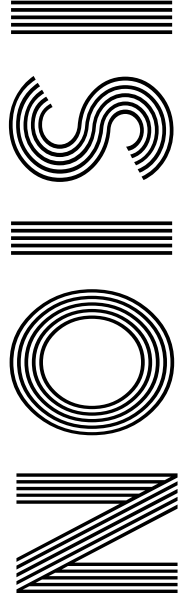


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to Dame Vera Lynn

FLORENCE NIGHTINGALE
200 years after her birth



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RICKY GERVAIS

The controversial comedian making his mark

VISION Hornchurch | Edition 36

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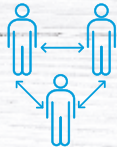
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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Hornchurch. I hope you are all safe and well and looking after our independent and local businesses. It's so nice going out and slowly seeing things getting back to normality.

It's strange, people seem to be a lot friendlier and accommodating, having time for a chat (obviously keeping our distance).

It's going to be a little strange at first, with some garden centres only allowing people in with a trolley, coffee shops only serving a certain amount of customers at a time and even the way we at **VISION** are performing our distribution. But we will get through this and be stronger on the other side. I know **VISION** will be.

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.

This month **VISION** breaks into Hertfordshire with the launch of two areas over the space of two months; **VISION**Hertford and **VISION**Bishop'sStortford. There will be a new edition in Essex - **VISION**ChelmsfordBeaulieu. Get in touch if you require any information.

Brett

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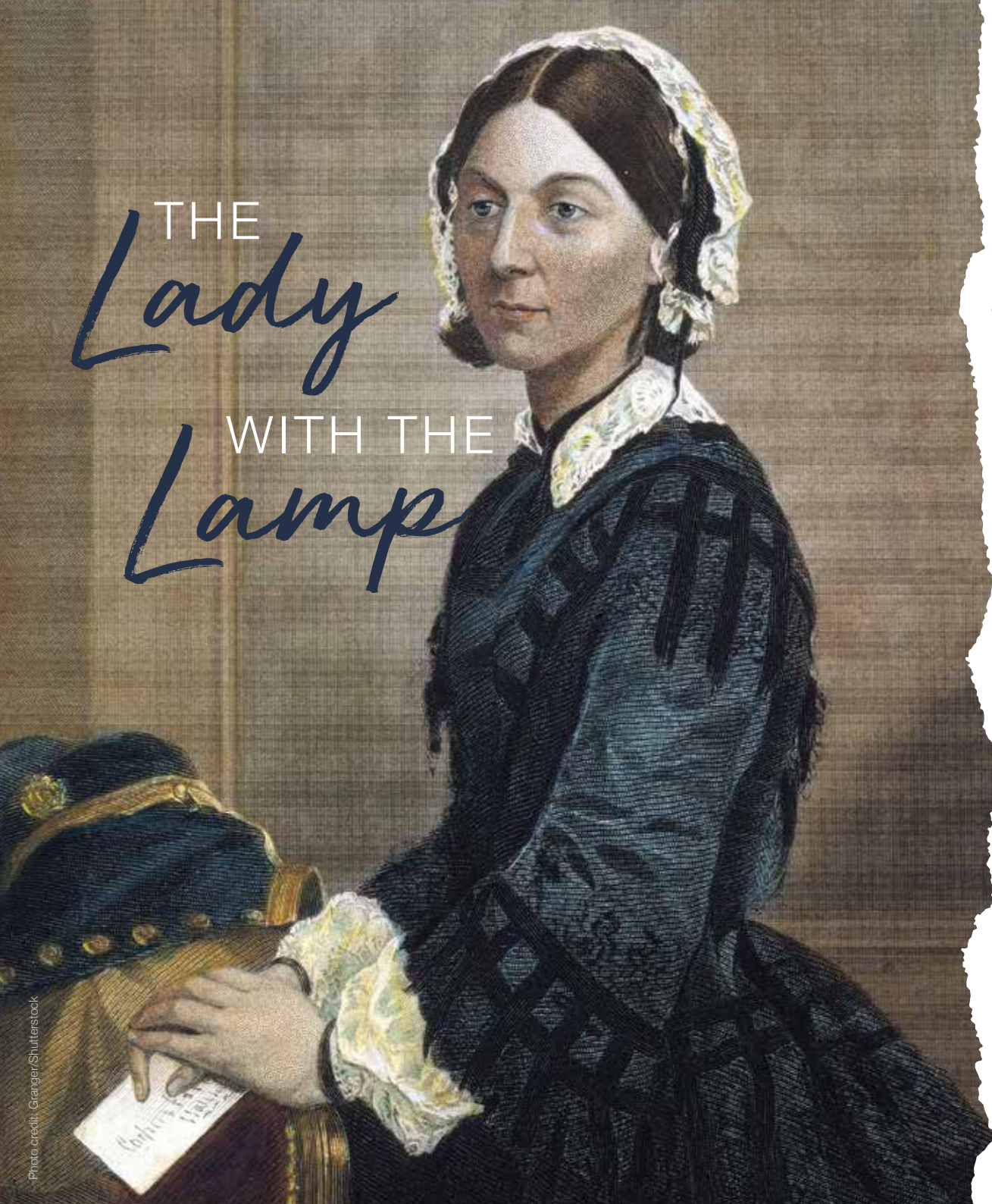
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THE Lady WITH THE Lamp

How much do we really know about Florence Nightingale, as celebrations marking the 200th anniversary of her birth continue?

We are living through a period where those in all corners of the National Health Service are experiencing acclaim, admiration and no small amount of empathy in ways rarely seen before.

True, it may have taken a global pandemic for the universal admiration of our healthcare heroes to fully be appreciated. However, as the spectre of COVID-19 continues to sink further into the background, so now we should ensure those doctors, nurses, consultants, paramedics, porters, reception staff, phonenumber operators (and everyone else in the mould of Florence Nightingale) will always be appreciated.

Nightingale, born in May 1820, is regarded as the pioneering force in modern nursing, and yet the iconic nature in which her image is celebrated – the Lady with the Lamp, going round at night tending to those wounded in the Crimean War – only actually tells half the story.

That's because while, first and foremost, Nightingale was a nurse working on the ground in then the most desperate of conditions, she was as well a woman of strong mind and powerful opinion. From an upper-class background, and well travelled prior to exploring nursing as a career, she was a brilliant mathematician, an organiser and an advocate for statistics.

Having such an analytical mind transformed a rather unstructured, 'make do' and manual process of caring for the sick into a slick, regimented process where structure could be directly linked to saving lives.

From graphs to pie charts and even infographics, Florence Nightingale's take on the duties that lay in front of her were revolutionary. Indeed, she is credited with the invention of the polar area diagram, and would work these and other visual explanations into nursing reports. As a result, in 1859 she became the first female member of the Royal Statistical Society, and 15 years later was announced as an honorary member of the American Statistical Association.

With every new study there was an even more expressive method for understanding and acting upon the statistics in hand, from accompanying the British Army in India in the 1850s, where she slashed mortality rates caused by drinking toxic water, to returning home to promote literature and feminism in a way that was scientific and exacting.

That feminism link is slightly at odds with her opinions on the fairer sex. She was, at times, brutally disparaging towards women, and even referred to herself in masculine terms, as "a man of action" and "a man of business".

In her defence, Nightingale was perhaps just rallying against a world in which men had the upper hand. To consider what she achieved then, it's interesting to think how much impact she might have now, in an era when equality, technology and innovation are key parameters in healthcare.

To celebrate what our medical key workers have achieved now is, ultimately, to thank Florence Nightingale for setting up, styling and steering modern-day nursing to what it is today... something we are all proud of.



WHEN THE Bluebirds FLEW AWAY

Celebrating the life of the 'Forces Sweetheart', Dame Vera Lynn

When news came in the middle of June of Dame Vera Lynn's death, it was a case of reflecting on, rather than mourning, the life of someone so intrinsically linked to those courageous troops who led us to victory in World War II.

That the singer, songwriter and entertainer was in her 20s when her iconic ode to our soldiers, *(There'll Be Bluebirds Over) The White Cliffs of Dover*, became such an emotional and inspirational marker for the war effort, shows the longevity she achieved right up to her passing.

Born in East Ham, Dame Vera's performing debut came with the famous Joe Loss Orchestra in 1935. By the time war broke out four years later she was signed to Decca Records, and agreed to venture deep underground to sing with those sheltering in tube stations from the danger of German air raids.

Her *Sincerely Yours* radio programme in 1941 was a vehicle for messages to be sent out to

troops on the front line, and she soon joined the Entertainments National Service Association – which hosted open-air concerts – with whom she travelled to Egypt, India and Burma.

Post-war, Dame Vera's popularity stuck, with extensive TV performances, a star talent at the Royal Variety shows, and countless live concerts.

A dedicated philanthropist, she continued to raise money via her self-titled children's charity right up until her death on June 18, at the venerable age of 103.

What Dame Vera would have made of the recent furore concerning Winston Churchill's statue is unclear – we suspect, in embodying all the same spirit, resilience and fortitude of the wartime, of which she was a crucial part, she would have simply diverted her attention to those fallen heroes again.

"Not a day goes by when I don't think of those brave men, and what they gave to this country... and one day we'll meet again."

Photo credit: Evening News/Shutterstock



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GLASSES

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V
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If you have just found out that you need to wear glasses, or even if you have worn them for years but feel like you have never found the perfect pair, keep reading to discover the ideal frame to fit your face shape.

Oval Face Shape – a well-balanced face with a slightly wider forehead than jaw and cheekbones. If you have an oval face shape you are in the lucky position of being able to suit most styles of glasses, so you can simply choose whatever shape you prefer.

Top pick for men: Hugo Boss, Boss 1129

Top pick for women: Kylie Minogue Never Too Late

Rectangle Face Shape – a deeper forehead with a long nose and strong jawline. Pick a deep, square shape that will complement your angular features.

Top pick for men: Tom Ford FT5584-B 56

Top pick for women: Karen Millen KM 111

Square Face Shape – a broad and deep forehead with a wide jawline and square chin. To create more length, go for narrower styles that will offset your strong features.

Top pick for men: Ray-Ban RX5154

Top pick for women: Ted Baker Lyla

Heart Face Shape – a small chin coupled with a broad forehead and wide cheekbones. Opt for frames that are a little wider than your forehead to offset the natural wideness of the top half of your face.

Top pick for men: Ted Baker Grover

Top pick for women: Love Moschino LM21

Round Face Shape – full cheeks and a round chin, often with a wide forehead. Choose rounder frames rather than angular ones to complement your round, soft facial features.

Top pick for men: Tom Ford TF5485

Top pick for women: Will.i.a.m W10V Gold

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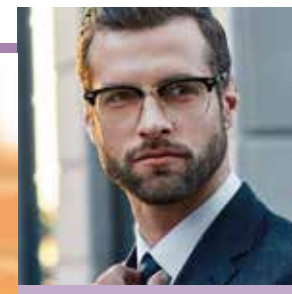
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BEAUTY

Bad Booze

FOUR WAYS ALCOHOL AFFECTS THE APPEARANCE OF YOUR SKIN

Most people are already aware that alcohol has a dehydrating effect on the skin. Anyone who has woken up the morning after the night before will be all too familiar with the tell-tale signs of boozing, including sallow skin, sunken bloodshot eyes and a bloated face. However, you may not know that even just a few daily drinks can have a detrimental effect on your complexion.

ALCOHOL CAUSES DEHYDRATION

If you regularly drink two or more drinks in one day, then your skin will become dehydrated. In fact, you may not know this, but alcohol actively takes all the fluids out of your skin, leading to a dry and parched complexion, as well as one that is more prone to ageing.

ALCOHOL CAUSES INFLAMMATION

Do you ever notice how your face becomes flushed or red after a few too many drinks? This is because alcohol inflames your skin tissues. Although your skin will go back to normal once the alcohol is out of

your system, prolonged drinking can lead to permanent facial redness.

ALCOHOL CAUSES BREAKOUTS

Whether you suffer with the occasional spot or actual adult acne, drinking alcohol can lead to more skin breakouts. All alcohol contains sugar, with some boozy beverages containing more than others, such as cocktails and white wine. Furthermore, the high levels of sugar in alcohol can lead to less plump skin cells and, in turn, a duller complexion.

ALCOHOL CAN AGGRAVATE SKIN CONDITIONS

If you suffer with an ongoing skin complaint such as eczema, psoriasis or rosacea, alcohol will only exacerbate these issues. This is because alcohol has the ability to reduce the healthy bacteria in your gut that helps to regulate your immune system.



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BEAUTY

THE LATEST SKIN CRAZE UNVEILED

Are you always eager to try the most recently hyped-up beauty treatments? If yes, then you need to check out Gua Sha, a facial scraping technique that promises amazing results in a short period of time.

WHAT IS FACIAL GUA SHA?

Facial Gua Sha is a treatment that involves scraping either a flat jade or a rose quartz stone across the skin to relax your muscles and promote tissue drainage. Unlike a standard Gua Sha massage, this method will not leave any bruising or marks on your face.

WHAT ARE THE BENEFITS OF GUA SHA?

If you are looking for a more youthful complexion – and let's be honest, who isn't? – then you definitely need to try this ancient Chinese technique. Facial Gua Sha works by moving the lymphatic fluids in your face, improving blood flow and reducing puffiness. It also encourages your skin to naturally purge dirt and oils that can cause spots.

HOW TO CARRY OUT GUA SHA AT HOME

Another benefit of this skin treatment is that it can be carried out at home with only one piece of equipment: a Gua Sha facial massage stone (these can easily be purchased online).

- Prep your skin with a facial mist or oil
- Start at the neck area and work your way up
- Use upward and outward strokes across all areas of your face
- Sweep across the cheeks and press gently under the eyes and across the eyebrows
- Finish with upward strokes to the hairline

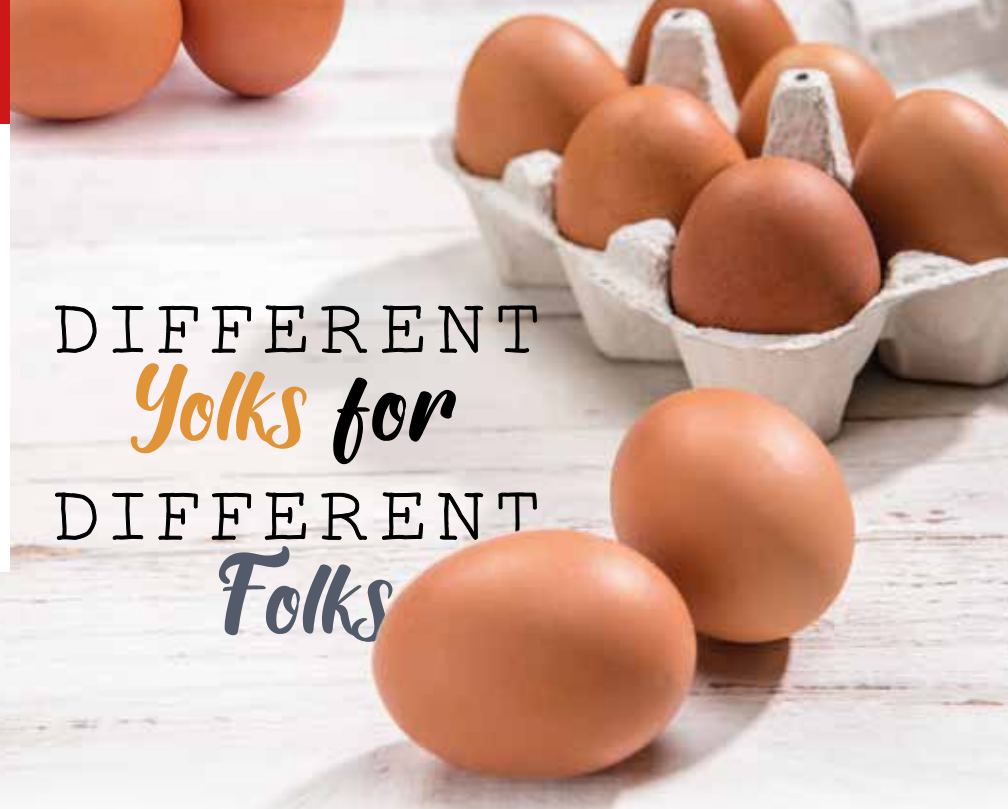
HOW OFTEN SHOULD GUA SHA BE DONE?

If you are looking for a significant change in the appearance of your skin, then you should carry out this treatment daily. However, once you have the desired results, you can switch to a weekly maintenance schedule.



Facial
GUA
SHA





DIFFERENT Yolks for DIFFERENT Folks

HEALTH ADVICE THAT SUGGESTS EGGS ARE NOT SO GOOD FOR US AFTER ALL

Eggs have had a chequered history... or should that be speckled? For so long a staple of British life... across boiled, poached, scrambled and more, with soldiers, in a quiche, or even as an omelette as we matured our tastes to rather more continental blends. Heck, we'll even work it into a drink – eggnog or a whisky sour, anyone?

In the 1990s the negative press around battery hens and the salmonella crisis took the glow off this most delicious of foods, and while the humble egg's resurgence has been welcomed, recent evidence suggests we may have overstated the positive benefits while underestimating some potential health problems.

Mostly, these come in the form of worries over cholesterol. We all know how bad the build-up of this liver-produced fatty substance is, and recent research from the US states that for every half-egg per day consumed, the increase in heart disease is six per cent, with an eight per cent increase in the risk of mortality.

Contrast this with boffins who suggest eggs can protect against Alzheimer's disease. What's more, we've also been told they're good for heart health

– even as recently as 2018, a study in China found that those who ate eggs every day had an 18 per cent lower risk of death from heart disease and a 28 per cent lower risk of stroke (compared to those who didn't). What's more, the lutein found in yolks can improve eyesight.

And while gobbling down multiple eggs isn't advisable, research suggests that having an egg with salad actually increases the vitamin E we absorb from the leafy matter.

As with most things, our bodies all experience different effects from the same food; moderation and 'food intelligence' appear to be pivotal.



Mr J S Chawla

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SICK OF WICKS?

Five other fitness influencers you need in your life

If the recent lockdown has taught us one thing, it's that, as a nation, we can't get enough of Joe Wicks. But even where health and well-being are concerned, familiarity may eventually breed contempt, so why not mix it up with some other leading fitness influencers:

KAYLA ITSINES – She may favour a fitness selfie a little too regularly, but the camera never lies where Aussie fitness influencer Kayla is concerned, and nor does the £15million revenue earned from her fitness app launched in 2016.

Largely down to earth, and obviously favouring the female fitness market, Kayla's 12.5 million Instagram followers are testament to her success.

RACHEL BRATHEN – Self-styled 'yoga girl' isn't your typical Instagram fitness fiend. She's a mum, caters for the midlife market as well as strapping young specimens, and is unapologetically bolshie and ballsy in getting the job done.

It's a combination that works for her 2.1 million followers.

TALLY RYE – Finally, a personal trainer who looks like a normal person, Tally doesn't believe in diets and instead focuses on the positive elements of following a fitness plan that compensates for a love of food.

Refreshing and honest, Tally is one of a new wave of all-inclusive coaches.

SIMEON PANDA – For muscle mass, fat-burning, power and poise, Simeon leads the way in the UK as far as the male market goes, with a hard-line approach to achieving the ultimate body while stretching, crunching and straining his way through daily routines.

Any guy with an interest in strength should check out Simeon's social offering.

MARIO SCHAFZAHL – Boasting an Instagram Health Score of 97 out of 100 means you must be doing something right, and in the case of Austrian Mario Schafzahl, this trainer, online coach and cover model has it all going his way.

If GQ-esque style is as much part of your fitness incentive as protein shakes, Mario is your man.



HEALTH & FITNESS

Photo credit: women'shealthmag.com, naturalhealthmagazine.co.uk, britishrowing.org, simeonpanda.com, Thomas H Lind via marioschafzahl.com



DBT

VS

ANXIETY

Many of us may be feeling anxious during these uncertain times, but these tips, based on Dialectical Behaviour Therapy techniques, can be really useful tools to help combat the fear to live a happier, calmer life.

PRACTISE MINDFULNESS

This term can sometimes seem vague, but at its core it simply means paying attention to the present to stop intrusive thoughts from sneaking in. Begin by sitting in the garden for five minutes and notice all the sights, smells, sounds and sensations around you. Practise this skill regularly and you will soon find yourself automatically living more in the moment.

PLAY NICE WITH OTHERS

Stressful periods such as the current lockdown can take their toll on even our closest relationships as tensions build up and then overboil, which is why DBT encourages us to nurture our relationships both with others and with ourselves. In conflicts, it suggests we take time to listen to the other person, validate that we have heard them, and then practise empathy to further deepen our understanding.

A VERY USEFUL TIPP

DBT is particularly useful when we are in times of crisis and need a quick and effective way to soothe our minds and bodies. TIPP is an acronym of skills that help reverse feelings of distress:

- > **TEMPERATURE** – splash cold water on your face or hold an ice cube; anything to take the heat from your body
- > **INTENSE EXERCISE** – run around the block, do star jumps or jog up and down the stairs to work the tension out
- > **PACED BREATHING** – take long, steady breaths to stimulate your parasympathetic nervous system
- > **PAIRED MUSCLE RELAXATION** – tense and relax muscles throughout your body until you feel calm

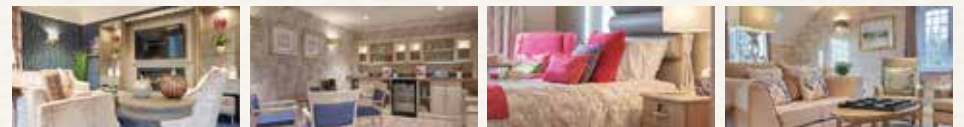
RADICAL ACCEPTANCE

Life can feel painful and out of our control, but DBT encourages us to accept rather than push back against our reality. Accepting, however, doesn't mean you have to like what is happening; it simply steers you away from what you can't control to focus on what you can.



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Staycate IN STYLE

Just because you may not be able to go abroad this summer doesn't mean that you can't still enjoy the holiday experience. Why not save money and still have fun by staycating within the confines of your own home?

GO CAMPING

In your own garden, of course, or your home if you don't have sufficient outdoor space. Simply get out your camping gear or borrow a tent from a friend or neighbour, toast some marshmallows, tell a few ghost stories and finish off with some traditional campfire songs.

SPOIL YOURSELF WITH A SPA DAY

If you love nothing more than indulging in a luxury spa break to recharge your batteries, you will be pleased to know that you can recreate this experience at home. All you need are a few high-quality face masks, some mani-pedi supplies and a selection of scented candles. You could even fill your paddling pool with warm water and bubbles and enjoy an outdoor spa experience.

FEAST LIKE A FOODIE

For those who love to sample the local cuisine

while on holiday abroad, why not throw a selection of themed food nights? Mexican, Indian, Spanish, Italian, Japanese: the choices are endless. If you are feeling particularly creative, you could go the whole hog and plan a multi-course meal complete with authentic beverages and decorations.

HOST A FESTIVAL

Whether you are a music lover or a film fanatic, hosting your own festival creates fun for the whole family. Invest in a projector or a new set of speakers, lay out some deckchairs or blankets, hang some fairy lights and set out some snacks. Don't forget, you must socially distance if you invite anyone from outside your household.

TOP TIPS FOR A STAYCATION

- > Ban household tasks
- > Let go of your usual routine
- > Disconnect from technology



4 common INGREDIENT SUBSTITUTIONS

If lockdown has taught us anything, it's how we can cope without restaurants, takeaways and other quick food fixes. In fact, 38 per cent of Brits have said that they are now cooking from scratch, but what do you do if you can't get hold of a key kitchen staple?

Baking soda & lemon juice for yeast

Yeast has been quite difficult to get hold of in recent months, but thankfully two other common store cupboard staples will ensure the same effect.



Ground flaxseed & water for eggs

If you need eggs to emulsify a set of ingredients, the below will work just as well. Alternatively, bananas and apple sauce can be used to add moisture, although they will not have a raising effect.



Baking soda & cream of tartar for baking powder

For those who love baking, it can be incredibly frustrating to find that you have run out of baking powder, but quite often you may have other ingredients that will do the job.



Alternatively, if you have a little bit of baking powder left, yogurt or buttermilk can help your rations go further.

Vegetables for pasta

Whether you have run out of pasta, noodles or rice, or you are simply looking for a healthier alternative, there are so many vegetables that you can use in their place.

Why not try eggplant lasagne sheets, cauliflower rice, spiralised courgette spaghetti or celeriac couscous?

Other helpful substitutes

Cracker crumbs for breadcrumbs | Lemon juice for vinegar | Plain flour and baking powder for self-raising flour

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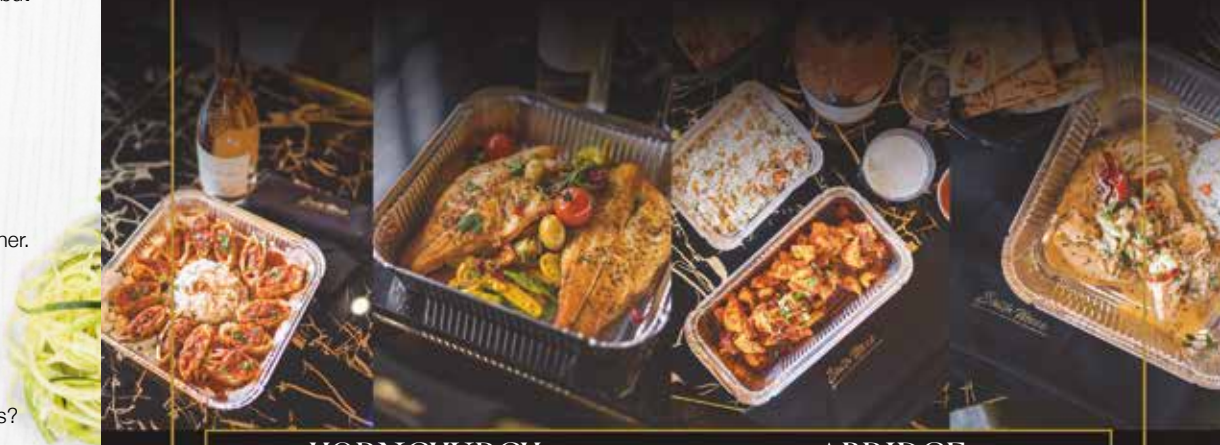
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The rise of AUSTRIAN WINES

When you think about countries that produce flavoursome and exciting wines, Austria probably doesn't feature near the top of your list. However, this relatively small European country now produces wines that are highly prized by wine experts and wine lovers across the globe.

many cool climate regions that boast higher altitude vineyards.

WHAT AUSTRIAN WINES SHOULD I TRY?

Kurt Angerer Kies Grüner Veltliner – a spicy white wine; pair with flavour-rich Asian food.

Rab Schenkenbichl Riesling Reserve – a very dry white; pair with seafood or a simple vegetable dish.

Heinrich Hartl St. Laurent – an elegant red, similar to a good Pinot Noir, serve with meats such as lamb or venison.

Barossa Ink Shiraz – a red wine with a rich berry flavour and a hint of chocolate; serve with Italian ragu.

WHAT TO LOOK OUT FOR IN 2020 FROM AUSTRIAN WINES

One of the wine trends for 2020 is the increasing popularity and availability of Austrian sparkling wine. Move over Prosecco, there's a new fizz in town. Look out for Schlumberger Blanc de Noirs Brut Reserve and Graf Hardegg Rosé Brut.

WHAT TYPES OF WINES DOES AUSTRIA PRODUCE?

Although most Austrian wines are dry white varieties, the country does also produce some high-quality sweeter white wines. Around 30 per cent of its wines are red.

Grüner Veltliner is Austria's flagship white grape and covers around one-third of all of the country's vineyards, but it also produces some excellent Austrian Riesling, Chardonnay and Sauvignon Blanc.

In terms of red wines, some of the best varieties on offer include Saint Laurent, Blaufrankisch and Zweigelt.

HOW IS AUSTRIA PRODUCING SUCH GREAT WINES?

In 2018, a record high of €170million of Austrian wine was exported, a figure that is set to rise to €227million by 2024. This is because Austria has



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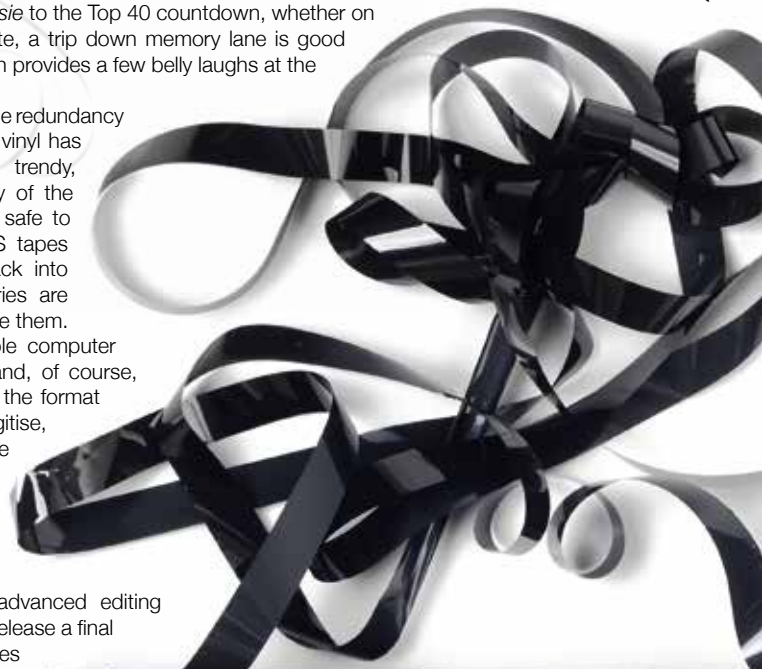
As technology advances, so we find many memories left in the past... or more accurately, left in a box in the loft. From weddings to old episodes of *Saint and Greavsie* to the Top 40 countdown, whether on VHS or audio cassette, a trip down memory lane is good for the soul, and often provides a few belly laughs at the same time.

What holds us back is the redundancy of so many formats. While vinyl has reinvented itself as a cool, trendy, left-field product that's worthy of the investment in a turntable, it's safe to say audio cassettes and VHS tapes are never going to come back into fashion, meaning our memories are locked away unless we can free them.

Thankfully, with downloadable computer software, a couple of leads and, of course, the required hardware to play the format in the first place, we can digitise, unveil and even improve the quality of content that may not have seen the light of day in decades.

A decent software programme will cost around £40, and most come with advanced editing suites, as well as the ability to release a final file on respected storage sources such as Google Drive, iCloud (for Apple users), or Dropbox... or head straight to YouTube or Vimeo if you believe your Year 6 *The Pied Piper of Hamelin* recital is worthy of a wider audience.

The alternative, of course, is to leave the technical matter to an expert. There are countless businesses who can take your raw material through the post and digitise it for you – prices start from as little as £10, but you'll need to know exactly what's on that three-hour VHS tape before you hand it over.





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HOME & DIY



Perfectly pitched dining room ideas that bring out the nuances of neutral



A dining room is arguably the most traditional room in the house – where simple shades give way to the colours and echoes of food, family and fun. For that reason, we've always looked on this very special room with a neutral, inoffensive palette, but that doesn't mean you can't still push on with some clever and cool design ideas:

BRING BACK THE BRICK

While the idea of something being 'beige' used to be taken as a derogatory term, consider the exposed brilliance of brick, and how this classic, classy look brings out not only its own unique shade, but also the neutrality of simple shades around it, in perfect unison.



COOL CORNERS

A corner unit bench not only provides a wealth of different spots to perch and read the paper, but offers ample storage space beneath as well. Shades will reflect the light coming in from bordering windows to bring uplifting brightness into the room.



GREY IS OKAY

Past trends may have labelled grey a dull and unimaginative colour. These days it's a base for matt style, and complements everything from wood to concrete to woven fabrics.



GAZING AT THE GALLERY

White on white? You wouldn't imagine it could work, but the neutrality of matching a wall with similarly coloured frames and prints brings out so much – shape, style, form and finesse, as well as offering a variety of subtle colours on the canvas that might be lost on a wall of any other colour.



WOOD YOU DARE?

With echoes of Scandi style to echoes of lighter shades from the 1970s, light- and neutral-coloured wood offers a perfect platform for tables, chairs and stools.

THE STRIPE IS RIGHT

And finally, adding a dash of colour across a neutral background can transform an area, a wall or an entire room.

Photo credit: Joe Hendricksen/Shutterstock.com



HOME & DIY



Sales of hot tubs have soared since lockdown began, with Brits splashing out on this luxury item to make the most out of their outdoor space.

But is this ultimate indulgence the right choice for you and your home?

PROS:

Relaxation

If you have had a stressful day there is nothing quite like a quick dip in a hot tub for melting away your troubles. Just imagine the soothing warm water and muscle-relaxing bubbles. Plus, if you suffer from a chronic illness or persistent injury, you will find that your body reacts favourably to the heat.

Entertainment

Although you may not be able to share your hot tub with your friends and family at the moment, this investment piece will act as a great source of entertainment for many years to come. Think themed parties and late-night soaks under the stars.

Year-round use

Unlike a paddling pool, you can use your hot tub all year round. Simply invest in a gazebo and you can experience the heat and bubbles even when it's raining. Plus, owing to its smaller size, it can be heated quickly.

CONS:

Expense

A hot tub is an expensive purchase. Even if you opt for a second-hand, soft, inflatable one, you are still looking at between £300 and £800. You also need to think about the cost of the upkeep, which will include cleaning chemicals and a higher energy bill.

Installation

If you are wanting to invest in a hard-shell hot tub, you need to make sure that you have the space available to accommodate an item of this size. You also need to check to see if the installation is included in the price as you may require a crane to lift your purchase into place.

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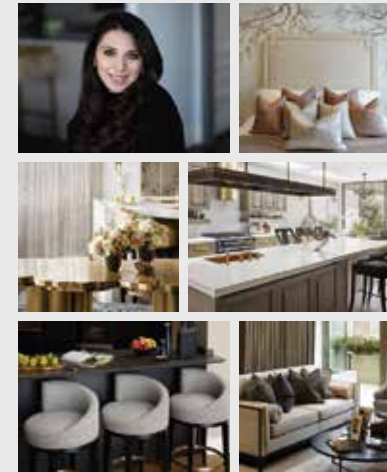


From the Middle East to middle England, Noor Charchafchi's unique design palate

Given that Noor Charchafchi, the owner of London-based interior designers Celine Estates, hails from the Middle East, it's unsurprising to find such dedication to bright, clinical, uncomplicated styles of design.

In an interiors world that often tries to complicate the equation, either in creating a menagerie of conflicting ideas or in going the other way with a perplexing excess of contemporary nothingness, the 39-year-old attempts to tread a sensible line between Arab air and lightness and the reflections of a childhood in London – it all offers design values that are based in both tradition and heritage.

"I must admit I've always been a bit nervous about new ideas and experiments," she admits. "Design comes very much from the heart, and while no one could ever tell me I was wrong in what I was attempting – because we are all correct in the sense of what we feel works – my designs aren't to everyone's tastes."



The key elements are:

> WHITES AND BEIGE... celebrating subtleties of shade is very important, with harmony and heavy fabrics complemented with wooden or stone floors. Neutral is seen as a positive thing, where other colours can bed in around it, rather than being in conflict.

> BEADING AND TRIM... framing furniture, bedsteads or tables in bevelling and added detail is a great way to draw the eye to a piece, as well as adding detail.

> FOCAL POINTS... each room should have a key point

where the attention is centred. For the bedroom, it's the bed, and everything should be created around it. For the front room, perhaps a table, sofa or fireplace. The trick is to start with one thing and work outwards.

> CURTAINS AND DRAPES... to enhance the idea of air and flow, curtains are pivotal, not an afterthought.

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DIY Macramé

PLANT HANGER



Photo credit: fhd.com, illustrated.com

Do you remember the 1970s' trend that was macramé? If not, you are in for a treat. This simple yet highly visually attractive knotting technique can be used to create many beautiful items for your home. In this article, we are going to show you how to make a macramé plant hanger.

YOU WILL NEED:

8 pieces of 15ft cotton cord | A 2-inch brass ring
2 pieces of 5ft string

HOW TO MAKE:

- > Take all 8 pieces of 15ft cord, fold in half and loop through the ring
- > Using your 5ft long pieces of string, tie a loop knot directly below the ring
- > Take 4 strands and tie a square knot
- > Repeat this last step 6 times
- > Repeat this pattern with the next group of four cords and repeat for the remaining cords
- > Leave a 2½-inch gap and tie a half square knot
- > Repeat the half square knot until you have created a 5-inch spiral
- > Repeat for remaining knot groups
- > Leave a 6-inch gap and create a crossover square knot using the 2 right cords from your first group and the 2 left cords from the adjacent group

- > Repeat the process for the remaining knot groups
- > Leave a 6-inch gap and create another crossover square knot by alternating the cords from the previous step
- > Leave a 3½-inch gap and tie a loop knot
- > Cut off any excess cord to create a stylish tassel

The above requires a basic knowledge of three different types of macramé knotting techniques: a square knot, a half square knot and a loop knot. You can find simple tutorials for all of these online.

DECORATING IDEAS:

- > Dip-dye
- > Embroidery floss
- > Silk or leather instead of cotton cord
- > Fill with fresh flowers, succulents or a battery powered candle



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WEAR AND CARE

From wood to leather upholstery, here's how to take care of the fabrics and surfaces in your home.

LEATHER

One of the priciest options for your sofas or chairs, leather is expensive because it's so hardwearing and easy to maintain, making it a great option for anyone with kids. In fact, one way you can really damage it is by using products that are too harsh, so it's best to keep things simple.

Day-to-day upkeep needs nothing more than a quick Hoover and a wipe with a slightly damp cloth.

However, when it comes to stains, you need to be aware of which kind of leather you are dealing with. Aniline leather is soft, buttery and absorptive, so blot off any stain quickly before dabbing with a moist cloth. Use the same process for treated leather, but with the addition of a mild detergent.

POLISHED WOOD

Despite what adverts would have you believe,

your wood isn't hungry, and nourishing polishes and oils are largely pointless. However, after wiping your furniture with a damp cloth and mild detergent (use an old toothbrush for any crevices) you can use a soft wax paste to buff up to the original shine.

UNSEALED WOOD FLOORS

If you have an older house, it's more likely you will have an unsealed wooden floor. These look great, but are more susceptible to staining and warping. Your best approach is regular sweeping and vacuuming to keep it clear of dirt and dust, and then a weekly mop with a white vinegar solution (one gallon of water, half a cup of vinegar).

STAINLESS STEEL

Clean off grime with a cloth and washing-up liquid (avoid using steel wool as this can scratch the surface), then apply glass cleaner to remove streaks, wiping in the direction of the grain. Dry thoroughly with a towel to avoid water spots.



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COLOUR

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Why picking the right colours for the rooms in your house can lift moods, calm anxieties and even promote better health.

Green...is the colour of tranquillity. Evoking an abundance in nature, or briny oceanic depths, it restores calm and promotes peacefulness and reflection.

Paint: Any room in your home where you want to wind down.

Red...is the colour of love, fire and passion. A vibrant crimson can set pulses racing or spark stimulating conversations, which is exactly why you don't want it in your bedroom...

Paint: Ideal for dining room.

Blue...is the sleepest hue. Despite its reputation as the colour of coldness and sadness, blue is said to lower blood pressure and help promote a feeling of restfulness – making it ideal for bedrooms. Opt for softer, dusky blues over harsh navy and cobalt.

Paint: Anywhere you want some shut-eye.

Yellow...is not necessarily the most mellow, as too much in one room has been known to cause

feelings of frustration and anger. Just the right amount, however, and a space will feel brighter and happier.

Paint: Living room, but go for golden accents over floor-to-ceiling sunshine.

Purple...this regal shade can make you creative – so again, use it sparingly in the bedroom. The more vibrant and deep your purple, the more it will stimulate your brain, so pick softer lavenders if you want a more soothing effect.

Paint: Study or playground.

White...far from being bland and cold, white promotes light and airiness, making it the best choice for a pokey or dingy bathroom.

Paint: The bathroom.

Orange...aptly, orange can make you hungry, so avoid splashing this colour around your home gym. Go bold and bright to promote an atmosphere of energy and joy.

Paint: The kitchen or dining room.



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Dear Brett,

VISION magazine has been brilliant for us.

They've helped us increase brand awareness across the whole region and gained us a good few happy customers in the short time we've been with them.

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Tricky RICKY

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In many respects, Ricky Gervais is a pretty bad version of a celebrity. He looks like someone who works in a hardware store, has been fiercely loyal and faithful to partner Jane Fallon for the past three decades, doesn't live in a 15-bedroom mansion, and couldn't undertake a spate of brazen virtue signalling if he tried.

There's also the small matter of him calling out other celebrities for their greed, corrupt dealings, bullying, two-facedness and hypocrisy at any available opportunity. A habit that began when he started naming and shaming the great and the good during his debut hosting of the Golden Globes back in 2010 – remarkably, they keep inviting him back! – has now extended fully into everyday discourse.

And at the start of the recent coronavirus lockdown we were treated to a brilliant display of Gervais bashing a bevy of film stars, musicians and models who felt the need to take to social media to inform us just how tough life was.

"After this is over I never want to hear people moaning about the welfare state again; I never want to hear people moaning about nurses again, or porters," he said.

"These people are doing 14-hour shifts and not complaining. Wearing masks, and being left with sores, after risking their own health and their families' health selflessly. But then I see someone complaining about being in a mansion with a swimming pool. And, you know, honestly, I just don't want to hear it."

Gervais's 'man of the people' status is, of course, nothing new. From his early breakthrough days in the late 1990s as a segment host on

ITV's *The Sketch Show* and on Channel 4 hit *The 11 O'Clock Show*, he has always led with an aura of honest and normality. There was the addictive 9–5 banality in *The Office*, then *Extras*, with its ground-breaking parodying of the movie industry, featuring A-list contributions from Kate Winslet, Ben Stiller, Patrick Stewart and Samuel L. Jackson.

Success followed with *The Ricky Gervais Show*, then the snappy *Life's Too Short*, comedy reality series *An Idiot Abroad*, bittersweet Netflix part-funded drama *Derek* and the rather darker, touching undertones of *After Life*.

The one thing that permeates everything Gervais touches is his unapologetic honesty. Whether discussing the "scourge" of religion or the majesty of the natural world, whether calling out nationalities, races, genders or persuasions, Gervais takes offence at people being offended.

"It's a disease that's getting worse," he says. "It's not healthy and it's not even real. Most of the people who claim to have taken offence at a statement someone made on Twitter are actually some of the most offensive people I have ever encountered," he laughs.

Some regard him as a national treasure, others a national disgrace. Either way, it's hard to avoid the magnitude of Ricky Gervais.

A one-time aspiring singer and band manager – he looked after indie outfit Suede back in their earliest incarnation – Ricky is the type who is always working on the next project. Whether self-penned or tagging on to big-budget comedies – *Ghost Town*, *Night At The Museum*, *The Invention of Lying* and *The Muppets* – he accepts the industry and its unpredictability.

"Nothing is a given. You just have to keep trying, keep things original, keep the creative processes rolling, and stay ever so slightly controversial."

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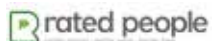
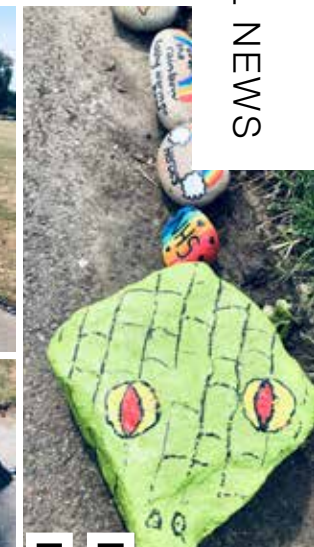


Photo credit: Arlene Raife



The project snaking positive vibes around park

When teacher and mum-of-three Arlene Raife began dotting child-friendly tasks around Hylands Park in Hornchurch in the early weeks of the coronavirus lockdown, she couldn't have expected one of her ideas to take on a life of its own.

The Covid Cobra snake – its body formed of painted stones – began modestly, but very quickly Hornchurch residents leapt on the creativity of this reptile, and the meandering masterpiece has grown at pace.

"I'm a cover supervisor in a primary school and having 12 weeks off work I tried to fill my days doing fun things with my three-year-old outside the house," Arlene told **VISION**Hornchurch. "I wanted to do something that was original but perhaps not exclusively for kids, so I bought some stones and got painting."

From an initial eight pebbles, Covid's body now totals more than 3,200. The local campaign has been so inspiring that Barleylands Farm Shop, Homebase

and members of the public have donated bags of stones.

Arlene added: "Any stones that are donated are left in the park beside the snake and people can take them home to decorate them."

"It's something that's there for everyone and there are no rules, no boundaries – people from all over have been getting involved, with messages from Ireland, America and even Australia. You can even follow Covid's journey on his own Facebook page, 'The Covid Cobra Hylands Park Hornchurch'."

"Councillor Ciaran White has been so supportive, and we are seeing if we can get these stones permanently embedded where they were placed – that would be the dream."

"Either way, we will always remember how our communities came together, because alone we can do a little, but together we can do so much more."



Photo credit: The Caton Family

Isla's final push to raise money for treatment

A little girl from Hornchurch is looking forward to returning home from Barcelona as she continues her fight against neuroblastoma.

Isla Caton, who is five, has relapsed twice in her battle against an aggressive cancer that has been a constant part of her childhood. Undeterred, with the incredible support of family, friends and fundraisers who have worked day and night to try to hit the target of £600,000 – which would pay for treatment and the bivalent vaccine in the United States – she can now look forward to a few weeks at home.

"This has been such a big part of our lives and we have uprooted and changed pretty much everything in order to try to get Isla well," mum Nicola told

VISIONHornchurch. "With every passing week there are setbacks and optimism in equal measure, but she has always battled on."

The family are now within £75,000 of their target, and it seems the rare disease – first diagnosed way back in March 2016 – may finally find itself defeated.

"We started another lot of antibodies in the middle of June, and that meant we were able to begin plans for returning home to Essex.

"Isla misses her sister so much, as do I, and she is so excited to get back to the UK. It will also be lovely for us to be on home soil where, as much as possible, we can thank people for all their support – it is always overwhelming, and very humbling."

Havering elects new mayor in virtual vote



Havering has a new mayor following the Annual Council meeting on June 10. Councillor John Mylod, who represents St Andrews ward in Hornchurch, was elected to be Mayor of Havering for 2020/21, having served the last year as deputy mayor. He was first elected to Havering Council in 1994 and previously served as Mayor of Havering in 2005/06.

The mayor's wife, Patricia, will serve as mayoress for the year. Patricia was previously a councillor in Upminster for 20 years.

He becomes the first Mayor of Havering to be elected through a virtual vote owing to the restrictions put in place by the coronavirus crisis.

Cllr Mylod said: "It's a great honour and an absolute privilege to have been elected Mayor of Havering. I look forward to being able to support and champion the wonderful residents, businesses and local community during these difficult times.

"My chosen charities to support will be announced in due course.

"I look forward to working with the new deputy mayor, councillor Christine Vickery." Councillor Christine Vickery represents Havering Park ward.



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LOCAL NEWS

Photo credit: Craig Baker



Max's documentary is an international success

A TV and film student in Hornchurch has enjoyed international festival success with one of his films. Max Roach, a student at Havering Sixth Form College, shot *London Through The Lens* about photographer Craig Baker and his work around the streets of the capital.

The film is a positive look at life in London and the people who live, work or travel there. It also documents how Craig goes about his daily job and conveys his passion for everything about the UK's capital city.

As well as being chosen for local arts and film festivals and the INTO Film monthly competition, the

documentary has been invited into the SLO Festival in California, BeOp Film Festival in New York and the Ufa Youth Short Film Festival in Russia.

Max, who also attended Abbs Cross Academy and Arts College, thanked his tutor Holly Whelan.

He added: "I am thrilled with how my documentary has been received, and to have it shown at these international festivals is amazing. I want to thank Holly for helping me create this piece. Obviously, every bit of feedback goes 1,000 miles, and I'm certain that without her essential feedback the film wouldn't have the success it has received."

Residents rage at park litter louts



A father and his two children are taking the fight against litter into their own hands. Will Kirk and his two children, Annabelle, nine, and Sam, seven, regularly go to Hylands Park, and he admitted to **VISION**Hornchurch that he is angry at the amount of litter that has been left there recently.

When Sam did a plastic pollution project at school and told his father he wanted to go and pick up litter, the trio started their crusade to clean up the park.

The family carried out their first clean-up, and Will said he was dismayed at the amount of rubbish that they encountered.

He said: "There must have been people drinking because it was the worst I had ever seen it. There were empty bottles and half-drunk cans all over the place. These people shouldn't use the park if they cannot clean up after themselves. If you can take it to the park, you can take it home again."

Two weeks after their first outing, Annabelle and Sam were keen to clean up again, and Will said he was very proud of them.

He said: "They did all the work; all I did was hold the bag open for them to put things in."



Little Liam's a fundraising fanatic

LOCAL NEWS



Inspirational West Ham United fan Liam Southwood is back in the headlines having embarked on his second big challenge of the lockdown.

The five-year-old hit headlines previously when he competed 101 tasks – from drawing to baking, commenting to writing poems – to raise £2,000 for the charity NHS Together.

And to celebrate the return of Premier League football, the youngster has kick-started another campaign, this time topping £1,000 in donations for Isla Caton.

Liam's dad, Richard, told **VISION**Hornchurch "We are all really proud of Liam's efforts during lockdown. He raised so much for the NHS, and then was at it again by doing 101 dribbles, goals and celebrations in our garden. It is amazing for a five-year-old boy.

"He has really enjoyed seeing himself in local newspapers and on the West Ham website. He's also been on the radio and YouTube. It is such a great experience for him and also he is doing so much good for others."

Richard says the family were aware of Isla's battles after seeing collections outside the ground, and when Liam said he was ready to undertake another lockdown challenge it seemed the perfect project.

Foxes fear at Dury Falls

Residents on the Dury Falls estate in Hornchurch are being asked to be on the lookout after a spate of incidents in which foxes have been poisoned.

Animal welfare charity Animal Protection Services (APS) has now become involved after a number of our favourite night-time roamers have been targeted and left for dead. It is not known whether the actions are those of an individual or of a group acting in mischief, or as an attempt by residents to protect their own animals.

Rebecca Pearce, a representative for the animal

welfare charity, said: "If anyone finds a dead fox and suspects the death may not have been from natural causes, please contact APS immediately so it can arrange recovery of the body and conduct a post-mortem examination."

If anyone is found to have intentionally poisoned a fox, they risk a significant fine and prison sentence, with the APS now stepping up its pursuit by including covert surveillance and witness statements.

If anyone has any information they should visit www.animalprotectionservices.co.uk

Brother and sister sell toys to help hospice

Two youngsters from Hornchurch proved that youthfulness and social distancing are no barriers to raising money for Saint Francis Hospice.

As the government took steps to ease the lockdown, Lily and Oliver Wake set up a toy shop in their front garden.

Lily, nine, explained: "We had toys we'd got too big for. We decided to put them outside so people could take them and donate money. We wanted to help the hospice because they look after sick patients and their families. I enjoyed seeing all the children's faces light up."

Oliver, seven, revealed that his neighbours' generosity was the most fun part.

He said: "I liked watching all the people put money in the pot."

Julia, Lily and Oliver's mother, said she was extremely proud of her children. She's had a connection with the hospice since she was a child. After caring for her grandad, the hospice went on to care for her aunt and dad in their later years.

She added: "My family stayed at the hospice day and night. The nurses looked after all of us. Thanks to them, my childhood memories of being at the hospice are only happy ones. Now, I have no fear about that stage of life. There's no other place like Saint Francis Hospice."

Lily and Oliver raised more than £200 from the sale.



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Brave lady cuts hair for The Little Princess Trust

LOCAL NEWS



Local resident Hannah Hastings is on a hair-cutting fundraising campaign.

For some, the lockdown has brought a horror show of hair that gets longer and even more unkempt by the day.

However, one local has used her ever-extending locks to good effect, fundraising for The Little Princess Trust, which provides 'real hair' wigs for young people with medical conditions which mean they have lost or cannot grow their own.

"My brother decided about a month into lockdown to shave his hair after it got too long for him to put up with it," Hannah told **VISION**Hornchurch. "That made me think how much I'd have to cut off once restrictions were eased, and that felt like such a waste, so I began looking into ways my hair could help others.

"Ultimately, there are thousands of people who've had to wait longer than usual to get a wig owing to the pandemic, so donating hair and raising money seemed the perfect combination."

Hannah, who previously raised £1,750 for Childreach International to help build an education centre in the Atlas Mountains in Morocco, is well on the way to hitting her £200 total (search 'Hannah Hastings' on Just Giving).

She hopes to donate more than 10 inches of hair by the time it is cut in September.

Virtual high fives in Havering

While we've all experienced adverse effects from the coronavirus pandemic in terms of social activity and our ability to interact with one another, the impact on those suffering from disabilities has been even more profound.

The Havering Association for People with Disabilities (HAD) has, for many years, worked to enable and inspire people with disabilities and those who support

them to lead fulfilled, inclusive lives with dignity and respect, and during lockdown that was even more vital.

"We have had to think of new and exciting things for our members, making sure that they have all the support they need even with restrictions in place," says spokesperson Cheryl Cable. "We have manned the HAD office every day, have been phoning as many of our clients daily, supplying art and crafts materials, delivering puzzles and books, doing the shopping and even picking up prescriptions.

"The main thing is that we have been providing support to all our clients and we are on hand if they need anything at all."

Reducing social isolation has been a big task, but initiatives such as the formation of a Phone Buddy group, where clients are matched to each other for chats; and the creation of a Friendly Friday Zoom group, which features quizzes and bingo, have kept people in touch.

"On a practical level, the lockdown has hit us hard," continues Cheryl, "and the lack of face-to-face activities and fundraising opportunities will have an effect in the coming year, but we look forward to getting back to somewhere near normal."

For more information on the range of new initiatives, search HAD Havering on Facebook.

Nick captures beautiful birdlife

Many of us have had a lot of extra time on our hands recently, and Nick Lay certainly put that to good use last month when he took this stunning shot of a juvenile whitethroat at Hornchurch Country Park.

Nick, who lives in East Tilbury, visited the beauty spot to take photographs of the wildlife in and around the area late last month.

He explained: "I use a Canon camera with a Sigma 150-600 lens. Rather heavy, but it was okay. It was my first visit and I was very impressed with the diverse amount of wildlife. I will definitely be visiting again very soon."



Photo credit: Nick Lay



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JULIA LOPEZ MP



LOCAL NEWS

Hornchurch and Upminster



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The seriousness of the coronavirus pandemic has demanded equally serious interventions by our government to support communities like ours.

We believe around 12,000 people across Hornchurch and Upminster have benefited from the furlough scheme. We now want to ensure as many people on furlough as possible have jobs to go back to as the scheme winds down from now until autumn. That means reopening the economy, and having in place the testing, trace and health systems that give people the confidence to return to everyday life.

There will be difficult times ahead as we assess the long-term impact of all this, and we shall need to look at how to support people with new skills, get the economy growing again and incentivise companies to take workers on.

Havering Council has had to take on a lot of additional work, and that has come with an extra £13.5million in emergency government funding that it can spend however it sees fit. The money is intended to help with the costs of things like social care, the shielding scheme, support for rough sleepers, assistance for the NHS and efforts to tackle domestic abuse – not to mention the administration of emergency support grants to local businesses.

The government is working closely with the NHS

and partners in starting to restore non-COVID services in a safe way.

This month, a phased reintroduction of routine, planned surgeries has begun at our local hospital trust. Going forward, Queen's will be the main emergency care and COVID site, and King George will host most planned care. GP video consultations have been a huge success, with 99 per cent of practices now capable of providing them, with the hope that this can become a routine part of their operations to take pressure off the front line.

Thank you to all the constituents who have been writing to us through the crisis with urgent casework and on a range of campaign issues, from racial equality to food standards. We are trying our best to reply to everyone quickly, but I have posted responses to some of the most commonly raised concerns on my website.

This month, I shall be starting my first ministerial role as Parliamentary Secretary at the Cabinet Office now that I have returned from maternity leave. The Cabinet Office, led by Michael Gove, sits at the heart of government as its corporate headquarters and takes the lead in issues like the Union, democratic reform, government property and the running of the civil service.

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News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

I am one of the three councillors who look after the St Andrews Ward. You have two independent councillors and one Conservative councillor who is now the Mayor of Havering.

The Borough of Havering is currently divided into 18 wards.

Every now and again the boundary commission looks at the borough and decides whether changes are necessary to balance the wards.

The last boundary check was a fair time ago. Since then there has been a significant amount of new buildings and estates (not forgetting the planned builds for the next five years). There are now several wards that have (or will have) a much higher number of residents than other wards.

The boundary commission asked for submissions not just from the council but also from anyone willing to put in the work.

The council put together four proposals which either created new wards, changed the boundaries of existing wards or almost left things alone. Only one submission was put forward from the council after a vote was taken on which of the four to use.

In the next year, we should hear from the commission as to what it decides to do. For many it will make no difference; for some, they might find that they are no longer part of a community they have been part of for years.



I urge you, when it comes to the local elections in 2022, to check who your ward councillors are. Check to see if you have an option of electing an independent. If they were councillors before, check their voting records, ask what they have achieved.

The ex-mayor and the monuments

Recently departed Mayor of Havering, Michael Deon Burton, takes the middle ground in the row over our local heritage.

Councillor Michael Deon Burton has expressed caution at the removal of sensitive landmarks or the renaming of local roads in the wake of the nationwide protests, demonstrations and riots that began in June.

In light of issues raised by Black Lives Matter and anti-fascism groups asking for a reset of statues, monuments and streets making reference to, among other things, slave owners, the South Hornchurch Conservative councillor says it must be the residents who decide on the action taken.


Local streets potentially under threat include Branfill

Road and Champion Road in Upminster, as well as Branfil Primary School, for the connections they have to slave trader Andrew Branfill.

Yet rather than bow to pressure groups or the violence of demonstrators, Burton recommends a more measured approach.

"If there exists a want to change the iconography and naming of roads and structures in honour of those now passed, it must be by consensus from local residents. After all, when has the quick fix of 'out of sight, out of mind' ever been of any lasting worth?"

"Such simplistic actions do little other than placate the outrage of those who seek by means of shouting louder than the silent majority to impose their conscience as your guide."



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ANDREW ROSINDELL



MP for ROMFORD



LOCAL NEWS

The abhorrent murder of George Floyd in the United States of America has tragically been hijacked by extremists to further their own long-standing ambitions to destroy Britain's heritage and to censor our nation's history.

From the tearing down of Colston in Bristol to the removal of Rhodes in Oxford, this fanaticism to impose today's values on the past has now reached Havering, with extremists targeting local schools and streets, named after Andrew Branfill and Richard Neave, for renaming.

So many people in Romford and Hornchurch have contacted me over the past week to forcefully express their objection to the imposition of this "presentism" on our community.

I agree with them that in Havering, along with the rest of Britain, our proud heritage must not be allowed to be denigrated, destroyed and censored in order to appease a tantrum of the present, led by a far left minority.

The story of our island nation is immensely complex, and modern Britain is a product of a vast collection

of ideas and beliefs, some of which may not look good in the light of today, but our society's attitudes towards race, ethnicity and creed have changed. All countries change and evolve, and Britain has led the world in this.

Renaming Havering's schools and streets will achieve nothing, any more than tearing down every statue, destroying every painting or burning every book that contained something from the past that we would not adhere to today.

I firmly oppose altering our local heritage and history, which is not the answer to solving the problems of today. On the contrary, such actions will inflame things and there will be no end to it. It is better to continue our evolution as a nation and continue to lead the world as the outward-looking, tolerant and generous country that we are.

Britain's heritage and history, especially Havering's, must not be destroyed or rewritten to appease an extremist fantasy to erode our cultural identity.

Let's fight to build a better society here and now, in the present, and not try to rewrite the past.

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Athletic club to hit the ground running



The easing of lockdown restrictions meant Havering Athletic Club was able to resume activities towards the end of June.

Although the club – which is based at the Hornchurch Stadium – has had to produce guidance notes for athletes and coaches that mean significant changes to the way training is organised, chairman Tony Benton (pictured) admits it's a relief to be back.

"It's been a difficult three months away from the track for athletes and coaches," he told **VISION**Hornchurch, "and of course there is still considerable uncertainty about whether competitions will resume or what form they may take, but at least we are training again."

"The lockdown has certainly made people more aware of fitness activity online. Athletes and coaches have taken advantage of this, using social media and platforms such as Zoom and Skype to maintain contact and run fitness sessions, which has been great to see."

While new memberships are on hold, you can find out more about Havering AC at www.havering-mayesbrook.org

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HAWAII FIVE OH!

You may not be able to enjoy the usual beach experience this summer, but with these fabulous outdoor furnishings and lighting tricks you can certainly create that same blissed-out vibe.

While they're not entirely out of bounds, the restrictions surrounding trips to the coast have numbed somewhat the appeal of the seaside.

Sure, you may struggle to recreate a vista of rolling waves and painful pebbles underfoot in your humble back garden, but there are a number of outdoor effects – beyond the basics of a sun lounger and umbrella – that can bring the breathless brilliance of the beach to your home.

Shelling out

It's perhaps the simplest move of all, but a few handfuls of shells and pebbles, and perhaps a stray sprig of seaweed or a sprinkle of sand, can instantly give your garden space a neat, nautical feel.

Remember, though, removing beach matter (stones, sand) is in fact illegal, so please source your props responsibly.

Wicked wicker

Nothing shouts 'beach' like wicker windbreaks,

umbrellas and mats. As a fabric it's versatile, cooling and good to look at, and wrapping your yard in this light material will soon have you dreaming of the Mediterranean or Caribbean.

A win on the pools

For those of us lucky enough to have a swimming pool (either permanent or foldaway) to cool off in, consider adding sandy banks and trails leading into it or immediately as you step into the water. A sand gradient will remove harsh, clumsy edges while offering a water feature that blends in perfectly with the beach vibe.

Amazing ambience

When the sun begins to set, there is no nicer feeling than settling down to watch the day fade away. And with some clever string lights, you can bring about a seaside ambience that will chill you out as well as light up the night.



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Delphinium

JULY BIRTH FLOWER OF THE MONTH

For those born in the month of July, your birth flower is delphinium. A striking flower that is available in several colours, although most notably a deep bluish-purple, delphinium is associated with openness and positivity, making people who were born in this month as charming as they are humorous.

WHAT DOES DELPHINIUM SYMBOLISE?

The Greek name Delphinium is derived from the shape of its flower buds, which are similar to a dolphin, and its intense blue colour makes it a very special flower indeed. In romanticism, the blue flower was said to be a symbol of yearning and ardent attachment.

However, a pink delphinium conveys contrariness, a white one means happiness and a pure purple flower is said to signify first love.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If you were born in July, you are a natural entertainer, always wanting to be seen as the funny one. Your

charm and sense of humour make others feel both welcome and appreciated. You also value family above all else.

HOW TO GROW DELPHINIUMS

Although you can grow delphiniums from seed, this can be quite challenging, so you may want to start off using cuttings instead. This flower enjoys moist but well-drained soil in full sun and, as it grows tall, does best at the back of a sunny border.

HOW TO HELP DELPHINIUMS THRIVE

Delphiniums are hungry plants and need a liquid fertiliser applied every couple of weeks to encourage strong growth. It is also a good idea to use canes or a frame so that the plants can grow up through them. Delphiniums only flower for a short amount of time, but by cutting back the spikes you can encourage further growth.




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GARDENING

HORTICULTURE HEROES:

Joe Swift

Joe Swift, the gardener, designer and TV personality best known for presenting *Gardener's World*, is also revered as someone who cares a lot about allotments.

Joe Swift takes a hands-off path to gardening that many of us will endorse.

"To be honest, I'm more of a designer than a doer," he chuckles. "I hide behind a computer and let others do the real work."

Typically understating his imprint and knowledge on modern gardening, Swift is famed for his love of container planting, and permanently has an eye on DIY.

"Some of the ins and outs of plants, trees, flowers and ecological intricacies are beyond me, but if you're looking for a platform or a plan on which to construct your garden, then that's where I'm at my best."

Joe's 'best' serves as a reminder to every gardener that DIY and hardware is a pivotal part of every plot. "Really, the greenery in your garden is just the final layer of the plan, and I always encourage gardeners to think of a garden like they would a front room or a bedroom. Plan out every corner, every view, every comfort, then finish it off with furnishings... or, in this case, plants, flowers and the like."

The popular gardener's admiration for allotments has also been a defining part of his appeal. He fronted the series *The Great Allotment Challenge*, and says a simple, manageable space is the best way to get started. "Allotments are brilliant value for money; even mine, at £65 a year, is one of the most expensive, and that's less than a cup of coffee a week.

"I made all my beds out of plant pallets, made a compost heap and found a second-hand shed on eBay for £20.

"Everyone on allotments is fairly frugal. You can recycle lots of things – every time you drive past a skip, it's always worth a look! What you get in return is a creative space like no other."



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IT GIVING IT FAKING IT

When it comes to your garden, sometimes it's better to fake it 'til you make it. As the use of artificial grass is becoming more prevalent across the UK, we look at the advantages and disadvantages of replacing your live lawn with synthetic sward.

THE PROS

| WATER WAY TO SAVE

One of the key advantages of replacing your lush lawn with artificial turf is that you will save on both time spent on maintenance and, of course, water. Of course, synthetic grass isn't 100 per cent up keep-free, but all it takes to keep it clean is an occasional rake or rinse with a small sprinkling of water.

| PERMANENT PERFECTION

Banish muddy patches, yellowing grass and other unsightly garden blemishes with an artificial lawn that looks great all of the time. The synthetic stuff has come a long way since AstroTurf – the first thing most people think of when considering a plastic lawn – and can now come in a variety of styles that copy real grass exactly.

| PESKY FOR PESTS

It goes without saying that artificial grass is not a natural construct – and that means it's an unwelcoming, unattractive host for ticks, fleas and other kinds of bacteria.

THE CONS

| GREEN FOR GREEN

All in, including installation and the like, the average homeowner will spend a few thousand pounds on a large-scale artificial lawn. But bear in mind that this is a long-lasting investment after all, and you'll save in the long run on sprinklers, fertilisers, pesticides and a lawn mower.

| ADDED EXTRAS

Artificial lawns in residential areas usually require an anti-shock layer, a material that is placed right underneath the 'turf'. This layer gives the lawn a natural feel and is recommended for people with children and/or pets. Infill is another extra to consider, used to stabilise the turf and increase the efficiency of its draining capabilities. Infill also helps keep artificial grass looking lush and perky – but obviously any added extras require added investment.



GARDENING



PETS



Summer SAFETY TIPS

FIVE TIPS TO KEEP YOUR PETS SAFE THIS SUMMER...

As if there weren't already enough safety concerns for pet owners in the summer months, this year you also have the additional worry of coming out of lockdown and how this profound change will affect your animals. Don't worry – we are here to help.

GO TO THE VET IF NEEDED

If your pet is poorly or becomes injured, you should not put off going to the vet. Call first as you normally would and, if advised, take your pet in for a check-up. Social distancing will still apply, and you will most likely be asked that only one member of the household attends the consultation.

BE PREPARED FOR SEPARATION ANXIETY

For those who have been furloughed or working from home, this will seem like Christmas to your pet. What could be better for them than seeing their owners every day when they are usually alone? However, you now need to be prepared for when you leave. Expect naughty behaviour, continual barking or whining and/or destructive actions.

PRACTISE SOCIAL DISTANCING IN THE PARK

Although there is no evidence of animal-to-human transmission of the COVID-19 virus, it is still a good idea to keep your dog close to you when you are in a public area. This is not only for their safety but also to avoid confrontation with other dog walkers.

DO NOT FORGET THE IMPORTANCE OF GOOD HYGIENE PRACTICES

One of the most effective ways of keeping yourself and your pets safe from COVID-19 is good hygiene practices. You should wash your hands with an antibacterial gel whenever you take your dog for a walk, go out to purchase pet food and after you have played with your animal.

AVOID CONTACT with your pets if you show symptoms of COVID-19.



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KIDS



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How to stimulate your kids into learning their times tables

To see someone reeling off apparently confusing multiplication sums can provoke in kids a look of genuine awe, yet reciting times tables is something that, as adults, becomes second nature.

For our youngsters, the process reaches deep into parts of their brains they've never before needed to access, so making the learning of these numbers easy and attractive is important. Here are some top tips:

POSTER PERFECT

Repetition is known to be the best stimulus for children, so having a poster of times tables (up to 10) on a bedroom wall, playroom noticeboard or even perhaps just stuck to the fridge will give kids the opportunity to go back to their sums multiple times throughout the day.

PRACTICALITY

Use examples around the house or when out and about that show kids the real value of learning their times tables. It could be the number of sweets they are allowed at the shop, pieces of Lego or perhaps just grains of rice when cooking. Whatever the subject of your multiplication, show how learning numbers translates into real life.

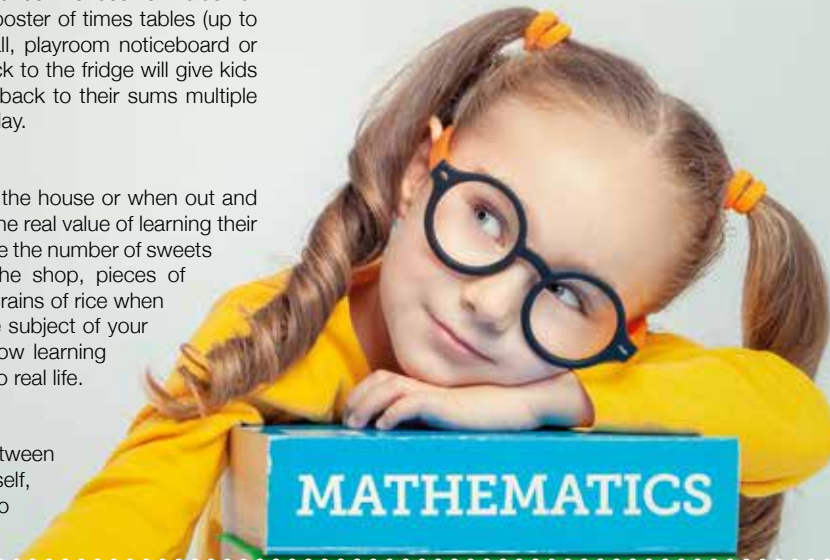
QUICK QUIZZES

Construct quizzes between your child and yourself, or perhaps a sibling, to

add a challenge element into the process. While methodical learning of processes and numbers might not be the most stimulating things in the mind of a six-year-old, the incentive of getting one over on an older brother or sister may well spark the interest.

REWARD

Like anything, a child's stimulus often comes down to the reward mechanism, so ensure you have stickers, a chart and any other planned payback that incentivises your kids to learn their numbers.



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Virtual

VIEWINGS



WILL VIRTUAL TOURS OF PROPERTIES REVOLUTIONISE THE MARKET?

There are many instances where enforced change has altered for the better the methods by which we live. Certainly, as far as consumer feedback goes, the early indications are that virtual house viewing may be something that’s here to stay.

Whether renting or buying, for too long consumers have found themselves at the whim of agents’ rather creative use of adjectives in their attempts to lease or sell properties. On other occasions, that age-old ability to stretch a photo beyond any reasonable credibility can leave us deflated.

Up until now, the realisation that the apparently spacious flat we’re looking round may actually only be big enough to house a family of small rodents has only come to light when we’re in the property. However, thanks to the need for social distancing and some tremendous, high-tech 360-degree videography, we can get a real inside track on a plot with a virtual tour.

Of course, on the subject of rodents, only a viewing

‘in the flesh’ will give you the opportunity to take a scrutinous eye to nooks, crannies and the like. And yet, a virtual tour will at least let you sort the wheat from the chaff without having to slog around town or hover outside a property waiting for the agent to excavate the correct door key from their pocket. And as we know, there’s nothing more off-putting when considering a new area than being slammed with a parking ticket courtesy of 10 minutes looking around a property.

Even for the agents, the virtual tour removes the much-reviled time-waster, while existing tenants or owners can eradicate the inconvenience of having to repeatedly get a property presentable and ready for visitors.

For a market desperate to recover momentum in light of the COVID-19 downturn, our willingness to use virtual viewings – and the accompanying tech that facilitates it – could not have come at a better time.



Default DANGER



What are the real consequences of not being able to pay a loan or credit card?

In the past few months, many of us may have strayed closer than we would want to financial trouble. Money worries put more stress on us than anything else in life, though often our tendency is to fear the worst when we needn't.

The truth is that lenders – be that in the form of loans, credit cards or mortgages – are regulated to work with you, not against you, when it comes to ensuring your commitments are affordable. And, contrary to what you may see on reality television programmes, falling behind on payments won't suddenly land you with a bailiff at the door.

Below is a 'typical' debt timeline (note: not a definitive outline), based on being unable to make repayments:

- > **MONTH 1:** Failure to pay loan or credit card.
- > **MONTHS 2-4:** Creditor makes contact and will usually agree to hold charges and interest, effectively freezing the account (although this will mark your credit score).
- > **MONTHS 4-6:** Either resume payments or the

creditor may sell the debt on to a collections company.

> **MONTHS 6-9:** New 'owner' of the debt will make contact to attempt to agree with you a new (interest-free) repayment plan – they will work with you to check you are prioritising key commitments (such as utilities) and they need to accept any reasonable offer (which could be as low as £10/month).

> Your account will be reviewed regularly but you will have a new agreement in place going forward.

> Only if you default on this new agreement will the prospect of a court order or CCJ come about, and only failing that provokes bailiff action.

If you are worried about debt, speak to charity stepchange.org

The most important thing is to address the issue, be upfront with those you owe money to and keep communicating at every stage.

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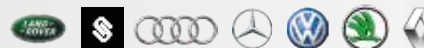
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HOW LEAD LED THE WAY IN A MOTORING REVOLUTION

The motoring industry sees itself as one of the true pioneers for a better, cleaner, more eco-friendly environment; and quite right too given the estimated 1.4 billion cars on the road across the planet.

With a move towards carbon neutrality, the acceleration of the sector is visible as much on blueprints, bar charts and graphs as it is in getting its latest models from 0 to 60, but how much cleaner are vehicles now compared to their older counterparts?

Unleaded petrol only went on sale in the UK in 1986, but within 15 years it was the only option other than diesel. Rightly so, as at its peak we were pumping 3,000 tonnes of the stuff into the air. The results? Brain damage in children; hypertension, high blood pressure and heart attacks in adults.

Levels of lead in the air decreased by 94 per cent between 1980 and 1999 – a huge proportion of that pollution having been caused by cars, with

almost 0.9g of the toxin in a litre of petrol in the 1970s. The permitted level is now 0.01g/l.

Add in better engine efficiency thanks to systems such as air injection and catalytic converters, plus the development of better diesel systems – even if manufacturers such as Volkswagen were found to have overstated efficiencies – and car output efficiency has moved into levels we could only have dreamed about in the 1970s and 1980s.

It's not all good news, though. Over the past five years the industry has seen demand switch back towards bigger, premium vehicles, despite conscious government moves to make such vehicles less appealing at the fuel pump.

It has caused a seven per cent increase in carbon dioxide output in the year up to 2018, with cars accounting for just over 18 per cent of total UK emissions.

The evidence suggests that while our desire to be green is genuine, the need for comfort and convenience is still the biggest 'driver' in our lives.



A GLASS and a half

THE DRIVE OF YOUR LIFE... WHY NOT TO TAKE A CHANCE AFTER A DRINK

As if you didn't know it were true, drinking and driving are completely incongruous. Not only has it been illegal to be over the limit when behind the wheel of a car since the Road Safety Act was introduced in 1967, it's also insanely dangerous, to yourself, passengers and other road users.

The issue with drink-driving is that, in many people, the confidence, bravado and bullishness that alcohol provides actually reinforces a belief that it is okay to 'push the limits' a little; and yet, the guidelines are set, the recommendations realistic and the punishments severe.

- > Get stopped in England and your limit is 80mg of alcohol per 100ml of blood, and that allowance drops to 50mg in Scotland.
- > In real terms, everyone's tolerance and reaction to alcohol varies, and can be additionally affected by weight, sex, metabolism, food and stress; but for men, two pints of medium-strength lager (four units), or two small glasses of wine (two units) for women, will see you over the limit.



- > The only published safe advice is to avoid alcohol altogether.
- > Remember as well, if you've been drinking heavily the night before, there's a reasonable chance you'll still be over the limit the following morning.

And if you were in any doubt as to just how profound those punishments can be, it's up to 10 years for manslaughter, should the worst happen. You can even be arrested for being inebriated and sleeping or resting in a car even without the key in the ignition.

The frightening thing is that many of us still aren't learning the lessons. Around one in eight road deaths is still alcohol-related, and when you add in injuries, that's around 9,000 per year.

In an era when calling a taxi has never been simpler, there is no excuse to risk the lives of others, so enjoy yourself and get home safely.

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CONOR the MANN



WHY CONOR MCGREGOR'S THIRD RETIREMENT FROM COMPETITIVE ACTION WILL BE HIS LAST

Unlike the two previous occasions when Conor McGregor announced that his days in the cage were over, when the mixed martial arts (MMA) supremo tweeted his retirement on June 7, fans got the sense that this time the 31-year-old Irishman, who has transformed the sport since picking up his first world Ultimate Fighting Championship (UFC) title in 2013, meant it. MMA owes Conor McGregor a huge amount. The Dublin-born fighter has single-handedly moved this Marmite entertainment form into new realms, displaying a brand of bold, brash, uncompromising spirit both in competition and away from the fight. It is a sport sold on ego and confidence, and McGregor has both in abundance, always capable of flicking a switch between charisma and out-and-out combat. He is someone whose personality has engaged fans the world over, the type of character you either love, or love to hate – either way, the box office riches flow.

And yet, McGregor's biggest battle across a 12-year professional career has been in managing ambition versus ambivalence. His latest retirement came accompanied with a typically cursive glance at the current state of play with UFC.

The fighter stated: "The game just does not excite me, and that's that. All this waiting around. There's nothing happening.

"I'm going through opponent options, and there's nothing really there at the minute. There's nothing that's exciting me."

It's not the first time a perceived lack of a real challenge has led McGregor to throw in the towel. Upon his first retirement, McGregor said he wanted to explore new challenges, and promptly set up a landmark boxing contest with five-times world champion Floyd Mayweather, in August 2017.

Although McGregor was overpowered by the legendary US boxer, his intention to push, to innovate and to mix things up was clear, and when he came out of retirement just over a year later it was clear he was returning to the stage not just as a fighter but also as a showman for the sport. That enabled him to present both the good – this year's 40-second knockout of Donald Cerrone at UFC 246 was McGregor back to his ruthless best – and the bad – the warrior courted publicity after attacking a tour bus in 2018, smashing a fan's mobile phone in March last year, and being involved in an altercation in a Dublin pub six months later.

His string of recent misdemeanours also confirms a disenchantment with the sport, and he has repeated last year's retirement with one now that will surely hold.

The coronavirus pandemic and a lack of clarity over when MMA will return to any semblance of normality has surely hastened his withdrawal, as it has those of respected rivals Jon Jones and Jorge Masvidal. Combined with the countless media opportunities that are certain to present themselves, plus an estimated war chest approaching £100million, it's time for his next move.

After all, for a man who has forged incredible wealth, success and recognition out of less than one hour in professional combat across 12 years and 26 fights, you sense that whatever Conor McGregor does next, success is guaranteed.



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PUZZLES & TRIVIA



PUZZLES

Answers can be found on the Contents Page 4

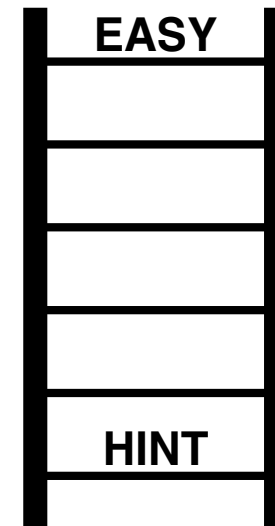
- ▶ AUBURN
- ▶ BLACK
- ▶ COPPER
- ▶ FUCHSIA
- ▶ GREEN
- ▶ GREY
- ▶ LAVENDER
- ▶ LEMON
- ▶ LIME
- ▶ MAGENTA
- ▶ MAUVE
- ▶ MINT
- ▶ ORANGE
- ▶ PINK
- ▶ PURPLE
- ▶ SCARLET
- ▶ TURQUOISE
- ▶ ULTRAMARINE
- ▶ WHITE
- ▶ YELLOW

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

DID YOU KNOW?

- ▶ The killer whale belongs to the dolphin family
- ▶ Some animals sleep standing up, including horses and elephants
- ▶ Elephants are the only animals to have four forward-facing knees
- ▶ Tigers are the largest wild cats in the world
- ▶ Female kangaroos have a pouch on their belly to transport baby kangaroos, called joeys
- ▶ There are three different species of zebra, which are all native to Africa
- ▶ A male reindeer's antlers can grow up to 1.4 metres in length
- ▶ Butterflies can taste with their feet

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.



PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

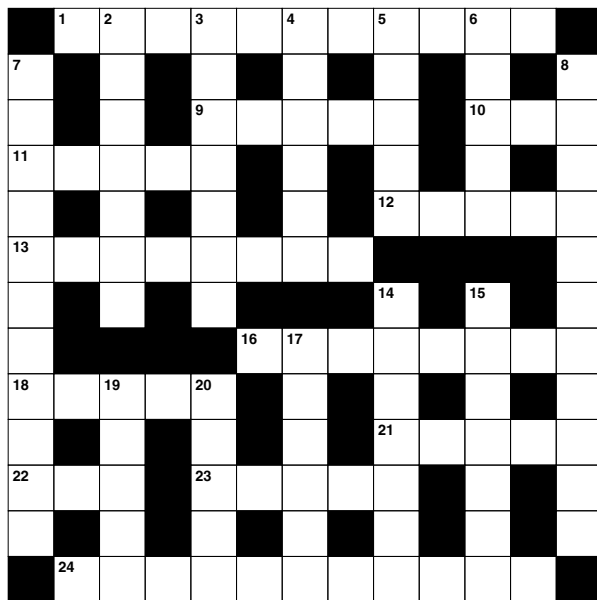
1. Defensible (11)
9. Valuable thing (5)
10. And not (3)
11. The lion who rules over Narnia (5)
12. Staggers (5)
13. Fortress in Paris (8)
16. Choosing from various sources (8)
18. Devout (5)
21. Push back (5)
22. Unit of time (abbrev) (3)
23. Breed of dog (5)
24. Property professional (6,5)

DOWN

2. Serving no purpose (7)
3. Pass across or through (7)
4. Involving financial matters (6)
5. Later (5)
6. ___ Armstrong: famous cyclist (5)
7. Astound (11)
8. Radically (11)
14. North Atlantic food fish (7)
15. Idealistic (7)
17. Unrefined (6)

19. Deducts (5)

20. Woody-stemmed plant (5)



DID YOU KNOW

- ▶ The tongue is the strongest muscle in the body
- ▶ Blue-eyed people tend to have the highest tolerance of alcohol
- ▶ During your lifetime, you will produce enough saliva to fill two swimming pools
- ▶ You are one per cent shorter in the evening than in the morning
- ▶ You are born with 300 bones, but by the time you are an adult you only have 206
- ▶ There are 100,000 miles of blood vessels in an adult human body
- ▶ Humans shed about 600,000 particles of skin every hour
- ▶ Human teeth are just as strong as shark teeth

SUDOKU

			8	2				
						6		
6				5	1	9	7	
3	5			4				6
			7					
7			2			4		9
	1	7	9	8				3
		8						
			4	5				



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