

**MEET THE
WORLD'S
LARGEST
DINOSAUR**

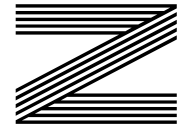
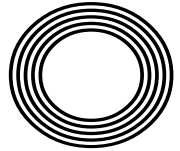
SPRING REFRESH
Tips for the season

Celebrating the life of
JOHN MOTSON OBE

COBALT BLUE
How to wear the on-trend colour

SUSANNA REID

Breakfast TV presenter celebrates 20 years on screen



FREE

Photo credit: ITV/Nicky Johnston/
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You... Only Better



Your face reflects who you are and where you've been, and if you have ever looked in the mirror and thought, "Why do I look older than I feel?" then time spent in the sun may have left its mark in more ways than one.

There's no doubt a bit of sunshine and a glowing tan makes us look and feel better, but there are numerous consequences from prolonged periods in the sun because a tan is really sun damage that will age your skin prematurely. An immediate sign is sunburn, simply from too much sun exposure without adequate protection. Burning may only seem like a short-term issue as your body naturally sheds the damaged skin, but deeper down you will have caused lasting damage.

That's wrinkles, hyper pigmentation, and dehydrated and leathery-looking skin.

If you don't like what you see, then don't think you just have to live with it...what if we told you that there was one treatment which helped get rid of excess hair, so that plucking, depilatories or shaving became a thing of the past? Or that the same treatment could lessen age spots and sun damage?

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complaints. However, IPL is not a laser. Instead it makes use of high-energy light pulses, which, when applied to the skin via a handheld device, are momentarily absorbed by the cells, generating heat to break up age-related

'It's a rejuvenating, wrinkle-reducing, all-round ant-ageing wonder'

response to produce collagen at the same time, so that the treated area is far more firm and taut. It's a rejuvenating, wrinkle-reducing, all-round anti-ageing wonder...stripping years from a tired face.

pigmentation, collapse spider veins, soothe rosecea, acne scars, stretch marks and kill hair follicles.

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The results are quick and subtle. You will look like you, but just more rested and with firmer, glowing skin.

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Editor's notes...

APRIL 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Halstead Braintree. As our communities continue to face the challenges imposed by the pandemic, it's more important than ever to support our local businesses.

On our local high streets, we are fortunate to have a wealth of independent shops and small businesses that offer a personal touch, excellent customer service and a range of unique products that you won't find in big chain stores. By choosing to shop with these businesses, you are investing in the community and supporting the growth of our local economy.

So, whether you're in need of groceries, gifts or home essentials, be sure to check out your nearest independent shop or local high street store. Not only will you be supporting the community, but you'll also benefit from the personalised service of small business owners.

It's also worth noting that many of the businesses featured in this magazine are independently owned and operated. When you call to make a purchase or enquiry, be sure to mention that you saw their advert in our publication. It's this kind of support and feedback that allows us to keep producing high-quality magazines that celebrate and promote our local businesses and communities.

In short, shopping local is crucial to ensuring the prosperity of our businesses and communities.

Nik Allen

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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THE VOICE OF FOOTBALL

JOHN MOTSON OBE

On occasion, sports commentators can be more famous than the very stars they report on. John Motson OBE ascended to such a level – larger than life in the best sense, instantly recognisable by sight or voice, and arguably the most iconic football reporter the country has ever produced. His death in February may have saddened the nation, but his legacy lives on.

“Oh, what a goal! What a goal! Radford the scorer. Ronnie Radford! And the crowd... the crowd are invading the pitch...”

These are the magical words that John Motson uttered as Hereford United legend Ronnie Radford – who himself passed away just three months before Motty – thundered an equaliser into the top corner, on a quagmire of a pitch, in an FA Cup third round reply against Newcastle United in February 1972.

The Salford-born Motson has since described this as the moment he put himself on the map at the BBC, as those in power quickly pushed a three-year contract his way and promoted him to their commentary team for high-profile matches.

Motty's contribution to English and international football folklore past that point is mesmerising. He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and more than 200 England national team matches.

Motson's first work with the BBC was as a sports presenter on Radio 2, in 1968. He stepped up for his first radio commentary game a year later, in December 1969, as World Cup winner Alan Ball scored the only goal in Everton's victory over Derby County at Goodison Park.

“It felt like the start of something big for me,” Motty said in a recent interview, “and really it was my absolute dream to be commentating on football.”

'He covered 29 FA Cup finals, 10 FIFA World Cups, 10 UEFA European Championships, and over 200 England national team matches'

“Whether it was Wembley in front of 90,000 or a non-league game in front of a few hundred, the pleasure was in covering every shot, every run, every pass. I do believe I have been so, so lucky.”

While fans can reel off Motty's commentary to accompany special moments for their respective sides, there were darker moments in the broadcaster's career too. Indeed, on April 15, 1989, during an FA Cup semi-final between Liverpool and Nottingham Forest, Motson had to draw upon professionalism and humanitarianism, while keeping his emotions intact, as the horrific events of Hillsborough unfolded in front of him. He later appeared as a witness at the Hillsborough inquiry.

While his own club allegiances were kept secret for much of his professional career – which also branched out into radio commentary for BBC 5 Live and talkSPORT – Motty actually revealed in his book that he was a Chelsea fan.

“When I got to *Match of the Day* in 1971, Chelsea was my first commentary. Somehow, my Chelsea loyalties were pushed into the background, as I always wanted to be unbiased and neutral.

“I deliberately avoided answering honestly when someone enquired who I supported. ‘Barnet’ was my usual response!”

Motson, who was famous for his sheepskin coat, had an encyclopaedic knowledge of the game, and always carried with him his own self-penned book of statistics relating to the clubs he was covering.

He passed away peacefully on February 23, 2023, aged 77 years old, thus concluding more than half a decade of exemplary service.

The influence he had over the modern game has been immense, and will continue to be even after his passing.

MEET THE MIGHTY TITANOSAUR

Imagine coming face-to-face with a creature four times as long as a London bus and weighing as much as 15 African elephants.

Sadly, the colossal titanosaur that meets this description, probably the largest-ever land creature, died out about 66 million years ago. But from March 31, the Patagotitan mayorum will be displayed in Europe for the first time at London's Natural History Museum.

So what can you expect to see? For starters, you can walk beneath the spectacular titanosaur cast, moulded from the most complete fossil specimen ever discovered. But there's so much more to this interactive exhibition than that.

While you're gawping in awe at the Patagotitan, you can also check out the plants and animals that were around at the time by admiring the surrounding illustrations. And you can follow the life history of a titanosaur on film, from its birth from a football-sized egg to a fully grown adult.

You can also handle fossil specimens, stare into the creature's giant skull, measure yourself against its massive thigh bone, and even smell its poo.

The original Patagotitan fossil consists of bones from seven creatures, found in the same area just nine years ago. It all began when an Argentinian farmer spotted his lost sheep on an odd-looking rocky ledge. Dinosaur finds in the area aren't rare, so he called the scientists in to get their thoughts. The rocky ridge turned out to be a thigh bone of a new species – the biggest dinosaur ever.

Life as the Biggest Dinosaur is open from March 31, 2023, till January 7, 2024, at the Waterhouse Gallery, National History Museum, South Kensington. The exhibition is suitable for children aged five and over. Tickets cost £16 for adults and £9 for children. Concessions and family tickets are available.

For more information, visit www.nhm.ac.uk



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MOTORING

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While most of us assume the classic car arena is reserved exclusively for those whose sense of nostalgia is matched with astoundingly deep pockets, think again.

There are a number of iconic motors that, with a bit of research and a customary forecourt or driveway haggle, can be yours for much less than you may imagine.

MGB GT/ROADSTER

Iconic in shape, and dating back to the 1960s, the Roadster comes in a hard- and soft-top. It was the motor that generations of future Ferraris were modelled on.

Incredibly, you can pick up a GT for a little more than £5,000.



LAND ROVER DEFENDER

When Land Rover ceased production of the Defender back in 2016, the price of those remaining was expected to rocket, but it hasn't happened.

Instead, you can pick up this classic rural runaround for well under £10,000. The only warning will be that many may have lived a life of being slung around country roads and farms, and the repair bills can be punchy.

FORD CAPRI

The Capri is a car whose shape was as cool and laidback as the person behind the wheel. Its influence was the Ford Mustang, and you can sense the muscle car behind this classic 1980s motor, which can be yours for a smidge over £10,000.

PORSCHE 924

A Porsche for under £5,000? It's possible. While the 924 hasn't gone down in the motor annals as one for the purists, this mid-80s master still looks incredible, and the pop-up headlamps are a thing of beauty.

SAAB 900 TURBO

They say you don't know a Saab until you've driven a Saab, and this classic model, the 900, can find its way onto your driveway for as little as £4,000.

Sleek, solid and Swedish – it's a classic motor from a classic era.



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A SPRING REBOOT
for your home

Spring cleaning is all very well. But sometimes you might feel the need to do something more. So why not bring in the new and throw out – or better still, recycle – some of the old? You'll feel energised and refreshed, all ready for the brighter days ahead.

ADD A SPLASH OF COLOUR: The terracotta and dark greens we all loved in winter can look a bit dowdy in spring, so perk things up with something brighter. Yellow, bright green and pink can all liven up a home. You don't need to redecorate completely; painting a piece of furniture in a new colour can help to put a fresh spin on things. And if you don't want to go that far, add a few cushions, lightweight throws or an art print. Floral designs are perfect and look great with stripes or gingham.

BRING IN THE GREEN: Not the colour this time, but foliage. Think fresh flowers, potted plants and terrariums. If you want to be super-thrifty, a bunch of wildflowers from the garden can look great when arranged in a big glass jar. Have a hunt for some unusual containers – galvanised watering cans, terracotta pots and woven baskets can all work well.

LIGHT UP YOUR LIFE: You won't have to draw your curtains or blinds so early with the longer evenings. This is often enough to make your room look bigger and brighter, but don't forget to wash the windows. If you like, add some inexpensive sheer curtains. You could also choose some spring-scented candles – though remember to follow safety guidelines.

GET MOVING: Rearranging existing decorations costs nothing and can give a room a new lease of life. Try moving mirrors, lamps and furniture to see how it makes you feel.

Above all, have fun!





Shake your



Forget weird little pom-pom creatures with googly eyes; these fuzzy balls of fun have just got a whole lot cooler.

Pompoms have been decorating the tops of hats for centuries; even Vikings wore them. More recently, they've been spotted on the hats of soldiers, sailors, priests, and all manner of berets and beanies.

How to make:

Traditionally, pompoms are made using two cardboard circles.

- For a 6cm diameter pom-pom, draw and cut out two cardboard circles, each 5.5cm diameter.
 - Then draw and cut a section out of the circles and cut a 2cm hole in the centres.
 - Place the two circles together.
 - Using long lengths of yarn, feed your yarn through the centre hole and wrap all the way around the edges of the circles and back up. Continue till the hole is nearly full.
 - Break the yarn, then push your scissors between the two circles from the outside edge and cut through the yarn all the way around.
 - Tie a length of yarn very tightly around the middle then remove the circles.
 - To finish, just give your pom-pom a neat haircut.
- To speed things up, get hold of some pom-pom makers from your local craft shop or online; they only cost a few pounds.

Pom-pom ideas:

- Use your pom-poms to create furry animal decorations – add googly eyes and even little ears and tails cut out of card
- Hang them on a key to make a keyring
- Make a pair of dangly earrings
- Thread them on a long piece of yarn to make a garland
- Sew a large pom-pom or three smaller ones onto the corners of a plain cushion
 - Attach them around the top of a plain basket
 - For some simple wall art, hang a few lengths of yarn from a piece of dowel and thread a few pom-poms on each.



Photo credit: thehomeshavenaide.com

<p>Every Saturday KIDS SATURDAY CINEMA Entry £3.00 10.00 for 10.30am</p>	<p>Every Wednesday MATINEE FILM Open to all Entry £7.50 2.00 for 2.30pm</p>	<p>Thursday 18 May DEMENTIA FRIENDLY CINEMA Free Entry 1.45 for 2.30pm</p>	<p>Saturday 20 May AUTISM FRIENDLY CINEMA £1.00 Entry 2.30 for 3.00pm</p>
<p>THE MARRIAGE OF FIGARO Thur 27 Apr, 7.15pm Live Streaming Event</p>	<p>Halstead COMEDY CLUB Sat 19 Aug 7.45pm - £16.50 7 piece tribute act to the National Treasurers that are "MADNESS" Book on line NOW</p>	<p>Friday 28th April 2023 7.00 for 8.00pm All seats £16.50 A great night of Comedy in store...</p>	<p>BEST OF ENEMIES Thur 18 May National Theatre</p>
<p>RABBIT RABBIT Chas & Dave Friday 23rd June 2023 Live at the Empire Theatre</p>	<p>GLADNESS Fils for Kids Dementia Friendly Autism Friendly Comedy Nights Live Theatre Royal Opera House National Theatre</p>	<p>Empire Theatre, Halstead · www.empire-theatre.co.uk</p>	

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Morning. nune and night



HOME & DIY



Bringing design influences from both sides of the Atlantic, nune is a collaboration between British designer Sheena Murphy and Canadian Tor Sauder, who run studios in London and New York respectively and create dreamy designs all over the world.

Known for subtle, clean designs that are full of light, their projects have a Scandinavian influence that is popular in many contemporary homes.

The designers state their work is "driven by the simple belief that thoughtful design contributes to wellbeing; we work to create comfortable, approachable spaces". Their style has a calming, pleasing aesthetic, and uses a lot of light colours paired with wooden accents and dashes of colour for a look that's modern but timeless.

Their style works in contemporary apartments and Victorian period properties, highlighting nune's talent for transforming spaces into liveable works of art.

How to get the nune look

The great thing about the nune aesthetic is that it can be simple to create in your own home. Some great tips to refresh your space and embrace the nune style include:

- > Keep spaces light and airy by choosing lighter colours for your walls and flooring, like white, cream, beige and grey, and bring in black, grey and wooden accents to add some contrast.
- > Take a minimal approach. Add storage to hide clutter for spaces that are easy to maintain. This will also help to create a more calming environment.
- > Use abstract art to add touches of personality to your space. Finding artwork that complements your colour scheme can help keep the look simple but coordinated.
- > Use soft textures like fluffy or knitted cushions and throws to add cosy vibes, ideal for making a home feel warmer during the colder months.



The nune style is an easy one to recreate in your own home and can be budget-friendly.



Photo credit: nunehome.com

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FROM YOUR AREA

LOCAL NEWS

Boxing club receives £1,000 donation



A boxing club in Braintree has been given a £1,000 donation from Persimmon Homes Essex to buy new competition kit for its elite squad.

Rayne Boxing Club received the funding as part of the housing developer's Community Champions initiative, which supports local charities, organisations and sports clubs.

Tom Paget (pictured second from left), manager at Rayne Boxing Club, said: "Receiving this funding means a great deal. This £1,000 donation will not only go a long way but will make a huge difference to the impact we can have on our community. Thank you to Steve and the team at Persimmon Essex."

Steven Osborne (pictured second from right), construction director at Persimmon Essex, said: "We're delighted to award this donation, enabling young boxers the chance to fight on the international stage. Local sports clubs are vital for local communities, enabling people of all ages to improve both their mental and physical health."

Police appeal after driver crashes into road barrier

Police are investigating after a driver crashed into a barrier on Bridge Street in Halstead last month.

Officers were called to the scene at around 4.30am on Sunday, March 26, to reports of a road traffic collision. The driver had already left before they arrived.

Essex Police (Braintree District) posted on Facebook: "Despite taking out half of the street furniture, blocking the road and leaving this vehicle in a dangerous

position, the driver thought best not to stay at the scene or call the police.

"Officers attended along with colleagues from Highways England and dealt with the dangerous scene to make it safe for other road users and pedestrians.

"We're appealing for any witnesses, drivers with dashcam footage or any businesses in the nearby area who may have CCTV of this incident to contact us to assist with our enquiries."

Enquiries continue and anyone with information about the collision is asked to call 101 and quote incident 215 of March 26.

Man jailed for 28 years after attempted murder

A man from Braintree was charged at Chelmsford Crown Court on Wednesday, April 5, with attempted murder and racially aggravated harassment.

Geoffrey Ryan, 53, of Brick Kiln Way (pictured below), will serve 28 years in jail, as well as an extended three-year licence, and will not be eligible for release for at least 19 years.

As reported in **VISION** Halstead Braintree March 2023 edition, Ryan denied the charges but was found guilty following a week-long trial at Chelmsford Crown Court.

On September 9 last year, Ryan attacked a security member outside The Lounge venue in Market Square. The victim sustained a serious stab wound which required immediate medical attention to save his life. The victim thankfully made a recovery.

Detective Inspector Lydia George, of Kent and Essex Serious Crime Directorate, said: "Ryan is undoubtedly a very dangerous individual and, today, justice was served for the victim and his family."



Photo credit: Essex Police



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NEWS FROM HALSTEAD FC...

THE HUMBUGS



LOCAL NEWS



At the time of writing, Halstead FC have all but secured their place in the league as a run of five games unbeaten has distanced the club from the relegation zone.

The Humbugs were forced to play a flurry of matches in early April after matches were postponed due to bad weather in March.

At one stage, Halstead were just one precarious point away from the relegation zone, but three straight wins have lifted them to safety.

As **VISION** Halstead Braintree goes to print, the Humbugs are nine points clear of 18th-placed Sawbridge Town FC.

Our other senior teams are having a very good season and playing some attractive football, with the Reserves currently in second place in the league and winning the Chell Trophy final, where they beat

Framlingham Town on penalties with the score tied at 1-1 at full time. Our U18s are comfortably mid-table but with up to six games in hand over the teams above them, will also be targeting a top three finish.

It also needs to be noted that our Veterans Team have just won the Essex Veterans League Division 2 Championship after an excellent season. The Women's Team continue to make great progress in only their second competitive season, currently sitting in a very good fourth place in Division 2 of the Essex County Women's Football League.

For up-to-date information regarding results, fixtures and news at the club, please visit our website at www.halsteadtownfc.com

If you can't make it to our first team matches, you can get excellent live updates during all of our games on our Twitter feed @HalsteadTownFC.

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WHAT'S ON

YOUR LOCAL EVENTS

THE MARRIAGE OF FIGARO – LIVE STREAMING

Halstead Empire Theatre,
57 Butler Road, Halstead, CO9 1LL
Thursday, April 27, 6.45pm



Photo credit: Royal Opera House

Halstead Empire Theatre will be streaming the Royal Opera House's live performance of *The Marriage of Figaro*. This comic opera tells the story of two servants whose excitement over their wedding day is overshadowed by their employer's intentions towards the bride-to-be.

Tickets start at £12.50 and can be bought at www.empire-theatre.co.uk/royal-opera-house-season-2021-2022/marriage-of-figero

AN EVENING OF CLAIRVOYANCE AND MEDIUMSHIP

Finchingfield Guildhall, Church Hill, Braintree, CM7 4NN
Thursday, April 27, 7pm – 8pm

An exciting evening is on the cards, where medium Lorraine will share her inside messages from the spirit world. You can expect tears, laughter and trips down memory lane at this one-night-only event.

Tickets cost £13.50 and are available to buy from www.eventbrite.co.uk/e/an-evening-of-clairvoyance-and-mediumship-tickets-496637665627?aff=aff0evvnt

CHUCKL COMEDY NIGHT

Halstead Empire Theatre, 57 Butler Road, Halstead, CO9 1LL
Friday, April 28, 7pm – 8pm

Britain's Got Talent winner Lee Ridley (aka Lost Voice Guy) will return to the stage as he headlines Chuckl's Comedy Night this month. There will also be performances from Laura Smyth and Mark Row, with

Hannah Byczkowski as the MC.
Tickets cost £16.50 and can be bought from www.empire-theatre.co.uk/april23-comedy-night

BRAINTREE STREET MARKET

Great Square, High Street, New Street and Bank Steet, Braintree

Saturday, April 29, 9am – 5.30pm

At Braintree's monthly street market, there will be stalls selling food and drink, gifts, homeware and more throughout various streets in the town centre.

Entry is free – just turn up on the day.

ART WORKSHOP: PAINT A SEASCAPE IN THICK AND THIN ACRYLICS

Braintree & Bocking Community Association,
19-21 Bocking End, Braintree, CM7 9AE

Saturday, April 29, 9.30am – 4pm

If you want to brush up on your artwork skills, come along to this acrylic painting workshop held by tutor David Pasfield. You'll be using an impasto technique to build up texture after using an underpainting technique to apply a first impression.

The workshop costs £45 and tickets can be bought over the phone by calling 01376 323280.

KARMA AT THE PUB

The Pub Braintree, 2 East Street, Braintree, CM7 3JJ

Sunday, April 30, 7.30pm

Karma Duo will perform classic rock, pop, blues and soul at The Pub Braintree this month, with Del on lead guitar and Rachel on vocals. The pair performed at the venue for the first time in January and were rebooked following the huge success of the first event.

The show is free to watch with no ticket required.



Photo credit: Karma (Duo)

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An ancient forest with sinister secrets

Epping Forest's history is as celebrated as it is sinister – a place of great natural and agricultural beauty, yet also a place renowned as a hiding spot for the county's gangster fraternity.

At first glance, Epping Forest's beauty is rather simple – an ancient woodland of some 6,000 acres that straddles the border between the counties of Essex and Greater London, and one that serves as a thriving oasis of natural beauty and biodiversity.

It rates as the largest public open space in the London area, providing a vital green lung for millions of people who seek solace in its verdant embrace.

The forest dates back thousands of years, when it was part of a vast, continuous woodland that stretched across England. In the 12th century, it became a designated royal hunting ground, and in 1878, Queen Victoria bestowed it upon the people for their enjoyment and recreation. Since then, the City of London Corporation has managed the forest, ensuring its preservation for future generations.

It contains more than 50,000 ancient trees – majestic beech, oak and hornbeam – many of which are more

than 1,000 years old, with traditional and fiercely protected woodland management practices that reflect its ecological past.

Subsequently, Epping Forest provides a critical habitat for various wildlife species, including the rare and elusive fallow deer, as well as a host of other mammals, birds, insects, and a rich variety of fungi. It's also thought to be a hotspot for truffles.

The forest contains a vast network of footpaths, bridleways and cycling trails, inviting visitors to explore its enchanting beauty.

These routes have also, in the past, offered an elaborate map for local criminal entities to dispose of contraband, weaponry and bodies. In addition, the much-vaunted Epping Forest Country Club, a collection of three nightclubs, endured a controversial existence before final closure in 2002.

In 2023, Epping Forest has largely been returned to a place that captivates and inspires visitors with its breath-taking landscapes, vibrant ecosystems, and profound historical significance.



Photo credit: Lucasberger/Shutterstock.com



LOCAL FEATURES

GOOD MORNING

from Susanna Reid

LOOKING BACK OVER A PRESENTING LEGACY THAT CONTINUES TO GROW FOR SUSANNA REID, ONE OF OUR FAVOURITE BROADCASTERS

Susanna Reid is synonymous with newscasting in the UK. The 52 year old is the sometimes friendly, sometimes fierce face of breakfast TV, and in 2023 celebrates two decades of waking up those in the UK to the news and views of the world.

The journalist has accomplished something many set out to do, yet few achieve – presenting the news with confidence, balance and no small amount of personality.

“I think they are skills which emerge over time, and you can only really learn on the job,” says Reid, who made a controversial switch from the BBC to ITV in 2014. “I think in my early days, I was certainly a lot more stunted in my delivery. In many ways, a presenter or interviewer puts too much pressure on themselves, when they should just let the interviewee, or the news item, do the work for them.

“And I don’t think I’m the finished article yet, either,” she continues. “The news and the technology evolve all the time, so the blueprint for what we do changes in similar ways.”

Reid built her name for exemplary broadcasting when she started work as a news producer for BBC Bristol back in 1994. She later joined BBC News 24, getting her big break one night when the 11pm presenter did not arrive on set. That stand-in role soon turned into a permanent position, and she later moved into rather more sociable work on BBC *Breakfast* (notwithstanding the 3am alarm calls), presenting alongside the late Bill Turnbull, as well as Charlie Stayt and Sian Williams.

Having also appeared on *The Andrew Marr Show* and as the host of the BBC’s Oscars coverage, in 2014 Reid scoffed at rumours she was going to defect to ITV, saying: “If you cut me open, I’d bleed BBC.”

Yet a month later, ITV announced their impressive scoop, with Reid signing a £1million-a-year contract to front *Good Morning Britain* alongside the likes of Ben Shephard and Piers Morgan.

Reid has interviewed an impossibly wide cross-section of people from the worlds of sport, entertainment and more. She is known to be particularly resilient when coming up against politicians, and has famously sparred with former Prime Ministers Boris Johnson and David Cameron, as well as Nigel Farage and Sir Keir Starmer.

In spite of Reid’s relentless schedule, she has cultivated a busy and rewarding homelife, and has three children with her journalist ex-husband Dominic Cotton.

In addition, she has proved herself to be unafraid of stepping above the parapet of the traditional broadcaster, appearing on *Strictly Come Dancing*, *Gogglebox* and *Tipping Point*, and is a fan of Premier League club Crystal Palace.

“I think if I spent my whole life reading and presenting news on everyone else that would be pretty dull,” she laughs. “I’m not one of those people who wants to put themselves in everyone’s faces, but if the opportunity arises to do something exciting, then I will take it.

“My main focus has been and will always be helping viewers get motivated for the day. That can sometimes be difficult when the news is negative, but we always do our best to put a positive shine on things and to get smiles on people’s faces.”





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GARDENING

Happy HEDGEHOG

Hedgehog numbers are in decline in the UK, so it has never been more important for us to take care of our prickly pals. Here's how you can look after the hedgehogs in your garden and keep them happy throughout the year.

them a boost after hibernation, while in summer and autumn, it will help them to build up fat reserves to survive the winter. During periods of hot and dry weather when natural resources are scarce, fresh water and food is even more important.

WHAT DO HEDGEHOGS EAT?

If you want to encourage hedgehogs to visit your garden, then you can supplement their natural diet of worms, beetles, earwigs and caterpillars by leaving out food and fresh water. Some foods that hedgehogs enjoy are:

- > Tinned cat or dog food
- > Crushed dog or cat biscuits
- > Meat-based hedgehog food

If you notice very young hedgehogs in your garden (roughly apple-sized), then you need to soak any biscuits in water before leaving them out.

HOW TO FEED HEDGEHOGS SAFELY

- > Place food in a shallow dish and place this in a sheltered area of your garden
- > Remove any uneaten food each day and refill with fresh water and food
- > Clean the dishes daily using hot, soapy water and then rinse well to reduce the risk of spreading diseases between different hedgehogs.

WHAT SHOULD YOU NEVER FEED HEDGEHOGS?

You should never leave out milk or bread for hedgehogs as the former can cause diarrhoea and the latter is not very nutritious for these small mammals. Mealworms can also cause health problems when consumed in large quantities.

WHEN TO FEED HEDGEHOGS IN YOUR GARDEN

It is a good idea to put food and water out for hedgehogs all year round. In spring, this will give



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PETS

DOES YOUR DOG HAVE A SKINCARE ROUTINE? HERE'S WHY SKINCARE IS SO IMPORTANT FOR YOUR DOG'S OVERALL HEALTH AND WELLBEING

WHAT ARE THE MOST COMMON CAUSES OF SKINCARE ISSUES IN DOGS?

Dogs are susceptible to many of the same skin problems as humans, and these are typically caused by the following: Poor nutrition | External allergies or bites | Parasite infections | Skin conditions such as seborrhoea | Food allergies | Bacterial infections

HOW TO BUILD A SKINCARE ROUTINE FOR YOUR DOG

Wash them regularly

On average, you should wash your dog once a week to preserve their skin and coat. However, this can vary depending on breed, with very active dogs requiring more frequent bathing. Always use two applications of shampoo: one to cleanse the coat and skin of dirt and old skin cells, and one that should be left on for 10-15 minutes, to penetrate the skin.

Protect them from pests

Flea control is a must if you want to keep your dog's skin in optimal condition. Use flea prevention treatments all year round and visit your vet regularly for check-ups.

Focus on good nutrition

The foundation of healthy skin is nutrition, so you need to make sure that your dog is getting a complete and well-balanced diet. You don't need to buy the most expensive dog food on the market; you only need to ensure that their diet fits their needs.

Apply sun cream

Dogs can suffer with sunburn in the same way you can, especially those with short hair or light skin. Therefore, it is vital that you apply sun cream that is specially formulated for dogs during the warmer months of the year. You can also buy animal clothing that offers UV protection.



PASS ON PARACETAMOL



Do you reach for your trusty bottle of Calpol whenever your child shows the first signs of illness? If yes, you should know that there are alternatives to this popular painkiller.

CHAMOMILE TEA

If your child is suffering with a headache, then a cup of chamomile tea can help to relieve pain and soothe them to sleep. Encourage them to take small sips and add a natural sweetener such as honey if they don't like the taste.

COOL LAVENDER COMPRESS

For children with a temperature, a cool lavender compress can work wonders. Simply dip a cloth in cool (not cold) water with a few drops of lavender oil and then place on their head, chest or legs.

WITCH HAZEL COMPRESS

Another effective natural remedy for headaches, a cold compress with a bit of witch hazel can be placed directly on the forehead for instant relief.

TEA TREE OIL SPRAY

Tea tree oil has been proven to help the body fight off infections as it contains active bacteria-fighting chemicals known as terpenes. Fill a spray bottle with water, add a few drops of tea tree oil and spray around the room or directly onto their body to soothe any inflammation and reduce a high temperature.

PLENTY OF REST

When your child is unwell, the most important thing to do is ensure that they have sufficient rest. Don't be afraid to let routine go out the window and allow your child to nap as and when they want to. If they have a headache, a dark and quiet room is a must.

WHEN TO CALL YOUR GP:

- ✓ If your child is under three months old and has a temperature of 38°C or higher
- ✓ If your child is between three and six months old and has a temperature of 39°C or higher
- ✓ If your child has a high temperature that has lasted for more than five days
- ✓ If your child has other signs of illness, such as a rash
- ✓ If your child is dehydrated.



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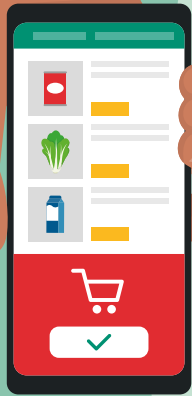
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THE BEST APPS TO CUT DOWN ON FOOD WASTE



The UK was responsible for 9.52 million tons of food waste in 2018 alone. If you are currently wasting a lot of food, then don't worry, it is never too late to turn things around. Check out these top four apps that promise to help you cut down on food waste and save money in the process.

TOO GOOD TO GO

One of the biggest causes of food waste is uneaten leftovers and unsold items in restaurant kitchens, fridges and cupboards. The Too Good To Go app looks to reduce this by inviting people to take advantage of unsold food at a highly reduced cost. Shops and restaurants sign up to the app and then sell bags of food based on what they have left at closing time. App users can then go and collect the food.



OLIO

Olio allows you to access surplus food from other households in your local area. You can choose to either take a photo of any unwanted food that you have for your neighbours to collect, or you can search for surplus food for your own family. You can also become a Food Waste Hero by collecting unsold food from local businesses and listing it on the app.



KARMA

The Karma app works in a similar way to Too Good To Go and allows you to purchase takeaway food at a highly discounted price. Once you are signed up, you can earn loyalty bonuses every time you place an order.



NOSH

Nosh is an AI-based app that helps you to track the food you have in your own home. Users can view expiry and use-by dates all on one screen, and prioritise what items they need to eat first. You can also receive recipe recommendations and a suggested weekly shopping list based on your buying and wasting habits.



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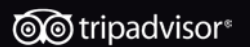
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Bananas about BANANAS

As well as being delicious, bananas are also one of the healthiest foods around. And what better time to celebrate them than National Banana Day on April 19?

LOOK AFTER YOUR HEART
Bananas are rich in potassium, which can help lower your blood pressure and prevent your arteries from becoming stiff.

TAKE CARE OF YOUR DIGESTIVE SYSTEM
The starch in bananas breaks down and becomes food for the beneficial bacteria in your gut. The pectin, meanwhile, can help keep you regular. Because bananas are relatively low in calories but also filling, they can also play a part in maintaining a healthy weight.

AVOID TYPE 2 DIABETES
The vitamin B6 and fibre in bananas may reduce your risk of type 2 diabetes. But if you already have this condition, ask your health professional before eating more bananas because they contain a lot of sugar.

IMPROVE YOUR WELLBEING
The vitamin B6 in bananas can help you sleep, while the magnesium can help your muscles relax. What's more, tryptophan, which converts into serotonin, together with the antioxidants also contained in this popular fruit, could help improve your mood.

BOOST YOUR ENERGY
The sugar and fibre in bananas will give you an instant energy boost. At the same time, potassium may reduce the risk of muscle cramps. This makes them a good snack both before and during exercise.

NOT JUST FOR EATING
Try these unusual uses for bananas:
> Use banana skins as a garden fertiliser – chop them up and mix them in the soil around your plants
> Tape a small piece of the inside of a banana skin to a wart or verruca to help remove it
> Mash up a banana and use it as a face mask – it will hydrate your skin and help reduce blemishes
> Use the inside of a banana skin to give dull houseplant leaves a shiny new finish.



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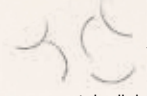


BEAUTY

GUIDE TO

False eyelashes

Would you love to have luscious lashes? While not everyone is born with long, fluttering eyelashes, you can fake it with some high-quality falsies.



INDIVIDUAL lashes are a great choice if you want a subtle boost to the fullness and length of your natural lashes. You

can get individual packs of lashes in sets of 30-60 strands and in a wide variety of lengths. Apply each individual lash using a pair of tweezers or a lash applicator.



CLUSTERS, which are sometimes referred to as flares or accents, are ideal for those who do not want to

apply a full strip of lashes. These can be strategically applied to create a number of different looks and are often used on the outside corners of the eyes to create a cat-eyed effect.



STRIPS are the most common type of false eyelashes and come as a horizontal band that you apply across your entire upper lash. With the ability

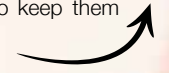
to add drama and volume, full lash strips are typically applied with lash adhesive and tweezers.



MAGNETIC lashes are a relatively new addition to the world of false eyelashes, and are perfect for anyone who struggles with the

gluing stage of the application process. Gentler on the skin and on your natural lashes, magnetic lashes can be easily applied with just magnetic eyeliner and a pair of tweezers.

EXTENSIONS are for if you want a fuller look all the time; they offer an effective and highly aesthetically pleasing solution. However, it is worth noting that eyelash extensions do not come cheap, and that regular maintenance is needed to keep them looking their best.



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Webster's Jewellers is a family run business established in 2022. Graeme Webster, the owner and jeweller, has 50 years experience in the jewellery trade. After leaving school, he headed straight into Hatton Gardens to begin learning this unique craftsmanship.



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Since then, Graeme has been the jeweller for many shops in Essex. After moving to Halstead, he finally felt this was the place he was to have his own name on the door, and so Webster's Jewellers was born.



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Photo credit: lolilashes.co.uk



FASHION

How to wear COBALT blue

Seen on catwalks in Paris, Milan, New York and London, cobalt blue is big news for Spring 2023. A bold and beautiful colour that demands to be seen, here's how you can wear this stunning shade in five different ways.

COLOUR CLASH

Cobalt blue has the unique ability to work well with almost all colours, including black, navy, white, beige, red, orange and green. Try adding an element of cobalt blue to a grey suit for understated elegance or grab attention by teaming it with yellow.

TRY TONAL

If you love to layer, then rocking various shades of blue is the perfect look for you. Cobalt blue and pastel blue work wonderfully together, with the lighter shade softening your look and the cobalt blue acting as the highlight of your outfit.

MAKE IT MONOCHROME

Alternatively, for a bold vibe, wear head to toe cobalt blue in the form of a trouser suit, jumpsuit or dress with matching shoes. This is a very slimming look, and you could even add some cobalt blue accessories.

DENIM DELIGHT

Cobalt blue and denim are a match made in heaven, and there are so many stylish ways to mix these two trends together. Whether you pair a cobalt blue shirt with your favourite jeans or rock a denim skirt and cobalt blue boots, you can't go wrong with this perfect combination.

ACCENT WITH ACCESSORIES

If cobalt blue is a little too in-your-face for you, then why not opt for a more understated look with some cobalt accessories? Look for a cobalt blue clutch or a pair of cobalt blue earrings and matching bracelet to give a plain outfit just the lift it needs.

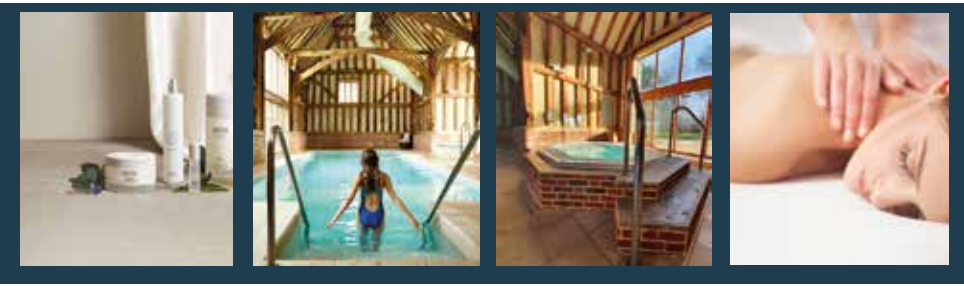


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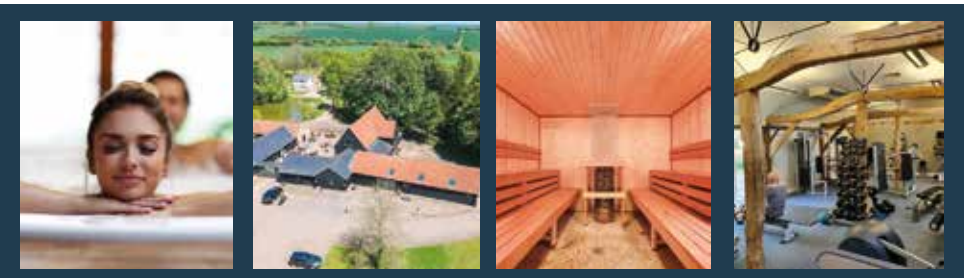
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AIRPORT *Pro*



TRAVEL

They say your holiday begins as soon as you arrive at the airport, which makes getting it right, pre-flight, all the more important. Here's our list of departure lounge dos and don'ts.

DO relax

Finally, your break from work and from the stresses of everyday life can begin. It's important to take time to relax – you deserve it!

DON'T stress about time

While it's important to be on time at the airport, it's also worth remembering you have plenty of time. Most pre-flight stresses come about because people panic they will miss their flight, but keeping a clear head is important, even if the departure gate seems like it's in a different postcode!

DO refresh

Although it's easy to grab a snack once in the air, buying a sensible meal and drinks after you pass through security is a good idea before a long flight.

DON'T be excessive

Many people celebrate going on holiday by having a tippie or two before the flight. While it might seem like a good idea at the time, arriving at the airport early or filling time if your flight is delayed, means it's easy to drink too much. If that happens, you run the

risk of being turned away at the gate.

DO organise hand luggage

Keep a close check on luggage allowance, and remember that the items you carry on board need to be scrutinised. Liquids of no more than 100ml should be kept in a single, transparent, resealable plastic bag which holds no more than a litre and measures approximately 20cm by 20cm. This should be placed at the top of your hand luggage, together with any electrical items.

However, restrictions on liquids and electrical items are on their way out. Airports in the UK have until June 2024 to install new security technology, which will mean passengers can carry up to two litres of liquids and large electrical items in cabin luggage as they go through security. London City Airport has already put this new technology in place, thereby reducing hassle for passengers.

DON'T overdo the shopping

While it's tempting to pick up booze, fragrances and all manner of other discounted items in the departure lounge, it's much smarter to do this on your return journey. Anything you buy in the airport before your outbound flight will contribute to your baggage allowance on your return flight. Whereas if you save your airport shopping for before your inbound flight, anything you buy can go in your hand luggage.



Moving home in 2023? What's the risk of your transaction falling-through?

It is probably more likely than you think but your choice of conveyancer can make all the difference.

Give yourself the best chance of a successful completion on your home purchase or sale by working in partnership with Holmes & Hills Solicitors. Benefit from our successful completion rate that is 22 per cent higher than the national average reported by Rightmove¹.

What number of property transactions fall-through?

Rightmove report that, on average across the country, approximately 30 per cent of property transactions fall-through². It is a much higher percentage than most buyers and sellers expect it to be.

Reduce the risk of your transaction falling-through

Those using Holmes & Hills Solicitors' conveyancing services benefit from a 22 per cent higher successful completion rate compared to the national average. This means your transaction has an increased chance of successfully completing when Holmes & Hills is advising and representing you in your property transaction.

Why do property transactions fall-through?

Your transaction might fall-through for a number of reasons, including your buyer finding another property; a surveyor identifying issues with the property; or a buyer's solicitor identifying issues surrounding matters such as rights of way, covenants, lease terms, easements, overage, options or boundary issues.

Why is Holmes & Hills' successful completion rate 22 per cent higher?

Holmes & Hills has a large team of 22 property lawyers dealing with second-hand, new-build and shared ownership property across the

country. The size of the team means there is unlikely to be an issue the team hasn't seen and resolved before.

Proactively identifying and resolving problems means we can keep your transaction on course, reducing the risk of your property transaction falling through and securing you a successful completion.

Benefit from fixed fee packages

As well as an increased chance of your transaction successfully completing, Holmes & Hills provides fixed-fee residential conveyancing quotes with no hidden charges. When you obtain conveyancing quotations from other law firms you may find charges for completing Stamp Duty Land Tax forms, dealing with lenders and leasehold fees. With Holmes & Hills, these items are included within our legal fee. We give you a simple, transparent, fixed-fee quotation.

Partner with Holmes & Hills to secure your transaction

By working in partnership with our clients, local estate agents, mortgage brokers, and financial advisors, Holmes & Hills' residential property lawyers will ensure a smooth transaction, whilst protecting your legal interests. Call Holmes & Hills Solicitors on 01787 425312 and ask to speak to the Client Enquiries Team or email advice@holmes-hills.co.uk.

¹Holmes & Hills' successful completion rate is calculated using sample data for 526 residential property transactions started between July 2022 to September 2022 and is compared to the national average successful completion rate of 70.3% (provided by Rightmove, 13/02/2023).

²Rightmove data supplied on 13/02/2023.

Don't worry BE HAPPY

If you are feeling a little down, this may not be because of something happening (or not happening) in your life, but may be owing to where you live.

According to an annual survey carried out by property experts Rightmove, there are 10 places in the UK where residents feel the happiest.

1. **St Ives, Cornwall:** Coming in at number one is St Ives in Cornwall, which scored highly for community spirit, safety and a sense of belonging.
2. **Galashiels, Scotland:** One of the most affordable areas in the top 10, Galashiels scored highly for friendliness and politeness of the locals.
3. **Woodbridge, Suffolk:** The market town of Woodbridge came in third overall and first in the East of England.
4. **Hexham, Northumberland:** Well known for its stunning floral gardens and parks, the market town of Hexham came in fourth on the list.
5. **Perth, Scotland:** The vibrant riverside city of Perth, which was once the capital of Scotland,

came second in Scotland and fifth overall owing to its sense of belonging.

6. **Harrogate, Yorkshire:** Harrogate is a designated Area of Outstanding Natural Beauty and scored highly on access to nature and green spaces.
7. **Anglesey, Wales:** Hitting the top spot in Wales, Anglesey gained the highest score for its local green spaces and abundance of nature.
8. **Bury St Edmunds, Suffolk:** A historic market and cathedral town, Bury St Edmunds is surrounded by countryside and boasts a rich history.
9. **Stirling, Scotland:** Coming in third out of all locations in Scotland and ninth overall, the historic city of Stirling is known for its friendly local community.
10. **Cirencester, Gloucestershire:** Cirencester sadly could not beat St Ives in the South West but still made it into the top 10 owing to its beautiful countryside and picturesque Cotswold villages.



Picasso

...BEST ARTIST EVER?



Pablo Picasso, who died 50 years ago this month at the age of 91, wasn't just a painter. He was also a sculptor, printmaker, ceramicist, stage designer and writer. At times, he was almost as famous for his complicated love life as his art – and the many women in his life played a massive role in his art.

Picasso was born in Malaga, southern Spain, in 1881. In 1904, aged just 23, he moved to Paris. The French capital was the centre of avant-garde art – experimental art that challenged the norms of the time.

Picasso produced so much work that art historians have divided it into eight categories. The best-known is Cubism, which Picasso co-invented with fellow artist Georges Braque around 1910. Cubism involves painting an object from lots of different angles and combining them into the same picture.

Between the two world wars, Picasso became heavily involved in the Surrealism movement, made famous by artists like Salvador Dali. In 1937, during the Spanish Civil War, Picasso was commissioned by the Republican government to paint one of his most famous works. The mural, *Guernica*, which includes images of fallen soldiers and injured horses, symbolises the pointlessness of war.

It's subjective as to whether Picasso is the best artist ever. His technical skills were as good as anyone's – he could produce paintings like old masters while still in his teens. But what's certain is that no one in the 20th century influenced art quite like he did.

DID YOU KNOW?

- > Picasso's iconic striped t-shirt was designed by Coco Chanel
- > His full name is actually 23 words long: Pablo Diego José Francisco de Paula Juan Nepomuceno María de los Remedios Cipriano de la Santísima Trinidad Mártir Patricio Clito Ruiz y Picasso
- > He produced 47,800 works of art in his 78-year career
- > His father was an art professor
- > In 2005, his painting *Le Rêve* sold for \$155million.



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DOWN: 1. DECOMPOSITION, 2. BASED, 4. REFORM, 5. UNACCEPTABLE, 6. EMOTIVE, 7. TREASURE TROVE, 8. FORMALDEHYDE, 14. INSULIN, 16. EDICTS, 19. BIFED



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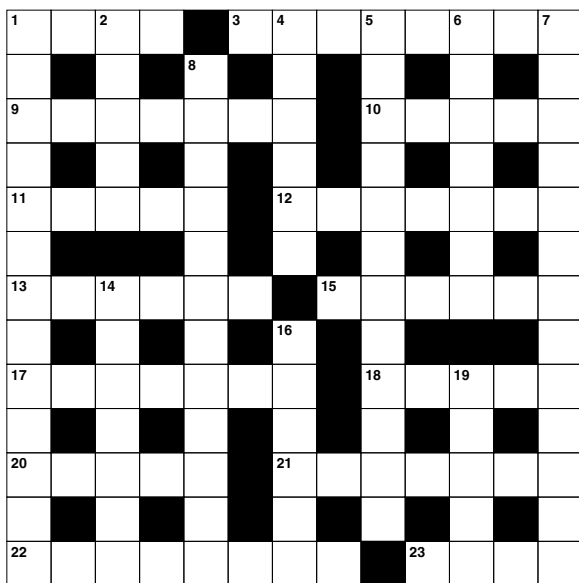
Answers: see end of The VISION Listings

ACROSS

- Liability (4)
- Heated exchange of views (8)
- Free a ship from her moorings (4,3)
- Opposite of below (5)
- Device used to connect to the internet (5)
- Pulls back from (7)
- Bird with yellow and black plumage (6)
- Seem (6)
- In the place of (7)
- Head monk of an abbey (5)
- Embed; type of filling (5)
- West Indian musical style (7)
- Gibberish (8)
- Verge (4)

DOWN

- Decay (13)
- Beads (anag) (5)
- Implement change (6)
- Hidden store of valuables (8,5)
- Intolerable (12)
- Preservative chemical (12)
- Passionate (7)
- Pancreatic hormone (7)
- Official proclamations (6)
- Animal that uses two legs for walking (5)



DID YOU KNOW?

- ▶ One million Earths could fit inside the Sun – and the Sun is considered an average-sized star.
- ▶ The sunset on Mars appears blue.
- ▶ Space is completely silent. There is no atmosphere in space, which means that sound has no medium or way to travel to be heard.
- ▶ There are more trees on earth than stars in the Milky Way. There are about three trillion trees on Earth, and between 100 to 400 billion stars, approximately, in the galaxy.
- ▶ Saturn is the only planet in our solar system that is less dense than water. It could float in a bathtub – if anybody could build a bathtub big enough.
- ▶ One day on Venus is longer than one year on Earth.

SUDOKU

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

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