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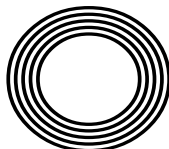
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*Alison Taylor*  
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# Editor's notes...



Misha Mistry, Design Editor

Hello and welcome to this month's edition of **VISION**Hemel.

This month, as Easter fast approaches, we have the perfect activities to engage your children, and we help you lay on the Easter feast for less.

Emma Watson makes her Disney debut in the classic fairy tale *Beauty and the Beast*, and we follow her journey from young witch Hermione to beautiful Belle.

In home and DIY we show you how to accessorise your kitchen with copper items and how to bring 50 shades of grey into your house - don't worry we are not talking about the Christian Grey kind.

In sport, we look at Anthony Joshua's rise to the top as we feature his upcoming fight to be crowned undisputed champion of the world.

Dash cams are on the rise and we tell you why and if you're looking for a classic car but lack copious funds we showcase affordable vehicles.

In this month's local news, discover how Hemel Hempstead Hospital fared in a recent government inspection and find out why local firefighters will soon be even more valuable than they already are. Local news and stories are important to us so if you have something you would like to share email [tim@mynewsmag.co.uk](mailto:tim@mynewsmag.co.uk)

Let us know your thoughts, enjoy and happy reading.

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**CONTACT US** | [info@visionmag.co.uk](mailto:info@visionmag.co.uk)  
01442 254894 | 07883 789530

DESIGN EDITOR | Misha Mistry | [misha@visionmag.co.uk](mailto:misha@visionmag.co.uk)

CO-ORDINATOR | Leigh Smith

CONTRIBUTORS | Charles Rae, Tim Green, Harry Crawford

FOUNDER | Nik Allen | [nik@visionmag.co.uk](mailto:nik@visionmag.co.uk)



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# Oscars END IN CHAOS

The 89th Academy Awards will no doubt be remembered for its confusing finale for years to come after *Moonlight* beat *La La Land* to the hotly contested Best Picture award in what was described as the 'craziest Oscar moment of all time'.

An error had seen *La La Land* initially awarded the prize, but confusion swept the stage after the producers of the film, halfway through their speeches, discovered a mix up.

Moments earlier, acting legends Warren Beatty and Faye Dunaway had taken centre stage to announce the Best Picture winner. Little did they know that Beatty had been handed the wrong winner's envelope, his card instead saying Emma Stone had won Best Actress.

Clearly unsure of what to do, Beatty showed the card to Dunaway who promptly declared *La La Land* the winners.

Cue wild celebrations from the *La La Land* team, including Stone, Ryan Gosling and director Damien Chazelle.

Slowly, the mood on stage changed. Producer Jordan Horowitz eventually announced there had been a mistake.

He held up the correct card and said: "This is not a joke – *Moonlight* is Best Picture."

Beatty then returned to explain the envelope saga.

A hesitant round of applause soon burst into life as the *Moonlight* crew made their way forward.

Barry Jenkins, the director of the newly crowned winner, was visibly stunned as he claimed the famous statuette.

He said: "Very clearly even in my dreams this can't be true."

He paid tribute to the *La La Land* team's handling of the situation, adding: "We have been on the road with these guys and it was so gracious and so generous of them."

Accountancy firm PriceWaterhouseCooper, who are responsible for counting the ballots, immediately apologised.

In a statement they said: "The presenters had mistakenly been given the wrong category envelope and when discovered it was immediately corrected.

"We appreciate the grace with which the nominees, the Academy, ABC, and Jimmy Kimmel handled the situation."

The accountants in charge, Brian Cullinan and Martha Ruiz, have been told by Academy president Cheryl Boone Isaacs that they will not be employed to do the job again.

But this isn't the only Oscar gaffe in history. This year alone, the wrong picture was used during the In Memoriam segment, producer Jan Chapman's portrait used instead of costume designer Janet Patterson's. Amy Adams was also wrongly listed as a Best Actress nominee in January.

The earliest Oscar blunder was in 1934 when Frank Capra rushed to the stage after hearing 'Frank' announced as the Best Director winner. The real winner was in fact Frank Lloyd.

Emma Stone said *Moonlight* deserved the accolade as it was 'one of the best films of all time.'

She added: "Is that the craziest Oscar moment of all time? Cool! It's going to be history."

*La La Land* won't be too disappointed though – their haul of six Oscars doubled that of *Moonlight* – and there was more history as 32-year-old Damien Chazelle became the youngest filmmaker to win the Best Director gong.





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**F**ashion design genius, fragrance creator and cult movie director: the unstoppable talent that is Tom Ford.

"My real life is not like the fantasy Tom Ford world with naked girls pouring perfume everywhere - it's more staying in and watching *Friends* on television," confesses the eponymous fashion mogul. This admission, whilst certainly sincere, doesn't ring true for a man who has become synonymous with high-end luxury, and whose most recent directorial effort, *Nocturnal Animals*, has wowed film critics with its seductive cinematography and thrilling drama.

A native of Texas, Ford's rise to style supremacy has been unprecedented; a rebel cowboy stirring up Europe's fashion elite. During the nineties, when he was creative director of Gucci, he singlehandedly resurrected the brand with his daring creative ingenuity - you may remember the raunchy Opium fragrance campaign featuring a naked Sophie Dahl, or the Mario Testino image of a model with the Gucci logo perfectly shaved into her pubic hair.

Following his departure from the Italian fashion house, Ford found himself creatively at sea and turned to alcohol for comfort. Fortunately, he soon realised that starting his own label was the healthier way of channelling excess energy - his obsession with detail being both his greatest strength and weakness. It was also during this period of reflection he first decided to don his director's hat, creating the heart-breaking *A Single Man*. With its sumptuous style and candid portrayal of life after a partner's death, the film surpassed expectations and earned its lead actor, Colin Firth, an Oscar nod.

Tom Ford is now a billion-dollar company encompassing everything from eyewear to home fragrance. Women covet his lipsticks, and the unisex Neroli Portofino cologne is a heady, sensual fragrance with cult status and a hefty price tag. The bottom line? Like Ralph Lauren or Coco Chanel, Ford is his brand and whatever he touches, be it film, fragrance or fashion, turns to gold.

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HOME & DIY



# COPPER KITCHEN

This year's interior trends are all pointing to one thing: copper is the metal of the moment, and its place is in the kitchen. Give your own scullery a rustic European twist with these classy copper touches.

As everyone knows, the design trend of the moment is industrial chic – and nothing says rustic beauty like copper elements in your kitchen. From statement pieces to smaller items, this magical metal can be paired with both wood and marble for a warm and elegant effect, its subtle glow coupling best with currently on-trend dark colours.

A chrome finish can seem a touch clinical and sanitised, whereas gold can now be viewed as a little too 'bling'. Copper, meanwhile, is stately and sophisticated and adds an element of understated lux and infinite cool.

Why not add a copper pot rack, seen throughout rural Italy as a touch of continental class? Or a copper backsplash and countertop can complement minimally-styled cabinets in subtle shades of green. With its natural anti-microbial qualities – meaning bacteria will only be able to

survive a couple of hours after coming into contact – copper makes for a perfect material to fashion a sink from, and by trading out mundane marble or commonplace ceramic for copper tiles you can subvert traditional designs with a bold burnished twist.

You can even combine fashion with efficiency by upcycling – unlike iron or steel, copper is a soft metal that can be repurposed after years of use. Reclaimed traditional materials like old copper pipes can be used to make kitchen taps, while larger sheets can be fashioned into bar stools that can complement a marble kitchen island.

The thing to remember when re-using materials is to bear in mind the copper sheet's 'gauge'. As the gauge value decreases, the thickness of the metal increases. If you're looking to turn that old copper pipe into a snazzy new centrepiece, steer clear of anything higher than a 16 gauge as this will be too thin for long-term use. Find something with a 12 to 14 gauge, however, and you'll be able to re-use and re-purpose to your heart's content.



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# LOFTY Ambitions

There's more to converting your loft than just installing some insulation – find out what's what when it comes to attic aesthetics with our rundown of the most recognised types of conversion, and what they can bring to your building.

## DORMER

Dormer loft conversions offer a greater amount of additional floor space by adding a structural extension which projects vertically from a sloping roof. By building a dormer, a cramped attic can be transformed into usable space which is bathed in natural light provided by dormer windows.

In some people's eyes a flat-roofed dormer might not provide the aesthetic appeal of other forms of loft conversion, but what it does provide is a greater gain in both floor space and headroom.

**Typical Cost:** £20,000 - £35,000

**Pros and Cons:** No planning permission needed, but not as aesthetically.

**Time Frame:** 6 - 8 weeks



## MANSARD

Named after 17th Century French architect Francois Mansart, these conversions are often found at the rear of properties, and change the sloping side of your roof into an almost vertical side. Despite the fact that Mansard conversions usually require extra construction work compared to other types of loft, the resulting build affords you a great deal of extra living space.

Mansard roofs are particularly common in urban areas and can often be seen across whole rows of older terraced properties where space is tight. However, Mansard roofs are actually suitable for almost all types of properties.

**Typical Cost:** £40,000 - £46,000

**Pros and Cons:** Creates maximum space, but longer construction and requires planning permission.

**Time Frame:** 6 - 8 weeks



## HIP TO GABLE

Hip to gable loft conversions are becoming an increasingly popular way to create extra room in a property. Most houses have a roof with a sloping side, meaning that existing loft space is often limited. A hip to gable conversion extends your property on the sloping side, effectively replacing the sloping roof with a vertical wall at the end to the same height as the ridge.

If your property has two sloping sides you can replace them both with vertical walls, known as a double hip to gable loft conversion.

**Typical Cost:** £41,000 - £46,000

**Pros and Cons:** Creates large amount of head room but can only be built on detached or semi-detached properties.

**Time Frame:** 5 - 6 weeks



HOME & DIY



# 50 SHADES OF

# grey

a warmer yellow glow which brings out the buttery hues in magnolia, whereas energy-saving halogen bulbs and LEDs – arguably a staple in most households these days – are cooler and more complimentary to the bluer end of the spectrum.

They say that grey is the new magnolia, but what's wrong with that? After all, it's versatile, sophisticated and super-sexy.

So what is it about this seductive shade that's got us all hooked? Well, for starters it's incredibly adaptable, creating a neutral palate on which to layer all your gorgeous furnishings in eye-popping hues. Unlike magnolia – which is toned with warmer yellow and red-based neutrals – grey is an ideal canvas for a variety of other palettes. Hang a gilded mirror against a graphite wall for a seductive feel, or for a warmer look throw some vibrant emerald cushions onto a charcoal velvet sofa.

Part of the reason for this colour shift is down to the evolution of lighting. Traditional bulbs give off

The materials of modern interior design have also changed with aluminium, glass and stone taking preference over wood.

Another benefit of this brilliant hue is that different shades can be layered to create depth and character. A picture hung on a grey wall for example will come to life more than on a white background. With a spectrum that encompasses blues, greens and even yellow, grey is almost a rainbow in itself – and experimenting with different tones can alter the entire mood of a room. Softer shades like dusk and French grey create a feminine feel, while gun metal and pewter are more masculine. So whatever your mood, why not lie back and let your walls do the talking?



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HOME & DIY

# QUILTED COUTURE

Forget mass-made blankets – quilting is in and it's never looked better.

Whether homestead wives making do and mending or those looking to combine fashion and comfort, this decade has seen us embrace the previously unsung 'hobby' of quilting, in the process transforming this craft into a vibrant, evolving and highly skilful art form that embraces maths, design and the attraction of wrapping up warm. After all, what better way to turn 'throw-aways' into vibrant new gifts and perhaps incorporate cherished fabrics into memory quilts as future heirlooms?

Like any new activity, quilting has a language all its own to learn and an impressive array of essential tools to become familiar with, from cutting boards to thread and needles to patterns. For anyone new to this craft, there's a delightful wonder in learning about fat quarters, layer cakes and charm squares (all cuts of fabric), while the terms WIP (Work in Progress), FMQ (Free Motion Quilting) and UFO (Unfinished Object) are all useful to pick up if you're sharing this passion with any one of the online communities – many of which operate through Facebook (UK Quilters United being a good place

to start). These groups are invaluable to new quilters and provide encouragement, information and links to other resources, notably YouTube.

Although in the past quilting has had a reputation for being solely about re-using old worn-out fabric scraps, new quilts are more likely to be made of co-ordinated or themed fabrics bought especially for a project. With that in mind, many quilters buy their fabric and supplies online (mainly due to a lack of fabric shops on the high street these days). If you are lucky enough to have somewhere local to visit, they'll most likely offer workshops, and of course there is no substitute for actually seeing the fabric before you buy.

As for comfort, there is nothing like snuggling into a beautifully made quilt in the depths of winter or seeing a poorly child being comforted by a Linus Quilt (made by volunteers for sick children in hospitals).

And let's not forget the artistic side. Visit any of the UK quilt shows to see a fantastic array of skill and artistic endeavour at every turn. From subject and colour combination to embroidery, applique and intricate quilting, you can't fail to be impressed... or inspired.

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# CIRRATE

## WAY TO TRAVEL

**W**elsh teenager Brian Robson was so homesick in 1965 Australia, and was desperate to get home to the Valleys.

But he was so broke he decided to come up with a novel way to get back home - mail himself to London in a wooden packing crate. His ill-planned journey went catastrophically wrong, and the cramped box, which measured less than a metre-cubed, almost became a coffin.

Cardiff born Robson had been bored and unhappy after 10 months working as a bus conductor and railway porter on the Victorian railways in Melbourne. He was in the country on an assisted immigration program paid for by the Australian government, so he couldn't get a passport until his two years were up.

Robson, 70, said: "I found it very difficult, and thought from the moment I got there I wanted to get out."

He devised the crackpot scheme to fly back home on the cheap in a wooden shipping crate with three other British pals who helped nail him inside.

He approached the airline, Qantas, to check what size of crate he could air-freight back to the UK, and if he could send himself cash-on-delivery.

Robson wanted to convince Qantas the crate was carrying a computer being shipped back to the UK for maintenance and servicing.

"One of my mates produced an invoice at work on company documents. I took it to Qantas personally, and checked I could send the crate directly by the quickest route, which was about 36 hours," he says.



"I couldn't stretch my legs and I couldn't turn around," he says. "I was more or less stuck in that position, which at first was quite comfy but later proved not so sensible."

Robson packed two pillows into the crate, as well as a torch and two bottles - one for water and one for urine. He also put a suitcase in the crate which made it even more cramped.

He was terrifyingly ill-prepared for the life-threatening rigours of a trans-global flight travelling as a piece of freight.

The crate was thrown around in the sub-zero temperatures of the aircraft hold and he was repeatedly knocked unconscious.

"It was pretty scary. The crate was a bit too small. I had finished the biscuits and had two mouthfuls of water left when they found me. Most of the water had spilled out."

Incredibly Mr Robson, managed to travel 8,000 miles to Los Angeles, spending 92 hours nailed in the wooden box before he was discovered.

The discovery almost certainly saved his life as he was then flown the rest of the way to London as a passenger - officially deported from the USA.

Police in LA said he would have been dead before the crate had completed the next 12-hour leg of the journey to London.

The plan went wrong because the connecting flight was full and he was left upside down on the tarmac for 22 hours before he was instead put on a flight to LA, where the freight was to be transferred. In total, he spent four days in the crate.

As he recovered in hospital he was able to explain to the FBI that he had not been kidnapped, and was not a spy, but simply a homesick Welshman trying to get back to the UK.

Although he was in the US illegally, the American authorities decided not to press charges. Responsibility for stowaways lies with the company that carries them - in this case the unwitting Pan American. The airline decided instead to send him to London - first class.

# Will you be **SUEDE?**

**F**or as long as men have worn clothes, the humble cow has provided the origins of the crème de la crème of fashionable, formal footwear. But in recent years, suede has started to challenge traditional leather as the must-have material for men's shoes. In our battle of the boots, which animal hide will reign supreme?

## COW DO THEY DO IT?

Leather and suede are actually very similar. While the former is made from the outside of a tanned hide, the latter is crafted from the treated insides. Suede has a softer, velvet-like underside which is more delicate than its smoother cousin, and thus needs more care and attention to keep it in pristine condition. The discerning gentleman can find all kinds of shoe in both suede and leather - from sleek Chelsea boots to formal loafers - and the beauty is in the versatility, whether you're pairing them with a white T-shirt and jeans or a three-piece suit.

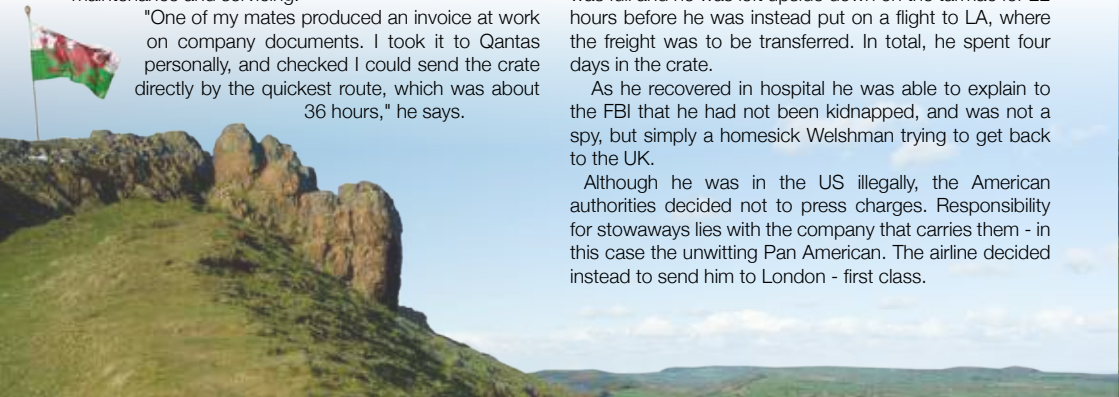
## NO PAIN, NO RAIN

One big factor any wannabe fashionista living in the UK has to take into account when purchasing

shoes is how they will deal with inevitable and often unexpectedly torrential downpours. In this respect, leather is definitely the go-to shoe if you want hassle-free footwear, as suede needs to be kept free from excess waterlogging in order to avoid long-term staining. Having said that, there are a number of good protective sprays a suede-wearer can use to sidestep this potential problem, so if you're happy taking a bit more time over your footwear's upkeep then you can still stick with suede in the rain.

## ON TREND

Suede - especially in the form of Chelsea boots - has made an impressive breakthrough onto the frontline of men's fashion, with celebs like Kanye West often seen sporting a suede shoe or two. Due to its poorer durability, there are questions over whether this new footwear fad will be as timelessly reliable as leather, but suede is now rivalling its undeniably classic counterpart when it comes to going formal, and is perfectly acceptable for pairing with a suit for a fresh twist on an old fashion favourite.





# STEAL HIS STYLE



**W**hy shell out on an expensive new wardrobe when you can just borrow his?

### HIS JEANS

This look has become such a wardrobe staple that denim brands now make 'boyfriend' cuts. But as Marvin Gaye would say, "ain't nothing like the real thing baby", and his jeans just have that perfect, worn in slouch. Wear with a body suit or slim-fit sweater to balance the silhouette and turn up the bottoms to adjust length.

### HIS COATS

Don't wait for chivalry, his jackets look better on you anyway. From oversized denims, varsity bombers and wool dress coats, it all works! Wear over mini dresses for the perfect fashion juxtaposition.

### HIS HATS

So you've stayed over at his and woken up with the worst bedhead mankind has ever seen. Yet this situation could be your ticket to effortless style. Beanies are great pulled low over loose, messy hair, baseball caps are perfect for hiding unwashed locks and, if you're feeling really bold, grab his trilby for a look that says 'you're the boss'.

### HIS SHIRT

Make like Angelina Jolie in *Mr. & Mrs. Smith* and steal his shirt – and his heart. Naturally, an unpressed white, cotton shirt is the classic, but heavy denim work shirts or lumberjack styles also look great. Wear with skinny jeans, or if you feel a little daring (and the shirt is long enough) just tights and hiking boots. Super sexy.

### HIS HOODIE

...and his jogging bottoms, and his giant, worn-out sweatshirts, and even his boxer shorts. As long as they're clean and not 10 sizes too big, it works. Boyfriend style is all about being confident enough to wear clothes that are loose and casual, whilst still feeling feminine. It also lets the other guys know that you are happily off the market.



# How to pick the perfect BOB FOR YOU

**W**ant to jump into spring with a sassy new do? The bob is a perfect way to freshen up your look. Easy to manage and a style classic, the bob suits almost any hair type, and using our handy 'how to' you can find the right one for you.

shoulder length right up to just below the jaw and just needs a little hairspray for taming.

### Thick Hair: Try a short crop

Style Icon: Saturdays star Frankie Bridge is top of the crops.

When thick hair is worn short it creates volume, lifting it away from the face and creating a bold style statement. This is also a great cut for damaged hair that has enough texture to hold a shape but would also benefit from the dry ends being taken off. If you're brave, consider an undercut, which takes weight from underneath but leaves the impression of a regular bob.

### Fine Hair: Try a pixie cut

Style Icon: Michelle Williams is the undisputed pixie princess.

Fed-up with your fine hair not making waves? Well take the leap and try a pixie cut. More versatile than you think, a pixie cut can look soft and sweet or fierce and punky. A sassy style for confident chicks.

### Wavy/Curly Hair: Try a soft A-line bob

Style Icon: Jennifer Lawrence rocks her shoulder-length, messy bob.

A tad more forgiving than a blunt bob, this cut creates a sexy, tousled look that can be slept in, played in and straightened for going out. Also a good option for those who don't want to go too short or are growing out long layers.

### Straight Hair: Try a blunt bob with strong fringe

Style Icon: Taylor Swift's do never goes out of style.

If you worry that your hair lacks volume or vigour, don't fret, because you have the perfect hair for the classic blunt bob. Dramatic and beautiful without being too 'out there', this is a look that works from





# Beauty Shop OF HORRORS

In the age of social media, there is more pressure than ever to look perfect and, as a result, cosmetic surgery has become far more commonplace. But while many are delighted with their 'Angelina Jolie lips' and 'Pamela Anderson breasts', the following horror stories may make you think twice about going under the knife.

## Leaking Breasts

Silicone implants have been known to rupture, especially after an extended period of time, and women have reported everything from deflated appearance, severe pain and even disfigurement following serious infection. In one well documented case, one woman's body rejected the implant so aggressively it burst out from her breast.

## Trout Pouts

Full and pillow-like lips may be highly coveted, but occasionally lip fillers can go awry leaving ladies with less-than-kissable pouts. If lip fillers are injected too close to the surface it can cause small bumps to appear, creating an uneven shape. Even if administered correctly, a lack of expertise can leave you with those dreaded duck

lips, sported by Leslie Ash in the 1990s. Because many beauty treatments are unregulated, it is vital to research thoroughly, and if an offer seems too good to be true, it probably is.

## Frozen Face

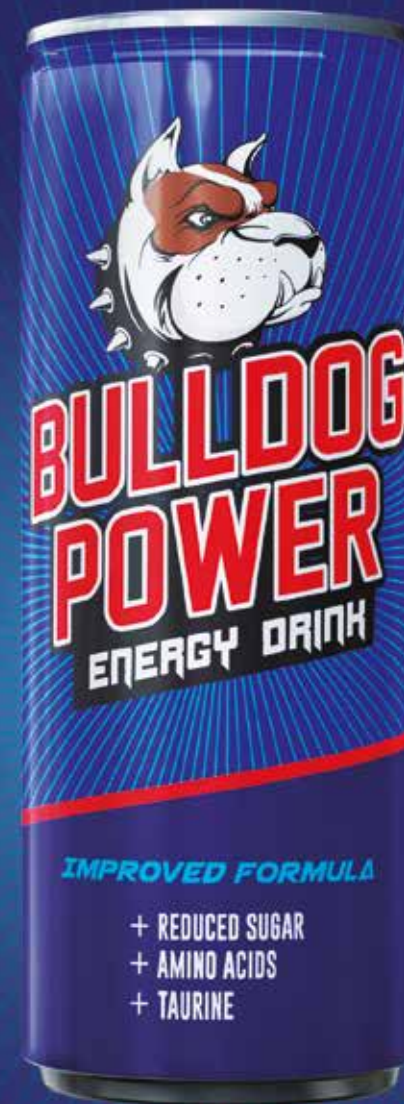
You've seen it on television and in films: it's that completely unnatural frozen look, or worse, where the poor person almost looks like they've had a stroke - one side of their face completely different to the other. Good Botox can make you look younger and refreshed, but bad will leave you resembling Mr Spock. The trick is to seek out a good injector who will pay attention to your individual needs and contours.

## Rhino-ghastly

Unlike fillers and Botox, nose reshaping is a serious commitment and requires a qualified surgeon. Rhinoplasty really is an art form, with a good result reliant on the underlying architecture of the nose, something that can be hard to predict. Horror stories include nasal valves collapsing, bumpy bridges and one poor patient who had an infection so severe she constantly had a bad smell up her nose.



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# EASTER FEAST *For less*

If like Jesus you have to feed the five thousand, but are lacking quite the same level of holy assistance, these tips will help make your meal go further.

### LOSE THE LEG

Whilst a succulent leg of lamb may be considered the traditional option for an Easter roast, it is one of the more expensive joints of meats you can buy. Consider swapping it for a shoulder – actually from the bottom of the lamb – which is a cheap and equally tasty cut. Alternatively, ask your butcher for the scrag and middle neck, which are marbled with fat and when simmered make a delicious Easter stew.

### BAKE YOUR OWN

Forget readymade cakes and buns this Easter, make like Mary Berry and create your own. Hot cross buns are surprisingly simple to make and taste fantastic fresh out the oven, and the traditional Simnel cake tastes far better with homemade marzipan and can be made in advance.

### HAVE A HUNT

Rather than buying expensive individual eggs, buy bags of smaller ones and stage an Easter egg hunt. Not only is this a fun activity for all the family, it also helps burn off the calories from the treats they find!

### BE GENEROUS WITH VEG

With spring comes an abundance of garden vegetables: cabbage, broccoli and Jersey Royal new potatoes to name but a few. Don't be afraid to fill your lunch table with platters of vibrant and delicious side dishes - braised red cabbage, minted spuds and garlicky greens - and if harvested from your very own garden, all the better.

### GO POT LUCK

For Thanksgiving in America, it isn't uncommon for guests to bring their own food dishes or bottles of wine. Easter is a time for family and friends to come together, and by giving each guest a different course to provide we can embrace the generous spirit of the holiday, creating a diverse and thoughtful meal at the same time.

# SUPER GREENS

Five delicious supper recipes that make the most of the glorious spring greens sprouting up on your own doorstep.

### GARLICKY GREENS SIDE-DISH



Spring greens are treasured for their bright, vibrant colour and high nutritional value (they are packed with vitamin C, folic acid and fibre) and are best cooked for only a few minutes to preserve these qualities. Just fry sliced garlic in oil, then add the greens, finishing with a squeeze of fresh lemon.

### CHINESE-STYLE SPRING GREEN AND CHICKEN STIR FRY



Fry garlic, ginger, chilli and onion in a little oil, add a chopped chicken breast along with soy sauce for flavour, and pre-cooked noodles. Finally, throw in your greens for last few minutes of cooking.

### SAUTÉED GREENS AND MANCHEGO FRITTATA



This is essentially a giant omelette that can be served in slices - hot or cold. Start by sautéing your greens with bacon and mustard seeds in a large frying pan, then add eight beaten eggs with the shredded Manchego. Finish under the grill with a little extra cheese.

### CHICKPEA CURRY WITH SPRING GREENS



Fry onion, garlic, chilli with Indian curry paste, add tinned chickpeas and a tin of tomatoes, simmer down. Add greens last of all until just wilted, then serve with rice and naan.

### POTATO AND SPRING GREENS SOUP



Fry diced shallots in saucepan, add vegetable stock and boil chopped potatoes. Meanwhile, steam your leafy delights for a few minutes, then press out the water and chop. Fry your greens with garlic and chilli, mash your potatoes in their stock and stir through the greens. Top with grated parmesan and serve with fresh bread.





# Emma Watson

## CONQUERS HER INNER BEAST

The star of upcoming Disney epic *Beauty and The Beast*, *Harry Potter*'s Hermione reveals the secrets to becoming Belle of the ball.

During her 10 years as Hermione in the *Harry Potter* franchise, Emma Watson has long cherished a secret ambition to sing on screen. Originally considering the lead role in this year's musical award favourite, *La La Land*, when timings clashed she instead hedged her bets on *Beauty and the Beast*, and if the trailer is anything to go by, it will be the first of many musical roles for the English rose.

Starring opposite *Downton Abbey* heartthrob Dan Stevens, Watson perfectly captures the combination of courage and naivety that made the Disney heroine so special, particularly in that iconic ballroom scene. So, was Watson apprehensive at all about donning Belle's golden ball gown?

"It's really funny because people have been asking me if I was nervous and if it was a big deal to wear the yellow dress for the first time. And, honestly, all I was thinking about was how Dan and I were not going to kill each other while doing the dance!" reveals the 26-year-old with a giggle. "Dan was on stilts and I am on heels and we are doing a full-blown *Strictly Come Dancing* waltz across a massive ballroom. I could not think about really anything other than that performance, and making sure neither of us broke a leg or fell over."

Watson was determined to make the character of Belle feel relatable; a fully formed woman who is instrumental in bringing out the better side of the Beast rather than a two-dimensional princess. For her the film is something deeper than a simple love story. "Belle and The Beast are symbolic for the two sides that are within all of us and how we reconcile those different parts of ourselves; we balance our masculine and feminine energies which we all have inside ourselves," she says fervently. "It's also a story about seeing deeper and seeing beyond the superficial and the exterior, and I think that really resonates with people."

This need to feel authentic is something that troubled Watson since she was thrust into the spotlight at such a young age. She has countered this with extensive charity work with a focus on female rights, and even took time out to study for a degree in English Literature from Brown University in America. "Fame is not something I have always felt comfortable with; I have really grappled with it emotionally," she explains quietly. "And, in a funny way, my philanthropic work is my way of making sense of the fame, of using it. I have found a way to channel it towards something else, which makes it so much more manageable for me. And this is something I really believe in."

This year will also see the Burberry model star opposite Tom Hanks in *The Circle*, a sinister sci-fi tale that warns of the perils of our burgeoning technology industry. In her personal life, however, she is focusing on feeling good in herself: "I want to feel fabulous and comfortable and sexy and strong and beautiful. And if it's making you uncomfortable, don't do it. Moving forward, I'm prioritising just feeling awesome."



# GINGER *Genius*

No, we're not talking about Ed Sheeran or Paul Scholes, but rather about the creeping perennial with thick, tuberous underground stems and an ability to grow up to a metre in height. That's right, *Zingiber officinale*, or ginger as it's more commonly known, is in fashion in 2017, revered more than ever before as both a culinary and medicinal marvel.

Fresh, dried, powdered, crystallised, pickled or as a tea: ginger comes in many forms. Native to South East Asia, India and China, this radical root has, for centuries, been a friend to both chefs and medicine men alike, and now you too can discover what makes this terrific tuber much, much more than just a simple seasoning.

Firstly, know how to store your ginger. With fresh ginger – and it's always advisable to get fresh over dried due to the superior flavour and higher levels of beneficial components – you can store the roots in the fridge for up to three weeks unpeeled. If you go with dry ginger, keep it in a sealed container in a cool, dark place for no more than six months.

So what makes ginger such a fantastic food?

## DIGESTIVE DELIGHT

Ginger has been used throughout history to soothe stomach pain and alleviate digestive discomfort. It is an excellent carminative, meaning that it promotes the elimination of excessive gas from the digestive system and calms the intestinal tract in order to combat conditions such as colic and dyspepsia.

## NO MORE NAUSEA

Ginger root reduces the symptoms of motion sickness such as dizziness, nausea, vomiting and sweating. It is also beneficial for pregnant women, and can be used to treat morning sickness.

## GLORIOUS GINGEROLS

The active components of ginger are gingerols, which are powerful anti-inflammatory compounds. People who suffer with osteoarthritis or rheumatoid arthritis have even been found to be able to lessen the pain and gradually improve their mobility with the regular consumption of ginger in all its various forms.

## I HEART GINGER

New research suggests that ginger may also contain anti-diabetic properties and compounds that can combat the effects of heart disease, with just two grams of ginger powder being found to lower fasting blood sugar by 12 per cent.



# BACK TO BASICS

How returning to the fundamentals of good posture could drastically improve your quality of life.

It is often noted how young children have naturally perfect posture. Right from the beginning their backs are straight, their shoulders down, and their heads are balanced perfectly atop their necks. But over time bad habits creep in as we slump on sofas, hunch over computers and generally get dragged down by life's challenges.

The problem is, not only does bad posture begin to take its toll on our joints and muscles, it also affects how we feel about ourselves. Think about someone walking into a job interview for example, with their shoulders rounded, feet dragging along and head looking toward the ground, versus a person striding confidently in with shoulders back and their head held high. The first suggests reluctance, shyness and fatigue, the second vigour and enthusiasm. It could also be causing problems you aren't even aware of: digestion issues; fatigue and headaches; foot, knee, hip, and back injuries... they can all be traced back to posture.

Thankfully, it's easy to get back to your posture-

perfect self, simply by paying attention to what's going on in your body, and one of the best places to start is at your desk.

So, make sure your chair is at the right height, so your screen is comfortably level with your eyeline. Shoulders should be down and back, and avoid crossing your legs. When typing, keep arms at a comfortable 90-degree angle in a nice, neutral resting position. Remember, chairs come with armrests for a reason, so don't be afraid to let them lend you a helping hand.

Next, when standing for an extended period, resist leaning on one leg and instead keep legs hip width apart, tummy pulled in and bum tucked under.

Whilst much can be achieved through maintaining awareness, strengthening certain muscles is also helpful. Good posture is achieved through strong core and glute muscles, so keep up with those sit-ups and lunges. Pilates is also a great workout which can retune your entire body to work more effectively, making you feel stronger, pain-free and brimming with confidence.





KIDS

# BIG SMILES on a budget

**F**ive ideas for keeping your little monkeys entertained this Easter break which won't cost the earth.

### Get into the great outdoors

There's no better way to spend a day than discovering the Great British countryside, be it your local park or somewhere further afield. One investment that pays off over time is membership with the National Trust, which allows free entrance to hundreds of forests, nature reserves and stately homes nationwide. So all you need is petrol money and a picnic.

### Amuse(um) them

In the UK we are incredibly lucky to have access to a plethora of museums and art galleries, many of which offer free entry. Local highlights include Tring Natural History Museum and The Bedfordshire & Hertfordshire Regiment Museum. London has the incredible Science Museum and the V&A Museum of Childhood, and there is even an entire building devoted to the beautiful game at Manchester's National Football Museum.

### Meet the animals

...at your local urban farm. No longer consigned to the countryside, city farms are popping up everywhere and their lack of acres is made up for

with ingenuity and efforts towards conservation – think rooftop bee apiaries and veg grown vertically. For a comprehensive list of farms and community gardens, visit [farmgarden.org.uk](http://farmgarden.org.uk)

### Find a film

Many big cinema chains do kids mornings from as little as £2 per child. These screenings can prove very popular, so be organised and book ahead. Alternatively, most streaming websites offer a one month free trial period, so all you need to buy is the popcorn.

### Be treasure hunters

Not just pretend, with Geocaching you can actually hunt and find hidden gems. This ingenious concept combines technology and nature for a proper family adventure by using your phone's GPS to locate hidden containers called Geocaches. Inside the box are items (usually geared towards children) which you can then take and replace with your own item (a coin or small toy for example). Simply register and [geocaching.com](http://geocaching.com) and seek out the gold.



KIDS

# HOP TO IT!

**D**on't have bored little bunnies this Spring holiday...keep them entertained with these delightful crafting activities.

### Easter Bonnets



The Bank Holiday weekend may be notorious for bad weather, but don't let it rain on your parade with these Easter bonnets. Simply take an old straw hat – or buy one from your local shop. Handmade paper chains look fabulous around the brim, and shredded paper nestled in the top with a couple of decorative chicks are great to create a nest effect.

### Chocolate Nests



You can't beat this tasty classic. Taking great care, melt chocolate in a bowl set over boiling water, add broken up Cornflakes or Shredded Wheat (or any cereal you like) and mix gently. Spoon the mixture into paper cases, creating a hole in the centre. Leave to cool before nestling in miniature chocolate eggs and refrigerate until you're ready to eat them.

### Decorated Eggs



Firstly hard-boiled your eggs and leave them to cool. Then get creative with felt tips, stickers, crayons and paintbrushes. You can also use glue to paint patterns before adding glitter or rice dyed with food colouring – or if you're feeling really ambitious, cut up an old silk tie (must be 100 per cent) and tie it tightly around your egg, pattern-side down. Add 50g of vinegar to a pot of boiling water and pop in your egg for 20 minutes. Once removed, leave to cool entirely and gently peel back the fabric to reveal your perfectly patterned egg!

### Pinwheel Bunting



For each pinwheel cut two squares from contrasting coloured or patterned cardboard and glue together – decorative side facing out. Next, cut across the diagonal lines on your square, being careful not to cut all the way to the middle. With the loose flaps, fold in every other corner towards the centre and glue. Now either thread string through each wheel to make bunting or attach individually with a pin to a stick or pencil to create your classic pinwheel.



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# IF YOU GO DOWN TO THE WOODS TODAY

The UK has a wealth of forests that are ripe for exploring. They provide a fertile ground for the imaginations of children who have grown up with Robin Hood's bands of outlaws hiding out in Sherwood Forest, or Winnie the Pooh and his chums larking about in One Hundred Acre Wood. Here's some of the amazing things you can find if you venture into the wild woods of Britain...

## ANIMAL MAGIC

There's an incredible amount of interesting wildlife hiding out in our nation's forests. Red squirrels and water voles can sometimes be seen by the most sharp-sighted (and quietest) woodland explorers, but the most exciting place to see all kinds of critter is the New Forest. This magical National Park is teeming with fun creatures for all the family, from the famous New Forest ponies that roam throughout, to deer, pigs, sand lizards and even otters.

## HAVE SOME FUN, GUYS

There's a multitude of mushrooms out there that are funky to look at, but the majority are highly toxic and should be avoided. One fungi that you can be sure will be safe come dinnertime is the puffball – they grow into a foot-wide white ball! Puffballs can be a bit slimy to eat on their own, but if you fry the mushroom before dipping it in beaten egg and breadcrumbs, then fry again to crisp up, it will make a marvellous mushroom schnitzel.

## WORLD WAR WONDERS

Our UK forests are home to all kinds of historical finds, with the most numerous sites being from World War Two, including a whole host of secret bunkers built in the face of growing concerns about a potential Nazi invasion. Both the New Forest and various locations in Scotland still harbour military encampments that have long fallen into disrepair, and the most enthusiastic of explorers may well be able to find fragments of metal amongst the undergrowth.

Another recognisable mushroom is the Scarlet Elf Cup, whose crimson colouring makes this tasty treat easy to spot amongst the mossy greens and browns of the forest floor.





# FLIGHT OF

# fancy

Everyone can differentiate between pigeons, blackbirds and the odd robin, but there is an abundance of rare avian animals in each and every UK garden that are a little harder to spot. Here we pick out four of the weirder and more wonderful feathered friends that may find a home in your hedgerow.

alder, thistle or dandelion seeds amongst the hedgerow.

## JAY

Pretty in pink, the jay is the most colourful member of the usually funereal crow family. Known for their shyness, jays tend to stick to overgrowth, but can sometimes be seen darting from tree to tree when the white feathers on their rump are an instantly recognisable marker. Their diet consists largely of acorns, meaning you may be likely to find jays hanging around oak trees looking for morsels to bury for eating at a later date.

## GOLDFINCH

One of Britain's most colourful garden visitors, the goldfinch is recognisable by its crimson facial feathers and the shock of yellow on its wings. Since recovering from a serious decline in the 1970s, goldfinches can be seen throughout the UK, breeding in small colonies and making the most of their light bodies and thin beaks to vie for

## RED KITE

Once on the brink of extinction, this bird of prey was brought back through one of the world's longest-running protection programmes. Immediately identifiable by its large wingspan, forked tail and gliding flightpath on warm air currents, the red kite can often be seen feeding on road kill and other carrion. Try coaxing some down into your garden by laying out raw bacon – but make sure all family pets are safely inside the house first!

## FIRECREST

Along with its cousin the goldcrest, firecrests are one of the UK's smallest birds, weighing an average of about six grams. Although rare, firecrests are usually found hunting for small insects in autumnal bushes. They have green wing feathers, a bright white belly and monochrome stripes on their face. Their crowning glory, however, is the bright orangey-yellow crests from which they get their name – and is expanded out as part of their mating ritual.



Goldfinch



Red Kite



Jay



Firecrest

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## THE 'CELL OFF' LOCKED UP IN A BATTLE

**C**ampaigners are battling to turn the former women's prison, Holloway, into a centre for the community.

But the Prison's Service which closed the London jail last year are planning to sell it for around £200 million so that 5000 new homes can be built.

At one time it was Europe's biggest jail for women, which for over two centuries has housed at some time or another some of the most notorious women in British criminal history.

The sale has been dubbed a 'cell-off' and its closure is part of a £1.3billion prison reform package.

Built as Holloway House of Correction in 1852, the prison was at first home to mixed inmates – men, women and children – until 1902 when it became female only.

The mix of genders turned the rat-infested jail into a cesspit of immorality and Victorian social reformers feared the next generation of criminals would be incubated in its dank cold cells.

More than 1,000 women could be incarcerated at any one time (at its closure the capacity was

600). Inmates were forced to live in silence and carry out menial tasks such as rope making.

There was a tread wheel for 16 adults and eight juveniles to pump water. But as the men moved out the gallows arrived and in 1902 notorious baby farmers Amelia Sach and Annie Walters were the first women to be executed there.

Five women were executed at the prison, Ruth Ellis being the last in 1955. Her hanging helped sway public opinion, and eventually the law, against capital punishment in Britain.

Famed executioner Albert Pierrepont had used his rope for the last time.

In recent years, it has been home to some of the country's most famous female inmates, including Jane Andrews, the former dresser to the Duchess of York, who was given a life sentence for killing her lover, Tom Cressman, in 2000; and Tracie Andrews, who served 14 years for murdering her fiancé, Lee Harvey, by stabbing him more than 42 times with a penknife in 1996.

The walls also held Diana Mitford, wife of British fascist leader, Sir Oswald Mosley. Adolf Hitler was one of only six guests at their secret wedding, in

Nazi minister Joseph Goebbels's drawing room in Berlin, in 1936.

Among those who served part of their sentences at Holloway were Maxine Carr, the partner of Soham killer Ian Huntley, and Tracey Connelly, the mother of Baby P, identified later as Peter Connelly, who died aged 17 months following systematic abuse. Serial killers Myra Hindley and Rosemary West were also guests of her Majesty at Holloway.

In the early 1900s, suffragettes including Emmeline Pankhurst and her daughters Christabel and Sylvia were locked up in what was by then known as Camden Road prison. Classed as political prisoners, they were allowed to wear their own clothes, which caused resentment, but when on hunger strike they were force-fed through rubber tubes, rammed up the nose in a "violent, cruel and brutal fashion".

It was during her time at the prison that suffragette Emily Wilding Davison decided to publicly end her life to draw attention to the suffragette cause and advance equal rights for women.

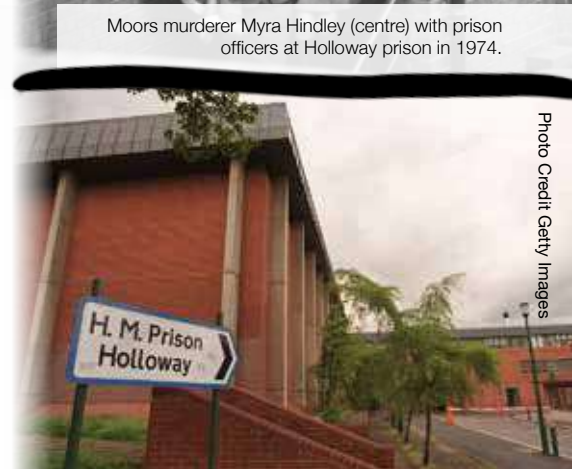
She made two failed suicide attempts and was eventually successful when she threw herself under the hooves of King George V's horse at the Derby in 1913.



In 1955 crowds gathered to see the execution of Ruth Ellis, the last woman to be executed at Holloway



Moors murderer Myra Hindley (centre) with prison officers at Holloway prison in 1974.





# LOCAL NEWS

*from your neighbourhood*



## Police worker suing sports trust after climbing accident

A woman who broke her back falling from a bouldering wall whilst on an internet date at a climbing centre in Hemel Hempstead is fighting for £300,000 in compensation.

Met Police worker Emma Jane Maylin, from Watford, was on her third date with the man when she came to grief.

Now she is suing the Dacorum Sports Trust, which runs the XC climbing and skate park in Jarman Park.

The 29-year-old plummeted 14 feet from the wall and landed on her backside on January 11, 2014, London's High Court heard.

Miss Maylin fractured a disc in her back and spent two weeks in hospital.

She met up with her date at the climbing centre but it was the first time she had tried bouldering - a form of rock climbing.

Miss Maylin was off work for six months and has ongoing difficulties with tasks such as driving and exercise proving challenging.

Her lawyers say she has also suffered psychological

injuries including post-traumatic stress and depression.

Her barrister, Catherine Foster, told Judge Martin McKenna: "Dacorum Sports Trust failed to provide basic safety information to Miss Maylin to enable her to make herself safe.

"They had a basic duty to inform her of the risks associated with the activities she was likely to be undertaking, as well as basic cautions which could be taken to control such risks.

"What is entirely clear is nobody on behalf of the defendant took any trouble at all to draw to her attention the particular risks inherent in the activity of bouldering."

The sports trust denies liability for Miss Maylin's accident.

Judge McKenna has now reserved his decision on Miss Maylin's claim and will give his ruling at a later date.

Her lawyers confirmed outside court that she is seeking damages of up to £300,000.

## Hemel Hospital requires improvement



Hemel Hempstead Hospital was rated as inadequate after the results of a government inspection, carried out in 2016, were published recently.

Inspectors from the Care Quality Commission (CQC) gave the hospital the worst possible rating even though outpatients and diagnostics were rated as good.

Katie Fisher, chief executive of West Herts Hospitals NHS Trust, said plans were well underway to drive the rating up.

She commented: "The CQC reviewed the medical care on Simpson ward in 2016 and rated it 'inadequate' which affected our overall rating for this site. The inspectors had concerns about whether we had the sufficient leadership and the appropriate level of experience and skills in place to meet the patients' needs. We took immediate action by supporting the ward with more senior staff and have made changes to the criteria for admission onto the ward.

"Currently, we are in discussions with Hertfordshire Community NHS Trust on plans which would see the ward accommodating patients who, with some focused care and support, could leave the hospital setting and return home or to the next stage of their care."

## Vicious burglar begins prison sentence

A vicious burglar who terrified three young men in Hemel Hempstead, attacking them with metal bars, has been jailed for nine years.

However David Payne's sentence would have been longer, said a judge, but for the fact he helped prison officers during the riot at Bedford prison last November.

But he also said Payne had an 'appalling' criminal record and had caused physical and psychological damage to his victims.

Payne was told that as a dangerous offender he would have to serve at least six years of the sentence and would be on licence for an extended period.

Payne, 33, of Pulleys Lane, Hemel Hempstead, had denied aggravated burglary, but was convicted by a jury at Luton Crown Court.

Wayne Cleaver, prosecuting, read extracts from statements the victims had made about their ordeal.

They had been having a party at one of their homes in Autumn Glades, Hemel, while his mother was away. One had been selling cannabis and Payne had been a customer at the door.

But when he returned with another man, the three teenagers who remained at the party were attacked with iron bars while property was taken.

Mr Cleaver said the party host was kept separate from his friends and thought he was going to die.

## New performing arts school launches in local area



A new performing arts school launched near Hemel Hempstead last month.

Amour Performing Arts, run by Alice Norris and Taylor Bush, holds classes at the Rudolf Steiner School in Kings Langley on Wednesdays and Saturdays.

Classes are available in drama, disco and musical theatre.

For more information, search Amour Performing Arts on Facebook or go to [www.amourperformingarts.co.uk](http://www.amourperformingarts.co.uk)

Free trials are also available. Email [info@amourperformingarts.co.uk](mailto:info@amourperformingarts.co.uk)





# Hemel firefighters to attend cardiac arrest calls

Firefighters from Hemel Hempstead could be first on the scene if someone calls 999 for an ambulance as part of a scheme to improve survival rates for patients in cardiac arrest. The town's fire station is one of the latest to join the co-responding scheme, which has been running successfully since the summer.

The scheme has been set up because successfully treating cardiac arrest patients greatly depends on getting help to them as quickly as possible. When a 999 call is made to the ambulance service about a cardiac arrest, their control room will send firefighters to the scene if they are closer than the nearest ambulance.

# Wedding woes at Hemel Hempstead hotel



The owners of a hotel where a staircase collapsed while at a wedding party was posing for photographs say they have been keeping in touch with those affected. At least fifteen people were injured when the steps at the Holiday Inn on Breakspear Way came down last month. The bride and groom, Amy-Lenna Bryce, 26, and Andrew Hughes, 29, walked away but at least five people were taken to hospital. A spokesman for the Holiday Inn said: "We have been in constant contact with those impacted to ensure they have our support. A full investigation into the incident has been launched and we are cooperating fully with authorities."

# Council tax to rise in Hemel Hempstead



People in Hemel Hempstead will be paying more council tax after Dacorum Borough Council (DBC) agreed to increase their share of the bill by nearly three per cent last month. The increase means people living in a band D property will see their bills go up by £5 a year. DBC keeps 12 per cent of the overall council tax charge. For a band D property, the charge is £1,587.66 a year. Only £189.83 is for Dacorum Borough Council's services; £1,245.83 goes to Hertfordshire County Council to pay for services such as highways, education and care services and adult social care. Meanwhile, £152 goes to the Police and Crime Commissioner for Hertfordshire.

# Have you seen watches stolen during Hemel burglary?



Detectives investigating the theft of 18 replica watches during a burglary in Hemel Hempstead are appealing for information on their whereabouts.

The watches, which include imitations of brands such as Hublot and Audermars Piguet, were stolen from an address in Cumberlow Place.

Anyone who may be able to assist the investigation is asked to contact the Dacorum Local Crime Unit on the non-emergency number 101, quoting crime reference number D1/17/874.

Alternatively, if you have any information about this incident you can contact the independent crime-fighting charity Crimestoppers anonymously on 0800 555 111 or through their Anonymous Online Form at [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org).

The watches were stolen between January 31 and February 3.

# Were you asked to repair car after Hemel collision?



Police investigating a serious accident in Hemel Hempstead which led to a man having his arm amputated are appealing for help.

They want to hear from anyone who has been asked to do urgent repairs to a small white car which was believed to be involved in the accident.

At around 10.25pm on March 2, a small white car collided with a man who was working at a manhole on the roundabout between Marlowes and Combe Street.

The worker's arm was amputated as a result of the collision and he fell into the manhole. He is currently believed to be in a serious but stable condition.

Officers believe the vehicle was damaged as a result of the collision and are appealing to anyone who may have seen the damaged car to contact them.

Anyone with information should contact PC Shona Gillen from the Forensic Collision Investigation Unit via the Hertfordshire Constabulary non-emergency number 101.



# tales from the BUSINESS GHOST



## ONLY YOU ARE TO BLAME IF YOU ARE TOO BUSY...

If I were to be blunt (and I usually am) I would say that if you are 'too busy' you only have yourself to blame! OKay, so I don't know your specific circumstances, identify with the workload that you have taken on or understand the pressure you are under not to let your customers down. That may be true, but I would be amazed if you were in a position where you could not have asked for more space, requested help, or simply said, "no, I don't have the time."

What, say 'no' to a customer or to your boss? Well, yes, of course! If you have already got too much to do, surely it is madness to agree to do more? If you own the business, it is time to put your prices up (at least, until some of your customers go somewhere else) or to employ some help (part-time or outsource to start with)

so that you can begin to grow your business. If you work for someone else then you just need to discuss the situation with them.

The fact is that being 'too busy' is detrimental to the work you can actually get done: both in quality and quantity. The reality is that we are all far more able to control our workload than we think. It might take a bit of courage and a careful dose of diplomacy, but 'no' is always a reasonable proposal.

This management principle doesn't just apply to your workload, either. Pretty much any situation in your life could be better 'if' you are prepared to take positive (brave, sensible and genuine) action towards addressing it.



# DEATH, TAXES... & WORKPLACE PENSIONS?

You've heard the radio ads, you've watched the TV commercials, and you've seen the posters. But what will the Government's workplace pension scheme really mean for you, and has the time come to consider revising Benjamin Franklin's famous quote?

Almost five years ago the Government came up with a plan designed to revolutionise the way we view pensions. In the past the ethos was to encourage people to voluntarily enrol into company pension schemes with the lure of private subsidies and state contributions. Now, that logic has been flipped and pension provision is being made compulsory – employees are automatically signed up to company schemes designed, in the long run, to make those later years rather more pleasant.

You may well have a private 'rainy day' plan set up on the side, but the roll-out continues now for all UK employers to set up a pension for workers. The date for this auto-enrolment (known as a 'staging date') is determined by the Pensions Regulator and depends on the number of people on a company's payroll. As for those who qualify, it's everyone between the age of 22 and the State Pension age, earning at least £10,000 a year and working in the UK.

Almost 10 million employees are already benefiting from this landmark initiative, operating on the principle that when you pay in at the end of each month as part of your wages, so too will your employer.

There is a minimum contribution that needs to be made, but a £40 pay-in each month would be met with a £30 employer contribution plus £10 from the Government in tax relief – meaning £80 lands in your pension pot.

You can opt out of the scheme if you choose, and an employer can suggest an alternative private scheme, but by law they must provide the option of a pension.

While some unscrupulous employers will tell you they have many more important things to do, a fine of up to £500 a day for those not complying with regulations means you'll get what's owed. So in future, Franklin's quote may well go something along the lines of "death, taxes and pensions".

Head to [gov.uk](http://gov.uk) for more information.





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# CLASSIC CARS

*on the cheap*

Are you a lover of vintage vehicles on a budget? These days, with second-hand selling online at an all-time high, it's never been easier to get a great deal on an iconic motor, whether by picking up on models that have been criminally overlooked, or thinking ahead to what might be considered a classic in a few years' time.

a great price – the real star of the show, and a beautiful automobile in its own right.

## FORGOTTEN FINEST

Some cars may get lost in the maelstrom of modern motor manufacturing, but looking back it becomes clear that these vehicles are every inch the classic. Take the Mercury Cougar for example – it might not be as well-known as its cousin the Ford Mustang, but the Cougar has the same muscular style and iconic all-American body-work for a fraction of the price.

## TIME WILL TELL

Of course, you can always get ahead of the game when it comes to grabbing your fantasy car. One little hike in the market can lead to a massive increase in a particular auto's value. The Ford Capri, for example, has seen its average second-hand price rise by double in the last two years. Buy now while this little gem is still affordable, and in a few years you'll have a bona fide classic on your hands.

## ALREADY ICONIC

If you're looking for a truly classic car from the annals of automotive history, always be on the lookout for mileage and, if you can, have a look before you commit to the purchase. There's always a chance you'll find a great deal on an old Rolls Royce Silver Spirit, but rocking up in a Rolls counts for nowt if your baby breaks down within seconds.

Another iconic auto available for under £10,000 these days is the Mini Cooper – not the modern BMW-made hatchback, but the three-time Monte Carlo rally winner immortalised at the hands of Michael Caine and co. in the 1969 crime-caper *The Italian Job*.

And speaking of crime, you can even emulate *Life on Mars'* Gene Hunt and pick up a Ford Cortina for





# THE RISE OF Dash Cams

As new-fangled technology continues to pervade every facet of our lives, one particular gizmo is causing a real stir for road users across the UK: the dash cam. But what are they, and how are they changing the way we operate on our roads?

It's an unfortunately familiar story to many road users: a small accident for which neither party involved accepts responsibility. In the past, these things may have become drawn out and messy insurance affairs, but the rise in the use of dashboard cameras has meant that the nature of road traffic collisions is changing – but perhaps not in a wholly good way.

On the one hand, dash cams appear to provide concrete evidence in cases where there may be no CCTV or witnesses to prove one side's innocence in an accident. Both insurance companies and the police have said that, if dash cam footage is available, they will take it into consideration when dealing with the incident. It is essential to note that dash cams only make up part of these investigations, and dash cams themselves can only provide a snippet of the whole picture depending

on how they are placed and from what angle the incident happened, but as an evidence tool they can be invaluable.

There is a dark side to the dash cam craze, however. A lot of footage is being shared widely on social media sites that forgo traditional avenues of justice in favour of a more 'name and shame' approach that victimises some who aren't given the opportunity to defend themselves.

Alongside this, if you're planning on using a dash cam then you should always make sure the gadget is not obstructing or affecting your view and that you leave it untouched whilst driving. And always take into account the fact that these cameras use loop recording, meaning that if you don't save the footage for insurance purposes then you'll quickly find it confined to the dash cam equivalent of the Austin Allegro.

As always, though technical wizardry appears to help us unconditionally, there's probably no real substitute for the traditional methods of sorting out a minor incident between drivers – eye witnesses, photos, police reports and a healthy dose of honesty. Good luck!



# PUZZLES & TRIVIA

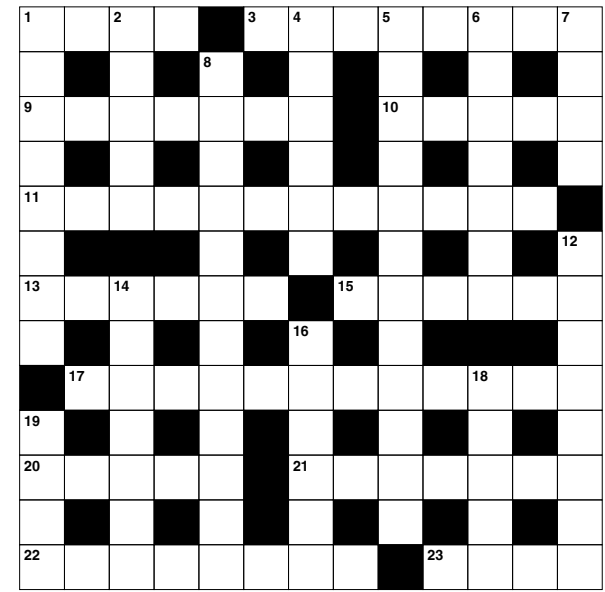


### ACROSS

- 1. Memo (4)
- 3. Vehicle with three wheels (8)
- 9. Apparitions (7)
- 10. Pattern (5)
- 11. Swimming technique (12)
- 13. John \_\_\_ : US novelist (6)
- 15. Banish; eliminate (6)
- 17. Flowering plant (5,7)
- 20. New \_\_\_ : Indian capital (5)
- 21. More than one (7)
- 22. Strive (8)
- 23. Poses a question (4)

### DOWN

- 1. Dark colour that is virtually black (4,4)
- 2. Sense experience (5)
- 4. Oppose (6)
- 5. Butterfly larvae (12)
- 6. Routine dental examination (5-2)
- 7. Circular movement of water (4)
- 8. The management of a home (12)
- 12. Spies (8)
- 14. Someone who dithers (7)
- 16. Pivot (6)
- 18. Golf clubs (5)
- 19. Increases; sums up (4)



### DID YOU KNOW

- ▶ The first ever product that Sony came up with was not a phone or the PSP, it was an electronic rice cooker.
- ▶ 1 out of 10 people in Europe are conceived via an Ikea bed.
- ▶ Apple has such a large net worth that, if it had been a country it would have been the 27th largest economy in the world.
- ▶ "Yahoo" is an acronym for "Yet Another Hierarchical Official Oracle."
- ▶ Pepsi got its name from the digestive enzyme pepsin.
- ▶ Facebook is primarily blue because Mark Zuckerberg suffers from red-green colour blindness.
- ▶ The actor who played The Malboro Man died of lung cancer.

### SUDOKU

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





Photo credit: PA Images



# HOME-GROWN SUPERSTAR AIMS TO REWRITE THE HISTORY BOOKS

After disgraced Tyson Fury gave up his world titles last year, boxing legend Wladimir Klitschko looked for a worthy opponent to battle to become the undisputed champion of the world.

The man he turned to was Anthony Joshua. The British fighter will take to the ring in front of 80,000 fans at Wembley Stadium against Klitschko on April 29 in a fight that could cement Joshua's place in the sport's history forever.

**VISION** takes a look back on Joshua's remarkable career which has taken in an Olympic gold medal and a 100 per cent knockout record.

Joshua was born in Watford but grew up in Nigeria for some years before returning to the town for secondary school.

Although a keen athlete growing up, Joshua was by all accounts a late starter to boxing, only beginning in 2007 aged 18 after his cousin suggested he take it up. Finchley ABC in Barnet became his home from home and would be where he developed his world-beating technical ability.

His amateur career took off after winning back-to-back Haringey Box Cups in 2009 and 2010 and in the same year, in what was only his 18th bout, he won the senior ABA Championships.

Around this time, Joshua turned down £50,000 to turn professional, saying he only wanted to 'win medals'.

Indeed, 2010 was a prolific year for the hitman. His domestic success earned a place on the GB Boxing team and more success at the GB Amateur Boxing Championships solidified his status as a brilliant talent.

But it was in 2011 that Joshua made his mark on the world stage with an impressive run to the final of the World Amateur Boxing Championships in Azerbaijan, where he lost to local boxer Magomedrasul Majidov. It would be the last time Joshua lost a bout.

Joshua was on home soil the following year for the 2012 London Olympics and, despite a tough draw, he crowned his amateur career with a gold medal.

His efforts were recognised as he was appointed a MBE for his services to the sport he had only taken up six years previously.

It was time for a change of scenery, as Joshua launched his professional career as a heavyweight by beating Italian Emanuele Leo by knockout. It was a trend which has continued since, with Joshua's unbeaten professional form seeing each and every victim hit the canvas.

By 2014, Joshua had won his first accolade – the vacant WBC International Heavyweight title – battling former title-holder Denis Bakhtov.

A grudge match in 2015 saw Joshua take on Dillian Whyte – one of the few people to have tasted victory against the six foot six inch big man – to defend his Commonwealth Heavyweight title and win the vacant British Heavyweight title. It was to be the longest match of his career thus far, reaching the seventh round before finally winning by knockout.

A triumph over IBF World Heavyweight champion Charles Martin saw Joshua lift his first world title in February last year. Successful defences against Dominic Breazeale and Eric Molina followed and a lucrative contract with US broadcaster Showtime saw the money roll in.

The only way was up for Joshua, and that meant becoming undisputed champion of the world.

On November 2, 2016, the World Boxing Association (WBA) agreed to sanction a unification bout between Joshua and Klitschko for the IBF and WBA 'super' titles.

Somehow, the man from a home county town has squeezed a decade's worth of sporting prowess into a handful, and it looks like eternal glory is on the horizon.

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