



**POSITIVE
EFFECTS
OF COVID-19
ON BUSINESS**

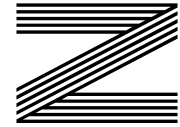
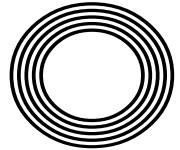
Do you need a
TV LICENCE?

Chrysanthemum
November's birth flower

SIR CLIFF RICHARD OBE
A look back at his career as he turns 80

Kirsty
GALLACHER

Presenter celebrates her return to the limelight



FREE

Photo credit: Shutterstock



YOUR HOME, YOUR FUTURE... OUR COMMITMENT

We are Morgan Alexander – Estate agents in Hertford dealing with property sales and rentals.

Our business is built on our ability to offer our clients a personal service that is both professional and flexible to suit all our clients' needs.

Above all we believe our success is underpinned by two things – our experience, and our intimate

and extensive knowledge of Hertford, Ware and the surrounding areas.

Whether you're looking for a home or to sell or rent your property you need to work with an agent whose expertise you can trust. At Morgan Alexander we listen to what you want, meaning the service you get is tailored exactly to what you need.

"We recently sold our house and purchased through the guys at Morgan Alexander who we honest, professional and easy to communicate with. I would highly recommend them. Incredibly supportive and helpful throughout the entire process."



GET IN CONTACT

 40 Castle Street, Hertford, SG14 1HH

 01992 248028

 info@morgan-alexander.co.uk

 www.morgan-alexander.co.uk

- 6 SIR CLIFF RICHARD OBE
- 8 THE WORLD AROUND US 1
- 10 FASHION
- 11 BEAUTY
- 13 HEALTH & FITNESS
- 17 FOOD & DRINK
- 20 KIDS
- 21 HOME & DIY
- 26 KIRSTY GALLACHER
- 29 LOCAL NEWS
- 38 GARDENING
- 39 TRAVEL
- 41 BUSINESS & PROPERTY
- 45 SPORT
- 46 MOTORING
- 48 THE **VISION** LISTINGS
- 50 PUZZLES

CONTACT US

hertford@visionmag.co.uk | 01992 276101

 @visionmageastherts

 Vision Magazine East Herts

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard

CONTRIBUTORS | Tabatha Fabray, Kathy Miller

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

Editor's notes...



Brett Shohet, Editor

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

I truly hope everyone is doing well, especially when, COVID-wise, things are beginning to feel disheartening again.

However, I don't want

to be too doom and gloom - many of you will no doubt be reading **VISION** as an escape of sorts - but I would just like to say that it's an absolute honour for us to serve the businesses in our community. At a time when local high streets are eerily quiet and many business owners are struggling, we are proud to be giving them some form of lifeline.

Despite being physically separated as per the guidelines, we must remember to stay unified as a community. I've noticed when I go to visit local businesses in our towns, because we're all wearing masks, we're looking into each other's eyes more and reading them for emotion. It means there's been more of a connection between us, and I do hope that's something we retain after the pandemic.

Another hope of mine is that we can all spend Christmas with the people we love. I've been waiting three months for a dining table I've bought to turn up, in the hope that, as well as making me feel a bit more 'grown up', it can be fully surrounded by my family (and occupied by a turkey!) this December.

If you have any queries or contributions you would like to share with us, please get in touch. And as always, stay safe.

Brett

Checkatrade.com



City & Guilds
Qualified

EMPIRE UPVC & ROOFING SPECIALISTS LTD

We guarantee our customers a friendly, reliable & professional service



The UPVC and Roofing Experts in Hertfordshire



Empire UPVC and Roofing Specialists are an independent business trading throughout Hertfordshire and a surrounding 40-mile radius from our office in Nazeing.

- ✓ Felt, Tile & Slate Roofing
- ✓ Liquid Rubber Roofing
- ✓ ALL Roofing Repairs
- ✓ Roofing Maintenance
- ✓ Roofing Leadwork
- ✓ Gutter Cleaning & Unblocking
- ✓ UPVC Fascias, Soffits & Guttering
- ✓ Roof Moss Removal
- ✓ 15 - 20 Year Guarantee
- ✓ Highest Quality Materials Used

COME AND VISIT OUR SHOWROOM AT HILLGROVE BUSINESS PARK



CALL OUR FRIENDLY TEAM TODAY FOR YOUR FREE QUOTATION

Office: 01992 623 267

Unit 50 Hillgrove Business Park
Nazeing New Road
Nazeing EN9 2HB

Email: chris@empireupvcandroofing.co.uk
Web: www.empireupvcandroofing.co.uk

FULLY INSURED

To advertise call **VISION** on 01992 276101



YOU'RE THE VOICE

AS SIR CLIFF RICHARD OBE PASSES 80, HIS STAR IS STILL CHARTING HIGH

Let's begin with a stat: for a long while, Sir Cliff held the record for scoring number one songs in consecutive decades in the UK. He'd hit the top spot twice in the 1950s and on seven occasions in the 1960s. The following decade he left it late, with *We Don't Talk Anymore* his solitary chart-topper in the summer of 1979.

Reinventing himself for the 1980s, spoof track *Living Doll* hit the heights in 1985, followed by *Mistletoe and Wine* in 1988; before *Saviour's Day* in 1990 and *The Millennium Prayer* in 1999 ensured he preserved a most unique chart first.

"I became aware of the run back in the 1970s but it was never an intention to churn out tracks just to keep it going," he says. "I think if you focus too much on that it becomes a bit of a vanity project and you're losing sight of the music itself; but while it went on, it was fun."

These days, the charts aren't for the likes of Sir Cliff. In 2020, they are almost solely the domain of youngsters, both in terms of the record-buying public and the artists themselves.

"Obviously the internet has created major change in the record industry and revised entirely how everything operates.

"It's a shame the charts don't represent the excitement of old when new releases would move around and we'd all follow their progress at home on our radios. I know a lot of people are sentimental about the change that's happened, but as long as people are out there making good music, that should be enough."

'YOU WORK HARD. YOU DO YOUR BEST. AND YOU JUST WANT SOME PEACE: AND THAT'S ALL I WANTED'

For Sir Cliff these days, new music often takes the form of festive tracks.

"I have inadvertently built a reputation for putting Christmas music out there," he admits. "It really all started with *Mistletoe and Wine*.

"Do I mind the association? Of course not – it's such a magical time of the year."

Of course, recognition solely as a musician does a disservice to so many other things Sir Cliff has become renowned for in a celebrated career that began way back in 1958 as lead singer of British group The Drifters. As his pop career exploded, film roles also came his way (famously in *Summer Holiday*) and, beyond that, a passion for wider showbiz projects, faith, philanthropy and a clean-living bachelor lifestyle, even though he came close to marrying on more than one occasion (notably to former British tennis number one Sue Barker).

A proud, kind-hearted and sincere exemplar of a golden age of British entertainment, Sir Cliff found himself in the news for the wrong reasons in 2014 when the darkness surrounding Operation Yewtree began enveloping a number of well-known names.

Almost immediately it became clear that there was no story to be had, and he successfully went on to sue South Yorkshire Police and the BBC for their parts in the media pursuit that followed.

"You know, you get to the point, especially after all these years, where you just want a quiet life," he says. "You work hard, you do your best, and you just want some peace; and that's all I wanted."

Whether Sir Cliff gets peace as he passes 80 is unclear. In socially distancing terms, he will, but as a worldwide base of adoring fans continues to follow his every move, it's clear this is someone who will stay in our admiring consciousness for quite some time yet.

THE WORLD AROUND US *Part 1*

In the first of a new four-part environmental series, we look at the key drivers in the health and well-being of the planet. In this issue, it's animal life, and in particular, the humble cow.

It's not easy being a cow. While farmers are eyeing you up for a trip to the abattoir, those on both sides of the eco debate are ready to slap the blame tag on a little embarrassing flatulence.

Scientists believe the average cow releases between 70kg and 120kg of methane per year. A greenhouse gas, like carbon dioxide and nitrous oxide, methane forms a dangerous blanket around the planet.

A molecule that lasts a decade, in real terms what it contributes to the atmosphere can be equated to little more than two cups of water inside a swimming pool, yet its chemical shape is remarkably effective at trapping heat, thus it has a big impact on how much, and how quickly, the planet warms.

And with 1.5 billion cows on the planet, it's clear there's real environmental interest in reducing the emissions of these animals, who can also lay claim to being the source of two-thirds of all

ammonia in the atmosphere.

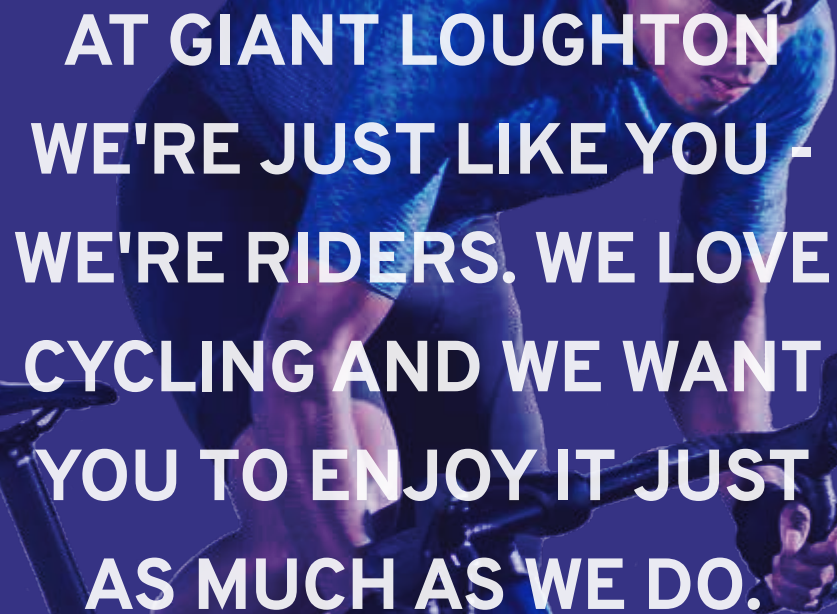
In 2019, an experiment in New Zealand saw cows given a vaccine to rid them of certain gut microbes responsible for producing methane. Further development of this could drastically reduce cows' impact on the planet, while still allowing our ravenous consumption of meat and dairy foods.

In the UK, farmers mainly use grass-based silage. By changing to a maize compound, a one-tenth drop in methane production could be achieved.

As ever, environmental aims must be balanced with commercial sense. The UK agricultural industry is worth £25billion per year, yet it's clear less-fibrous diets, further vaccine research and other subtle changes – such as introducing seaweed and higher-quality constituents into the food mix – can lead to more refined systems... and less windy livestock!



GIANT



**AT GIANT LOUGHTON
WE'RE JUST LIKE YOU -
WE'RE RIDERS. WE LOVE
CYCLING AND WE WANT
YOU TO ENJOY IT JUST
AS MUCH AS WE DO.**

● 5 YEARS FREE SERVICING FOR ANY BIKE PURCHASED IN 2020 (EXCLUDING MY21 RANGE)

● FREE PUNCTURE REPAIRS FOR LIFE RANGE (T&Cs APPLY ORIGINAL OWNER ONLY)

● FREE SAFETY CHECKS FOR LIFE ON ALL NEW ARX AND ATX BIKES

● PRICE MATCH PROMISE - FIND IT CHEAPER ANYWHERE ELSE

& WE WILL MATCH THE PRICE

● FREE UK DELIVERY ON ANY IN-STORE PURCHASE (CALL US FOR MORE DETAILS)

NEW
STOCK
ARRIVING
WEEKLY

GIANT LOUGHTON, 235 High Road, IG10 1AD

T: 0208 508 1384 W: giant-loughton.co.uk E: info@giant-loughton.co.uk



Shoe care

Whether you live in your trusty trainers or you favour a more sophisticated leather shoe, caring for your chosen footwear can be a bit of a nightmare. Fortunately, we are here to help.



Suede & Leather

The first thing you should do if you buy a pair of leather or suede shoes is to treat them with a specialised spray protector, as this will help preserve them for longer.

In terms of cleaning, suede should be gently brushed with a suede brush to remove any dirt or dust without damaging it.

Leather is best cleaned with shoe polish as this will not only clean but also moisturise it, which helps to lengthen the lifespan of the shoes.

If your leather shoes get caught in the rain, place them upside down on dry paper (not newspaper) and leave to dry naturally.

Canvas & Fabric

Slightly easier to take care of, most canvas shoes can be washed in the washing machine, although be sure to let them air dry and never place them in the tumble dryer as this will ruin their shape. If there is only one spot of dirt on your fabric or canvas shoes, simply brush it off with a toothbrush or wash with a sponge dipped in soapy water.

Trainers

Some trainers can be washed in the washing machine, although always check their label before doing so. It can be a good idea to place your trainers in a pillow case before washing and to wash them with a few towels to avoid your footwear banging around and becoming damaged. Liquid detergent is preferable as powder can get stuck in your trainers.

Signs your shoe soles need replacing

- > The centre of your soles feel weak or spongy
- > They start to feel thinner in some areas
- > You notice a circle emerging



5 natural BATH SOAKS

Is there anything more relaxing than soaking in a warm bubble bath during the winter months? Arguably not, but have you ever stopped to think about all the harsh chemicals that you are exposing your skin to each time you reach for your preferred products? Here are five natural alternatives to try.

1. Honey

Honey is an antibacterial substance that can help prevent infections and heal minor skin abrasions. It is also full of natural antioxidants that can help boost your immune system and help combat the signs of ageing.

Simply add two tablespoons of raw honey to a running bath and then soak for a minimum of 15 minutes.

2. Green tea

A popular choice for a bath soak, green tea can help to reduce muscle pain, soften skin and reduce any redness. Loaded with antioxidants, it also has anti-ageing benefits. Just fill your bath as normal, pop in six green tea bags, leave to steep for 15-20 minutes and remove.

3. Lavender

You may already be using a lavender-scented bath product owing to this herb's ability to instantly soothe and relax. However, why not cut out the chemicals and use pure lavender essential oil instead? All you need to do is add between six and eight drops to running water.

4. Baking soda

A store cupboard essential, also known as sodium bicarbonate, this natural ingredient is found in most bath products owing to its exfoliating properties.

Simply mix five tablespoons of baking soda into a warm bath and allow to dissolve.

5. Epsom salt

Not actually a salt but a naturally occurring mineral, Epsom salt is made up of magnesium and sulphate. Ideal for counteracting stress, Epsom salt can also help to ease pain and alleviate sore muscles. Add one or two cups to your bath five minutes before you plan to get in.



What's worrying you...?

Low
Esteem

Stress

Anger

Anxiety

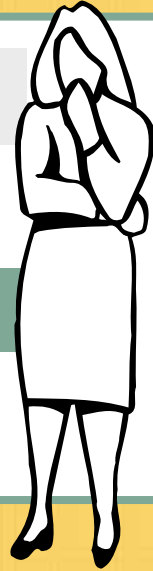
Low
Mood

Free introductory consultation with
a degree qualified therapist

We are offering online therapy via Skype, Zoom, FaceTime, or
WhatsApp, so that you can access the help you need, wherever you are.

In total confidence call/text 07986 488690
or email info@emotionalskills.uk

www.emotionalskills.uk



Home
Instead
SENIOR CARE®
to us, it's personal.

96%*

OF CLIENTS*
RECOMMEND

The best home to
be in is your own

Tailor made to your individual requirements

- ✓ Award winning care
- ✓ Companionship services
- ✓ Home help services
- ✓ Personal care services
- ✓ Highly trained CAREGivers

East Herts & Uttlesford, G1 Allen House, The Maltings,
Station Road, Sawbridgeworth, Hertfordshire, CM21 9JX
01279 721443 or 01920 897355 | www.homeinstead.co.uk/eastherts

Each Home Instead Senior Care® franchise office is independently owned and operated.
Copyright © Home Instead 2020. *Smith & Henderson 2020 PEAQ survey



The OBESITY ALPHABET

Your definitive A to Z guide for health

- A** for *Apple*: Choose whole fruit over juices – the sugar content is less and the fibre will fill you up.
- B** for *Boredom*: Be aware whether you're eating out of hunger or simply for something to do.
- C** for *Calories*: Keeping a check on calories is a restraining belt to excess.
- D** for *Doughnuts*: 'Dough nut' undo your good work with empty processed calories.
- E** for *Exercise*: The best counter to obesity of them all.
- F** for *Fats*: Know your good fat from your bad.
- G** for *Goals*: Set them, make them achievable and stick to them.
- H** for *Holiday*: Have a cheat day each week.
- I** for *Inspiration*: Surround yourself with positive examples and role models.
- J** for *Juice*: Beware of the sugar content of supposed healthy juices and smoothies.
- K** for *Keep a diary*: Log fitness progress and also the foods that make you most energetic, bloated and gassy.
- L** for *Lemon*: Great for cleansing the gut, hot water and a lemon is a winner.
- M** for *More not less*: Fill yourself up with bowls of healthy, nourishing food.
- N** for *Night-time*: Don't eat after 7pm.
- O** for *On the money*: Stick to the fundamentals rather than wasting money on fads.
- P** for *Prep*: Meal prep is essential to prevent you reaching for the easy microwave option.
- Q** for *Quit*: Choose five things to categorically strip from your diet.
- R** for *Rest*: Sleep is an important part of stabilising metabolism.
- S** for *Shout*: Announce your success with like-minded people.
- T** for *Takeaways*: Fast food and takeaways are the evil of good health.
- U** for *Undermine*: Keep self-doubt – as well as fatty foods – at arm's length.
- V** for *Vitamins*: A vitamin supplement will boost your health quickly and easily.
- W** for *Wholefoods*: Go for wholefoods and avoid anything processed, if possible.
- X** for *X-treme*: ... dieting never works.
- Y** for *Yesterday*: ... is gone; look only to the future with your health.
- Z** for *Zinc*: Zinc is a brilliant mineral that helps control your metabolism.



HEALTH & FITNESS





Are you getting enough VITAMIN D?

After enjoying an unseasonably warm and sunny spring and a pretty typical British summer, people's thoughts are now turning to the cold, and probably wet, winter ahead. Yet have you thought about how you are going to get sufficient vitamin D into your body during the months when sunlight is sparse?

Why is vitamin D important?

Vitamin D helps to regulate the amount of calcium and phosphate in the body, both of which are needed for maintaining healthy teeth, bones and muscles. It is also known for improving brain development and reducing inflammation.

A vitamin D deficiency can lead to a loss of bone density which makes you more prone to fractures and osteoporosis. In children, it can cause rickets.

How much sunlight do I need to get sufficient vitamin D?

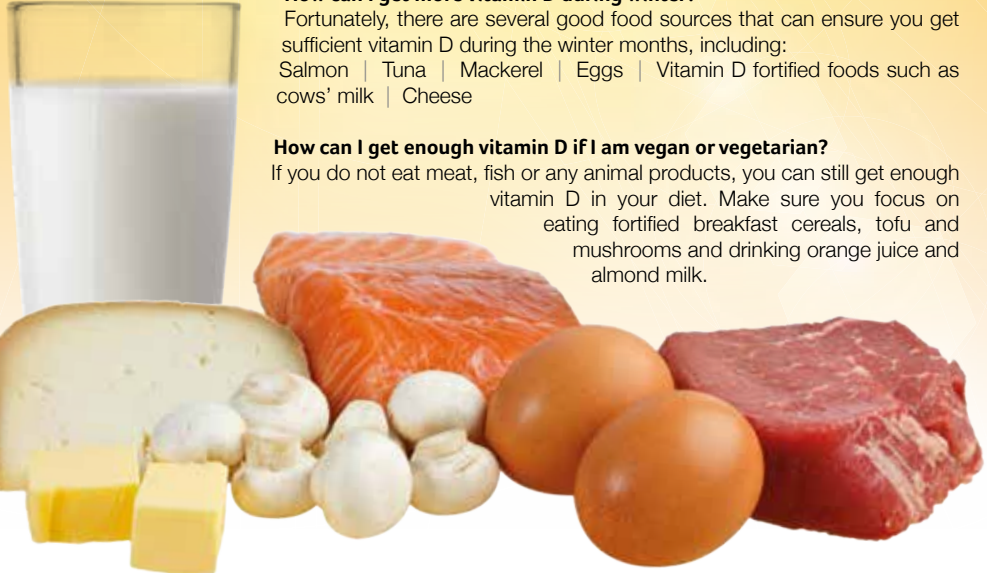
The main source of vitamin D for our bodies is the sun, yet in winter in the UK we do not get sufficient sunlight to meet our daily requirement of this vital vitamin. In the summer months, a mere 15 minutes of sun at midday is enough exposure, although people with darker skin, such as those of African or South Asian origin, may require a little longer.

How can I get more vitamin D during winter?

Fortunately, there are several good food sources that can ensure you get sufficient vitamin D during the winter months, including: Salmon | Tuna | Mackerel | Eggs | Vitamin D fortified foods such as cows' milk | Cheese

How can I get enough vitamin D if I am vegan or vegetarian?

If you do not eat meat, fish or any animal products, you can still get enough vitamin D in your diet. Make sure you focus on eating fortified breakfast cereals, tofu and mushrooms and drinking orange juice and almond milk.



manorcourthomecare.co.uk
f ManorcourtHome



Manorcourt Homecare
Part of the Healthcare Homes Group



Live In Care Services

Homchurch Branch, 58 Station Lane, Homchurch, Essex RM12 6NB. Tel: 01708 472911

If you or a loved-one are currently receiving visits from carers but feel further help or support may be needed throughout the day, the team at Manorcourt Homecare provides a Live-In Care service that enables you to continue living as comfortably and safely as possible in your own home, but with expert and friendly support at any time of the day.

Provided on a short or long term basis, the service promotes independent living and ensures you or a loved one can remain in the comfort of familiar surroundings, with no need for relocation into a care home setting.

Live In Care may be particularly suitable for those with high dependency needs, complex care needs, recovering from a stay in hospital or perhaps following a serious illness. Our clients love that they can stay living at home, but have the help they need personally, as well as managing household or domestic tasks, pet's needs and enabling them to continue enjoying hobbies, leisure pursuits and even go on holidays.

To find out more about contact our friendly team for an initial assessment on 01708 472911

Together we respect, with compassion we care, through commitment we achieve

LIVE IN CARE £995 per week

...for new customers, for the first 3 months.



01992 552224

www.classicmobility.org.uk

MOBILITY SALES • MOBILITY HIRE REPAIR & MAINTENANCE

Classic Mobility is a family run business with over 20 years experience in sales and care of your mobility equipment

- Short and long term hire
- Quality equipment & service
- Delivery within 24 hours
- Home visits available
- Delivered & installed by our own trained technicians



Wheelchairs • Mobility Scooters • Power Chairs
Walking Aids • Bathing • Seating • Walking Frames
Stair Lifts • Care Beds • Daily Living Aids

15 Church Street, Hertford,
Herts SG14 1EJ
shop@classicmobility.org.uk

FREDERICKS FARM BOXES

A WORLD OF DELICIOUS GROCERIES

Fredericks Farm Boxes are all about top quality, ethically sourced groceries delivered straight to your door.

We carefully select the best farms and small artisan businesses in the UK.

Our produce includes free-range meat, sustainably sourced fish, fruit, vegetables, baked goods, dairy, wine, beer, drinks, flowers, and lots more lovely stuff.

To celebrate our launch, we are offering customers half price off their third subscription box and a gift.

No more trips to supermarkets. Enjoy everything from Fredericks Farm Boxes.



HALF PRICE ON YOUR THIRD SUBSCRIPTION BOX

NEW, LOCAL AND RIGHT UP YOUR STREET!

CALL: 01992 276048

WWW.FREDERICKSFARMBOXES.CO.UK



FOOD & DRINK



Return TO YOUR ROOTS *part 2*

Last month we celebrated the carrot, praised the parsnip and tackled the turnip. Now it's time to explore the culinary delights of three more tasty and nutritious root vegetables.

BETROOT

Instantly recognisable by its bright purple hue, the beetroot often gets a bad rap as some believe that it tastes a little too much like the soil in which it is grown. However, it is worth sampling for its health benefits alone, with this root vegetable being rich in antioxidant and anti-inflammatory properties.

HOW TO STORE: Place beetroots in a perforated plastic bag in the vegetable drawer of your fridge. Lifespan: 3 weeks.

HOW TO COOK: The most famous beetroot dish is borscht, an eastern European winter warmer. Alternatively, roast in olive oil and cumin seeds.



JERUSALEM ARTICHOKE

Full of iron, potassium and vitamin B1, the Jerusalem artichoke is reported to be both an aphrodisiac and a natural digestive. In season from November to March, choose artichokes that are firm to touch and pale brown in colour.

HOW TO STORE: Keep in the fridge or in a cool, dark place. Lifespan: 1-2 weeks.

HOW TO COOK: Cook Jerusalem artichokes in the same way that you would a potato or parsnip: roasted, sautéed, dipped in batter and fried or puréed into a soup.



SWEET POTATO

Seen as a healthier alternative to potatoes, this root vegetable contains iron, calcium, selenium, vitamin A and C, plus it's full of fibre.

HOW TO STORE: Avoid storing in the fridge as this will result in an unpleasant taste; instead, place in a dry, well-ventilated container away from heat. Lifespan: 3-4 weeks.

HOW TO COOK: Although baking sweet potatoes will result in a richer taste, when boiled they have a low glycaemic index (GI).



THE perfect pud

Packed with delicious dried fruit, drenched in brandy and served with lashings of cream, it wouldn't be Christmas without a rich and decadent Christmas pudding. Although you can purchase a shop-bought variety for as little as £2, there is something special about taking the time to make your own.

a heatproof pudding bowl | Pour in the mixture | Cover with baking paper and tie on securely with string | Place the pudding in a large pan and pour in boiling water until it reaches halfway up the outside of the bowl | Cover with a lid | Steam the pudding for 4 hours making sure it does not boil dry (add water if necessary) | Test if the pudding is cooked by inserting a skewer into it; if it comes out dry, it is done | Leave to cool | Cover with fresh baking paper and wrap tightly in cling film | Store in a cool, dark place for up to 6 weeks | When ready to serve, steam for a further 2 hours | Light using a ladle of warm (not boiling) brandy

VARIATIONS ON THE TRADITION:

Instead of brandy, try adding rum, stout or sherry | For a vegan pudding, leave out the eggs and use vegetable suet with a little bit of soya yogurt | Substitute traditional raisins, currants and sultanas for cherries, figs or crystallised ginger

If you are going to add coins, wrap them in tin foil first to avoid choking.

YOU WILL NEED:

120g suet | 20g breadcrumbs | 100g flour | 175g soft dark brown sugar | 500g dried fruit (raisins, sultanas, etc) | 25g flaked almonds | 25g candied peel | 1 tsp mixed spice | ½ tsp nutmeg | ½ tsp cinnamon | 1 grated cooking apple | zest of ½ orange | zest of ½ lemon | 150ml brandy | 2 eggs | optional: coins

HOW TO MAKE:

Combine suet, breadcrumbs, flour, sugar, fruit and spices in a bowl | Add the rest of the ingredients and mix well | Butter



Coffee and Orange Gins

SMALL-BATCH
LAVA SPIRITS Co
HANDCRAFTED

Inspired by a love of smooth Italian espressos Lava Spirits have perfectly-blended a sultry, rich and indulgent South American Arabica coffee with the most quintessential of English spirits, to create a sublime drink, perfect for any moment.

Lava Spirits Coffee Gins have a versatility that creates a unique G&T, but are equally at home served neat, on the rocks, or in amazing cocktails.

Whichever way you choose, let Lava Spirits tantalise your palate and enrapture your mood...

Enjoy and savour the moment...

To purchase visit our website: www.lavaspirits.co.uk
Trade & General enquiries: info@lavaspirits.co.uk
Tel: 01992 276 071    

SmartRaspberry
cookery school

Cookery Classes, Workshops, Parties & DofE

DUKE OF EDINBURGH SKILL AWARD COOKERY WORKSHOPS

Our Food Tech online classes are ideal for any young person interested in learning to cook or as part of the DofE award

FREE TRIAL AVAILABLE

for dates and details
www.smartraspberry.com

 SmartRaspberryEppingWoodford  smartraspberry_ew

● 01992 276058 ● 07725 221384 ● geangelo@smartraspberry.com




Jump on the bandwagon



Kids love making music. From the moment they are able to hold a spoon and start banging it on your pans, to the time when they are able to learn a real instrument.

So why not encourage this natural passion and challenge them to make their own band?

Get organised

This initial step will be dependent on your children's ages, although it can be a good idea to get your older kids to help the younger ones. You can set them the task of deciding what type of music they would like to make, what name they want to give their band and who is going to play what.

Make your own instruments

Some great ideas for DIY musical instruments include:

- > **A HARMONICA.** This can be easily made by sellotaping different-sized straws together and blowing in the holes.
- > **SENSORY BIN SHAKERS.** A great option for little ones. Fill different-sized containers with rice, buttons, pasta or anything else you have to hand, secure and shake.
- > **CEREAL BOX GUITAR.** If someone is keen to be the lead guitarist in the band, then all you will need is an old cereal box, a pair of scissors and a few elastic bands.
- > **CAN DRUMS.** Simply take some old tin cans, stretch a cut-up balloon over the open ends and hit with a spoon or stick.

Start practising

Again, this will be dependent on your kids' ages and attention spans and can range from half an hour to a full day. Keep them motivated by creating a 'show time' when they will be able to perform to the rest of the family.

Ideas for simple songs that they can try to play along with:
Jingle Bells | Twinkle, Twinkle | Hickory, Dickory, Dock | Incy Wincy Spider | Baby Shark

NB: Please make sure all instruments are safe for babies and young children. Avoid or cover safely all sharp edges and small choking items. Remember to secure or seal all tubs tightly.



Photo credit: adabboguenilidico.com, sugaramunts.com, Pinterest, Real Simple, ihsalway/saundrum.com

BRICKKING it

LEARN HOW TO EXPOSE, PREPARE AND LOOK AFTER A BRICKWORK FEATURE WALL



It's the design feature that flipped on its head the old adage of plastering over walls for a smooth, 'complete' finish.

These days, exposed brickwork is all the rage – a modern take on a feature wall that circumnavigates modern, industrial and rustic.

Preparing an exposed brick wall and looking after it isn't difficult if you follow a few simple steps.

Exposing

Chip away a small section of plaster to check your brickwork is in good order. Cover the floor with sheeting, as removal of plaster will throw up considerable dust. Wearing a dust mask, chisel away sections and finish using a wire brush.

Preparing

Use a mild solution comprising equal parts water, dish soap and salt. Use a clean cloth to apply, allowing the solution to soak into the wall. Leave for 10 minutes so the salt dissolves any remaining plaster particles, then wipe the entire wall using a sponge or wet cloth.

When dry, use an industrial sealant across the entire wall. An acrylic-based application will mean your wall is resistant to scratches, spills and dirt. You'll need to apply at least two coats, ensuring you work the solution into all the gaps.

Looking after

With your pristine wall the envy of visitors, you'll need to make sure you look after it properly. It's inevitable that parts may be fragile and flake off over time, but light cleaning (even with something as simple as a feather duster) will keep particles at bay.

Remember, all brick walls are different, and how they respond will depend on their age, the room temperature and whether they are interior or exterior walls.

The good news is that the matt finish and unpolished look most go for will hide a multitude of sins.





Resin Bound Natural Aggregate

Based just outside Epping, IBBco have been providing surfacing solutions to Essex and Hertfordshire for the past 24 years. Resin Bound natural aggregate allows us to create beautiful designs for your drive, patio, paths or even swimming pool surrounds! Please call us to discuss all the options or to request a free survey.

- 46 Bespoke Colours
- Fully Permeable
- No Drainage Required
- Total Flexibility of Design
- Long Lasting Results
- Easy to Maintain
- Tested to BS EN 13892
- UV Colour Stable

Unit 11, Esgors Business Centre, High Road, Thornwood Common, Epping, CM16 6LY



DUST *be gone!*

Do you know your microfibre from your feather? Your vacuum from your air compression? If not, you are not alone. We too have been guilty of using whatever fabric we have to hand to remove dust from our home, whether that be a tea towel, a cloth or even an old pair of pants. However, using the right duster for the job is vital if you want optimal results.

FEATHER DUSTERS

Commonly associated with maids in stately homes, feather dusters are best for cleaning delicate or expensive objects such as artwork, figurines or jewellery.

Pros of feather dusters: Will not scratch surfaces, objects or furniture | Offer non-invasive contact

Cons of feather dusters: Not the best at collecting dust | Unethical as feathers are plucked from live animals

MICROFIBRE DUSTERS

Becoming increasingly popular in recent years, microfibre dusters are great for general cleaning and dusting wooden furniture, tile counters and any other hard surfaces.

Pros of microfibre dusters: Excellent at picking up dust and dirt | Hypoallergenic | Environmentally friendly and sustainable

Cons of microfibre dusters: We couldn't find any!

VACUUM DUSTERS

By attaching the dusting piece to your vacuum cleaner, you can enjoy fast and effective cleaning of larger surface areas in your home or to clean up after building work.

Pros of vacuum dusters: Ideal for concentrated areas of dust and areas that are hard to reach | Dust can be disposed of easily

Cons of vacuum dusters: Handheld vacuum dusters are not very powerful | Can be expensive

COMPRESSED AIR DUSTERS

This type of duster is used to remove dust from electronics, plug holes and other small, inaccessible areas. Perfect for dusting your keyboard if you are working from home.

Pros of compressed air dusters: The best option for all computer accessories, electronics and office equipment

Cons of compressed air dusters: Can be expensive



Photo credit: Keith Homari/Shutterstock.com, alexapress.com



HOME & DIY

CANCEL CULTURE

The BBC TV licence – do you need to pay?



Photo credit: Willy Barton/shutterstock.com

The BBC has never felt pressure like it: a new director general looking to shake things up, accusations of political and social bias, and the move to begin charging over-75s for TV licences – it has left 'Auntie' scratching about for relevance in a changing world where digital and premium channels are taking our attention... and our money.

While the BBC remains one of our country's finest institutions, and excellent value for those who regularly enjoy its diverse range of programming, there have been recent moves to defund the organisation – a Twitter campaign rapidly gained 100,000 followers and continues to apply pressure across social media.

This has led to many looking at the criteria for paying the licence; namely, whether you do indeed need to pay the £157.50 annual charge (£53 for a black and white TV). The answer is yes, if...

> ... you watch or record live TV as it is being transmitted, on any channel

> ... you watch or stream programmes live on an online service (such as ITV Hub, All 4, YouTube, Amazon Prime Video, Sky Go, etc)

> ... you download or watch programmes on iPlayer And the above applies to use on any device, from television to computer to games console.

The good news is that the BBC's brilliant range of national and regional radio is exempt.

If you believe you don't need a licence, the process for opting out is simple – simply declare to TV Licensing via its website and cancel any direct debits. That will stop what many describe as a barrage of threatening letters. However, the onus is, of course, on you to reapply for a licence if your watching habits change.

What's clear is that in a changing world the BBC's stranglehold on compulsory payment may well be coming to an end – even more so if Prime Minister Boris Johnson's move to decriminalise non-payment continues to gather pace.



01992 276039
EMERGENCY SERVICES
& ENQUIRIES



TROUBLE WITH DRAINAGE, HEATING OR PLUMBING?

WE OFFER THE COMBINED SERVICES OF DRAINAGE CONSULTANTS & PLUMBERS TO DEAL WITH UNEXPECTED LEAKS, BURST PIPES AND BLOCKED DRAINS



DRAINAGE SERVICES ✓ PLUMBING & HEATING SERVICES ✓ TANKER SERVICES ✓ INSURANCE CLAIMS



Contact us: 01992 276039
www.fcdrainagesolutions.co.uk
operations@fcdrainagesolutions.co.uk



STYLISH COOLING SOLUTIONS FOR YOUR HOME

We provide the highest quality of service from concept through to final handover

- Installers of Air Conditioning for over 30 years
- Wide Range of Leading Brands
- Approved Daikin & Mitsubishi Installer



Tel: 01992 276 135
Mob: 07903 104549
Email: services@pumabuilding.com
Web: www.pumabuilding.com
@pumabuilding



ESTABLISHED 1985
AIR CONDITIONING SERVICES

Kirsty Gallacher



...A GOOD SPORT

From fashion undergraduate to Sky Sports presenter, it was a curious career trajectory for Kirsty Gallacher, who seemingly had the world of light entertainment at her feet.

That was, until a series of events knocked the Edinburgh-born beauty off track.

Her recent return to the limelight is tribute to the strength and perseverance of the 44-year-old, but also a marker for us all in these difficult times.

The die was cast relatively early for Kirsty, as the daughter of Scottish Ryder Cup champion Bernard Gallacher, with a career in sport seeming the obvious choice. In reality, however, the presenter endeavoured for the cut and thrust of fashion, even when, still a youngster, the family upped sticks and moved to Wentworth to help her father's golfing ambitions.

Swapping Scotland for Surrey, Kirsty came to count Bruce Forsyth as a neighbour when growing up. And with a golf star for a dad, she was hardly unfamiliar with larger-than-life personalities popping in for coffee.

"I think maybe there was a pressure for me to do something grand," she begins, "but for many years that wasn't really me. I guess in the end I fell into it, but there was no nepotism going on – I was just lucky."

Kirsty recalls the time as a broadcaster with BSkyB when, having climbed to the position of editorial assistant, there came the opportunity to do a screen test.

"I was horribly nervous, but I've always been of the mind that once you are offered something you should always give it a try. Plus, back then, there was still a sense of adversity from traditionalists who didn't believe in women fronting sport, although that has clearly changed now."

Her time on *Sky Sports News* led to onward recognition as she went on to front shows including *Kirsty's Home Videos*, *Kirsty and Phil* and *Soccer Extra*.

So for someone so happy, it was perhaps surprising to see Kirsty's light fade in the midst of her father's poor health, and a painful divorce to ex-rugby pro Paul Sampson, her partner of 13 years, of which they were married for five.

"There were some tough things to process, though rather than take some time off to regroup and look after my boys, I threw myself into work, into new ideas and new projects."

A stint doing *Strictly Come Dancing* saw Gallacher looking desperately thin, and when a drink-driving incident saw her lose her driver's licence for 18 months, the star had hit a new low.

"It's actually really interesting how just when you think you are calm and settled, the carpet can be swept from beneath you," she admits. "It was horrific at the time, truly horrific – but at least now I can see that it was just a few life events colliding together. We are human beings for our ability to ride the rough waves and emerge out the other side stronger, and that's what I've done."

Her focus these days is on celebrating a return to the front line of presenting duties. Her successful podcast, *Stripped Back Sport*, is back on our screens at prime time, and even in a few short years she has witnessed a real evolution in television.

"As far as gender goes, it's definitely played out on more of an equal footing now," she says. "Broadcasting has really undergone a fantastic change over the past 20 years and British television remains the very best in the world. From a purely selfish perspective, it's so great to be back."



LOCAL NEWS

from your neighbourhood



Hertford Fire Station redevelopment gets go-ahead

Hertfordshire County Council's (HCC) Cabinet has agreed to allocate funds for the redevelopment of Hertford Fire Station.

Hertfordshire Fire and Rescue Service proposed the redevelopment of the fire station and other buildings on the site at Hertford, which are in urgent need of repair.

The redevelopment of the property will ensure the fire and rescue service can continue to deliver a high-quality emergency response service for local residents.

The work is set to cost £3.31million and will be carried out by Chalkdene Developments LLP.

The county council-owned property currently includes a five-storey main building which was constructed in the 1960s. It houses a fire and ambulance station on the ground floor and office space for support and

leadership staff in the floors above, as well as a series of ancillary buildings to the rear.

A condition survey in January 2020 found that repairing the existing structures would cost £2.8million.

Chief fire officer Darryl Keen said: "We are very pleased that HCC has agreed to invest in a new facility for Hertford to house Fire and Rescue and Ambulance response units. I see this as a significant demonstration of commitment to providing the best possible emergency services to the people of Hertford and Hertfordshire as whole."

Neighbours of Hertford Fire Station will be invited to a virtual meeting to hear about the plans in more detail and will have the opportunity to discuss their questions with officers from Hertfordshire Fire and Rescue Service.

FULLY FITTED ROLLER GARAGE DOORS

FROM **£895** * WAS **£1,354** INC VAT

* Offer Valid For Openings Up To 3.4m Wide & In: 2 Remote Controls, Silver White Slats, Internal Manual Override

WHATS INCLUDED:

- ACOUSTIC & THERMAL INSULATION
- TWO REMOTE CONTROLS
- EXPERT MEASURING & FITTING
- 24 COLOURS AVAILABLE

GAROLLA ROLLER SHUTTER DOORS **Made To Measure... ROLLER GARAGE DOORS**

www.garolla.co.uk

Garolla can save a lot of space inside your garage. Rolls up vertically into a box. Takes only 8 inches of head-room! Opens vertically so you can park up close to the door. Remotely open/close the garage even from inside your car.

CALL US TODAY

Phone: **01992 830 084**

Mobile: **07537 149 128**

CE Approved

SPOILT

Cleaning services

DEEP CLEANS (RESIDENTIAL & COMMERCIAL) / SPARKLE CLEANS / BUILDER CLEANS
END OF TENANCY / MOVING IN - OUT / BEFORE - AFTER PARTY

Prices on application

REGULAR CLEANS From £14 p/h (min 2 hrs) / SPOILT PACKAGES ALSO AVAILABLE

Contact: Hayley / Nicola on 07837 422 050 / info@spoilcleaning.co.uk

spoilcleaningservices spoil cleaning services
www.spoilcleaning.co.uk



Wildly adventurous artwork on subway walls

LOCAL NEWS



Photo credit: Hertfordshire County Council

Hertford mayor councillor Bob Deering joined members of the Hertford Arts Hub and Hertford Art Society to mark National Clean Air Day on October 8 by admiring the “wildly adventurous artwork” on the walls of the London Road subway.

As part of a national initiative to make walking more attractive and to get people thinking about air quality, the subway walls have been decorated with work by artists from the Hertford Art Society, including Mitiko Murata, as well as reproductions of paintings by the late artist and Hertford resident Alan Davie RA, who was born exactly 100 years ago.

Claire Robinson of Hertford Arts Hub said: “People travelling by foot will now be able to discover more of Alan Davie’s wildly adventurous work.

“The images selected for this subway highlight his energetic flow of creativity and we hope will provoke intrigue in subway users and be a highlight of their journey.”

Cllr Deering said that the London Road subway is the last of five subways in the town to be refurbished.

He said: “By throwing in the opportunity to showcase local art as well, this has been a terrific programme of improvement.”

A destination play area to be proud of

Work has already started on a new play area on Hartham Common, thanks in part to a Crowdfunder campaign started by parents from Hertford Playground Alliance (HPA).

In September 2019, HPA’s crowdfunding raised £28,000 in 42 days, which will pay for a treetop tower in the play area, to be created by green charity Groundwork East of Hatfield.

Landscaping firm D Honour and Son of Stansted has already fenced off the old play area and work is expected to finish by spring 2021.

The new play area will include seating and picnic

areas, a sandpit and water features.

Eric Buckmaster, East Herts Council (EHC) executive member for well-being, said: “We are so pleased that we can get the project under way after delays because of COVID-19.

“Hertford Playground Alliance, residents and visitors have been waiting for this for a long time.”

EHC described the project as “a destination play area that the county town can be proud of”.

HPA was formed in 2018 to revitalise the old playground between the skate park and leisure centre, which parents felt lacked shade and had outdated equipment, as well as being unsuitable for buggies or wheelchairs.

Police appeal for information after teenager assaulted

The police are still appealing for anyone to come forward who may have witnessed an assault in Hertford.

At around 6pm on Saturday, September 19, an 18-year-old man was approached on Railway Street, near the junction with St John’s Street.

He was confronted by a group of unknown males who punched him and made threats.

PC James Usher, who is investigating the incident, said: “As this occurred near the town centre and the railway station, there may have been people in the area who saw what happened or who may have witnessed events leading up to the assault.

“If you have any information that may assist our enquiries, please get in touch.”

PC Usher confirmed that enquiries into the incident are continuing. Anyone with information should email james.usher@herts.pnn.police.uk



Stock image

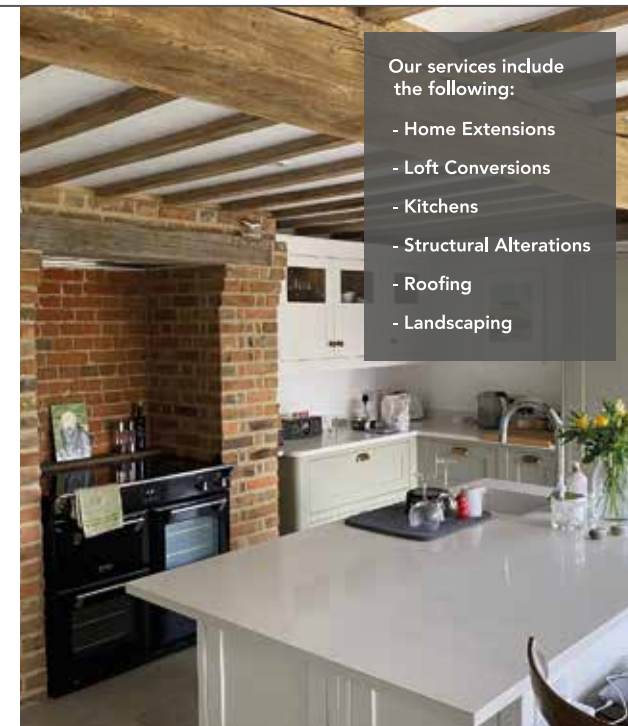


We are a Hertford based building company that pride ourselves on attention to detail and our friendly team of skilled tradesmen.

Contact us with your enquiry:
dale@alignbuilding.com
01992 276 047
07850 051 788

WWW.ALIGNBUILDING.COM

@alignbuildingservices



Our services include the following:

- Home Extensions
- Loft Conversions
- Kitchens
- Structural Alterations
- Roofing
- Landscaping



Specialists in High Quality & Cost Effective Flat Roofing Installations



SINGLE PLY MEMBRANES • TORCH ON FELT • LIQUID APPLIED WATERPROOFING • ASPHALT
BESPOKE METAL CAPPINGS • SLATING • TILING • LEAD WORK • PITCHED ROOF REPAIRS

- WIDE VARIETY OF ROOFING PRODUCTS AVAILABLE
- HIGHLY SKILLED & PROFESSIONALLY TRAINED ROOFERS
- 10 YEAR INSURANCE GUARANTEE ON ALL FLAT ROOF SYSTEMS



Contact us at 01992 276 035 ☎ 07850 009 518
www.cardinalflatroofing.co.uk • info@cardinalflatroofing.co.uk





LOCAL NEWS

News from HERTFORD TOWN COUNCIL



From November 1 until December 19, shoppers spending a minimum of £10 in Hertford Town Centre will have a chance of winning a £50 gift voucher to spend at any Hertford retailer.

The competition is organised by Hertford Town Council to encourage people to shop locally and support the county town's shops and services. Ten lucky winners will be selected to win a £50 gift voucher.

All Hertford Town Centre shops are able to participate in this initiative, with the exception of the four supermarkets.

Once a customer has spent £10 in a participating store, to enter the competition the customer must leave their contact details to be entered into a raffle.

Customers are welcome to enter the raffle on multiple occasions at multiple retailers between November 1 and December 19.

The ten winners will be chosen on December 22 and notified on December 23.

Gift vouchers will be valid for a six-month period, and the winners will be able to select the retailer they wish to spend their prize at.

A list of retailers participating in the competition is detailed online at www.gohertford.co.uk/events

Please note additional retailers can be added at any time, so it's worth checking online for an up-to-date listing.



Retailers that are interested in participating should email events@hertford.gov.uk

Chairman of Hertford Town Council's development and leisure committee, councillor Jane Sartin, said: "Hertford Town Centre is home to a diverse range of shops and services, and this Christmas more than any other is a time to take advantage of this and shop locally. The Christmas Prize Draw event will hopefully provide added incentive to explore your local shops in the coming weeks."

For more information on all Hertford businesses visit gohertford.co.uk

Volunteers thanked following award



Ridgeway Park has won its 12th Green Flag, thanks largely to the hard work of volunteers.

The Green Flag award was launched in 1997 by the Keep Britain Tidy charity and is the national benchmark for parks and open spaces.

Eric Buckmaster, executive member for well-being with East Herts District Council, said: "We are extremely proud of the work of Glendale, our contractor, and of volunteer groups such as Friends of the Ridgeway who do so much to keep the area in top-notch condition.

"It is really useful to have nice places to go to, particularly during lockdown, so that people can enjoy healthy pursuits."

Mr Buckmaster added that more people are using the county's open spaces during the pandemic and urged residents to "play their part in keeping parks litter free".

Ridgeway Park won its first Green Flag in 2009.



KEEP COOL DURING THE SUMMER AND TOASTY ON COLD WINTER NIGHTS

COME TO THE PREMIER AIR CONDITIONING EXPERTS IN HERTFORDSHIRE FOR AIR CONDITIONING & INSTALLATION SERVICE & MAINTENANCE



Contact 01992 276059 | sales@hertsaircon.co.uk | www.hertsaircon.co.uk



- Bespoke Bouquets
- Personalised Gifts (vegan friendly)
- Quirky Furniture
- Event & Party Decor
- Shop/Pub/Restaurant/Garden/Balcony Makeovers
- Themed Garden and Features
- Christmas Gifts

@thesunflowerseed.co.uk | Info@thesunflowerseed.co.uk



APPLIANCE REPAIRS AND SALES

We repair all makes and models

Washing Machines • Tumble Dryers
Dishwashers • Ovens • Hobs • Cookers
Fridge/Freezers • Extractor Hoods


New appliances in stock for same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online
www.spindoctoruk.co.uk

SUPPORT LOCAL BUSINESSES



Please let your local businesses know that you saw them first in... VISION

THE B7 MEDIA GROUP

PRINTING • BUSINESS CARDS • LEAFLETS • DISTRIBUTION
SIGNAGE • MENUS & BROCHURES • EXHIBITION BOARDS & BANNERS
RETAIL PACKAGING • WINDOW VINYLs • LOGO DESIGN
BRAND ALIGNMENT • VEHICLE WRAPPING • CARBON PADS
WORKWEAR • WEBSITES • SOCIAL MEDIA • I.T. SOLUTIONS

ENQUIRIES@B7MEDIAGROUP.COM 01992 276101

Young dad runs virtual marathon



A father of two has completed the virtual London Marathon, running through Hertford, in aid of the London hospital that operated on his baby son three years ago.

Steve Brooks, 34, a buying manager with Tesco, said: "Running the London Marathon has always been on my bucket list, and in 2019 I was given the opportunity to tick this off and raise some money for Great Ormond Street Hospital (GOSH)."

What Steve thought would be a six-month training plan turned into a longer commitment when the pandemic meant that the 2020 marathon was postponed until 2021.

Undaunted, Steve, whose wife Gemma is expecting their third child in March, decided to run the 26.2 miles virtually, on October 4, the day that the 'real' marathon should have taken place.

"It's tough running that distance because I didn't run that far when I was training," he said.

"But I had friends doing different parts with me, including one guy on his bike with music playing, which helped me through the tough times."

Steve has already exceeded his target of £4,000 and plans to run the London Marathon in 2021, also in aid of GOSH.

He said: "GOSH means so much to me on a personal level because of the support they gave my firstborn in his first year of life.

"The service we received was impeccable and I will be forever grateful that GOSH exists."

To donate to Steve's virtual marathon in aid of GOSH, visit www.justgiving.com/fundraising/2020lm

recently seen a rise in reports of shed and garage break-ins in East Herts and have been working hard to tackle this.

"We're also asking the public to assist us by taking some simple steps to help keep their property more secure, especially as the evenings draw in."

This follows an incident in which a man was arrested (and later released, with no further action taken) on suspicion of burglary at an address on Claud Hamilton Way on September 28.

A warrant was obtained after officers from the East Herts Scorpion team received intelligence that the address was being used in the handling of stolen goods.

DI Freeman said: "I hope this operation shows that we take these issues seriously and will do whatever we can to trace those suspected of being involved in criminal activity.

"If you witness any suspicious behaviour, or have information that may assist our enquiries, please report it to police."

Serendipity closes its door, but goes online

A much-loved Hertford café and deli closed its doors on Saturday, October 24, but is reinventing itself online.

Serendipity, which has been one of the town's go-to eateries since 2003, is going online as a result of reduced footfall during lockdown.

Owner Carla Duffield said: "I want to thank all of the lovely customers for supporting us over the years. It's been great to have been a little part of Hertford's history."

She described the challenge posed by COVID-19 as "a wonderful opportunity to bring joy to people's homes" and said she is looking forward to seeing the new business grow with individual orders delivered to customers' doorsteps.

Serendipity has been on Parliament Square since 2018.



Police warning: Keep your sheds and garages safe

Herts Police are warning of an increase in thefts from sheds and garages this winter and are appealing to residents to safeguard their property.

Detective Inspector Ben Freeman said: "We have



RESIDENTIAL & COMMERCIAL SECURITY SERVICES



APPROACHING A DECADE SERVING LOCAL FAMILIES & BUSINESSES

Triangle Security has a proven track record of improving the security of homes, families and businesses, providing a high visibility presence to deter criminals from choosing to target your area.

For more information, please visit our website www.triangle-security.co.uk to see a full list of the services we provide.

Triangle Security are proud supporters of

- Help for Hero's
- Haven House Hospice
- Scouts Association
- Lambourne End Centre for Outdoor Learning



Our Key Services are:

- HOME RESIDENTIAL, SITE & AGRICULTURAL SECURITY
- MOBILE PATROLS & DOG UNITS
- ALARM RESPONSE & KEY HOLDING
- PANIC BUTTONS
- SECURITY GUARDING
- SECURITY DRIVERS

SUPPORTING THE COMMUNITY

Triangle Security are always prepared to support and help their local community, and throughout Lockdown they ran extra free patrols to protect local areas, and their trustworthy ex-military personnel assisted the vulnerable with services such as shopping and collecting prescriptions.



Triangle Security personnel provide a wide range of security services

SPECIAL OFFER

ALARM RESPONSE


£59.95 /month

50% discount on admin charges
See our website or call for details



020 3948 7071
www.triangle-security.co.uk



info@triangle-security.co.uk  Kemp House, 152 City Road, Islington EC1V 2NX



NOVEMBER BIRTH FLOWER OF THE MONTH

Chrysanthemum

For those born in November, your birth flower is the cheerful chrysanthemum. Often referred to as just "mums", these beautiful blooms have a long and rich history. One of the most popular autumn garden flowers, chrysanthemums are easy to grow and will come back year after year.

WHAT DOES THE CHRYSANTHEMUM SYMBOLISE?

Native to Asia, the chrysanthemum is considered by both Japan and China to be an emblem of youth. The flower is also said to help prevent grey hairs, and a single petal placed at the bottom of a wine glass is believed to aid longevity.

When presenting the chrysanthemum as a gift, the colour you choose conveys a particular meaning:

- A red or pink chrysanthemum means "I love you"
- A white chrysanthemum symbolises innocence and purity
- A yellow chrysanthemum represents unrequited love

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If your birth flower is the chrysanthemum, you are said to be friendly, cheerful and loyal. Although at times you may appear tough on the outside, you are a compassionate person who is fiercely protective of your loved ones.

HOW CAN I GROW CHRYSANTHEMUMS?

If you love these vibrant flowers, you will be pleased to hear that they are relatively easy to grow. They thrive in moist but well-drained soil, so choose a sheltered and sunny spot and add plenty of compost or well-rotted manure. However, chrysanthemums do tend to break at the base, so they will need staking. Once they finish blooming in autumn, mulch them with straw to protect them from frost.

ARE CHRYSANTHEMUMS POISONOUS TO PETS?

Unfortunately, chrysanthemums are toxic to pets, and to cats, dogs and horses in particular. If your animal does ingest the flower, they may experience vomiting, skin inflammation and hyper-salivation.



Thrills ON WHEELS

CORONAVIRUS FUELS A RECORD RISE IN CAMPERVAN HOLIDAYS IN THE UK

It's been a year like no other, where overseas travel has either been ruled out completely or become fraught with danger and the threat of quarantine.

So with that in mind, it's little wonder the UK has experienced an exponential rise in campervan holidays. They offer freedom, seclusion in safe groups, affordability and safety, plus a wanderlust that was sparked in most of us from having spent so many weeks in lockdown.

Consider as well what has been a beautiful British summer, and experts believe our appetite for UK holidays on wheels has truly been reignited thanks to coronavirus.

The numbers speak for themselves – the rise in people hiring campervans is up 170 per cent, and that's despite a lack of bookings that would usually come from trips to Glastonbury and other music and culture festivals. And the caution that

appears to have been placed on every aspect of our lives hasn't stretched as far as four wheels, with 69 per cent trying out a campervan for the first time.

Perhaps we shouldn't be so surprised – these vehicles are virtual mobile hotels and a far cry from the flimsy caravans of decades past. With the ability to comfortably accommodate up to seven people, with large kitchen spaces and almost as much internet access as you'd get at home, people can feel detached from real life, yet still perfectly connected.

The biggest draw, however, is almost certainly the thrill of waking up in a new location each day. And as for where we're headed to in these magnificent motorhomes, the Highlands, predictably, top the list. Cornwall and the Peak District are other go-to locations for families and groups looking to get away, with the trend for campervan holidays now on the increase all year round.



**AIRPORT TRANSFERS FOR
STANSTED, GATWICK,
HEATHROW, LUTON,
SOUTHEND & LONDON
CITY AIRPORTS**



**24 HOUR SET RATE AIRPORT
TRANSFER SERVICE FOR ALL
MAJOR AIRPORTS**

**01992 364000 - 07966 180531
www.primroseairportcars.com**

ADVERTISE
your company here call
01992 276101

ask for Brett



OfficeFox

FULL SUPPORT FOR ALL YOUR OFFICE NEEDS

**INDUSTRY LEADING KNOWLEDGE & EXPERIENCE
UNPARALLELED RANGE OF TECHNOLOGY & SOLUTIONS**



PLANNING – PROVISION – SERVICE

**FRANKING & HYBRID MAIL SOLUTIONS - OFFICE FURNITURE - PLEXIGLASS DIVIDER SCREENS
PRINT PHOTOCOPIERS - SCANNING DEVICES & SOFTWARE - IT SERVICES & SUPPORT**



01992 350 390 - enquiries@officefox.co.uk - www.officefox.co.uk



BUSINESS & PROPERTY

SEO 101

A beginner's guide

To the uninitiated, SEO, or search engine optimisation, can seem like a daunting task, and enlisting the services of a professional can be expensive. However, there is no reason why you can't learn to master the art of SEO yourself.

SEARCH FOR KEYWORDS

The foundation of any SEO campaign, keywords are ideas and terms that describe what your content is about and they are designed to help increase your visibility online. You can come up with the right keywords for your business by:

- > Brainstorming with your team
- > Checking out your competitors' sites
- > Using Google Ads Keyword Planner

OPTIMISE YOUR TITLES AND META DESCRIPTIONS

This is where it gets a little bit more technical. Once you have your list of keywords, you need to optimise your page titles using these keywords in as natural a way as possible. Page titles and meta descriptions are shown in search engine results and therefore these need to clearly convey what each page is about. You can optimise these via your content management system or in your SEO plug-in.

OPTIMISE YOUR PAGE CONTENT

Your next step is to add your keywords to your website text. These include your header tags (your headings and subheadings) and the rest of the text on the page. Again, try to do this in as natural a way as possible and don't overstuff your content with keywords as both Google and searchers are put off by this technique.

BUILD LINKS

If you want your site to get on that much-coveted first page of Google, you need to focus on getting high-quality backlinks, i.e. hyperlinks from other websites to your own. There are several techniques that you can use to build backlinks, including:

- > Be active on social media
- > Write competitive content
- > Create an infographic
- > Write testimonials for other websites



Getting back to

BUSINESS

The unexpected upturns coronavirus brought about for small businesses

One has to be careful with any mention of a global pandemic in some way being good for business. Clearly what enveloped the world over the course of 2020 was a set of circumstances and outcomes we would never want repeated, and they carry on today. Yet while COVID-19 called time on the legacy of thousands of businesses, for others it has provided new vision, renewed focus and a world of opportunity.

Most of these have come in the form of directors, managers, sole traders and other decision-makers having a rare opportunity to step back and reassess.

In the early days of the lockdown, so profound were the circumstances around us and so urgent was the need to strip back, downgrade and economise, that businesses reverted to skeletal structures just to survive.

So when the UK began to emerge out of the famine of lockdown, many owners realised they could survive on these new,

low levels of efficiency. From reverting to four-day weeks to cancelling direct debits for subscriptions, software and other resources we actually didn't use; from encouraging working from home, embracing tech such as video conferencing, right through to enriching staff by asking them to adopt fresh ideas, tackle wider tasks or embrace new skills in order to get additional jobs done, there was a new take on what we needed.

In total, we found that COVID-19 brought about a need for transparency none of us could pull a curtain across. Unequivocally, it changed our attitudes towards everything from money to socialising to personal space, but also altered our perception of business – what it is, how we utilise it and, in some cases, how little we need the bells, whistles and fanfare. We are a simpler, more efficient nation because of coronavirus, and once we're out of the woods that will surely help us to flourish again.



YOU CAN COUNT ON US EVERY STEP OF THE WAY

AREAS OF LAW COMMERCIAL PROPERTY | COMPANY & COMMERCIAL DISPUTE RESOLUTION | EMPLOYMENT LAW | FAMILY LAW LASTING POWERS OF ATTORNEY | LITIGATION | NEW HOMES PERSONAL INJURY | RESIDENTIAL CONVEYANCING TOWN & COUNTRY PLANNING

THISTLE HOUSE, 32A ST ANDREW STREET, HERTFORD, HERTFORDSHIRE, SG14 1JA
www.duffieldharrison.co.uk
HODDESDON 01992 442 911 | HERTFORD 01992 587 065 | ENFIELD 020 8804 5271



We build our mortgages around you

At Handelsbanken, we provide a personal mortgage service, with a dedicated account manager and the power to make clear and timely decisions within the branch. We take the time to understand your needs, to help find a solution that is right for you, whether buying a new home or remortgaging.

Mark Wilson – Individual Banking Manager
Tel: 01992 538930, Mobile: 07767 115284
Email: mawi56@handelsbanken.co.uk

handelsbanken.co.uk/hertford

Handelsbanken

Your home may be repossessed if you do not keep up repayments on your mortgage.

Please note that our lending facilities are only available to persons aged 18 or over and are subject to status. Written quotations and Terms & Conditions are available on request.

Handelsbanken is the trading name of Handelsbanken plc, which is incorporated in England and Wales with company number 11305395. Registered office: 3 Thomas More Square, London, E1W 1WY, UK. Handelsbanken plc is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Financial Services Register number 806852. Handelsbanken plc is a wholly-owned subsidiary of Svenska Handelsbanken AB (publ).



THE TOWNHOUSE
BUSINESS CENTRE



OFFICE SPACES
AVAILABLE
NOW!

A PERMANENT HOME WITH EVERYTHING INCLUDED

Business rates subject to SBRR , insurance, cleaning, internet, refreshments, business club benefits, various size meeting rooms, shower facilities, courtyard, heating, air con and the list goes on...

Why not pop in for a viewing during office hours or connect with us below.

www.townhousehertford.co.uk
01992 350132 / 07904 260170
mail@townhousehertford.co.uk

The PARTEY IS OVER



SPORT

Arsenal's decision to lay off club mascot Gunnersaurus on the day they splashed £45million on midfielder Thomas Parthey has furthered the debate of just how connected our Premier League sides are to the real world.

The decision to release the Gunners' iconic mascot, who has been parading around home games for 27 years, was announced at the start of October. That meant lifelong fan Jerry Quy would have to find something else to do on matchdays.

In the club's defence, it was accepted that dressing as a dinosaur and parading around the pitch in front of empty stands was probably a waste of time; but Arsenal, just like so many other clubs who have cut back in the wake of coronavirus, have scored a spectacular own goal in their failure to see the bigger picture.

From north London neighbours Tottenham Hotspur to Premier League champions Liverpool, an insistence on micromanaging rarely ends well when we are, as a nation, looking for togetherness and unity as we are during the time of this pandemic.

When players' astronomical wages are paid in full yet staff on the minimum wage are furloughed and, in some cases, made redundant, you wonder if the disconnect can ever be bridged.

When a 126-year-old club such as Macclesfield Town, who played in the Football League last season, are allowed to be wound up for the sake of less than two weeks of Arsenal midfielder Mesut Özil's wages, surely we've lost sight of the game.

Speaking of Özil, who hasn't played competitive football for the club in seven months but continues to pick up his full wage, the German did at least begin to repair his reputation with Gunners fans perennially underwhelmed by his energy and application, by offering to front up Gunnersaurus's wage himself.

It's troubling that a player has to make that move, and that his employers cannot see that abandoning the little man – or in this case, dinosaur – is a PR faux pas that becomes far more costly.

Photo credit: Javier Garcia/BPI/Shutterstock





Photo credit: Abu hasim.A/Shutterstock.com

Tesla Model S



Photo credit: kasakphoto/Shutterstock.com

Toyota Camry LE



Photo credit: Felix Mizoznikov/Shutterstock.com

Chevrolet Bolt EV



Photo credit: Gabriel Nica/Shutterstock.com

Hyundai Kona



Photo credit: Grzegorz Czapak/Shutterstock.com

Jaguar I-PACE

Extending ELECTRIC

What's the furthest you can go in an electric car without recharging?

The concept is great – cleaner, cheaper, some may even say smoother driving. Electric cars have given us a new way of getting from A to B, but for many considering investing in one of the greenest advancements ever conceived, the need to recharge at such regular intervals has been a major stumbling block.

And yet, improvements in technology have meant the range of our electric vehicles is better than ever. Take this year's Tesla Model S, for instance. Elon Musk's pioneering vehicle brand is ripping up the rule book and this shimmering, humming piece of tarmac tech will take you 402 miles on a single charge... that's right up there with petrol and diesel vehicles. The only downside is the £75,000 price tag.

And if you fancy a hybrid of electric and traditional fuel, check out the 2018 Toyota Camry LE. This will get you an almost mind-boggling 689 miles – that's the equivalent of driving from London to Amsterdam... and back.

If you want to go for a purely electric car without needing to remortgage the house – in other words, steer clear of Teslas, who occupy four of the top five positions for range, with their X (351 miles), 3 (322 miles) and Y (316 miles) models – then have a look at the Chevrolet Bolt EV. You'll be looking at around £30,000 for a car that will take you well over 250 miles on one charge.

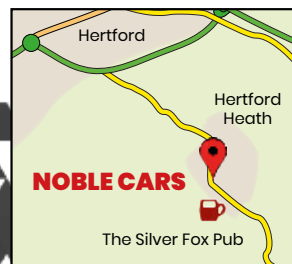
Hyundai (the Kona Electric also hits 250 miles) and Kia (the Niro Electric will take you 230 miles before you plug in again) both represent good value, and 2018 models can be picked up second-hand for around £15,000. For those seeking a bit more status, there is of course the ever-popular Jaguar I-PACE. Up to 300 miles in a car that balances eco and image perfectly... what's not to like?

NOBLE CARS



YOUR LOCAL FAMILY AWARD WINNING USED CAR DEALER

20 yrs Main Dealer Experience ■ Outstanding Customer Service ■ Lowest Prices
HPI Checked ■ Full Vehicle Inspection ■ RAC Approved Dealer



CONTACT US TODAY

01992 503535

www.noble-cars.co.uk

sales@noblecars.biz

4-6 London Rd, Hertford Heath,
Hertford SG13 7RH



RAC warranty

YO _ R ADVERT HE _ E...

Q: WHAT'S MISSING HERE?

A: YOU ARE

CONTACT US NOW TO START ADVERTISING

Your Monthly Lifestyle Magazine **VISION**

t: 01992 276101 m: 07967 079101
e: hertford@VISIONmag.co.uk

ACCOUNTANT & TAX ADVISORS

ALL THINGS ACCOUNTING

Accounting & tax services, we help with self-assessment tax return, corporation tax return, payroll, VAT return, CIS return & bookkeeping. Call 07539 035537 for free initial consultation.

AIRPORT TRANSFERS

PRIMROSE AIRPORT CARS

Competitively priced efficient, clean & reliable service using satellite navigation and tracking of all return flights for Business or Leisure - 01992 364000 | 07966 180531

AUDIO & VISUAL

ULTIMATE AV

We create bespoke systems designed and built especially for you. Small projects to complete home cinema environments. Based in Essex call us on 07531 214339

BEAUTY & NAILS

BEAUTY BY NATASHA KATIE

A local, mobile LVL Technician. Fully qualified level 2 and 3 beauty therapist Babtac insured and approved. 07961 462672

SPECIAL NAILS

Dedicated to provide the best quality nail care for Men & Women. Walk-ins welcome, appointment bookings & gift vouchers available. 01708 442248

THE NAIL STUDIO

Nail Studio lets you switch off and pamper with highly skilled technicians providing top treatments and nail products to meet your every need. 07572 526519

BUILDER

ALIGN BUILDING SERVICES

Based in Hertford, we specialise in: Home extensions, Kitchen Fitting, Structural Alterations and more. For enquiries call 07850 051788

BUSINESS CENTRE

THE TOWNHOUSE HERTFORD

Modern business centre in the heart of hertford offering a variety of office space, meeting rooms and hot desking facilities. 01992 350132

CARPET & UPHOLSTERY

ARWIN CLEANING SERVICES

Over 30 yrs of exp, we can offer a professional, efficient and cost-effective solution for carpet and upholstery, cleaning and maintenance. 07973 417764

CAR & VAN HIRE

SCENIC SELF DRIVE

Your self drive hire specialists. Whether you require modern cars, motorhomes, vans or minibuses. Rest assured we will provide you a professional service 01708 753461

CLEARANCE & WASTE

THE CLEARANCE TEAM

From clearing a room, house or garden to clearing an entire office block. Fast, reliable and affordable. Working 24/7 so you can book us at your convenience 0207 101 3387

COMPUTER REPAIR & I.T.

MAPTEC IT

Your local residential & commercial IT specialists. We can fix your computers, configure email accounts & printers. Setup your Wi-Fi, Internet router & network. 0203 865 7174

JOIN THE LISTINGS... for just £180 +VAT per yr.

ELECTRICAL & WHOLESALE

CH ELECTRICAL WHOLESALE

Essex & East London's leading electrical wholesalers providing the trade & public a professional service with access to all leading brands. 01708 730591

ELECTRICIAN

CAPITAL ELECTRICAL SERVICES LTD

Domestic/Commercial, Repairs/Installation, Vehicle Charging Points, Portable Appliance Testing, Fire Alarms, Emergency Lighting, Installation Condition Reports. Call 0208 088 2916

TACK ELECTRICAL

Reliable, affordable, fully qualified and insured. We guarantee we'll deliver unrivalled service and workmanship every time. No job too small. 01992 276128

FRENCH POLISHING

DC POLISHING

20 Years experience in wood restoration i.e. Furniture, doors, staircases, worktops, minor repairs & FLOOR RESTORATION. 07949 204969 | dcpolishing.church@gmail.com

FURNITURE ASSEMBLY

FLAT PAC KING

Assembly of all flat pack items. London and Essex areas covered Collection and delivery service is available call Jo on 0208 088 2976

FURNITURE RESTORATION

ABBEEY GROUP

Abbey Group are specialist in creating, repairing & restoring quality furniture & wood surfaces to the highest standard. 01708 741135

KINGS UPHOLSTERY

Handmade sofas & chairs designed especially for you to your required specifications. Also providing in re-upholstery & repair work. 01708 444125

GARDEN DESIGN

ARBELLUS

Arbellus solutions for your outside space. Design, planting plans and consultancy. Private and commercial. Contact 01992 236043 | www.arbellus.co.uk

GARDEN SERVICES

JOHN HEARNE

We take care of it all Lawn Mowing, Weeding, Planting, General Tidying, Fence/Shed Painting, Driveway/Patio Pressure Washing and more. Call for details 07908 523101

THE ORIGINAL TREE SURGEONS LTD

Taking care of all your tree care needs and providing a personal first-class service to both domestic and commercial clients. 01708 715440

HEALTH & WELLBEING

IMPROVE YOUR SMILE DENTAL PRACTICE

Est. in 1986. Encompassing all needs from basic oral health to advanced dental procedures and high-end cosmetic treatments. New patients welcome. 020 8504 2704

LAUNDRY & DRY CLEANING

THE LAUNDRY MAN

From everyday washing, drying & ironing. We can pretty much launder anything & everything. Self service launderette available. 01708 447710

LOFT CONVERSIONS

HIGH END LOFTS LTD

Beautiful Lofts, Expertly Built. Our "Hand-Holding" service takes you from ideas, through Plans & Building Control, to make your [home alteration] vision a reality 0208 088 2805

MOBILE PHONES & ACCESSORIES

HORNCHURCH MOBILE PHONES & ACCESSORIES

Support with the latest models of phones & tablets. Screen Repair. Competitive pricing, fast turnaround & satisfaction guaranteed. 01708 469103

MOTORING

BMS CAR PARTS

For all your motoring requirements inc. Car parts, number plates, key cutting, engine oil, tools, car accessories & servicing. 01708 474187

PAINTING & DECORATING

PGA DECORATING SPECIALIST

Interior - exterior - paper hanging specialists in Window repair care. 07769 646357 | www.pgadecoratingspecialists.co.uk | pgadecorators@yahoo.co.uk

TRADITIONAL DECORATIONS

We are a family run business specialising in turning your house into a home. Giving advice on current decorating trends. 07737 562406

PLUMBING & HEATING

CMS PLUMBING HEATING & BATHROOMS

Corgi registered, 20+ years' experience, public liability insurance, offering free quotes. No job too small. Based in Gidea Park. Call Craig 07855 589185

PROPERTY MAINTENANCE

LILLYWHITE PROPERTY SERVICES

For all building works, full refurbishments & property maintenance inc heating, plumbing, electrical, decorating, flooring, tiling & plastering etc. Call today on 07949 394403

STUART GREEN PROPERTY SOLUTIONS

Property maintenance specialist. Carpentry, painting/ decorating, laminate flooring, bath/shower re-siliconing, gutters cleared/repared, insurance work, PLI. 07917 870879

ROOFING

JIM BARR ROOFING

Exterior cleaning & maintenance. Gutters, Paving & UPVC; cleaned, repaired & renewed. 01708 874816 | 07833 572459

DISCLAIMER: VISION does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.



PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

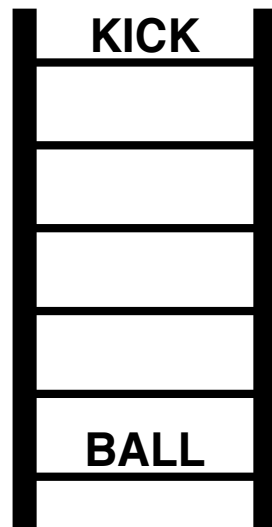
- ▶ ARCHERY
- ▶ ATHLETICS
- ▶ BADMINTON
- ▶ BOXING
- ▶ DIVING
- ▶ EQUESTRIAN
- ▶ FENCING
- ▶ FOOTBALL
- ▶ GYMNASTICS
- ▶ HANDBALL
- ▶ HOCKEY
- ▶ JUDO
- ▶ ROWING
- ▶ SAILING
- ▶ SHOOTING
- ▶ SWIMMING
- ▶ TENNIS
- ▶ VOLLEYBALL
- ▶ WATER
- ▶ POLO
- ▶ WEIGHTLIFTING

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

DID YOU KNOW?

- ▶ Vatican City is the smallest country in the world
- ▶ The Gotthard Base Tunnel in Switzerland is the longest rail tunnel in the world
- ▶ E is the only vowel not used as the first letter in a US state name
- ▶ Russia is the largest country in the world
- ▶ The African continent has three deserts: Sahara, Kalahari and Namib
- ▶ Peninsulas are surrounded by water on three sides, for example Spain and Portugal
- ▶ Angel Falls in Venezuela is the world's largest uninterrupted waterfall
- ▶ Canberra is the capital city of Australia
- ▶ The Trafalgar Square Christmas tree is donated by Norway every year

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.



When is the right time to consider care options for you or your loved ones?

With winter approaching and increasing uncertainty around public health, now might be the time to consider Bentley House, Hertford. If you are considering care for you or a loved one contact us today – we are actively welcoming new residents.

In our luxury home in Hertford we offer assisted living, nursing and dementia care in apartment style accommodation with expansive communal areas that allow for social distancing.

Safety remains at the forefront of everything we do, having invested in specialist training, equipment and rigorous additional health protocols, ensuring total peace of mind for you and your loved ones.

To find out more about how Bentley House can provide total peace of mind for you and your loved ones, please contact our Client Liaison Managers today.

01992 726 306 | enquiries.bentley@signaturesl.co.uk | signature-care-homes.co.uk

Loft Conversion Specialists

Beautiful Lofts, Expertly Built

Extensions ■ Home Improvements ■ Kitchens ■ Bathrooms



- Over 15 years experience
- Team of highly qualified experts
- Project handling from ideas to completion
- Fully compliant with Building Controls

www.newlevelloftconversions.co.uk



Call us on:
01992 276032
Chingford London E4

