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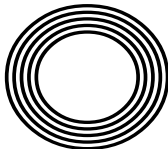
*TOP TIPS*  
For cleaning Converse

**10,000 STEPS**  
*How to reach that magic number*

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**JODIE COMER**

One-woman winning machine celebrates her latest award



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JULY 2023

# Editor's notes...



Brett Shohet, Editor

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

There's no denying that the world is rapidly changing, but whether those changes are for the better remains up for debate. I recently looked into buying a new vehicle ahead of the expansion of the Ultra Low Emission Zone in August. I went to a local dealership and, when I struggled to find it, gave them a call. They told me they hold their vehicles in a warehouse; you choose the car online and they deliver it to you.

While the convenience of this is undeniable, I'd much rather see the car in person, have the chance to play with the gadgets and take it for a test drive. After all, it's one of people's top purchases, so attention to detail is important.

Sometimes change is necessary, but that doesn't mean we have to completely reinvent the market. There's still space to do things the old-fashioned way. Consider print, for example. While many say digital is the way forward, that doesn't mean print doesn't still have its place.

With prices continuing to rise, we are all looking to cut back on unnecessary spending. Many businesses will reduce their advertising, but I'd argue that now is the time to continue investing to make sure you stand out from the crowd. Get in touch today to find out more about our current advertising deals.

*Brett Shohet*

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# MARTIN TYLER'S fantastic finish

**Celebrating both the career and the caressing tones of Martin Tyler, one of the most revered and celebrated football commentators of the modern era, who has left Sky Sports after 33 years of service.**

"Manchester City are still alive here... Balotelli... AGUERROOOO! I swear you'll never see anything like this again. So, watch it. Drink it in."

Martin Tyler's almost indelible words that accompanied Manchester City's first Premier League title in 2011/12 came more than two decades into his service as lead commentator for Sky Sports, the leading UK broadcaster of the English top-flight since its inception in 1992.

To link the Chester-born wordsmith with the pioneering, game-changing nature of Rupert Murdoch's pay TV revolution is an appropriate fit. Both supported each other in the growth of a football product that, rightfully, was to present our domestic league as the very best in the world.

That piece of iconic commentary came on a day when the blue half of Manchester scored two injury-time goals against QPR to wrestle the title away from their city rivals United. Many regard it as being right up there with the sport's other legendary narratives – from Kenneth Wolstenholme's "They think it's all over... it is now" in the 1966 World Cup Final, to Brian Moore's "It's up for grabs now" as Arsenal won the league title with virtually the last kick of the 1988/89 season at Anfield.

Indeed, that spine-tingling commentary is held so dear by the club's fans that many have it painted on walls, or inscribed on body parts – a goal and a string of words that kicked off a football revolution that now sees Manchester City as truly the dominant side in this country.

Tyler has always seen his vocal variations matched with awards – included in these are multiple gongs for Football Supporters' Federation Commentator of the Year Award, plus the much-cherished Premier League Commentator of the Decade.

Away from the satellite giant, he has voiced for Fox SBS (Australia), was the default commentator on the FIFA video game franchise between 2005 and 2022, and has also worked at the Euros and World Cup, having started out at ITV.

While the broadcaster is associated with the very top rung of the professional game, his inherent football passion comes much further down the ladder, given he is a supporter of National League side Woking.

Upon hanging up his microphone, Tyler said: "It's been a privilege to play a small part in the broadcasting history of the greatest league in the world."

"Working alongside wonderful professionals, I thank them for their support and expertise. It's been an honour as a member of a very gifted team."

Tyler, with his mannerisms, his turn of phrase and his presence that could fill the emptiest of front rooms on a Sunday afternoon, will be a hard act to follow, yet Sky Sports commentary is in good hands as Peter Drury takes the hot seat for the new season, starting in August 2023.



Photo credit: Mike Hewitt



# Weird and Wonderful

*festivals around the world*

Summer is the time when crowds flock to music festivals, but did you know there are also a host of weird and wonderful festivals and events that take place throughout the year?

**INTERNATIONAL HAIR FREEZING CONTEST:** In the cold province of Yukon, Canada, the International Hair Freezing Contest takes place every February at the Takhini Hot Springs. With temperatures that reach below -30 degrees Celsius, participants dunk their heads in the hot water of the pools and then create frosty hairdos by shaping their locks as they freeze in the cold air.

**BABY JUMPING FESTIVAL:** Known to the locals as El Colacho, this unusual event takes place in Spain 60 days after Easter during the feast of Corpus Christi. It involves men dressing in traditional 'devilish' clothing to scare the crowd before running down the street and jumping over carefully placed babies.

**WIFE CARRYING WORLD CHAMPIONSHIP:** Fancy carrying your wife around a 253.5-metre track that is riddled with obstacles? Then you need to head to the two-day Wife Carrying World Championship in Finland. A hugely popular annual event that takes place in late June/early July, the winning team is awarded a prize of their wife's weight in beer.

**LA TOMATINA:** You may have heard of this popular Spanish festival that involves A LOT of tomatoes being thrown about the streets of Valencia. Essentially an hour-long tomato fight for the chosen 20,000 participants, this event is held on the last Wednesday in August each year.

**MONKEY BUFFET FESTIVAL:** The Monkey Buffet Festival in Lopburi, Thailand, is, as the name suggests, a buffet for monkeys that takes place annually among the ruins of a temple on the last Sunday of November. The local monkey population in Lopburi is around 2,000-3,000, and all are welcome to the annual feast of fruits, cakes, vegetables and candies.

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# CONVERSE *cleaning*

If your Converse trainers are looking more grimy than gleaming, then you will be pleased to hear that this type of footwear is relatively easy to clean.

All you need is a few simple ingredients and a little bit of elbow grease.

## WHAT YOU WILL NEED:

Baking soda | Toothpaste | Washing-up liquid |  
Stain remover | Water | A sponge | A nail brush and  
toothbrush | Cloths | Newspaper

## HOW TO CLEAN:

### STEP 1: Cleaning the laces

Remove the laces from your Converse and then create a cleaning solution using 50ml of washing-up liquid, 1 tbsp toothpaste, 1tbsp baking soda and 200ml of warm water. Soak the laces for two to three hours and then hang to dry.

### STEP 2: Cleaning the shoe

Stuff each shoe with newspaper and generously apply toothpaste to the shoe using a toothbrush. Leave for 15 minutes. Wash off all the toothpaste using a nail brush and warm water, then leave to dry

in a warm place. Never apply direct heat to your Converse trainers.

### STEP 3: Removing tough stains

For any stubborn stains, apply stain remover directly to the affected area. Leave for five to 10 minutes and then wash off using a nail brush. Leave in a warm place to dry. It can be a good idea to test your stain remover on a section of the shoe that is not visible first, such as the outer edge of the tongue.

NB: You should never machine wash or dry Converse trainers as this can damage the shoes.

### How to keep white Converse white

If you have recently purchased a pair of white Converse trainers, spray them with a water and stain repellent spray before you wear them. When a stain occurs, spot clean immediately with an equal mix of warm water and washing-up liquid.



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V  
BEAUTY

# Never-ending NAIL POLISH

## TOP TIPS TO STOP YOUR NAIL POLISH CHIPPING AND TO MAKE IT LAST LONGER

**D**o you wish your nails would stay chip-free for longer? Or maybe your favourite nail polishes start to become tacky before you've even used half the bottle? Either way, these tips are just what you need.

### HOW TO MAKE YOUR NAIL POLISH LAST LONGER

**Keep your nails short:** Although you may covet long nails, the sad truth is that these are much more likely to break, chip and peel.

**Buff your nails:** Before applying nail polish, buff your nails using a glass or crystal file. Avoid harsh emery files which can damage the nails.

**Choose the right top coat:** Look for a top coat nail polish that boasts chip-resistance, protection and strengthening properties.

**Always apply a base coat:** The base coat is equally as important as the top coat, although this is a step that many skip. Use a strong base coat for best results.

**Reapply the top coat:** A top coat is not a set-and-forget type of application and needs to be reapplied once every two to three days to ensure the preservation of your manicure.

**Wear gloves:** Always wear gloves to protect your hands from water, chemical cleaners and any heavy-duty work.

### HOW TO MAKE NAIL POLISH LAST LONGER IN THE BOTTLE

**Store it in a cool place:** Store your nail polishes in a dark cupboard or drawer. You can even keep them in the fridge.

**Invest in nail thinning lacquer:** A good-quality nail thinning lacquer can be added to nail polish that has started to thicken in consistency or dry out.

**Keep the cap on tight:** Every time you use a nail polish, make sure you screw the cap back on tightly as this will ensure that no air gets in and dries it out.

**Keep out of direct sunlight:** Extreme warmth on the bottle can cause the polish to thicken or dry out, as well as lead to discolouration.





# FEEL THE FOAM



If you are into fitness, then you need to know about foam rollers and how to use them. Predominantly designed to help with the recovery of injured muscles, they can also be used as part of your warm-up and cool-down routines to great effect.

## WHY USE A FOAM ROLLER?

- To alleviate muscle soreness
- To reduce inflammation
- To aid muscle repair and recovery
- To help prevent injuries
- To increase blood flow
- To improve mobility
- To smooth the appearance of the skin
- To promote relaxation

## WHERE ON THE BODY CAN YOU USE A FOAM ROLLER?

You can use a foam roller on your quads, hip flexors,

calves, lats, hamstrings, IT band (the connective tissues that run along your outer thigh from the hip to the knee), the upper back and shoulders, as well as the neck area.

## WHEN SHOULD YOU USE A FOAM ROLLER?

You can use a foam roller either before or after a workout. Using a foam roller before working out can help to loosen up your muscles and allow for more efficient movement. Applying a foam roller after a workout can help to reduce muscle soreness and reduce recovery time.

## HOW SHOULD YOU USE A FOAM ROLLER?

If you are new to using a foam roller, then be warned that foam rolling can be slightly painful. This is particularly true if you are using it on an area where the muscle or tissue is tight and in need of some TLC.

To use a foam roller for the first time:

- Pinpoint the sore or tight area of your muscle.
- Control your body as you slowly lower the targeted area, so it is centred above the roller.
- Lower your body onto the roller until you reach a point of discomfort.
  - Hold it there for 20-30 seconds.
  - You can roll the foam roller slowly back and forth to further stimulate the area.



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# 10,000 a day!



No, not 10k in money but 10k in steps! According to a 2017 study, completing 10,000 steps a day is just as effective as doing five 30-minute workouts a week.

Here are a few more reasons why you should be clocking up some serious mileage.

## To strengthen your heart

If you walk 10,000 steps per day, you will have a larger stroke volume than someone who only walks 1,000 steps a day. Your stroke volume refers to how much blood the heart beats per minute, with a larger stroke volume being a sign of greater aerobic capacity and better heart health.

## To lose weight

Walking is a great form of aerobic exercise, especially if you walk briskly. This can help you to lose weight when combined with a healthy and balanced diet. Furthermore, you will store less fat than an inactive person and be better able to handle periods of excess, such as Christmas, without gaining too much weight.

## To stabilise your blood sugar

People who walk 10,000 steps per day will have a much lower glucose and insulin response in their blood after eating a meal than someone who is inactive. This means that you are less likely to develop type 2 diabetes in the future.

## To improve cognitive function

Daily moderate exercise such as walking has been shown to improve one's ability to learn new tasks, grow new brain cells and stave off cognitive decline. Aerobic exercise may also be able to stimulate new cell growth in the hippocampus, which is the part of the brain responsible for emotion and memory.

## To reinforce healthy habits

It takes time to develop new habits, but sometimes all it takes is one small commitment to act as a catalyst for change. Start with small increases to your overall step count, before gradually increasing to 10,000 steps per day.

# STAY HYDRATED

Water plays a crucial role in our daily wellbeing. From quenching our thirst to fuelling essential bodily functions, staying hydrated is vital. But many of us find it hard to drink enough water or don't know how much we need. If that's you, here are some practical ways to keep hydrated.

## HOW MUCH IS ENOUGH?

According to the government's Eatwell Guide, we should consume 1.5 to 2 litres of fluid per day – more if we're exercising or when the weather's hot. Some experts say we should drink more than that, but it's a helpful starting point.

## DOES IT HAVE TO BE WATER?

No, it doesn't. Lower-fat milk and sugar-free drinks, including tea and coffee, all count. But caffeinated drinks can have a diuretic effect (increasing urine output), and sugar-free drinks can harm tooth enamel. So only rely on these drinks for some of your fluid intake.

## TOP TIPS:

- ✦ Kickstart your hydration by drinking a glass of water first thing in the morning after you've woken up.
- ✦ If you don't like plain water, try infusing it with citrus fruit slices, berries or cucumber – or opt for herbal teas.
- ✦ Carry a bottle of water around with you so you can sip water on the go, whatever you're doing.
- ✦ Make drinking water a habit throughout the day – for example, before each meal or after you've been to the loo.
- ✦ Treat yourself to a smart water bottle or one with times and measurements written on it. Alternatively, download a reminder app, or set alarms or calendar alerts on your phone, to remind yourself to drink.
- ✦ Choose a water bottle, cup or glass that you like – it's easier to drink out of something you find visually appealing.
- ✦ Eat plenty of water-filled foods like fresh fruit and vegetables – they're hydrating as well as being nutritious. Watermelon, cucumber and oranges are all excellent choices.







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# Beautiful BROAD BEANS

FOOD & DRINK

If you want to try to eat more seasonally, then now is the time of year to embrace the humble broad bean. They're delicious, nutritious and guaranteed to brighten up your day. Discover two of our favourite broad bean recipes below.

**BROAD BEAN DIP**  
**You will need:**  
300g podded broad beans | 3 tbsp crème fraîche | ½ a lemon | 1 tbsp fresh dill | Flatbreads or pitta bread to serve

**How to make:**

- Bring a pan of water to the boil.
- Add the broad beans and cook until tender.
- Drain and refresh in iced water.
- Blitz the beans, crème fraîche and a little seasoning together in a food processor.
- Tip into a bowl and squeeze in the juice of the lemon.
- Finely chop the fresh dill and stir through.
- Serve with warm bread.
- You can store this dip in a tightly sealed container for up to four days in the fridge.

**TOMATO, MOZZARELLA AND BROAD BEAN SALAD**  
**You will need:**  
500g tomatoes | 150g podded broad beans | ½ tsp salt | ½ tsp caster sugar | Handful of fresh basil and chives | 1 tbsp fresh tarragon | 1 tbsp mint leaves | 3 tbsp olive oil | 2 tsp Dijon mustard | 1 lemon, zested | 1 tbsp red wine vinegar | 250g mozzarella balls | 50g toasted and chopped hazelnuts

**How to make:**

- Cut the tomatoes into slices and place in a bowl.
- Add the salt and sugar and leave to marinate for 30 minutes.
- Bring a pan of water to the boil and add the broad beans.
- Boil for two minutes, drain and allow to cool.
- Remove the beans from their shells.
- Finely chop all the herbs and tip into a bowl.
- Whisk in the olive oil, mustard, lemon zest and red wine vinegar.
- Season and stir in the broad beans.
- Tip the tomatoes onto a serving platter, then top





GREAT BRITISH INTERIOR DESIGNER

# LOUISE BRADLEY

Interior designer Louise Bradley has impeccable taste, and it's no wonder she's sought after all over the world to create stunning designs in properties that range from country houses to overseas villas. Louise started her business in 1991, and is a self-confessed perfectionist with an eye for detail.

## CLASSIC, CONTEMPORARY BEAUTY

While her styles are striking and timeless, Louise's spaces are designed to be functional too. Her designs typically feature neutral colours enhanced with darker tones and blacks, with plush fabrics, statement lights and carefully chosen accessories completing the look. Louise's spaces represent a new modern classic style that works in different types of homes, including more traditional homes where the property's original features become elevated with Louise's designs.

## RECREATING LOUISE BRADLEY'S LOOK

Some useful tips for recreating this look in your own home include:

- > Keep your layout simple, deciding carefully where furniture should go to help you make the most of the space you have.
- > Choose a muted colour palette that can be enhanced with darker shades to add depth.
- > Dress up the space with cushions and textiles in luxury fabrics. A rug can be a simple way to give a new look to an existing space.
- > Ornate mirrors and statement light fixtures add elegance, and can be an affordable way to dress up your interior if you're willing to shop around.

With looks that are simple yet timeless, Louise Bradley is the ultimate inspiration for contemporary décor that can work in any home.



Photo credit: louisebradley.co.uk

# Home Counties Loft Ladders, Quality You Can Trust!

These days most homeowners suffer from a lack of storage space. So many precious items that need to be kept - but where to store it all? That's where Home Counties Loft Ladders come in.

The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder. 50sqft of boarding and a light - all fully fitted in less than a day from just £444! But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

- that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on 0808 301 9551 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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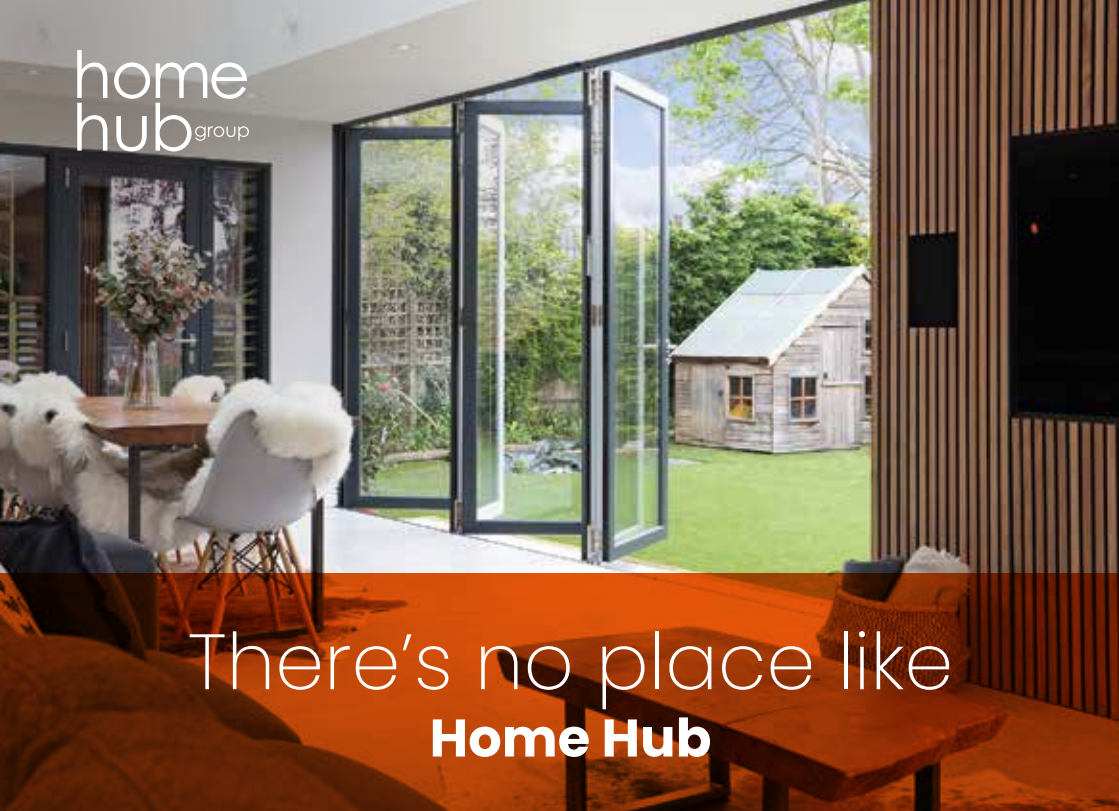


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# TOILET PAPER ROLLS



**D**id you know that the average person uses 100 toilet rolls per year? That's more than 20,000 sheets of paper!

Rather than just throw away the empty rolls, why not put them to better use?

## TO STORE CORDS

Most households have a whole host of unused cords that are taking up too much space, either in a drawer or, worse, on the floor. Create a simple storage solution by folding a phone charger or other type of cord into a neat stack and then placing it inside a toilet roll tube.

## TO STORE IMPORTANT DOCUMENTS

Are you always misplacing your birth certificate or car

insurance documents? Keep important documents safe and crease-free by rolling them up and placing them inside a toilet paper tube. You can also store your child's artwork.

## TO MAKE A FIRE STARTER

Whether you have a wood-burning fire in your home, love to go camping, or like to throw impromptu barbecues, a toilet paper roll makes the process of lighting a fire much easier. Simply stuff a tube with dryer lint, wrap in newspaper and twist at the ends.

## TO MAKE A DIY PHONE SPEAKER

Like your music loud but don't want to have to buy an expensive speaker? Why not make your own with just a toilet roll? Start by cutting a long, rectangular hole in the tube which is big enough to slip your phone into. Then use drawing pins as feet to stabilise the speaker.

## TO PREVENT CREASES

If your trousers tend to crease where the fabric folds over the hanger, then you can easily remedy this by cutting a slit lengthwise into two toilet rolls and then sliding them onto a hanger.







# Drenched IN COLOUR

YOUR GUIDE TO THE DRENCHING TREND

If you love a little colour, then you're going to love colour drenching. This latest interior craze is helping people utilise their favourite shades and transform spaces to give them a coordinated, striking finish. Check out our simple guide to colour drenching and how to nail the look in your home.

## WHAT IS COLOUR DRENCHING?

Colour drenching means taking one colour and using it in various shades throughout a space. From your walls to ceilings and even your woodwork, using the same colour in a room can be super stylish. It's a bold look – one that can make a big impression.

## HOW TO ACHIEVE THE LOOK

To achieve a colour-drenched look in your home, choose a colour that can be applied to your walls, ceiling, doors and window frames. You can then play around with accessories in the same or similar shades to help you fill out the space.

This is a fantastic way to make the most of any statement furniture items you have. A contrasting piece or artwork can really shine in a colour-drenched room, with the space creating the perfect backdrop.

## WHICH ROOMS WORK BEST?

Colour drenching looks great in spaces like living rooms or dining areas. The less clutter you have, the more effective colour drenching can be. If you have a small space to work with, this can be a good way to create the illusion of a bigger room.

You can opt for light, dark or bold colours with colour drenching, helping to create a range of different effects within your home.

## CHOOSING THE RIGHT COLOURS

When it comes to colour drenching, choosing the right colour is important – you're going to be seeing a lot of it, after all.

Some of the colours that work well for colour drenching include rich shades of navy and green, pink and burgundy. White and neutral shades can also work well, especially when paired with wooden details.

You may want to avoid using pastels like yellow, green and pale blue – the room may look too light without any contrasting features.

## AN EXTRA TIP

Start with a feature wall in your chosen colour to see how it feels. If you like it and like the way the light hits the space, you can start adding to it until your room is sufficiently drenched.



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# COMER CHAMELEON



**T**he changing mode of Jodie Comer, and why, in the face of her recent Tony Award win, the British actress's career will surely only continue to ascend.

In the pantheon of British acting royalty, Jodie Comer's journey has been gradual, yet dramatic. The 30-year-old actress has worked her way up through the slightly clichéd ranks, with the usual spread of appearances in TV staples such as *Holby City*, *Waterloo Road* and *Doctors*. Lead-character presence in *Thirteen* and *The White Princess* saw the Liverpoolian build on her early success, with widespread attention on both sides of the Atlantic finally arriving as a result of her portrayal of assassin Villanelle in the BBC drama *Killing Eve*.

Comer's appeal is obvious; she possesses distinctive flair and undeniable talent, with an ability to switch between comedy and drama, romantic segments and thriller sequences.

And nowhere better has that versatility been shown than in her recent triumph at the 2023 Tony Awards, where she garnered the Best Leading Actress accolade for her tour-de-force performance in the Broadway show *Prima Facie*.

"I've never been one to pin everything I do on the idea of winning awards," she begins, "as I believe there is so much good stuff that goes unnoticed. And really, the success or failure of a project is something that only really I can decide upon."

"That said, when recognition comes along, especially with something this big, and in an environment on stage that is a diversion from what I have been doing, it does mean so much to me and I am so grateful."

Comer wouldn't be able to achieve what she has without the eclectic blend of strength, charm and emotional vulnerability that she brings to every role. She is visually striking and phonetically exacting, and with these tools, she manages to engage an audience in a way that few actresses of her age can.

"Drama is about sharing an emotion," she says. "It's not a one-way street – the task is to envelop everyone around you in a character and a feeling."

Comer's journey to the top, while impressive, has been linear. That's what makes the Tony Award her biggest achievement yet – for the fact she stepped out, alone, looking to impress not just those at home, but the fiercely demanding New York Broadway crowd too.

The show, a one-woman play, tells the story of a lawyer who defends men in sexual assault cases, though finds the script flipped when she herself becomes the victim of a sexual assault. The play was also a hit in the West End, with a successful run at the Harold Pinter Theatre.

Beyond the stage, Comer's cinematic work is equally noteworthy. Her role in the upcoming survival film *The End We Start From*, co-starring Benedict Cumberbatch CBE, is eagerly anticipated.

"For me, it's about continuing to move forward – to try new things and to work with new people. I am flattered when I get cast alongside some real heavyweights of the industry, and it is a struggle to feel worthy, at times."

Perhaps that's what makes Comer so popular – a sense of humility and down-to-earth persona. Despite her fame, she remains a humble Liverpoolian who loves her craft and respects her audience.

Photo credit: Jon Sugg





# FROM YOUR AREA

## Castle receives funds to improve grounds



Plans to enhance the castle grounds in Hertford have taken a huge step forward thanks to a successful bid to The National Lottery Heritage Fund.

An initial £300,000 from the fund will enable East Herts Council and Hertford Town Council (HTC) to progress jointly developed plans to promote the site's rich history, improve access and increase biodiversity, with support from Hertfordshire County Council's Countryside Management Service.

Plans include refurbishing the Ashley Webb shelter to incorporate a space to sit and enjoy the castle grounds, and the installation of additional interpretation boards to introduce visitors to the rich history of the grounds and the Grade I listed castle gatehouse.

Councillor Rachel Carter (pictured second from right), chair of HTC's Community Services Committee, said: "This is wonderful news, and this investment will help us achieve our goals of developing a more sustainable and accessible green space, including a new playground for families to enjoy, and creating new ways to engage with Hertford's rich history."

## Council agrees to move out of County Hall

Hertfordshire County Council's (HCC) cabinet has approved plans that will see operations move out of Hertford's County Hall to a pre-existing site in Stevenage.

Following a discussion of the proposals that saw both ruling and opposition parties agree to the move, the final decision was made at a cabinet meeting on Monday, July 10.

At the meeting, Hertford St Andrew's councillor Bob Deering said: "The reality of life, especially post-COVID with hybrid working, means that this building is underutilised. It's not good to spend the amount of taxpayer's money we do on the upkeep."

Councillor Richard Roberts, chair of HCC, added: "I'm really pleased at the work to upgrade the working environment in Stevenage.

"It is with huge regret that I see this giant of a building [County Hall] in a sense a shadow of its former self, because of the lack of people in it.

"We will maintain the front of the building for democratic and civic functions, and our council meetings will continue here. But our offices will move to Stevenage."

The move was then approved by the cabinet. It is expected to begin in September and could save the council up to £3million per year.

## Station ticket offices to shut under new proposals

Proposals have been put forward that would see the ticket offices at Hertford East train station closed.

Under the new plans, Greater Anglia says that staff will instead be moved around the stations.

Jamie Burles, Greater Anglia managing director, said: "The station proposals are aimed at providing a more modern and flexible service for our customers.

"They reflect the more convenient ways in which passengers are looking to buy their tickets and check travel information.

"Station colleagues would undertake a new, more flexible role – bringing staff closer to customers.

To comment on the proposals, please email [GA.Consultation@LondonTravelWatch.org.uk](mailto:GA.Consultation@LondonTravelWatch.org.uk)



Photo credit: Paul the Archivist

## JULIE MARSON MP

Conservative MP for Hertford and Stortford



Hertford is a commuter town meaning problems with trains are especially frustrating. There have been some teething issues with Greater Anglia's new timetable so I met with them to raise concerns. Greater Anglia assured me it is monitoring travel patterns, including on passenger numbers and train capacity, and will react quickly when needed. The timetable changes are to improve services and efficiency following the pandemic. There has been no reduction in services on the Hertford East branch, for example, just an adjustment to the timings. Though this is good there is more to do and I am on the case. If problems continue to affect you, please do get in touch.

It was a pleasure to introduce Safeguarding Minister Sarah Dines MP to Future Living in Hertford, a charity supporting women, men and children to live full and complete lives after experiencing domestic abuse.

We met the fantastic Sandra and her team and sat in on a session of the innovative Monica Programme with inspirational clients. As a former magistrate in Domestic Abuse courts, this is a cause close to my own heart and I continue to support Future Living's incredible work, however possible.

Habitat restoration works along the River Beane that runs through Hertford have begun so I went to take a look and learn more about the project. Our area is one of the few places in the world where chalk streams like this one can be found, and protecting them is of utmost importance. Other Hertford visits included meeting staff and residents at Bentley House Care Home, Hertford Literary Festival, a productive meeting with the new leader of East Herts Council Ben Crystall and opening the newly restored Blackbirds pub - an eventful month in the town with plenty more to come.

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# **A masterpiece lost for more than half a century**

Covered over for 500 years, the Piccotts End paintings provide a fascinating insight into the religious and cultural history of the UK.

While our appetite for discovery has gathered pace in the modern era, it should be remembered that so much of what we uncover isn't new at all; in fact, many things have lain dormant from the efforts of those who went before us.

The Piccotts End paintings are a great example of this. Discovered in 1953, they are a captivating collection of medieval artistic creations that date back to the 15th century.

Named after the village in which they reside, the paintings were found in a row of medieval cottages. It is believed they were created to decorate a small chapel, which was once part of the complex.

The paintings were hidden from view for centuries, covered by layers of plaster and wallpaper, until they were accidentally uncovered during renovations.

They refer to various religious themes and artistic styles that were prevalent in the 15th century, with

one of the most striking pieces being the portrayal of the Virgin Mary holding the Christ Child, with St Anne standing beside her. Other notable scenes include the crucifixion of Christ, the Adoration of the Magi, and the depiction of St Catherine with her wheel, a symbol of her martyrdom.

The artistic style of the Piccotts End paintings is characteristic of the late medieval period. The use of bold colours, such as red, blue and gold, along with the intricate detailing and expressive facial features of the subjects, demonstrates the influence of the Gothic style, which was prevalent in Europe at the time. However, the paintings also display elements of the earlier Romanesque style, with its emphasis on symmetry and balance.

Providing valuable insights into the role of art in religious practices during the medieval period, the paintings are a remarkable testament to the artistic and religious sensibilities of the time.



LOCAL FEATURE



# YOUR LOCAL EVENTS

## TEN TONNES

Corn Exchange, 39 Fore Street,  
Hertford, SG14 1AL  
Thursday, July 27, 8pm – 11pm



Ten Tonnes is a musician from Hertford who possesses a breezy, seemingly effortless ability to fashion snap-crackle lyrics and earworm melodies.

The support act is Eponine. Tickets cost £11 and under 18s must be accompanied by a guardian.

To purchase tickets, head to [www.ticketweb.uk/event/ten-tonnes-eponine-hertford-corn-exchange-tickets/13177028](http://www.ticketweb.uk/event/ten-tonnes-eponine-hertford-corn-exchange-tickets/13177028)

## PRESIDENTS, PILGRIMS AND PURITANS – THE AMERICAN CONNECTION

Marks & Spencer, 140-144 Fore Street,  
Hertford, SG14 1AJ  
Sunday, July 30, 2pm

Hertford gave its name to Hartford, Connecticut. This walk will take in many sites with an American connection, as Hertfordians were also involved in the development of New Jersey, Virginia and Pennsylvania.

As part of the tour, you will hear the stories of Quakers, Puritans and Methodists, the reasons why they travelled to America, and explore parts of Hertford they would still recognise today.

Tickets cost £7 and are available from Hertford Town and Tourist Information Centre or online at [rb.gov/didei](http://rb.gov/didei)

## EIGHTIES NIGHT

Corn Exchange, 39 Fore Street,  
Hertford, SG14 1AL  
Friday, August 4, 7.30pm – 11.55pm

A night full of Eighties tunes with Synth Street playing live. The duo is one of the UK's top live

duos, performing electronic hits from the 80s. Songs covered are by the likes of the Pet Shop Boys, Frankie Goes to Hollywood, The Communards, Nik Kershaw, Eurythmics, plus many more.

There will also be Eighties music from DJ Wayne E throughout the night.

This is an over 18s event. Tickets cost £7 in advance or £10 on the door. To get tickets, visit [www.ticketweb.uk/event/80s-night-hertford-corn-exchange-tickets/13310348](http://www.ticketweb.uk/event/80s-night-hertford-corn-exchange-tickets/13310348)

## ROCK AT THE CASTLE

Hertford Castle, The Castle, Hertford, SG14 1HR  
Sunday, August 6, 12pm – 7pm

Performances by local musicians will span across three stages, featuring a wide range of genres including acoustic, folk, indie, rock, soul and pop.

There will also be food and drink stalls, and activities for children.

The event is free to attend. Find out more via [www.hertford.gov.uk/events-listings/rock-at-the-castle-2](http://www.hertford.gov.uk/events-listings/rock-at-the-castle-2)

## OPEN AIR CINEMA

Hertford Castle, The Castle, Hertford, SG14 1HR  
Friday, August 18, 1pm – 10pm

Enjoy a day of movie magic at Hertford Castle's day of open air cinema screenings.

The two films scheduled are *Sing 2* at 2pm, with gates opening at 1.30pm, and *Top Gun: Maverick* at 7pm, with gates opening at 6.30pm.

Tickets for *Sing 2* are £4 per person, and children under two go free. Get tickets at [hertfordtowncouncil.nuwebgroup.com/events/48140](http://hertfordtowncouncil.nuwebgroup.com/events/48140)

Tickets for *Top Gun: Maverick* are £8 per person, and children under two go free. Get tickets at [hertfordtowncouncil.nuwebgroup.com/events/48141](http://hertfordtowncouncil.nuwebgroup.com/events/48141)



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# PETAL PERFECTION

Are you planning to throw confetti at your wedding? Then you need to know about petal confetti, also known as biodegradable confetti, and how it can help make your big day both stylish and sustainable.

## WHY IS CONFETTI THROWN AT WEDDINGS?

The tradition of throwing confetti at weddings dates back to the Middle Ages, and is used to say congratulations to the happy couple and wish them a lifetime of luck and happiness.

## WHAT IS PETAL CONFETTI?

Petal confetti, as the name suggests, is confetti that is made out of real flowers rather than plastic, metal or paper. It is 100 per cent biodegradable, affordable and makes a stunning addition to any style of wedding. You can create bespoke petal confetti mixes or you can order pre-mixed bags online from companies such as Shropshire Petals

and Pretty Petals. There is also a confetti field in Pershore, Worcestershire, where you can carry out pre-wedding photoshoots and purchase petals.

## WHAT ARE THE BEST FLOWERS FOR PETAL CONFETTI?

There are many different flowers to choose from for your eco-friendly wedding confetti, with some of the most popular options including delphiniums, wildflowers, roses and hydrangeas. In particular, delphinium petals make wonderful confetti as they are small and delicate. It is worth noting that delphiniums and hydrangeas are harmful to dogs, so if you have any four-legged friends attending your wedding, then rose petals and lavender make a fragrant alternative.

## OTHER WAYS TO USE PETAL CONFETTI

As well as being used for beautiful confetti, there are other ways in which you can use petals to make your big day just that bit more special:

- > Create a petal aisle for the bride to walk down
- > Flower girls and boys can scatter petals down the aisle
- > Place piles of petals around other decorations
- > Decorate your wedding tables.



# GET SEATING savvy

With the right seating, you can transform your outdoor space into a comfortable and stylish retreat, whether you've got a simple balcony or something much grander.

**GO SCANDI:** One popular style for outdoor seating is the Scandinavian look, which often features slim wooden frames. This style embraces simplicity and minimalist designs, and is perfect if you're after something timeless and understated. Pair your Scandi seating with outdoor rugs for a relaxed and laid-back vibe.

**EMBRACE INDUSTRIAL CHIC:** If you prefer a more edgy vibe, consider industrial-inspired furniture. Look for dark metal frames and sleek designs, and choose metal planters and modern outdoor lighting to complete the look. Industrial seating is ideal for those who appreciate a modern and urban atmosphere.

**OPT FOR COUNTRY HOUSE CHARM:** If you're after a touch of elegance with a country house feel, look out for rattan lounge sets or daybeds. This furniture blends into the natural landscape beautifully – particularly if you add some terracotta pots and troughs – and evokes a timeless country scene. If you want to go green, choose eco-rattan, a weather-proof rattan lookalike made from recycled plastics.

**CREATE A BEACHY PARADISE:** For a relaxing holiday resort atmosphere, choose wooden suites you can relax into. With some mood-enhancing lighting and a solar lantern, you'll be transported to a beachy paradise, wherever you are. And if you want to complete the look, why not add a fringed parasol?

**CHOOSE CAFÉ-STYLE CHIC:** Indulge in the enchanting ambiance of an outdoor café with a budget-friendly bistro set. Ideal for small spaces, these sets are available in various materials, including metal, plastic and wood. Enhance the charm by adding a couple of plants, and voila! Your space becomes the perfect spot for dining al fresco.





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If your pooch loves lolling their head out of a car window, you could be breaking the law.

It's common knowledge that dogs love to hang their furry heads outside car windows in order to absorb all the fragrant wonders of the world passing by, yet did you know that this could actually be breaking the law?

It is a legal requirement as part of the Highway Code to secure a dog – or any other small animal – in a car when driving to prevent them from causing an accident. This is because they could block your vision, jump in the footwell and stop you braking, or generally distract you with their fluffy cuteness.

In the event that an animal is believed to have caused an accident, the driver of the vehicle can face a fine of up to £5,000 and could receive points on their licence. Worse still, it could also invalidate both your car AND pet insurance – meaning no financial help for Fido should they get hurt.

Mark Tongue, of Select Car Leasing, said: "We'd recommend you don't let your dog

stick its head out of the window.

"Not only does that potentially illustrate that the animal is not restrained properly, but there's also the obvious risk of its head coming into contact with something, like a bush or a tree, resulting in a bad injury. And make no mistake – if you don't have your dog properly restrained, and it's causing distraction, you could be prosecuted by the law.

"Don't take the risk. Make sure both you and your pooch are buckled up properly."

In other words, next time your four-legged friend feels like catching the breeze, make sure you've invested in a dog-friendly harness, or risk finding yourself in the doghouse.





# LOVE PARKS

## Week

Love Parks Week is an annual event that gives people across the country the chance to shout about their favourite green spaces. It takes place between July 28 and August 4 this year. Here are some of the best national parks the UK has to offer.

### NEW FOREST: *Best for nature lovers*

One of the largest areas of woodlands in southern England, the New Forest is a great park to visit all year round. In spring, head to Clayhill Heath to stroll through a sea of bluebells, and in summer, look out for forest pony foals outside Beaulieu and Brockenhurst. Later in the year, don't miss the free-roaming pigs that are let loose to scavenge acorns.

### SOUTH DOWNS: *Best for long-distance walks*

The newest UK national park, South Downs boasts rolling hills and stunning views down to the Weald and out to the Channel. The impressive 100-mile South Downs Way covers the entire park from Winchester Cathedral to the beach at Eastbourne, making it a must-do experience for hiking enthusiasts.

### EXMOOR: *Best for isolation*

One of the least visited national parks in the UK, Exmoor is the perfect place for those who want to seek solace. Offering wild moorlands, rocky ravines and breath-taking coastal cliffs, Exmoor is also home to a population of wild ponies who wander around its expansive landscape.

### DARTMOOR: *Best for camping*

If you fancy experiencing the freedom of wild camping, then this is the national park for you. You can just pitch up and explore Devon's wondrous moorlands – the only national park in the UK where this is permitted. Ideal for families, some of the most popular spots are Haytor and Hound Tor or, for adventure seekers, head out to the remote Fur Tor.



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Mr and Mrs S

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Hyperlocal advertising allows businesses to target customers who are within a specific geographic area, making it easier to reach the right demographic and increase the chances of converting them into paying clients.



TWO

## Cost-effective

Hyperlocal advertising can be cost-effective because it is focused on a specific local area, meaning that businesses can reach their target audience without wasting money on broader marketing campaigns that may not be as effective.



THREE

## Increased engagement

Hyperlocal advertising can lead to increased engagement with customers because it is focused on the local community and the interests of the people living in that area. By targeting customers with ads that are relevant to their interests and needs, companies can build a stronger relationship and increase their chances of repeat business.



FIVE

## Better return on investment (ROI)

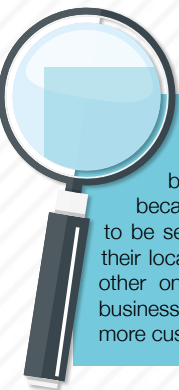
Hyperlocal advertising can lead to a better ROI because it is focused on a specific area and customer base. Targeting customers who are likely to be interested in their products or services, can increase conversion rates and revenue.



FOUR

## Improved search engine optimization

Hyperlocal advertising can improve a business' search engine optimization because it targets customers who are likely to be searching for businesses and services in their local area. By optimizing their website and other online presence for local search terms, businesses can improve their visibility and attract more customers.



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# DROP IT

*like it's hot*

THE PERILS OF BIRD DROPPINGS ON OUR CAR EXTERIORS, AND WHY YOU NEED TO REMOVE THEM QUICKLY

When a bird decides to lighten its load your head, it's said to be a sign of good luck.

Well, tell that to motor aficionados and they may well disagree, because unequivocally, bird poo is bad for your car's paintwork and should be removed immediately.

The acid in bird poo begins to corrode the shiny coat that sits atop your cherished four wheels within 48 hours. This acid kicks off a rusting process, which can be difficult and expensive to fix.

The fact that birds consume a large amount of gravel in their diet means that not only do you need to be quick in removing deposits, but careful as well, or you'll find that despite being prompt in ridding your paintwork of the mess, it's left behind a horror show of scratch marks too.

Preventing the deposit of bird poo on your car is a near-impossible task, though ensuring you don't park under trees or roofed overhangs will reduce the chance of your car resembling a painter and decorator's radio.

The best and easiest method to get rid of

the mess is simply to spray it with WD-40. This will serve to loosen the droppings. You should then use a sponge or microfibre cloth to pinch them up from the surface of the car.

Baking soda mixed with dish soap and dispensed from a spray bottle can be just as good, while pre-prepared over-the-counter formulas are expensive, but equally effective.

The real trick to ensuring no long-lasting marks on your vehicle where bird poo is concerned is rapid detection, so keep your eyes peeled and leap into action at the first sign of air attack.



MOTORING



# KNOW YOUR CHORES

Would you like your children to start helping out around the house, but are unsure of what they should be doing? Use this guide to age-appropriate chores and create the ultimate chore calendar for your family.

**AGES 2 AND 3:** Most toddlers love to help their parents with chores, although their help may not actually be that helpful! Although you will be needed every step of the way, the below chores are a good place to start with this age group:

Making their bed | Picking up their toys | Helping to feed pets | Helping to wipe up spills

**AGES 4 AND 5:** Preschool-aged children should still be fairly motivated to help and love one-on-one time with adults. Suitable chores include:

Clearing and setting the table | Dusting | Making

their beds independently | Helping to tidy their room

**AGES 6 TO 8:** School-aged children are more independent and can keep track of their responsibilities. Chores you may want to entrust to them include:

Washing small plates and bowls | Helping to care for pets | Taking out the rubbish | Sweeping or mopping | Making their own breakfast or snacks | Tidying their room

**AGES 9 TO 12:** At this age, you can set a schedule and expectations when it comes to help in the home. Chores they are able to take on include:

Helping to wash the car | Learning to load and unload the dishwasher | Cleaning the bathroom | Operating the washing machine | Helping to prepare simple meals

**AGES 13 TO 18:** Most teenagers are capable of handling any household chore as long as they have been taught how to do it properly. Depending on their school commitments and schedule, tasks you may like to delegate include:

Vacuuming | Doing their own laundry | Cleaning out the fridge | Preparing family meals | Ironing clothes | Mowing the lawn | Caring for pets.



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**BUSINESS & PROPERTY**

*What is a*  
**RESIDENT LANDLORD?**

**H**ave you ever thought about renting out a room in your home to bring in some extra income? Find out everything there is to know about becoming a resident landlord below.

#### **WHAT IS A RESIDENT LANDLORD?**

A resident landlord, sometimes referred to as a live-in landlord, is someone who rents out a room or a proportion of their accommodation in a property that they also live in. You are not a resident landlord if the property is split into purpose-built flats, with yourself in a separate flat, or if you are not considered by law to be a resident at the property.

#### **WHAT ARE THE BENEFITS OF BECOMING A RESIDENT LANDLORD?**

The main reason that people choose to rent out a room in their home is to earn some extra money which can be used to help pay the mortgage, pay

off other debts, or be put aside for retirement.

#### **ARE THERE ANY TAX BENEFITS TO RENTING OUT A ROOM IN YOUR HOME?**

Yes, the government's Rent a Room Scheme allows you to earn up to £7,500 per year tax-free from letting out furnished accommodation in your home. If you earn less than £7,500, then your tax exemption will kick in immediately, otherwise you will need to complete a tax return or opt into the scheme.

#### **CAN I RENT TO MORE THAN ONE LODGER?**

Yes, you can. If you have more than one spare room in your home, then you can rent to more than one lodger. However, if you rent to three or more tenants who are not from the same family, this becomes a house in multiple occupation, which has very strict licensing rules.

#### **DO I NEED TO TELL MY MORTGAGE LENDER?**

Most mortgage agreements allow you to take in a lodger as long as you live in the property. However, it is worth checking with them first to make sure.



BRITAIN'S GREATEST  
SPORTING MOMENTS...BOTHAM'S  
ASHES

This month, we look back at one of the most significant events in British sporting history, when Lord Ian Botham OBE single-handedly derailed the Australian Ashes machine.

It's rare to find a sporting event named after one person, let alone a whole series, yet July sees the celebration of more than four decades of the term Botham's Ashes – a tribute to a one-man masterclass that turned a dramatic series of matches on its head.

Australia came to England in the summer of 1981 keen to win back the urn, and in a low-scoring first Test at Trent Bridge, they bowled the hosts out for 185 and 125 to seize the initiative.

The second Test was drawn, and the Aussies looked to be coasting to success in the third, at Headingley, as they clocked up 401/9, before skittling England out for just 174. Lord Botham's half-century appeared little more than a consolation, and while a follow-on total of 356 (with the talismanic former footballer 149 not out) had the hosts ahead, it

seemed inevitable that Australia would put away the chase target of 129 very easily.

Only once previously in Test history had a team won after following on, yet the Aussies reckoned without Bob Willis MBE's devastating eight wickets for just 43 runs with the ball, and collapsed to 111 all out, allowing England to level the series.

Past that point, it was a Lord Botham masterclass – he took five wickets in the second innings in the fourth Test at Edgbaston with the Aussies requiring just 150 to win; then bagged a century at Old Trafford as England went 2-1 up. It was his third successive Man of the Match performance.

And in a sixth Test at The Oval, another century from 'Beefy' wrapped up a 3-1 Ashes victory.

From a position of apparent hopelessness, Lord Botham's courage, bullshness, power and fortitude guided England to a sensational series win.

Photo credit: Colorsport/Shutterstock

Camilla  
THE QUEEN UNVEILED

Fifty years ago this month, Camilla Shand married Andrew Parker Bowles OBE and embarked on what seemed like a conventional life. However, fate had different plans in store.

Her Majesty Queen Camilla first met His Majesty King Charles III in the early 1970s. After a period of dating, they separated. Charles joined the Royal Navy. Camilla married Andrew – her on-off boyfriend of several years – and in 1981, Charles married Lady Diana Spencer.

It's believed that Charles and Camilla rekindled their romance in the late 1980s, though the exact timeline isn't certain. There were rumours, of course, but their affair only became public in 1993, when the press leaked transcripts of the couple's intimate phone conversations. Now more than ever, people blamed Camilla for the breakdown of Charles' marriage.

In the aftermath of the revelations, Camilla shut herself away to avoid the press. Charles admitted their affair on television, and Camilla's husband asked for a divorce.

But despite the challenges, Charles was already paving the way for a future with the woman he loved. In 1996, he and Diana divorced. But a year later, tragedy struck with Diana's untimely death in a car accident. For months afterwards, Camilla kept a low profile. But gradually, Charles introduced her to the public. Despite ongoing criticism, Camilla's positive impact on Charles soon became evident, and more people began to accept their relationship.

The pivotal moment happened in June 2000 when Camilla had a private lunch with Her late Majesty Queen Elizabeth II. In 2003, Camilla moved into Charles' home. In 2005, they announced their engagement and they married later that year. Camilla immersed herself in charity work, gaining admiration from various sources, including the Queen.

Last September, shortly before her passing, the late HM Queen Elizabeth II endorsed Camilla as Queen Consort rather than Princess Consort. And in May this year, King Charles III and Queen Camilla were officially crowned, side by side at Westminster Abbey.

Photo credit: Hugo Burnand/Royal Household/Shutterstock



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# PUZZLES & TRIVIA

## PUZZLES

Answers: see end of The VISION Listings

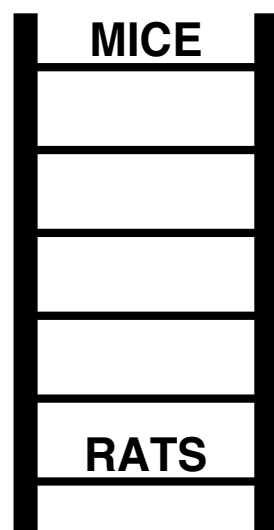
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T	I	J	E	F	L	R	W	A	E	A	R	G	S	F
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A	N	R	T	L	S	A	E	T	V	R	O	W	G	L
C	E	T	A	U	S	H	N	S	O	M	A	L	I	E
I	B	B	P	W	U	A	A	A	E	T	A	R	O	K
C	G	G	P	E	R	S	I	A	N	H	A	A	B	K
O	X	E	X	E	C	O	R	N	I	S	H	R	E	X
S	I	A	M	E	S	E	C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

## DID YOU KNOW?

- ▶ Earth isn't actually perfectly round. Earth's rotation causes the planet to bulge at the equator and flatten at the poles.
- ▶ Coral reefs are Planet Earth's largest living structure. These underwater ecosystems are made up of colonies of tiny animals called coral polyps, which build calcium carbonate skeletons that accumulate over time and form the complex structures we know as coral reefs.
- ▶ The Earth's interior is not solid, but rather has a semi-solid or 'squishy' consistency owing to the extremely high temperatures and pressures.
- ▶ The Earth's diameter (the distance straight through the middle) measures a massive 12,800 kilometres, which makes it the fifth largest planet in the solar system.

## 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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