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Drumroll please...

Mr. Devany, MBBS, MRCS, FRCS (Tr & Orth) is a lauded Trauma and Orthopaedic Surgeon with specialist interest in the Foot and Ankle, so if you have sports-related injuries of the foot/ankle, require joint injections, or have heel pain or bunions which need attention...or indeed any concerns with your feet at all...then he is your man.

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trained eye to treatments designed to make the best of your features. "All faces are not the same," says Mr. Devany. "Yes, we all have two eyes, one nose and a mouth, but the proportions are different in each and every one of us. Age plays a factor too, so knowing exactly which facial muscles need attention is down to skill, knowledge of facial anatomy and experience. Sometimes, just a little dermal filler, judiciously positioned, is enough to soften marionette lines. Or a touch of muscle-relaxant between the brows removes the permanent frown. No-one but you will know that you have had anything done...



you will just look fresher...like you have been on holiday."

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Editor's notes...

JUNE 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Halstead Braintree. In this month's edition, we reflect on the King's coronation. It was a momentous occasion that brought together people from all walks of life to celebrate the rich history and tradition of our great nation.

The coronation was a reminder of the importance of this institution and the values it represents - duty, service and devotion to country.

It was a moment of pride for all of us to witness the pageantry and splendour of the coronation, from the grand processions to the historic venues that hosted the ceremony. The event showcased the best of British culture and tradition, and reminded us of the deep roots that connect us to our past.

Most importantly, I hope you had a chance to use the coronation as a reason to catch up with family and friends and to celebrate together. There were a number of street parties, afternoon teas and community events taking place across the local area, allowing neighbours to get together and commemorate an occasion most had never before witnessed.

As we enter the summer months, it really was a great way to reconnect, reflect and look forward to the rest of the year. I hope you enjoy this month's edition.

Nik Allen

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

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King Charles' Vision



They claim that patience is rewarded with the finest treasures, and His Majesty King Charles III's lengthy 70-year wait as the heir apparent undoubtedly demonstrates his worthiness for the throne.

Now, after being confirmed in the eyes of God during his coronation in May, His Majesty will finally implement his grand vision, aiming to propel the Windsors into the modern era.

So, what will this mean for the King, those closest to him, and us, his loyal subjects?

A key principle of King Charles III's plan is to streamline the royal family. In recent years, this process has unfolded somewhat naturally, with Prince Harry voluntarily stepping back from his official duties and Prince Andrew being removed from his responsibilities.

However, under the provisions of the Regency Act 1937, in the event of the monarch's incapacity, their spouse and the four eligible adults next in line to the throne can act as substitutes. This means that the Duke of Sussex, Duke of York and Princess Beatrice are authorised to fulfil these roles – yet there is a problem, in that they are not working royals.

King Charles III has already amended this law in Parliament to allow his siblings Prince Edward and the Princess Royal Anne to act as additional councillors, but perhaps he will go further and make it so that such duties and privileges are only fulfilled by working royals.

Having experienced numerous turbulent periods in the monarchy's history, King Charles III possesses a keen awareness of the Republican sentiment prevailing among certain sections of the British population. While the late Her Majesty Queen Elizabeth II enjoyed immense

popularity, there are those who firmly believe that the time has come to dissolve the monarchy and forge ahead into a fully modern and democratic Britain. However, when we consider the substantial contributions of the monarchy to our economy and the profound cultural value of our traditions and illustrious history, it becomes evident that the potential losses outweigh the gains.

According to Forbes, the House of Windsor is estimated to hold a value of £19billion. Moreover, although the annual cost of royal upkeep for UK taxpayers amounts to approximately £500million, Brand Finance estimates that the monarchy's brand contributes £2.5billion to the British economy over the same period.

In essence, His Majesty understands his significance, but he also recognises the importance of connecting more deeply with the everyday people in his kingdom. Addressing challenges such as the recent cost-of-living crisis, and its prevalence in people's minds over the King's own passions, such as the environment, are essential for him to ensure a peaceful reign.

An additional challenge that His Majesty may encounter is the requirement to refrain from taking a stance on partisan matters, including the pressing issue of climate change. He has long been an advocate for a greener planet, having converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus wine, adopted biomass boilers for heating Birkhall estate, and installed solar panels at Clarence House. Laura Tobin recently stated on *Good Morning Britain* that changes have also been implemented at Buckingham Palace, where the lights have been turned off at night as an energy-saving measure.

As a man who has skirted both sides of the popularity divide over the decades, the opportunity to cement himself as an exemplar for a modern royal family is surely one he won't pass up.



Photo credit: Shutterstock

A FINAL FAREWELL TO

SOCCER AM

SOCCER AM'S SATURDAY FUN IS OVER, BUT THE LEGACY REMAINS

While the popularity of football is seemingly unending, not all survive the sport's continued evolution, with *Soccer AM* becoming the latest entity to be consigned to glorious retirement.

For a long while, the Saturday morning Sky show was a ground-breaking, perfectly unrefined piece of footballing irreverence. It set up the weekend's action with a laddish, lager-tinged layabout appeal that original presenters Tim Lovejoy and Helen Chamberlain lapped up.

A show that bolstered the careers of the likes of Andy Goldstein, Max Rushden, John Fendley, Tubes, Rocket and countless 'Soccerettes', its comedic approach saw many of its features permeate modern culture. From 'tekkers' to the Crossbar Challenge, Taxi! to the Save Chip campaign, not to mention the 'easy' chant and associated arm action, and getting the word 'bouncebackability' entered into the Oxford English Dictionary, *Soccer AM* finished up just a year shy of the 30-year mark, with the final show broadcast on May 27, 2023.

The death knell had sounded loudly in the past, though glorious reinvention saved *Soccer AM* from its demise. Yet with ratings continuing to fall, the final whistle has now been blown.

Despite a stellar cast of guests over the years, including Noel Gallagher, Tyson Fury, James Dean Bradfield, Richard E. Grant and Gordon Ramsay OBE, critics have, in the past, pointed to the show's politically incorrect content. Former producer Rocket recently said: "I don't know if that show can exist now because if there's a reason to complain about something, generally someone will."

While the show was always destined to ride the thin line between entertainment and controversy, its cessation became as much to do with the fact that even the biggest and best become tired and staid.

Regardless, *Soccer AM* ran a course longer than a generation of footballers, and for that reason, it will be remembered as one of the sport's greatest cultural success stories.



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MOTORING

HOW TO PROTECT YOUR CAR IN

HOT WEATHER

When temperatures soar, your vehicle requires a little bit of additional TLC. Unless, of course, you don't mind having to fork out for expensive repairs.

PARK IN THE SHADE: Although this may seem obvious, it is really important that you try to park your car in the shade when the sun is at its hottest. This will help to prevent your dashboard from drying out and cracking.

USE A WINDSHIELD PROTECTOR: A windshield protector can help to keep your car cool and prevent sun damage. These are low-cost and easy to use; simply unfold and slide into place on your dashboard.

WAX YOUR CAR: If a heatwave is on its way, it can be a good idea to wax your car as this provides a layer of protection between your car and the sun's powerful ultraviolet rays.

CHECK THE TYRE PRESSURE: Hot pavements and low tyre pressure are a dangerous combination and can lead to a blowout. Therefore, you should make sure that you regularly test your tyre pressure when the warm weather hits.

USE SEAT COVERS: As well as protecting both leather and fabric seats from spillages and stains, seat covers can also help to keep them cool and prevent sun damage.

CHECK YOUR COOLING SYSTEM: To prevent your engine from overheating, you need to make sure that the cooling system is in good working order. Have the belts checked and the antifreeze drained. Also, make sure that you change the belts and fluids on a regular basis.

WASH AND DRY OFTEN: Both sun and heat can cause your car's exterior to crack and fade. However, frequent washing and hand drying can help to remove dirt and dust particles that can cause scratches and dull your car's finish.



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Photo credit: Pinterest @samseite

CREATE A VERTICAL GARDEN INDOORS

Indoor plants will improve the air quality in your home, and could also help reduce stress and increase concentration. Also, if you grow herbs, you can harvest them all year round to perk up your culinary creations. One of the biggest home trends of 2023 is the vertical indoor garden – simply a group of plants arranged on a single wall to save precious floor space. Read on to find out how to get started.

YOU WILL NEED:

- > A selection of shelves, containers and hanging baskets. Although you can buy specially designed containers for your plants, recycled items usually look more interesting and are also kinder to the environment. Wooden boxes, wire baskets, tins and even cut-down plastic drinks bottles all work well. Just remember to add drainage holes to containers if necessary.
- > A selection of plants and herbs. Rubber plants, dragon trees and the good old spider plant are excellent choices – they help remove formaldehyde, one of the main toxins in indoor air. Tarragon, thyme, rosemary, basil and mint all grow well indoors. If you're feeling adventurous, try growing cherry or plum tomatoes. But remember, they'll need somewhere warm and sunny.
- > Suitable compost.
- > DIY tools and materials to fix your containers firmly in place, and a sturdy stepladder.

HOW TO MAKE:

STEP 1: Work out how you're going to arrange your plants and containers. You could make a sketch, or lay out the items on the floor. You don't need to be exact and can change things as you go, but a plan is always handy.

STEP 2: Fix all the containers and shelves in place, ensuring they're secure.

STEP 3: Fill all your containers with compost, then add the plants.

STEP 4: Water your plants and work out a routine to take care of them.

STEP 5: Sit back and watch your garden grow.



HOME & DIY

ECHLIN



LOVING THE ECHLIN LOOK AND LOOKING FOR INSPIRATION?

Recreate this incredible design style in your home using the following tips:

- ⊕ Keep spaces **LIGHT** to make them feel open and airy. Choose lighter neutral shades for walls and floors, like creams and greys, and add darker contrasts through furniture and accessories.
- ⊕ Look for **UNIQUE** items that will stand out as a focal point for the space. A statement headboard or large piece of art can draw the eye, without taking away from the rest of the room.
- ⊕ Add a refreshing touch with pops of **COLOUR** using cushions, curtains and occasional chairs.
- ⊕ Keep your interior **UNCLUTTERED** and make the most of available storage for a clean space that will promote serenity.

Echlin is a contemporary interior design house that bases its work on the principles of “wellbeing and craftsmanship”, creating looks that are light and spacious – an oasis of calm that is wonderful to observe.

The designs are understated and beautiful, and are excellent examples of how to blend creative design with modern living to create timeless interiors.

ABOUT ECHLIN

Echlin was founded by Mark O'Callaghan (top left) and Sam McNally (top right) in 2011. Both bring a wealth of design experience to the table, and the result is a design house that creates elegant looks with a clear 20th-century elegance. Using different textures such as wood, stone and metal, Echlin designs are made to stand the test of time.

Their designs are stylish but practical and use neutral canvasses brought to life with different materials, including leather and soft velvets, as well as the occasional pop of colour.



Photo credit: echlinlondon.com

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Cricket club remembers much-loved groundsman



Photo credit: Roger Cuthbert

A beloved groundsman who has had ties with Halstead Cricket Club (HCC) for 70 years sadly passed away last month.

Brian Firmin's (pictured above) association with the club first began in 1953 when he umpired during the school holidays.

For 32 years, Brian was the club's groundsman, before he retired from the role in 2018.

A spokesperson for the club said: "Brian embodied [the club] and was always the first person people from other clubs would ask about when you told them you played for Halstead. Our number one fan, Brian would always be in good voice from the sidelines, quick to let you know if you'd done the basics wrong, but always proud to see the boys succeed."

Visiting clubs Woolpit, East Bergholt and Kelvedon all observed a minute of silence at the beginning of their games versus Halstead on May 27.

Afterwards, the HCC spokesperson said: "Thank you to all those in the cricketing community for the kind words, memories and condolences."

Page was charged with three offences on April 25. Ahead of his sentencing on May 25, Page was arrested again following reports that he had exposed himself on a public bus on May 12.

An Essex Police spokesperson said: "We understand that there have been social media posts regarding this investigation. While we appreciate the public's concern, we ask that these are removed to protect the ongoing investigation."

The sentencing has been postponed. It is unknown when it will be rescheduled.

Council exceeds affordable homes target

Braintree District Council exceeded its target for new affordable homes for 2022/23.

Across the district, 288 new affordable homes were completed – 38 more than the council's original target.

Since 2017, the council has helped to deliver more than 1,400 additional affordable homes.

Councillor Lynette Bowers-Flint, cabinet member for housing, health and wellbeing, said: "The delivery, supply and demand for affordable housing remains one of the most complex and challenging issues that local authorities and partner landlords deal with."

"Working in partnership with other social landlords and the private rented sector as part of our healthy housing strategy work, we will continue to focus on supporting the supply of affordable housing which local people can afford and so desperately need, increasing the options available to move people off the waiting list into suitable affordable homes, while making improvements to existing homes."

Man awaits sentencing for public decency offences

A Braintree man who admitted offences of outraging public decency exposed himself just weeks before he was due to appear in court.

Grahame Page, 64, of Lister Road, was arrested on April 24 after an investigation was carried out by specialist child sexual exploitation team detectives.

A number of incidents were reported in Braintree and Great Notley between April and September last year.



Photo credit: Braintree Council



LOCAL NEWS

NEWS FROM HALSTEAD FC...

THE HUMBUGS



Photo credit: A Twist of ABBA Facebook

So here we are in close season, and you may not think much is happening at the club.

On the surface, that may seem true, but running a Step 5 football club is a 365-day-a-year occupation for the hard-working committee and band of helpers. There's much-needed sprucing up and improvement of the facilities taking place, as well as that all-important pitch preparation, which is a significant piece of work for the ground staff to execute a tightly put together plan – there's only approximately eight weeks between the last game of the old season and first game of the new.

The team management are hard at work negotiating with players in order to build an even more competitive squad. The full line-up of teams competing in the Essex Senior League for 2023/24 has just been

confirmed by the FA and there is no doubt that next season could be the most competitive set of teams taking part since the league was founded many years ago – so the Humbugs will have to be at the races from the very start of the season.

The final touches to the pre-season schedule are just being made, but it looks like the first game could be as early as Friday, July 7. Keep an eye on the website to see the full schedule once confirmed.

The club recently held what is hoped to be the first of several music nights in the clubhouse, when the excellent tribute act A Twist of ABBA entertained a great crowd.

For up-to-date information regarding preseason friendlies, next season's fixtures and news at the club, please visit www.halsteadtownfc.com

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YOUR LOCAL EVENTS



WHAT'S ON

RABBIT RABBIT

Halstead Empire Theatre, Butler Road,
Halstead, CO9 1LL
Friday, June 23, 7pm



Photo credit: Triple Cream

A celebration of music from Chas and Dave, *Rabbit Rabbit* is the latest touring theatre show to come from leading theatre show producers Entertainers.

Performed by the renowned trio Triple Cream, with their fantastic musicianship and witty banter, this fast-moving spectacular will have audiences smiling from ear to ear.

This event is a fundraiser for TeiganSmile, a charity launched by the parents of 12-year-old Teigan Bayliss to support children with cerebral palsy and their families.

Tickets can be purchased for £10 from www.empire-theatre.co.uk/rabbit-rabbit

BRAINTREE STREET MARKET

5 Market Place, Braintree, CM7 3HJ
Saturday, June 24, 9am – 5.30pm

Located a short walk from George Yard, and held on the last Saturday of each month, the market will feature a mix of stalls including street food, drinks, gifts, homeware and more.

BRASS BAND CONCERT IN THE GARDENS

Braintree and Bocking Public Gardens,
43 Bocking End, Braintree, CM7 9AE
Sunday, June 25, 3pm – 5pm

Braintree and Bocking Public Gardens, the team responsible for providing, maintaining and preserving the gardens as a community green space, are hosting their popular free brass band concerts throughout the summer.

The band will play for two hours with a short break.

FOLK MUSIC NIGHT

Hedingham Castle, Bayley Street,
Halstead, CO9 3DJ
Tuesday, June 27, 7pm – 10pm

For seven years, folk duo Christina Alden and Alex Patterson have enjoyed extensive touring in both the UK and Europe, written and self-released four albums, composed music for a BBC Radio 4 documentary series and chalked up more than a million streams on Spotify.

They now set out on their first major tour following the release of their 2021 album, *Hunter*, which has received stunning reviews and much national airplay.

This is an accessible show, situated on the castle's ground-floor Tapestry Room. A full bar will be available on the evening.

Tickets are available to purchase for £14, head to www.hedinghamcastle.co.uk/events/folk-music-night-with-christina-alden-and-alex-patterson

A VINTAGE DAY OUT ESSEX

Witham Road, Cressing, Braintree, CM77 8PD
Saturday, July 1, and Sunday, July 2,
10am – 4.30pm

The Vintage Day Out is back for 2023, and this year it's bigger and better than ever before.

The event will be filled with classic cars, live music, fantastic entertainment, delicious caterers and amazing vintage-inspired stalls. There will be something for everyone to enjoy, whether you're a vintage enthusiast, a classic car enthusiast or just looking for a fun day out with friends and family.

Tickets can be purchased from www.helenrollason.org.uk/event/a-vintage-day-out-essex



Photo credit: Helen Rollason Cancer Charity



A piece of wartime history lost to industrialisation

This month, we remember Belmont Castle, an Essex site rich in history, which survived German artillery from above only to succumb to the gradual creep of industry from below ground.

A once-grand architectural gem, Belmont Castle stood majestically atop a hill in Grays. Erected in 1795 by Zachary Philip Lynch, this Grade II listed building was a symbol of wealth and prestige, boasting a rich history that spanned more than two centuries.

The castle was designed in the Gothic Revival style by Samuel Wyatt, and showcased an impressive façade characterised by tall, pointed arches, intricate stone carvings and a symphony of decorative elements. The building was adorned with battlements and turrets, creating an imposing silhouette against the Essex skyline.

Its grandeur was further accentuated by an expansive estate featuring vast gardens, meandering pathways and lush, verdant landscapes.

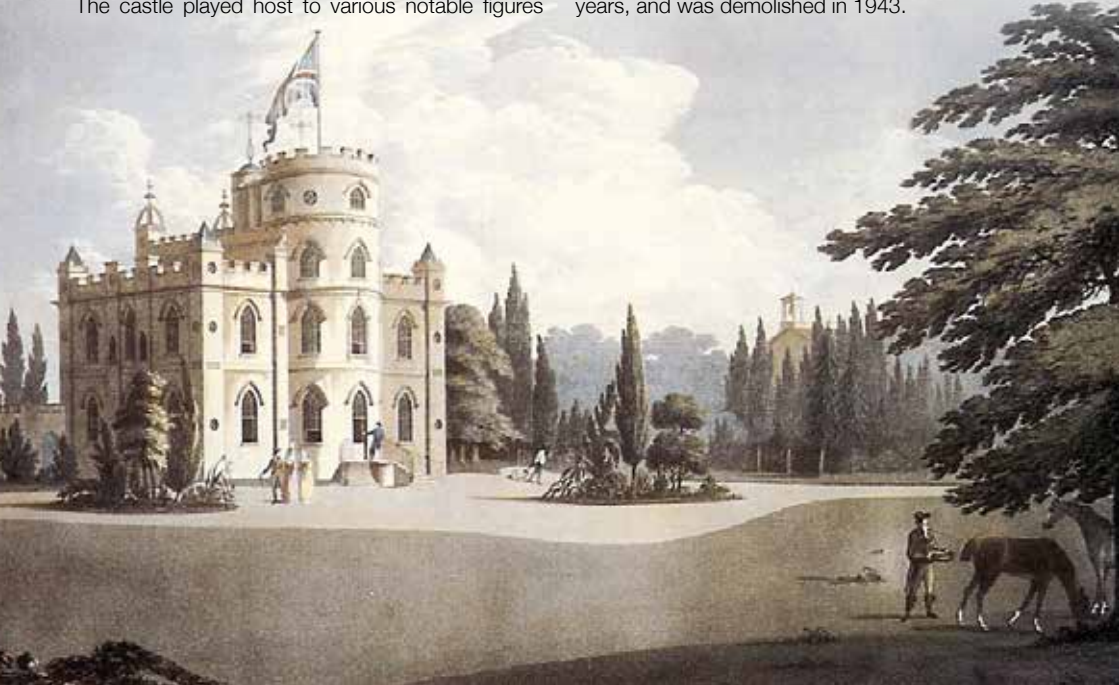
The castle played host to various notable figures

and events throughout its history. It is rumoured that the renowned English poet, Lord Byron, once stayed at the castle as a guest of its original owner, Zachary Philip Lynch.

In 1815, it was acquired by James Walker, a prominent civil engineer. He added an observatory, making the castle one of the few private residences in England to feature such an amenity. During the Second World War, Belmont Castle was requisitioned by the British Army and served as the headquarters for the Royal Artillery's Anti-Aircraft Division.

Many may have thought it was in good hands, having been returned to the state, yet in truth the move sounded the building's death knell. This was despite it being an exemplar of grandeur and a reflection of the opulence of a bygone era, and irrespective of its rich history, illustrious guests and unique features.

Belmont Castle was forced to make way for the relentless expansion of the huge Grays Chalk Quarry, which had crept unerringly towards it in the preceding years, and was demolished in 1943.



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Photo credit: Anthony Haney/Shutterstock

The coronation of
**KING
CHARLES III**
and his wife Queen Camilla

SATURDAY 6 MAY, 2023

GOD SAVE THE KING

Princes, princesses, presidents and pop stars alike crowded into Westminster Abbey to witness the historic coronation of His Majesty King Charles III, and what a marvellous day it turned out to be.

On Saturday, May 6, 2023, the world's gaze turned to Westminster Abbey in London. More than seven months had passed since we said a final farewell to our beloved Her late Majesty Queen Elizabeth II, and what bittersweet joy it was to witness King Charles III's official ascent to the throne.

Naturally, comparisons were not drawn between this event and the Queen's funeral, but instead to her coronation 70 years previously. This was the first televised coronation, broadcast on radio and television around the world. Both ceremonies were watched by millions, though the King's was the first British coronation to be televised in glorious, high-definition technicolour.

Regardless of your feelings about the monarchy, it can't be denied that when it comes to pomp, ceremony and splendour, no one does it like Great Britain.

The journey from Buckingham Palace to Westminster Abbey alone was a thing of wonder, with joyous fans lining the streets as more than 4,000 members of the Army, RAF, Royal Navy and Commonwealth forces in immaculate dress uniforms accompanied the Diamond Jubilee State Coach.

One BBC commentator remarked how the coach – drawn by eight Windsor Grey horses – looked like something from a fairy tale, before admitting that so ancient are ceremonies such as these, that the fairy tales are more likely based on them.

Inside the abbey, proceedings took on an even more timeless quality, with the two-hour ceremony effortlessly fusing the old and the new. One poignant example of this was during the presentation of the orb, sceptre and other regalia – pieces from the Crown Jewels that hold “incalculable cultural, historical, and symbolic value” and date back to the 17th century – by various faith leaders, and the carrying of the Sword of State by a resplendent Penny Mordaunt MP.

Another poignant moment was when the King was screened from the public as he was anointed with holy oils by the Archbishop of Canterbury, because this is an event historically regarded as taking place between the sovereign and God. The anointing was carried out using an ampulla and coronation spoon, which is believed to date back to the 12th century.

Finally came the moment all had been waiting for as His Majesty sat resplendent in the Robe Royal – made for King George IV's coronation in 1821 and one of four robes worn during the service – and was adorned with St Edward's crown. After crowning Charles, the Archbishop boomed, “God Save the King”, a sentiment that was then echoed by all in attendance.

Shortly after, Her Majesty Queen Camilla was also crowned, with Queen Mary's Crown placed on her head. Interestingly, she was granted the title of Queen on the late Queen Elizabeth II's request.

The late His Majesty Prince Philip, on the other hand, was never given the title of king. This is because a ruling queen's husband is called a Prince Consort, as the title of king is only given to a monarch who inherits the throne. If King Charles passes away before Queen Camilla, Prince William, who is the heir to the throne, will become king. Queen Camilla will not become a reigning queen; her title will change to queen dowager, the official term for the widow of a king.

Following the ceremony, the King and Queen were joined by the other senior royals and their children on the balcony at Buckingham Palace for the traditional Royal Air Force flypast which, despite the rain and subsequent need to simplify the air show, drew to a close to a most historic and memorable day for all.

A new King, a new set of values, and a new era for all.





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GARDENING



Belladonna is one plant that you do not want growing in your garden. Belladonna, sometimes referred to as deadly nightshade, is extremely toxic to humans, dogs and cats, and needs to be quickly identified and removed.

WHICH PARTS ARE TOXIC?

All parts of the belladonna plant are toxic to humans and domesticated animals, including the leaves, flowers, fruits and roots. It is not toxic to birds and wildlife, although when honeybees feed on belladonna, the honey they produce can also be toxic.

HOW TO IDENTIFY BELLADONNA

Belladonna is a tall and bushy perennial that grows three to four feet high and wide. It boasts dark green leaves that are oval and unevenly sized. On the bottom part of the plant, the leaves are solitary but on the upper parts, they grow in pairs. Belladonna blooms from June through to early September, with dull purple or lavender flowers that are slightly scented.

The fruit ripens between late August and September and is black and shiny like a cherry.

HOW DOES BELLADONNA SPREAD?

Belladonna spreads very quickly, just like a weed. This plant dies back in winter and then regrows in spring from its thick, fleshy roots. Birds that eat the seeds can spread the plant to other areas via their droppings.

HOW TO REMOVE BELLADONNA FROM YOUR GARDEN

You must protect your skin when handling belladonna, so make sure you wear long sleeves, long trousers, boots and gloves. If the plant is particularly tall and there is a risk of it coming into contact with your face, then you should wear goggles.

- > Dig out the plant with all its roots
- > Dispose of the plant in your garden waste bin
- > Disinfect any tools you have used
- > Wash your work clothes immediately and separately from your other clothing.



easy Does it

THE SUCCESS OF CHARISMATIC EASYJET FOUNDER, SIR STELIOS HAJI-IOANNOU

When launching a brand, it pays to make sure you have people rooting for you. And easyJet founder Sir Stelios Haji-Ioannou has one big thing on his side – charisma.

The now 55 year old, whose success as the founder of a revolutionary airline concept soon led to him being instantly recognisable by first name only, caused a major stir in the airline business in the mid-1990s when he started running a cheap shuttle air service between Luton and Scotland.

At the time, the concept of cheap air travel was one that had never taken off – literally. However, by putting on a ‘no frills’ service that did away with complementary food, refreshments and even seat reservations, Stelios found a gap in the market that short-haul travellers loved.

Soon, the airline was servicing destinations across

Europe. With fares starting at just £1, the marketing took care of itself.

It wasn't Stelios's first venture into transport. He had previously owned a shipping business, Stelmar Shipping, and had learned the ropes from his father, who was hugely successful in the same space.

Yet nothing quite rivals the serial entrepreneur's achievements with easyJet. He and his family still own one-third of the business, which values his stake at more than £4billion. This is despite the fact that, as a group floated on the stock exchange, he has repeatedly fallen out with the company's senior managers, declaring that shareholders have had no notable return in more than a decade.

Stelios's battles with Ryanair founder Michael O'Leary are also legendary – Stelios was once portrayed as Pinocchio on a Ryanair advert.

He now lives in Monaco, and received a knighthood from Her Late Majesty Queen Elizabeth II for services to entrepreneurship in 2006.



Photo credit: Stuart Clarke/Shutterstock

Holmes & Hills

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.

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FASHION



Spotted at Dior, Dries Van Noten, Prada and Lela Rose, florals have dominated the catwalk and are set to be everywhere this summer. Perfect for anyone who loves stand-out fashion, this is one trend that promises to lift your mood and make you smile.

HOW TO WEAR FLORALS THIS SUMMER

Wear with a plain solid colour

Mixing floral prints is very hard to do, so if you are new to wearing florals, it can be a good idea to wear your chosen print with a plain solid colour, preferably in a complementary or matching tone.

Add an edgy twist

If you find florals a bit too girly, then you might want to toughen up your look with something edgy such as a leather jacket or a pair of biker boots. Alternatively, you could add a masculine element with a tailored jacket or boyfriend jeans.



Experiment with accessories

For those who don't want to go full on with the floral trend, why not invest in a few floral accessories, such as a floral handbag, jewellery, scarf or hat?

Rock a floral shirt

A floral shirt is the way to go for style as appropriate for the office as it is for time with friends. Team with a pair of smart jeans for a casual day look, or wear a floral t-shirt with a tailored suit for a more playful take on your standard office attire. Or to test the water, why not invest in a floral tie?

HOW TO PICK THE RIGHT FLORALS FOR YOUR BODY SHAPE

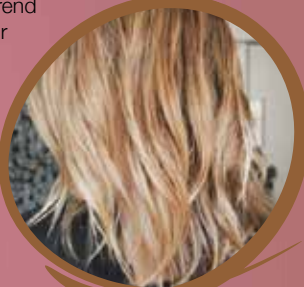
- * If you have a fuller figure, avoid oversized prints as these can make you appear wider than you actually are
- * If you have a slim build, then a medium floral print works best
- * Smaller prints work for most body shapes, including pear-shaped and hourglass
- * Use a large floral print on any areas of your body that you want to make look larger
- * Use a small floral print on any areas of your body that you want to make look smaller
- * Play with different proportions to see what works best for you.



Photo credit: ASOS.com



Goodbye GREASE



If you struggle with greasy hair, then these hairstyles are just what you need to skip a hair wash and still look and feel great.

BABY BRAIDS: If the front of your hair is prone to oil, then baby braids offer the perfect way to conceal this. Start by working a little bit of dry shampoo through your hair and then section out the front strands. Braid them as tightly or loosely as you like and secure with a clear hair band.

A SNATCHED PONY: Delivering a super sleek look, a snagged pony is bang on trend and perfect for days when you don't have time to wash your hair. Separate your hair into two sections (top and bottom half) and apply a smoothing serum. Then brush from roots to ends, making sure that the front is smooth and tight. Join the sections at the crown and secure with a hair band.

WET-LOOK WAVES: Rather than try to hide the natural oils in your hair, embrace them with wet-look waves. To start, dampen your hair and add a liberal amount of heat protectant spray. Then gently blow dry your hair and add waves using a curling iron. Apply hair oil to complete the look.

A ZIGZAG PARTING: Add a playful touch to a low ponytail with a zigzag parting. Perfect for distracting from greasy roots, you need to invest in a tail comb to get a zigzag parting right. Start at the centre of your parting and then use the comb to form a zigzag along the parting line. For best results, keep all the zigzags within the same one-inch margin.

A SILK SCARF: If your curls are looking a little oily, then pile them high on your head and add a silky scarf for added visual interest and to conceal grease at the roots.



Photo credit: Instagram @justinmarjan, capellistyle.it, Pinterest/goldfishkiss.com, terrificresses, Etsy

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Finding the time, not to mention the inclination, to exercise after having a baby can be hard. However, what if you could combine taking your baby for a walk with getting fit? Welcome to the world of stroller fitness.

WHAT IS STROLLER FITNESS?

As the name suggests, stroller fitness is a workout where you use your baby's buggy or stroller to get fit. Perfect for parents of all fitness abilities, a stroller workout can be as intense or as gentle as you make it. Plus, no babysitter is needed, as your baby will be with you every step of the way.

WHAT ARE THE BENEFITS OF STROLLER FITNESS?

One of the best things about stroller fitness is that it allows you to get back into exercise without having to leave your baby. Depending on the exercises that you choose to carry out, stroller fitness can provide a full body workout, or it can be used to target specific muscle groups or problem areas.

FOUR STROLLER EXERCISES TO GET YOU STARTED

Walking lunges: If you want to tone and strengthen your lower body, then walking lunges are a great choice. Take long strides as you push your buggy and lower your body until your front thigh is almost parallel to the ground. Continue for one minute, rest for 30 seconds, and repeat.

Jump squats: These burn more calories than standard squats. Use your buggy for balance, engage your core, push up through your heels as you jump up, focusing on soft knees as you land. Continue for 30 seconds, rest for 30 seconds, and repeat.

Pram chest press: Work your chest, arms and core with the pram chest press. Push through your shoulders, tensing your core as you push your buggy away from you and then pull it back towards you. Do 15 reps, rest, and do a further 15.

Pram chest press with lunge: To increase the intensity of your workout and up your heart rate even more, alternate walking lunges with the pram chest press. This exercise will work your whole body. Continue for 30 seconds, rest for 30 seconds, and repeat.



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Enchanting ELDERFLOWER

Elder trees are very common in the UK and, come late May, start to develop masses of tiny white flowers which eventually turn into purple elderberries. The elderflower is known for its light and floral taste and makes a great addition to cordials, cakes and more.

ELDERFLOWER CORDIAL

YOU WILL NEED: 2 ½kg granulated or caster sugar | The zest of 2 unwaxed lemons | 20 fresh elderflower heads | 85g citric acid – you can buy this online or at your local pharmacist

HOW TO MAKE:

- > Gently heat the sugar and 2 ¾ pints of water in a pan until the sugar has dissolved.
- > Bring to the boil and turn off the heat.
- > Add the elderflower heads, the lemon zest and the citric acid to the pan and stir well.
- > Cover the pan and leave to infuse for 24 hours.
- > Line a colander with a clean tea towel and set it over a large pan.
- > Ladle in the syrup and let it slowly drip through.
- > Pour the leftover liquid into a sterilised jar. You can sterilise a glass jar either on a hot rinse cycle in the dishwasher or in the oven for 15 minutes at 160°C/140°C fan/gas mark 3.

> The cordial is ready to drink and can be kept in the fridge for up to six weeks.

ELDERFLOWER DRIZZLE CAKE

YOU WILL NEED: 175g softened butter | 175g golden caster sugar | 3 eggs | 140g self-raising flour | 85g ground almonds | ½ tsp baking powder | 100ml milk | 4 tbsps elderflower cordial | 4 tbsps white or golden granulated sugar

HOW TO MAKE:

- > Heat the oven to 160°C/140°C fan/gas mark 3.
- > Grease and line a 900g cake tin.
- > Beat the butter and 175g sugar until light and fluffy.
- > Add the eggs, flour, almonds, baking powder and milk, then whisk until smooth.
- > Pour into the tin and bake for 45-50 minutes until risen and golden.
- > Prick the cake all over with a skewer.
- > Mix the cordial and extra sugar and pour all over the cake.
- > Leave to cool in the tin and drizzle with icing if you wish.



FOOD & DRINK



King Charles' CORONATION QUICHE

With the coronation still fresh in everyone's minds, why not have a go at making your very own King Charles coronation quiche? This dish was chosen to celebrate British seasonal produce – and also because the King loves eggs and cheese.

YOU WILL NEED: (serves 6)

FOR THE PASTRY: 125g plain flour | 25g cold butter, diced | 25g lard | 2 tbsp milk | Pinch of salt. Or 250g block of readymade shortcrust pastry

FOR THE FILLING: 125ml milk | 175ml double cream | 2 medium eggs | 1 tbsp chopped fresh tarragon | 100g cheese | 180g cooked spinach, lightly chopped | 60g cooked broad beans | Salt and pepper | Pine nuts for garnish, if desired | You will also need a 20cm flat tin and baking beans

HOW TO MAKE:

1. To make the pastry, sieve the flour and salt into a bowl. Add the butter and lard and rub the mixture together using your fingertips until you have a breadcrumb-like texture.
2. Add the milk a little at a time and bring the

ingredients together to form a dough.

3. Cover and leave to rest in the fridge for 30-45 minutes.
4. Lightly flour your work surface and roll out the dough into a circle approximately 5mm thick.
5. Lightly grease the tin with butter and line with the pastry, being careful not to make any holes. Cover and rest for a further 30 minutes in the fridge.
6. Preheat your oven to 190°C/170°C fan/gas mark 5.
7. Line the pastry case with greaseproof paper, add baking beans and bake for 15 minutes.
8. Take the case out of the oven, remove the paper and beans, and leave the pastry case to one side.
9. Reduce the oven temperature to 160°C/140°C fan/gas mark 3.
10. To make the filling, beat together the milk, cream and eggs.
11. Scatter half of the cheese into the blind-baked base and then top with spinach, broad beans, tarragon and seasoning.
12. Season and pour over your liquid mixture of milk, eggs and cream.
13. Sprinkle over the remaining cheese.
14. Place in the oven and bake for 20-25 minutes until set and lightly golden.
15. Garnish with pine nuts if desired.



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SLEEP like a baby?

Are you thinking of co-sleeping but not sure if this is the right choice for you and your baby? Discover five benefits of co-sleeping below. Plus, five factors that mean you should NOT co-sleep.

1 You can meet your baby's immediate needs

Most babies require feeding, changing and soothing throughout the night. If you are close to your baby, then you can meet their needs without having to get out of bed. You can also do this with minimal disruption, which means your baby is more likely to fall quickly back to sleep.

2 You can build up your milk supply

For breastfeeding mums, co-sleeping can help you to maintain a good milk supply for your baby. As breastmilk production works on a supply-and-demand basis, if you are sleeping with your baby, you are in the ideal position for frequent night-time feeds.

3 Your baby can practise self-rousing

Although sending your baby into a deep sleep may sound appealing, babies are not actually meant to sleep in this way. Babies who co-sleep are frequently roused when close to their mothers, which can help them to learn how to use their self-preservation instinct to rouse when there is any danger.

4 Your baby can develop stronger bonds

Research suggests that infants who co-sleep develop stronger emotional relationships both with their parents and with other people. It may also help children to grow up with higher self-esteem and less anxiety, and to become more independent.

When you should NOT co-sleep:

- > You have been drinking alcohol
- > You are a smoker or use e-cigarettes
- > You have taken any drugs that may cause drowsiness
- > Your baby was premature (born earlier than 37 weeks)
- > Your baby had a low birth rate (less than 2.5kg or 5.5lbs).



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TRAVEL

PLANE sailing

Love family holidays but dread flying with young children? Discover five ways to keep your kids occupied on a plane, with options for all ages.

BOOK A WINDOW SEAT

If your budget allows for it, booking a window seat is a great way to keep your children entertained during take-off and landing. Whether they just gaze at the views below or look for animals in the cloud shapes, children of all ages can enjoy looking out of the window during a flight.

ACTIVITIES TO KEEP THEM OCCUPIED

Remember to pack colouring and puzzle books in your hand luggage to help keep boredom at bay. Alternatively, bring blank paper and pens and ask your children to draw what they can see out of the window, or what they imagine your destination will look like.

You can also bring travel games or even a pack of playing cards; simple games like snap are perfect for little ones, while older children can enjoy more advanced games like solitaire.

DOWNLOAD AN AUDIO BOOK

If you want a bit of peace and quiet but you don't want your kids glued to a screen the entire time, then an audio book is a great alternative. There are so many books to choose from – just make sure you remember to pack headphones.

PACK PLENTY OF SNACKS

Do not underestimate how distracting snacks can be for kids during a flight, especially younger ones. Rather than buying them on the plane, bring a selection of your children's favourite snacks with you in your hand luggage and then give them out sporadically throughout the flight.

TALK ABOUT YOUR TRIP

Chatting about what you are planning to do when you get to your destination and what you are excited about, can be a great way to pass the time and engage with your children. You can also take the opportunity to teach them about the different places you are flying over.



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A Very BRITISH RACKET

Nothing conjures up a British summer better than Wimbledon, the oldest tennis championship in the world. In true British fashion, it's not all about who wins – or even the lovely sound as the racket whacks the ball. Think strawberries and cream, bizarre tennis outfits, celebrity spotting, and an endless obsession with the weather.

Yellow tennis balls were introduced in 1986 because they were more visible on TV than the white ones.

At the last Wimbledon tournament, spectators consumed almost 2,000 servings of strawberries and cream, along with a staggering 250,000 glasses of Pimm's.

To mark this year's contest, which takes place from July 3 to 16, let's look at a few fun facts.

The tournament employs around 250 ball boys and girls, selected from 27 nearby schools, who must pass a test to ensure they can stand still for at least three minutes.

The first Wimbledon took place in 1877, but only involved men's singles. Ladies weren't allowed to compete until 1884.

The longest tennis match in history was held at Wimbledon in 2010. It lasted for 11 hours and five minutes over three days between Frenchman Nicolas Mahut and the eventual winner of that year's championship, American John Isner.

Wimbledon attracts around 500,000 spectators, and millions more from around the globe catch up on TV.

This year's tournament marks Rufus the Harris's Hawk's 16th year as chief pigeon scarer, making sure matches aren't interrupted by unwanted avian guests. Follow him on Twitter or Instagram.

During an average tournament, players go through around 55,000 balls.

The grass on the Wimbledon lawns has to be precisely 8mm high.

So whether you're lucky enough to attend in person or will be watching the competition from the comfort of your own home, sit back, relax and enjoy this prestigious display of sporting prowess – Pimm's optional.

There's a strict rule that Wimbledon players must wear white clothes – though a small dash of colour is now allowed. The tradition started in the 1800s to avoid sweaty patches showing up on dark clothing.

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ACROSS: 1. DEAR, 3. FRACTURE, 9. REGALLY, 10. NECKS, 11. STRAIGHTENED, 13. VIRAGO, 15. STEREO, 17. DISASTROUSLY, 20. BASIC, 21. PLACEBO, 22. THEORIST, 23. TREK
DOWN: 1. DEISIVE, 2. ANGER, 4. RHATHM, 5. CONVENTIONAL, 6. UNCLEAR, 7. ELSE, 8. FLYING SAUCER, 12. BODYWORK, 14. REISSUE, 16. STAPES, 18. SWEAR, 19. ABOUT



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

- 1. Beloved; expensive (4)
- 3. Break (8)
- 9. Majestically (7)
- 10. Giraffes have long ones (5)
- 11. Uncurled (12)
- 13. Fierce or domineering woman (6)
- 15. Dual audio (6)
- 17. Ruinously (12)
- 20. Simple (5)
- 21. Inactive pill (7)
- 22. Conceptual thinker (8)
- 23. Arduous journey (4)

DOWN

- 1. Mocking (8)
- 2. Ire (5)
- 4. Sense of musical time (6)
- 5. In accordance with general custom (12)
- 6. Uncertain (7)
- 7. Otherwise (4)
- 8. UFO (6,6)
- 12. Exterior of a motor vehicle (8)
- 14. Print anew (7)

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| 22 | | | | | | | | | | 23 | |

- 16. Ear bone (6)
- 18. Give a solemn oath (5)
- 19. Tuba (anag) (4)

DID YOU KNOW?

- ▶ Your eyes blink an average of 20 times a minute. That's more than 10 million times a year.
- ▶ The entire surface of your skin is replaced every month, which means you have about 1,000 different skins in your life.
- ▶ If you live to age 70, your heart will have beaten around 2.5 billion times.
- ▶ Laid end to end, an adult's blood vessels could circle the Earth's equator four times.
- ▶ Bodies give off a tiny amount of light that's too weak for the eye to see.
- ▶ Your left lung is approximately 20 per cent smaller than your right one.
- ▶ You produce about 40,000 litres of spit in your lifetime. Or to put it another way, enough spit to fill around 500 bathtubs.

SUDOKU

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| | | | | | | 8 | | 6 |
| 1 | 2 | | | | | | | 7 |
| | | 4 | | | | 2 | | |

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