

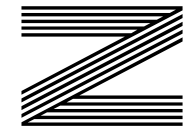
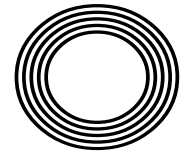
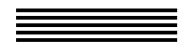


TOP TIPS FOR TANNING SAFELY

Celebrating 50 years of hip-hop music

CHERRY PICKED
The latest kitchen colour trend

PROSECCO PAIRING
Top foods to pair with your bubbles



FREE

Photo credit: Anthony Harvey/ Shutterstock for Sport Industry Awards

SIMON THOMAS

TV presenter named as new host of iconic show



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Editor's notes...

AUGUST 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Halstead Braintree. Over the last few years, women's football has made enormous strides, breaking barriers and gaining recognition on a global scale.

I'm currently enjoying watching the Women's World Cup, which has evolved into a competition of immense significance as it showcases the exceptional talent, dedication and passion of female footballers from around the world. Gone are the days when women's football was relegated to the shadows; today, it stands proudly in the spotlight, drawing millions of fans and leaving an indelible impact on the sporting landscape.

One striking development that exemplifies the progress of women's football is the France Football advertisement that embraces the potential of artificial intelligence (AI). This innovative advert uses AI to seamlessly blend the men's and women's game, highlighting the similarities in skill, intensity and excitement that both genders bring to the pitch. If you haven't yet watched the advert, I suggest you do.

By employing AI technology, the France Football advert effectively breaks down outdated stereotypes and misconceptions about women's football, proving that gender is no barrier to playing at the highest level. It serves as a powerful statement, celebrating the game's universality and reinforcing the message that talent knows no gender.

Nik Allen

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HIP-HOP... AND YOU DON'T STOP

Hip-hop – one of the most explosive, inventive, innovative and celebrated genres of music – celebrates its 50th anniversary in August.

In 1983, David Bowie said that hip-hop music held the only real creative musicians. That's quite a statement from someone who continues – even after his passing – to occupy an iconic aura of melodic and songwriting brilliance. “With black music,” he continued, “there's a very strong social point to make. There's a means of discovery and a purpose, and for that reason, hip-hop stands itself apart from almost anything else.”

At the time, the genre had only been around for a decade. Yet in the 40 years since then, it has evolved to cross over almost every divide you can imagine. It is no longer the domain of a single skin colour or a social demographic, nor is it a set of rules regarding sound, samples and BPM. Its continued growth across popular culture, from its beginnings as the sound of the streets, sees its modern purveyors streaming by the billions and selling out venues of any size.

The original ‘sound of the underground’ style came about via DJ Kool Herc's *Back to School Jam* in 1973 – a track credited as being the first example of a genre that sees artists speak vocals over a backing track.

Over the years, lines have been drawn between the genre and its near-acquaintance, rap. While the latter is arguably the purest form of ‘rapped’ poetry and music, hip-hop also embraces fashion, graffiti, dance and DJing, and envelops female performers as much as male. These influences were seen in the way Kool Herc's booming, crowd-stirring sound soon influenced Grandmaster Flash, who brought in techniques such as scratching, punch-phrasing and the backspin.

Between 1979 and 1983, disco and funk narratives came into the style, with *Rapper's Delight* by The Sugarhill Gang gaining global popularity and serving as something of a blueprint for future tracks. The genre's so-called ‘golden age’ between 1983 and 1997 saw artists such as Run-DMC – whose third single *Rock Box* in 1984 provided the first rap video played on MTV – De La Soul and A Tribe Called Quest build social influence and bring innovation to a sound that was rapidly diversifying.

The 1990s brought gang rivalries onto the scene, not least those involved in the infamous East versus West Coast feuds between the likes of Dr. Dre, Snoop Dogg, Wu-Tang Clan and others. The dispute led to rival sides upping the ante on each new release, culminating in the much-publicised deaths of Tupac Shakur in 1996 and The Notorious B.I.G. the following year.

The Millennium saw the rise of ‘bling bling’ – a term coined by Lil Wayne – with R&B-infused hooks from artists such as J-Lo, Ashanti and Mariah Carey. Kanye West, Eminem and 50 Cent were some of the last to benefit from music sales in physical form as online piracy and streaming sites led to a decline in CDs.

The Eminem Show, from 2002, sold 27 million copies and became the best-selling hip-hop album of all time. The fact that this was achieved by a white artist confirmed the genre's total 360 evolution.

In the modern era, and bolstered by social media, the likes of Nas, Jay-Z, Mos Def, Talib Kweli, and now Kendrick Lamar, Stormzy, Kanye West and Nicki Minaj have worked to build personality into their presentation of the music.

As hip-hop now prepares to celebrate 50 years with a variety of events, celebrations, exhibitions, competitions, and one-off shows and DJ events, it's clear that where the genre goes next will be, as ever, for the music to decide.

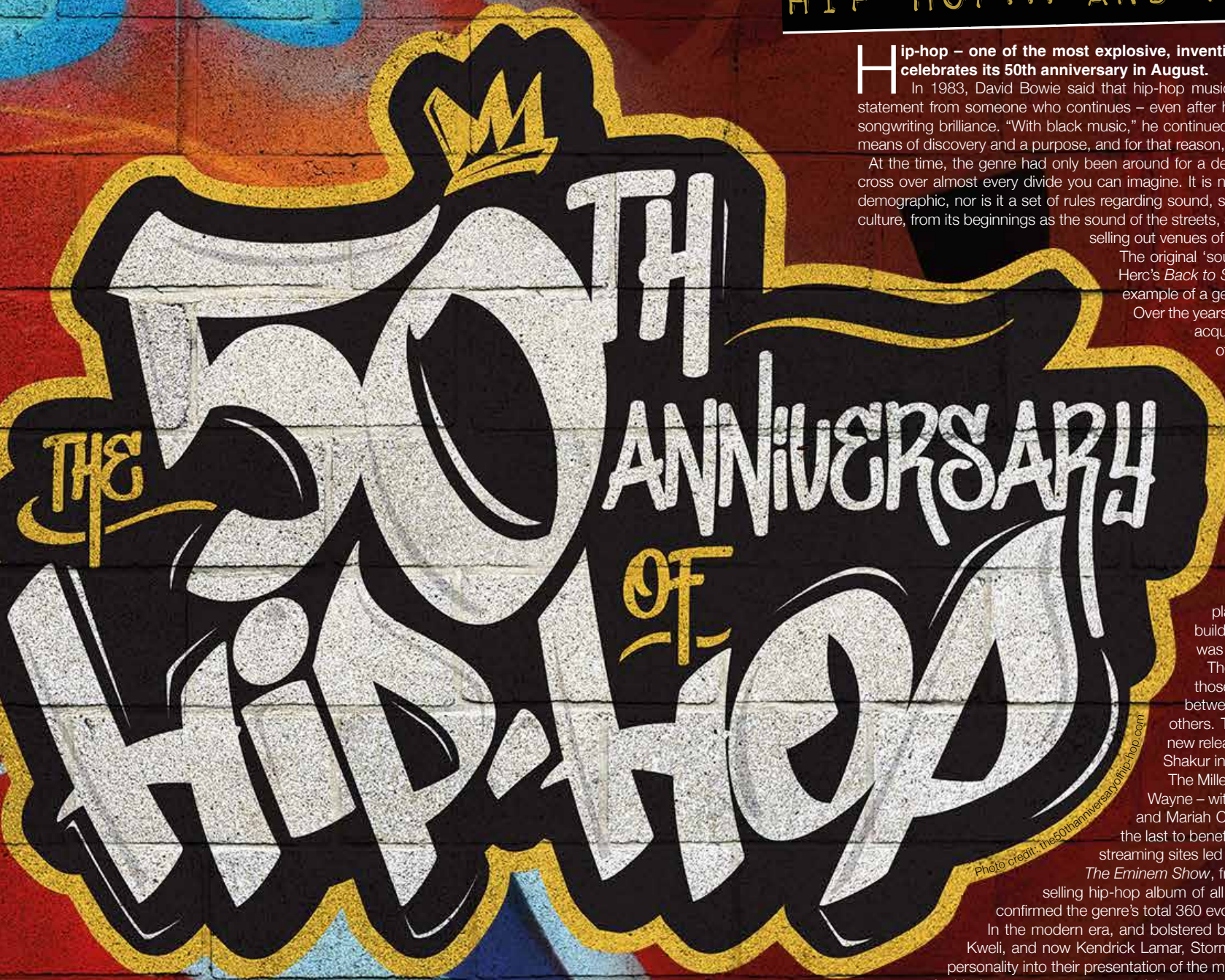


Photo credit: the50thanniversaryofhip-hop.com



Slightly sticky®

In the early 1970s, church chorister Arthur Fry was searching for a bookmark that wouldn't fall out of his hymn book or damage it. Then he remembered a not-very-sticky glue created by a colleague in the product development department at the 3M Corporation a few years before.

In 1968, Doctor Spencer Silver developed a glue that was strong enough to stick, but could be removed easily without leaving a sticky mark. You could also easily reposition it. Fry took a bit of the glue, spread it along the edge of a piece of paper, and created the perfect bookmark for himself.

Fry and Silver left 'bookmarks' around their office to communicate with their team. Co-workers started asking for them, too. A year or two later, 3M created the Post-it Note brand and launched into production with its 3x3in sticky notes. They were yellow only because that was the scrap paper the company had on hand.

At first, interest was slow. But in 1979, following a mass free giveaway campaign, the product took off. Everyone had a pad of Post-it Notes to stick on files, computers, desks and even doors.

But the brains behind the product continued their inventing, and Fry and Spencer worked for 3M their whole working lives.

The notes are now available in many shapes, sizes and colours. In 2003 came Super Sticky Notes with stronger glue. In 2019, 3M launched its Extreme Notes, which are water resistant and 100 times stronger than the originals.

The same year saw the launch of the Post-it app, which 3M claims "brings the simplicity of Post-it Notes to your smartphone, tablet and Chromebook".

3M's patent on Post-it Notes expired in 1997, but the name and the original yellow colour remain trademarked to this day – those little paper squares we love, though we never knew we needed them.



Photo credit: cibemijnjas.com

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CHERRY ON TOP KITCHENS!

Like to stay one step ahead of the latest kitchen design trends? Summer 2023 sees the arrival of an abundance of vibrant kitchens adorned with the deep reddish-pink shade of cherry. Here's how to incorporate this bold look in your kitchen.

COMBINE CHERRY CABINETS WITH WHITE ACCENTS

If you want to completely overhaul your kitchen, then opting for cherry cabinets provides a bold take on this look. To stop the space from looking too dark, add stainless steel appliances and white accents such as white granite countertops.

INSTALL CHERRY WOOD FLOORING

If you don't want to change the colour of your cabinets, another high-impact way to add cherry to your kitchen is by installing cherry wood flooring. Providing a pop of vibrancy underneath your feet, try to keep the rest of your kitchen bright to keep the space looking fresh.

OPT FOR A CHERRY SPLASHBACK

If you want to use this colour sparingly to see if you like it, then why not try adding a cherry-coloured splashback to your kitchen? Providing the perfect way to embrace this trend without going all out, high-gloss cherry splashbacks are bang on trend this summer.

CHOOSE SHAKER-STYLE DESIGN

If you would like to try a new kitchen style in this pivotal room in your home, then the popular shaker style lends itself well to the cherry trend. Known for its clean lines, understated elegance and classic style, cherry shaker cabinets suit both traditional and contemporary homes alike.

PICK CHERRY APPLIANCES

Another simple way to incorporate cherry into your kitchen without breaking the bank, cherry appliances such as a kettle and toaster can add a pop of colour without being too overpowering. Alternatively, if you have a little more cash to splash, a cherry-coloured cooker or fridge-freezer provides a more show-stopping look.



HOME & DIY

Photo credit: Magneta via IdealHome.co.uk (jpg), ozziessplash.com.au, jhinteriordesign.com

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HOME & DIY

DIY POCKET PILLOW

A pocket pillow makes the perfect storage space for a wide range of household items such as remote controls, newspapers and magazines, books, toys and so much more. Plus, it is great for cuddling!

WHAT YOU NEED:

A pillow insert – these are available in a wide range of sizes | Three types of fabric – one for the front, one for the back and one for the pocket | A pair of scissors | An acrylic ruler | An iron | Sewing machine (optional)

HOW TO MAKE:

Step 1: Cut your fabric

The amount of fabric that you need will be dependent upon the size of your pillow.

- > **For your front piece:** Cut the fabric 2.5cm bigger than your pillow insert on all four sides.
- > **For your front pocket piece:** Decide how tall you want your pocket to be and then cut double the length. The width should be the same as your front piece of fabric.
- > **For the back pieces:** Each piece of fabric needs to be the same width as the front and the length needs to be about half the height plus 7-8cms so that the envelope will overlap the back.

Step 2: Fold, press and stitch the fabric

- > Fold the bottom edge of one of the back pieces over 6mm and press.
- > Fold the edge another 6mm and press again. Topstitch to create a finished edge and repeat for the second back piece.
- > Fold the pocket piece in half for enhanced durability, press the folded edge down and topstitch along the top edge either by hand or using a sewing machine.
- > Press the front piece and lay it facing up. Then, lay the pocket piece facing upright on top of the front piece with the bottom edges aligned.
 - > Next, lay one of the back pieces face down on top of the front piece with the raw edges lined up at the top.
 - > Place the other back piece face down on top with the raw edges lined up at the bottom and pin all the way round.
 - > Sew all around the pillow with a 12mm seam allowance.
 - > Cut the corners off at an angle and, if you intend to wash the cover, sew the edges with a zig-zag stitch to prevent fraying.
 - > Turn the pillow cover right side out, lay the cover flat and press the seams.
 - > Place the pillow insert into the cover and adjust so that it is nice and square.



Now all that is left to do is fill your pillow pocket!

Photo credit: Milly and Pip Gifts and Cards via notonthehighstreet.com

CLASSIC CARS

SUSTAINABLE FUEL

MOTORING

A leading supplier of bespoke fuels has launched a new sustainable petrol using biofuel made with agricultural waste, which is aimed at classic cars.

Classic car owners are sticklers for tradition, yet the pressure of the electric vehicle (EV) revolution has inspired even this staunch demographic to look for ways to make their motors more masterful in the modern era – without ripping out the very fabric of what makes a vehicle so special.

In short, engine specialist Coryton has come up with a way of reducing the need for classic car owners to modify their retro roadster, by creating a fuel alternative that offers greener driving and a low carbon footprint.

SUSTAIN Classic is a plant-based petrol with three fuel types – Super 33, Super 80 and Racing 50. Super 80, the fuel with the highest

sustainable content, is said to lower greenhouse gas releases by a minimum of 65 per cent compared to fossil-based fuels.

The biofuel is manufactured using agricultural waste – such as crop residues, straw and other by-products – to produce a fuel that creates significantly less atmospheric pollution.

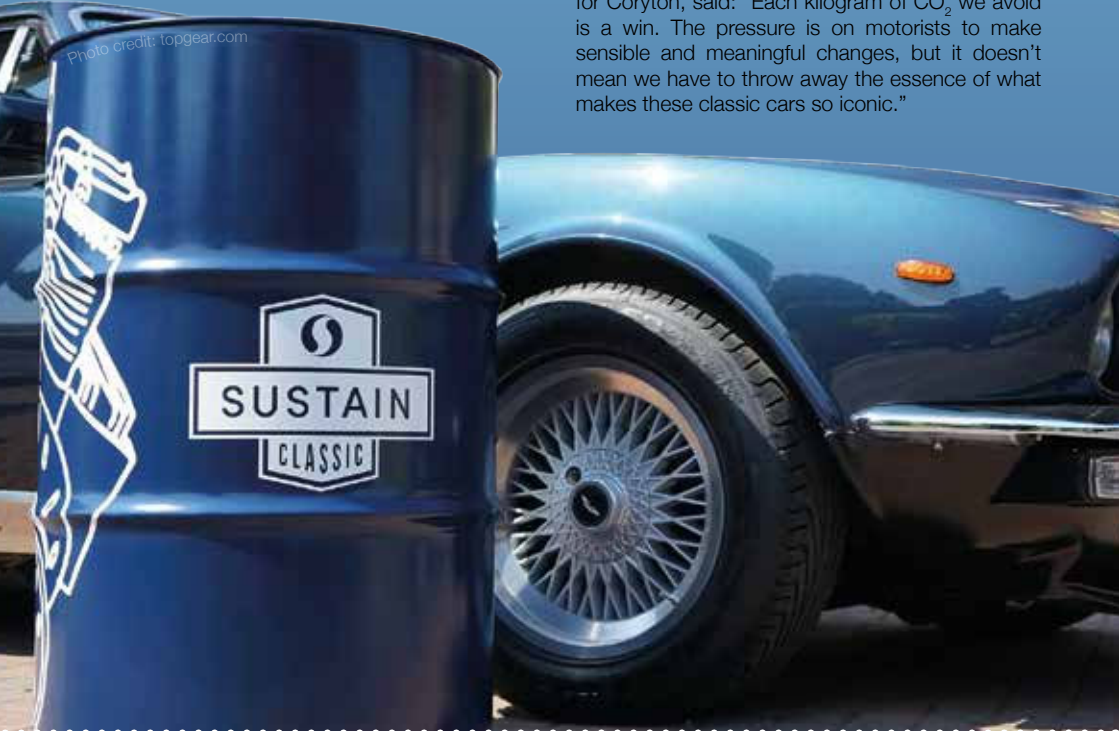
The formula isn't cheap, though, with the lowest pricing of the three fuel types coming in at £3.80 a litre.

However, each meets European compliance standard EN228, as well as containing premium additives that clean and protect the car's engine.

The fuel offers a healthy and competitive alternative to typical EV refits for classic retro roadsters, which often come with a hefty conversion price of around £6,000.

David Richardson, business development director for Coryton, said: "Each kilogram of CO₂ we avoid is a win. The pressure is on motorists to make sensible and meaningful changes, but it doesn't mean we have to throw away the essence of what makes these classic cars so iconic."

Photo credit: topgear.com



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From Banking Hall to Curtain Call

Following the closure of Barclays Bank in Tiptree Curtain Call Interiors have taken over the former bank building and transformed the space into an inspirational home interiors showroom and new workroom.

The new space showcases a wide range of designer fabrics, curtain displays as well as home accessories including, a beautiful home fragrance range, cushions, lamps, furniture and tableware.

Curtain Call specialise in making hand finished bespoke curtains, Roman blinds and soft furnishings all made by their experienced team of curtain makers. With their new workroom located adjacent to the Showroom, it allows



owner Natalie and her team of makers and designers to assist customers in finding the right fabric and style for their decoration projects.



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FROM YOUR AREA

Food bank receives funding to help those in need



Photo credit: Braintree Area Foodbank

A Braintree food bank has received just under £100,000 to support those who are struggling owing to the cost-of-living crisis.

Braintree District Council (BDC) has received £1million from the government's New Homes Bonus scheme, of which £98,951 has been granted to the Braintree Area Food bank (BAF).

The scheme grants money to local councils to reflect and incentivise housing growth in their areas.

A BAF spokesperson explained that the funding will be used to deliver three key projects: creating a new distribution centre, delivering food parcels to outlying areas and providing a community outreach officer.

Councillor Graham Butland, Leader of BDC, said: "This £1million investment will hopefully go some way to helping ease the pressure and ensure funding is delivered to the excellent community groups and organisations in our district."

Judicial review granted for asylum seekers housing plan

The first asylum seekers have moved into a former military base in Braintree after the council's appeal against the plans failed.

As reported in **VISION** Halstead Braintree July 2023 edition, Braintree District Council's (BDC) bid to stop the relocation of 1,700 male asylum seekers to the Ministry of Defence Wethersfield Airfield was dismissed in June.

BDC, however, remains steadfast in its opposition to the plans, with concerns over the possible impact on the local community.

Following a hearing on July 12 and 13, BDC has been granted permission for a judicial review. This will give it the opportunity to further challenge the Home Office in a final hearing, the date of which has yet to be decided.

Councillor Graham Butland, Leader of BDC, said: "This does not stop the Home Office from utilising the site to house asylum seekers in the meantime. We'll continue to work closely with the Home Office and multi-agency partners to ensure there is minimal impact on all those involved, as well as raising our concerns with the Home Office so it can put in place mitigating action, while supporting asylum seekers coming to our district."

School given green light for dining hall extension

A Halstead school which has taken on more students than it has the capacity to hold had its dining hall extension plans approved by Braintree District Council (BDC).

The Ramsey Academy has a capacity of 750 students, but currently has 793 students on the roll.

The design and access statement asserts that the school's current dining facility can't cope with the number of students.

After approving the plans, councillor Gabrielle Spray, cabinet member for planning and infrastructure at BDC, said: "As part of the application, we set out a condition that the developer ensures existing trees, shrubs and hedges on the site are protected."

The school has been contacted for comment.



Photo credit: The Ramsey Academy

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NEWS FROM HALSTEAD FC...

THE HUMBUGS



LOCAL NEWS



As I write, the much-anticipated 2023/24 season has just started. I'm delighted to report the Humbugs have started their Essex Senior League campaign with a very impressive 3-1 victory away to Ilford.

The next big test will be in this year's FA Cup when we will have played at home to Romford and then, should we have been victorious, at home in the next round to Welwyn Garden City.

The club really is going from strength to strength on and off the pitch, with further improvements planned for the Millbank Stadium during the coming months. We would like to take this opportunity to thank all of our many sponsors for their continued support. Put quite simply, the club could not compete at this level if it wasn't for their help.

We would also like to thank and welcome back all supporters old and new. We have put in place some very competitive membership and season ticket options to help keep the cost of following the Humbugs as affordable as possible. On matchdays, if you are unable to get to the game in person, you can follow all of the action as it happens, with live updates on our twitter feed @HalsteadTownFC.

We are always looking for additional volunteers to help maintain the stadium and help out on matchdays, so if you have some time to spare and want to become part of our friendly band of helpers, please drop us an email at halsteadtownfc@aol.com

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

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LOCAL FEATURE

Castle ruins offer a glimpse into our medieval past



Here we explore the heritage of Hadleigh Castle, whose influence lives on some 800 years after its construction.

Hadleigh Castle is a picturesque ruin and historic fortification that overlooks the Thames Estuary.

Castles are often built as statements of wealth, ability and power, and Hadleigh Castle's construction in the 13th century was no different. Its builder, the Earl of Kent Hubert de Burgh, was effectively the ruler of England during King Henry III's childhood and he built the castle as a statement of his power.

Sadly, he died soon after its construction, and the castle was subsequently claimed by King Edward II and his son, King Edward III.

The castle's appeal is in its ability to provide a vivid snapshot of medieval England's military and architectural prowess. It is testament to the remarkable history of the region, serving as a tourist destination and an important archaeological site.

The castle's architecture reflects the military advancements of the time, with a combination of concentric and bailey design elements. The inner and outer baileys were encircled by a curtain wall, which was further strengthened with a series of round towers. The primary entrance to the castle was through a fortified gatehouse. The living quarters and great hall within the castle were adorned with elegant architectural features, reflecting the opulence and power of its royal inhabitants.

Over the centuries, Hadleigh Castle witnessed several pivotal moments in English history, including the rise and fall of dynasties and the turmoil of civil wars, such as the Hundred Years' War.

Despite its deterioration, Hadleigh Castle has maintained a strong cultural and historical significance. Its ruins have often been of great interest to artists, including John Constable, who captured its haunting beauty in a collection of paintings.

Meanwhile, archaeological excavations have revealed insights into the daily life of castle residents and visitors, as well as military operations.

Today, Hadleigh Castle, managed by English Heritage, is well worth a visit, with regular guided tours, educational programmes, walking and cycling trails, and wildlife events.



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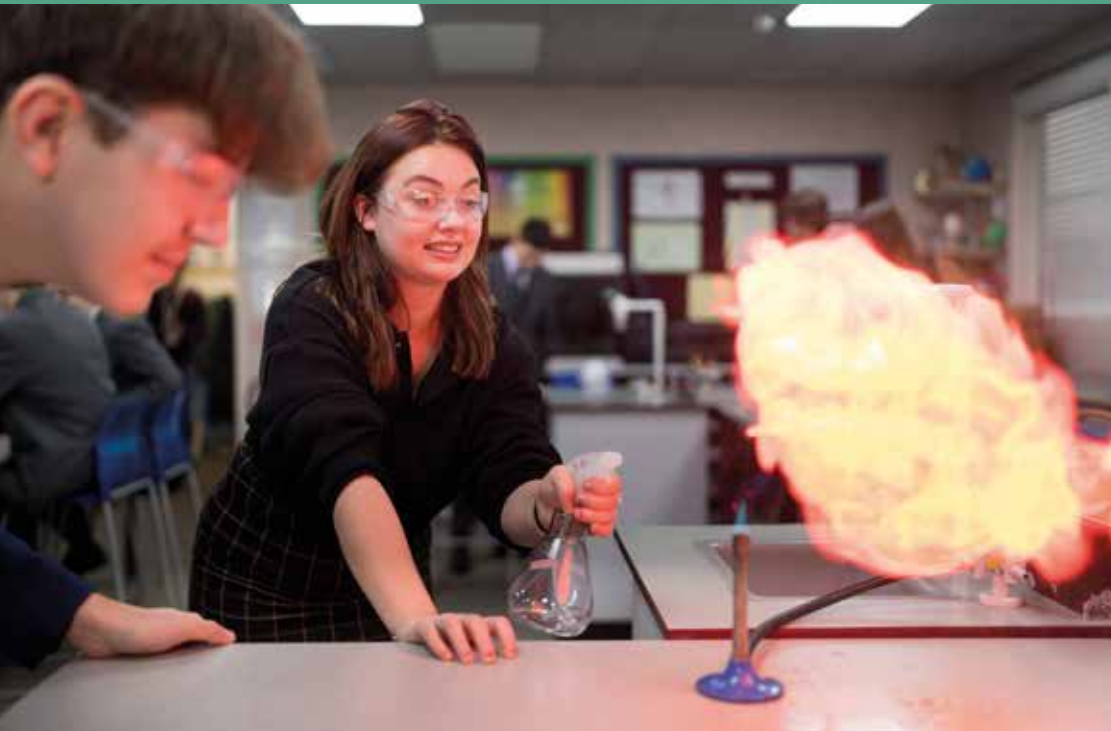
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YOUR LOCAL EVENTS



WHAT'S ON

COZFEST

Halstead Road, Sible Hedingham, CO9 3AN
Saturday, August 26, 12pm – 11pm, and
Sunday, August 27, 11am – 11pm



Photo credit: CozFest

The annual music festival in memory of Corran 'Coz' Powell will be held over the August bank holiday weekend. From talented singer-songwriters to electrifying bands, a lot of great music is in store.

Buy your tickets at www.eventbrite.co.uk/e/cozfest-23-music-festival-tickets-557264171137

KNIGHTS OF ALBION JOUST

Hedingham Castle, Halstead, CO9 3DJ
Sunday, August 27, and Monday, August 28,
10am – 4pm

Watch as the Knights of Albion take to the field for the very first time at Hedingham, showcasing their skill, courage and chivalry.

Take part in medieval pursuits including archery, axe throwing and mechanical horse riding. Witness authentic crafts including smithing, weaving, flour making and more. Eden Falconry will also be back with its beautiful birds of prey.

Gates open at 10am each day, with the first joust starting at 12pm and the second joust at 3pm.

You can purchase tickets at www.hedinghamcastle.co.uk/events/knights-of-albion-joust

TWELFTH NIGHT

Hedingham Castle, Halstead, CO9 3DJ
Friday, September 1, 7pm

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THE BEST IN COMEDY

The Public Hall, Collingwood Road, Witham, CM8 2DY
Friday, September 1, 8pm

The Best in Comedy show returns with a superb line-up featuring the hilarious Angela Barnes, Josh Pugh, Matt Richardson and Jacob Hawley.

Your compère for the evening is multi-award-winning stand-up comedian Matt Richardson.

Purchase your tickets from www.ticketsource.co.uk/whats-on/witham/the-public-hall/the-best-in-comedy-september/2023-09-01/20:00/t-moeamna

ANNUAL CLASSIC CAR AND BIKE SHOW

Braintree and Bocking Public Gardens, 43 Bocking End, Braintree, CM7 9AE
Sunday, September 3, 10am – 4pm

More than 100 fantastic classic cars and motorbikes will be on show, with live music and entertainment throughout the day.

There will also be some lovely stalls, including model cars and a face painter. There will be a bar, doughnuts, popcorn, slushies, ice cream, hot dogs and burgers.

If wish to exhibit a vehicle or have a stall, please send an email to www.classiccarandbike@braintreeandbockinggardens.co.uk

The event is free to attend.



Photo credit: Braintree and Bocking Public Gardens

From sticky-back plastic to

SOCCER SATURDAY

LOOKING AT SIMON THOMAS'S IMPRESSIVE RISE FROM THE *BLUE PETER* STUDIO TO THE SKY SPORTS HOTSEAT

In the modern era of 24/7 television, our sports presenters are as much icons and celebrities as the sports stars they lyrically wax over. Yet in the case of Simon Thomas, successor to the iconic Jeff Stelling on Sky Sports' showpiece results show, *Gillette Soccer Saturday*, the new man in the hotseat is happy to let the scorelines do the talking.

The youthful-looking 50-year-old has been announced as the main man to showcase the weekly results frenzy on Sky Sports. A dynamic and demanding position, he'll need to convey all of recently retired Stelling's multitasking zest and zeal, while managing the maddening behaviour of a panel of pumped-up pundits.

Yet Thomas comes from an environment that offered a rather more serene take on live-TV pressure. Born in Norwich and educated at the University of Birmingham, his career in broadcasting began at the BBC where he worked as a *Blue Peter* presenter from 1999 to 2005. Unforgettable to many in their formative years, his warm and engaging manner won the hearts of the nation.

"*Blue Peter* was an incredible foundation for me," he begins. "The show taught me how to handle the pressure of live TV while always watching what I said and how I said it. You have to constantly monitor language and approach, so that was a steep and valuable learning curve for me.

"Switching to sports broadcasting," he explains, "was the chance to be a bit looser and more expressive. I wouldn't say the job is easier, just different."

Regardless, Thomas's rise has been impressive, so much so that he is backed across the board to step into the giant shoes left behind by the legendary Stelling – a significant undertaking that only someone with Thomas's proven track record and likeability could handle.

The journalist is undoubtedly up to the challenge – he has also presented BBC *Proms in the Park*, covered for (another ex-*Blue Peter* face) Matt Baker MBE on Radio 3, worked on the *This Morning* show, and bravely raised awareness for treatment of blood cancer following the sad death of his first wife, Gemma, in November 2017.

By that time, Thomas was already highly regarded at Sky Sports, where he was able to play out a love for football, and his beloved Norwich City Football Club. "As a presenter, you try to keep your allegiances hidden... unless you're Jeff Stelling, in which case everyone watching knows you support Hartlepool United.

"I'll keep my own bias a bit quieter... for the first few shots, at least."

Thomas admits he may feel the pressure in the opening exchanges of his new role. Not only is the drive for reporting at its most intense on a Saturday afternoon, but he'll likely have to find a substitute for Stelling's unparalleled love of quick wit and high-bar humour, not to mention his predecessor's vast football knowledge

"I want to create my own legacy rather than just follow Jeff's, and it's nice to have some incredible football people on the panel who will help me navigate a route through the mass of results.

"It has always been a privilege to work for Sky and this is a dream. All I need now is for Norwich to get back to the Premier League and it'll be the perfect match-up."





HISTORY



Sundae Driving

The history of the ice cream van

With its eye-catching graphics and classic serving window, who can resist the charm of an ice cream van? As it tootles along in the sun to a jangly version of *O Sole Mio*, it's a mouth-watering sight. But did you know these iconic vehicles, now seen across the globe, were actually invented in Britain?

In the 1850s, Carlo Gatti, a Swiss-born Londoner, brought the delights of ice cream to the masses. As well as setting up an ice cream restaurant, he launched a fleet of hand-pushed carts with ice-filled containers to keep the ice cream cold.

In the 1920s, ice cream tricycles were introduced so sellers could move around more quickly. And as technology improved, vendors sold their wares from converted vehicles with basic refrigeration units inside.

But it was in the 1960s that things really changed.

In 1962, Bryan Whitby, a refrigeration engineer from Crewe, developed his idea to run ice cream machines directly from a van's engine. This made the vans much lighter and allowed them to be built in a distinctive shape, making it easier for vendors to navigate narrow streets.

He launched into production with his friend, Colin Morrison, and their vans quickly gained popularity. Over the years, several new designs have been launched, and the vans are now exported to more than 60 countries.

Bryan Whitby died in 2016, but the company, Whitby Morrison, is now run by his son, Stuart, and two grandsons.

Moving on into 2021, Whitby Morrison launched the ePower ice cream van to provide a green energy solution for ice cream sellers. As the vans are solar-powered, operational costs are lower and the vehicle is better for the environment. So, let's hope all this tempts more people to take up the trade, as the number of ice cream vans on British streets is sadly declining.



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You can also check us out in more detail on our website at elsieshelphome.com and read our reviews on Bark and Homecare.co.uk



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RESEARCH YOUR REVIVAL

Decide on what you want to include in your garden – perhaps an eye-catching water feature, a rustic path, a flamboyant array of flowerbeds, or a children's play area. The first step is to write and sketch your flora and fauna phoenix from the flames.

SUN SORCERY

When planning areas, consider at what times of the day you'll be using the garden most, and where the sun rises and sets. Maximising light and warmth will increase your enjoyment of your outdoor space.

CROP, DON'T CHOP

Trees and bushes in an overgrown garden can make it seem as though nature has reclaimed the space, yet once you start trimming back these dominant growers, you'll find a garden that has space, light and a feeling of openness.

GRASS IS GREAT

Don't be afraid of employing a large grass area – it is practical and beautiful, and even the roughest of overgrown expanses can be brought back to life with some lawn seed and a dedicated period of watering.

Also consider sowing wildflowers around the sides of the grass area for a magnificent mini meadow.

PERFECT PATHS

Garden paths are not just practical; they look great too, and will help to guide the eye better than anything you can plant.

Breathing new life into a garden path by jetwashing, adding a layer of stones or even tiling will rejuvenate your garden. And if it lies directly next to grass, use an edging tool for an even sharper look.

BE BOLD

Finally, be brave. There are few things in a garden that won't grow back, so you can afford to be bold when making changes or cutting things back.





FASHION

STAINS

be gone!

Denim is designed to be durable and can cope with the rough and tumble of being out in the elements. However, what do you do if your favourite pair of jeans becomes stained? Find out how to remove the most common stains from your jeans and other denim garments below.

HOW TO REMOVE GRASS STAINS

1. Pre-treat the stain using laundry detergent, washing-up liquid or vinegar mixed with a small amount of warm water.
2. Scrub the liquid into the grass stain using a toothbrush or nail brush.
3. Wash the item on its usual laundry cycle.
4. Repeat all of the above again if the stain is still visible.

HOW TO REMOVE MUD STAINS

1. If the mud stain is wet, allow to dry completely. Do not attempt to remove the mud while it is still wet as this can spread the stain further.
2. When dry, gently scrape off any excess mud with a plastic spoon or knife.
3. Gently brush the stain with a small brush or toothbrush.
4. Apply a few drops of washing-up liquid to the stain and rub in using your fingers.
5. Add a drop of water to the stain and briskly rub with a brush on both sides of the fabric.
6. Wash the garment, following the care guidelines on the tag.
7. Repeat steps 4 to 7 for really stubborn stains.

HOW TO REMOVE WINE STAINS

1. As soon as possible, pour a small amount of white vinegar onto a clean cloth and gently blot the area. Do not rub as this may set the stain further.
2. For bigger wine stains, soak the denim overnight in a solution of one part vinegar and one part water.
3. Rinse with cold water and then wash on your usual washing cycle.



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Amazing ASPIRIN

Most households have a box or two of aspirin lurking in their medicine drawer, but did you know this little white pill can be used for so many more things than just pain relief?

TO GET RID OF DANDRUFF

One in five people suffer with dandruff, with men more likely to be affected than women. Forgo expensive shampoos and simply crush two or three aspirin and mix them into the normal amount of shampoo that you use. Apply to your scalp and leave to sit for two or three minutes before rinsing.

TO SOFTEN HARD SKIN ON FEET

Wear your sandals with pride by softening any hard skin on your feet using the power of aspirin. Crush five tablets and mix with half a teaspoon of lemon juice and half a teaspoon of water. Mix into a paste and apply to your feet. Put on a pair of socks and leave for 10 minutes before rinsing with warm water.

TO EXFOLIATE YOUR FACE

Aspirin is an amazing exfoliant and can be highly effective in removing dead skin cells. Crush five aspirin and mix with two teaspoons of lemon, lime or orange juice. Apply to your face, leave for a few minutes and gently scrub off.

TO RESTORE HAIR COLOUR

If your hair colour is beginning to fade, aspirin can help to revive it. Dissolve six to eight aspirin in a glass of warm water, rub the solution through your hair and leave to set for 10-15 minutes. Alternatively, add the mixture to your shampoo.

OTHER BEAUTY BENEFITS OF ASPIRIN:

- To treat psoriasis – crush five coated aspirin, mix with a quarter of a cup of warm water and apply to the skin.
- To reduce redness from stings and bites – apply a wet aspirin directly to the sting or bite.
- To treat ingrown hairs – mix two aspirin tablets with a teaspoon of warm water and apply the paste to the affected area.
- To remove sweat stains from clothes – dissolve two white aspirin in half a cup of water and apply.



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Lollylicious!



KIDS

If you have children, you will know only too well how quickly a freezer full of ice lollies empties during the summer holidays. Fortunately, you don't have to keep running to the shop for more, as these homemade lollies are guaranteed to go down a treat.

Orange and Carrot Ice Lollies (makes 6, vegan)

You will need:

5 large carrots | Juice of 3 large oranges and the zest of 1 | 1 satsuma, peeled and chopped

How to make:

Finely grate the carrots and place them in the middle of a clean tea towel | Gather up the towel and squeeze the carrot juice into a jug | Add the juice of the oranges and top with a little water if needed until you have 360ml liquid | Stir in the zest and satsuma pieces | Carefully pour into lolly moulds and freeze overnight

Ice Lolly Pens (makes 6, vegetarian)

You will need:

50ml sugar-free blackcurrant cordial | 50ml sugar-free orange cordial | Red and orange natural food colouring | 50g blueberries | 50g chopped strawberries | A handful of halved red grapes

How to make:

Pour each cordial into a separate jug and add 5 tsp of the corresponding food colouring into each one | Stir 100ml of water into each | Place a few blueberries, strawberries and grape halves into 6 lolly moulds | Top up 3 moulds with blackcurrant cordial and 3 with orange cordial | Freeze for at least 4 hours | Remove the lollies from the moulds and pour extra food colouring into a small dish | Dip the lollies into the colouring and use them to draw on clean paper, licking as you go

Strawberry Milk Pops (makes 12)

You will need:

400g ripe strawberries | 200ml semi-skimmed milk | 405g can of light condensed milk

How to make:

Place the strawberries in a food processor or blender and blitz until smooth | Add the milk and condensed milk and blitz again to combine | Pour the mixture into 12 moulds | Freeze for a minimum of 4 hours until solid

To make the above quantities, use lolly moulds sized at 16x15x10cm, or you can use moulds you already have but adjust accordingly.



Photo credit: bbcgoodfood.com

Amazing APRICOTS

SEASONAL, FRAGRANT AND OH SO DELICIOUS, DISCOVER THREE SIMPLE APRICOT RECIPES

WHITE SANGRIA

You will need: 1 apricot, chopped | 1 nectarine, chopped | 1 orange, peeled and chopped | 3-4 strawberries, sliced | 1 tsp caster sugar | Pinch of ground cinnamon | 325ml Spanish white wine such as white Rioja | 50ml triple sec | 150ml ginger ale

How to make: Place the fruit in a bowl and sprinkle over the sugar and cinnamon | Mix, cover and place in the fridge for 1 hour | Tip into a large jug and pour in the wine and triple sec | Add the ginger ale and a large handful of ice | Stir and serve in tall glasses with ice

CHICKEN WITH GINGER AND APRICOTS

You will need: 4 chicken thighs (skin on and bone in) | ½ tsp ground ginger | 10g fresh root ginger, peeled and finely chopped | 100ml dry white wine | 1½ tbsp white balsamic vinegar | 1 tbsp runny honey | 4 large ripe apricots, halved | 2 sprigs of fresh rosemary

How to make: Preheat the oven to 210°C/190°C fan/gas mark 6½ | Season the chicken with salt and pepper and sprinkle the skin with ground ginger | Heat extra virgin olive oil in a large frying pan, brown the chicken on both sides and then lay it to one side | Pour off any excess oil from the pan and gently fry the fresh ginger for 2-3 mins | Add the wine, then the vinegar and honey | Cook until the sauce starts to thicken | Add the apricots and rosemary | Return the chicken to the pan, skin side up | Transfer the pan to the oven, uncovered, and roast for 35 minutes | Serve with steamed white rice or crispy smashed potatoes

POACHED APRICOTS WITH MASCARPONE

You will need: 75g golden caster sugar | Zest of ½ orange | 6 dried apricots | 6 apricots, halved | 5 drops of orange flower water | 100ml mascarpone | ½ vanilla pod, seeds scraped out

How to make: Place 50g sugar and 150ml water in a pan with the orange zest and bring to a slow boil | Add the dried apricots, cook for 3 mins, and add the fresh apricots | Cook for 10 mins | Turn off the heat and add the flower water. Leave for 1 hour at room temperature | Whisk the mascarpone with the remaining sugar and vanilla | Serve over the apricots.

Photo credit: joyousapron.com, taste.com.au, thegoodwebguide.co.uk



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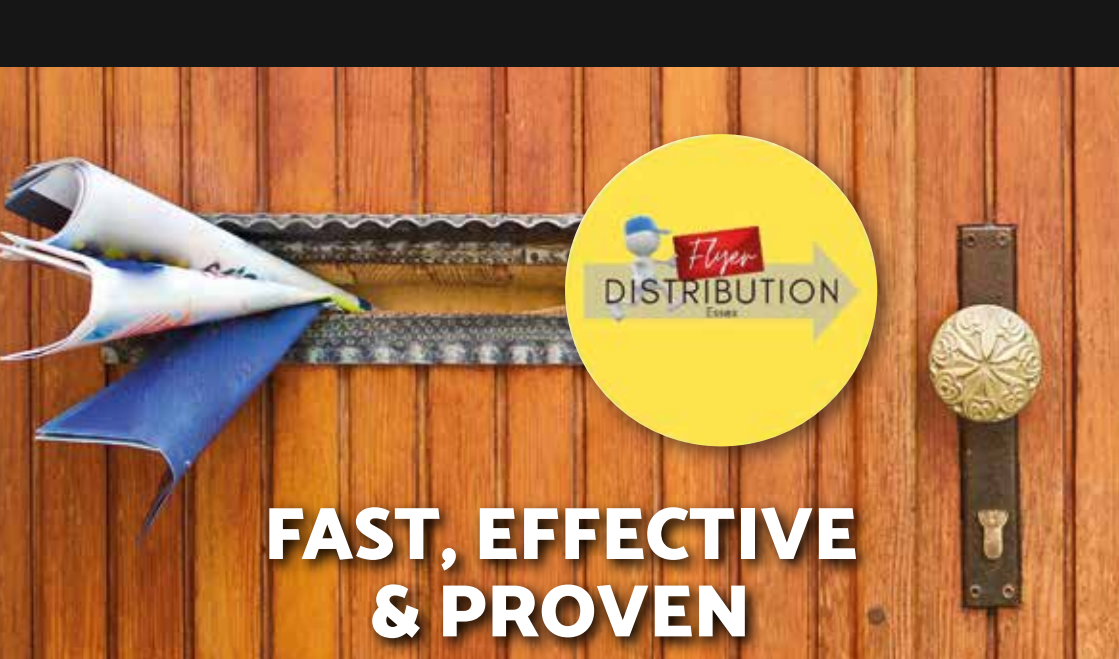


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Do you love a glass or two of Prosecco? Fancy knowing what snacks you should eat alongside this popular Italian beverage?

Discover these top five perfect Prosecco pairings that promise to tantalise your tastebuds and stop the bubbles from going straight to your head.

HOW TO PAIR PROSECCO

Although most people tend to enjoy Prosecco on its own, it is actually a fantastic pairing wine, which boasts crisp and refreshing flavours that go well with everything from sweet treats to salty snacks. As a general rule, high acidity and dry Proseccos pair well with rich and creamy desserts, and sweeter ones such as rosé Prosecco are best enjoyed with savoury foods.

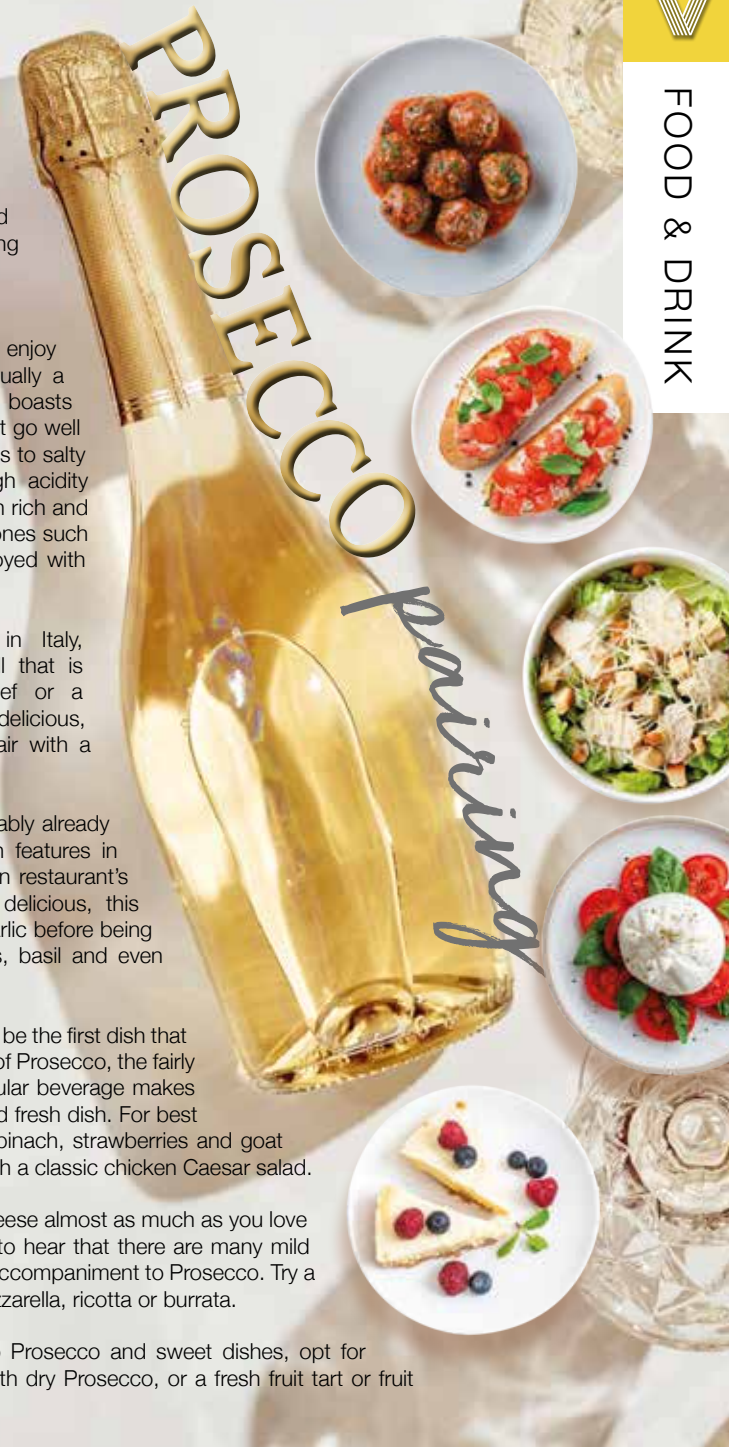
POLPETTE: Highly popular in Italy, polpetta is a type of meatball that is usually made from pork, beef or a combination of both. Small and delicious, this is the perfect snack to pair with a glass of Prosecco.

BRUSCHETTA: You have probably already heard of bruschetta as it often features in the antipasti section of an Italian restaurant's menu. So simple, yet oh so delicious, this toasted bread is rubbed with garlic before being topped with olive oil, tomatoes, basil and even more garlic.

SALADS: While a salad may not be the first dish that springs to mind when you think of Prosecco, the fairly low alcohol content of this popular beverage makes it ideal for pairing with a light and fresh dish. For best results, match Prosecco with spinach, strawberries and goat cheese. It can also work well with a classic chicken Caesar salad.

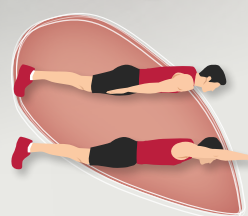
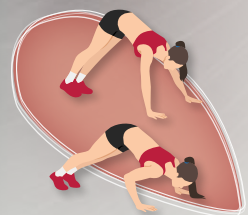
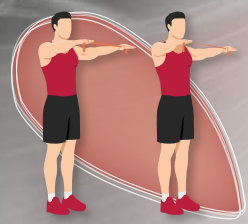
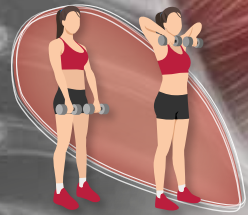
MILD CHEESES: If you love cheese almost as much as you love wine, then you will be pleased to hear that there are many mild cheeses that make the perfect accompaniment to Prosecco. Try a glass with a slice of creamy mozzarella, ricotta or burrata.

DESSERTS: When it comes to Prosecco and sweet dishes, opt for crème brûlée or cheesecake with dry Prosecco, or a fresh fruit tart or fruit salad with sweeter varieties.





Sculpted SHOULDERS



The shoulder joint is notoriously unstable, so if you want to avoid injury and enjoy good posture, you need to take the time to strengthen this area of your body. Add these exercises to your workout routine once or twice a week.

1. UPRIGHT ROW

Start with your feet under your hips and your legs straight | Hold a dumbbell in each hand, with your palms facing towards your body and the weights touching your quads | Pull your elbows up and out wide to lift the dumbbells to your chest | Lower the dumbbells to return to the starting position | Complete 15 reps

2. BANDED PULL-APARTS

Start by standing with your feet shoulder-width apart | Holding a resistance band with both hands, extend your arms straight in front of your body and raise them to shoulder height | Make sure that your palms are facing the floor | Engage your core and pull your fists apart past your shoulders | Slowly return to the starting position | Complete 10 reps

3. INVERTED PUSH-UP

Start in an upside-down V position with your feet flat on the floor, your hands pressed onto the floor and your hips in the air | Bend your elbows out wide to the sides so that your head touches the floor | Press through your hands to return to the starting position | Complete 10 reps

4. REVERSE SNOW ANGEL

Start by lying face down on a mat with your legs extended straight, your forehead resting on a folded towel and your arms by your sides | Keeping your arms straight and your palms facing the floor, bring your arms out to the side in a wide arc and overhead | Reverse the movement to return to the starting position | Complete 15 reps.



How to TAN safely



Many of us love spending time in the sun to achieve a golden glow. The sun can also boost our vitamin D levels and help us stay healthy. But it's important to remember that tanning can damage your skin, so follow these tips to stay safe while you sunbathe.

1 Avoid sunbeds. These emit harmful UVA rays that can increase your risk of skin cancer, and can also cause your skin to age prematurely.

2 Choose the right sun cream. Make sure to look for products labelled 'broad spectrum' to make sure you are protected from both UVA and UVB rays.

3 Watch the clock. Research suggests that after a few hours, your body won't produce more melanin, the pigment responsible for tanning; you'll just be exposing your skin to UV damage. It's worth noting this time can vary from person to person, so better to be on the safe side and make sure you're not spending too much time in the sun.

4 Spend time in the shade. This reduces your sunburn risk and helps prolong the life of your tan.

5 Cover up. Wear protective clothing, especially if certain areas of your body are prone to sunburn.

6 Eat sun-friendly foods. Foods rich in lycopene, such as red or orange fruits and vegetables like tomatoes, can boost your skin's natural sun protection.

7 Don't mix fake tan with SPF products. This can cause the SPF to break down, reducing its effectiveness.

8 Be cautious during peak sun hours. Take extra precautions between 10am and 4pm. Regularly reapply sun cream every two hours, even if you're not swimming.

9 Choose the right aftersun. Look for products that hydrate and soothe your skin and avoid products that contain alcohol, as these can irritate your skin and could make your tan fade more quickly.

Remember, while you might feel that you look good with a tan, healthy skin is your top priority. So if you can't resist sunbathing, follow these tips to enhance and prolong your tan while minimising the risks.



TRAVEL



HOW TO FIT MORE IN YOUR SUITCASE

Do you struggle to fit all your holiday essentials into your suitcase? Then these space-saving tips are just what you need!

SHORTLIST YOUR CLOTHES: Before you even start packing, you should gather your clothes together and determine what you actually need. Try to be as ruthless as possible and, if in doubt, leave it at home. Also look for versatile garments that can be dressed up or down for maximum usage.

ROLL YOUR CLOTHES: This is a very effective space-saving techniques. Rather than folding your clothes and placing them in your suitcase, roll them instead. Plus, rolled clothes tend to wrinkle less than folded ones. Place larger items at the bottom of the suitcase and smaller rolled clothing at the top.

PLACE ITEMS INSIDE YOUR SHOES: Shoes can take up a lot of space in your suitcase, so it can be

a good idea to stuff them with smaller items such as jewellery, ties and underwear to maximise space. You should also pack your shoes on their sides rather than on their soles.

USE TRAVEL SPACE BAGS: Space-saving travel bags, also known as compression bags, are perfect for shrinking bulkier items of clothing, such as jumpers and jackets, into a more compact unit. These are also designed to keep your clothes wrinkle-free. Garment folders are a good idea if you are taking delicate items which are prone to creasing, such as silk dresses or linen suits, and toiletry bags are perfect for makeup and travel-sized toiletries.

THE BUNDLE PACKING METHOD: The bundle packing method is an effective packing strategy that involves filling a small pouch with soft items like socks and underwear and then wrapping larger clothing items around the pouch to form a bundle.



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Time for WALKIES!

Do you know how often you should be walking your dog? While many dog owners assume that one or two walks per day is sufficient, different breeds actually require different amounts of physical exercise.

Breeds that need 30+ minutes of walking per day: Bichon Frisé | Yorkshire Terrier | Miniature Dachshund | King Charles Spaniel | Chihuahua | Maltese | Papillon | Pekingese | Pomeranian | Miniature Pinscher

Breeds that need 1+ hour of walking per day: Lhasa Apso | Shih Tzu | English Bulldog | Shetland Sheepdog | Miniature/Toy Poodle | Miniature Schnauzer | Cocker Spaniel | Cairn Terrier | Pug | Whippet | West Highland Terrier | Tibetan Terrier | Dogue de Bordeaux | Basset Hound | Saint Bernard | Bull Terrier | Border Terrier | Staffordshire Bull Terrier

Breeds that need 2+ hours of walking per day: Siberian Husky | Golden Retriever | Samoyed | Alaskan Malamute | Border Collie | Boxer | Dalmatian | English Springer Spaniel | German Shepherd |

Labrador Retriever | Weimaraner

Other factors to consider

In much the same way as you would not expect a toddler to be able to walk long distances, you should not overtire a puppy by making it walk too far or for too long. Likewise, as dogs get older, their stamina and ability to exercise decreases, so they do not need to be walked for as long.

If your dog has a health problem, then it can be a good idea to talk to your vet about how long your pet needs to walk each day.

Top tips for walking your dog:

1. Always bring fresh water for your dog
2. Vary your route so that you and your dog do not become bored
3. Pay attention to the weather, as extreme heat and cold can be dangerous for your dog
4. Ask before approaching other dogs
5. Let your dog sniff around
6. Don't forget to always carry doggy poo bags around with you.



WREXHAM RED DRAGONS RISING AGAIN

HOW A CELEBRITY TAKEOVER HAS BREATHED FIRE INTO THE WORLD'S THIRD OLDEST PROFESSIONAL FOOTBALL CLUB

Although Wrexham AFC were founded in 1864, and famously knocked holders Arsenal out of the FA Cup in 1992 – one of the biggest giant-killing victories in the history of the competition – nothing could prepare them for November 2020.

For that was when Hollywood came to town, as Canadian-American actor Ryan Reynolds and American actor Rob McElhenney bought the club. At first, it seemed to be the actions of millionaires playing out a celebrity whim; yet what has materialised since has been heart-warming and gut-wrenching in equal measure, reviving the fortunes of a forlorn team and town.

No sooner was the takeover of the club complete than streaming services Disney+, FX and Hulu agreed a docuseries. *Welcome to Wrexham* was designed to follow the club's fortunes on and off the field, a world away from the glossy excesses of similar fly-on-the-wall series involving Manchester City and Tottenham Hotspur.

With the club languishing in the fifth tier of

English football, the hope was that the new influx of exposure, revenue and players – not to mention the impetus of a truly global fanbase – would drive success and promotion back to the Football League. However, it wasn't that straightforward.

A failed promotion campaign in 2021/22, despite the club finishing second in the table, was compounded by defeat to Bromley at Wembley in the FA Trophy Final.

Yet last season, the team regrouped, clocking up a record 111 points to win the National League title, a campaign during which they also reached the FA Cup fourth round.

This season will see them back in the Football League for the first time since 2008, with owners who have made a truly spiritual connection to the fans, the town and, of course, the team.

With further investment, Wrexham are already favourites to take the League Two this coming season.

You can't help but wonder just how far the dragon's fire can reach.

Photo credit: Craig Colville/Huw Evans/Shutterstock

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DOWN: 1. COGS, 2. CLEAN UP, 3. CONVERSATION, 4. OUR, 6. AWARE, 7. HESITANT, 8. OVERCAUTIONS, 12. GAUNT, 13. PRECEDES, 16. CROONER, 18. NASTY, 19. ODDS, 21. DUE



PUZZLES & TRIVIA

PUZZLES

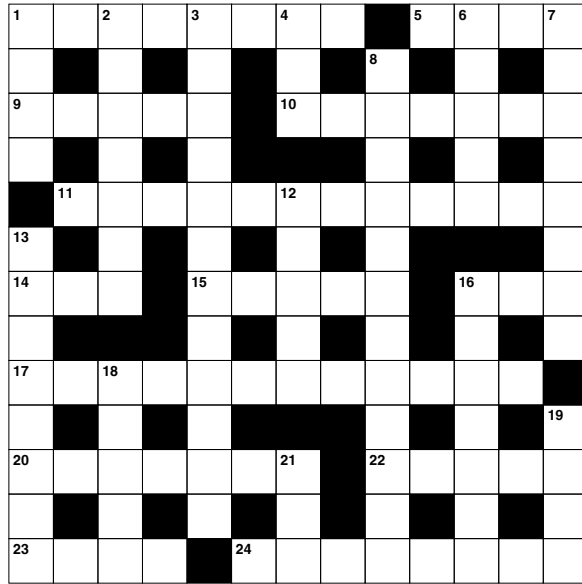
Answers: see end of The VISION Listings

ACROSS

- 1. Dawn (8)
- 5. Whip (4)
- 9. Obtain information from various sources (5)
- 10. Exposes; shows (7)
- 11. Clothing such as a vest (12)
- 14. Tear (3)
- 15. Aqualung (5)
- 16. Argument against something (3)
- 17. Person's physical state (12)
- 20. Strife (7)
- 22. Possessed (5)
- 23. Utters (4)
- 24. Gauges (8)

DOWN

- 1. Gear wheels (4)
- 2. Clear mess away (5,2)
- 3. Discussion (12)
- 4. Belonging to us (3)
- 6. Alert (5)
- 7. Suffering from indecision (8)
- 8. Unnecessarily careful (12)
- 12. Haggard (5)
- 13. Goes before (8)
- 16. Singer (7)
- 18. Bestly (5)
- 19. Chances of winning (4)
- 21. Expected at a certain time (3)



DID YOU KNOW?

- ▶ Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans – about six feet.
- ▶ The mammals can run as fast as 35mph over short distances.
- ▶ Giraffes are already extinct in at least seven countries in Africa.
- ▶ Giraffe spots are like human fingerprints; no two giraffes have the same.
- ▶ Their tongues are a bluish-purple colour and are between 45 and 50cm long.
- ▶ Giraffes are very social animals and roam around in groups. These groups, called towers, typically have around 15 members led by an adult male. The other members are females and young males.
- ▶ In the wild, giraffes live for around 25 years.

SUDOKU

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

5 REASONS TO ADVERTISE

Why do businesses benefit from hyperlocal advertising?

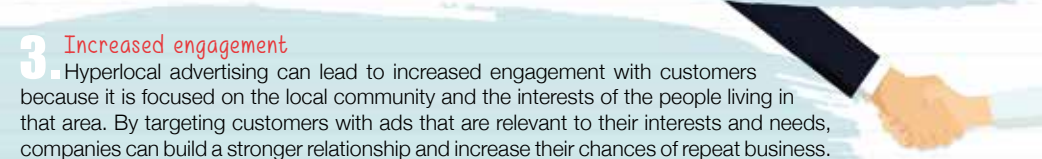
1. Targeted advertising

Hyperlocal advertising allows companies to target customers who are within a specific geographic area, making it easier to reach the right audience and increase the chances of converting them into paying customers.



2. Cost-effective

Hyperlocal advertising can be cost-effective because it is focused on a specific local area, meaning that businesses can reach their target audience without wasting money on broader marketing campaigns that may not be as effective.



3. Increased engagement

Hyperlocal advertising can lead to increased engagement with customers because it is focused on the local community and the interests of the people living in that area. By targeting customers with ads that are relevant to their interests and needs, companies can build a stronger relationship and increase their chances of repeat business.



4. Improved search engine optimization

Hyperlocal advertising can improve a business' search engine optimization because it targets customers who are likely to be searching for businesses and services in their local area. By optimizing their website and other online presence for local search terms, businesses can improve their visibility and attract more customers.

5. Better return on investment (ROI)

Hyperlocal advertising can lead to a better ROI because it is focused on a specific area and customer base. Targeting customers who are likely to be interested in their products or services, can increase conversion rates and revenue.



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