes | 30g cornflour | 2 cloves crushed garlic | 1 large egg | 300g shredded mozzarella | 50g parmesan

**How to make:** Add the courgette, egg, garlic, cheese and cornflour to a bowl, mix and season with salt and pepper | Stir until completely combined and make into a dough | Transfer to a baking tray lined with parchment and pat into a crust | Bake for 25 minutes at 230°C/210°C fan/gas mark 8 until golden | Add your preferred toppings and bake for a further 10 minutes.

## COURGETTE FRITTERS

For fussy kids who don't like to eat their greens, this is a simple dish that allows you to sneak in one of their five-a-day with ease.

**You will need:** 2 medium courgettes | 2 tbsp self-raising flour | 25g parmesan or vegan alternative | 1 tbsp olive oil

**How to make:** Grate the courgette and combine in a bowl with the flour and cheese | Shape into walnut-sized balls and then flatten | Heat a non-stick frying pan over a medium heat and add the oil | Fry each fritter for 2-3 mins on each side until golden.

## COURGETTE NOODLES

If you are looking for a low-carb version of spaghetti, then courgette noodles are a great idea. All you need is a julienne peeler or a spiralizer to cut your courgettes into courgetti.

**You will need:** 2 medium courgettes | 2 cloves garlic | Zest of 1 lemon | 150g crème fraiche

**How to make:** Add your courgetti to a hot pan with oil | Add all the other ingredients | Cook for 2-3 minutes | Serve as you would spaghetti with ragu or a tomato sauce.





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# HERITAGE

OPEN DAYS THIS SEPTEMBER



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Are you keen to find out more about England's rich history and culture? Heritage Open Days brings together more than 2,000 local organisations, as well as tens of thousands of volunteers, to celebrate what makes our great country unique.

## WHAT IS HERITAGE OPEN DAYS?

Heritage Open Days is England's largest grassroots festival which brings together people from all over the country to celebrate their heritage, community and history. Offering a chance to explore new places and try new experiences without needing to travel far from your home, in 2022 you can expect more than 5,500 local events across England.

## WHERE DOES IT TAKE PLACE?

Each year, a huge variety of venues take part in Heritage Open Days, including country houses, collieries, museums, gardens, country parks and more. Events can showcase re-enactments, treasure hunts, film screenings, walks, street festivals, and food and drink tasting sessions. You can find your nearest event on the Heritage Open Days website at [www.heritageopendays.org.uk](http://www.heritageopendays.org.uk) by simply entering your postcode.

## WHEN DOES IT TAKE PLACE?

This year, Heritage Open Days takes place between September 9 and 18. Coordinated by the National Trust and with support from the People's Postcode Lottery, all participating venues are completely free.

## HOW TO GET INVOLVED

If you would like to volunteer to be an organiser in your local area, you can register your interest at [www.heritageopendays.org.uk](http://www.heritageopendays.org.uk). Some areas may already have a local coordinator who can help you with the registration process.

## HERITAGE OPEN DAYS TO VISIT:

- > British Vintage Wireless and Television Museum – September 10 and 11, Greater London
- > Buckland Abbey, Garden and Estate – September 10 and 17, Devon
- > Heritage Day and Classic Car Rally – September 11, Greater London
- > Bobbit's Hole Nature Reserve – September 11 and 18, Essex
- > St Michael Tilehurst – A Celebration of Church Bell Ringing – September 17, Berkshire
- > Electra Boar Heritage Weekend Adult and Family Talks – September 17, Buckinghamshire.

# 5 unspoken rules of BOTTOMLESS BRUNCH

**B**ottomless brunches seem to be popping up everywhere – at chain restaurants, luxury hotels, your local pub... the list goes on.

However, how do you navigate these events with dignity and decorum? Or at least without waking up the next morning with the dreaded 'beer fear'. Find out below.

## 1. DO NOT MAKE PLANS FOR AFTERWARDS

Think you are going on a bar crawl after a bottomless brunch? Planning to take a leisurely walk around the shops? You are sadly mistaken. If you are attending a bottomless brunch, do not make any plans for afterwards as you'll most likely want to spend the rest of the day catching up with the same friends and family you went to brunch with.

## 2. ARRIVE ON TIME

Whether it's one, two or three hours, bottomless brunch hosts can be ruthless, and they will stop serving you when your time slot is over. Therefore, if you want to get maximum bang for your buck, make

sure everyone in your party arrives on time and that you order asap.

## 3. BE POLITE TO YOUR SERVER

Manners cost nothing, but they can help you to have a more enjoyable bottomless brunch experience. Even if you and your friends are getting a little rowdy, that doesn't mean that you can't be polite when ordering your drinks.

## 4. CHOOSE YOUR FOOD WISELY

Although brunch conjures up images of scrambled eggs, smoked salmon and avocado on toast, most bottomless brunch packages offer much more substantial food choices such as burgers, pizzas and even pancakes. To avoid all that fizz going to your head, make sure you stock up on plenty of stodge.

## 5. HAVE FUN

Rather than stressing about your empty glass or worrying about how much time you have left, just sit back, relax and have fun with your family and friends.



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# FANCY BUYING A BEACH HUT?

According to recent statistics, beach huts are now one of the most popular property purchases in the UK. However, are they really a good investment? Discover the pros and cons of buying a beach hut below.

### PROS OF BUYING A BEACH HUT

✓ Access to prime coastal locations  
If you love going to the beach when holidaying in the UK, then a beach hut can give you access to stunning beach spots without the need to lug your belongings back and forth each day.

✓ Income from summer rentals

Renting out a beach hut to tourists during the summer months offers a great way to earn a little bit of extra cash. This is particularly true if you live near a popular holiday destination.

✓ Enjoy the outdoors

Beach huts are not just for summer; you can enjoy them all year round so you and your family can get out in the fresh air and away from screens.

✓ A solid investment

Beach huts are in short supply in the UK, despite them being high in demand. This means that they tend to hold their value over the long term.

### CONS OF BUYING A BEACH HUT

✗ High maintenance costs  
As beach huts are located near the coast, they are more susceptible to damage from harsh weather conditions such as heavy rain and strong winds, as well as the close proximity to sea water. This can mean higher maintenance costs than other types of properties.

✗ Limited space and facilities

Beach huts are typically small, which means there is not a lot of space to store your belongings. Also, some do not have basic facilities such as water and electricity.

✗ Seasonal availability

Some local councils only permit the use of beach huts during the summer months, which means you get less use out of your investment.



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# My Life Story



Ten years ago, the UK celebrated the Queen's Diamond Jubilee and the London Olympics. Can you remember what you were doing and how exciting everything felt?

As a family, we were looking forward to the Olympics, our daughter's GCSE results, and a fun summer.

Then we got the most devastating news; my partner, their dad, was diagnosed with terminal cancer. He was only 43

You probably don't need me to explain how this shattered our lives.

Whilst the country was celebrating, we were devastated. None of it made sense.

He was the bravest human being I've ever known, and the cancer took his life 50 short weeks later.

I was alone: a solo parent with two heartbroken teenagers. I had to still work full-time, manage the household and find a way to cope with this 'new normal'.

It was so very hard – and whilst friends and family can be great in the immediate aftermath of loss, they return to their busy lives.

I had grief counselling but it didn't change much. I needed help to move forward into this new life, full of change and challenges. I needed to be strong for our incredible children and their grief. My daughter was leaving for university, and work was ridiculously stressful.

I got a coach. My coach helped me in so many ways; listening, empowering me, being my cheerleader, and helping me to find who I was in this new, unplanned, life.

As I got to know myself better, my natural coaching skills emerged and I loved it.

My job at the university became unbearable, I burned out, and resigned (life really IS too short for that level of stress). Again, I found myself thinking "what happens now?"

I decided to retrain – it's never too late. I began coaching others and loved seeing their transformations. I studied for my Master's degree in Coaching Psychology to ensure I had the best training available and I'm now a certified Master Coach.

I offer many ways to support you through change, from confusion to clarity. From shattering life events to purposeful living.

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



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# How's it HANGING?

Have you ever tried exercising upside down? Also referred to as an inversion, there are many physical and mental health benefits to upside-down exercises. Discover them below.

### 1. ENHANCED MENTAL FOCUS

When you hang upside down, oxygen-rich blood flows directly to your brain. Although it may feel weird at first, as you adjust, you should start to experience better brain function and enhanced mental focus.

### 2. TO TREAT BACK AND JOINT ISSUES

Inversions are the ideal exercise for back and load-bearing joint issues as they help to reverse the harmful effects of gravity. Focus on straight alignment exercises such as headstands and handstands and you should notice a significant improvement.

### 3. REDUCED STRESS LEVELS

If you suffer with unhealthy levels of stress, then upside-down exercises can help you to unwind and relax. Enabling you to let go of any negative thoughts and feelings, even 10 minutes a day of inversion exercises can make you feel less stressed.

### 4. STRENGTHENED CORE MUSCLES

Upside-down exercises can help to push your body out of its comfort zone as many different muscle groups are needed to hold these types of positions. As well as strengthening your core, inversions can help to improve your balance, flexibility and posture.

### 5. POSITIVE INFLUENCE ON ALL FOUR BODY SYSTEMS

When you carry out inverted exercises, you can enjoy a positive effect on all the four main systems within the body. These are the cardiovascular system, the lymphatic system, the nervous system and the endocrine system.

### BEST UPSIDE-DOWN EXERCISES TO TRY:

- > Headstand – this requires you to activate your core and builds upper body strength
- > Forearm stand – this pose builds strength and needs a lot of mental focus
- > Handstand – this requires concentration, technique, strength and flexibility. It can be done against a wall to give you more stability
- > Plough pose – this can relieve tension in the neck, shoulders and back
- > Inverted V plank – this tones your core and improves stability and flexibility.

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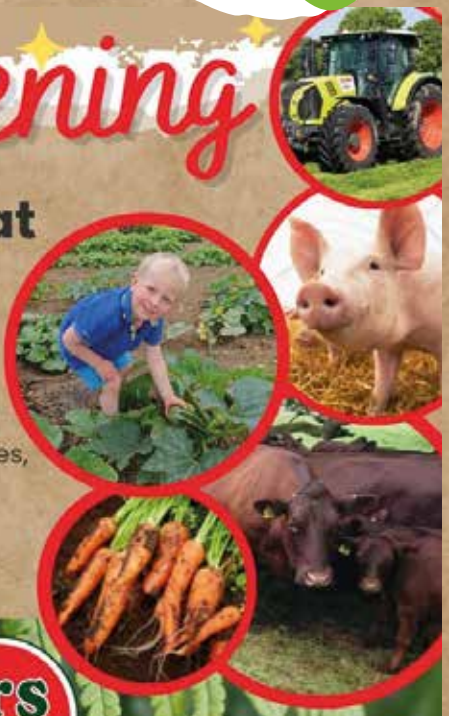
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# OUTDOOR PLANTS you can't kill

**N**ot particularly green-fingered but still want a thriving garden? Check out these outdoor plants that promise to grow in spite of you rather than because of you.

Plus, our top tips for creating a stress-free, low-maintenance garden.

**BAMBOO:** Bamboo is a versatile plant that can survive in most conditions and is ideal for bringing a touch of the exotic to your garden. It comes in a variety of colours, heights and foliage types and is great for creating bold focal points or living screens.

**ASTRANTIA:** If you have damp soil in your garden, then Astrantia, also known as Hattie's pincushion or masterwort, is a great choice. Boasting attractive blooms, astrantia is another self-seeding plant that is perfect for low maintenance and wilder garden schemes.

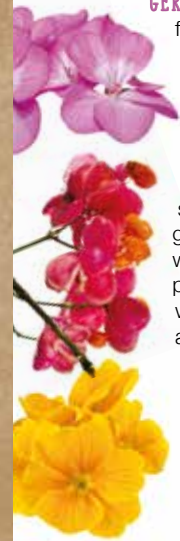
### HOW TO CREATE A LOW-MAINTENANCE GARDEN:

- > Keep plant variety to a minimum
- > Replace fine turf with hard-wearing seed or turf mix
- > Focus on hardscaping
- > Ditch the decking
- > Add a thick layer of mulch to your garden beds to reduce the need for weeding.

**GERANIUMS:** Geraniums are a popular choice for the garden owing to their vibrancy, vivid colours and stunning scents. However, they are also known for coping with even the most inhospitable situations and will thrive in the sun or shade.

**EUONYMUS:** Euonymus is an evergreen shrub that can bring brightness to your garden all year round. Ideal for climbing up walls or alongside brickwork, this vibrant plant requires little to no maintenance and will tolerate inferior soils, exposed areas and windy corners.

**PRIMROSES:** Primroses make a stunning addition to any garden and come in a wide variety of colours. This flowering plant loves both the sun and shade and will seed itself about the garden without ever becoming a nuisance.



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## DIY SUMMER

# GARDEN GAMES

FOUR GARDEN GAMES YOU CAN MAKE FOR YOUR KIDS TO ENJOY THIS SUMMER

**W**orried about how you are going to keep the kids entertained all summer long? Check out the below DIY garden games that you'll have fun making and children will love playing with.

### JUMBO KERPLUNK

**You will need:**

A bucket | Cage mesh or tomato plant cages | 2 wooden planks | Wooden sticks | Soft play balls

**How to make:**

- > Roll the mesh into a cylinder and secure with black tape.
- > Place the two planks on top of the bucket and rest the mesh cylinder on them.
- > Push the wooden sticks through the holes in the mesh.
- > Fill with coloured balls.

### GIANT LAWN DOMINOES

**You will need:**

28 ft of 2-inch x 6-inch wood board | Chalk paint | Saw | Hand sander | White paint

**How to make:**

- > Cut the wood into 28 individual dominoes and sand down to prevent splinters.
- > Paint using chalk paint.
- > Paint on the dots using the white paint.
- > Leave to dry.

### POOL NOODLE TENNIS

**To make two rackets you will need:**

2 foam pool noodles | Mesh vegetable or fruit bag | Duct tape | Lightweight sponge rubber ball

**How to make:**

- > Cut off 4 inches from one end of each noodle.
- > Make an angled cut on each end.
- > Fold the noodle so that the two angled cuts meet to make the head of the racket and secure with duct tape.
- > Use one of your 4-inch cut-offs to create a handle by securing to the base of the racket head with duct tape.
- > Insert the noodle racket into the mesh bag and secure with more duct tape.

### BOTTLE RING TOSS

**You will need:**

10 glass bottles (wine, milk, etc) | 6 wooden rings or bangles | Bottle crate | If you would like to paint the bottles you will also need gloss paint and a paintbrush

**How to make:**

- > Remove all the labels from the recycled bottles.
- > If you wish, paint each bottle in a bright colour and leave to dry.
- > Place the bottles in the crate.



Photo credit: scout.org, ironandtwine.com, ziggityzoom.com, playpartyplan.com



KIDS



SPORT



# FOOTBALL CAME HOME

England's women's team have done it! In an incredible night of drama, emotion and relief, the Lionesses overcame the mighty Germany to claim the European Championship title for the first time.

It was a final that lived up to the billing – the two best sides in Europe going head-to-head in a showpiece for the women's game – and proof if ever it was needed that the sport's surge in popularity is going to continue.

Mostly though, it cemented one thing: England's women are the Euro 2022 champions.

Not only was the win a first major trophy for this incredible group of ladies; it also went some way to arresting the pain of the 2009 final when the same two teams met. Germany hit England for six that day, and the 2-1 victory 13 years on was particularly sweet for Jill Scott MBE, the sole survivor from that Helsinki massacre.

On the day, goals from Ella Toone and Chloe Kelly

– the second coming just 10 minutes before the end of extra time – made history in front of more than 87,000 spectators at Wembley and 17.4 million people watching at home.

So much of the credit has to go to Three Lions' Dutch coach Sarina Wiegman. In August 2020, the English Football Association broke new ground with their appointment of the first non-British permanent manager of the women's national football team.

Wiegman was already a Euros champ with her home nation, and the 52 year old's impeccable record with both the Netherlands and England at the Euros – six match victories with each and the winners' trophy on both occasions – has taken us to the very top of a sport that's never been at a higher tide.

As for what comes next – iconic status for Toone, Kelly, the rest of the England team, and the small matter of a World Cup in three years' time.

Photo credit: Katie Chan/Action Plus/Shutterstock

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ACROSS: 1. CAVY, 3. EGYPTIAN, 9. HDRATE, 10. ROVER, 11. RIO DE JANEIRO, 14. NAP, 16. PROBE, 17. SUN, 18. CALLIGRAPHER, 21. GUAVA, 22. DECLARE, 23. GUESSING, 24. EDIT  
DOWN: 1. COHERENT, 2. VIDEO, 4. GEE, 5. PERSEVERANCE, 6. INVERTS, 7. NORM, 8. CATERPILLARS, 12. ALONG, 13. ANGRYEST, 15. PLACATE, 19. HEARD, 20. AGOG, 22. DEN



# PUZZLES & TRIVIA

PUZZLES

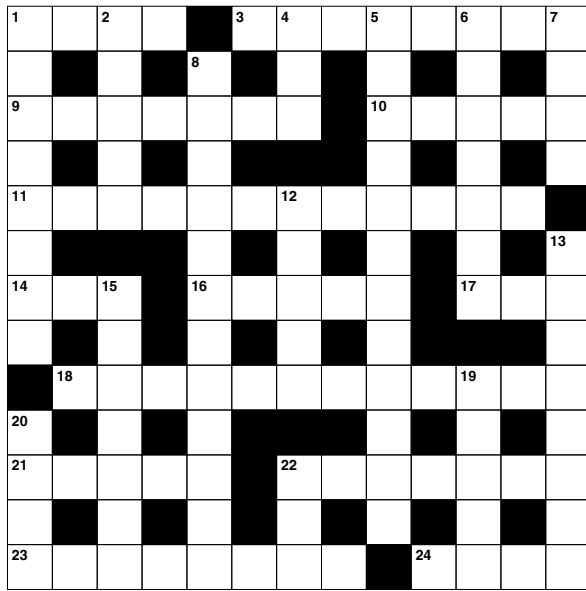
Answers: see end of The VISION Listings

### ACROSS

- 1. Guinea pig (4)
- 3. E.g. resident of Cairo (8)
- 9. Cause to absorb water (7)
- 10. Wanderer (5)
- 11. Large Brazilian city (3,2,7)
- 14. Short sleep (3)
- 16. Explore or examine (5)
- 17. Our star (3)
- 18. Someone skilled in penmanship (12)
- 21. Pale orange tropical fruit (5)
- 22. State emphatically (7)
- 23. Estimating (8)
- 24. Change (4)

### DOWN

- 1. Orderly and logical (8)
- 2. Record on tape (5)
- 4. Command to a horse (3)
- 5. Persistence (12)
- 6. Turns upside down (7)
- 7. Standard (4)
- 8. Butterfly larvae (12)
- 12. With a forward motion (5)



- 13. Most annoyed (8)
- 15. Appease (7)
- 19. Detected a sound (5)
- 20. Highly excited (4)
- 22. Animal lair (3)

### DID YOU KNOW?

- ▶ Art competitions used to be part of the Olympic Games from 1912 to 1948. This included disciplines such as mixed painting, sculpture, literature and music.
- ▶ The Olympics have been hosted by several countries that no longer exist, including Yugoslavia who hosted the Winter Olympics in 1984.
- ▶ The netball final at the 2018 Commonwealth Games was the first time since 1998 that the final did not feature both Australia and New Zealand. Australia and England faced off in the final, with England taking the gold.
- ▶ Sergio Agüero holds the record for the highest number of goals scored in the English Premier League by a football player for one club. He scored a total of 184 goals for Manchester City between August 15, 2011, and May 23, 2021.

### SUDOKU

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			3					
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