

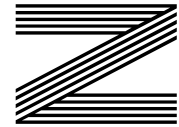
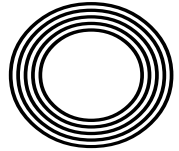
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HOW  
TO DO  
PET CPR**

*Dry January*  
The best places to visit

**LEARN THE BASICS**  
of British Sign Language

*Frankie*  
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The jockey's racing success in the saddle



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# Editor's notes...

JANUARY 2022



Brett Shohet, Editor

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

I hope you all had a wonderful Christmas and New Year. Many people consider January to be a reset button, the chance for a fresh start. But I believe that if you want to make a change, you shouldn't wait for a set date to do it. Want to live a healthier lifestyle? Start exercising today. Want a change in your career? Make that first step today. It's all about mindset, not timing.

Similarly, getting the edge over your competitors can be as simple as having the confidence to forge a new path. If you do what everyone else has done, you'll get the same results. So have the courage to try something new.

Recently, I went to my first big event since the pandemic began. I went to see Pete Tong at the O2, and felt strangely emotional when I looked around at all the thousands of people getting together again and enjoying themselves. Here's hoping there'll be more of that to come in the new year.

2021 was a tough year, but 2020 was tougher. I'm proud of **VISION** and what we have achieved this year, and I want to acknowledge that we couldn't have done that without the support of our readers and clients. So a big thank you to you all, and I hope you have a fantastic 2022.

*Brett Shohet*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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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# British Sign Language

## basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

### WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

### WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

### UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:

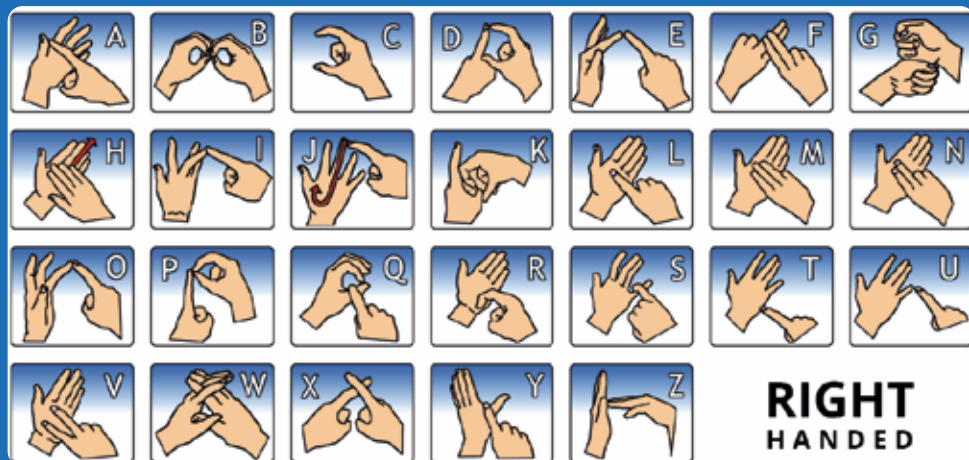


Photo credit: british-sign.co.uk

### BASIC BSL SIGNS:

#### 'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



#### 'What is your name?'

(signed as 'name what')

##### To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



##### To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

#### 'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

PLEASE/  
THANK YOU



#### 'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

#### 'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

SORRY



FIND OUT MORE ABOUT BSL AT [WWW.BRITISH-SIGN.CO.UK](http://WWW.BRITISH-SIGN.CO.UK)

# HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

## 1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

## 2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

## 3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

## 4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

## 5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

## 6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



1



2



3



4



5



6

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# AN ICON, *AB-SOLUTELY*

## THE LIFE OF VIRGIL ABLOH AND THE LEGACY THAT LIVES ON IN HIS MEMORY

There are many musicians, artists, and even sportspeople who have had the benefit of a notable name carrying them forward at some point in their lives.

Virgil Abloh, the American fashion designer and entrepreneur, had, by his own admission, that very platform when he interned at Fendi back in 2009 and began producing t-shirts for Kanye West.

The rap star was bowled over by such an edgy, modern, confident person, whose range of talent and influence circumnavigated not just textiles and fashion, but also engineering and architecture, for which he earned a degree and a master's respectively.

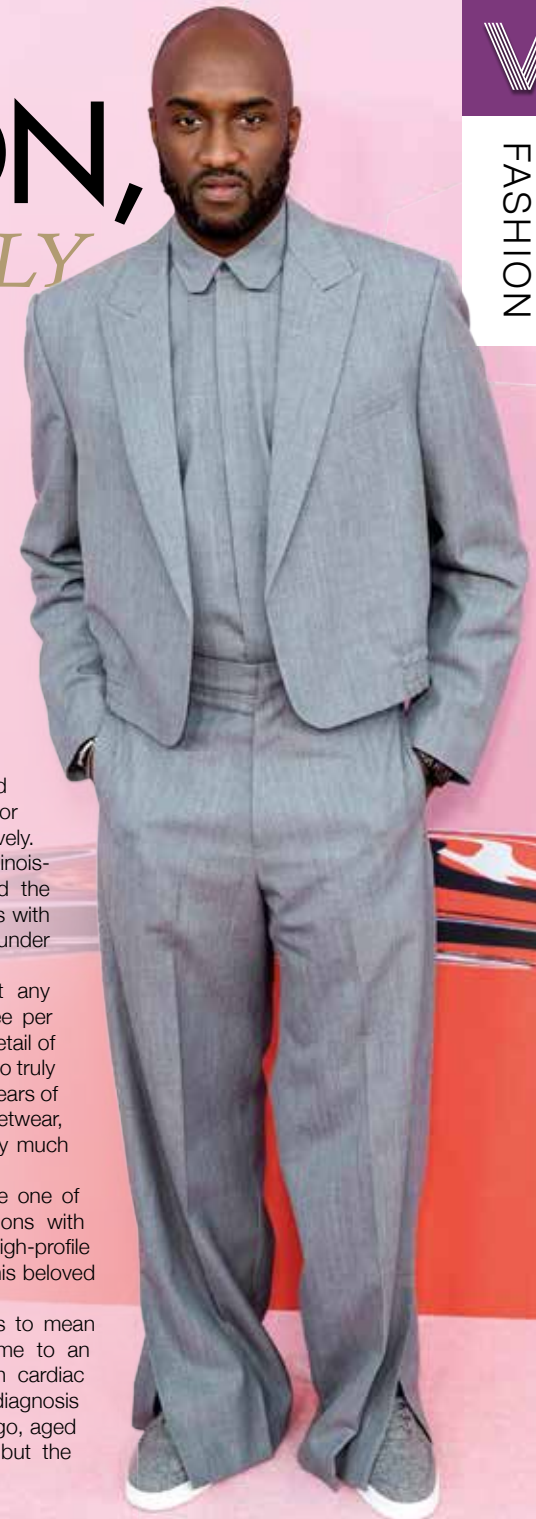
While Kanye's ability to open doors sent the Illinois-born creative into fashion houses and propelled the popularity of his first company, Pyrex Vision, it was with the high-end streetwear brand, Off-White, that founder Abloh truly excelled.

Revealing his modus operandi – namely that any product need only represent a difference of three per cent from another – proved a nod to the devilish detail of fashion and the fact that, in many ways, there are no truly original designs anymore. To that end, in the final years of his life, he was one of the first to call an end to streetwear, insisting that vintage styles were the future in very much the same way as they were the past.

The success of Off-White led Abloh to become one of Louis Vuitton's artistic directors, and collaborations with others from Nike to the US Open to Ikea saw high-profile stars such as Serena Williams laud the talent of this beloved family man.

Sadly, Abloh was harbouring a secret that was to mean his all-too-brief flirtation with fashion would come to an end. In 2019, the designer was diagnosed with cardiac angiosarcoma, a type of cancer. He kept the diagnosis private and died on November 28, 2021, in Chicago, aged just 41. The showreel may be over for Abloh, but the catwalk music plays on.

Photo credit: Ovidiu Hrabaru/Shutterstock.com



FASHION



# HOW TO CLEAN *hair-styling* TOOLS

**DID YOU KNOW THAT YOUR HAIR CAN BE DAMAGED BY PRODUCT BUILD-UP ON STYLING TOOLS SUCH AS STRAIGHTENERS?**

### HOW TO CLEAN HAIR STRAIGHTENERS/CURLING IRONS

If you want to achieve the perfect look, you need to ensure you are cleaning your flat and curling irons frequently, as both hairspray and thermal sprays can quickly build up on your styling tools.

- Step 1:** Unplug your tool and allow to completely cool down.
- Step 2:** Wet a micro cloth with lukewarm water and squeeze out any excess liquid.
- Step 3:** Rub the damp cloth gently over the surface of the plates.
- Step 4:** For stubborn residue, pour a small amount of nail polish remover onto a cotton ball and wipe over the plates.
- Step 5:** Allow your styling device to completely dry before using again.

**NB:** Never use face or baby wipes to clean your hair straighteners or curling irons and never submerge them in water.

### HOW OFTEN SHOULD YOU CLEAN STRAIGHTENERS AND CURLING IRONS?

Ideally, you should clean your hair straighteners and curling irons after every third use to prevent build-up from becoming ingrained in the plates.

### HOW TO CLEAN YOUR HAIRDRYER

Many people wrongly believe that you do not need to clean a hairdryer. In fact, the back vent can harbour a whole host of germs and bacteria.

- Step 1:** Remove or open the back vent.
- Step 2:** Use a toothpick or tweezers to remove any dirt or debris from the filter and then wipe clean with a damp cloth.
- Step 3:** Clean the nozzle and body with a damp cloth to remove any build-up of hair products.
- Step 4:** Allow the dryer to fully dry before using again.
- Step 5:** Repeat once a week for optimum results.



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# LOVE YOUR LIVER

January is Love Your Liver Month, a national campaign led by the British Liver Trust to raise awareness of the importance of liver health.

One in three people in the UK is at risk of liver disease, with many people not realising they have a problem until it is too late.

more than the recommended daily amount (more than 14 units per week), your liver will not be able to process the alcohol quickly enough, which damages your liver cells.

**Top tip:** Take three days off from drinking alcohol every week to give your liver time to repair itself.

### What does the liver do in the body?

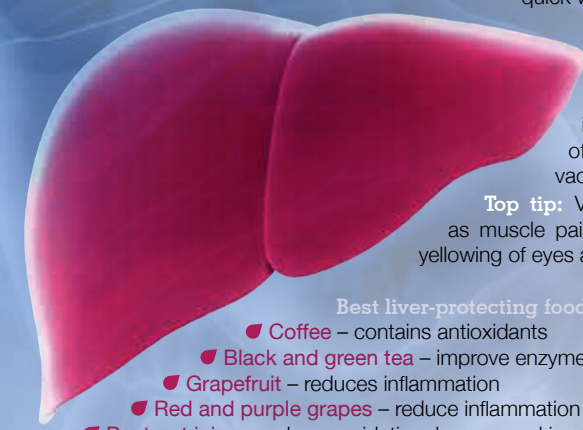
The liver performs a range of essential tasks, including producing proteins, storing vitamins and minerals, and breaking down toxins like alcohol and medications.

**Maintain a healthy weight:** A healthy liver contains very little or no fat. However, in some people, fat builds up in the liver and leads to a condition called non-alcoholic fatty liver disease. To prevent this, keep a healthy weight, eat a balanced diet, and stay physically active.

### How to take care of your liver

**Cut down on alcohol:** One of the jobs of your liver is to process any alcohol you drink. If you drink

**Top tip:** Focus on long-term changes rather than quick weight loss.



### Protect yourself from viral hepatitis:

Hepatitis is the term used to describe inflammation of the liver. Acute liver failure is one of the most common complications of a viral hepatitis infection. You can be vaccinated against both hepatitis A and B.

**Top tip:** Visit your GP if you have symptoms such as muscle pain, high temperature, loss of appetite, and yellowing of eyes and skin.

### Best liver-protecting foods and drinks

- Coffee – contains antioxidants
- Black and green tea – improve enzyme levels and reduce fat deposits
- Grapefruit – reduces inflammation
- Red and purple grapes – reduce inflammation and prevent damage
- Beetroot juice – reduces oxidative damage and increases detoxification.

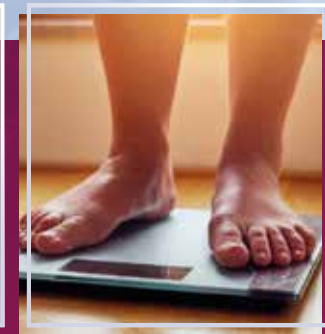


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January is one of the most popular times of the year for joining a gym, yet a massive 50 per cent of new members quit or stop going within six months. The beauty of a personal trainer is that you are committed to a particular time and place, and you are much more likely to work harder with a professional motivator by your side.

*You can learn about health and fitness*

Certified personal trainers aren't just fitness fanatics who choose to combine their passion and their job. They know about human physiology, body mechanics, exercise science, and so much more. This means that they can help you to train smarter to see the results you want.

*A personalised plan*

As the name suggests, a personal trainer will give you a personalised health and fitness plan that is specifically tailored to your body's needs and the results you would like to see. They will take into consideration any injuries you have, as well as any body imbalances that could be affecting your progress.

*Nutritional advice*

Weight loss is 80 per cent diet and 20 per cent exercise, so if you want to start shifting the pounds, you need to make sure you are eating the right foods to support your weight loss and your activity levels. A personal trainer will be able to advise you on proper nutrition, showing you how much protein you need and how to incorporate more fruit and veg into your diet.





# All hail the BACON BUTTY!

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot. With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

### HISTORY OF SANDWICHES

The sandwich is named after John Montagu, 4th Earl of Sandwich, who is said to have ordered his valet to bring him a piece of meat tucked between two pieces of bread. Today, the humble sandwich remains the UK's favourite lunch, with one in five Brits claiming to eat one every day.

### HOW DOES THE NATION LIKE THEIR BACON BUTTIES?

More than a quarter of Brits choose sliced white as their bread of choice when making a bacon butty. Coming in second is the French baguette, with wholegrain bread in third place. Somewhat surprisingly, it's mayonnaise, not ketchup, that is the nation's sauce of choice when it comes to making a bacon sandwich, with 48 per cent of Brits favouring this creamy condiment.

### HOW TO MAKE THE ULTIMATE BACON BUTTY

While everyone has their own personal preferences when it comes to making a bacon sandwich, below is our go-to recipe for creating the ultimate bacon butty.

**You will need:** A white or brown bloomer loaf or even a roll | 4 slices of smoked back bacon | Ketchup or brown sauce | Butter – ideally salted Lurpack.

**How to cook the bacon:** Always pan fry your rashers rather than bake them in the oven | Fry over a medium heat so that the fat renders down and the meat caramelises | Fry until the bacon is fairly crispy but do not let it shrink too much.

**How to make:** Gently toast one side of the bread/roll in the leftover bacon fat | Generously butter the other slice | Add the bacon | Top with either ketchup or brown sauce | Sit back, relax and enjoy.



Credit: Brazen via foodhub@wearebrazenph.com



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# VIRTUAL food & drink

### Plant-based cuisine

From burgers that look so satisfying you won't believe they're not the real thing, to flavoursome fruit and vegetable 'jerky', the internet is overloaded with plant-based beauties that are so good you'll never want real meat again.

Who to follow: @fatgayvegan

### Chickpeas in abundance

Make way for the new cauliflower... that's right, the humble chickpea is the hot bean on the block. Not just for making hummus, chickpeas are actually versatile, delicious and wholesome – try seasoning with salt and spices before baking into the perfect snack.

They're also great on pizzas and add extra pizzazz to salads, not to mention aquafaba (the liquid from canned chickpeas), which makes the ideal egg substitute for vegan meringue. A very useful legume indeed.

Who to follow: @elavegan

### Super stunning cocktails and mocktails

Unsurprisingly, Instagram has elevated the humble cocktail to masterpiece status, with beverages that are so visually stunning it's almost a shame to drink them. Whether boasting hyper-real hues, edible flower garnishes, or topped with clouds of candy floss, cocktail hour has never looked so good.

Who to follow: @moodymixologist

### Home-baked bread

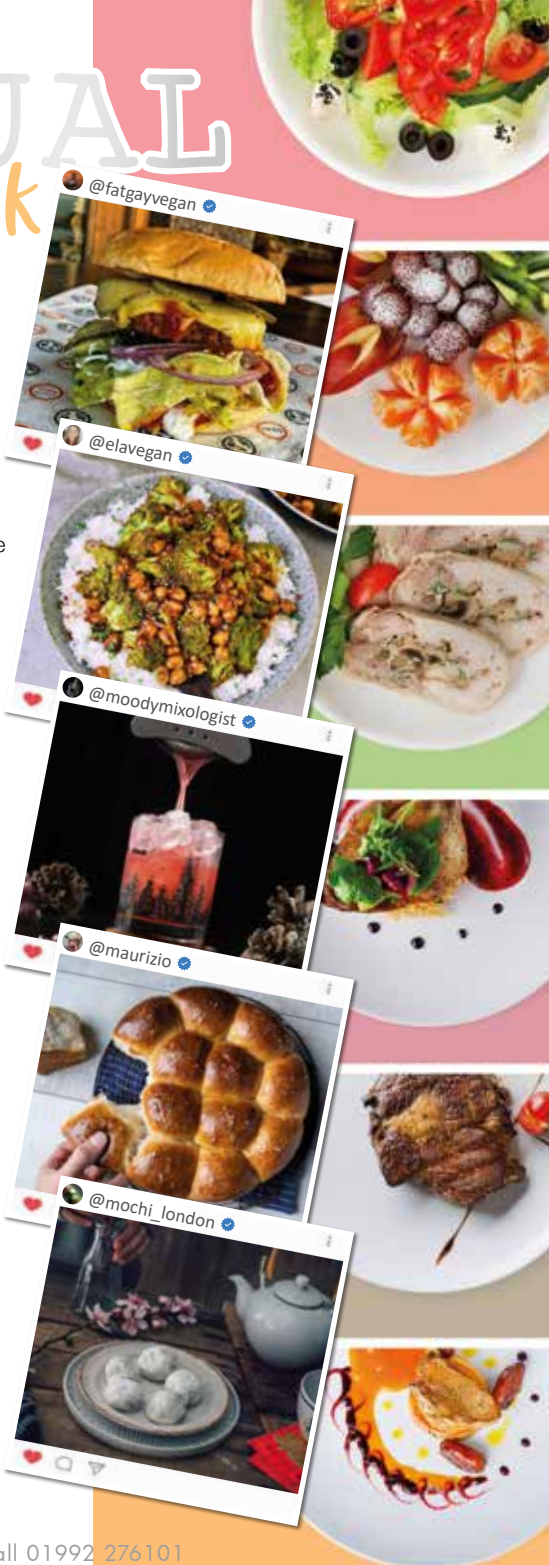
One of the more welcome side effects of the pandemic is that home-baked bread is on the rise. Whether you're interested in cultivating a sourdough starter, baking the kind of baguettes that would make a Parisian swoon, or creating focaccia art (yes, it's a real thing), Insta has an abundance of beautifully baked goods to inspire you.

Who to follow: @maurizio

### Mochi madness

Japanese desserts are going to be big this year – in particular, the sweet little mochi. Made from soft and chewy rice and filled with either sweet red bean paste or ice cream, these gloriously glutinous buns are sure to bring joy.

Who to follow: @mochi\_london



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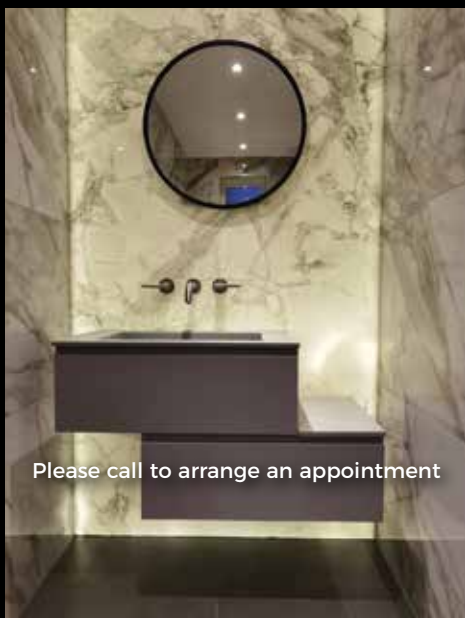
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# VERY PERI

Colour  
of the year  
2022



HOME & DIY

Photo credit: etonasterka/Shutterstock.com, www.pantone.com

As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

### What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet red undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

### What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward.

Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

### How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home.

Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.



# The season of COSYING UP

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter. While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months. Check out some budget-friendly ways of giving your bedroom a winter makeover.

### CHANGE UP YOUR COLOUR SCHEME

One of the easiest ways to add a winter touch to your bedroom is to change up your colour scheme. Think grey tones or muted shades of pink and red. Cushions, curtains and ornaments can help you add some colour without going overboard with your spending.

### EMBRACE WARMING TEXTILES

Bringing in some warming textiles can make your bedroom feel much cosier. Fluffy or bouclé throws, along with cushions, are perfect for this time of year, adding that hygge touch that will also keep you warm at night.

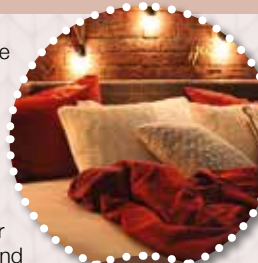
### SOFTEN YOUR LIGHTING

Some softer lighting is just what you need to hide away from those dark winter evenings. If you don't have a dimmer switch, buy dimmable smart bulbs so you can lower your lights to create a warmer tone while also saving some energy. Adding candles or fairy lights can also create a winter-friendly ambience to help you settle in at night.

### EMBRACE WINTER FRAGRANCE

Fill your room with winter fragrance to make your bedroom even more relaxing. Popular winter fragrances include warming vanilla, amber and tobacco, while spicy cinnamon and clove will help you capture the essence of winter.

Giving your bedroom a winter makeover is the perfect way to embrace nights in and rest up. With some simple changes, your bedroom will have that cosy Scandi vibe in no time.



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# FRANKIE DETTORI

## riding HIGH

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”





# LOCAL NEWS

*from your neighbourhood*

## New pathway to allow better access to nature reserve



Photo credit: Hertford Town Council

A new pedestrian access at Hertford Town Council's (HTC) Cromwell Road Allotments Site was opened last month.

The Mayor of Hertford, councillor Bob Deering (pictured); the chairman of the Community Services Committee (CSC), councillor John Lynch MBE; and the vice-chairman of the CSC, councillor Sue Barber, opened the new pedestrian access at the allotments in December.

This new access at the Ware end of the allotments includes a graded pathway and kissing gate to link up with the existing footpath on King's Meads.

Mayor Deering said: "HTC is very excited to be able to open this new path to connect to the King's Meads, allowing for better access onto the nature reserve beyond the allotments site. As part of the work at this new entrance, we have also planted hedging and tree saplings supplied from The Woodland Trust for its plant a tree programme."

Cllr Lynch MBE said: "I am absolutely delighted that this project has been completed and give thanks to all involved in making this happen."

## Proposal submitted for new 20-metre mobile phone tower

Proposals have been submitted for a new 20-metre mobile phone tower in Hertford.

The proposal includes the installation of a 20-metre monopole tower, associated radio equipment housing and ancillary development located at the intersection of Hertingfordbury Road and Mimram Road.

The tower and associated radio equipment would service EE and Three customers in the local area.

A planning statement from the agent, Dalcour Maclaren, reads: "The proposed antenna and associated apparatus will provide improved capacity

of 4G and 5G services in the area.

"This will ensure that the area has increased mobile upload and download speeds, and a more reliable mobile network connection.

"The required improvements can only be provided by the installation of a new mast, and existing sites were not suitable to support the required apparatus."

To view the latest updates and comments on the proposals, visit <https://bit.ly/330ULec>.

## Plans made to crack down on hare coursing

The government announced plans on January 4 to introduce legislation to crack down on illegal hare coursing, following campaigning by Julie Marson, MP for Hertford and Stortford (pictured right).

The plans are being put down as amendments to the Police, Crime, Sentencing and Courts Bill and will help to tackle hare coursing by increasing penalties, introducing new criminal offences, and creating new powers for the courts to disqualify convicted offenders from owning or keeping dogs.

Hare and deer coursing is common in Julie Marson MP's constituency due to the area's flat, arable land.

One local farm manager in Hertford and Stortford said that in a 12-month period and over a space of 4,500 acres of farmland, more than 40 cases of hare and deer coursing had been reported to the police. The farm manager also said that perpetrators are often intimidating and violent when confronted.

Commenting on the news, Julie Marson MP said: "Farmers across Hertford and Stortford will be pleased to hear the news that we are coming down hard on illegal hare coursing.

"Protecting the interests of our local farming and agricultural community is really important to me. They deserve far better than having criminals trespass and destroy their land as they take part in a barbaric activity. I am really pleased that we are updating the legislation to cover this."



Photo credit: The Secret Space

# Wellness charity at risk of closure after burglary

A Hertford charity is on the verge of collapsing following a burglary last year.

The Secret Space provides a welcoming place for residents to take part in yoga, meditation and Pilates, as well as offering a programme of volunteer and training opportunities.

During a burglary at the charity's site on Fore Street at the end of last year, all the computers and tech were stolen from the office, leaving the team "absolutely heartbroken".

Following a difficult two years during the COVID-19 pandemic, the charity is now struggling to survive and is appealing to the community for help.

The charity, which survives only through clients paying to access its services, needs to raise at least

£15,000 to keep going.

A spokesperson for the charity said: "Every pound will make a difference, will help us to stay open, support our teachers, therapists and staff, and most importantly our volunteer community.

"We will appreciate any help that you may be able to give, no matter how big or small."

Established in 2013, the charity has provided a sanctuary where people from all walks of life can take part in group activities and receive holistic therapy treatments.

Its training and volunteer programme has also helped to change the lives of many local people.

To donate, visit [www.justgiving.com/campaign/savethesecretspace](http://www.justgiving.com/campaign/savethesecretspace)





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# Leisure centre works continue into the new year

Work to refurbish the pool hall at Hertford Leisure Centre as part of a multi-million-pound refurbishment is continuing into the new year. With residents eager to know when they will be able to use the popular facility again, East Herts Council has said it is working with Cadman to complete the works as swiftly as possible. It will provide a further update later this month.

In the meantime, Everyone Active will continue to offer swimming and swimming lesson bookings at both Fanshawe and Ward Freman swimming pools. You can get in touch by visiting its website at [www.everyoneactive.com](http://www.everyoneactive.com) or calling 01920 466967 for Fanshawe or 01763 272566 for Ward Freman. The construction of the new extension at the leisure centre is also due to begin this year.

## MP welcomes grants to support businesses

Julie Marson, MP for Hertford, has welcomed the announcement of £1 billion worth of grant support for the hospitality, leisure and cultural sectors. Following the impact of the Omicron variant on the hospitality and leisure industry, the government has announced £1 billion of financial grant support to help protect jobs and businesses. The support includes new one-off cash grants of up to £6,000 for eligible businesses in the hospitality and leisure sector. These grants are the same size as the monthly cash grants the government provided to hospitality businesses when they were forced to close during lockdown.

Commenting on the announcement, Julie Marson MP said: "There is no escaping the fact that this will be a more difficult period for the hospitality and leisure sector than we had wished for. My heart goes out to all of our wonderful local businesses facing additional uncertainty, but I hope that this announcement will come as some good news." The government is also providing more than £100 million in new discretionary funding to local authorities to support other impacted businesses. It is making available an additional £30 million to support theatres, museums and other institutions through the Cultural Recovery Fund.



## Broadband network to future-proof healthcare

LOCAL NEWS



Photo credit: East Herts Council

Patients using GP surgeries in Hertford have begun to enjoy the benefits of ultrafast broadband connectivity.

Following the successful completion of a £1.6million Local Full Fibre Networks project, funded by the Department for Digital, Culture, Media and Sport, the Essex and Hertfordshire Digital Innovation Zone (DIZ) has completed the connection of 74 GP surgeries across West Essex and East Hertfordshire to gigabit-capable fibre broadband.

The COVID-19 pandemic has reinforced the importance of online connectivity for GP surgeries. The upgrade to these 74 surgeries, including some in Hertford, will support the adoption of digital approaches, including virtual appointments and the remote monitoring of patients in their own homes.

This investment will also benefit thousands of residential and business premises located within a short distance of the surgeries, enabling them to access ultrafast speeds.

Councillor Linda Haysey, vice-chair of the DIZ and Leader of East Herts Council, said: "The DIZ was established to bring the benefits to all our residents and to enable investment to be secured that would not have been available to smaller areas acting alone. The achievement of this funding and the build-out of this network will really benefit health provision."

## Police officers assist with special festive delivery

Officers from Hertfordshire Constabulary assisted with a very special delivery in Hertford in the week leading up to Christmas.

PCs James Parker, Ben Roberts and Jamie Atkinson, from the intervention (emergency response) team, were called to an address in Hertford during the early hours of December 22, following reports that a woman had been heard screaming.

On arrival, however, the trio were met with more than they had bargained for, when they discovered that the woman was in labour.

With ambulance staff giving instructions over the phone, the officers got to work and helped deliver a healthy baby boy.

Mum Chantal, 29, and new baby Kaiden were then left in the care of the ambulance service, who arrived a short time later.

Superintendent Dean Patient said: "This really does prove that no two days in policing are the same and that our officers should always expect the unexpected. I'm immensely proud of these officers for their actions and we wish the family well with their new arrival."

## Grants scheme helps businesses to thrive

East Herts Council (EHC) has welcomed 18 businesses, including some in Hertford, into commercial properties since July 2021, thanks to a successful grant scheme.

Businesses can apply for the grants to help them move into new premises in the district.

With funding from the Department for Business, Energy and Industrial Strategy, EHC has handed out grants of up to £5,000, stimulating local high streets and helping business communities to thrive following the difficulties of the COVID-19 lockdowns.

Councillor Jan Goodeve, EHC's executive member for planning and growth, said: "Concerned for the impact of COVID-19 on our high streets and other business areas, we set up the grant scheme to help local traders take on new premises and bring a mix of shops, eateries and services to East Herts."

"It was fantastic to meet the dedicated people behind these businesses and hear first-hand the difference it's made to their lives, their teams and their customers. I know the wonderful East Herts community will continue to support them."

The grants are open for applications until March 31, 2022. Visit [www.eastherts.gov.uk/premises-grant](http://www.eastherts.gov.uk/premises-grant) for more information.



Photo credit: East Herts Council



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# HOW TO PERFORM CPR ON PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way.

While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

### HOW TO CHECK IF YOUR PET NEEDS CPR

- 1. Check their airway:**  
Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.
- 2. Check their breathing**  
Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.
- 3. Check their circulation**  
Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

### HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be


- placed on their backs
- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.

**TOP TIP:**  
Use the beat of the song *Staying Alive* to keep the right pace



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Rob & Liane Kemp, owners Kemphaus Kitchens

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Owner, Rob Kemp has over 30 years' experience in the building and carpentry trade and so has a wealth of knowledge to share with customers, enabling what can sometimes be a stressful time become more manageable and achievable, with as little upheaval as possible.

Liane Kemp also has experience in housebuilding, interior design, sales, marketing and PR, having worked previously in London for property developers, PR agencies and Estate agents.

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**BRUCE KING**

*on getting and staying motivated*

KNOW YOUR  
**WHY**



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.**

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

*More information:*

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)



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# Destination DRY!



THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



**D**id you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

### SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

### MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

### PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

### THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

### MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

### TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.



## THE RISE OF

# Myopia



**M**yopia is one of the most common vision problems in childhood, affecting up to five per cent of pre-schoolers, nine per cent of school-aged children, and 30 per cent of adolescents. And, since the pandemic, cases in children are higher than ever before.

### WHAT IS MYOPIA?

Myopia, also known as short-sightedness, is an eye condition that causes distant objects to appear blurred. Since the pandemic began, there has been a surge in diagnoses, with an increased amount of screentime being the most likely cause.

In children, myopia typically occurs between the ages of six and 13, and it often worsens during the teenage years before stabilising in the early twenties.

### WHAT CAUSES MYOPIA?

Myopia occurs when the eyes grow slightly too long. This means that the light doesn't focus on the retina at the back of the eyes properly. It is not completely clear why this happens, but it often runs in families and has been linked to focusing on nearby objects, such as computers or books, for long periods of time during childhood.

### DOES MY CHILD HAVE MYOPIA?

There are several signs to look out for that indicate your child may be short-sighted. These include:

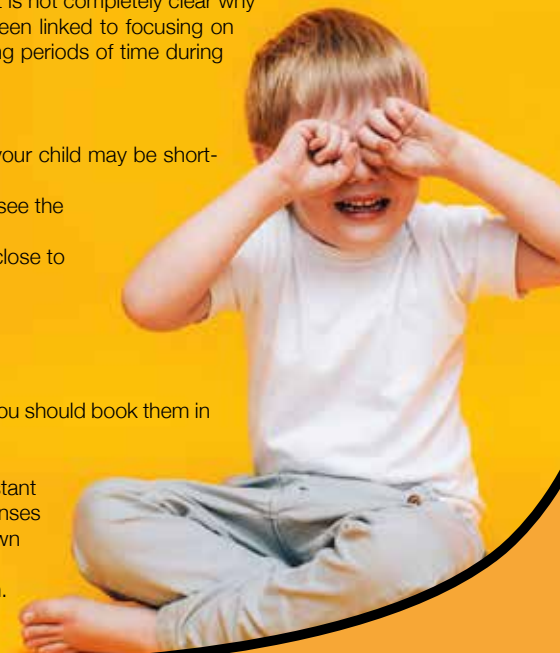
- Needing to sit at the front of the class at school to see the whiteboard
- Sitting close to the TV at home or holding a tablet close to the face
- Complaining of headaches or tired eyes
- Regularly rubbing their eyes.

### HOW TO TREAT MYOPIA

If you suspect that your child may be short-sighted, you should book them in for an eye test as soon as possible.

There are several treatments for myopia, including:

- Corrective lenses that help the eyes to focus on distant objects – in the form of either glasses or contact lenses
- Low-dose atropine eye drops – these can slow down myopia in children
- More time outside and less time in front of a screen.





# Electric avenue

WE'RE ALL AWARE OF THE ECO MOTORING REVOLUTION, BUT DO WE REALLY KNOW THE DIFFERENCE BETWEEN ELECTRIC AND HYBRID CARS?

**W**e are living in a brave new era as far as the vehicles we drive are concerned. These shimmering, humming specimens cruise around our streets almost imperiously, but for those of us keen to rid ourselves of a gas-guzzling giant, it seems many of us aren't clued up on the comparison.

### Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

### Hybrid

A hybrid car runs on electricity, but also has a fuel tank in order to boost or prolong performance. In most models, the petrol powers the wheels, while the electric element propels the drive.

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# Jet in INJECT



HOW SCIENCE HAS PRODUCED A VACCINATION THAT REQUIRES NEITHER NEEDLES, INHALERS OR PILLS

In yet another example of modern science pushing the extremes of how we understand the human body, scientists at the University of Waterloo in Ontario have developed a tool that could eliminate the need for needles altogether.

It uses a high-pressure jet of serum that passes through an opening in the skin that is no wider than the width of a human hair.

Named Cobi and created by Cobionix, the robot first scans the entire human body to find an optimal site where the injection can be done.

While AI-based software remains in its infancy, the speed of the technology means rapid advancements are likely. What it means for the industry is an approach that, in years to come, can lean much less on the manual, fiddly and sometimes unsuccessful manner in which injections are carried out. That also means protecting healthcare workers, lowering the cost of injections, improving patient outcomes, and lessening wastage.

In addition, where the infrastructure of

something like a vaccine rollout means taking over great swathes of space in and around buildings, as we have seen across the UK where COVID-19 is concerned, a Cobi-driven operation would require a much smaller set-up. This could have profound life-saving implications for developing countries, though it's expected to be two years before Cobi is ready for commercial use.

This is not the first time an AI-led automated device has been talked about as a solution to the coronavirus outbreak. In Egypt, in a hospital just outside Cairo, a robot nurse called Cira-03, is busy conducting COVID-19 tests and passing on public information messages to patients.

Tim Lasswell, co-founder and CEO of Cobionix, said: "Cobi is a versatile robotics platform that can be rapidly deployed to complete tasks with 100 per cent autonomy."

Photo credit: uwaterloo.ca/COBIONIX



# CANTONA'S KUNG FU KICK

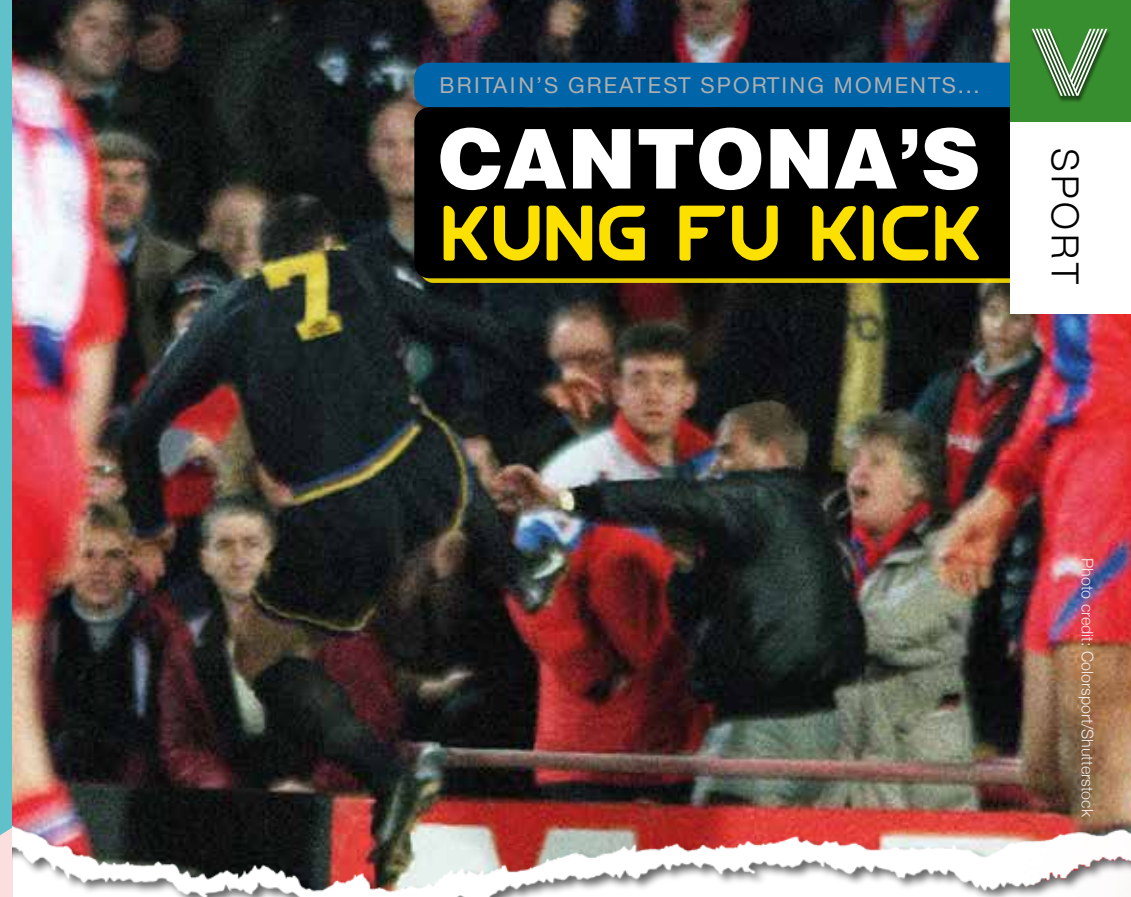


Photo credit: Coloursport/Shutterstock

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S ERIC CANTONA'S KUNG FU KICK AT SELHURST PARK

Eric Cantona's kung fu kick at abusive Crystal Palace supporter, Matthew Simmons, on the night of January 25, 1995, will go down as one of the Premier League's most remarkable moments.

The fiery Frenchman had just been dismissed after clashing with Palace's Richard Shaw, as United toiled in South London. As he walked along the touchline towards the changing rooms, the entrance for which is located at the corner flag, Simmons came down a flight of steps to verbally abuse the striker.

That, in itself, is nothing remarkable for footballers of any era, but Cantona's temperament, demeanour and lack of tolerance were already hot topics, and he lurched into the crowd, studs first, in pursuit of his abuser.

While Crystal Palace dished out a life ban to the supporter, somewhat harshly, Cantona had clearly crossed a line and was subsequently barred from

football for nine months by the Football Association.

It says a lot for United's backing of one of their leading stars that, during that period, they renewed the Frenchman's contract. In interviews since, he has largely dismissed the incident, although did at one point claim that he was fighting back against "the hooligan's BNP [British National Party] background", not that the footballer would have known that at the time of the incident.

Without Cantona, United lost the league title by a solitary point to Blackburn Rovers. His return came the following season in a home match with Liverpool when his late penalty rescued the hosts.

In a parallel universe, he may even have been playing for the Merseyside club – three decades ago, in 1991, and a year before he signed for United, Cantona was offered to then-Liverpool manager, Graeme Souness. He turned down the offer to sign the controversial player given his fiery reputation back in France.

# SNOW WAY!



## FROM WOK RACING TO ICE YACHTING – THE WINTER SPORTS YOU PROBABLY NEVER KNEW EXISTED

We watch the Winter Olympics partly with admiration, partly for slightly comedic entertainment. Whoever thought riding down an ice track on a glorified metal tea tray at 80mph was a good idea?

To pull off any kind of sporting prowess with icy, snowy and bitterly cold conditions is impressive, but the peculiarity of winter sport stretches far beyond gliding across a frozen lake on two blades of steel.

Here are five winter sports you probably never knew existed – now all you need is for the temperature to drop below zero so you can partake:

**SNOW SCOOTING** – The scooting trend has transformed our towns and cities. A simple adaption to remove the wheels and curate a more aerodynamic board to stand on, with a handlebar unit that responds to left and right pushes, means you are ready to embark on a whole new form of scooting... on ice.

**WOK RACING** – Sometimes the name alone is enough to fill in the gaps. Competitors sit on a round-bottomed Chinese wok and speed down a variety of courses, from a bobsled track to a steep bank. Handles are optional.

**SHOVEL RACING** – For a sport that does what it says on the tin, shovel racing is a lot of fun, with the flatness of the metal providing a comfortable yet speedy base for descent.

**ICE KARTING** – We're told to avoid driving in freezing conditions, but ice karting capitalises on our thrill for negotiating unpredictable hazards and, of course, powerslides.

**ICE YACHTING** – This sport is a cross between windsurfing and traditional sailing, with yachts simply adapted with the addition of runners on the bottom, which glide across the ice. It's very popular in the Netherlands and Finland.



# The NECESSARY NEEDLE

THE 100 YEAR ANNIVERSARY OF THE FIRST INSULIN INJECTION



LEONARD THOMPSON  
First patient to receive insulin in  
Toronto.



As humans whose interest in and ingenuity towards science has saved hundreds of millions of lives – whether by trial, error or good fortune – our ability to look around us in using plant and animal matter as a product for life-saving or life-changing medicine is truly a marvel.

A hundred years ago, one such milestone was reached when a 14-year-old boy named Leonard Thompson, who was dying of type 1 diabetes, received the first ever insulin injection.

The shot was administered by scientists Frederick Banting and Charles Best. The duo had practised under the tutorship of John Macleod at Toronto University, and were aided by another chemist, James Collip.

Over the course of the previous year, they had refined a treatment that involved extracting and purifying the hormone insulin from bovine pancreases.

Up until the point of the first insulin injection, people suffering from diabetes had no choice but to adapt to a strict low-calorie, no-carbohydrate diet, where in some cases food intake could not exceed 500 calories per day. Not only was such a diet incredibly difficult to stick to, but those who did abide by it endured low energy and strength, and in many cases a slow starvation.

The connection between pancreatic secretions and diabetes had been known for a while, but Banting, Best and co. were the first to advance the theory, and by the autumn of 1921 had succeeded in keeping alive a diabetic dog using injections of an extract made from duct-ligated pancreas prepared in saline.

Collip subsequently purified the extract for use in humans. The injection was given to Leonard Thompson, and his blood sugar immediately lowered. Subsequently, his urine cleared of sugars and other signs of the disease.

Banting and Macleod received the 1923 Nobel Prize in Physiology or Medicine for the discovery of insulin, and split their awards with Best and Collip respectively.



Photo credits: worldhistoryproject.org





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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

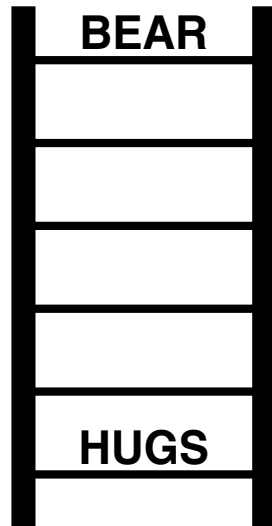
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## DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

## 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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