

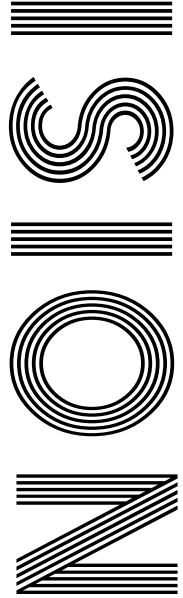


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Sir
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Inspirational war hero receives knighthood

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

Editor's notes...



Brett Shohet, Editor

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

So, how is everyone? I am sure it has been a strange and difficult time for all. However, as mentioned in my last comments, we will

get through this and it looks like that will be quite soon.

It may not be the same as before, but change is not always a bad thing. Over the last few weeks, I have had to adapt how I operate my day to day, including how I communicate with friends, family and clients. But I have enjoyed it.

There has been a lot of sadness out there, with loved ones being affected and businesses closing. Please know that at **VISION** we are here for you. When I speak to potential clients, I would never expect them to invest in their company with **VISION** if we did not believe and lead by example. What this means is we are investing more in **VISION** even in these strange times.

Why? Well, I believe this is the time to do what others may not think of doing so we come out even stronger on the other side.

In July, **VISION** breaks into Hertfordshire with the launch of two areas over the space of two months - **VISION**Hertford and **VISION**Bishop'sStortford. There will also be a new edition in Essex - **VISION**ChelmsfordBeaulieu.

I hope you all enjoy the June 2020 edition of **VISION**Hornchurch.

Brett



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 WORDLADDER: FONT, FONT, FORE, TORE, TYRE, TYPE



The TV doctor whose finger has been on the pulse of the nation's health needs for more than three decades.

Readers of a certain age will best associate Dr Hilary Jones with the so-called golden era of daytime TV when, in the 1990s, producers presided over formats that would cement the careers of the likes of Chris Evans, Ulrika Jonsson, Richard and Judy, Nicky Clarke, John Torode and Gino D'Acampo.

As GMTV's softly spoken, likeable and, to some, slightly lusty healthcare pro with all the answers, Dr Hilary found himself answering questions on everything from puberty to piles in front of a watching television audience of millions.

Having qualified as a medical doctor at the Royal Free Hospital in London in 1976, he spent time practising abroad before becoming a junior doctor, then GP, in Basingstoke. The charisma and calm he brought to matters of the body and mind meant it was only a matter of time before the media spotlight came his way, and he has since spent a career supplementing TV appearances with magazine columns (notably *The Sun* on Sunday pull-out *Fabulous*) and radio appearances (he is a regular on Steve Wright's mid-afternoon Radio 2 show).

"When I was first asked to appear on television, the concept of people phoning in to discuss their problems was a peculiar one, and no one was quite sure if it was an idea that would take off," he says.

"But it did, and it has spawned a huge range of regular shows that encourage people to open up about many aspects of their lives, their bodies and their minds.

"As a medical professional, it can only be a good thing to see people being honest about what's going on, although I'm always wary that we don't want to cheapen the issues as this is real life."

Dr Jones' relatability to a wide demographic has certainly come to the fore in recent weeks as he has re-emerged centre-stage as one of the leading mainstream voices offering support and advice in light of the COVID-19 outbreak.

While championing the magnificent efforts of the public in the nation's fight to stem increases in coronavirus deaths, the 66-year-old also showed his tough side in the first week of May, when he took umbrage to a minority flouting regulations.

"We've all got to be in it together. Are those who refuse to self-isolate going to wear a t-shirt to hospital saying, 'Don't treat me, I didn't participate'? I don't think so.

"People who are careless are endangering not just their own lives but also the lives of so many around them," he continued, explaining that his colleagues on the frontline of hospital care are 12 times more likely to contract the virus than ordinary members of the public.

Current issues aside, the thrice-married TV personality has carved an impressive career out of his time at medical school. He has had six books published, participated in the fifth series of *Dancing on Ice*, and even appeared on a celebrity version of *The Chase*.

"I've had a lot of fun along the way, but the nuts and bolts of what I do will always come back to helping people get well and stay well – that's what I'm really passionate about."

Calling Dr Jones

THE

Positive Pandemic?

REFLECTING ON COVID-19'S SILVER LINING

While for an entire nation, the world around us has changed in ways more dramatic than we ever thought possible, there have been a couple of unexpected upsides to the terrifying global pandemic.

Firstly, we've seen society return to a much simpler way of life. Many work pressures – right down to the morning commute – have been removed, and with it, the hourly anxieties of jobs, tasks and duties lifted.

Children have enjoyed quality time with parents, and we've caught up with old friends more frequently than ever before, albeit online.

From bike rides to DIY, crafts to baking, health, relaxation and endless spurts of creativity and community spirit, the impact on us, as people, has been profound.

And yet, that is only half of the story. With our physical footprint on the environment lessened, we have seen nature reclaim great swathes of the country.

Car journeys have been minimised, meaning fewer harmful pollutants in the air (carbon dioxide levels have dropped 25 per cent); and there were 67 million fewer flights in the first three months of 2020 compared to the same period last year. Indeed, researchers at Stanford University estimated that improvements in air quality have saved the lives of 20 times the number of people killed by the virus.

Consider too that pollution levels in rivers are down – we all saw the pictures of the crystal clear canals in Venice – and even by Greta Thunberg's own admission, the Climate Crisis is "on hold".

While the positive environmental effects of coronavirus may only be temporary, perhaps the pandemic has opened our eyes to the very real impact we have on the world. And perhaps that, in turn, will ensure that while our investment in community, social distancing and hygiene is forever changed, so may we just give that little bit extra to the natural world too.

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Personal STYLIST

HOW A PERSONAL STYLIST CAN HELP YOU FIND YOUR TRUE STYLE PERSONALITY

You don't have to be a celebrity to employ the services of a stylist; it is a savvy investment which will save you money long term. By learning about your true style personality, what suits your body shape and what colours work with your skin, eye and hair colour, you can avoid costly fashion mistakes.

A personal stylist will work with you to understand your style personality and how you like to express yourself through clothes.

There are six style personalities. You may find that you fall into more than one, depending on your mood and the occasion you are dressing for:

CREATIVE – Loves to dress with an artistic edge and has a quirky sense of style. She likes to push the boundaries in what she wears and will mix and match different prints and looks within an outfit.

DRAMATIC – Likes to make a statement when she walks into the room, she is eclectic in her wardrobe choices and enjoys a statement print, bold colours and accessories. She is happy to experiment with the latest trends.

ROMANTIC – Adores pretty, feminine details such as lace, embroidery and ruffles. She will put a lot of effort into her appearance and enjoys dressing up.

CLASSIC – Enjoys being neat and tidy and doesn't like to buy into the latest trends. She likes her wardrobe to be functional and timeless in style.

NATURAL – Has a casual sense of style and likes her clothes to be comfortable and breathable. She likes her style to be a good balance of relaxed and minimalistic, with low maintenance and natural fabrics.

CHIC – Very 'put together' and always looks immaculate. She enjoys a simple yet elegant style of clothing, tending to invest in her wardrobe rather than buying into current fast-fashion pieces.

Alex Standley is a Personal Stylist with 15 years' experience in the Fashion Industry. If you'd like to find out more, please visit www.luxeopardlifestyle.co.uk or get in touch at alex@luxeopardlifestyle.co.uk



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FASHION



BEAUTY



Heavenly HOME-MADE HAND CREAM

Ensure your hands are silky smooth, no matter how many times you wash or sanitise them, with this simple and nourishing DIY, non-greasy hand cream recipe.

- > Use whenever your hands feel dry or in need of a moisture boost
- > Also use on rough patches of skin on your feet, knees and elbows

YOU WILL NEED:

- > 3oz shea butter – although both avocado and mango butter are good alternatives
- > 1 tbsp sunflower oil – organic if possible
- > 10 drops of essential oils – we love eucalyptus and lemongrass, but you can use whatever you have in the cupboard

WHAT MAKES THIS HOME-MADE HAND CREAM SO EFFECTIVE?

Shea butter is the nirvana of skincare ingredients, having the ability not only to nourish your skin but also to heal it as it contains vitamins A and E. Plus, unlike coconut-oil-based moisturisers, shea butter will not leave your hands feeling greasy, just super smooth.

HOW TO MAKE:

- > Add the shea butter and sunflower oil to a small pan
- > Gently heat until melted
- > Pour into a non-reactive bowl
- > Stir in your preferred essential oils
- > Place in fridge for 30 minutes to harden
- > Whip mixture with a hand mixer for 30 seconds until cream is fluffy and doubled in size
- > Do not overwhip as the mixture will turn stiff
- > Transfer cream into a sterilised jar

Sunflower oil is known for its calming effects on the skin, making it ideal for hands that are feeling sore and irritated from frequent sanitising.

Depending on what essential oils you choose to include, you can expect to experience a whole host of benefits. We recommend lemongrass for its ability to relieve stress and combat insomnia, and eucalyptus which can help heal sores, cuts and any other abrasions owing to its germicidal qualities.

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ELEMIS



Kitchen spa

Why spend a fortune on fancy beauty products when you can raid the kitchen cupboards to make salon-quality treatments at home?



Brown sugar buzz body scrub

Mix brown sugar, leftover coffee grounds, olive oil and a drizzle of honey. Rub generously onto body and shower off.

Benefits: Olive oil moisturises, sugar exfoliates, honey is healing and ground coffee has been shown to reduce cellulite over time.



Papaya punch face mask

Blend half a ripe papaya with fresh lemon juice and honey. Apply to face for 15 minutes, then wash off.

Benefits: Papaya is packed with vitamins A, C and E, and also contains alpha hydroxy acids which exfoliate and brighten, while honey moisturises.



Brunch bunch hair mask

Mash half an avocado with two egg yolks, apply to wet or dry hair and leave for 20 minutes before shampooing thoroughly.

Benefits: Egg is pure protein, which is key to rebuilding and restoring hair, while avocado is full of vitamins and fats that will help hair shine.



Coconut massage bars

Give coconut oil a quick blast in the microwave, then add your favourite essential oils – grapefruit and bergamot to invigorate; cinnamon, sweet orange and vanilla to relax – pour into silicone moulds to set, then rub over body post-shower (while wet) for super-soft skin.

Benefits: Coconut oil moisturises while fragrant essential oils help you to relax.



Brilliant bath bombs

Mix one cup of baking soda, half a cup of citric acid and half a cup of Epsom salts then separately mix three teaspoons of olive oil, two teaspoons of essential oil, one teaspoon of water and food colouring. Add wet mixture slowly to dry until you have a sandy texture you can pack into moulds, then leave to dry before using in the bath.

Benefits: Epsom salts soften skin, oils relax and baths generally make your day better.

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HEALTH & FITNESS

**STAYING FIT
& HEALTHY
AT HOME** 

Looking after yourself has never been more important, yet, sadly, it has never been more difficult. Fortunately, there are several ways that you can ensure you stay fighting fit and healthy at home.

EMBRACE #HOMEWORCKOUTS

Missing your motivational gym classes? Fear not, social media is awash with free workouts that you can carry out from the comfort of your own home. Whether you fancy some stress-busting yoga or something a bit more hardcore, such as Peloton indoor cycling classes, there truly is a training session for everyone.

STEP UP YOUR CLEANING REGIME

Doing housework burns a lot more calories than you might think. Half an hour cleaning your windows? 150 calories. Digging up some weeds? Up to 200 calories per 30-minute session. Simply pop on some of your favourite tunes and get to work. The more effort you put in, the better the results.

FOCUS ON FEEL-GOOD FOODS

Nutrition is just as important as your activity levels if you want to stay fit and healthy at home. Try to incorporate foods that are rich in minerals like iron, zinc and selenium which will release 'happy hormones' and make you feel physically and mentally strong.

DO NOT BECOME TOO SEDENTARY

Understandably, most of us will be spending more time sitting rather than moving at the moment, but long periods of inactivity can have long-lasting effects on your body. Combat this by alternating periods of sitting with standing if you are working from home, running up and down the stairs a few times every hour and taking full advantage of your allowed outdoor exercise time each day.

OTHER FUN WAYS TO KEEP FIT IN YOUR HOME INCLUDE:

- 👉 Dancing
- 👉 Playing with your dog
- 👉 Skipping
- 👉 Playing games such as It and hide and seek with your kids





Fancy burning off some self-isolation boredom by popping to the local gym? Your luck's out. COVID-19 has ensured our time posturing and perspiring in the company of others is postponed indefinitely, but that doesn't mean you can't still get in shape.

RUNNING: It's the go-to exercise that we all come back to in the end – it's free, requires no expensive equipment, is endless in its range, and the more you do it the easier it gets. From pavement plodders to sparky park speed merchants, is the simple 'run' the best exercise option of them all?

FRONT ROOM WORKOUT: Joe Wicks may have cornered the market with his lithe lounge routines, but right back to Rosemary Conley on TV-am we were stretching, straining and sweating to workouts in the confines of our front rooms. There's never been a better time to take up the challenge.

TOUR DE UK: The bike succeeds where so many other forms of exercise fail by allowing its rider the rare pleasure of easing off the gas when things get tough. A venture out on your bicycle is not only pleasurable, but will also give your limbs a deserved rest whenever you can locate a downhill section.

THE WEIGHT IS OVER: Free weights at home can quickly boost muscle mass, and in the comfort of your bedroom, kitchen or garden, you can ensure absolute privacy where no unsuspecting audience will witness eye-popping strains akin to an episode of *World's Strongest Man*.

YES TO YOGA: If you feel your exercise regime is more of the mind than the body, start with a simple yoga or Pilates tutorial. You can ease yourself into positions you never previously thought achievable, while politely backing out at difficult moments or when you decide it's 'Pimms O'Clock'.



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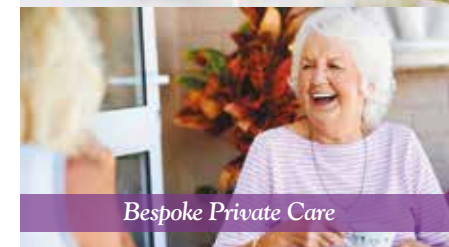
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GINGER *Genius*

No, we're not talking about Ed Sheeran or Paul Scholes, but rather about the creeping perennial with thick, tuberous underground stems and an ability to grow up to a metre in height. That's right, Zingiber officinale, or ginger as it's more commonly known, is in fashion, revered more than ever before as both a culinary and medicinal marvel.

Fresh, dried, powdered, crystallised, pickled or as a tea: ginger comes in many forms. Native to South East Asia, India and China, this radical root has, for centuries, been a friend to both chefs and medicine men alike, and now you too can discover what makes this terrific tuber much, much more than just a simple seasoning.

Firstly, know how to store your ginger. With fresh ginger – and it's always advisable to get fresh over dried due to the superior flavour and higher levels of beneficial components – you can store the roots in the fridge for up to three weeks unpeeled. If you go with dry ginger, keep it in a sealed container in a cool, dark place for no more than six months.

So what makes ginger such a fantastic food?

DIGESTIVE DELIGHT

Ginger has been used throughout history to soothe stomach pain and alleviate digestive discomfort. It is an excellent carminative, meaning that it promotes the elimination of excessive gas from the digestive system and calms the intestinal tract in order to combat conditions such as colic and dyspepsia.

NO MORE NAUSEA

Ginger root reduces the symptoms of motion sickness such as dizziness, nausea, vomiting and sweating. It is also beneficial for pregnant women, and can be used to treat morning sickness.

GLORIOUS GINGEROLS

The active components of ginger are gingerols, which are powerful anti-inflammatory compounds. People who suffer with osteoarthritis or rheumatoid arthritis have even been found to be able to lessen the pain and gradually improve their mobility with the regular consumption of ginger in all its various forms.

I HEART GINGER

New research suggests that ginger may also contain anti-diabetic properties and compounds that can combat the effects of heart disease, with just two grams of ginger powder being found to lower fasting blood sugar by 12 per cent.




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MOLE PROTECTION

SKIN CANCER IS ON THE RISE, SO TAKE CARE BEFORE YOU BARE



It can take the smallest smidge of sunshine to get us Brits flocking to the beach. But white as babes after a winter of covering up, that pale flesh can soon turn red and it is more than peeling you need to worry about – particularly if you have a large number of moles and freckles.

While no one is suggesting you hide away from those glorious rays entirely (and paradoxically, the ultraviolet B helps your skin produce that vital hit of vitamin D), there is plenty that can be done to help prevent moles turning into something more sinister.

Firstly, prevention is better than cure (which is why it's important to slather kids in lotion), as 35 per cent of skin cancers actually develop from a pre-existing mole. Secondly, if you have areas of your body which are particularly prone to freckles and moles, it is best to keep them covered up in direct sunlight.

As 50 to 70 per cent of skin cancers are caused by overexposure to UVA and UVB rays, it is essential to follow a few simple rules:

- Always wear sunscreen on exposed areas and re-apply every two hours
- Avoid exposing yourself to the sun between noon and 4pm
- Choose shade over direct sunlight
- Reduce children's sun exposure as much as possible
- Remember that clothes (including hats, T-shirts and sunglasses) are always the best protection

As your face is exposed to sunlight all year round, it is worth investing in a moisturiser which has a sunscreen already incorporated. It is also advised that you keep track of your moles, even taking pictures of them so you can note changes easily, which you can then show to your doctor. Signs to watch out for include uneven or ragged edges, uneven colouring and itching/bleeding.



Mr J S Chawla

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Nurses: THE NATION'S HEROES

May 12 marked a significant date on the calendars of all those who work in healthcare – the 200th anniversary of the birth of Florence Nightingale.

Of course, in light of their unrelenting daily battles against the global pandemic that is COVID-19, there was very little time for the nation's nurses to celebrate the person regarded as the founder of a profession that has served and saved so many.

The image of the modern-day nurse is one very different from that presented by Florence. Medicine, technology and expert knowledge pattern our NHS lifesavers' every move, and yet they have struggled for so long to get the recognition and remuneration they deserve. Until now...

To all around the country – and not least, the politicians whose fingers linger over the purse strings – the appreciation of our nurses is, on every passing day, being elevated to levels not even Florence Nightingale could have imagined. While doctors may administer drugs to those affected by coronavirus – or perhaps another ailment, or injury – what nurses provide is a restoration of hope, of reassurance, and of empathy... a hand to hold. There is no medication in the world that can rival the emotional boost of someone telling you, "You're going to be okay", and finally, it seems the status of our nurses is on the rise.

For too long the victims of tightened budgets, of unsociable, unattractive

and unhealthy working conditions, these key workers, our "angels without wings", have been taken for granted.

Forget the discomfort of working a 12-hour shift wearing a mask, forget the despondency of seeing people pass away in front of their very eyes, forget the high-pressure, low-paid work... all of that pales into relative insignificance when you consider the fact that our nurses are putting their own lives on the line to save others.

There have already been fatalities, and still the controversy over inadequate PPE (Personal Protection Equipment) rumbles on. Tens of thousands of nurses go into work every day, aware of just how close to danger they are, and all in the pursuit of wanting to cure illnesses, solve problems and make lives better.

A nurse's job in normal circumstance is tough enough, but amidst a global pandemic where every day they find more

questions than answers, it must be terrifying.

The regular Thursday night rounds of applause have been a lovely way for a nation to show their appreciation for these lifesavers, and all those others who contribute to making the NHS what it is; but on its own it's nowhere near enough.

When coronavirus is finally under control, Prime Minister Boris Johnson knows the eyes of the nation will be on the driving of real resources to nurses so they finally get the protection they need. But also real the reward to get the recognition they deserve financially.



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ANY GIVEN SUNDAE

Home-made sauces and ideas for superb summer treats



Let's be honest, we're all going to be spending a bit more time than we've been used to in the kitchen this summer.

While recreating that true summer vibe somewhere exotic may appear a pipe dream as things stand, that doesn't mean our limited outside space can't host a daring and dazzling array of summer treats, so here are some sauce ideas to get you going:

NUTELLA NICETIES

Perhaps the simplest sauce of them all – just melt three tablespoons of Nutella in a pan, adding a bit of water to keep the mixture moving.

When your sauce is smooth, runny and hot, add nuts, hundreds and thousands or any other textured topping and serve with ice cream or over some sliced banana pieces.



RASPBERRY SALTED CARAMEL SAUCE

This one takes a bit more effort but is well worth it. Take a cup of water and ½ cup of sugar and mix in a heated pan until it boils and the sugar turns brown.

Then add ½ cup of cream and the same quantity of raspberry purée, having first strained it to remove the seeds. Whisk, add 3 tbsp of butter, remove from the heat and add ¼ tsp of sea salt.

Use immediately for a thin sauce or refrigerate overnight for a thicker topping that's a belter on chocolate brownies.



COFFEE SALTED CARAMEL SAUCE

For a more adult twist, adjust the ingredients to create the perfect coffee sauce that's great on cakes, cookies, muffins and more. This time it's one cup of sugar, ½ cup of water (and a further ¼ cup to make your coffee), then ¾ cup of cream. Butter increases to 5 tbsp but sea salt reduces to just ¼ tsp.

Make in much the same way, adding the ¼ cup of coffee where you'd previously introduced the raspberries, with 1/4 tsp of vanilla extract which is the final touch to set the whole thing off in a smoky, dreamy, saucy complexion.



The Lunch Bunch

Send your kids back to school in style with lunch ideas they'll never get bored of.

Go bento

Bento is a great way of not only making your little one's lunchtime more exciting, but also keeping it fresh, as all the separate foods come in their own little compartments. To create your own, you may want to invest in a specially-designed bento lunchbox, but you can also just place cupcake papers in a traditional Tupperware variety. Include things like a sandwich or wrap, carrot sticks with a separate hummus dip, boiled eggs, chopped fruit or berries, and a small cake.

Make it fun

Brighten up their lunchtime with a fun surprise stowed in their box. For example, if your child likes pirates, give their lunch a theme and make fruit kebabs on plastic swords, or include a treasure map. Make them giggle with smiley faces drawn onto boiled egg shells and cut their sarnies with heart cookie cutters, or reward them for finishing their lunch with a sweet note hidden underneath the food.

Sneak in veg

Ensuring your children eat a balanced diet is hard, especially when they're out to school every day. The trick is to smuggle the good stuff into snacks they love. For example, if your child loves muffins, make a batch packed with fruit or bake savoury ones with spinach and goats' cheese. If they love pasta, make a batch of tomato spirals with hidden veggie goodness, or make oat bars loaded with fruit and seeds for an extra nutritional boost.

Mix it up

Kids love diversity, so don't feel the need to stick to sarnies and crisps. Savoury tarts, frittatas, couscous salads and sausage rolls are all yummy served cold, and can be made in bulk at the start of the week.

Ultimately, you know your child best, so what better way to give them a boost throughout their school day than with a lunch that's personal, tasty and full of goodness?



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Smooth OPERATOR



How to make a beautiful, delicious and nutritious smoothie bowl - AKA social media's favourite breakfast treat.

When wellness entrepreneur and blogger Deliciously Ella began extolling the virtues of 'smoothie bowls', it sparked a global eating trend. As innocent and sweet as your morning shake, yet packing the nutritional and satisfying punch of oatmeal, these highly Instagram-able bowls of sunshine are a fantastic way to start your day.

The basis of the bowl is blended fruit, veg and nut butter topped with everything from chia seeds and coconut flakes to cacao nibs, nuts and even granola. Slightly thicker than your average smoothie, the trick is to pack your base with as much good stuff as possible whilst still enabling the breakfast to retain a great taste. Avocado, kale, strawberry and coconut milk work perfectly, for example; or try banana blended with blueberries and acai for an antioxidant hit and a scoop of cashew butter for protein.

Some of the benefits of smoothie bowls are their versatility, simplicity, speed and relative cheapness, particularly if you buy the fruit frozen, and any seeds and supplements in bulk. They're also a great way get little ones to eat more fruit and veg, packing in up to two servings of your five a day in one pretty and extremely palatable bowl.

And the variations are endless. For instance, add a tropical twist by simply blending frozen banana, mango and pineapple with a little dairy-free milk, until you have a creamy, smooth texture like soft-serve sorbet, then top with toasted coconut flakes and passion fruit.

Or for something truly decadent, whiz up almond milk, peanut butter, banana and cocoa and top with granola, chocolate chips and slices of banana. This may seem more like a deconstructed peanut butter shake than a clean breakfast choice, but it is relatively low sugar and full of good fats and nutrients, proving that healthy can also be tasty.

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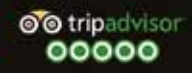
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SNEAK PEAK

The unsung beauty of the Peak District



TRAVEL



While the total population of the Peak District fails even to top 40,000, more than 20 million people live within an hour's drive, making it one of the UK's most accessible tourist areas. But what does it have to offer?

NATURAL WORLD

Clearly, the Peak District's most obvious selling point is its wild expanse of national park, with landscape, outward bound pursuits, hiking routes and picture-perfect villages nestling within stunning geology. Whether on foot or in your vehicle, the green and grey wilderness offers a wholesome connection with the majesty of Mother Nature.

BELOW GROUND

If you're willing to delve below the surface, the Peak District's caving network is something to be admired. Organised caving and potholing experiences – from walk-in routes to vertical drops from ground level – reveal the mysteries of thousands of years, with passageways, streams and chambers testing physical durability and mental strength.

HISTORY

From the resplendent and regal Chatsworth House to museums, temples and mills, the history and heritage of what in some places was a heavily industrial area provides a remarkable step back in time to rather simpler ways, long departed.

FOOD AND DRINK

Derbyshire's connectivity is what gives its pubs, bars, restaurants and cafes a rich combination of southern and northern flavours. Certainly, the trend for gastro and high-end dining in remote converted cottages has given the Peak District a versatile base on which to build its culinary power, with Eyam, Castleton and Bakewell doing more than most to lure in tourists.

The real hidden beauty of the Peak District, however, is not in the big tourist attractions or the places that attract visitors of all persuasions – it's in the period picture postcard properties, the drystone walls, the rolling vistas that appear out of nowhere and, of course, its people. It is a place and a spirit all in one.





SOMBRE VE CELEBRATIONS

for our departed heroes



The street parties were present, Vera Lynn’s eclectic harmonies piped out of speakers, while generations paid emotional, wistful tributes to departed heroes, and yet VE celebrations this year took on a rather unusual feel.

That a nation still came together to commemorate and lay thanks on May 8, the 75th anniversary of VE Day, typified the fortitude and spirit that guided us to victory all those years ago. While we took seriously the distancing limitations of coronavirus, people across our county refused to have their tributes quelled by a modern pandemic.

Britons also encountered another challenge this year, and one that had nothing to do with the two-metre rule – millions of diaries and calendars were published with this, one of the key dates of the year, being wrong. It was as a result of the early May Bank Holiday moving back four days to mark those World War II celebrations. With the switch only being finalised in June last year, an estimated 30 million diaries and calendars were incorrectly printed.

While events this year weren’t allowed to feature mass gatherings, special events or the participation of pubs, perhaps it was fitting that on such a landmark anniversary people were offered the chance to make rather more sombre, personal tributes to those who fought for their country between 1939 and 1945. It’s a far cry from when hundreds of thousands of people marked the end of the bitter war with celebrations centred in The Mall, London, outside Buckingham Palace, as King George VI and Queen Elizabeth stood on the balcony to wave to the cheering crowds.

Missing on that day was a young Princess Elizabeth – one of the rare times that the future Queen slipped incognito to join in the revelries of her future subjects, as she and her sister, Margaret, accompanied by a 16-strong group of trusted members of the royal household, slipped out of the palace to sample first-hand the celebrations.

Recalling the event in an interview a few years ago, the Queen said: “I think it was one of the most memorable nights of my life.”

It was also memorable for one 15-year-old boy from Harrow, Ronald Thomas, who told his family how he had danced with the future Queen. For years he had trouble getting people to believe him.

This year, the Queen paid tribute to those fallen heroes, as well as referencing the profound challenges 2020 has brought, in an emotive speech, delivered in her usual impeccable style.

“Today it may seem hard that we cannot mark this special anniversary as we would wish. Instead we remember from our homes and our doorsteps.

“But our streets are not empty; they are filled with the love and the care that we have for each other.

“And when I look at our country today, and see what we are willing to do to protect and support one another, I say with pride that we are still a nation those brave soldiers, sailors and airmen would recognise and admire.”



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HOME & DIY

IMPROVE don't move



WHY WE HAVE BECOME A NATION OBSESSED WITH DOING UP OUR HOMES

While it's clear the year 2020 is set to be a disastrous one for the sales departments of estate agents, the trend for doing up rather than shipping out is one that began long before coronavirus changed our financial and lifestyle habits.

The lure for people to take what they have and improve on it has a lot to do with the growing escalation of the housing market. Across the UK, prices have increased, on average, by around five per cent each and every year over the past decade. While that doesn't sound much, it means a house bought for £200,000 in 2010 is now valued at £325,000.

That increase means it is unaffordable for many people to enter the market, while others who already own are happy to keep riding the wave in respect of prices continuing to rise, before considering selling as the curve lessens.

Of course, that tailing off could well happen by the end of the summer. The UK housing market is in something akin to cold storage at the moment, at a time when business is usually booming.

This COVID-19-driven change is enhanced by a 'stay at home' premise that is actually encouraging people to tend to all those home and DIY jobs that have typically been left. Sure enough, the more we 'mend this, change that, fix them', the more we paint, restyle, upcycle and redo, the less tendency we have to want to 'up sticks' and move somewhere else.

Put another way, an enforced and prolonged period of isolation could well make us one of the most creative nations in the world in terms of interior design and tending to our gardens. Now where are those *Amazing Spaces* and *Ground Force* books?



CHESTER JONES

Celebrating two decades of the interior design and former architect

There's something very gentleman-like about the style guide offered by Chester Jones. The renowned British interior designer, who operates out of Chelsea, has become one of the UK's leading lights in working together a combination of styles. Comfortable combining traditional and modern, his talent is in matching pieces from vastly different eras, with a bridge between the two that could lean on emotion, intellect, colour, or simply texture. "I never want to feel I am being held back by a contrast of styles," he says. "The real talent of an interior designer is to accept a number of pieces a client already has and wants included, even if they are vastly differing."



TO ACHIEVE THE CHESTER JONES LOOK, THERE ARE, HOWEVER, A FEW STAPLES:

- | Storage... there is no reason to hide away possessions that have been kept because they are valued, but using display and hidden elements to create a stylish space that is also lived in and appreciated is key
- | Pictures, sculptures, books... these three things represent the pivotal elements
- | Elements... wooden floors and big rugs offer cleanliness and maturity, but the browns should be broken up with rounded antiques, splashes of colour and lots of light
- | Craftsmanship... curves, bends and twists are designed to work together, while also blending the harder edges of 'on show' items such as books
- | No room for the showroom... perhaps the most important consideration is that any Chester Jones interior must be lived in and loved. It is not somewhere put together for a catalogue; it is an evolving, breathing space that invites people to relax in a style that has homeliness at its heart.

Photo credit: chesterjones.com



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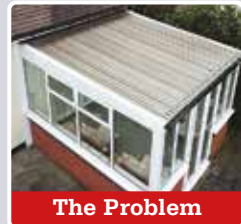
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USE YOUR noodle in the home

FIVE WAYS TO USE A POOL NOODLE IN YOUR HOME

If you have children and they like swimming, then chances are you have a fair few pool noodles lying around the house, because even though they are fairly big and noticeable items, you never seem to be able to locate one when you need it. Thankfully, there are ways that you can upcycle these popular pool aids.

Help your boots keep their shape

Lovers of knee-high or thigh-high boots rejoice: you no longer have to worry about them losing their shape in the bottom of your wardrobe. Simply cut an old pool noodle down to size, insert a piece into each boot and voila. Your boots will retain their shape indefinitely.

Child-proof your home

If you have an explorative toddler on your hands, then you will be keen to protect them from any dangers in your home. Pool noodles make the perfect protective covering for corners as they are soft and shock-resistant. Just slice down the middle and place on any sharp edges.

Use for press-painting

Most little ones love to craft, but the constant trips to Hobbycraft can become expensive. Luckily, your children can enjoy a fun messy play activity using just a pool noodle and some paint. All you need to do is cut your noodle into small circles and let the press-painting commence.

Prevent trousers from creasing

If you tend to overcrowd your wardrobe, you may find that your clothes, especially trousers, become easily creased. Fortunately, a humble cut of pool noodle inserted over the bar of a hanger can solve this problem.

Use as a hose alternative

How often have you struggled to fill a big bucket in your sink? Avoid this issue by simply attaching a pool noodle to your tap and then placing the other end in your bucket.



HOME & DIY

Photo credit: practicallyfunctional.com, Montana Prairie Tales via dtply.com, paper-and-glue.com, findlocal.com, topbuzz.com



Banish BACTERIA

Did you know that bacteria can live for several months on surfaces within your home, as well as on other areas that you may not even have considered?

Handle the hotspots

When trying to keep their houses germ-free zones, people often forget crucial spots that everyone touches, such as doorknobs and tap handles. Spray these hotspots with a disinfectant, leave for 5-10 minutes and wipe clean.

Banish bed bacteria

With many spending more time in bed than usual, it is important that you wash your bedding on a more regular basis. To completely kill all bacteria, wash your sheets and pillowcases on a hot wash and dry on an antibacterial cycle.

Focus on your feet

If you have been heading out for your daily exercise, you could be bringing unwanted germs into your home. Take off your shoes before entering and wash the soles with hot, soapy water. Cleaning your doormat is also advisable.

Tackle technology

How many times a day do you touch your phone or your tablet? Probably more than you care to admit. Cleaning your technological devices with antibacterial wipes throughout the day is crucial if you want to stop the spread of bacteria.

Clean your cleaning equipment

Cleaning equipment such as mops and cloths are often overlooked when it comes to disinfecting items in your home. However, a failure to do this can lead to you spreading germs rather than eliminating them. Wash in hot, soapy water with a few drops of bleach for added oomph.

Home in on your home desk

Did you know that your home desk could contain up to 400 times more bacteria than your toilet seat? Prevent these germs from getting transferred to your hands by consistently wiping down any surfaces you work on with a disinfectant that contains at least 70 per cent alcohol.



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Whether you are concerned about contributing to the supply shortage, are worried about the additional expense or perhaps you just fancy getting crafty, making your own face mask could not be simpler.

SEW OPTION
YOU WILL NEED:
2 of 10 inches x 6 inches rectangles of fabric – tightly woven cotton is recommended | 2 of 6 inches pieces of elastic or rubber bands | Sewing machine | Needle and thread

NO--SEW OPTION
YOU WILL NEED:
A bandana or square cotton cloth (22 inches x 22 inches) | Rubber bands or hairbands

HOW TO MAKE:
Stack the two rectangles on top of each other | Fold over the long sides ¼ inch and hem | Fold the double layer of fabric over ½ inch along the short sides and stitch down | Run a piece of elastic through the wide hem on each side of the mask using a large needle | Fasten the ends tightly together in a knot | Gently pull the elastic so the knots are tucked inside the hem | Adjust to fit your face

DIY FACE MASKS SHOULD:

- ✓ Fit snugly and always be secured over the face
- ✓ Include multiple layers of fabric
- ✓ Allow you to breathe without restriction
- ✓ Be washed regularly

DIY FACE MASKS SHOULD NOT:

- ✗ Allow too much light to filter through the fabric
- ✗ Need to be adjusted continuously
- ✗ Be used as a replacement for social distancing and good hygiene practices



HOW TO MAKE:
Take the fabric and fold the top and bottom into the centre | Fold the sides towards the centre and loop the rubber bands around the fabric | Tuck one end of the fabric into the other | Lift the mask to your face and loop the bands over your ears | Adjust as needed, ensuring that your nose and mouth are fully covered
Photo credit: www.sarahmaker.com



BACHELOR

Pad Style



You're suave, independent and effortlessly cool. How do you go about creating the bachelor pad to match the perfect eligible bachelor image?



It would be churlish to suppose designing the ideal bachelor pad should start off with the bedroom, but given that we spend one-third of our lives in one, it's actually a strong consideration. A bloke's bedroom should have white sheets and luxurious, stylish bedding, with simple and inviting artwork reflecting intelligence, travel and the odd hint of romance.



Just as important is the first impression when you enter the house or flat, and with the male penchant for a 'man drawer', a hallway should have sensible space for stylish storage of jackets, keys, cash and all those other essentials guys have. Rather than hide these away, make a statement of the fact (a key and cash bowl is a great idea), with metal, wood and greenery all combining well for a big welcome.



For the main living space or lounge, a statement piece of art will express more in one picture than a hundred words. A leather sofa looks great against anything, with lamps and throws a must.

Consider as well your everyday items – cutlery, cups, pots and pans. Pulling out an old Stella pint glass procured from the pub in 2014 won't look good – think clean, white, matching, statement-like pieces that show you don't need anyone else's rejects.

And the bathroom space should be similarly masculine. Matching towels, sparing wash items, aftershave and moisturiser, and certainly not a hint of leftover Head & Shoulders.

The ultimate allure for any bachelor pad is cleanliness. Relaxing in your own company or inviting someone else in should be a reflection of homeliness and health. Keep windows shiny, the music classy and even invest in a hotel-level air freshener, and your bachelor pad is ready to impress.



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HOME & DIY

Guiding Light



With summer almost here, it's worth investing in some garden lights to see you through the season. Naturally we don't mean the kind used to deter burglars, or the kind you'd find

lighting up Wembley Stadium. No, we're talking those that look like fireflies dancing on your rose bushes, or glowing lamps that mimic the dying embers of the barbecue as the warm night stretches out before you, glass of rosé in hand.

Fairy lights are an obvious and easy choice to brighten up your outdoor space; just make sure they are the waterproof kind purchased from a garden centre, not leftovers from last year's Christmas tree. To create a fairy-tale ambience there is only one rule: the more the magical. Solar-powered designs are affordable and available in an array of colours and styles from dragonflies to lanterns and teardrops, and are ideal to adorn arches, fences and trees.

To light up paths and flowerbeds, solar-powered stake lights are best. Available white or multi-coloured, these

unassuming beauties dig into the dirt, are almost invisible as they charge during the day, and then transform into glimmering jewels at night.

If you're the kind of person who opts for a fire pit over a fancy gas barbecue, there's a good chance you'll want your outdoor decorations to be equally primal. Lanterns are a fantastic way to instantly add a touch of class, whether Scandinavian-style tin or mosaic Moroccan glass. Outdoor candles in buckets are a budget option and in citronella scent will also deter bugs. And for a festival feel, you can't beat bamboo Tiki torches that are lit using oil. Because sometimes, only fire will do.



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The truly inspirational SIR TOM MOORE



THE STORY OF THE WAR HERO WHO WAS CERTAIN HIS DAYS OF NATIONAL DUTY WERE BEHIND HIM

When social media is bad, it can be the source of an intense amount of ill-feeling, frustration and negative conjecture; but when it's good, it is life-changing, charming and the most wonderful reflection of the human spirit.

Ultimately, as the story of the newly knighted Sir Tom Moore unfolded towards the end of April, it was shown to be the latter, and how...

Here was a former British Army Officer who performed heroics in the India and Burma campaigns of the Second World War. Retiring from combat in the 1950s to become an instructor at the Armoured Fighting Vehicle School down in Dorset, his return to civilian life only once saw him raise his head above the parapet as a guest on the late Terry Wogan's 'Marmite' celebrity wordplay game show *Blankety Blank*, and even that was some 37 years ago.

So when the then 99-year-old decided to take on 100 laps of his back garden – 10 laps per day at 25 metres per lap – to raise money for the organisation NHS Charities Together, it was one of the very simplest and yet most precious gestures the father of two had made in an impressively rewarding life.

Hoping to raise £1,000, the fundraising project soon caught the imagination of social media, and, as with all things that go viral, a simple act grew to a magnitude that someone of any age, let alone a centenarian – a landmark Sir Tom reached on April 30 – would struggle to fully comprehend.

Surging onwards and having

broken the £39million barrier by the second week in May, Sir Tom's efforts have personified the heroic spirit the nation is witnessing and applauding in wake of the COVID-19 outbreak.

And sure enough, his rewards have been a delight for several million admirers to bask in. The inspirational role model was named an honorary Colonel, was rewarded with an RAF fly-past, and enjoyed a personal greeting from Prime Minister Boris Johnson, as well as, of course, receiving the obligatory telegram from the Queen marking his 100th birthday.

Sir Tom, who contracted skin cancer aged 98, said, "Reaching 100 is quite something. Reaching 100 with such interest in me and huge generosity from the public is very overwhelming.

"People keep saying what I have done is remarkable; however, it's actually what you have done for me which is remarkable.

"Please always remember, tomorrow will be a good day."

Sir Tom's immediate 'tomorrows' may still be spent trying to answer some of the 150,000 birthday cards he has received; while he may at least be consoled that the demise of *Top of the Pops* means he doesn't have to venture to Elstree to perform his duet *You'll Never Walk Alone* with Michael Ball, after their version leapt to the top of the singles chart.

But perhaps in the greatest tribute of all, Sir Tom was awarded a knighthood, an award fast-tracked through the walls of power.

As an exemplar for ordinary people performing extraordinary things, the veteran is the first to deflect praise towards others; but in troubled times a nation needs figureheads, focal points and friendly faces in order to make our collective efforts feel real, and in Sir Tom Moore we have all that and so much more besides.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Town celebrates VE Day despite lockdown

Lockdown did not stop people across Hornchurch coming together to celebrate VE Day last month.

Residents were encouraged to decorate their homes with red, white and blue bunting and to have a picnic in their garden or living room. There were also three wartime singalongs taking place during the day on Havering Council's Facebook page.

Trustees of the Hornchurch Aerodrome Historical Trust were not able to continue completion of the RAF Hornchurch Heritage Centre owing to the lockdown, but this didn't prevent them from celebrating and commemorating the 75th Anniversary of VE Day outside their respective houses with a varied display of bunting and artefacts.

The charity hopes to continue with the Heritage Centre once the lockdown eases and to open later this year. Further details of its progress can be seen on

its Facebook Page: Hornchurch Aerodrome Historical Trust.

Local photographer Barry Jones was on hand to capture some memories of the historic day.

Barry, who is a delivery driver for ASDA, has been into photography for about 10 years.

He explained: "That love of photography started with my love of wildlife and I have now moved into all forms of photography. I thought I would get out and have a look around on VE Day and I asked people if they wanted me to take a photo.

"Most people were up for it. I haven't seen anything like this for a few years and it's great that there were a lot of people at home in their gardens to celebrate such a special day. It was mind-blowing, amazing and fantastic to see. It brought a smile to people's faces in such difficult times."



Front-line firefighter takes on tough tower climb

A firefighter from Hornchurch created his own unique 2.6 Challenge recently when he climbed up and down Barking Green Watch's 20-metre high drill tower 26 times.

John Ford, 42, from Hornchurch, wore full firefighter kit – weighing approximately 25kg – for the attempt, which he completed in just 22 minutes.

A member of London Fire Brigade for 17 years, John is no stranger to scaling tall buildings as part of his work – but even he admits climbing up and down the tower 26 times consecutively – which works out further than running all the way up to the top of the Empire State Building – was no easy task.

He said: "I decided to do this challenge as it's one of the toughest training exercises we do. It's four floors of our drill tower, which is approximately 20 metres high, and on the day it was especially tough because it was so warm and our personal protection equipment is quite heavy."

"I'm on the front line in my day job, but I wanted to do something to give something back to Macmillan, as we all know someone affected by cancer, and charities like this will obviously be affected by the pandemic."

John did the challenge as part of a team effort by Upminster Vets Football Club, whose players have so far collectively raised more than £2,000.

John, who also did a run, row and 'skipathon' as part of his challenge, ensured he was able to adhere to social distancing guidelines during the challenge.

He said: "We decided to do individual challenges as a group, motivating and inspiring each other. Our manager has had cancer and received support from Macmillan. I personally have been affected too – my brother-in-law passed away in November 2018, and I have known close family and friends who either passed away or are in remission following a cancer diagnosis."

Fashion student is Design Challenge winner



A highly talented fashion student who studies in Hornchurch has won a prestigious competition run by the Royal Opera House.

Gabrielle Dulskaita, or Gabie as she prefers to be known, studies the Level 3 Extended Diploma in Fashion at Havering Colleges' Ardleigh Green Campus in Hornchurch.

She was selected as a winning entry in the Royal Opera House Challenge for Costume Design, having designed a costume for the Royal Opera House's production of *La Boheme*, and was named a winner by the judges who were impressed by her imagination and thoughtful approach.

Her prize is a trip to the Opera House in Covent Garden (once it is safe) with a taster day in the costume department, a backstage tour and the presentation of her award.



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College staff pull together against COVID-19

Having Colleges' staff are playing their part in helping to support the local community and the NHS by making Personal Protective Equipment (PPE) face visor masks and sewing scrubs from their Hornchurch campus.

Product design and engineering tutors, Guy Reid, Paul Douglas and Kyle Balcome, are using a 3D laser printer in the technology workshop at the Sixth Form campus in Wingletye Lane, Hornchurch, to cut and then hand assemble 300 visors.

These will be distributed to hospitals and care homes – some where college students are on work placements – to help with the COVID-19 pandemic.

Other staff are helping to sew surgical scrubs at home. Student coach and learning facilitator Jane Buckle, and senior curriculum manager for Arts and

Performance Brian Martin and his wife are all busy at their sewing machines in a bid to provide much-needed scrubs for hospital workers. Pauline Morse, another student coach, is knitting pairs of hearts for intensive care patients – one stays with the patient, the other stays with the family.

In the Motor Vehicle Team at the Ardleigh Green campus, Mark Kettley has been in touch with auto trade employers and asked them to donate PPE not being used while those businesses are closed because of the lockdown. Mark has been distributing the donated kit to local community healthcare organisations that so desperately need PPE now.

As the Havering Colleges are part of the bigger New City College, they have been able to donate significant stocks of PPE.

Annie offers help for the homeless



Annie Taylor was looking forward to her birthday party and bouncy castle to celebrate turning three in Hornchurch — until the coronavirus came along.

Annie's Mum, Lizzie, explained: "We had to sit her down and explain that we couldn't have the party because of the 'bug'."

Instead of cancelling the food she had ordered from Marks & Spencer, Lizzie asked Annie if it would be okay to donate the platters to Saint Francis Hospice.

Everyone at the Hospice is overwhelmed by the number of donations it has received during the pandemic.

The Hospice decided, with Lizzie, that the food could be put to good use elsewhere in our community. It passed the food to Havering Islamic Cultural Centre in Romford, which holds a soup kitchen every Saturday in Stratford for the homeless.

"Annie was happy that the food was going to help people and was waving 'bye-bye sandwiches' when the Hospice collected them," beamed a very proud mum.



Three arrested after elderly couple attacked

LOCAL NEWS



Police have arrested three people after an elderly couple were attacked in their home in Hornchurch with fire extinguishers and a weapon.

Between 8.30pm and 9pm on Saturday, April 18, intruders forced their way into the couple's home in Parkstone Avenue, setting off fire extinguishers in their faces and cutting the hand of the male victim.

The female victim was pushed to the floor while the burglars demanded cash from the man.

They eventually left with a small amount of cash.

The woman was not hurt, but the man was taken to hospital as a precaution.

Two of the men, aged 28 and 31, were arrested in late April on suspicion of aggravated burglary and were bailed to a date in late July.

One man, aged 29, was released under investigation.

School name to be changed again in honour of pilot

A school in Hornchurch is to change its name in honour of a brave American pilot who sacrificed himself to prevent hitting the school during the Second World War.

Sanders Draper School on Suttons Lane changed its name to Sanders School in 2014 in a move that was strongly criticised at the time.

Until that point, the school had been named after RAF Flying Officer Raimund Sanders Draper. When the Spitfire he was piloting developed engine trouble shortly after take-off, he realised he could possibly hit the school and deliberately put the nose of the Spitfire down in the playing field.

Stuart Brooks, headteacher at Sanders Draper, felt the name change four years ago was disrespectful.

He explained: "We should not only be immensely proud of our history but also look to build our school

ethos around this. As a result, we are looking to change the name of the school back to its previous and correct name of 'Sanders Draper'. As part of this we are also launching a new house system which will be based on and around the rich history of the local area."

The name change is expected to come in by September 2021.

Town soldier climbs Everest from garden

A soldier from Hornchurch pushed himself to the absolute limit by climbing the equivalent height of Mount Everest on his garden step.

Alex Raymond, 31, a serving captain for the Rifles battalion based in Aldershot, recently climbed the single 21cm-high step more than 42,000 times in less than 24 hours and raised more than £3,500 for NHS Charities Together.

His girlfriend filmed the entire 24 hours on Zoom and, thanks to Alex's family, friends and the Rifles, the stream had some 18,000 viewers.

Alex said: "It felt like a team effort really – having people watching and even doing some of the steps with me is what kept me going. It was tough work but a great experience overall.

"I started at 8pm on April 15 and finished at the same time the following night. I'd say 2am to 6am was particularly gruelling, and then the last six hours I had to really keep pushing myself to carry on."

Alex stopped climbing for just a few 30-minute breaks during the 24 hours, only to go to the toilet or have a quick bite to eat.

He continued: "It wasn't just about raising the money – I also wanted to show people what they were capable of doing from their homes."

Alex, who has suffered knee injuries in the past, said it took him a week to fully recover from the challenge.

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Paramedic Tara faces tough decisions

LOCAL NEWS



A paramedic from Hornchurch is facing some tough decisions during the coronavirus crisis.

Tara Murray, 23, studied at Havering Colleges in Wingleye Lane before going on to Brighton University.

She now works as a paramedic and said: "The COVID-19 virus has tipped our 'usual' day upside down. Firstly, the Personal Protective Equipment (PPE) we must wear is very uncomfortable and it hides a lot of your emotions. It also makes it hard to breathe. Everything now must be doubly scrubbed and cleaned between each patient.

"It's quite scary knowing you are facing someone who could possibly give you an illness you may not survive and then it's also scary thinking I could unknowingly give it to one of my vulnerable or elderly patients.

"It has also messed with my decision-making. Some patients require hospital treatment, but it may now be riskier to take them to A&E because of the virus."

Despite COVID-19, Tara said she believes morale in the ambulance service is at an all-time high.

She said: "I am receiving so much love, thanks and even gifts from the public. It makes me feel appreciated and extremely humble. I cannot see any of my family or friends for the foreseeable future but I feel fortunate that I have my paramedic family to get me through this awful pandemic."

Council and charity launch COVID-19 support line

Havering Council has teamed up with mental health charity Havering MIND to launch a free telephone support line to provide trauma and bereavement counselling to those affected by the coronavirus crisis.

The new service will support any resident or Havering carer who has been affected by a COVID-19 bereavement.

Sarah Balsler, chief executive of Havering MIND, said: "We have a team of wonderful counsellors

who can help you deal with the anxiety and loss, grief and distress you or someone you know may be experiencing because of COVID-19. If it is right for you, our counselling will be carefully arranged for you to talk through the issues that are affecting your mental health and well-being with someone specifically trained to help you."

Counselling is available to any resident or carer over 18 years of age who has been affected by a bereavement or trauma relating to COVID-19.

This free service is available seven days a week from 9am to 7pm, Monday to Friday, and 10am to 1pm at weekends. Please telephone 01708 457040 or visit the website www.haveringmind.org.uk

Honey and Sukh are giving back to the community

A Punjabi restaurant in Hornchurch delivered more than 500 free meals to vulnerable people in the community before lockdown started officially.

As soon as there were reports that people were being infected, Honey and Sukh Uppal of the Tandoori Lounge on the High Street wanted to help.

Honey explained: "We sent out a message on social media and through the Havering Volunteer Centre that we were offering free meals for people who couldn't leave the house. Most of our customers were elderly; we had a few families with young children and single mums as well."

Before the restaurant closed on March 23, the pair also delivered 300 meals to Queen's Hospital.

Honey said: "We have always given back to our community - it's our motto. We wouldn't be where we are now without our customers. Thanks to all our regulars who supported us when we reopened. We've also met a lot of people through customer recommendation."

Since reopening on May 1, the Tandoori Lounge is offering takeaways on Fridays and Saturdays from 4.30pm to 9.30pm and on Sundays from 4pm to 8pm.



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JULIA LOPEZ MP



Hornchurch and Upminster



LOCAL NEWS



I write my latest **VISION** Hornchurch column as we begin to take the first tentative steps to resume normality since the COVID-19 pandemic began.

As a society, we have undergone an exceptionally difficult period in order to protect the NHS and save lives. As a result, we can be grateful that neither our local health trust nor the wider health service has been overwhelmed. However, one of the worrying effects of lockdown has been the reluctance of people who might have other health conditions to seek help. If this is you, please do not be deterred from contacting the NHS or be afraid to go to hospital. There is lots of useful advice online about how to access a range of NHS services using the Health at home website – www.nhs.uk/health-at-home

While the pandemic has presented many challenges, it has also highlighted both the strength and importance of communities as many have rushed to help others. Locally, the Havering Volunteer Centre has played a pivotal role in marshalling helpers, and there have been numerous examples of local traders providing services free of charge to the most vulnerable. With Havering having the highest proportion of over-65s in London, Hornchurch-based Tapestry has also been a key community coordinator, providing care calls, telephone befriending and other support to those in

need. If you know of anyone who may benefit from this support, please call 01708 796600 or email hello@tapestry-uk.org

Economically, it has been our high street and other small businesses that have faced some of the hardest challenges. Any traders that experience any difficulty in accessing government support schemes should contact my office.

As efforts continue to control the pandemic, we must also ensure progress is made on the pledges set out at last year's election. Two of my local priorities were to ensure Havering benefits from the goal of recruiting 20,000 more police officers, and to deliver a new NHS Health Hub in Hornchurch. I want to reassure constituents that work is being done on both issues. When I last spoke to our Borough Police Commander, he had received an additional 56 officers in the previous two months in the tri-borough area, with more to come. A specialist Violence Suppression Unit is also being launched, alongside new entry routes into the Met for detectives and apprentices. I am assured, further to my discussions with the Department of Health, that a project director is now in place for the new NHS Hub in Hornchurch, and a planning application is due to be submitted in the coming months.

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News from Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

The lockdown has affected everything we consider to be normal; many people have carried on working, some people have shone, others not so much.

I for one will be more appreciative of my friends and family. To be able not just to talk to someone a few metres away, over a phone or via a video conference, but to also shake their hand, share a hug or even give a peck on the cheek.

The pandemic will leave some lasting issues. Many people will have lost someone close to them. Some people will never fully recover from the damage done to them; others will come out unscathed. Whichever category you fall into, please be kind to others. You do not know what others have gone through.

Please spare a thought for all the people who have worked very hard during this pandemic; it is not just the nurses and doctors. There are a myriad of other people directly working – people who you probably have not thought of.

The shops are the lifeblood of the town. If we lose them, we face the possibility that we will lose them completely. Shop local, use local tradespeople and if you can avoid online shopping for a while, to help stabilise the town, it will help.

As I write this during the lockdown, the councillors have been active and the council has been busy. We



have regular meetings and work has managed to keep moving, albeit at a slower pace.

We are currently requesting things like the free parking to remain in place to help the town centre, we managed to get the green bin collection and recycling centre going again weeks before the companies running these services were willing to do so, and committees such as the planning and scrutiny have restarted. Many of the issues we were looking into before lockdown will start moving forward again soon (I hope).

If there is an issue I or Hornchurch Residents' Association can help with, please contact us. We have a website www.hxra.org that we update regularly.

Grace's gifts delighting the community



A selfless six-year-old girl in Hornchurch who planted some seeds in pots for people to take said she is delighted after the community responded with kind words, gifts and support.

Grace Adams and her family live on Manston Way, and Mum Laura said the kind-hearted youngster wanted to do something nice for the community.

Laura explained: "We want to thank everyone from the bottom of our hearts for the kind words, gifts and support. We are still busy planting some seeds, a lot that have been kindly donated and in pots that have been donated too.

"I would say we have probably gifted around 50 out and we are still going. We are looking to do this next year and already planning what we're going to start with. Grace has learnt so much, but the most important thing is that this world can be a very nice place in these unprecedented times. We did this for free and didn't expect anything.

"People have sent us some seeds from Amazon, left gifts and given us money, which we may match and donate to charity. This has been an amazing experience for all of us, but more so Grace. And what a wonderful thing we can share with her school. We did this to make people smile, and this is the sort of teaching you can't do in school."



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ANDREW ROSINDELL



LOCAL NEWS



MP for ROMFORD

Coronavirus has required the biggest change in people's lives in my lifetime and almost certainly since the War. People have been required to stay in their houses and only allowed out either to work or for essential trips, including their daily exercise.

My life has been changed by this virus as well. I have been incredibly busy dealing with coronavirus issues on behalf of my constituents on the huge number of questions and problems that this terrible virus has thrown up. However, I have also found time for my daily exercise and have made use of that time to

walk around many of the fantastic parks and outdoor spaces throughout Romford and Hornchurch.

I have especially enjoyed walking through the beautiful green areas in the Hornchurch part of my constituency, most especially The Chase. This is a hidden gem to the south of Rush Green Road and west of Upper Rainham Road, where the River Rom and River Ravensbourne meet and join the River Beam.

At this stressful time for many, I am sure that I am not alone in spending more time walking in the parks and rural areas of Havering and gaining a new appreciation for these fantastic open spaces we are so fortunate to have in Havering... but how beautiful they are isn't the only thing that I've noticed.

I have also seen all the rubbish and plastic that people leave behind and how so many of our green spaces can often be mistreated. I hope that once this crisis has passed, we will all be more careful about how we live and treat our surroundings and that maintaining our pristine natural environments in Havering will be one of our collective priorities in the future.



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Man arrested on suspicion of murder

A man from Hornchurch has been arrested in connection with a murder investigation in Dovercourt.

Kerrin Repman, 29, died when his motorbike was hit by a BMW on Marine Parade on Wednesday, April 15.

The man from Hornchurch, 54, and a 46-year-old man were both released under investigation. A 33-year-old woman from Waltham Cross was arrested on suspicion of assisting an offender and was remanded in custody but has now been released.

A 19-year-old man arrested on suspicion of murder and attempted murder in Hornchurch was released on bail until Tuesday, July 17.

Detectives are continuing to search for 40-year-old Keith McCarthy who they also want to speak to in connection with the incident.

He is described as being 5ft 5ins tall and is believed to have links to Harwich, Hertfordshire, London and Ireland.

If you have any information about where he is, call police on on 101 quoting incident 596 of April 15, by email scd.appeals.essex@essex.pnn.police.uk or by visiting <https://mipp.police.uk/operation/4201020119Z99-PO1>.

You can also contact Crimestoppers anonymously on 0800 555 111.

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ALWAYS ONLINE

TECHNOLOGY

Does the era of 'live chat' actually mean you're talking to a robot?

Any kind of online web chat experience has the potential to go sour – we've all ended up speaking to someone many thousands of miles away wondering if we'd be better off writing a strongly worded letter instead.

While the experience of speaking to someone in a call centre in a faraway land isn't always the best, the attempt at a pleasant exchange is usually flawless, and the reality that we are speaking to a real person is something we've grown to take for granted.

Yet the new era of customer service often means we're not talking to a human... not in London, Glasgow, nor Islamabad. Instead, while it may not be evident in the initial exchanges, we're conversing with a chatbot.

The technology that powers these computers has moved on in waves over the past decade or so. Intelligent, polite and immediate, these chatbots offer customers the chance to source answers and direct enquiries rather than having to endure the frustration of searching or waiting around for a real person to enter the chat.

Companies like chatbots because they are low cost and highly productive, though there are, of course, limitations to this latest wave of AI. Consumers can feel they are being fobbed

off and there is a good chance complex enquiries are just moved on to a real person anyway, in which case the process actually takes longer, and it's only really relatively simple queries that can be solved by a robot.

The jury is still out, particularly as it's difficult for companies to judge feedback – after all, satisfied customers will tell, on average, nine people about their experience, while for dissatisfied customers that number is 22.

Either way, just remember the next time you engage in a web chat, you might want to hold off on pleasantries about the weather... the robot you're conversing with really doesn't care.



nutrifix



- the health app for diners on the go

Do you struggle to make healthy, informed choices when eating out? If yes, you need Nutrifix in your life; an app which gives you detailed nutritional information on food choices from over 100 restaurants and takeaways.

HOW IT ALL STARTED?

Founder Joe Burgess was a busy man who ate out a lot and subsequently saw his health suffer. Keen to take back control of his diet, he started to create a database of the best places to eat for healthy, nutritious food. As his overall health dramatically improved, people around him were keen to know his weight loss secret, and so Nutrifix was created.

HOW IT WORKS?

Going one step further than a simple calorie counting app, when you register you will be asked a series of questions about your lifestyle and health goals so that you can be matched with tailor-made menu choices. For example, say you are overwhelmed at work and only have five minutes to decide what to have for lunch? Most people would rush out for an unhealthy fast food meal or calorie-laden sandwich. Nutrifix will use your phone's location to provide you with a list of healthy eateries nearby that suit your nutritional needs.

WHAT MAKES THIS APP DIFFERENT?

Often, we think we are making healthy food choices with a salad or superfood bowl, but these dishes can be laden with fat or high in calories. Nutrifix offers transparent nutritional information so that you can make informed decisions on your diet. You can even have your food delivered to your desk by partner company, Deliveroo.

Photo credit: nutrifix.co, Alexey Boldin/Shutterstock.com



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JUNE BIRTH FLOWER OF THE MONTH:

Rose

For those born in the month of June, your birth flower is the rose. Roses are known for being the flower of love, and people born in June are said to be true romantics. Easy to grow, available in an abundance of colours and with a heavenly sweet scent, roses are a great addition to any garden.

WHAT DOES A ROSE SYMBOLISE?

Although roses are most commonly associated with love, beauty and devotion, each colour can be used to convey a different message or emotion.

The red rose means, "I love you." The pink rose symbolises happiness. White roses are used to convey innocence and purity. And a yellow rose symbolises friendship but can also be used to express jealousy.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If you were born in June, you are definitely a sucker for romance, plus you are more likely to get on well with others and adjust to new situations with ease.

Style-wise, you favour a

classic and timeless look and can make elegance appear effortless.

HOW TO GROW ROSES

Roses crave sunlight, so you need to pick a spot that offers at least six hours of sun a day. Try to choose soil that is rich and well drained to ensure your flowers bloom.

The ideal time to plant roses is in early spring, and you can pick between a bare root variety or container-grown plants.

Water directly to the soil using a soaker hose or drip irrigation – do not water the foliage.

WHAT ARE THE MOST COMMON PESTS FOR ROSES?

Aphids and caterpillars are the most common pests for roses and can be removed by hand in the early stages. Alternatively, the insecticide Rose Clear is highly effective.

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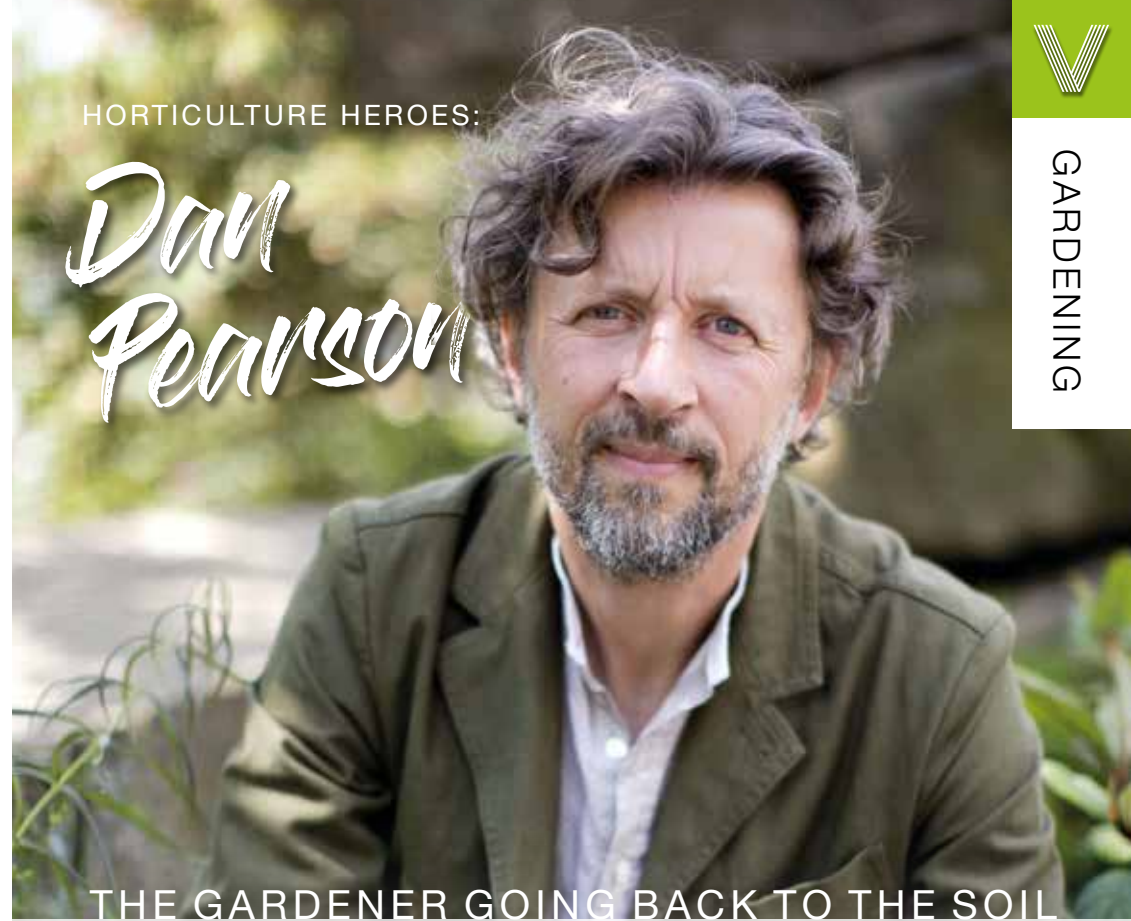
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HORTICULTURE HEROES:

Dan Pearson

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GARDENING

THE GARDENER GOING BACK TO THE SOIL

It's fair to describe Dan Pearson as someone who never tires of experiencing the thrill of nature's rustic wholesomeness.

Dan is a horticulturalist of the highest regard, who has trained at the UK's greatest botanical institutions, written newspaper columns for more than two decades and even been dedicated an exhibition at the Garden Museum, London. To Dan, gardening represents an absorbing, encompassing experience that reconnects him with something spiritual.

"Being outdoors and seeing nature, in its simplest form, growing and flourishing around you is the most amazing thing," he says. "It's something we can all enjoy – whether that's rich sprays of colour or the simple green bounty of plants interacting and intersecting with each other."

Our ability to grow and flourish in our natural surroundings is something even the most modest gardener can do.

"My advice is to start with something small – even just a window box. Choose plants that interest and excite you, learn about them and go from there.

"I think that horticulture has an enormous amount to give back to a world that needs this connection with greenery and things that you eat: knowing where your food came from, and knowing how to go about growing it while still preserving space.

"That means the gardens are never static; they are always changing and always adapting."

Pearson says the crucial step in effective gardening is to have a plan – to structure a project from the start, to set goals and to follow through on them to the end.

"It really doesn't matter what you decorate your garden with – you should go with what feels right. However, what I would say is it's so easy to get distracted, and I am testament to the fact you can end up with four or five unfinished jobs unless you plan properly, so that would be my best tip."

Photo credit: Heathcliff O'Malley/Shutterstock



Tree-lined



SIMPLE TREE IDEAS FOR GARDENS OF ANY SIZE

We all know the majesty of trees – decorative, oxygen-giving, protecting, privacy-offering and effortlessly evolving over time; they are perhaps the friendliest of nature's plants for the variety and variance they offer to both the biggest and the smallest spaces.

That means, whether you have a sprawling field out the back of your property or a simple back yard, clever use of trees can really shape a space.

PYRUS CALLEYYRANA

An upright, tear-shaped tree that is perfect for gardens that have light up above, though perhaps are restricted in terms of square footage.

The green spread casts light down and the tree will self-maintain through all seasons.

ACER GRISEUM (PAPERBARK MAPLE)

This is a tree recently voted the most beautiful for gardens, given its characterful grey trunk and a spray of leaf colours that blend and weave into any foreground. Slow-growing, it won't consume the space.

MAGNOLIA GRANDIFLORA

A tree that bows out at the top to provide the perfect cover for something you wish to hide, like a street lamp or neighbour's basketball hoop. And of course, with a spray of white flowers that emerge as the year progresses, this is a variety that takes on an evolving personality.

CRAB APPLE TREES

So often the tree of our childhoods; as kids we contemplated whether to eat the apples that dropped from the tree. In garden terms, these small and perfectly formed beauties can be used to shield street-side windows from prying passers-by.

They won't grow to any extreme height, and flower attractively too.

BONSAI TREES

Of course, if space is really at a premium but you still crave the lure of a plant that has the rigidity of bark and the personality of a tree, bonsai are the way forward. While we mainly associate them as being very small, bonsai can grow well above head height.



Photo credit: gardeninghq.com



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PETS



A BIRD IN *the hand...*

While opinion is split over the ethics of keeping birds at home, in the right conditions, with dedicated human attention and interaction, and with room around them to spread their wings – both physically and metaphorically – our feathered friends can become the most cherished pets imaginable.

Here's your guide to the most popular types of birds:

COCKATIELS

The so-called 'entry level' pet birds, cockatiels are bright, friendly and sociable. They are happy in their own company, providing they get the benefit of human interaction, and are easy to maintain.

However, the females are prolific egg layers (even without the presence of males) and may require additional dietary attention resulting from a lack of calcium.

BUDGERIGARS

Happy with other budgies or by themselves, these wise birds can whistle, chirp and repeat phrases, and love to hang out with families around mealtimes – they've even been known to watch television.

Also known as parakeets, they're happy to be handled and will live for anywhere between five and 13 years.

CANARIES

Not birds that are likely to want to be snuggled up to late at night, canaries are happy to be left alone, but will reward being looked after with a delightful chorus of song.

They are territorial and should be kept by themselves, and will live for up to 10 years.

PARROTS

From African Greys to Quakers, the re-emergence of parrots as household pets has been noted in recent years.

Their very unique characteristic of shaking and bobbing reflects a big personality which kids love, though in return they require a large amount of mental stimulation.

With African Greys, their presence can imply a long-term commitment – it's not uncommon for them to live past their 40th birthdays.





KIDS



Why building up your baby's skin layers with creams and moisturising is so important

It's true to say the best moisturiser a baby will ever have is its own. It's called vernix and is the creamy white coating it is born with. Yet past the first couple of months, helping a baby regularly coming into contact with a variety of surfaces and air elements can really protect it going forward.

Non-soap cleanser

Traditional soap dries out skin, so following your baby's daily bath – which shouldn't exceed 10 minutes – apply a mild cleanser. Best bought from the pharmacy, these are great moisturisers.

Avoid bubble bath as it removes natural oils from the skin, while antibacterial and perfumed soaps may irritate too.

Post-bath moisturiser

When out of the bath, smear over a thick, pH-neutral moisturiser. Not only will your baby love the massaging feel, but he or she will benefit from the enriching of pores that a quality applicant can provide.

Thicker creams and ointments are more effective than lotions, and you should avoid anything that contains plant or food products.

Barrier creams

For nappy rash or eczema, the process of constant changes and reapplying of cream is really important. For each baby it's different, but barrier creams, usually containing zinc, are a great way to prevent fabrics and clothes from irritating the area further.

Try to limit the use of baby wipes, don't use talcum powder, and let the baby go nappy-free for as long as possible, as allowing air to get to any sore area is the best thing for it.

Sun protection

Any baby below the age of one should be kept out of the sun. Past that, look for a SPF above 30 and smother your little one in protection. A hat, sunshades and light clothing will suit them well, and remember to reapply cream every two hours.

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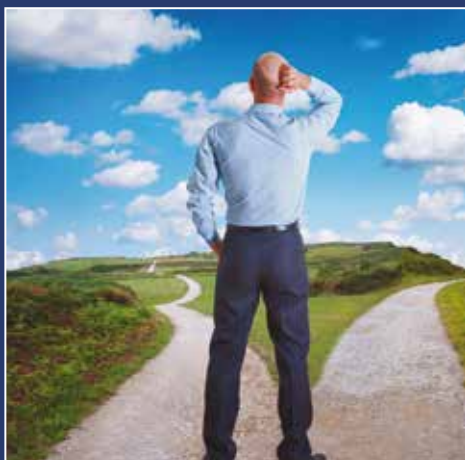
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avoiding CONTACT



BUSINESS & PROPERTY

GETTING A GRIP ON OUR CONTACTLESS SPENDING

We are a society increasingly surging towards apparent glorious cashlessness – and an increase in the allowed spending limit to £45 per transaction was greeted by a record number of card payments in April.

Of course, the government's drive to limit the possible spread of coronavirus germs via the exchange of physical cash has been a defining factor in the latest spike, continuing an upward trend of contactless payments that was already up 16 per cent year on year. And yet, even before the pandemic, the ease with which we got used to the purchase of goods and services with a simple tap on a card reader means we are edging ever closer to a time when, in some situations, cash may become totally redundant.

Contactless payments offer a raft of benefits with very few downsides. There's the time-saving element – an average of seven seconds are saved per transaction versus chip

'n' pin, and 15 seconds on cash, according to research by Barclaycard. Then there's the removal of the need to carry heavy, dirty coins, or to head to the cashpoint to withdraw notes.

There's also the convenience of having a digital record of all transactions, and even the option to pay using a phone or watch.

And yet, while the drive towards convenience suits most of us, it does not apply to everyone – there are still 1.3million people in the UK who do not have a bank account. Consumer groups have also noted the dangers of people idly 'tapping' away without any real thought about the money they are spending. And while fraud accounts for only 2.5p in every £100, the ease with which someone can spend on a stolen card is considerable.

What's certain is that as much as the powers that be may want to encourage our spending habits towards a certain way, as with most things, it is the consumers who will decide.





zooming INTO FOCUS

WHY THE VIDEO-CONFERENCEING TOOL IS 2020'S BIG SUCCESS STORY

When it became clear the COVID-19 pandemic's presence was going to have a profound effect on society, speculating traders quickly went on the lookout for an investment stock that would pay big... after all, as the saying goes, there is money to be made out of a crisis.

Any who included video-conferencing tool Zoom in their portfolio may now be laughing all the way to the bank – or at least they will be when the banks reopen – after the Silicon Valley-based corporation announced triple-digit growth over the past three months.

Zoom is, of course, the perfect method for homebound people – and at the last count that's the vast majority of the population – to stay in touch with friends, family and work colleagues. It's not unique – rivals include

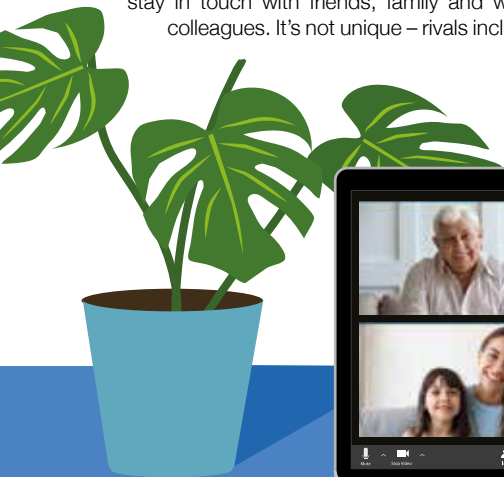
WebEx, BlueJeans, TeamViewer, Microsoft Teams and even Google Classroom – but what Zoom has thrown behind its product in a way rivals haven't are innovation, simplicity of function and a serious amount of reinvestment.

It's all led to first-time installations increasing five-fold in March, and an increase in the stock price of well over 100 per cent.

In reality, though, Zoom and the other video-conferencing tools cannot rest on their laurels. They may well be making hay while the sun shines given the restrictions placed on our physical interactions, but when these regulations are lifted, the danger for these firms is that the public will forget the software just as quickly as they downloaded it, and return to past habits.

The only way the tech boffins can prevent what will be an inevitable crash in user numbers is if their accompanying marketing team can convince us to change our habits long term, where speaking over an internet connection is preferred to face-to-face meetings.

In the new world, post-COVID, anything is possible.



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MOTORING



PARK LIFE

PENALTY CHARGE VS PARKING CHARGE – WHEN TO PAY AND WHEN TO PLAY

The scourge of the modern motor car is arguably not the cost of petrol, the maintenance or insurance premiums – it's the fact that once we've paid out for all of those elements that keep it on the road, there's actually nowhere to park the damn thing.

But millions of motorists are paying excessive, unfair and exploitative parking charges in the belief that they have committed an offence, when in reality all that's happening is they're being presented with an invoice. Welcome to the vagaries of a penalty charge versus a parking charge.

A penalty charge is a ticket issued by your local authority – usually the police or the council. Chances are you've committed a genuine offence, such as overstaying parking or showing an invalid permit. In these instances you're banged to rights and, while appealing is a decent option in asking for leniency, in most cases the penalty stands.

A parking charge, on the other hand, is something issued by an independent parking operator – perhaps you've parked in a private car park, in a space adjoining a building, or even in a leisure park. This issuer actually has no authority to issue a ticket – all you're being given is an invitation to pay what amounts to an invoice.

Sure, it's an invoice that looks very much like a penalty charge, and intentionally so; and the wording will have you believe dire consequences will follow if you fail to pay.

The reality is that virtually no cases ever get to court, and these unscrupulous businesses profit only from those who respond. So the next time you get a parking charge, search for the issuer online and check carefully exactly what it is you have in front of you. Motorists are now getting smart to filing these charges where they belong – in the bin – and saving millions in the process.



Driving Economy

Between buying a car, fuelling it, getting insurance, road tax and the rest, getting from place to place is certainly a costly business. Here are some top tips on how to cut costs with minimum fuss whenever you hit the road.

Drive sensibly

Speeding, rapid acceleration and hard braking are the quickest ways to waste petrol. Such aggressive driving can lower your gas mileage by 33 per cent at motorway speeds and by 5 per cent around town. The perfect way to travel, in theory – though admittedly rarely possible for most UK drivers – is at a constant speed (ideally around 50mph) and in the highest gear (five or six). So if you're a patient driver, you'll have lower fuel bills – it's as simple as that.

Stop idling

If you're parked and waiting, turn the engine off. Idling can use a quarter to a half-gallon of fuel per hour; restarting your vehicle, by contrast, only takes around 10 seconds' worth of fuel.

Go slow at first

Most manufacturers also recommend driving your car slowly 30 seconds after starting it. Cars are at their least efficient when they are cold. If you drive quickly straight from start-up, you are redoubling the wasted fuel and also wearing out the engine more quickly in the process.

Embrace the heat

Try setting the air conditioning for a higher temperature or, if you're really bold, go without it. Running the air conditioning can reduce a vehicle's fuel economy by more than 25 per cent.

Keep your tyres inflated

Making sure you've got proper pressure can improve your petrol mileage. Do not go by the maximum pressure level printed on the tyre's sidewall. Experts say you can usually find the correct pressure level for your car printed on a sticker in the glove box or in the owner's manual.

Rotate your own tyres

Front tyres wear more quickly than rear tyres. By switching them, you help ensure both sets wear evenly and that you won't have to prematurely replace them. To know when to switch them, look in your owner's manual.



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TOKYO 2021

THE NEW SPORTS



SPORT

5. CLIMBING

In the final instalment showcasing sports set to debut or return at the now postponed Tokyo Olympics, we take a look at climbing.

Climbing's debut in Tokyo reflects our growing love for strength-based pursuits that also require precision, strategy and focus.

That the sport has, over the past two decades, accelerated itself from the most basic of human endeavours to a physical challenge enjoyed both outdoors and indoors by participants of all ages, is testament to the number of activity centres that now provide walls to scale. Many have felt it was only a matter of time before the IOC opened its doors.

A dynamic challenge, the Olympic format will be split into three disciplines – Speed, Bouldering and Lead.

In Speed, it's a straight two-competitor race to the top of a 15-metre wall, in a set-up that is expected to excite spectators most, and, for a certain generation, will undoubtedly offer echoes of an ITV *Gladiators* finale.

In Bouldering, it's a more challenging 4.5-metre wall, while in Lead, it's a case of

getting as high as possible in a set time.

Every competitor will take on all three formats, with the best overall performer being crowned Olympic champion.

As ever, the vertical walls offer handholds and footholds, as well as shapes, sizes, positive sections (slabs) and those with negative aspects (steeps or overhangs), meaning competitors will need to be at their best from the off.

Safety ropes are allowed, though the best competitors will try to limit any lost time and will be harnessing flexibility, skill and no small amount of mental decisiveness in tackling a new Olympic sport expected to thrill at every grab.

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PUZZLES & TRIVIA



PUZZLES

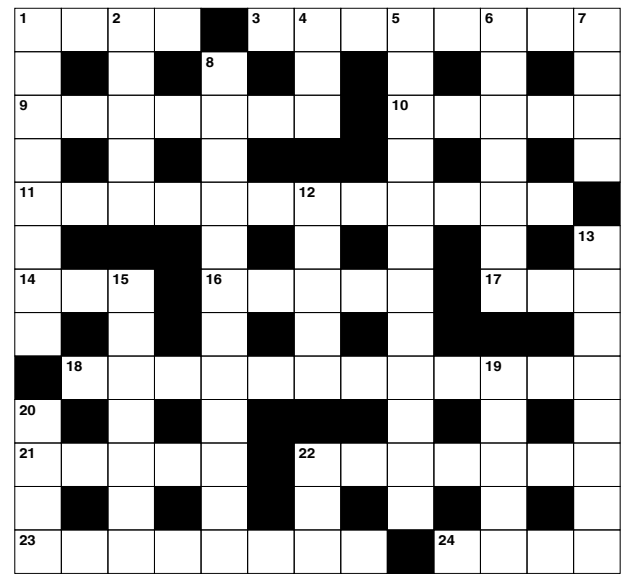
Answers can be found on the Contents Page 4

ACROSS

- 1. Pretty (4)
- 3. Battered (8)
- 9. Act of turning up (7)
- 10. Arboreal primate (5)
- 11. Directions (12)
- 14. Silent (3)
- 16. Scale representation (5)
- 17. Be unwell (3)
- 18. Vehemently (12)
- 21. Female relatives (5)
- 22. Circular hall (7)
- 23. Comes into flower (8)
- 24. Type of wood (4)

DOWN

- 1. Personal magnetism (8)
- 2. Conditions (5)
- 4. Entirely (3)
- 5. A large number (12)
- 6. European country (7)
- 7. Mend with rows of stitches (4)
- 8. Excessive stress (12)
- 12. Military trainee (5)
- 13. Reproduce recorded sound (4,4)



- 15. Keepsake; reminder (7)
- 19. Spear (5)
- 20. Young sheep (4)
- 22. Strong spirit (3)

DID YOU KNOW?

- ▶ When cranberries are ripe, they will bounce like rubber balls
- ▶ Pound cake got its name from the ingredients – you typically use a pound of flour, butter, sugar and eggs
- ▶ Fruits such as apples, pears and apricots are all part of the rose family
- ▶ Apples can float because they are made up of around 25 per cent air
- ▶ The word potato came from Spanish patata
- ▶ Bananas grow in large hanging bunches
- ▶ Grapes explode when you put them in the microwave
- ▶ A strawberry has an average of about 200 seeds and a pomegranate can contain up to 1,000 seeds

SUDOKU

				7		5		
	7				4		1	
	5		1			8		
6			8				5	
		5		9		2		
	9				6			8
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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

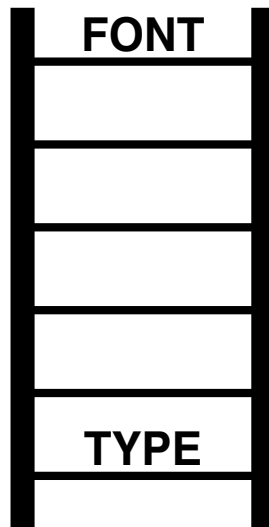
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R	X	R	R	F	I	N	L	A	N	D	T	S	A	P
M	O	N	A	C	O	N	T	S	F	E	A	I	K	G
T	C	Q	U	E	C	E	E	R	G	I	N	B	O	X
T	A	Y	A	E	A	S	K	R	N	E	R	E	S	E
D	D	N	P	G	N	I	H	O	V	L	G	L	N	Z
N	Y	E	N	R	Z	G	T	O	A	L	C	G	S	G
A	N	E	C	T	U	S	L	G	M	A	O	I	E	K
L	A	A	R	N	E	S	U	A	I	Q	S	U	R	A
E	M	T	R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

DID YOU KNOW?

- ▶ Melba toast is named after Australian opera singer Dame Nellie Melba
- ▶ The can opener was invented in the 1850s, years after tin cans were first used
- ▶ Marmite was invented in the late 19th century by German scientist Justus Liebig
- ▶ There are around 7,500 varieties of apple in the world
- ▶ Carrots have zero fat content
- ▶ A watermelon comprises around 92 per cent water
- ▶ Kit Kat was created by Rowntree's of York and is now produced by Nestlé
- ▶ Processed cheese was invented in Switzerland, not America

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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