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FLOTTED

MIND MATTERS

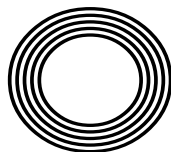
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MARCH 2021

Editor's notes...



Brett Shohet, Editor

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

I know we've all said it to ourselves before, but it really does feel like we are coming out the other side of this pandemic now. The Prime Minister has given us a rough plan, the COVID-19 figures are looking better and, vitally, the vaccine continues to be rolled out at a rapid pace.

Everything's starting to look more positive. Another small component to that, for me, is the weather. It hasn't helped that our darkest time as a nation came during winter - literally during short, drab, rainy days. Here we are, with light at the end of the coronavirus tunnel and our days are getting longer, brighter and warmer - it's a welcome change.

As you'll see in this edition, our news team have massively stepped up to the challenge of having no face-to-face contact with residents. They've embraced social media and Zoom interviewing to ensure that our magazines are as in-depth and localised as ever. Their attitude is one I encourage everyone to try to adopt - lockdown has created new challenges, but I assure you, business can still be done. Opportunities are still rife - we just have to be creative and driven enough to find them.

I hope you enjoy our latest edition. As always, stay safe.

Brett Shohet

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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 Inside pages recyclable

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MORNING HAS BROKEN

HOW PIERS MORGAN AND SUSANNA REID PUT THE 'GET UP AND GO' BACK INTO BREAKFAST TV, BUT WHAT COMES NEXT FOR GMB?

In many ways, the Piers Morgan/Susanna Reid combo shouldn't have worked. The former was an ex-red-top editor decorated in a history of salacious headlines, controversial tabloid practices and a puffed-up sense of self-importance that flitted between entertaining and aggravating.

The latter, a vastly experienced journalist across many specialisms who, while possessing a chipper, jagged edge, acted as a calming weekday morning influencer, a sympathiser and an empathiser whose delivery was – and still is – effortlessly measured and reassuringly sensible.

Put mildly, Piers and Susanna were poles apart, yet as far as breakfast television went, there was a chaotic chemistry that linked the two and, in the process, knitted together perfectly two and half hours of early-morning chat, debate and news delivery. Perhaps not since the days of Anne

Diamond and Nick Owen had there been a duo who seemed so comfortable, calm and considered as our breakfast companions; and their ability to spar, speak up and fire off each other was borne out in viewing figures that have shown *Good Morning Britain* (GMB) to be making impressive moves in the breakfast TV battle.

Of course, all that came crashing to a sensational halt in the fallout of Prince Harry and Meghan Markle's sensational Oprah interview at the start of March.

Piers, who had once forged a friendship with the Duchess of Sussex, but in recent times had flipped to become one of her (and Harry's) fiercest critics, had been his usual animated self as topics of racism and mental health rose to the surface of the debate. In the aftermath, it was revealed that Piers' vitriolic assault on both the subjects and the "woke"

around them led to more than 41,000 complaints being lodged with Ofcom. As it was, during an impassioned speech by weather forecaster Alex Beresford on March 9, Piers' patience finally snapped. Without even responding to accusations of his behaviour, he rose from his seat, claiming: "I've had enough of this, I'm off." Later that day his permanent departure was confirmed.

ITV will hope it can find a replacement who courts opinion in the same way, although it'll have a job on its hands when it comes to landing 'the new Piers', with Richard Madeley, Ben Shephard, Eamonn Holmes and Beresford himself the early front runners.

Whoever is chosen, they will have to create immediate synergy with Susanna's punchy, spiky, slightly girl-next-door approach to topical news. Fifty-year-old Susanna first came to our attention in

the early Noughties when she worked for Radio 5 Live, before moving to *BBC News 24* and, latterly, *BBC Breakfast News*. The broadcaster made a controversial switch to ITV in February 2014 as GMB replaced the outgoing *Daybreak*, and has flourished since.

What made the show work was a 'good cop, bad cop' approach to getting sunrise viewers the news headlines they demand. There's little of the stuffy formality that decorates the styles of Dan Walker, Louise Minchin and others over on the Beeb; instead, issues are tackled using a tried and tested approach which delivers debates without holding back.

In conclusion, it's fair to say the Piers/Susanna dynamic duo may have seen its time concluded rather abruptly, but we have at least been treated to perhaps the best wake-up call of a generation.



Photo credit: 10 Downing Street

DOCTOR'S ORDERS

THE *LOVE ISLAND* DOC HELPING US FIND A HAPPIER REALITY

Doctor Alex George is the *Love Island* contestant who wowed viewers with an altogether different take on what constitutes 'national health'. For an army of admirers, his great looks, impeccable shape, well-spoken manner and charm added up to a dream combination. He's also rumoured to be particularly good with a stethoscope.

Moving away from the reality show, the doc has carved for himself an impressive career in the spotlight. And yet, unlike so many other names who have built their brand through reality TV, there is real substance behind the style.

The 30-year-old was announced Youth Mental Health Ambassador by Prime Minister Boris Johnson in February and is a passionate advocate of well-being initiatives, not least because he sees a nation struggling to come to terms with the various effects of the COVID-19 pandemic.

Indeed, the death of his brother, Ljýr, who took his own life having suffered with depression, only reinforces a desire in the popular doc to open up channels of communication and encourage people to talk.

Alex's five top tips to boost mental health and well-being:

> ONE: Get outside

"Getting natural light and filling our lungs with air is crucial for well-being. It's uplifting and can instantly make us feel better."

> TWO: Exercise

"We've all had those times when we just can't be bothered to get out and exercise, but be it a run, a walk or a bike ride, just 20 minutes per day will boost blood flow and increase endorphins."

> THREE: Call a friend

"Lockdown has been very frustrating and a lonely experience, but staying in touch with friends is essential."

> FOUR: Eat well

"What we consume affects the way we feel, so fuel and replenish your system, and eat as much green stuff as possible."

> FIVE: Sleep routine

"Sleep is very important, but so is resting at regular times, so monitor your sleep habits and ensure you're getting what you need."

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EMBRACE YOUR

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HOW TO DRESS FOR SPRING FOR ALL BODY SHAPES AND SIZES

Spring is on the way, so it's goodbye to oversized jumpers, and hello to skin-exposing, spring-ready pieces.

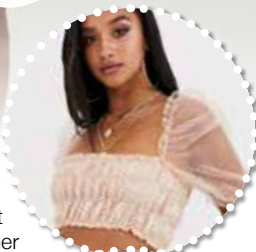
This might sound scary if you have a certain part of your body that you don't like drawing attention to, but it doesn't mean you should spend the spring/summer season covered up. Instead of focusing on a part you're conscious of, accentuate what you love with some easy styling hacks. Here are a few examples...

I'M CONSCIOUS OF MY SMALL CHEST... Adding things that draw attention to your chest is not counterintuitive, so bulk the area out with some accessories such as chokers, necklaces, and tops with intricate collar detailing | Doing all of the above will steal the show, so no one will focus on your chest if you don't want them to.

I DON'T LIKE SHOWING MY ARMS... It seems obvious, but keep the area you are conscious of covered | In warmer temperatures, avoid strapless pieces and choose three-quarter-length sleeves in a light, breathable fabric instead | If you want to brave a shorter length in the height of summer or at a formal event, don't let your insecurities stop you, but carry a bolero or jacket in case you change your mind.

HOW CAN I HIDE MY BELLY? Many dresses now come with ruched detailing around the stomach area for this very reason, so stock up on a few staples | Stick to darker colours and patterns | Prints are also another great distraction | Stay away from baggy, shapeless silhouettes, and opt for high-waisted trousers and loose-fitting blouses to pull focus from your stomach | Wear leggings or skinny jeans with longer tops that sit on or below your hips | Curvier shapes look great in A-line dresses | Add a belt to nip in the waist, and say goodbye to added shapewear.

HOW DO I GIVE THE ILLUSION OF CURVES? To break up the straight silhouette, try a belt on the waist or hip area | Alternatively, tuck your top inside your trousers to add some definition | Go one step further and try the French tuck, whereby the front is tucked in and the back is loose | Peplum tops and dresses add volume and drama, perfect for less-curve shapes.

to floss
or not to floss?

No, we are not talking about the dance craze that swept the nation in 2018, but the act of cleaning in between your teeth using dental floss.

Sadly, only an estimated 31 per cent of people clean between their teeth on a daily basis. This is despite the fact that the NHS recommends that from the age of 12 people should include flossing in their daily oral health routine.

HOW TO FLOSS: A STEP-BY-STEP GUIDE

1. Break off between 18 and 25 inches of dental floss
2. Wind the floss around both of your middle fingers, leaving between one and two inches for your teeth
3. Hold the floss taut with your thumbs and index fingers
4. Place the dental floss between two teeth
5. Gently glide the floss up and down, making sure to rub against both sides of each tooth
6. When the floss reaches your gum, curve the floss

at the base of your tooth, creating a C shape

7. Be careful not to scratch or bruise your gums
8. Repeat as you move from tooth to tooth
9. Always use a clean piece of floss for each tooth section
10. Do not recycle or reuse dental floss as this can redistribute bacteria around your mouth, even if you wash it first

WHEN SHOULD YOU FLOSS?

For optimal oral health, you should always floss first and brush your teeth afterwards. It is recommended that you brush your teeth twice a day and floss once, preferably in the evening.

WHY SHOULD YOU FLOSS?

Flossing helps to remove food and plaque from in between your teeth. Brushing alone cannot do this as the bristles are not able to reach deep enough. Regular flossing can result in less dental plaque in your mouth and therefore a lower risk of developing gum disease.

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Recognise the signs

Concerned that someone you know and love is suffering with an eating disorder such as anorexia nervosa or bulimia? Eating disorders can affect anyone regardless of age, gender or background, but early intervention can be life-saving.

What are the signs?

There are many symptoms to look out for that may indicate a loved one is struggling with an eating disorder. However, it is worth noting that each individual case will be different.

- > A distorted body image
- > Using stimulants or laxatives
- > Frequent weighing
- > Extreme weight change
- > Mood swings
- > Loss of hair
- > Brittle nails
- > Depression
- > Skipping meals
- > Purging
- > Anxiety
- > Insomnia
- > Skin rash or dry skin
- > Erosion of tooth enamel
- > High interest in exercise
- > Withdrawal from friends

How can I support someone?

As well as seeking treatment, your loved one will need your love and support in order to overcome their eating disorder. Ways in which you can help them include:

- > Learn about their eating disorder
- > Be honest about your feelings
- > Be a role model by eating a nutritious diet
- > Help to build up their confidence
- > Suggest activities to do together than don't involve food

Where can I get help for someone?

If you suspect that someone in your family or a close friend has an eating disorder, your first course of action should be to sit down and talk to them in a non-confrontational way. It can also be a good idea to suggest they schedule a check-up with their doctor, who can determine any unusual changes in body mass index or weight percentile.

If diagnosed with an eating disorder, they are likely to be prescribed a treatment plan, which may include talking therapies and medication if they are also suffering with depression.

Charities and organisations

- > Beat: www.beateatingdisorders.org.uk
- > Anorexia & Bulimia Care: www.anorexiabulimiacare.org.uk





Are HIGH HEELS good for your health?

Marilyn Monroe famously once said, "I don't know who invented high heels, but all women owe him a lot." A pair of killer heels is undeniably the most effective way to add oomph to any outfit, but do you know what they are doing to your overall health?

Stress on your spine: Walking in high heels causes your spine to sway unnaturally, which, in turn, results in stress on your lumbar erector spinae muscle and an increased risk of a sore lower back.

Pressure on your knees: High heels put extra weight on the inner side of your knees and knee joints. This can increase your chances of experiencing twisting injuries to the knees.

Swelling of the feet: Bunions are synonymous with high heels, but the uneven weight distribution that occurs when wearing this type of shoe can also cause blisters, calluses, pinched nerves, swollen joints and tendonitis.

Restricted circulation: High heels force your ankle to bend forward, which restricts blood circulation in your lower limbs, leading to varicose veins.

Shortening of the calf muscle: Over time, wearing high heels can cause the muscles and tendons in your calves to shorten. This can lead to stiffness, reduced range of motion and a higher risk of strains, sprains and lower-body injuries.

Treatment & pain relief

- > Look for cushioning in the soles to absorb the impact of your foot hitting the ground
- > Opt for high heels with a wider toe box
- > Carry out foot and toe stretching exercises
- > Choose a thicker heel rather than a stiletto
 - > Treat any blisters or sores with a foot balm and use blister pads
 - > Ice your feet after wearing
- > Take an over-the-counter pain reliever

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FOOD & DRINK

Icing on the Cake

HOW TO SUCCESSFULLY ICE A BIRTHDAY CAKE (no matter your skill level!)

Step One: Fake it or bake it

If you aren't much of a baker, there really is no harm in buying a pre-made sponge. The benefit of this is that the layers will be perfectly proportioned, making icing easier. On the other hand, a homemade cake is hard to beat, though you will need to trim the top of your cake with a bread knife if it has domed so the surface is perfectly flat and even.

Step Two: Filling fun

Everyone loves the first peek inside a birthday cake, which is why you need to get the filling as even as possible. If you're using jam, spread that first (heat gently in a bowl sat in boiling water to make it more spreadable), before piling your buttercream in the centre of your bottom layer. Now, add your top layer and gently twist with a little pressure to spread the filling across your cakes, removing any excess icing that spills out with a palette knife.

Step Three: Oh, crumbs

Ever wondered how professional bakers achieve that flawless finish? The answer is the crumb layer – a light layer of icing to catch stray crumbs before the second layer is applied. Place a third of your remaining icing in a separate bowl and move your cake onto a turntable or cake stand. Put a large dollop of buttercream in the centre of the cake and smooth it across the top, repeating the process until it looks even. Then, do the same with the side of the cake, turning it gently to distribute the icing and using your palette knife to flatten. Place your cake in the fridge for two hours to set.

Step Four: Final touches

Repeat the icing process for your final layer, being sure to fully cover the crumb layer beneath, and finish your masterpiece with some decorations. And a final top tip: hundreds and thousands look very impressive when applied liberally.



Kohlrabi

This month we will be starting a new regular feature: we will be introducing you to a lesser-known fruit or vegetable, allowing you to expand your palate and widen your repertoire of recipes. This month we bring you kohlrabi, an undeniably odd-looking vegetable that packs a real punch in terms of flavour.

WHAT IS KOHLRABI?

Kohlrabi is also known as a cabbage turnip and is very popular in northern and eastern European countries. Part of the broccoli and cabbage family, it can be green, white or purple in colour and is available all year round. When buying kohlrabi whole, look for crisp-looking and vibrant leaves, which indicate freshness.

WHAT DOES KOHLRABI TASTE LIKE?

It has a similar flavour to cabbage but with the spicy kick of a radish; the smaller the bulb, the milder the taste. Crunchy when eaten raw, the stems and leaves can also be cooked and eaten; they resemble a mild-tasting Swiss chard.

HOW TO COOK KOHLRABI

All edible elements of kohlrabi need to be peeled before cooking to avoid a bitter taste. Once peeled, trim the brown end and separate the leaves from the bulb.

Choose to steam, sauté or roast kohlrabi, or you could even hollow out the bulbs and stuff with other vegetables or grains. Alternatively, serve raw in thin slices on a salad or added to coleslaw. You can also steam or sauté the leaves in the same way that you would fresh kale or spinach.

HOW TO STORE KOHLRABI

A kohlrabi bulb can be kept uncovered in the fridge for up to one month. The stems and leaves should be cooked as soon as possible as they wilt within a day or two.

WHAT ARE THE NUTRITIONAL BENEFITS OF KOHLRABI?

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MARCH BIRTH FLOWER OF THE MONTH:

Daffodil



If you were born in the month of March, your birth flower is narcissus, also known as the daffodil. The quintessential flower of spring, the daffodil is instantly recognisable by its bright yellow petals. Perfect placed in beds and borders, daffodils will brighten up your garden every year.

WHAT DOES THE DAFFODIL REPRESENT?

Named after Narcissus, a character from Greek mythology who was so in love with himself he drowned in a pool of water while admiring his own reflection, this flower is said to be a symbol of vanity. It is also known to represent new beginnings, rebirth and rejuvenation. The daffodil is also:

- > The national flower of Wales
- > The official 10th wedding anniversary flower
- > The official emblem of cancer charities
- > A symbol of luck and prosperity during Chinese New Year

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If your birth flower is the daffodil, you are said to be extremely creative. You are also known for being kind and welcoming to everyone you meet and dedicated to living a life of peace and happiness.

ARE DAFFODILS EASY TO GROW?

Anyone can grow daffodils in their garden and you can choose to plant your bulbs in beds, borders, grass verges, lawn edges, hedgerows and banks. Plant your bulbs between September and November in well-drained soil and aim to keep your bulbs 4–8 inches apart, as overcrowding can cause daffodil blindness – when daffodils shoot up with foliage but no flower.

HOW TO LOOK AFTER DAFFODIL BULBS FOR ANNUAL GROWTH

- > Allow the leaves to die back naturally before cutting off
- > You can lift bulbs between June and August and store in a cool, dry place ready for replanting
- > Apply a rich fertiliser to the soil once you have removed bulbs

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CUTLERY

care guide

Whether you use stainless steel, silver-plated or silver cutlery, or a combination of all three, if you want your silverware to last and looks its best for longer, you need to take care of it.

STAINLESS STEEL CUTLERY: The most popular material choice for cutlery, stainless steel is both durable and versatile, but that doesn't mean it is completely stain-resistant.

HOW TO CLEAN: > Rinse before placing in dishwasher
> Never leave to soak or in damp conditions as this can lead to corrosion
> Remove stubborn stains using stainless steel polish and a soft cloth

HOW TO STORE: > Store in its original canteen to prevent pieces rubbing together
> Can be stored in kitchen drawer but may reduce lifespan

SILVER-PLATED CUTLERY: A more decadent choice, silver-plated cutlery is relatively easy to care for but does require some special care.

HOW TO CLEAN: > Keep away from stainless steel cutlery, as contact can cause corrosion
> Place in dishwasher, but turn off the drying cycle and dry each piece by hand to avoid staining
> Polish to maintain shine

HOW TO STORE: > Store in a tarnish-proof cutlery roll and then in an airtight container

SILVER CUTLERY: Ideal for use at dinner parties and other special occasions, silver cutlery is both lavish and luxurious.

HOW TO CLEAN: > Clean as soon as possible after use
> Wash separately from stainless steel and silver-plated cutlery to avoid corrosion
> Do not put in dishwasher; instead, clean by hand
> Do not polish too often as this can wear down the finish

HOW TO STORE: > When not in use, roll each piece of silver cutlery in acid-free tissue paper or unbleached cotton muslin and then place in a resealable plastic bag.
> Add a piece of chalk wrapped in cheesecloth to the bag to absorb moisture and prevent tarnishing.



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Positivity of the MIDDLE MAN

ANT MIDDLETON'S CLIMB TO PHYSICAL AND MENTAL MAGNIFICENCE

Anyone who has watched his SAS series knows Ant Middleton isn't a guy to be messed with. Grit, steel, determination, power and a large dose of bloody-mindedness have propelled the former military man into the mainstream; and while a new career in the lens suits the 40-year-old Army and Royal Marines veteran nicely, the impact he is having on everyday folk is profound.

For a long time the various fitness, health, strength and well-being trends that have taken up countless column inches and patterned our social media feeds have needed a confident, high-energy figure to take them forward. Yes, we have various reality stars putting out fitness tutorials, and Joe Wicks is always there to advise on the best way to pull off the perfect burpee, but can they do it on a cold Tuesday night in Stoke? The answer, undoubtedly, is no.

Ant Middleton, however... let's just say he makes The Potteries look like a beach holiday in the Maldives.

So much of what this inspirational tour de force has done up to now has been about physical determination. His Channel 4 SAS: *Who Dares Wins* series, which he fronted for five years before announcing recently he will no longer be part of the show due to differences with the production company, is a military training show of brutal extremes, with an adventure/reality crossover that pushes participants to the absolute limits of body endurance.

While this type of programming has seen the Portsmouth-born hardman make his mark, in truth it represents only one half of what it takes to truly ascend to the next level. Thus, squaring the circle in his new project, which centres on a series of talks on the subject of positive mindset, seems the natural progression.

"We all know that physical toughness can only take you so far," says the author of the best-selling book *Zero Negativity*. "You need to have the mental strength to keep pushing on when the body says no."

"The brain can outlast and outpace anything the body can do, so training our minds to interpret, recycle, repair and renew the messages flowing through us means we can achieve things way beyond what our muscles tell us is possible."

Middleton's emergence as a mainstream player is no better exemplified than in the fact he was joined on a recent project by terrestrial TV poster boy Ben Shephard. "Ben's a good guy who has absolute determination in his career. He's a great example of someone who is a winner – we all come in different shapes and sizes."

In a streamed live event that took place at the start of February, Middleton's *Be Prepared for 2021* did exactly what the title suggested, with an unscripted, unrehearsed and unfiltered conversation designed to unpick the various roadblocks that 2020 had put in the way of so many of us.

"The past year felt like such a crushing low for a lot of people, but rather than dwell on the negativity, as a nation we need to look at the things we learned, and appreciate the positives we took out of the year," he says.

"We need to appreciate how we grew and developed strengths many of us never knew we had."

"This is the road to ensuring 2021 is a better year. We cannot change the world around us, but we can alter the way we decide to tackle its challenges."



LOCAL NEWS

from your neighbourhood



Family starts petition after tragic loss of daughter

A family whose 27-year-old daughter died just before Christmas from cancer that went undiagnosed during lockdown has started a petition to be sent to the Health Secretary Matt Hancock.

Andrea Brady, from Hertford, described her family as "devastated" by the death of "our precious daughter Jessica" who died in December, after feeling ill for six months.

Lockdown meant that Jessica was misdiagnosed as suffering from long COVID and prescribed antibiotics without a physical examination, despite testing negative for the virus on two occasions.

Eventually, Jessica, who worked as a satellite engineer in Stevenage, was diagnosed on November 26 with a stage 4 adenocarcinoma, with an unknown primary, that had spread to her spine, lymph nodes and several internal organs. She died on December 20 without returning home from hospital.

Jessica's family is now calling on the government to ensure that no more young lives are "unnecessarily lost" during the pandemic from undiagnosed cancer.

According to Cancer Research UK, adults aged 25-49 account for a tenth of new cancer cases, with twice as many women in this age group than men being diagnosed.

In a post after their daughter passed away, Jessica's family said of young adults: "They are the forgotten generations, too old for their diagnosis to be truly shocking and too young to be deemed at serious risk."

Jessica's family described her as "amazing, brave, positive, determined and kind".

Their petition is calling for greater awareness of cancer in people in their 20s, 30s and 40s, for whom the disease can be particularly aggressive; for GPs to be available for more COVID-safe face-to-face consultations and to respond with utmost urgency in referring all patients.

At the time of writing, the petition had more than 50,000 signatures.

To sign please go to www.change.org/p/matt-hancock-improve-the-awareness-and-diagnosis-of-cancer-in-young-adults

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Heritage buildings to make way for new development

A controversial plan to demolish Hertford Mill and adjoining warehouses and replace them with 49 residential units has been approved by East Herts District Council.

More than 100 objections were raised by those who fear the new development will adversely affect the area around Tamworth Road.

Jan Robinson of Tamworth Members Association said: "What we find unacceptable is the size, massing and height of the scheme that tries to cram too many buildings into a constrained site."

Ms Robinson said the new building will double the population of the road and lead to the loss of 20 parking spaces.

Councillor Ben Crystall (pictured), Green Party councillor for Hertford Bengoe, described the plan as "cultural vandalism".

He said: "We are losing some of the last examples of our industrial heritage, which could have been converted into fantastic homes."

The planning application was made by the current occupier of the site, Tappenden & Co Ltd (TCL).

Andrew Morris, managing director of TCL, said that the proposed building will help "future proof" the company for employees.

He said: "The buildings that we occupy are inefficient and unsuitable for the demands of a modern business. "They have come to the end of their useful life."

Halfords store closes after nearly 90 years

A Hertford institution has closed after nearly a century of trading. The Halfords store on Railway Street closed on Saturday, February 27, after the company spent nearly 90 years in the town.

Halfords' Hertford store first opened on Fore Street in the 1930s, in premises now occupied by Messages and the florist Jane Maples.

The company has had mixed fortunes during the pandemic, with a 200 per cent increase in online sales and a 57 per cent rise in cycle sales as customers took advantage of lockdown to get fit.

However, the historically more profitable motoring sales side of the business suffered a sharp drop, and in July 2020 the company announced that it would be closing 60 stores.

Halfords' Bishop's Stortford branch is also closing, making Stevenage and Harlow the nearest stores for Hertford residents.

An employee of the Railway Street store, who refused to be named or to comment on how many employees had lost their jobs, said that some of their colleagues have found jobs in other branches.



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Rapid tests available at Hartham Leisure Centre

Free rapid tests for COVID-19 are now available at Hartham Leisure Centre car park on Fridays, Saturdays and Sundays.

Key workers who cannot work from home are especially encouraged to book a test every few days to help keep essential services running and ensure they are as safe as possible.

The tests, which are known as lateral flow tests, are available by appointment only and are bookable up to a week in advance.

Those with an appointment should take their booking confirmation with them and a charged mobile phone.

Test results are sent by text and email within 45 minutes.

It is estimated that one in three people with coronavirus are asymptomatic (do not show symptoms), which means they can spread the virus to family, friends and colleagues without knowing.

To book a test please go to www.hertfordshire.gov.uk/rapidtest

‘Quietway’ considered for Kingsmead

Residents of Kingsmead are considering a ‘quietway’ scheme as a simple and cost-effective way to reduce traffic and pollution and improve the quality of life for people who live in the area.

The so-called quietway aims to test road closures at four possible points in order to prevent the residential streets that run parallel to Ware Road from being used as rat runs by motorists.

The quietway could be included in the Neighbourhood Plan for Kingsmead Ward, with residents and Hertford Town Council already in discussion as to what measures could be introduced.

Typically, a Neighbourhood Plan includes policies that improve community facilities and opportunities for business and employment, as well as taking into account transport connections, conservation and recreational areas.

As part of Kingsmead’s Neighbourhood Plan, residents envisage that the benefits of the quietway would include less traffic, reduced greenhouse gas emissions, reduced noise, greater sense of safety, especially for children and the elderly, improved opportunities for walking and cycling and fewer parking problems.

Photo credit: East Herts District Council





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News from HERTFORD TOWN COUNCIL



LOCAL NEWS



Following the government's recent announcement setting out a proposed roadmap out of lockdown, Hertford Town Council will be working hard to support the town and local businesses. The Town Council will be organising events in the town, encouraging local residents to visit and enjoy the town within government guidelines.

The very popular Easter Trail will return from March 27 to April 10. In collaboration with the Secret Society of Hertford Crafters, the Easter Farm Trail will see 20 beautifully crafted creatures 'hiding' in Hertford Town Centre businesses waiting to be found. Ideal for families. Some of the creatures will be displayed in windows of businesses that are currently closed, so all the creatures can be found from a safe social

distance. To take part, visit Hertford Town and Tourist Information Centre to collect a trail map from the leaflet holder. You can also own one of the characters. Follow Hertford Town Council on social media to find out how.

The Love Hertford Awards 2021 public vote will be open from April 1 to April 26, with the public invited to vote for their favourite businesses in 10 different categories.

The annual Hertford Arts Trail is back, taking place from April 12 to May 8. Together, Courtyard Arts and Hertford Town Council will transform Hertford into an arts town, featuring more than 30 artists displaying their work in at least 20 venues.

Visit www.GoHertford.co.uk to find out more about all these events and more.

Tributes paid as loved lollipop lady dies

A long-serving and popular lollipop lady has died, aged 86.

Shirley Feast, who moved to Hertford in the 1960s, started as a lollipop lady in the 1970s, when she used to help children to walk safely to Chalk Dell School.

In the 1980s she transferred to Ware Road, where she patrolled the crossing to Abel Smith and Simon Balle Schools.

Her son Patrick Feast described his mother as "a real face of Hertford" who took an interest in many things locally.

She was a keen member of the Amateur Dramatic Society and often performed at the Corn Exchange.

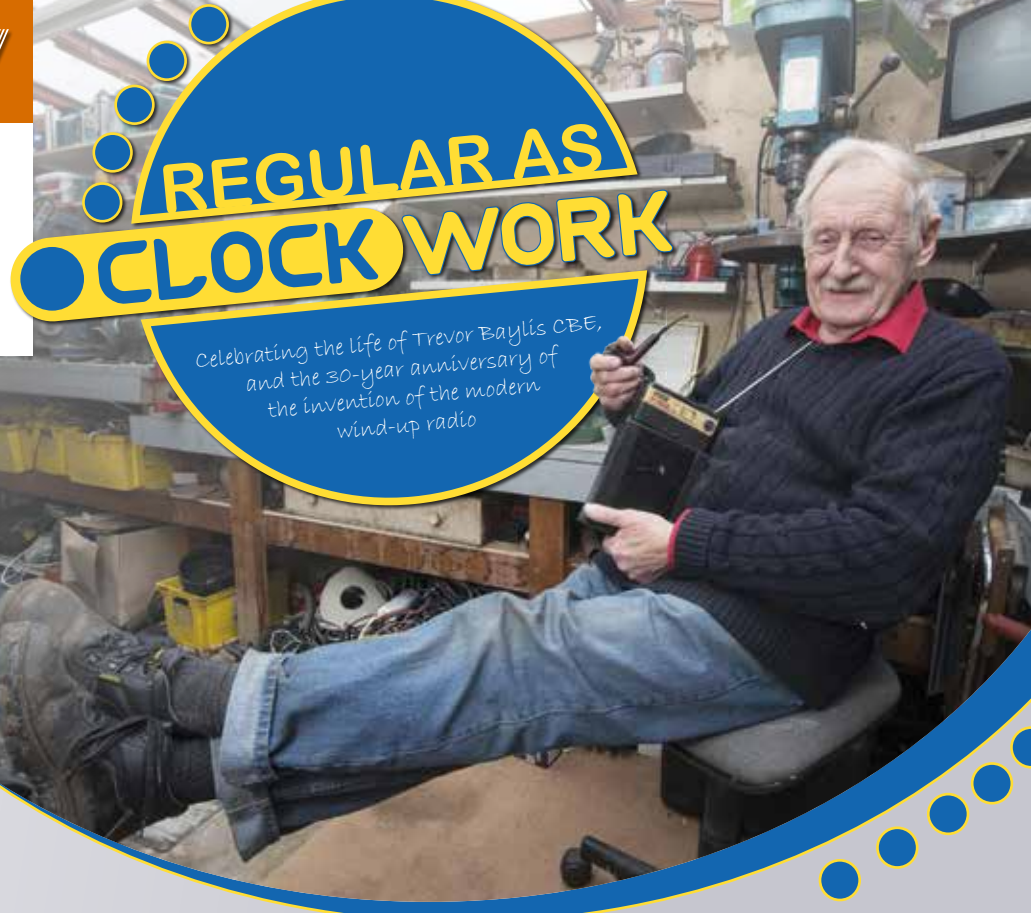
Mrs Feast also worked for a while at several of the town's pubs and often helped run the bar for functions at Shire Hall.

Paying tribute, Patrick said: "She just knew everybody; you couldn't walk down the street with her because it'd take hours."

"She was a very personable character who lived life to the full and just got involved in the community."

Mrs Feast, whose funeral took place on February 9, died in Woodlands View Care Home in Stevenage.

She is survived by her three children Patrick, Jeremy and Jane, by four grandchildren and by her sister Christine.



REGULAR AS CLOCKWORK

Celebrating the life of Trevor Baylis CBE, and the 30-year anniversary of the invention of the modern wind-up radio

It's now three decades since British inventor Trevor Baylis CBE came up with a prototype that was to have a profound effect on limiting the spread of AIDS across Africa. Invented in his garage, the wind-up radio took less than an hour to construct, and came about after the then 54-year-old saw a programme on the BBC detailing a devastating swathe of developing-world deaths provoked by poverty and lack of sexual education.

While radios powered by handcranked generators were, in themselves, nothing new, Baylis's modern clockwork model was free of batteries, meaning information could be broadcasted to places in Africa without electricity. A patent was granted the following year.

It wasn't the first time the eccentric inventor had stepped out of the shadows to help those less fortunate than himself. As a young man he was a brilliant swimmer – he narrowly failed to qualify for the 1956 Summer Olympics in Melbourne – and his dexterity led him into stunt work. This in turn

exposed him to the needs of disabled people, and he subsequently invented and developed a range of products for the disabled, named Orange Aids.

Wind forward to 10 years after the invention that truly made him famous, and in 2001 Baylis launched a similar energy-generating product in the form of a pair of shoes that produced electricity as people walked. He trialled the invention with a 100-mile walk across the Namib Desert, at the same time raising money for the Mines Advisory Group.

Baylis, who died in March 2018, lived on Eel Pie Island on the River Thames. His fame in later life saw appearances on *The Big Breakfast*, and he was awarded an OBE and a CBE for humanitarian efforts and services to intellectual property respectively.



Photo credit: Paul Grover/Shutterstock

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WHAT TO CONSIDER WHEN BUYING A HOLIDAY HOME IN EUROPE POST-BREXIT

It's a piece of escapism almost all of us love and crave – even just the thought of having a holiday home we might slip away to is enough to keep us going through those long, cold, monotonous months of work.

Of course, for those of us who will at some point be lucky enough to own an overseas abode, the question of how accessible and affordable that place in the sun will be has arisen recently in light of the UK departing the European Union.

Within that, perhaps the most profound impact of Brexit will be that UK residents are only permitted to stay in the EU for a total of 90 days in every 180-day period.

As far as purchasing a home goes, British nationals will now need to undertake the same procedures as non-European residents, and while this doesn't prohibit us from investing in a holiday hideaway, it does mean an extra layer of paperwork, and in future may require applicants to apply for a visa in order to claim residency.

In time to come it may also be seen that Brexit leads to an increase in stamp duty for British buyers, while changes in the currency markets could mean that mortgage availability becomes more limited.

As it stands, though, the subsequent transition period – and with it, a large

amount of uncertainty – hasn't led to any profound changes. Indeed, people who already own property in an EU country are protected by the United Nations Universal Declaration of Human Rights and the European Convention on Human Rights – the longwinded premise being a simple one, namely that whether a member of the European Union or not, individual property rights must be respected.

So if you do move forward in retaining or investing in property abroad, your little piece of homely heaven is assured.



Make a wish

Are the bargains from this frequently discussed website all they're cracked up to be?

Scouring for bargains online will always present one or two sites where the deals appear to be too good to be true, but over the past couple of years, Wish, a retail platform based in China, has cemented its place as being one of the most affordable and diverse sites on the net.

While a good proportion of wish.com caters for the peculiar and the downright perverse, a huge chunk of goods appear well priced and reasonably well made. Its secret is to connect millions of shoppers with sellers all over the world. Different from eBay, sellers are registered companies, and while China and south-east Asia provides a common source for products, it may come as a surprise to hear that the site was actually conceived in Ontario, Canada, back in 2010.

By June 2020, Wish could boast 122 million visits, with almost 70 million of those being unique users.

From sportswear to phones, jewellery to lingerie, tech to trumpets, Wish's diversity is its greatest strength.

And yet, weaknesses are prevalent too. Such is the breadth of the site – it is a truly global entity – that quality control checks aren't the strongest, and waiting times for the transportation of goods can be long.

You also need to consider that regulations and guidelines for products in the UK won't be the same abroad, so with something like a child's car seat, some imported products might be substandard.

What Wish ultimately represents is another opening-up of trade, often directly between the individual and the product manufacturer and/or retailer.

The world is a much smaller place today, but while that's true, there's nothing to suggest the famous old adage 'buyer beware' isn't as important now as it ever was.




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THE COVER YOU'LL NEED IN PLACE WHEN TRAVELLING TO EUROPE POST-BREXIT

The very notion of overseas travel seems slightly optimistic at the moment, but as 2021 rolls on there is hope we may be able to stretch our legs on foreign shores before long. And if that's the case, it pays to know how to insure against travel pitfalls as we prepare for jaunts and journeys to EU countries in this post-Brexit world.

The first thing to ensure is that you have six months left on your passport, or you may not be going anywhere, with travel restrictions having tightened post-Brexit.

Next, there's the relinquishing of the European Health Insurance Card (EHIC). You cannot replace this – we're no longer in the EU – but it is still effective until the expiry date listed. If yours has timed out, you will need to apply for a Global Health Insurance Card (GHIC). This, like the EHIC, will cover you for pre-existing conditions, maternity and emergency care. Go without one and you run the

risk of incurring expensive healthcare treatment.

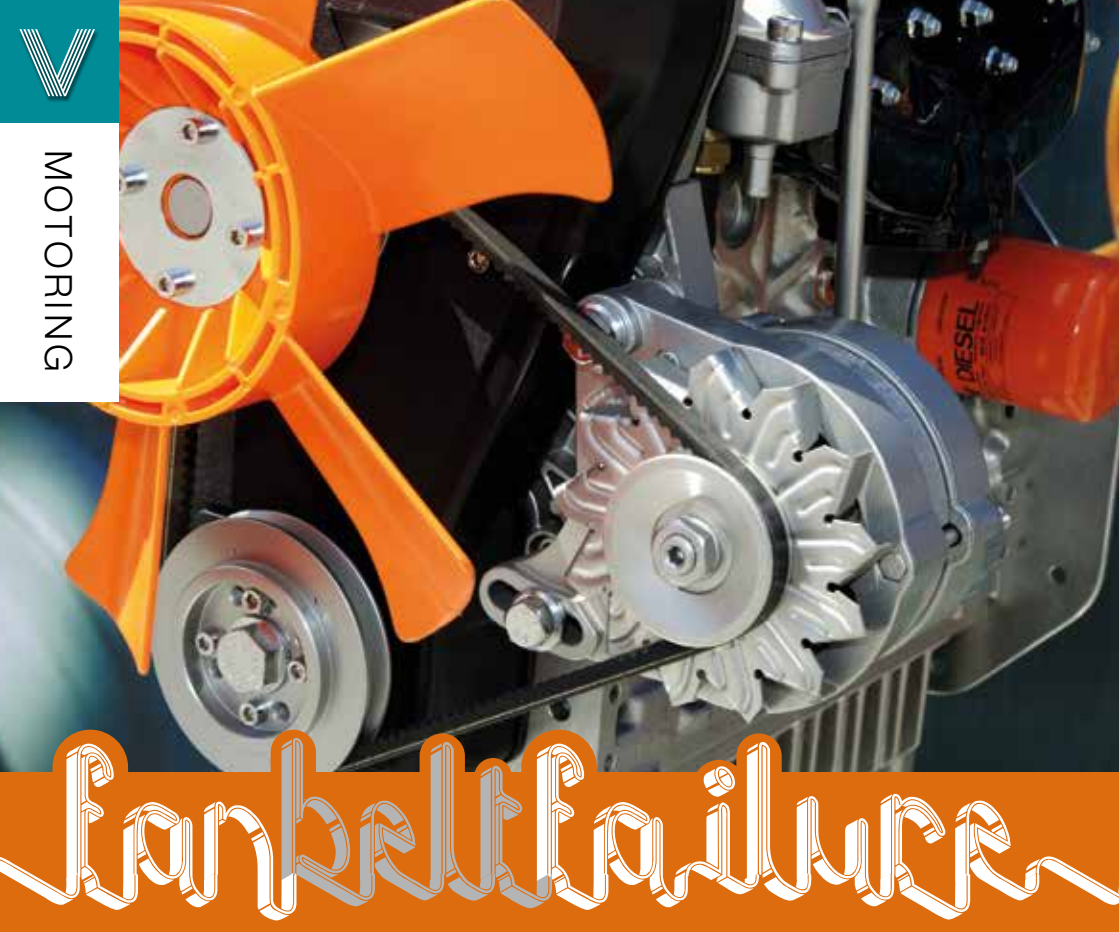
Remember, though, the GHIC is not an alternative to purchasing travel insurance, as it doesn't cover any private medical healthcare, such as being flown back to the UK in the event of serious injury.

And as part of your own private insurance, you should still take out cover for unexpected events, such as cancellations or lost luggage, just as you would have done previously.

As for other matters, you are permitted to stay in the EU for 90 days in any 180-day period (see slightly differing rules for Croatia, Bulgaria, Cyprus and Romania), with a visa required if you're hanging about for longer. Mostly, though, EU countries are keen to make the transition period as smooth as possible. It doesn't suit nationals travelling in either direction to find themselves held up or, worse still, turned away at customs; but it does pay to double-check on everything in these uncertain times.



TRAVEL



Fan belt failure

HOW TO DIAGNOSE ONE OF THE MOST COMMON MOTORING ISSUES

The serpentine belt, alternator belt, or fan belt as it is better known, is a peculiar piece of rather essential kit as far as your car engine goes. We all know our car has one, a few of us can locate it, yet very few know what it does.

What's important is that when it does malfunction – usually through being worn out – we can get it fixed cheaply and easily.

THE SIGNS

Most people become aware of fan belt failure when they begin to hear a loud screeching or squealing sound coming from the engine. You may also discover the power steering or air conditioning isn't working, and in really bad cases the engine may overheat.

All of these effects result from the fan belt's faulty function, and that function is working with the idler, tensioner and pulleys inside the accessory drive

belt system – essentially, it provides power to key components in the engine.

A dodgy fan belt is bad news, and although the car may be driveable, you're risking a breakdown.

THE DIAGNOSIS

Fan belts can become cracked, split, grazed, misaligned or might fall off completely. Unless your amateur mechanic skills are really up to Henry Ford levels, it's probably best to take your motor to the nearest garage.

THE COST

Thankfully, a faulty fan belt won't see you off the road for too long; nor should it set you back any significant amount. Typically, a new one will cost somewhere in the region of £100–£200. It's a relatively quick job and your garage should be able to turn it around in a couple of hours.

BRITAIN'S GREATEST SPORTING MOMENTS...



Torvill & Dean

Each month we look at significant events in British sporting history. This month, it's 40 years since ice skaters Torvill and Dean were awarded MBes, but their greatest moment was yet to come.

To an entire generation of terrestrial TV watchers, the mere sound of Ravel's *Boléro* will instantly bring about memories of Jayne Torvill OBE and Christopher Dean OBE's incredible gold-medal-winning routines at both the Olympics and the World Championships in 1984.

At both events, the duo performed a modern artistic masterpiece that captivated a generation of fans. The routine had emotion, precision and drama packed into four and a half minutes of twists, turns, lifts and pirouettes.

At the World Championships, in Ottawa, the couple received a standing ovation from the entire crowd as flowers rained down onto the ice. It was the last amateur performance of the greatest ice dancers the world had ever known, performed with such ease that it belied the incredible technicality of a routine coached by Betty Callaway.

Their score of 13 perfect 6.0s was the most ever

scored by any skaters in competition, as the couple, who had been performing together since 1975, truly went out on top of the world, having taken 11 6.0s at the Olympics two months previously.

While 1984 was ultimately the pinnacle, it's easy to forget how respected and regarded they were before then. Already prolific World and European champions, they had been awarded MBes previously, with the 40th anniversary of their trip to Buckingham Palace being marked this year.

That these iconic skaters could still push for perfection as amateurs was the ultimate endorsement of their decision to turn professional and begin to earn a living for their art beyond grants and sponsorship. And that has been borne out in the fact that their dedication to ice skating in all its forms rolls on even today, with the pair regulars on our television screens, notably in ITV's *Dancing on Ice*.

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CRISTIANO RONALDO

CRISTIANO RONALDO AND THE COMPLETION OF A
UNIQUE GOAL FEAT

When Cristiano Ronaldo signed for Manchester United at the age of just 19, football knew it had a real talent in its midst. Yet it's still unfathomable that the Portuguese striker would go on to create a new goalscoring world record – something the 36-year-old achieved in January when he notched up his 760th senior goal (even if his strike for Juventus versus Napoli was from just a yard out).

The feat was celebrated all over the world, and rightly so, even if there's still some conjecture regarding exactly how many goals some of his net-busting rivals have clocked up over the years.

The problem is not with CR7's total, more the tally of his contemporaries. Brazilians Pelé and Romário, for instance, both claim to have scored more than 1,000 goals, yet these totals appear to include amateur and reserve games.

Even the man whose total Ron bettered, Austrian-Czech footballer Josef Bican, who clocked up 759 strikes across a career surpassing two decades, has a claim for more goals, with the Rec.Sport.Soccer Statistics Foundation (RSSSF) claiming more than 800, in part because of missing records from the Czech second division in 1952.

Ronaldo's total is unquestionable, though – five goals for Sporting Lisbon, 118 for Manchester United, 450 for Real Madrid, 92 for Juventus (at the time of going to print), and an incredible 102 for Portugal.

Knowing Ron, the status of being the world's most successful goalscorer of all time will mean a lot to him. Though while he won't be able to completely silence the doubters who may quote other players and their respective tallies, what we can all agree on is that, over the years, he's been a handy little striker who, more often than not, has chipped in with a useful goal or two.

Photo credit: Action Press/Shutterstock

Goal-den
great

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PUZZLES

Answers: see end of The VISION Listings

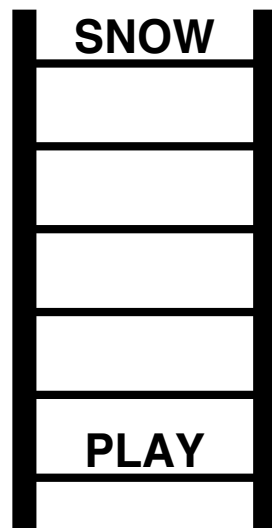
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DID YOU KNOW?

- ▶ Central Park in New York is one of the world's largest urban parks, covering 843 acres
- ▶ Paris has few skyscraper buildings compared to other cities owing to building height restrictions
- ▶ The Flavian Amphitheatre in Rome became known as the Colosseum because of a colossal statue that is situated nearby
- ▶ Istanbul lies in two continents – part in Europe and part in Asia
- ▶ The world's first electric traffic signal was put into place in Cleveland, Ohio, in 1914
- ▶ It's thought that Amsterdam has more bikes than people
- ▶ More chocolate is bought at Brussels Airport than anywhere else in the world

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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