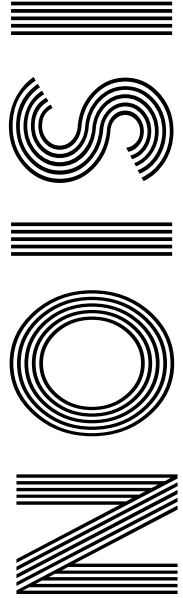


2020  
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TOUCHING  
TRIBUTE  
to Dame Vera Lynn

FLORENCE NIGHTINGALE  
*200 years after her birth*



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# Editor's notes...



Brett Shohet, Editor

Hello and welcome to the first edition of **VISION**Hertford.

Our publication is new to your area but very well established in Essex for over three years now.

We have **VISION** titles in other areas including

BrentwoodOngar, BillericayShenfield, Hornchurch, Loughton, SouthWoodFord, Rayleigh, Leigh-on-Sea and EppingTheydon.

That's eight editions monthly which are hand distributed to more than 53,000 homes EVERY month as well as to local businesses. This title alone is being distributed to more than 6,000 homes EVERY month in Hertford and Bengoe.

We'll be bringing you lifestyle Features along with local news and events for your area. We'll also be providing a great platform for local businesses to promote their products and services. It is a proven recipe that has worked in Essex and we felt that Hertford would be the ideal town for **VISION** to enable us to break into Hertfordshire.

**VISION** is all about keeping the £ local and supporting local businesses. In the days of Amazon's dominance, the effect of recent events and the high street demise, it has never been more important to support local businesses. Yes, online purchases may be convenient, but would you not prefer to enrich a shareholder or support a local business and their family?

If you have a hyperlocal news story or what's on event to share, email us at [hertford@visionmag.co.uk](mailto:hertford@visionmag.co.uk)

**VISION** is your magazine for your town.

*Brett*

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

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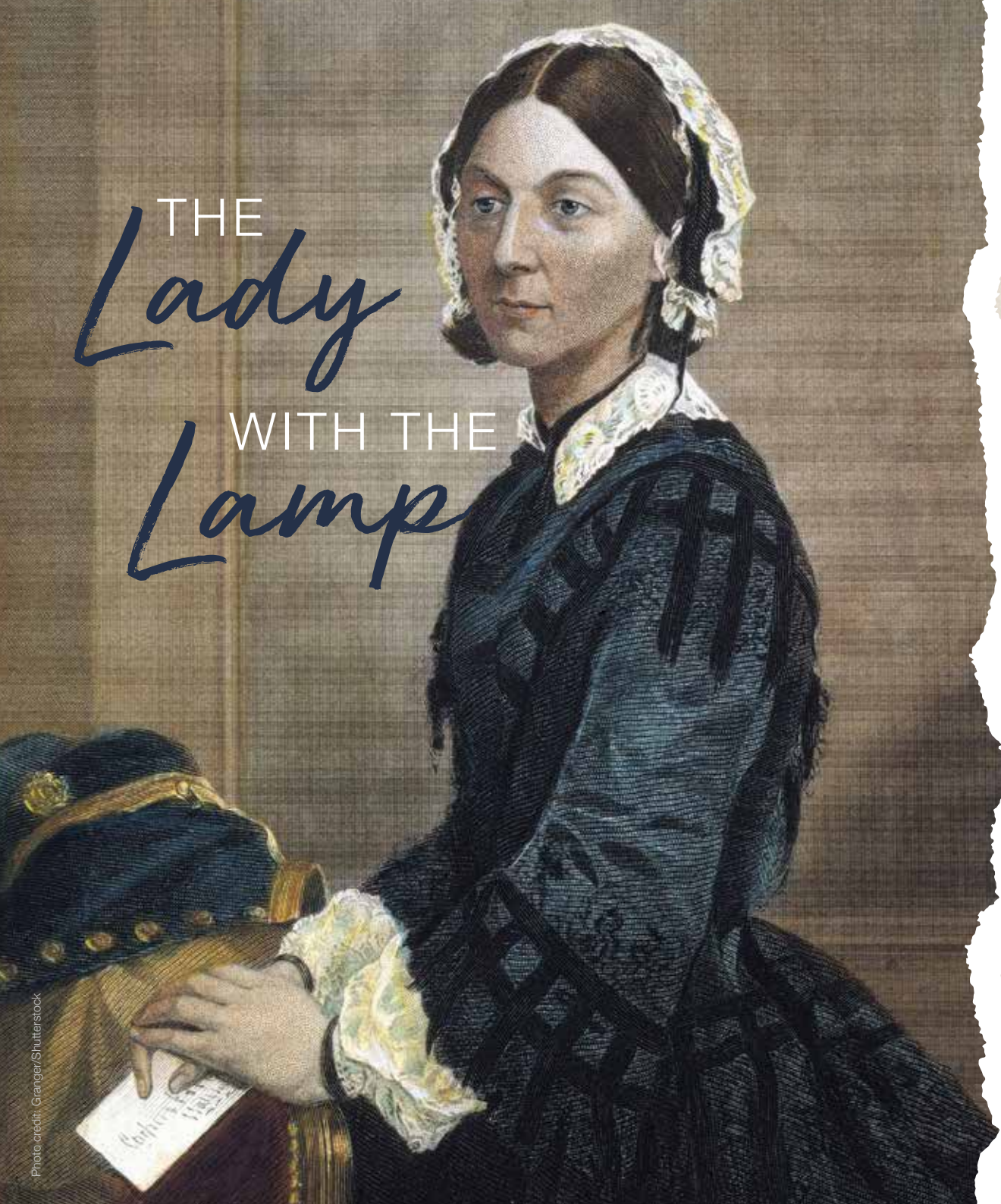


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# THE Lady WITH THE Lamp

Photo credit: Granger/Shutterstock

**H**ow much do we really know about Florence Nightingale, as celebrations marking the 200th anniversary of her birth continue?

We are living through a period where those in all corners of the National Health Service are experiencing acclaim, admiration and no small amount of empathy in ways rarely seen before.

True, it may have taken a global pandemic for the universal admiration of our healthcare heroes to fully be appreciated. However, as the spectre of COVID-19 continues to sink further into the background, so now we should ensure those doctors, nurses, consultants, paramedics, porters, reception staff, phonenumber operators (and everyone else in the mould of Florence Nightingale) will always be appreciated.

Nightingale, born in May 1820, is regarded as the pioneering force in modern nursing, and yet the iconic nature in which her image is celebrated – the Lady with the Lamp, going round at night tending to those wounded in the Crimean War – only actually tells half the story.

That's because while, first and foremost, Nightingale was a nurse working on the ground in then the most desperate of conditions, she was as well a woman of strong mind and powerful opinion. From an upper-class background, and well travelled prior to exploring nursing as a career, she was a brilliant mathematician, an organiser and an advocate for statistics.

Having such an analytical mind transformed a rather unstructured, 'make do' and manual process of caring for the sick into a slick, regimented process where structure could be directly linked to saving lives.

From graphs to pie charts and even infographics, Florence Nightingale's take on the duties that lay in front of her were revolutionary. Indeed, she is credited with the invention of the polar area diagram, and would work these and other visual explanations into nursing reports. As a result, in 1859 she became the first female member of the Royal Statistical Society, and 15 years later was announced as an honorary member of the American Statistical Association.

With every new study there was an even more expressive method for understanding and acting upon the statistics in hand, from accompanying the British Army in India in the 1850s, where she slashed mortality rates caused by drinking toxic water, to returning home to promote literature and feminism in a way that was scientific and exacting.

That feminism link is slightly at odds with her opinions on the fairer sex. She was, at times, brutally disparaging towards women, and even referred to herself in masculine terms, as "a man of action" and "a man of business".

In her defence, Nightingale was perhaps just rallying against a world in which men had the upper hand. To consider what she achieved then, it's interesting to think how much impact she might have now, in an era when equality, technology and innovation are key parameters in healthcare.

To celebrate what our medical key workers have achieved now is, ultimately, to thank Florence Nightingale for setting up, styling and steering modern-day nursing to what it is today... something we are all proud of.

# WHEN THE *Bluebirds* FLEW AWAY

Celebrating the life of the 'Forces Sweetheart', Dame Vera Lynn

When news came in the middle of June of Dame Vera Lynn's death, it was a case of reflecting on, rather than mourning, the life of someone so intrinsically linked to those courageous troops who led us to victory in World War II.

That the singer, songwriter and entertainer was in her 20s when her iconic ode to our soldiers, *(There'll Be Bluebirds Over) The White Cliffs of Dover*, became such an emotional and inspirational marker for the war effort, shows the longevity she achieved right up to her passing.

Born in East Ham, Dame Vera's performing debut came with the famous Joe Loss Orchestra in 1935. By the time war broke out four years later she was signed to Decca Records, and agreed to venture deep underground to sing with those sheltering in tube stations from the danger of German air raids.

Her *Sincerely Yours* radio programme in 1941 was a vehicle for messages to be sent out to

troops on the front line, and she soon joined the Entertainments National Service Association – which hosted open-air concerts – with whom she travelled to Egypt, India and Burma.

Post-war, Dame Vera's popularity stuck, with extensive TV performances, a star talent at the Royal Variety shows, and countless live concerts.

A dedicated philanthropist, she continued to raise money via her self-titled children's charity right up until her death on June 18, at the venerable age of 103.

What Dame Vera would have made of the recent furore concerning Winston Churchill's statue is unclear – we suspect, in embodying all the same spirit, resilience and fortitude of the wartime, of which she was a crucial part, she would have simply diverted her attention to those fallen heroes again.

"Not a day goes by when I don't think of those brave men, and what they gave to this country... and one day we'll meet again."

Photo credit: Evening News/Shutterstock



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BEAUTY



# Bad Booze

## FOUR WAYS ALCOHOL AFFECTS THE APPEARANCE OF YOUR SKIN

**M**ost people are already aware that alcohol has a dehydrating effect on the skin. Anyone who has woken up the morning after the night before will be all too familiar with the tell-tale signs of boozing, including sallow skin, sunken bloodshot eyes and a bloated face. However, you may not know that even just a few daily drinks can have a detrimental effect on your complexion.

### ALCOHOL CAUSES DEHYDRATION

If you regularly drink two or more drinks in one day, then your skin will become dehydrated. In fact, you may not know this, but alcohol actively takes all the fluids out of your skin, leading to a dry and parched complexion, as well as one that is more prone to ageing.

### ALCOHOL CAUSES INFLAMMATION

Do you ever notice how your face becomes flushed or red after a few too many drinks? This is because alcohol inflames your skin tissues. Although your skin will go back to normal once the alcohol is out of

your system, prolonged drinking can lead to permanent facial redness.

### ALCOHOL CAUSES BREAKOUTS

Whether you suffer with the occasional spot or actual adult acne, drinking alcohol can lead to more skin breakouts. All alcohol contains sugar, with some boozy beverages containing more than others, such as cocktails and white wine. Furthermore, the high levels of sugar in alcohol can lead to less plump skin cells and, in turn, a duller complexion.

### ALCOHOL CAN AGGRAVATE SKIN CONDITIONS

If you suffer with an ongoing skin complaint such as eczema, psoriasis or rosacea, alcohol will only exacerbate these issues. This is because alcohol has the ability to reduce the healthy bacteria in your gut that helps to regulate your immune system.



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SHA

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Are you always eager to try the most recently hyped-up beauty treatments? If yes, then you need to check out Gua Sha, a facial scraping technique that promises amazing results in a short period of time.

**WHAT IS FACIAL GUA SHA?**  
Facial Gua Sha is a treatment that involves scraping either a flat jade or a rose quartz stone across the skin to relax your muscles and promote tissue drainage. Unlike a standard Gua Sha massage, this method will not leave any bruising or marks on your face.

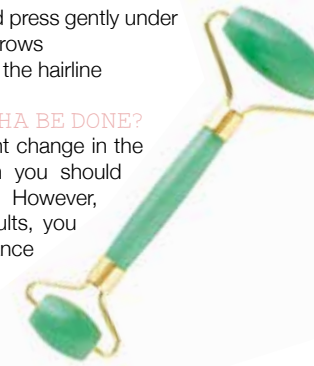
**WHAT ARE THE BENEFITS OF GUA SHA?**  
If you are looking for a more youthful complexion – and let's be honest, who isn't? – then you definitely need to try this ancient Chinese technique. Facial Gua Sha works by moving the lymphatic fluids in your face, improving blood flow and reducing puffiness. It also encourages your skin to naturally purge dirt and oils that can cause spots.

HOW TO CARRY OUT GUA SHA AT HOME

Another benefit of this skin treatment is that it can be carried out at home with only one piece of equipment: a Gua Sha facial massage stone (these can easily be purchased online).

- Prep your skin with a facial mist or oil
- Start at the neck area and work your way up
- Use upward and outward strokes across all areas of your face
- Sweep across the cheeks and press gently under the eyes and across the eyebrows
- Finish with upward strokes to the hairline

**HOW OFTEN SHOULD GUA SHA BE DONE?**  
If you are looking for a significant change in the appearance of your skin, then you should carry out this treatment daily. However, once you have the desired results, you can switch to a weekly maintenance schedule.



Gorgeous



GLASSES  
TO FIT YOUR FACE SHAPE

If you have just found out that you need to wear glasses, or even if you have worn them for years but feel like you have never found the perfect pair, keep reading to discover the ideal frame to fit your face shape.

**Oval Face Shape** – a well-balanced face with a slightly wider forehead than jaw and cheekbones. If you have an oval face shape you are in the lucky position of being able to suit most styles of glasses, so you can simply choose whatever shape you prefer.

- Top pick for men: Hugo Boss, Boss 1129
- Top pick for women: Kylie Minogue Never Too Late

**Rectangle Face Shape** – a deeper forehead with a long nose and strong jawline. Pick a deep, square shape that will complement your angular features.

- Top pick for men: Tom Ford FT5584-B 56
- Top pick for women: Karen Millen KM 111

**Square Face Shape** – a broad and deep forehead with a wide jawline and square chin. To create more length, go for narrower styles that will offset your strong features.

- Top pick for men: Ray-Ban RX5154
- Top pick for women: Ted Baker Lyla

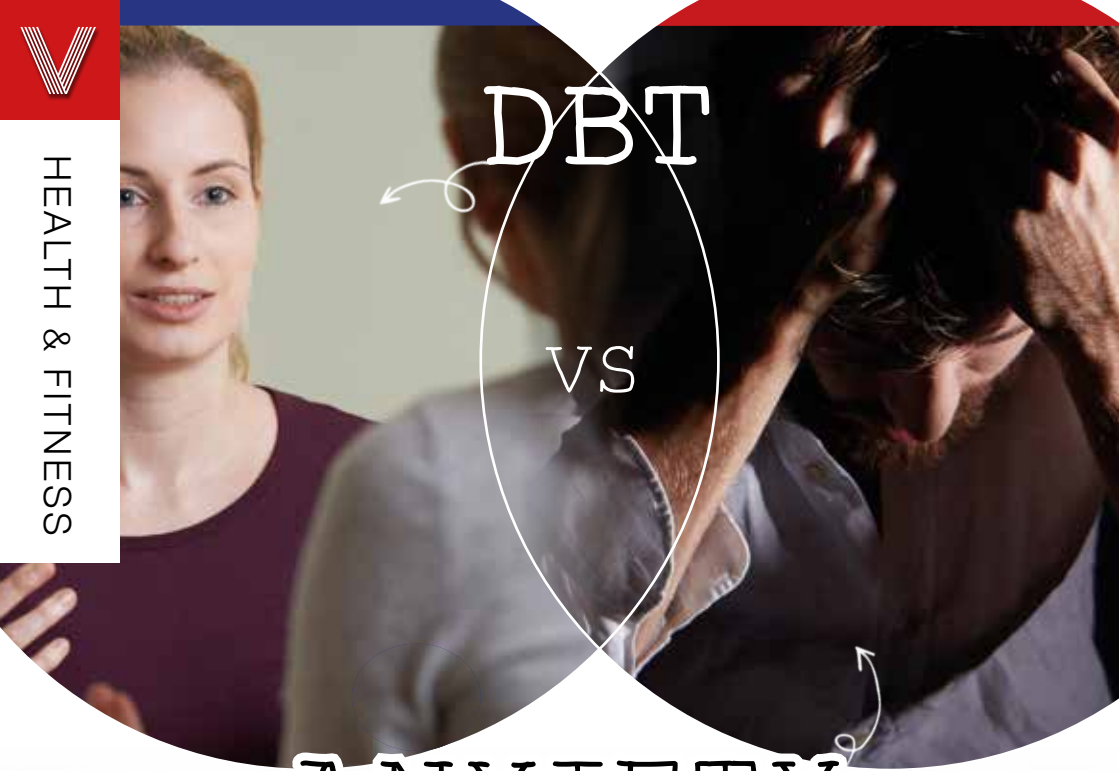
**Heart Face Shape** – a small chin coupled with a broad forehead and wide cheekbones. Opt for frames that are a little wider than your forehead to offset the natural wideness of the top half of your face.

- Top pick for men: Ted Baker Grover
- Top pick for women: Love Moschino LM21

**Round Face Shape** – full cheeks and a round chin, often with a wide forehead. Choose rounder frames rather than angular ones to complement your round, soft facial features.

- Top pick for men: Tom Ford TF5485
- Top pick for women: Will.i.a.m W10V Gold





# ANXIETY

# DBT

# VS

Many of us may be feeling anxious during these uncertain times, but these tips, based on Dialectical Behaviour Therapy techniques, can be really useful tools to help combat the fear to live a happier, calmer life.

### PRACTISE MINDFULNESS

This term can sometimes seem vague, but at its core it simply means paying attention to the present to stop intrusive thoughts from sneaking in. Begin by sitting in the garden for five minutes and notice all the sights, smells, sounds and sensations around you. Practise this skill regularly and you will soon find yourself automatically living more in the moment.

### PLAY NICE WITH OTHERS

Stressful periods such as the current lockdown can take their toll on even our closest relationships as tensions build up and then overboil, which is why DBT encourages us to nurture our relationships both with others and with ourselves. In conflicts, it suggests we take time to listen to the other person, validate that we have heard them, and then practise empathy to further deepen our understanding.

### A VERY USEFUL TIPP

DBT is particularly useful when we are in times of crisis and need a quick and effective way to soothe our minds and bodies. TIPP is an acronym of skills that help reverse feelings of distress:

- > **TEMPERATURE** – splash cold water on your face or hold an ice cube; anything to take the heat from your body
- > **INTENSE EXERCISE** – run around the block, do star jumps or jog up and down the stairs to work the tension out
- > **PACED BREATHING** – take long, steady breaths to stimulate your parasympathetic nervous system
- > **PAIRED MUSCLE RELAXATION** – tense and relax muscles throughout your body until you feel calm

### RADICAL ACCEPTANCE

Life can feel painful and out of our control, but DBT encourages us to accept rather than push back against our reality. Accepting, however, doesn't mean you have to like what is happening; it simply steers you away from what you can't control to focus on what you can.

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# Loneliness and Mental Health

Most of us have felt loneliness at some stage in our lives and some of us feel it more acutely than others. Being lonely isn't a mental health issue in itself, but it can make us feel down and it can lead to existing psychological health issues getting worse.



Psychotherapist Debbie Hague, based at Knebworth, Herts.

Emotional issues such as anxiety and depression tend to make us feel less confident and more socially awkward and this can lead to us not communicating with friends and thus becoming more anxious and depressed.

Life events like death, illness, leaving friends and family and moving to a new town, relationship breakups or changing or losing a job can make us feel disorientated and subsequently cut off or lonely.

People need people. It differs from individual to individual, but the innate primeval drive 'to belong' is strong. The belonging drive is very complex in human beings but most of us have a basic longing to be liked, valued and even loved.

During recent times we have been obliged to isolate. It comes as no surprise to me that many people have enjoyed the respite of interacting so frequently with others. Some people who suffer with social anxiety have actually found the isolation restful.

We all require human contact but finding out how much, and in which way you personally require it, is the question.

By becoming self-aware, and acknowledging and accepting your genuine preferences, you can do what you want to do rather than what you think you should, must or ought to do.

Some of us have lots of friends, some of us have one or two. Some contact each other very frequently, while many of us talk occasionally. Lots of us like big groups and lots like one on one chats. There is no right number and it's not to say it's good to be gregarious and bad to be introverted – it's good to be yourself.

In terms of making friends, I feel acceptance of yourself and who you feel realistically genuine with, is the key. Once you've found friends who you are relaxed with, who you sit really easily next to, value them and nurture those friendships.

If you are feeling lonely, I would advise people to be with other people and to try and connect in an authentic and understanding 'true to yourself' way. If you want more friends, it might be a good idea to try and join in, share and try to empathise.

Remember, you don't need to like everyone or to be liked by everyone, or have huge numbers of friends. Having two or three close friends that will actually try to understand your thoughts and feelings, while putting their own stuff to one side, is extremely valuable and deeply comforting.

If you're struggling, contact counselling and psychotherapy practice, Emotionalskills. Call 07986 488690 or email [info@emotionalskills.uk](mailto:info@emotionalskills.uk) Visit [www.emotionalskills.uk](http://www.emotionalskills.uk)

# EASY AS 1, 2, 3

$$2 \times 2 = 4$$

## How to stimulate your kids into learning their times tables

To see someone reeling off apparently confusing multiplication sums can provoke in kids a look of genuine awe, yet reciting times tables is something that, as adults, becomes second nature.

For our youngsters, the process reaches deep into parts of their brains they've never before needed to access, so making the learning of these numbers easy and attractive is important. Here are some top tips:

add a challenge element into the process. While methodical learning of processes and numbers might not be the most stimulating things in the mind of a six-year-old, the incentive of getting one over on an older brother or sister may well spark the interest.

### REWARD

Like anything, a child's stimulus often comes down to the reward mechanism, so ensure you have stickers, a chart and any other planned payback that incentivises your kids to learn their numbers.

### POSTER PERFECT

Repetition is known to be the best stimulus for children, so having a poster of times tables (up to 10) on a bedroom wall, playroom noticeboard or even perhaps just stuck to the fridge will give kids the opportunity to go back to their sums multiple times throughout the day.

### PRACTICALITY

Use examples around the house or when out and about that show kids the real value of learning their times tables. It could be the number of sweets they are allowed at the shop, pieces of Lego or perhaps just grains of rice when cooking. Whatever the subject of your multiplication, show how learning numbers translates into real life.

### QUICK QUIZZES

Construct quizzes between your child and yourself, or perhaps a sibling, to



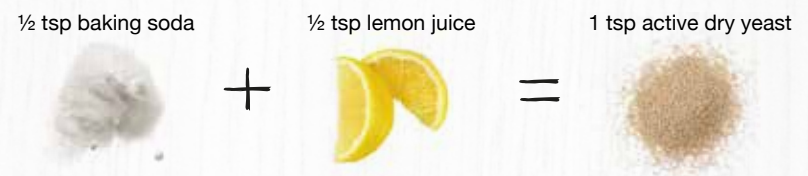


# 4 common INGREDIENT SUBSTITUTIONS

If lockdown has taught us anything, it's how we can cope without restaurants, takeaways and other quick food fixes. In fact, 38 per cent of Brits have said that they are now cooking from scratch, but what do you do if you can't get hold of a key kitchen staple?

### Baking soda & lemon juice for yeast

Yeast has been quite difficult to get hold of in recent months, but thankfully two other common store cupboard staples will ensure the same effect.



### Ground flaxseed & water for eggs

If you need eggs to emulsify a set of ingredients, the below will work just as well. Alternatively, bananas and apple sauce can be used to add moisture, although they will not have a raising effect.



### Baking soda & cream of tartar for baking powder

For those who love baking, it can be incredibly frustrating to find that you have run out of baking powder, but quite often you may have other ingredients that will do the job.



Alternatively, if you have a little bit of baking powder left, yogurt or buttermilk can help your rations go further.

### Vegetables for pasta

Whether you have run out of pasta, noodles or rice, or you are simply looking for a healthier alternative, there are so many vegetables that you can use in their place.

Why not try eggplant lasagne sheets, cauliflower rice, spiralised courgette spaghetti or celeriac couscous?

### Other helpful substitutes

Cracker crumbs for breadcrumbs | Lemon juice for vinegar | Plain flour and baking powder for self-raising flour

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# BACHELOR Pad Style



HOME & DIY



You're suave, independent and effortlessly cool. How do you go about creating the bachelor pad to match the perfect eligible bachelor image?



It would be churlish to suppose designing the ideal bachelor pad should start off with the bedroom, but given that we spend one-third of our lives in one, it's actually a strong consideration. A bloke's bedroom should have white sheets and luxurious, stylish bedding, with simple and inviting artwork reflecting intelligence, travel and the odd hint of romance.



Just as important is the first impression when you enter the house or flat, and with the male penchant for a 'man drawer', a hallway should have sensible space for stylish storage of jackets, keys, cash and all those other essentials guys have. Rather than hide these away, make a statement of the fact (a key and cash bowl is a great idea), with metal, wood and greenery all combining well for a big welcome.



For the main living space or lounge, a statement piece of art will express more in one picture than a hundred words. A leather sofa looks great against anything, with lamps and throws a must.

Consider as well your everyday items – cutlery, cups, pots and pans. Pulling out an old Stella pint glass procured from the pub in 2014 won't look good – think clean, white, matching, statement-like pieces that show you don't need anyone else's rejects.

And the bathroom space should be similarly masculine. Matching towels, sparing wash items, aftershave and moisturiser, and certainly not a hint of leftover Head & Shoulders.

The ultimate allure for any bachelor pad is cleanliness. Relaxing in your own company or inviting someone else in should be a reflection of homeliness and health. Keep windows shiny, the music classy and even invest in a hotel-level air freshener, and your bachelor pad is ready to impress.



# DIY Macramé

## PLANT HANGER



Photo credit: iStock.com, thegoodwood.com

Do you remember the 1970s' trend that was macramé? If not, you are in for a treat. This simple yet highly visually attractive knotting technique can be used to create many beautiful items for your home. In this article, we are going to show you how to make a macramé plant hanger.

### YOU WILL NEED:

8 pieces of 15ft cotton cord | A 2-inch brass ring  
2 pieces of 5ft string

### HOW TO MAKE:

- > Take all 8 pieces of 15ft cord, fold in half and loop through the ring
- > Using your 5ft long pieces of string, tie a loop knot directly below the ring
- > Take 4 strands and tie a square knot
- > Repeat this last step 6 times
- > Repeat this pattern with the next group of four cords and repeat for the remaining cords
- > Leave a 2½-inch gap and tie a half square knot
- > Repeat the half square knot until you have created a 5-inch spiral
- > Repeat for remaining knot groups
- > Leave a 6-inch gap and create a crossover square knot using the 2 right cords from your first group and the 2 left cords from the adjacent group

- > Repeat the process for the remaining knot groups
- > Leave a 6-inch gap and create another crossover square knot by alternating the cords from the previous step
- > Leave a 3½-inch gap and tie a loop knot
- > Cut off any excess cord to create a stylish tassel

The above requires a basic knowledge of three different types of macramé knotting techniques: a square knot, a half square knot and a loop knot. You can find simple tutorials for all of these online.

### DECORATING IDEAS:

- > Dip-dye
- > Embroidery floss
- > Silk or leather instead of cotton cord
- > Fill with fresh flowers, succulents or a battery powered candle



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## CELINE INTERIOR DESIGN

*"Delivering Design Excellence"*



*From the Middle East to middle England, Noor Charchafchi's unique design palate*

HOME & DIY

Photo credit: celineinteriordesign.com

Given that Noor Charchafchi, the owner of London-based interior designers Celine Estates, hails from the Middle East, it's unsurprising to find such dedication to bright, clinical, uncomplicated styles of design.

In an interiors world that often tries to complicate the equation, either in creating a menagerie of conflicting ideas or in going the other way with a perplexing excess of contemporary nothingness, the 39-year-old attempts to tread a sensible line between Arab air and lightness and the reflections of a childhood in London – it all offers design values that are based in both tradition and heritage.

"I must admit I've always been a bit nervous about new ideas and experiments," she admits. "Design comes very much from the heart, and while no one could ever tell me I was wrong in what I was attempting – because we are all correct in the sense of what we feel works – my designs aren't to everyone's tastes."



The key elements are:

- > WHITES AND BEIGE...** celebrating subtleties of shade is very important, with harmony and heavy fabrics complemented with wooden or stone floors. Neutral is seen as a positive thing, where other colours can bed in around it, rather than being in conflict.
- > BEADING AND TRIM...** framing furniture, bedsteads or tables in bevelling and added detail is a great way to draw the eye to a piece, as well as adding detail.
- > FOCAL POINTS...** each room should have a key point

where the attention is centred. For the bedroom, it's the bed, and everything should be created around it. For the front room, perhaps a table, sofa or fireplace.

**> CURTAINS AND DRAPES...** to enhance the idea of air and flow, curtains are pivotal, not an after-thought.

With customers ranging from Far Eastern royalty to millionaire footballers to Asian celebrities, the Celine Estates team are clearly hitting the right tones.

# Tricky RICKY

HE'S THE CELEBRITY THAT CELEBRITIES AVOID,  
AND ONE OF OUR FINEST EXPORTS

In many respects, Ricky Gervais is a pretty bad version of a celebrity. He looks like someone who works in a hardware store, has been fiercely loyal and faithful to partner Jane Fallon for the past three decades, doesn't live in a 15-bedroom mansion, and couldn't undertake a spate of brazen virtue signalling if he tried.

There's also the small matter of him calling out other celebrities for their greed, corrupt dealings, bullying, two-facedness and hypocrisy at any available opportunity. A habit that began when he started naming and shaming the great and the good during his debut hosting of the Golden Globes back in 2010 – remarkably, they keep inviting him back! – has now extended fully into everyday discourse.

And at the start of the recent coronavirus lockdown we were treated to a brilliant display of Gervais bashing a bevy of film stars, musicians and models who felt the need to take to social media to inform us just how tough life was.

"After this is over I never want to hear people moaning about the welfare state again; I never want to hear people moaning about nurses again, or porters," he said.

"These people are doing 14-hour shifts and not complaining. Wearing masks, and being left with sores, after risking their own health and their families' health selflessly. But then I see someone complaining about being in a mansion with a swimming pool. And, you know, honestly, I just don't want to hear it."

Gervais's 'man of the people' status is, of course, nothing new. From his early breakthrough days in the late 1990s as a segment host on

ITV's *The Sketch Show* and on Channel 4 hit *The 11 O'Clock Show*, he has always led with an aura of honest and normality. There was the addictive 9–5 banality in *The Office*, then *Extras*, with its ground-breaking parodying of the movie industry, featuring A-list contributions from Kate Winslet, Ben Stiller, Patrick Stewart and Samuel L. Jackson.

Success followed with *The Ricky Gervais Show*, then the snappy *Life's Too Short*, comedy reality series *An Idiot Abroad*, bittersweet Netflix part-funded drama *Derek* and the rather darker, touching undertones of *After Life*.

The one thing that permeates everything Gervais touches is his unapologetic honesty. Whether discussing the "scourge" of religion or the majesty of the natural world, whether calling out nationalities, races, genders or persuasions, Gervais takes offence at people being offended.

"It's a disease that's getting worse," he says. "It's not healthy and it's not even real. Most of the people who claim to have taken offence at a statement someone made on Twitter are actually some of the most offensive people I have ever encountered," he laughs.

Some regard him as a national treasure, others a national disgrace. Either way, it's hard to avoid the magnitude of Ricky Gervais.

A one-time aspiring singer and band manager – he looked after indie outfit Suede back in their earliest incarnation – Ricky is the type who is always working on the next project. Whether self-penned or tagging on to big-budget comedies – *Ghost Town*, *Night At The Museum*, *The Invention of Lying* and *The Muppets* – he accepts the industry and its unpredictability.

"Nothing is a given. You just have to keep trying, keep things original, keep the creative processes rolling, and stay ever so slightly controversial."

# LOCAL NEWS

*from your neighbourhood*



## Redevelopment approved with hopes to bring 'vibrancy' to town

The Bircherley Green redevelopment has been approved, with the East Herts District Council voting 11-1 in approval.

This has been a long process, with previous plans introduced by Wrenbridge and Diageo cancelled in June 2019.

Chase New Homes took over the project and submitted a new planning application at the beginning of 2020.

This application, which was approved by the council at the end of June, proposes to build 98 apartments, an 86-bed hotel, commercial floor space and additional car parking spaces.

Councillor Jan Goodeve, executive member for planning, said: "I'm hoping it will bring some vibrancy back into the town centre."

"If there is less variety in the town, there is less reason for people to come into town and they're more likely to go somewhere else."

Chase New Homes has also confirmed its interest in securing the NHS as a long-term tenant of a significant proportion of the available commercial floor space.

This would bring a GP service which could also serve surrounding villages.

Alan Ward, planning and design director for Chase New Homes, said they are "overwhelmingly pleased" with the approval.

He said: "The council's decision now gives certainty to Hertford in these very uncertain times."

Charlotte Oughton, who lives in Hertford, is supportive of the redevelopment.

She said: "I completed my masters in property management and investment in 2018 and looked into the history of the town, conservation and property prices and can only see the redevelopment as a positive thing for the town."

However, some residents are unhappy with the redevelopment.

Nikki Trigg does not think the project will draw people to Hertford.

She said: "Nobody visits the town any more, why would they? Parking is expensive, and these new buildings will not help to generate small businesses in the area. This is not a market town any more."

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LOCAL NEWS

## People urged to stop swimming in lock



Photo credit: Darren Foreman

Hertfordshire Boat Rescue has issued a warning to parents to remind their children of the dangers of swimming in locks.

The voluntary service has had its work cut out lately, as the hot weather has drawn many to swimming in Hertford Lock.

There have also been incidents of young people jumping off the bridge into the water. This is a drop of around 12-13 feet.

At the time of speaking to Darren Foreman, secretary of Hertfordshire Boat Rescue, he blamed the hot weather for the spike in call-outs it had received.

He said: "It's very hot at the moment and the leisure centres are all closed at the moment as well, so everyone's taken it upon themselves to entertain themselves in dangerous locations."

The team have been stepping up their patrols, with volunteers checking the area around Hertford Lock daily.

He added: "Our main aim is water awareness and water safety. We are trying to get people to have an understanding of where it is safe to swim."

"You are not going to stop people paddling. We are talking about the silliness of jumping off the bridges which is really dangerous."

## Man jailed after assaulting staff on thieving spree

A shoplifter has been jailed for eight months after a thieving spree in which he assaulted two members of supermarket staff.

Sonny Woolgrove was jailed on Wednesday, June 17, after he took a total of £1,640 worth of tobacco, groceries and food from supermarkets in Ware, Hertford, Cheshunt and Bishop's Stortford.

St Albans Crown Court heard that at the Tesco Express in South Street, Bishop's Stortford, he pushed a manager in the chest.

When stealing gammon joints from Sainsbury's in

Ware he swung an arm at a member of staff, saying: "F... off don't touch me."

Woolgrove, from Cheshunt, was sentenced in his absence after refusing to leave his cell in Wormwood Scrubs. He had admitted 13 charges of theft and common assault in February this year. He had 17 convictions for 35 previous offences.

Punnet Grewal, defending, said he had pleaded guilty at the first opportunity. She said he suffered from a drug dependency.

Judge Michael Kay QC jailed him, saying the case was a "sad and sorry picture".

## Animal food bank set up to help families with pets

A food bank dedicated to providing pet food for families who are struggling financially has been set up in Hertford.

The Animal Larder Food and Shelter (ALFS) food bank was set up by Tina Banks earlier this year.

Rebecca Hadgett, who assists with social media, spoke about how the food bank has been crucial over the past few months.

She said: "Tina's main goal is to keep pets and families together."

"It seems to be more important at the moment because a lot of people are losing their jobs and Tina does not want the rehoming centres to be overwhelmed."

The food bank relies on pet food and financial donations from members of the public.

The bundles of pet food, which supply a family for around a month, are then delivered to the homes that need them.

Rebecca said the support they have received over the past few months has been really positive.

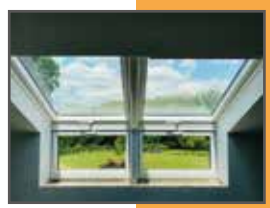
She said: "People have been really supportive locally. We have had so many donations and Hertford food bank has donated some of its pet food to us."

"It's been nice to help people who have been specifically affected by the current situation."

Go to [www.alfsherts.com](http://www.alfsherts.com) for more information.



Photo credit: Animal Larder Food Shelter



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## News from HERTFORD TOWN COUNCIL



LOCAL NEWS

If you are a Hertford resident or live in the surrounding area, you'll notice a new campaign that has been launched by Hertford Town Council.

The Love Hertford Local shopping campaign is set to promote all types of local businesses, providing ongoing support as the town reopens its doors for business.

Hertford has a diverse and unique selection of attractive shops and businesses offering everything you could possibly need – why shop anywhere else?

It goes without saying that the last few months have been extremely worrying for our local businesses.

A lot of work has been undertaken to ensure our town centre can reopen safely, to provide a comfortable shopping environment that people can feel confident to be in.

We're asking that when you need to shop, please shop local – Hertford shops need your support.

If you live local – shop local. Got a social distancing BBQ to look forward to? Why not treat yourself to a new outfit from one of the many



boutiques, where there will be lots of special treats waiting for you this summer. Missing eating out? Why not try a new dining experience and order from one of the many eateries the county town has to offer? Found some old pictures or prints during your time at home? Why not choose a new photo frame from one of the antique shops or homeware stores in town?

For more information on all Hertford businesses visit [gohertford.co.uk](http://gohertford.co.uk)



Photo credit: The Yarn Bombers

## Knitted figures keep residents smiling

The Secret Society of Hertford Crafters has raised nearly £3,000 by auctioning figures of key workers.

The society, also known as the Yarn Bombers, has been busy knitting the figures to raise money for Citizens Advice East Herts and East Herts Carers in Hertfordshire.

Member Marge Ellis said: "We wanted to bring joy to Hertford. This was a way we could do that without people having to go out and put themselves at any

kind of risk.

"It was a way to say thank you to key workers and recognise what they were doing for us."

The society is now on to the fourth auction after starting on Monday, April 13, with a Captain Tom Moore figure generating £410 alone.

A supporter said: "Amazing work yet again from the Yarn Bombers to raise awareness of the important work being done by so many different people."

## Aldi store opens in town



LOCAL NEWS

The popular low-price supermarket chain Aldi has opened a store in Hertford.

The new store, located on Gascoyne Way, opened for the first time on Thursday, July 16.

Hertford residents have welcomed the store opening, as they previously had to travel to other areas to get their Aldi fix.

Councillor Jan Goodeve, executive member for planning and growth, said: "People were looking forward to it because previously people were going to the Aldi in Welwyn Garden or Hoddesdon."

This opening comes at the same time as Aldi announced it hopes to open another 11 stores in Hertfordshire.

Ciaran Aldridge, national property director at Aldi UK, said: "Aldi is growing rapidly and we are welcoming around a million new customers into our stores every year.

"We are willing to explore all opportunities, including developer-led schemes or existing retail units."

## Fire crews attend blaze in underground car park at flats

A fire broke out at an underground car park in Hertford recently and needed five crews to put it out.

Firefighters were called to tackle the blaze at Elder Court in Mead Lane late one afternoon towards the end of May.

The fire, which forced residents to evacuate from the building, started in a bin shed. This information was confirmed by Hertfordshire Constabulary.

Five fire engines were called, and two hose reels and four breathing apparatus were used on the scene.

A tweet from Herts Fire Control reported the incident.

It said: "Fire Control took multiple calls to reports of a fire in a property in Hertford. Upon arrival, crews were faced with smoke issuing from an underground car park. Five crews attended this incident and worked

together to extinguish the fire." Fortunately, there were no injuries from the incident.

## Competition opens to entries for the 2021 calendar

The time has come to get your entries in for the official Hertford 2021 calendar competition.

The competition, which is run by Hertford Town Council, is now open for entries. The winners will have their photograph featured as either the front cover or one of the 12 months.

This is the chance for any budding photographers to capture the sights of Hertford.

Details on the GoHertford website set out what the judges will look for in entries. Visit [gohertford.co.uk](http://gohertford.co.uk)

They said: "We are looking for a variety of images to cover all seasons. Photographs must be of Hertford and could be of the parks and gardens, the town's four rivers, historic landmarks, events taking place or something else that the eye of the beholder sees interest and beauty in."

Last year the competition received a total of 120 photographs from 50 entrants.

Photographs must be in landscape format and of high resolution. Entrants can send in a maximum of three photos.

The deadline for entries to be sent in is Friday, August 21.

To enter, email your photographs to [tic@hertford.gov.uk](mailto:tic@hertford.gov.uk) and include your name, address and telephone number. As well as this, you must include where in Hertford you took the photo.



Photo credit: Scott Garrod



Photo credit: Magda Meier

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GARDENING

# Delphinium

JULY BIRTH FLOWER OF THE MONTH

For those born in the month of July, your birth flower is delphinium. A striking flower that is available in several colours, although most notably a deep bluish-purple, delphinium is associated with openness and positivity, making people who were born in this month as charming as they are humorous.

### WHAT DOES DELPHINIUM SYMBOLISE?

The Greek name Delphinium is derived from the shape of its flower buds, which are similar to a dolphin, and its intense blue colour makes it a very special flower indeed. In romanticism, the blue flower was said to be a symbol of yearning and ardent attachment.

However, a pink delphinium conveys contrariness, a white one means happiness and a pure purple flower is said to signify first love.

### WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If you were born in July, you are a natural entertainer, always wanting to be seen as the funny one. Your

charm and sense of humour make others feel both welcome and appreciated. You also value family above all else.

### HOW TO GROW DELPHINIUMS

Although you can grow delphiniums from seed, this can be quite challenging, so you may want to start off using cuttings instead. This flower enjoys moist but well-drained soil in full sun and, as it grows tall, does best at the back of a sunny border.

### HOW TO HELP DELPHINIUMS THRIVE

Delphiniums are hungry plants and need a liquid fertiliser applied every couple of weeks to encourage strong growth. It is also a good idea to use canes or a frame so that the plants can grow up through them. Delphiniums only flower for a short amount of time, but by cutting back the spikes you can encourage further growth.





# HAWAII FIVE OH!

You may not be able to enjoy the usual beach experience this summer, but with these fabulous outdoor furnishings and lighting tricks you can certainly create that same blissed-out vibe.

While they're not entirely out of bounds, the restrictions surrounding trips to the coast have numbed somewhat the appeal of the seaside.

Sure, you may struggle to recreate a vista of rolling waves and painful pebbles underfoot in your humble back garden, but there are a number of outdoor effects – beyond the basics of a sun lounger and umbrella – that can bring the breathless brilliance of the beach to your home.

### Shelling out

It's perhaps the simplest move of all, but a few handfuls of shells and pebbles, and perhaps a stray sprig of seaweed or a sprinkle of sand, can instantly give your garden

space a neat, nautical feel. Remember, though, removing beach matter (stones, sand) is in fact illegal, so please source your props responsibly.

### Wicked wicker

Nothing shouts 'beach' like wicker windbreaks, umbrellas and mats. As a fabric it's versatile, cooling and good to look at, and wrapping your yard in this light material will soon have you dreaming of the Mediterranean or Caribbean.

### A win on the pools

For those of us lucky enough to have a swimming pool (either permanent or foldaway) to cool off in, consider adding sandy banks and trails leading into it or immediately as you step into the water. A sand gradient will remove harsh, clumsy edges while offering a water feature that blends in perfectly with the beach vibe.

### Amazing ambience

When the sun begins to set, there is no nicer feeling than settling down to watch the day fade away. And with some clever string lights, you can bring about a seaside ambience that will chill you out as well as light up the night.



# Tape Loop

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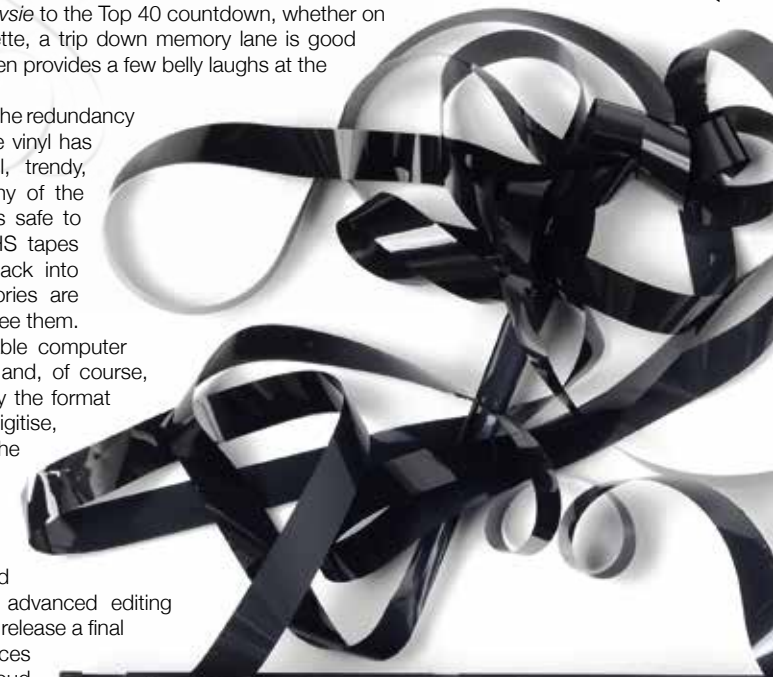
As technology advances, so we find many memories left in the past... or more accurately, left in a box in the loft. From weddings to old episodes of *Saint and Greavsie* to the Top 40 countdown, whether on VHS or audio cassette, a trip down memory lane is good for the soul, and often provides a few belly laughs at the same time.

What holds us back is the redundancy of so many formats. While vinyl has reinvented itself as a cool, trendy, left-field product that's worthy of the investment in a turntable, it's safe to say audio cassettes and VHS tapes are never going to come back into fashion, meaning our memories are locked away unless we can free them.

Thankfully, with downloadable computer software, a couple of leads and, of course, the required hardware to play the format in the first place, we can digitise, unveil and even improve the quality of content that may not have seen the light of day in decades.

A decent software programme will cost around £40, and most come with advanced editing suites, as well as the ability to release a final file on respected storage sources such as Google Drive, iCloud (for Apple users), or Dropbox... or head straight to YouTube or Vimeo if you believe your Year 6 *The Pied Piper of Hamelin* recital is worthy of a wider audience.

The alternative, of course, is to leave the technical matter to an expert. There are countless businesses who can take your raw material through the post and digitise it for you – prices start from as little as £10, but you'll need to know exactly what's on that three-hour VHS tape before you hand it over.





# Default DANGER



What are the real consequences of not being able to pay a loan or credit card?

In the past few months, many of us may have strayed closer than we would want to financial trouble. Money worries put more stress on us than anything else in life, though often our tendency is to fear the worst when we needn't.

The truth is that lenders – be that in the form of loans, credit cards or mortgages – are regulated to work with you, not against you, when it comes to ensuring your commitments are affordable. And, contrary to what you may see on reality television programmes, falling behind on payments won't suddenly land you with a bailiff at the door.

Below is a 'typical' debt timeline (note: not a definitive outline), based on being unable to make repayments:

- > **MONTH 1:** Failure to pay loan or credit card.
- > **MONTHS 2–4:** Creditor makes contact and will usually agree to hold charges and interest, effectively freezing the account (although this will mark your credit score).
- > **MONTHS 4–6:** Either resume payments or the

creditor may sell the debt on to a collections company.

- > **MONTHS 6–9:** New 'owner' of the debt will make contact to attempt to agree with you a new (interest-free) repayment plan – they will work with you to check you are prioritising key commitments (such as utilities) and they need to accept any reasonable offer (which could be as low as £10/month).
- > Your account will be reviewed regularly but you will have a new agreement in place going forward.
- > Only if you default on this new agreement will the prospect of a court order or CCJ come about, and only failing that provokes bailiff action.

If you are worried about debt, speak to charity [stepchange.org](http://stepchange.org)

The most important thing is to address the issue, be upfront with those you owe money to and keep communicating at every stage.



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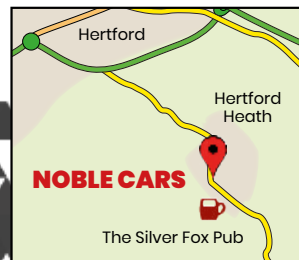
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# A GLASS

*and a half*

MOTORING

THE DRIVE OF YOUR LIFE... WHY NOT TO TAKE A CHANCE AFTER A DRINK

As if you didn't know it were true, drinking and driving are completely incongruous. Not only has it been illegal to be over the limit when behind the wheel of a car since the Road Safety Act was introduced in 1967, it's also insanely dangerous, to yourself, passengers and other road users.

The issue with drink-driving is that, in many people, the confidence, bravado and bullishness that alcohol provides actually reinforces a belief that it is okay to 'push the limits' a little; and yet, the guidelines are set, the recommendations realistic and the punishments severe.

- > Get stopped in England and your limit is 80mg of alcohol per 100ml of blood, and that allowance drops to 50mg in Scotland.
- > In real terms, everyone's tolerance and reaction to alcohol varies, and can be additionally affected by weight, sex, metabolism, food and stress; but for men, two pints of medium-strength lager (four units), or two small glasses of wine (two units) for women, will see you over the limit.



- > The only published safe advice is to avoid alcohol altogether.
- > Remember as well, if you've been drinking heavily the night before, there's a reasonable chance you'll still be over the limit the following morning.

And if you were in any doubt as to just how profound those punishments can be, it's up to 10 years for manslaughter, should the worst happen. You can even be arrested for being inebriated and sleeping or resting in a car even without the key in the ignition.

The frightening thing is that many of us still aren't learning the lessons. Around one in eight road deaths is still alcohol-related, and when you add in injuries, that's around 9,000 per year.

In an era when calling a taxi has never been simpler, there is no excuse to risk the lives of others, so enjoy yourself and get home safely.



TRAVEL

# Staycate IN STYLE



**J**ust because you may not be able to go abroad this summer doesn't mean that you can't still enjoy the holiday experience. Why not save money and still have fun by staycating within the confines of your own home?

### GO CAMPING

In your own garden, of course, or your home if you don't have sufficient outdoor space. Simply get out your camping gear or borrow a tent from a friend or neighbour, toast some marshmallows, tell a few ghost stories and finish off with some traditional campfire songs.

### SPOIL YOURSELF WITH A SPA DAY

If you love nothing more than indulging in a luxury spa break to recharge your batteries, you will be pleased to know that you can recreate this experience at home. All you need are a few high-quality face masks, some mani-pedi supplies and a selection of scented candles. You could even fill your paddling pool with warm water and bubbles and enjoy an outdoor spa experience.

### FEAST LIKE A FOODIE

For those who love to sample the local cuisine

while on holiday abroad, why not throw a selection of themed food nights? Mexican, Indian, Spanish, Italian, Japanese: the choices are endless. If you are feeling particularly creative, you could go the whole hog and plan a multi-course meal complete with authentic beverages and decorations.

### HOST A FESTIVAL

Whether you are a music lover or a film fanatic, hosting your own festival creates fun for the whole family. Invest in a projector or a new set of speakers, lay out some deckchairs or blankets, hang some fairy lights and set out some snacks. Don't forget, you must socially distance if you invite anyone from outside your household.

### TOP TIPS FOR A STAYCATION

- > Ban household tasks
- > Let go of your usual routine
- > Disconnect from technology

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# CONOR the MANN



## WHY CONOR MCGREGOR'S THIRD RETIREMENT FROM COMPETITIVE ACTION WILL BE HIS LAST

Unlike the two previous occasions when Conor McGregor announced that his days in the cage were over, when the mixed martial arts (MMA) supremo tweeted his retirement on June 7, fans got the sense that this time the 31-year-old Irishman, who has transformed the sport since picking up his first world Ultimate Fighting Championship (UFC) title in 2013, meant it. MMA owes Conor McGregor a huge amount. The Dublin-born fighter has single-handedly moved this Marmite entertainment form into new realms, displaying a brand of bold, brash, uncompromising spirit both in competition and away from the fight. It is a sport sold on ego and confidence, and McGregor has both in abundance, always capable of flicking a switch between charisma and out-and-out combat. He is someone whose personality has engaged fans the world over, the type of character you either love, or love to hate – either way, the box office riches flow.

And yet, McGregor's biggest battle across a 12-year professional career has been in managing ambition versus ambivalence. His latest retirement came accompanied with a typically cursive glance at the current state of play with UFC.

The fighter stated: "The game just does not excite me, and that's that. All this waiting around. There's nothing happening.

"I'm going through opponent options, and there's nothing really there at the minute. There's nothing that's exciting me."

It's not the first time a perceived lack of a real challenge has led McGregor to throw in the towel. Upon his first retirement, McGregor said he wanted to explore new challenges, and promptly set up a landmark boxing contest with five-times world champion Floyd Mayweather, in August 2017.

Although McGregor was overpowered by the legendary US boxer, his intention to push, to innovate and to mix things up was clear, and when he came out of retirement just over a year later it was clear he was returning to the stage not just as a fighter but also as a showman for the sport. That enabled him to present both the good – this year's 40-second knockout of Donald Cerrone at UFC 246 was McGregor back to his ruthless best – and the bad – the warrior courted publicity after attacking a tour bus in 2018, smashing a fan's mobile phone in March last year, and being involved in an altercation in a Dublin pub six months later.

His string of recent misdemeanours also confirms a disenchantment with the sport, and he has repeated last year's retirement with one now that will surely hold.

The coronavirus pandemic and a lack of clarity over when MMA will return to any semblance of normality has surely hastened his withdrawal, as it has those of respected rivals Jon Jones and Jorge Masvidal. Combined with the countless media opportunities that are certain to present themselves, plus an estimated war chest approaching £100million, it's time for his next move.

After all, for a man who has forged incredible wealth, success and recognition out of less than one hour in professional combat across 12 years and 26 fights, you sense that whatever Conor McGregor does next, success is guaranteed.





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# THE VISION LISTINGS

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# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

- ▶ AUBURN
- ▶ BLACK
- ▶ COPPER
- ▶ FUCHSIA
- ▶ GREEN
- ▶ GREY
- ▶ LAVENDER
- ▶ LEMON
- ▶ LIME
- ▶ MAGENTA
- ▶ MAUVE
- ▶ MINT
- ▶ ORANGE
- ▶ PINK
- ▶ PURPLE
- ▶ SCARLET
- ▶ TURQUOISE
- ▶ ULTRAMARINE
- ▶ WHITE
- ▶ YELLOW

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Z	Y	O	A	W	N	S	P	T	H	I	Q	E	E	T
U	U	L	R	Y	R	R	L	E	N	C	U	R	P	Y
X	N	L	I	W	U	U	R	T	R	E	U	V	U	L
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P	I	N	K	Y	A	O	G	P	S	O	T	R	M	A



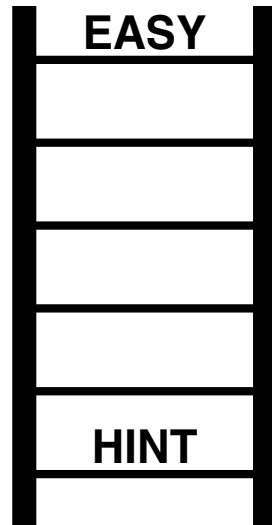
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## DID YOU KNOW?

- ▶ The killer whale belongs to the dolphin family
- ▶ Some animals sleep standing up, including horses and elephants
- ▶ Elephants are the only animals to have four forward-facing knees
- ▶ Tigers are the largest wild cats in the world
- ▶ Female kangaroos have a pouch on their belly to transport baby kangaroos, called joeys
- ▶ There are three different species of zebra, which are all native to Africa
- ▶ A male reindeer's antlers can grow up to 1.4 metres in length
- ▶ Butterflies can taste with their feet

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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