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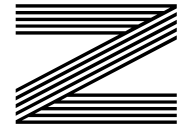
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JUNE BROWN OBE

Denise
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The actress and presenter marking 25 years on our screens



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Editor's notes...

MAY 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hertford. Last month was the first time our magazines went 100 per cent recyclable. It was great to receive so much positive feedback on this from our readers. It's important we all do our bit to help the environment, and to know that our readers support us in this endeavour makes all the hard work to get to this stage worthwhile.

This month, I've been trying to inform our readers and followers about what goes on behind the scenes at a magazine. Often, people only see the glamorous side of working in publishing - dressing up to attend events, and reading the final polished product. What they don't see is when we're standing in the pouring rain, loading magazines into the back of the car, and working evenings and weekends to meet deadlines. But this is all part of being a business owner, and it's all worth it when the hard work pays off.

Here at **VISION**, we're continuing to go from strength to strength, and alongside this we're looking to grow our team. If you're interested in a sales position and being part of a friendly team, please do get in touch.

Coming up next month is the Queen's Platinum Jubilee, marking 70 years since Queen Elizabeth II ascended the throne, so keep an eye on our social media for events taking place in your local area.

Brett Shohet

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Golden BROWN

BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way.

'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'

"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."



Long live THE QUEEN

On February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service. So, what is the secret to her success and her longevity? Let's take a closer look.

REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.

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Your Monthly Lifestyle Magazine **VISION**

Flip OFF

A summer footwear essential for many, you may be surprised to learn just how bad this flimsy footwear can be for your overall foot health.

falling off, which could lead to dangerous driving. It is, however, illegal to ride a motorcycle while wearing flip flops.

RISK OF SPRAINS: Although flip flops are fine for the occasional trip to the beach, when worn all day, they can cause your feet to start to turn towards the middle of your body instead of staying straight. This can put you at a much greater risk of spraining your ankle.

EXPOSURE TO SHARP OBJECTS: Flip flops are not known for their sturdiness, and as they become worn down, you may find your feet on the receiving end of a sharp nail or piece of glass.

LACK OF SUPPORT: Flip flops provide a distinct lack of arch support, which can cause your plantar (the band of tissue in the arch of your foot) to start to pull. This can lead to a painful condition called plantar fasciitis, which may need a combination of physical therapy, anti-inflammatory medications and possibly even cortisol injections to treat.

Footwear styles that are healthier AND more stylish than flip flops: Sandals | Espadrilles | Woven slip-ons | Boat shoes | Penny loafers.

TWISTING OF TOES: As the name suggests, flip flops tend to be floppy, meaning you will often have to curl your toes down to stop them flying off while you walk. Over time, this can mean the toes stay fixed in this curled position, causing an affliction called hammertoe.

COULD CAUSE DANGEROUS DRIVING: Although there is no law in the UK that explicitly bans wearing flip flops while driving, it does put you at higher risk of an accident. Their lightweight design makes them prone to





GET READY TO ice-roll



The beauty world is currently going crazy for cold, with a massive surge in popularity for treatments such as ice baths, cryotherapy and cool sculpting.

So, what is the latest freezing fashion? Introducing ice-rolling, the new skincare technique that promises to tighten and brighten in an instant.

WHAT IS ICE-ROLLING?

The process of ice-rolling is actually very simple and involves massaging your face with an ice-roller. This nifty gadget contains a mixture of gel and water which turns to ice once placed in the freezer. However, unlike normal ice, which when placed on the face melts in a matter of seconds, the ice within an ice-roller will stay solid for longer so you have more time to reap the rewards.

HOW DO I USE AN ICE-ROLLER?

- For best results:
1. Roll the device in a zigzag motion up and down your forehead and then from left to right.
 2. Move down to beside your nose and lower cheek, working upwards and applying a little pressure.

3. Roll outwards on the sides of your mouth and then down under your chin.
4. Finish with your neck.
5. An ice-roller can also be used on your collarbone and upper chest if desired.

WHAT ARE THE BENEFITS OF USING AN ICE-ROLLER?

There are multiple benefits to using an ice-roller, both in terms of the massage technique used and the application of cold. These include:

- > Boosts circulation
- > Restores radiance
- > Encourages optimum skin cell function
- > Reduces puffiness and redness
- > Reduces the appearance of broken capillaries
- > Decreases any inflammation
- > Tightens the skin

DOES ICE-ROLLING HURT?

Although some cold therapies can be a little bit uncomfortable, ice-rolling is not one of them. However, it is recommended that you do not leave the roller on one area for too long as it will get very cold, and this can cause discomfort.



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Sun, Sea and Sand

THE SECRET TO BETTER HEALTH?

When the sun's out, there's one place we all want to go – the beach. A trip to the beach gives us those feel-good vibes, reminding us of holidays and childhood outings. But did you know that a visit to the beach can give you a health boost?

Discover some of the health benefits of a trip to the beach.

It helps you get your dose of vitamin D
Vitamin D is known for boosting your immune system and maintaining strong teeth and bones. And one of the best ways to get it is from the sun. A trip to the beach on a sunny day can help you get a dose of vitamin D that can do wonders for your health.

Sunlight is good for your sleep
Getting outdoors during the day is good for regulating your serotonin levels. This can help you sleep easier, enabling you to get into a sleep pattern to make sure you get the rest you need. Spending time outdoors is also good for your mental health, helping to reduce depression and other conditions.

Walking on the sand is great for fitness
Taking a walk on sand can be a big calorie

burner. It's harder to walk on sand than on concrete or other surfaces, so you'll burn energy as you move. You could even try running on the sand for an even bigger workout.

If you're feeling brave, jump in the sea and enjoy a swim. A lot of people find this invigorating and great for their health. The seawater can also help alleviate symptoms of arthritis and even skin conditions like eczema and psoriasis.

The sea air could help you relax
Breathing in the sea air could be just what you need to help you relax. The negative ions have a calming effect, helping to ease stress and boost your mood. The sea air has also been said to help reduce the symptoms of asthma, improve allergies and alleviate respiratory problems.

Next time you're feeling down and in need of a quick pick-me-up, head to your nearest beach and take advantage of this natural health booster.



Relieve ACID REFLUX without medication

That all too familiar burning sensation in your chest coupled with persistent acid regurgitation? Yes, we are talking about the nightmare that is acid reflux. It affects as many as one in four adults in the UK, but you don't have to turn to shop-bought medications when acid reflux rears its ugly head.

EAT SLOWLY AND SPARINGLY

If you are prone to grabbing a quick sandwich at lunch or, even worse, not eating all day and then consuming a huge meal in the evening, then you are much more likely to suffer from acid reflux. Instead, aim to eat little and often, and as slowly as you can.

SIT UPRIGHT AFTER EATING

While lying down on the sofa after a big meal is one of life's little joys, this is not a good idea if you suffer from acid reflux. Instead, remain upright directly after eating and avoid eating anything just before bedtime.

AVOID CERTAIN FOODS

Some foods are much more likely to trigger acid reflux and should be avoided, including fatty foods, tomatoes, onions, garlic, chocolate and anything spicy. You should also limit your intake of tea, coffee and alcohol.

DRINK MILK

One of the most popular natural remedies for acid reflux, milk is alkaline, which means it can feel soothing to drink. However, it can worsen heartburn once digestion begins. To prevent this, opt for lower-fat milk where possible.

CHEW GUM

The act of chewing gum stimulates the production of saliva, which is another alkaline substance. This can help reduce the symptoms of acid reflux and help to push your stomach contents back into the stomach.

SIP GINGER TEA

Ginger root has been used for centuries to cure stomach aches and nausea and can help to reduce acid reflux. Sip ginger tea slowly for best results.



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POTATO MILK

THE NEW VEGAN AND DAIRY-FREE ALTERNATIVE

Potato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsp of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.





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The history of **BANK HOLIDAYS**



Who doesn't love a bank holiday? They offer the chance to sit back and relax and spend time with family and friends, and this year, many Brits will enjoy an extra day off to celebrate The Queen's Platinum Jubilee.

But how did bank holidays first come about?

England, Wales and Ireland. These holidays were: Easter Monday, Whit Monday, the first Monday in August and Boxing Day.

Meanwhile, Scotland had New Year's Day, Good Friday, the first Monday in May, the first Monday in August and Christmas Day.

THE BANK OF ENGLAND AND THE EXCHEQUER STARTED THE TREND

Before public bank holidays were made official, the Bank of England and the Exchequer were known for taking holidays to celebrate Christian festivals and royal events. In fact, they were believed to have taken around 40 days off each year. Unfortunately, this was cut down to just 18 days in 1830 and then down to just four in 1834.

THE BANK HOLIDAYS ACT IN 1871

In 1871, the Bank Holidays Act was drafted by banker and politician John Lubbock, the first Baron of Avebury. This was when the first official bank holidays became law in

ADDITIONAL CHANGES TO BANK HOLIDAYS

In the 1971 Act, New Year's Day, Good Friday and Christmas Day became bank holidays in England, Wales and Northern Ireland.

The 1971 Act also made January 2 and Boxing Day a bank holiday in Scotland only.

In 1978, the government made the first Monday in May a bank holiday in England, Wales and Northern Ireland.

A Northern Ireland only bank holiday to mark the anniversary of the Battle of the Boyne was introduced in 1926 and falls on July 12.

In 1965, the first Monday in August bank holiday was changed to the Monday following the last weekend in August in a bid to increase trade. Scotland was exempt from this.





HOME & DIY

HOME DÉCOR TRENDS 2022



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.

ARTIFICIAL GREENWALL: Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.

VELVET FURNISHINGS: If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.

AUTHENTIC DESIGNS: Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.

ROYALCORE: Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.

SOFTER SHAPES: Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.



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Colourwashing

THE INTERIOR DECOR TREND YOU NEED TO TRY

Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

WHAT IS COLOURWASHING?
Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

WHAT YOU NEED TO DO A COLOURWASH
To create a colourwash at home, you will need:
> Two types of paint, a lighter and a darker shade – one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.
> A transparent water-based glaze. You could also use water.
> A roller or brush to apply your base colour.

> Either a sponge or a soft brush to paint the wash.

HOW TO DO A COLOURWASH
> After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.
> Mix the colourwash using four parts glaze to one part paint.
> Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.
> Leave to dry, and apply a second coat if desired.

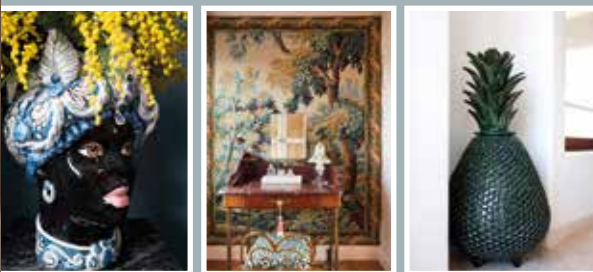
This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.



Photo credit: Brand - Zinc Textiles, Stylist - Sarah Harwood, Photographer - Alex J Curtis via www.livingetc.com



Photo credit: barbamendoza.com



STEPHANIE BARBA MENDOZA world

EXPLORING THE ART OF CONTRASTING STYLES THAT SYNERGISE SEAMLESSLY

As a designer, finding a defined route between contemporary and classic is no mean feat. It requires vision, patience and nerve to throw energy behind contrasting, conflicting styles, before emerging with something precise and exact.

Interior designer Stephanie Barba Mendoza's ability to do this stands her apart from many of her contemporaries.

For more than 40 years, the London-based designer has toyed with vintage and modern, classic tiling and smooth walls, rich sprays of flowers and hard-edged furniture, producing a sumptuous smorgasbord of style that layers material and colour, and completing a look with an abundance of warmth.

Mendoza works with talented craftspeople to create interiors, often bringing antique items into a space to add not just visual interest, but also a feeling of provenance and purpose.

She cites influences as diverse as Freddie Mercury, René Magritte and Serge Roche, and admires others who push their boundaries to the limit.

"It all comes from a rejection of conformity for me," she says, "and when I find clients who share that idea of rebellion, it inspires me as much now as it did the first time I took to styling a space.

"We must appreciate in interior design, in art, in creativity, the fact that escapism and fantasy is as deep and wide as the imagination, and in that respect is endless.

"If we can live in a space, then we can envision anything, and it will always be correct."

The trick to replicating Mendoza's statement style is to individualise on carpets, fabrics, furniture and objects. No matter the style or era, the devil is truly in the detail, and the designer proves the sum total is most definitely greater than the parts.



WATCH OUT(EN) *Denise is about*

CELEBRATING THE STAR QUALITY OF DENISE VAN OUTEN, WHO MARKS 25 YEARS ON OUR SCREENS

Denise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.



LOCAL NEWS

from your neighbourhood

New play area project shortlisted for national award



Photo credit: East Herts Council

East Herts District Council (EHDC) has been shortlisted for a national award for its work creating a new play area in Hertford.

EHDC was nominated in the Delivering Better Outcomes category at the MJ Local Government Achievement Awards 2022. The award celebrates how council teams have made a real impact on local people's lives by providing outcome-focused services or projects.

The Hartham play area project was unveiled last year after a £373,000 revamp and includes a piece of climbing equipment funded by a crowdfunding campaign initiated by residents Carolyn, Jodi and Kalin from Hertford Playground Alliance.

Councillor Eric Buckmaster, EHDC's executive member for the environment, said: "To be shortlisted from the work of more than 300 councils across the country is a real achievement.

"It is testament to the efforts of many people in the council, but also from the Hertford community who played a pivotal role in making the play area what we all see and enjoy today."

Jodi Syssa, from the Hertford Playground Alliance, said: "The play area shows what can be achieved when the community is put at the very heart of project delivery, and I hope we can inspire others to get involved with their local councils to make a positive difference to where they live."

EHDC will find out at a prestigious ceremony on June 24 whether it has won the award.

More than 100 homes created at new development

East Herts District Council (EHDC) has welcomed the creation of more than 100 affordable new homes at Sele Farm in Hertford.

This comes as a new marketing suite at the development on Thieves Lane opened on April 11.

Councillor Peter Boylan, EHDC's executive member for neighbourhoods, and David Gooch from Network

Homes officially opened the new suite, which will be used to sell and rent 102 affordable homes that will be a mixture of one- and two-bedroom apartments and two-, three- and four-bedroom houses.

A total of 71 homes will be for affordable renting, providing high-quality homes for those on lower incomes, and 31 homes for shared ownership, helping people buy a new property with a lower deposit.

Residents will be able to move into their new homes from April 2022 to June 2024.

The development forms part of a wider scheme of 254 properties called Blakemore Manor, which is the first major extension to Sele Farm for many years.

Cllr Boylan said: "The council's commitment to affordable housing forms the backbone of our new housing strategy and is supported by the Sele Neighbourhood Plan."

Charity's fundraising continues to help parents

The founders of a Hertford charity set up to help parents with children who are battling cancer are continuing to fundraise so they can help others.

It's Never You was set up by Ceri and Frances, parents of Hugh Menai-Davis (pictured below), who sadly died of cancer in September 2021 aged just six.

Their experiences inspired them to create the charity with the aim of getting support for parents.

Ceri has lobbied MPs and spoken in Parliament, attempting to make sure that parents have what they need when spending days and nights in hospital alongside their poorly child.

To help the charity support parents, a series of fundraising events are taking place.

Ceri and Cae Menai-Davis have already taken on the Three Peaks Challenge on May 7, with Ceri also aiming to complete a 100km hike from London to Brighton on May 28 and 29.

To support It's Never You, visit www.justgiving.com/crowdfunding/cerimorys-menai-davis



Photo credit: Family Picture



Photo credit: Essex Police

Man who died in fatal car collision is identified

A motorcyclist from Hertford who died in a collision last month has been named.

Rick Petrie sadly passed away when his motorbike was involved in a collision with a car on Elizabeth Way in Harlow on April 3.

Emergency services attended at around 11am, but the victim was declared dead at the scene.

A police cordon was put in place while forensic investigators examined the scene.

Details of the incident were confirmed at Essex Coroner's Court in Chelmsford on April 21.

Coroner Michelle Brown confirmed that only a provisional cause of death would be given as police continue their investigation.

She said: "The police have formally asked me to suspend this matter while they continue their investigation.

"Therefore, I will adhere to the request and suspend this matter again. It may well be the police investigation leads to no prosecution. If so, then the hearing will proceed in the usual way."

Essex Police are still asking any witnesses to come forward.

They said: "Any witnesses or those with relevant footage are asked to come forward.

"Anyone with information should call 101, quoting incident number 360 of April 3. Alternatively, contact Crimestoppers anonymously on 0800 555 111."





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Photo credit: Environment Agency



LOCAL NEWS

Study recommends river weir should be moved

A weir in Hertford is set to be moved after a study by the Environment Agency (EA) suggested it is not in the ideal location.

The EA's investigation recommends that the weir on the River Beane is moved in order to enhance local habitats and reduce the risk of flooding.

The EA, together with Hertfordshire County Council, has updated residents in a newsletter which outlines plans for the work on the weir near Cedar Close.

A spokesperson for the EA said: "Weir removal will result in a range of benefits for the river, which is a rare and valuable habitat as one of only 200 chalk rivers in the world.

"The river will no longer be affected by the structure, allowing the river to become shallower, with flow more characteristic of a chalk river. This will also allow development of more bankside and aquatic vegetation, enhancing habitats along the river channel.

"There will be no effect on the section of the mill stream downstream of the Sele Siphon, from Rockleigh to the confluence with the Beane.

"Weir removal will also have no effect on connectivity between the river and the flood plain at Beane Marshes."

A public consultation is likely to take place in the summer once further surveys have been completed.

Site to be redeveloped after £16million sale

Hertford Industrial Estate in Caxton Hill will be redeveloped after being sold for £16.6million.

Eastwood has sold the 7.5-acre site, which it owned jointly with VFund and ASK Capital Partners, to investment manager BlackRock.

BlackRock says it will redevelop the largely vacant industrial estate to provide modern units of varying sizes.

Jonjo Lyles, partner at M1 Agency, which advised BlackRock, said: "There is a huge shortage of modern grade A industrial and logistics space. The redevelopment of run-down stock is not only viable financially but also provides the best solution for occupiers to secure modern space."

Subject to planning, the new units are set to be available from mid-2023.

Joshua Prince, CEO of Eastwood, said: "The sale of Caxton Hill enables us to recycle further capital into our growing pipeline of brownfield and strategic development projects."



Photo credit: Google Earth



LOCAL NEWS



Staff at beauty salon celebrate big milestone

Staff at a beauty salon in Hertford paid tribute to the community as they celebrated their 15th year in the town.

Beyond Beauty, based in St Andrew Street, held a special evening to celebrate the milestone, with the occasion doubling as a charity fundraiser.

New and old clients enjoyed prosecco, canapés and cupcakes with the Beyond Beauty staff and the Mayor of Hertford, Bob Deering, who also pulled the numbers for the grand raffle draw.

Raffle tickets had been sold in advance, with many local businesses donating prizes.

Sharon Bruce (pictured fifth from left), salon manager

at Beyond Beauty, said: "Thanks to the generosity of all those who bought raffle tickets and paid to come along, we raised £1,085 for the mental health charity, Mind. This is a charity that is close to business owner Carly's heart, so we are over the moon with the final total.

"A massive thank you to all those who made it such a wonderful event, and here's to the next 15 years."

Beyond Beauty offers a variety of treatments, including semi-permanent make-up, facials, manicures and pedicures.

To find out more about the salon, please visit www.beyondbeautyhertford.co.uk



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Leisure centre to reopen by summer 2023

Hartham Leisure Centre in Hertford is on track to open next year following extensive redevelopment.

The huge modernisation project entered its main phase of construction last month as the front of the old building was demolished.

This has enabled work to start on the extension, which will be used for additional studio space, a gym, a new soft play facility and a café.

Visiting the site before the front of the old building was demolished was councillor Eric Buckmaster, executive member for wellbeing at East Herts District Council.

He said: "Like most major projects, this one hasn't been without its issues, but we are now on track to fully complete the project by summer 2023."



Photo credit: East Herts Council

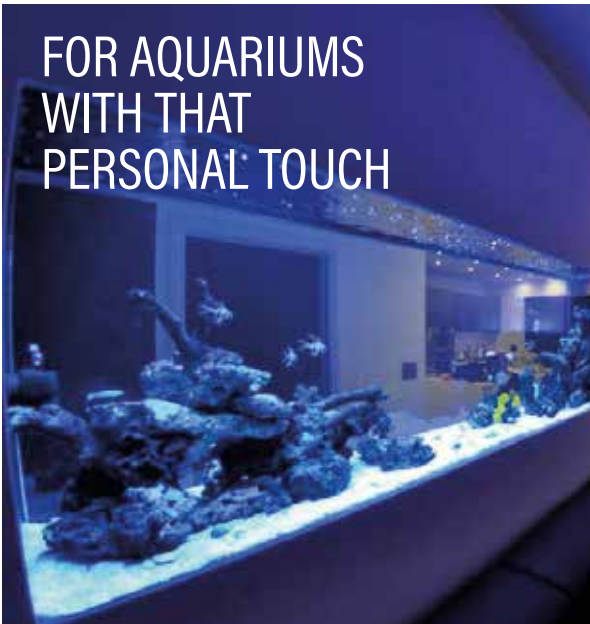
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PETS

Cats love to sleep – it's one of the things we
enjoy the most about them. But have you
ever given much thought to what your cat's
sleeping position means?

BELLY-UP CAT: A cat that sleeps with its belly
exposed and paws splayed is a cat that feels secure
and comfortable in its surroundings. It's exposing
the most vulnerable part of its body, showing you it
feels safe in its home.

CURLED-UP KITTY: A curled-up cat with its
tail wrapped around its body and head tucked in,
means several things. This position helps it stay
warm and also helps the cat protect itself from
potential threats.

IN A BOX: Cats love to sleep in a box or any small
space as it makes them feel safer than being in an
open space. It's a normal behaviour that helps them
feel warm and secure.

EYES HALF-SHUT: A cat that sleeps with its eyes
half-shut is doing so to enable it to react quickly to
any threat or disturbing noise. It's common in noisy

households, or for cats in new surroundings.

LOAF OF BREAD: The 'loaf of bread' position is
where a cat sleeps with its paws and tail tucked
under its body, making it look like it has no legs.
Cats choose this position for comfort and to stay
warm. This position is also a sign that your cat is
happy and relaxed.

SLEEPING ON YOU: A cat sleeping on you
can be for a couple of reasons. It either wants to
feel added protection with a 'safety in numbers'
approach, or it wants to feel close to you and
benefit from some extra warmth.

STRETCHED OUT: A stretched-out cat is a
happy and relaxed cat, who's usually in a deep
sleep. When a cat is in this position, it's best to let
it stay there.

PAWS ACROSS FACE: A cute position to
witness, paws across the face can mean your cat is
trying to keep its nose warm or block out the light.
A cat that's hiding its face wants to be left alone, so
it's best to let your cat be in this position.



Information provided by: Republique of Cats. For more cat facts visit: www.republicofcats.com



GARDENING

Create your own DIY BAR

When it comes to entertaining at home, there's one thing everyone needs – a garden bar. Garden bars have grown in popularity in recent years, and you can easily build your own with a little creativity and determination.

Get ready to transform your garden into your new local with these tips for building the perfect garden bar.

HOW BIG CAN YOU GO? Garden bars come in all shapes and sizes. From a tiki bar to your own garden pub complete with flat-screen TV and pool table, you can be as ambitious as you like. Decide on your budget and how much space you have to create the perfect outdoor bar.

TRY DIY OR READY-MADE. A DIY garden bar is the perfect chance to get creative. You can use recycled materials and design a space that's ideal for your needs. Alternatively, you can find ready-made garden bars in places like Argos or Etsy, or hire someone to custom build your bar.

Using a pre-existing structure, such as a shed or potting bench, your extension or garage, could also help you make the most of your garden space, and give you a good foundation for your garden bar.

MAKE IT SHELTERED. Some shelter is a must for any British garden bar. Whether you choose to have your bar enclosed or build a solid weatherproof canopy, having shelter will protect your bar while helping you make the most of it in any weather.

ADD APPLIANCES AND STORAGE. From fridges to pumps and spirit dispensers, your garden bar can have it all. Buy your equipment and get it installed by professionals to make sure the job is done safely. Don't forget to add storage.

BUY SOME ACCESSORIES. Some of the essentials you'll need for your garden bar include:
Glasses (you could create your own labels too) | Bottle holders | Ice bucket | Cocktail shakers | Towel hooks | Bottle openers/corkscrews

GIVE IT A NAME. Once your bar is all in place, the last thing to do is give it a name. Name it something unique – it's your bar, after all.



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BUSINESS & PROPERTY



BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

Choose a cryptocurrency trading programme

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

Pick crypto to invest in

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.

Select your strategy

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

Consider automated crypto trading

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

Our top trading tips for beginners

- Start with a small investment
- Choose a secure wallet to keep your digital assets safe
- Research the market thoroughly first
- Set stop-loss levels and stick to them
- Don't be afraid to diversify your portfolio
- Do not let your emotions dictate your decisions.



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Hotels are a place to go to enjoy luxury, comfort and relaxation. But one hotel in Costa Rica is taking things to the next level with a completely holistic experience.

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You’ll find the hotel in the Talamanca Mountains in Costa Rica, a truly tranquil spot that lets guests take things at their own pace and helps them recharge, reconnect and expand their horizons.

WHAT BENEFITS DOES IT OFFER

A stay at Hacienda AltaGracia is tailored to you, and is inclusive of all meals and non-alcoholic drinks. Throughout your stay, you’ll be able to enjoy a range of adventure, wellness and cultural activities, helping you truly focus on your wellbeing.

WHAT TO EXPECT AT THE HOTEL

On arrival, guests are given a virtual health coaching consultation, resulting in a tailored plan to aid each individual’s stay.

The hotel offers many different activities, including jungle hikes, botanical yoga, horse riding, trips to the bird observatory, river baths, and much more. Your visit is altered to suit you and also includes a range of dining experiences.

WHY YOU SHOULD VISIT

The hotel has already won a place on *Condé Nast Traveller’s* top 50 resorts in the world and is attracting attention for its unique approach and wide range of experiences.

If you’re looking to get away from it all and focus on getting your life back on track, then this could be the hotel for you.

Photo credit: aubergeresorts.com, theinnes.co.uk



Penny FOR YOUR THOUGHTS



HOW THE SIMPLE PENNY BLACK STAMP KICKSTARTED A SOCIAL REVOLUTION IN THE UK

In 2022, the Penny Black is one of the most sought-after stamps philatelists seek out. Not just expensive, it also represents a cornerstone in the world of collecting; it’s something of a rite of passage to own one.

Yet for all its perceived collectable and material worth today – the first Penny Black stamp was recently listed by Sotheby’s with a possible sale price of up to £6million, although it failed to sell – the name itself reveals very simple beginnings.

The stamp, impeccable in its design and rich in simplicity, and bearing the image of Queen Victoria in profile, was a communication revolution upon its launch on May 6, 1840.

Quite simply, it enabled anyone to send a letter weighing up to half an ounce to any destination in the country, for just one penny.

It opened up a platform for people in all locations and of all social classes to be able to connect with

one another – previously, the idea of sending a letter was complex and expensive, with the recipient required to pay to receive mail.

This dawning of social communication was brought about by Robert Wallace, an MP who led a commission on postal reform, and was brought to life by Sir Rowland Hill in the form of prepaid postage. As well as enabling all levels of society to communicate with each other, it led to a huge boom in business and commerciality.

In total, 68 million of these stamps were used – that’s a considerable number given that the entire UK population in 1840 was around a quarter of that figure.

These days, our postal system is complex, convoluted and extremely competitive. While the Penny Black had simplicity at its heart, it also represents the kind of revolution that modern postal service providers will never be able to replicate.



MOTORING



DEATH TRAP

THE DANGERS POSED BY LOOSE OBJECTS IN YOUR CAR

We all know the dangers represented by cars and, as responsible drivers, invest time and effort in protecting the occupants of our cars from the dangers of the road. Yet what if there were a collection of hazards inside our vehicles – things that account for more than 15,000 injuries every year?

What we're talking about here is the threat posed by everyday items within a car. From a metal tissue box on the back shelf to dashboard air fresheners, from tablets and devices right the way through to cans of drink and snacks. The point is, when a collision occurs, it's not just the things on the outside of the vehicle that can cause harm.

A string of recent awareness campaigns has been designed to make motorists more aware of the risks when our vehicles are decorated with possessions. Securing items or, better still, putting

them away in door or back-of-seat pockets, or the glove compartment, ensures that if impact occurs, those possessions won't come hurtling through the air towards you.

Think carefully about luggage storage, make sure floor mats are secured in the correct positions, and do your best to keep pets secured and still.

Furthermore, if you think the threat of being hit by a loose or unsecured object in your car only comes about in the event of a road traffic accident, think again. Anything from sharp cornering to speed bumps may dislodge an item and send it on a path towards you or your passengers.

In the modern era, cars are more and more becoming extensions of our home. While that gives us the chance to adorn them with small items and luxuries, it's always smart to keep a close eye on the potential danger they might pose.

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CHAMPIONS LEAGUE FINAL 1999

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S MANCHESTER UNITED'S LATE LATE SHOW AT CAMP NOU IN THE 1999 CHAMPIONS LEAGUE FINAL

The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when super-sub Ole Gunnar Solskjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as Solskjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.



DIY KINETIC SAND

KINETIC SAND IS SOFT, MOULDABLE, PROVIDES HOURS OF FUN FOR YOUNG CHILDREN, AND – YOU'LL BE PLEASED TO HEAR – IS SUPER EASY TO MAKE AT HOME

WHAT IS KINETIC SAND?

Kinetic sand is essentially sand that has had other ingredients added to it to create a soft and crumbly consistency, like beach sand, but is also able to hold its shape. Easy to clean and store, kinetic sand should last for several years and is great for child development and sensory play.

HOW TO MAKE YOUR OWN KINETIC SAND

YOU WILL NEED:

2½ cups of fine sand such as play sand (available in a variety of different colours) or decorators sand | 1½ cups of cornstarch | ½ cup of oil such as cooking, baby or mineral | An airtight container with a lid

HOW TO MAKE:

Pour the sand into your chosen container | Mix in the cornstarch | Slowly pour in the oil and mix well | Continue to mix until there are no oily or dry spots in the mixture | Start to play.

HOW TO STORE KINETIC SAND

Although kinetic sand does not dry out, you should keep it clean and dust-free in a resealable bag or an airtight plastic container. When kept like this, it should last for between three and five years.

IS KINETIC SAND SAFE?

Kinetic sand is non-toxic but is not intended for consumption. Any child under the age of three should be supervised when playing with kinetic sand.

KINETIC SAND ACTIVITIES

- > Dig for fossils with small dinosaur toys
- > Use Play-Doh tools to roll out and cut shapes
- > Make ice cream with scoops and spoons
- > Hunt for buried treasure using plastic coins and gems
- > Build a Mr Potato Head out of kinetic sand
- > Practise writing letters and numbers in the sand.



Keeping your build on track as Home Hub introduces a next day range of bifolds, sliding doors and roof lights.

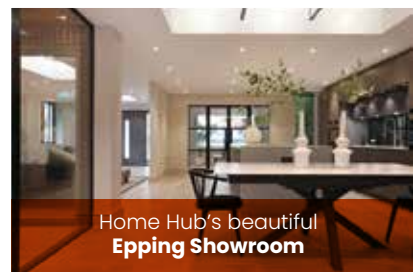
The constant challenge of supply-chain issues and stock availability throughout the pandemic looks set to get even worse with the increase of sanctions to Russia and the ensuing squeeze on commodities having an impact on all aspects of the building sector, prolonging build times and pushing costs even higher.

With such a challenging landscape, it's no wonder that Home Hub Group, a specialist supplier of windows and doors servicing the South East came up with a solution to the problem which enables their customers to manage costs and quality whilst getting the product when they need it.



Bifolds, sliding doors, roof lights & lanterns
Next day delivery

Home Hub has always taken great pride on their ability to provide fast response, quick delivery and price consistency. The pandemic put paid to all of that, with lead times stretching as far as 16 weeks and with no guarantee on prices - it has become so difficult to run a build project, or indeed a business, with so many unknowns. This has made an incredibly challenging environment for Home Hub and their customers.



Home Hub's beautiful
Epping Showroom

But never shy of a challenge, the team at Home Hub went about investigating the feasibility of developing a range of stock products in order to 'beat the system', offer customers peace of mind and avoid long and costly delays in their build projects.

Home Hub investigated how they could get the situation back under control and continue to offer cost effective solutions, on-time, with no compromise on quality.

This led to Home Hub identifying the most popular products and sizes and investing heavily in both product, assembly and storage space to enable customers to take advantage. A next-day selection of the popular 'Serenity' range was developed to fit traditional brick measurements and was launched in February this year and has been welcomed by both builders and home-owners with a hugely positive response.

Home Hub is now stocking bifolds, sliding doors, roof lights and roof lanterns for delivery tomorrow and they'll even provide a former for doors and kerbs for roof lights to help your builder avoid any costly mistakes.

Home Hub has beautiful lifestyle showrooms in Bracknell and Epping where you can browse all products including the next-day range with the team on hand to answer all of your questions. Having been established over 20 years, it's no wonder they are leading the way on how to get things done, on time, on budget whilst looking beautiful.



Bifold doors, sliding doors
and roof-lights available
for next day delivery.



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PUZZLES

Answers: see end of The VISION Listings

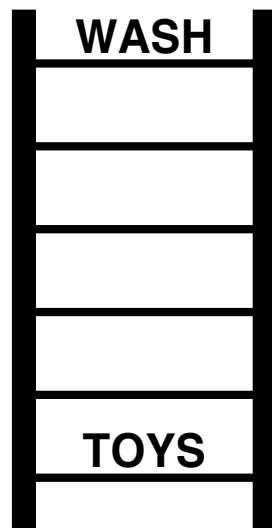
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DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

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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