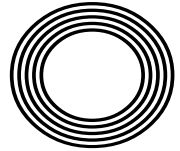


Could COVID-19 science help cure other illnesses?

50 YEARS OF ONE DAY INTERNATIONAL CRICKET

BOTTOMS UP! Celebrating National Beer Day

*J.K. Rowling*  
The author's success with Harry Potter



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rated people





# Editor's notes...

JUNE 2021



Brett Shohet, Editor

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

I hope everyone is well and enjoying a bit more freedom thanks to the easing of COVID-19 restrictions. I've not been able to get out too much owing to the often-shoddy weather; however, I've made the most of my time indoors by organising some exciting opportunities.

Myself and **VISION** always like to lead by example - through hard work and critical thinking, we are always coming up with creative ideas to make the **VISION** publications and our clients even more visible.

Beyond that, we are looking at opportunities where we can support some local charities through our business ventures.

While I can't go into much detail yet, there is big news coming about a plan that will benefit our readers and clients in equal measure. So, all I'll say is: watch this space.

As I'm sure everyone can appreciate, the last year and a half has been difficult for everyone - individuals and businesses alike. Through your support, we are still here and thriving, so I thank you for that.

**VISION**Hornchurch also wants to congratulate Hornchurch FC for their historic FA Trophy win. It's awe-inspiring stories like theirs that make writing local news such a pleasure.

*Brett Shohet*

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Holly Bullen, Amneet Kaur

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

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# Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else.”



# CELL *mate*

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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# SUPPRESS the sweat



FASHION



Although the arrival of warmer weather can work wonders for your mood, it can also make you feel hot, bothered and bad tempered. Fortunately, the below breathable fabrics are guaranteed to help keep you cool, calm and collected.

1. **Cotton:** Known for being lightweight, soft and breathable, cotton should be your go-to fabric for summer. With a natural ability to soak up sweat, allow heat to escape from the body and keep your skin cool, cotton comes in countless styles and colours, meaning you can find the perfect outfit for any occasion.

CARE TIP: Cotton can shrink in the dryer. Avoid this by hanging items in the home or garden to dry.

2. **Linen:** Linen is loosely woven, meaning it is also a highly breathable fabric that lends itself well to high temperatures. Although it can be stiff, linen can absorb a vast amount of moisture and it dries quickly, providing relief from sweat when you need it most.

CARE TIP: Combat creases by lightly spraying with water and smoothing with your hand.

3. **Rayon:** A man-made fabric, rayon is a blend of cotton, wood pulp and other natural or synthetic fibres. Created as a more cost-effective alternative to silk, rayon boasts very thin fibres that offer lightness and help prevent sticking. The perfect fabric for dresses and sportswear, rayon garments keep their shape and require little maintenance.

CARE TIP: Machine washable and dryable, rayon should not require ironing.

4. **Denim/Chambray:** Denim is made from tightly woven cotton so it has many of the same benefits as this natural fabric. However, it can feel heavy, which is why some people prefer to wear chambray when the temperature rises. Often referred to as imitation denim, chambray is much lighter and comes in a high thread count which guarantees enhanced breathability.

CARE TIP: Preserve your denim/chambray by spot washing with cold water and use a mild soap.



# NAILED IT

*Do you know your nail shapes?*

If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

### SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

### OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

### COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

### ROUND

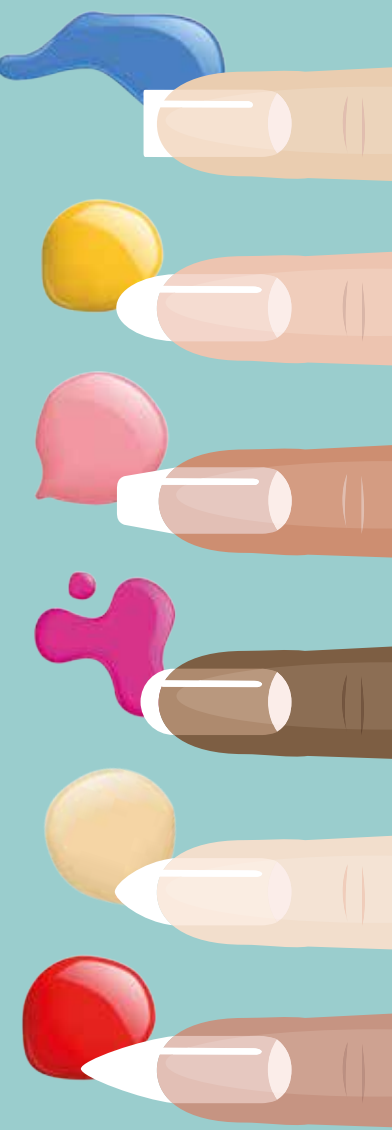
A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

### ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

### STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.



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# CARB CONCENTRATION



HEALTH & FITNESS

You hear a lot about protein when it comes to building muscle, but did you know that the types of carbohydrates you eat are just as important? Discover which carbs to consume for optimal muscle growth below.

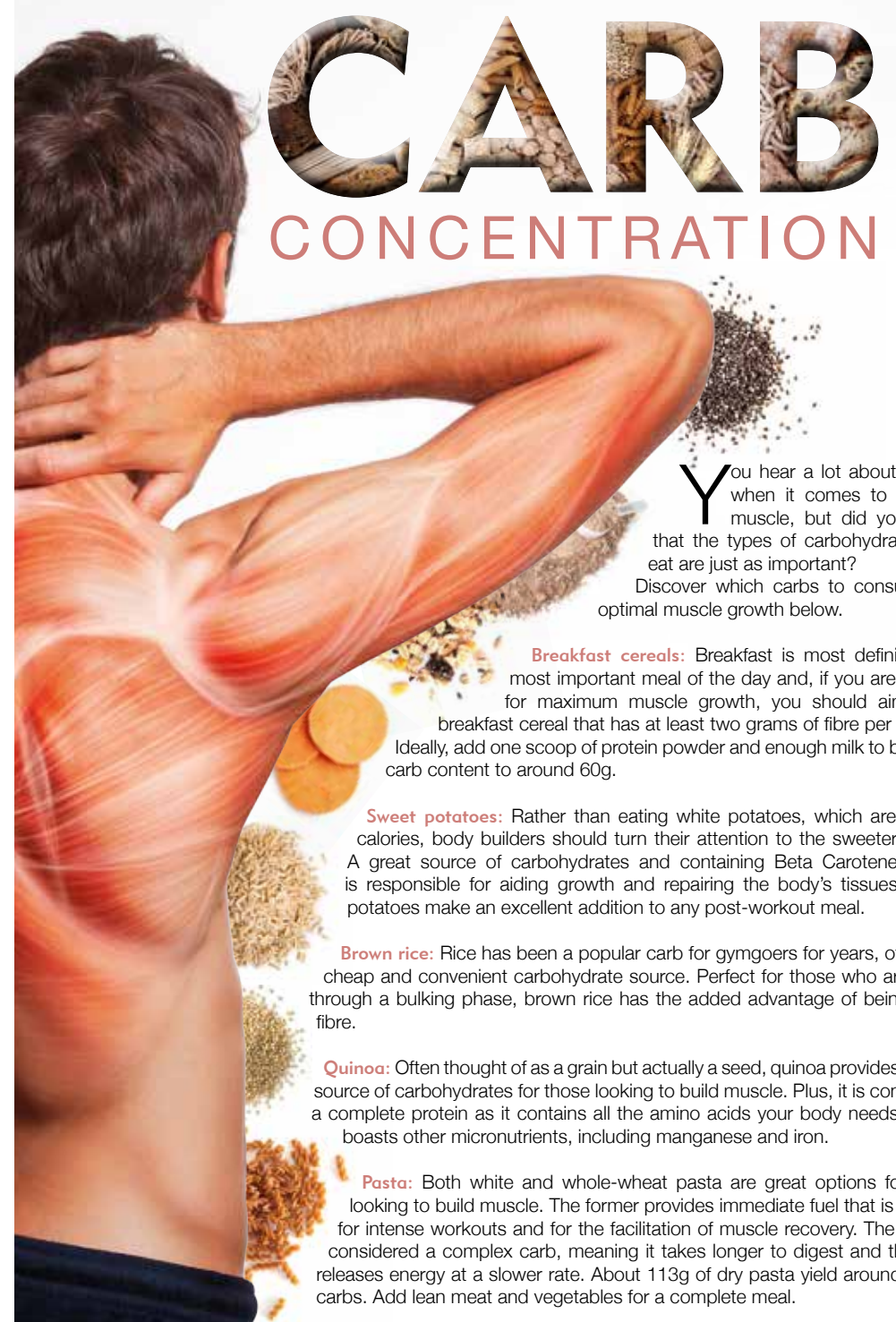
**Breakfast cereals:** Breakfast is most definitely the most important meal of the day and, if you are looking for maximum muscle growth, you should aim for a breakfast cereal that has at least two grams of fibre per serving. Ideally, add one scoop of protein powder and enough milk to bring the carb content to around 60g.

**Sweet potatoes:** Rather than eating white potatoes, which are high in calories, body builders should turn their attention to the sweeter variety. A great source of carbohydrates and containing Beta Carotene, which is responsible for aiding growth and repairing the body's tissues, sweet potatoes make an excellent addition to any post-workout meal.

**Brown rice:** Rice has been a popular carb for gymgoers for years, offering a cheap and convenient carbohydrate source. Perfect for those who are going through a bulking phase, brown rice has the added advantage of being full of fibre.

**Quinoa:** Often thought of as a grain but actually a seed, quinoa provides a clean source of carbohydrates for those looking to build muscle. Plus, it is considered a complete protein as it contains all the amino acids your body needs. It also boasts other micronutrients, including manganese and iron.

**Pasta:** Both white and whole-wheat pasta are great options for those looking to build muscle. The former provides immediate fuel that is needed for intense workouts and for the facilitation of muscle recovery. The latter is considered a complex carb, meaning it takes longer to digest and therefore releases energy at a slower rate. About 113g of dry pasta yield around 90g of carbs. Add lean meat and vegetables for a complete meal.







# EYE YOGA EXERCISE...

A wellness trend that you most definitely need to keep an eye on, eye yoga promises to prevent eye strain and eye fatigue and to result in brighter peepers in as little as five minutes per day. Exactly what our screen-loving nation needs.

### EYE EXERCISE 1: *Palming*

- 👁️ Rub your hands together for 10 seconds to create heat and energy
- 👁️ Look straight ahead and gently place your palms over your closed eyes
- 👁️ Take a few deep breaths and allow the darkness and heat to soothe your eyes
- 👁️ Leave until the warmth fades

### EYE EXERCISE 2: *Blinking*

- 👁️ Sit with your shoulders relaxed and your neck straight
- 👁️ Blink your eyes very fast for 10–15 seconds
- 👁️ Gently allow your eyes to close and settle
- 👁️ Repeat every hour if using a screen all day

### EYE EXERCISE 3: *Zooming*

- 👁️ Sit in a comfortable position
- 👁️ Focus on an object in the distance for five seconds
- 👁️ Move your focus to a closer object for a further five seconds

- 👁️ Move your focus to something very close to you, such as your hand, for five seconds
- 👁️ Reverse your gaze back to the middle object and then to the one furthest away
- 👁️ Repeat for two minutes

### EYE EXERCISE 4: *Rolling*

- 👁️ Sit with your shoulders relaxed and your neck straight
- 👁️ Look to the right and then slowly roll your eyes up towards the ceiling
- 👁️ Roll your eyes down to your left and then down to the floor
- 👁️ Do this in both clockwise and anticlockwise directions

### EYE EXERCISE 5: *Figure of Eight*

- 👁️ Sit in a comfortable position
- 👁️ Raise your hand in front of you at eye level
- 👁️ Extend your thumb and focus on it
- 👁️ Start to move your arm in a figure of eight shape
- 👁️ Keep tracing for 30 seconds and then switch directions

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# Could you do with a COLD SHOWER?

From pop sensation Lady Gaga to body coach Joe Wicks to boxer Anthony Joshua, cold showers and baths are the lockdown wellness trend taking over the celebrity world.

So what has made these famous faces take the plunge?

**REDUCE STRESS LEVELS**  
Regularly taking cold showers imposes a small amount of stress on the body which results in a process called "hardening". This enables your nervous system to get used to moderate amounts of stress, which can help you keep a cool head.

**MORE ROBUST IMMUNE RESPONSE**  
Scientific studies have shown that taking a cold shower can increase the amount of white blood cells in your body, which helps to protect your body against diseases.

**BETTER CIRCULATION**  
By reducing your core temperature, a cold shower forces your body to work harder and

faster to warm itself up, which in turn increases blood flow and promotes good circulation.

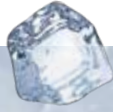
**INCREASE WILLPOWER**  
A case of mind over matter, forcing yourself to endure the cold for extended periods of time can help to strengthen your willpower and make you more ready to take on the challenges of daily life.

**WEIGHT LOSS**  
Research has shown that exposure to the cold increases your metabolic rate and directly stimulates the generation of brown fat, which is a specific type of fat tissue that generates energy by burning calories.

- HOW TO TAKE A COLD SHOWER**
- Enjoy your usual shower
  - At the end, slowly lower the temperature
  - Get the temperature low enough so that you start to feel slightly uncomfortable
  - Stay there for 2-3 minutes
  - Lower the temperature more with each shower

## DID YOU KNOW...

...that the Guinness World Record for sitting in an ice bath is a whopping 1 hour, 52 minutes and 42 seconds? This record is held by Dutch adventurer Wim Hof, aka the "ICEMAN".



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FOOD & DRINK

## WHY WE NEED TO UNDERSTAND THE HUGE IMPACT OF THE MEAT INDUSTRY

Though we may still umm and ahh over the full implications of climate change, there is one fact we are no longer able to deny, and that is that eating meat is not good for the environment.

In an era when our food comes perfectly packaged in innocent-looking fillet and steak packs, it is easy to detach ourselves from the reality of what we are consuming. Unfortunately, though, industrial meat farming has very real implications for our natural world.

For starters, there's the questionable treatment of animals being farmed on a large scale. Often kept in cramped and unsanitary conditions, these creatures have a poor quality of life and weak immune systems, which makes them more vulnerable to illness and the potential to spread disease.

Second, eating meat has a negative impact on climate change. Industrial meat is the biggest cause

of deforestation globally, as farmers in countries such as Brazil start forest fires to make room for cattle grazing and to grow industrial animal feed, such as soya. Removing the trees' ability to turn CO<sub>2</sub> into oxygen, these fires also release huge quantities of carbon dioxide into the air.

Finally, meat-eating is inefficient. It takes up to seven kilograms of grain to produce one kilogram of beef, which is incredibly wasteful in comparison to eating vegetables or grains, which we grow and then eat, cutting out the middleman (or cow).

However, dyed-in-the-wool carnivores need not fret, for no one is suggesting to remove meat entirely from your diet. Recent campaigns prefer to focus on the consideration of small changes, with quality over quantity. Eating local meat from a trusted and ethical farm is a great place to start, as is abstaining from the pleasure perhaps one day each week.



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FOOD & DRINK

## celebrate **NATIONAL BEER DAY**

To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

### **Stout & Oysters**

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

### **Dark Ale & Steak Pie**

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

### **British Bitter & a Ploughman's**

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

### **IPA & Curry**

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

### **Lager & Fish and Chips**

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crisper and lighter texture.

### **Blonde Beer & Brie**

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.





UNUSUAL FRUIT OF THE MONTH:

# Mangosteen

An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

**HOW TO PREPARE MANGOSTEEN**  
To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

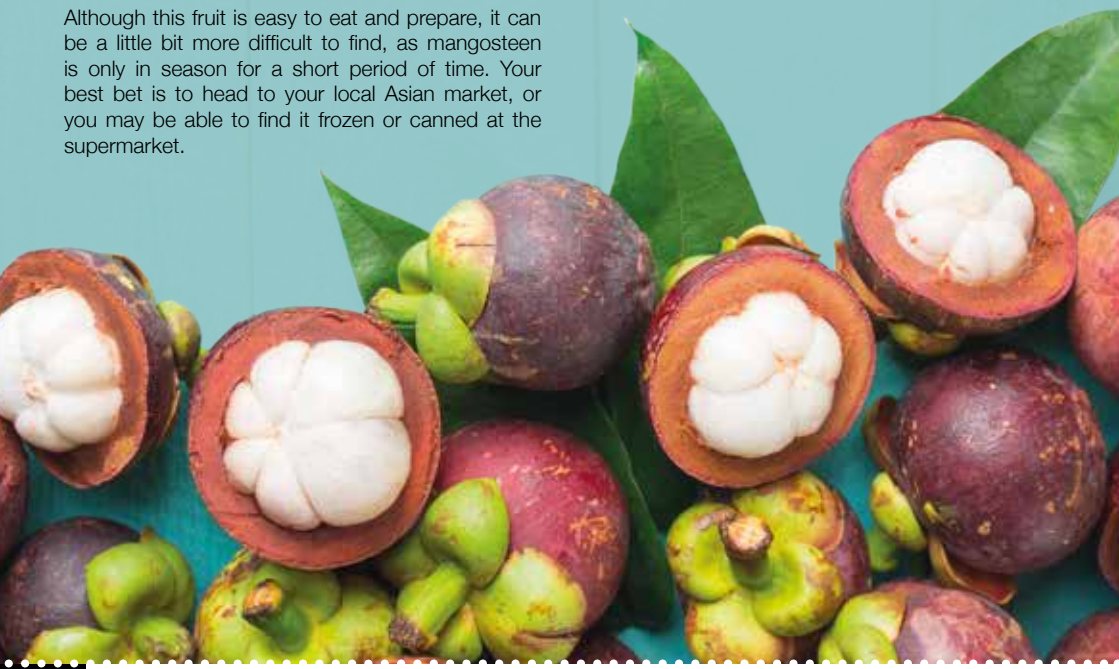
**WHAT DOES MANGOSTEEN TASTE LIKE?**  
Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

**WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?**  
Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

**WHERE CAN YOU BUY MANGOSTEEN?**  
Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.

**HOW TO EAT MANGOSTEEN**  
➤ Eat fresh either on its own or combined with other fruits in a fruit salad  
➤ Juice them  
➤ Blend and make sorbet or ice cream  
➤ Add to a curry

**HOW TO STORE MANGOSTEEN**  
Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1-2 weeks. Store in the fridge for 3-4 weeks. Do not freeze as this will damage the flesh.



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# VIRTUALLY **FREE** ADVENTURES



Work this way



The Volunteer Vibe



Big up the Bothie



Airmiles

**W**hile the COVID-19 pandemic has robbed many of us of the money to be able to venture off on holiday, it hasn't removed that passion to explore.

Yet in the 'new normal', and having rediscovered a love of simpler things through lockdown, perhaps it doesn't have to cost the Earth in order to travel it.

**House Swap:** More than just the premise of endless reality shows, holiday house-swapping is a real thing, and is becoming more popular every year. After all, why not profit from someone house-sitting your abode by finding a holiday location that suits your needs perfectly, but is also free of charge?

The website [homelink.org.uk](http://homelink.org.uk) is one of those leading the way.

**Work this Way:** It's the age-old explorer's way, but working your way around the world on a backpacking mission is the extreme version, with many lower commitment job-based escapes closer to home. If you're young and without kids, consider fruit picking, event marshalling or even working in a bar as a way of putting in the hours to sustain that holiday vibe in a new place.

**The Volunteer Vibe:** In a similar way, pitching up somewhere willing to put the hours in for free can be a great way of securing accommodation, food and enough free time to explore the vicinity.

**Big up the Bothie:** You know those secluded stone buildings synonymous with the Highland Clearances... you can stay in them, for free. Sure, they may not protect you from the elements as would a five-star hotel – although many have been sensitively restored – but websites such as [mountainbothies.org.uk](http://mountainbothies.org.uk) arrange short-term stays in these mystical, remote former homes.

**Airmiles:** Finally, a fad of the Nineties, airmiles these days are for much more than business users, and the miles can really stack up if you are a frequent flyer.



KIDS



# BAD BOUNCE

THE SAFETY MEASURES YOU NEED TO PUT IN PLACE WHEN PURCHASING A TRAMPOLINE

On the face of it, it's hard to believe that trampolining is one of the more hazardous leisure pursuits out there; yet the activity accounts for almost 100,000 injuries requiring medical attention every year. Put another way, more than half of parents with children aged 12 have said their child has come to harm at some point.

The reality is, while the spring-mounted tarpaulin offers the softest of landings, kids are making contact from considerable height, and with others close by. And with a prevalence of injuries being caused by freak, awkward landings – sprains and strains account for almost half of injuries recorded – even the most cautious of happy hoppers can come unstuck.

Of course, there are a few measures you can take in order to minimise the risk of injury:

### ✓ BOUNCE ALONE

Guidelines suggest kids should trampoline by themselves rather than with buddies. Colliding with others in a confined space is common and dangerous, and the trampoline canvas will most

likely knock a juvenile jumper off their feet if a friend lands a split-second earlier.

### ✓ PROTECTIVE WALL

Most trampolines nowadays come with 360-degree netting around the edges, eliminating the danger of kids being propelled off the apparatus and into nearby hedges. If any part of the edging is broken, however, your safety net is gone, both metaphorically and literally.

### ✓ SIX OF ONE

It's recommended that no children 'bounce' if under the age of six. The reason for this is younger kids lack the muscular strength to be able to trampoline safely, leaving them more likely to come to harm.

### ✓ SUPERVISION

Perhaps the greatest deterrent of all is adult supervision. Sure, you may not want to spend your summer afternoons watching kids bounce up and down repetitively, but it's sure as hell a better sight than the inside of the A&E department.



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# Blinds

HOW TO CLEAN

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**W**hatever style blinds you have, and in whichever material, discover how to banish dirt and dust without breaking a sweat.

### FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

### WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

### FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

### METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.



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HOME & DIY



## How To Create a SMART KITCHEN

Embrace innovation with the latest smart kitchen devices that will revolutionise this pivotal room in your home. Enjoy enhanced convenience, save money and have fun, all at the touch of a button or using just your voice.



**INVEST IN A SMART FRIDGE:** How often have you gone to the supermarket unsure about what exactly you need? Eliminate this problem with a smart fridge that boasts built-in cameras that allow you to see its contents wherever you are.

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**INSTALL SMART LIGHTING:** The beauty of smart lighting is that it allows you to add the wow factor to your kitchen without blowing your budget. From smart dimmers that can be controlled from your phone or your smart speaker, to smart bulbs that plug into your existing light fittings and boast an adjustable colour temperature.

Other features include: Control individual bulbs, groups or your whole home's lighting | Set light themes to create different atmospheres | Motion-sensing lights



**COOK WITH A SMART OVEN:** Whether you love to cook or see it as more of a chore, a smart oven will revolutionise the way you feed your family, providing you with the means to control your cooking from your smartphone or tablet, whether you are in your home or not.

Other great features can include: Voice control | Automatic setting selection | In-oven camera

**ADD A SMART TAP:** No kitchen is complete without a sink, and for times when your hands are either full or dirty but you need water, a smart tap offers the perfect solution. Choose from a touchless faucet that works by waving your hands in front of the sensor or a voice-enabled tap that can be customised with your preferred commands.





# Hoover user



The mistakes most of us make when hoovering. How many are you guilty of?

### Setting it right

The settings on your hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

### Skirting around the problem

Most modern hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

### Top form

Many of us store the hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the

bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then hoover.

### Bagging it out

Regular changing of the hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your hoover.

### It's behind you

The temptation when hoovering is to see a floor and hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

And remember, a hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.



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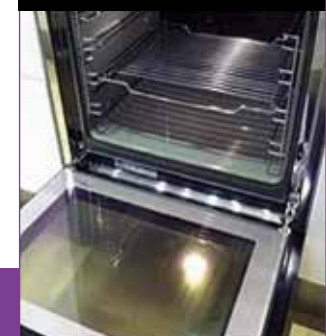
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# Soften UP YOUR HOME

## SIX ALTERNATIVE USES FOR FABRIC SOFTENER AROUND THE HOME

Although its main purpose is to condition your clothes, fabric softener has the ability to facilitate many other household tasks. Check out our favourite ways to use this cheap and cheerful liquid below.

### 1. TO STRIP WALLPAPER

Once you have scoured your wallpaper, mix one cap full of fabric softener into ¼ litre of water and apply with a sponge to the wall. Leave to sit for 20 minutes and then you should be able to scrape off the wallpaper with ease.

### 2. TO ELIMINATE HARD-WATER STAINS

If you struggle to remove hard-water stains from your glassware, apply undiluted fabric softener to the stain, leave for 10 minutes and wipe off

with a cloth. Wash and rinse before use.

### 3. TO REMOVE BURNT FOOD

To remove burnt food without ruining your pots and pans, fill them with warm water and then add a few drops of fabric softener. Let them sit for an hour and any burnt food should wipe straight off. Wash and rinse before use.

### 4. TO CLEAN PAINT BRUSHES

Fabric softener is a surfactant, meaning it makes water wetter, and is therefore ideal for removing water-based paint from your brushes. Mix one cup of water and one teaspoon of fabric softener and dip your brushes in for up to 30 seconds.

### 5. TO MAKE HOME-MADE ROOM FRESHENER

Save money on room fresheners by mixing one part fabric softener and two parts water with two tablespoons of baking soda. Pour into a spray bottle and spray liberally around your home. This can also be used to repel insects.

### 6. TO BANISH DUST

Hard surfaces in your home are prone to dust. Minimise these pesky particles by creating a spray solution that is made from ¼ cup of fabric softener and one cup of water. Spray onto the surface and wipe away with a dry cloth.



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# Cloudy2Clear, A Local Service With A Smile.

I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of

supporting the local community by providing a service that saves the public money.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Chris commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help again".

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# Luke Arthur Wells

## INTERIOR INSPIRATIONS



HOME & DIY



Photo credit: lukearthurwells.com



**Who is interior designer Luke Arthur Wells? Find out more about the interiors expert who's taken social media by storm – your new interiors inspiration.**

Luke Arthur Wells has emerged as one of the most influential designers of 2021, following a year when various lockdowns and being asked to 'stay at home' have really shone the spotlight on interior design. But who exactly is Luke Arthur Wells? Based in the South West of England, Luke is an interior designer, stylist and writer, helping to style homes all over the world. He's a former *Great Interior Design Challenge* contestant, with a classic, timeless taste that's accessible and incredibly stylish.

With more than 70,000 followers on Instagram and a successful blog, Luke has amassed a dedicated following. He recently moved into a Victorian terrace in need of freshening up, and interiors enthusiasts have been following his incredible transformations over the past year. From the art of styling a room to creative DIY tutorials such as simple, custom radiator covers, Luke provides plenty of inspiration to those who seek it.

To bring Luke's classic style into your own home, here are some tips:

- > Incorporate neutral tones against beautiful textures and striking accessories.
- > Light tones don't need to be boring. Use them to flood light into the room, and bring in contrasting accent colours like black and charcoal to make your home's features pop.
- > Mix high-street items alongside upcycled pieces and the perfect finishing touches to create a look that's accessible, timeless and beautiful.
- > Love accessories. From prints and floral displays to statement vases and plant pots, accessories add colour and character to your home.

Want to recreate Luke's incredible home styling? Covering everything from creating mood boards to on-trend DIY panelling, check out Luke's projects at [www.lukearthurwells.com/blog](http://www.lukearthurwells.com/blog) for inspiration.



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## Luxury residential interior design



Hi, I'm Shanna, founder of House of Ella Interiors.

We have all spent more time than we ever imagined at home over the last year. Plenty of time for us to be frustrated about the spaces we've lived in!

Perhaps your living room has doubled up as a home office, or the layout of your home just isn't working for your needs. Perhaps your kitchen isn't as functional as you'd like, or you've been meaning to redecorate but you have no idea where to begin to create a coherent design scheme you love.

I work with clients to solve these sorts of problems and much more. Starting with a consultation, I get to know you and all about your wants and needs. From there, I undertake everything from colour consultation to concept design, space planning to detailed design, right through to where I can purchase all items on your behalf and oversee installation of your new home.

Whether it's one room or a whole house, I absolutely love transforming my clients' spaces into functional, beautiful homes that are a joy for them to spend time in.

Book a free discovery call with me today and see how I can help you.



# SUPER SOLAR

*Are solar panels really the future for all homes?*

**T**here was a time when it seemed everyone was investing in solar technology. The premise was simple – instal solar panels on your roof, often with the aid of a decent government subsidy, and within a few years you'd have saved on electricity costs to the extent that your investment would be paid off.

Thereafter, any energy pulled into the panels would be sold to the national grid and you'd be quids in.

Homeowners rushed in their hundreds of thousands to attach the cumbersome, shiny panels to their rooftops or across garden spaces, with many finding the initiative was true to its word, but has it worked out that way?

**THE GOOD:**

- ✓ Solar panels genuinely do make money, reducing bills by anything from £60 to £250 per year
- ✓ As well as generating free electricity, they potentially raise the resale price of a house
- ✓ No planning permission required
- ✓ Low maintenance and rarely go wrong

- ✓ Easy-to-read devices that let you know how much electricity is being generated
- ✓ The Smart Export Guarantee (SEG) features a number of different tariffs, so homeowners can shop around in order to get the best price for their electricity

**THE BAD:**

- ✗ Unless you have a south-facing roof, you may find the rate at which you earn back your investment is highly impacted
- ✗ Similarly, better weather conditions in the south meant our northern cousins were less incentivised to take part
- ✗ Back to house sales, and some potential buyers have been known to be put off by the sight of solar panels on rooftops
- ✗ Some people have discovered it will take more than two decades for them to make their money back – those at home all day (and with higher electricity costs) will benefit more

As with most things, it's a case of doing your maths to see if the idea of solar panels shines brightly for you.



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# MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN  
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

Photo credit: PinPep/Shutterstock







# LOCAL NEWS

*from your neighbourhood*



Photo credit: First Step

## Three year old walks 100 steps a day for charity

A three year old from Hornchurch has followed in Captain Sir Tom Moore's footsteps and raised more than £8,000 for charity.

Freya, who attends First Step in Hornchurch, decided to take on the Captain Tom 100 challenge by walking 100 steps a day from Friday, April 30 to Monday, May 3.

Freya, who was diagnosed with cerebral palsy when she was eight months old, completed the challenge with help from her mum to raise funds for First Step, a support service for families of children with special educational needs and disabilities.

Freya's mum said: "Freya was diagnosed with cerebral palsy at eight months old after surviving a traumatic birth.

"The condition affects all four limbs, which makes it hard for Freya to carry out everyday challenges, such

as walking."

Freya's mum added that they wanted to do something to give back as First Step has supported Freya in many ways over the years.

She explained: "First Step has given us hope and gotten us prepared for Freya to start a mainstream nursery soon.

"Unfortunately, owing to the pandemic, they had to close the nursery, so they've struggled financially. Fortunately for us, they remained open for one-to-one family sessions and support.

"We'd love to help them as much as we can and help get the funding they need to help other children."

To donate to Freya's challenge, go to [www.justgiving.com/fundraising/e-mercer1](http://www.justgiving.com/fundraising/e-mercer1)

For more information on First Step, visit [www.firststep.org.uk](http://www.firststep.org.uk)

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# AMAZING WEMBLEY FAIRY TALE



Photo credit: Wembley Stadium

## for the Urchins



Hornchurch FC produced a tremendous comeback in the last 15 minutes of the biggest game in the club's history so far at Wembley to beat Hereford 3-1 in the FA Trophy final.

Goals from Charlie Ruff, Liam Nash and Ellis Brown ensured that May 22, 2021, will forever be stitched into the club's history.

The Urchins' unbelievable cup run saw them beat seven teams in leagues above theirs, with the most notable upset coming in the semi-final against Notts County. However, Hornchurch were still serious underdogs going into the final against Hereford, yet produced another spectacular fightback to ensure

the cup final day was theirs.

The final got off to the worst possible start as, after just 13 minutes, Hornchurch found themselves behind thanks to a goal from Tom Owen-Evans after his strike was cruelly deflected beyond the Urchins' number one.

Despite going down early on, Hornchurch never looked out of place at Wembley and had some great chances to equalise, and they thought they had done it in the 72nd minute after Nash's strike was cleared off the line by Hereford captain Jared Hodgkiss.

Two minutes later, though, Hornchurch did grab the equaliser they deserved through substitute

Charlie Ruff, who bundled the ball over the line to spark celebrations among the Urchins' faithful.

Michael Bakare almost gave Hereford the lead back instantly when he had a free header in the penalty area, but the striker failed to hit the target with his effort.

It was Hornchurch, though, who went on to create further chances, and their excellent second-half performance was rewarded when Nash powered in an 85th minute winner, before Brown capped off the historic day with the Urchins' third goal in the final stages of the game.

The victory was Hornchurch manager Mark

Stimson's fifth FA Trophy win; four of those were as a manager and the other was during his playing career with Canvey Island.

Stimson won the FA Trophy as a manager twice with Grays Athletic and once with Stevenage Borough, but admitted this time with Hornchurch is "right up there".

If you haven't seen it yet, you can watch the highlights from the historic day on BT Sport's YouTube channel by heading to [www.youtube.com/watch?v=JJyI6Yjr0Og](http://www.youtube.com/watch?v=JJyI6Yjr0Og)

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# JULIA LOPEZ MP



LOCAL NEWS



Hornchurch and Upminster

By the time this column is published, we shall know whether Hornchurch FC have been victorious in the FA Trophy Final at Wembley. Win or lose against Hereford, however, making it to the final is a tremendous achievement and the community spirit that has been shown in supporting the Mighty Urchins has been fantastic. My team and I have worked with the club's supporters' association leading up to the match to help get everyone involved in the celebrations, and local businesses in Hornchurch High Street and beyond have really stepped up. Whatever the result, this will be a community event to remember for a long time.

I know how glad and relieved everyone was that we could move ahead with Step 3 of the roadmap on May 17 and get indoor hospitality back open and households mixing again. Ahead of that step, I met the chief executive and chairman of Queen's Hospital to get the latest picture on COVID-19 locally, which was much more positive. We reflected on how far we have come since our difficult meetings over Christmas, and spoke about the urgent work that now needs to be done to tackle backlogs.

Since my last column, we have also begun a new session of Parliament with the Queen's Speech on May 11. The government has set out an exciting agenda. I spoke in the debates about our new lifetime skills guarantee to enable flexible access to high-quality education and training throughout people's lives. More support will be given to the NHS, police will be given a range of new powers to fight crime, asylum laws will be overhauled, and new planning laws will boost housebuilding. I am ministerial sponsor for the Procurement Bill, which we hope will give small and medium-sized UK businesses more opportunities to bid for government contracts now that we are out of the EU. We will also invest huge amounts in research and development to boost our reputation as a scientific superpower.

Ahead of the G7 and COP26 climate conference, I spoke to a group of local residents about plans in the Queen's Speech to improve our environment. I know that residents are also very interested in animal welfare



and will welcome new laws to promote the highest standards.

So there is a lot to be getting on with, using our recovery from the pandemic as a catalyst to do things differently and better in the future in a whole range of areas.

As ever, if constituents wish to engage with me on any of these issues, please get in touch at [julia.lopez.mp@parliament.uk](mailto:julia.lopez.mp@parliament.uk)

## www.julialopez.co.uk



LOCAL NEWS

# ANDREW ROSINDELL



## MP for ROMFORD

In May 2022, there will be local elections across Havering. This time, residents will be electing councillors for new wards, with new boundaries and names that truly reflect their historic character. For too long, the powers that be have discarded neighbourhood, parish and historic names. Wards like Brooklands, Pettits and Havering Park had names that did not represent the true identity of these communities, so change was needed, and I proposed all the changes that have now been adopted.

The Boundary Commission has done excellent work drawing up the new wards, uniting local communities within the same area, with sensible geographical boundaries and names that make sense to local people.

The wonderfully historic name of Havering-atte-Bower will, at last, have a ward named after the village. St Edward's is also returning to the map, which is only right, given St Edward is Romford's patron saint, along with St Albans, both named after town centre parishes, replacing the old ward of Romford Town.

Brooklands Ward has gone but has been replaced by the much more appropriate name of Rush Green and Crowlands, giving both communities equal recognition. Pettits is also scrapped, but the new name of Marshalls and Rise Park really does represent actual names of the neighbourhoods within that ward, replicating the names of two popular local schools as well. Mawneys Ward keeps its name, but takes in more of Collier Row.

Squirrels Heath was due for the chop originally, but after my campaign, the ward and this popular name have been saved, keeping the communities of Gidea Park, Arleigh Green and Heath Park together in one ward. In Hornchurch, Hylands will be renamed Hylands and Harrow Lodge, referring to local parks that are treasured by our community. These changes will form part of our electoral map probably for the next 20 years, so it was important to get it right.

I am pleased with the outcome and I hope local people will also be glad to see their local wards at last being given names we can all be proud of across Romford.

# Armed robber jailed for 16 years

An armed robber from Hornchurch who targeted two banks and a post office in Redbridge has been jailed.

Steven Ifield, 52, of Park Lane, Hornchurch, appeared at Snaresbrook Crown Court recently. He was found guilty of two counts of robbery, one count of attempted robbery, and three counts of possession of an imitation firearm. He was sentenced to 16 years' imprisonment.

The charges are in relation to incidents between October 7 and November 7, 2019, during which Ifield targeted two banks and a post office in Gants Hill and Wanstead.

On two occasions, he produced an imitation handgun.

On the third occasion, he used a folded walking stick concealed inside a carrier bag and held it as if he were carrying a shotgun.

After demanding cash, he made off with £3,230 from one bank and £1,360 from the other.

His attempt to rob the post office was foiled when staff refused to open the till, telling him it was on a time lock.

Detectives identified Ifield after tracing the route he took as he fled the scene of each robbery.



Photo credit: Met Police

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Photo credit: BBC and Shine TV

# MasterChef contestant has plans to launch pie range

A Hornchurch contestant in the latest season of *MasterChef* has decided to launch her own range of pies following her appearance on the TV show.

Jane Wyndham, who is also a hairdresser and the co-owner of Wyndham Hair in Hornchurch, said *MasterChef* was a very positive experience, though she was "a bit disappointed" to have been eliminated after the first round.

Speaking to **VISION**Hornchurch, she said: "I enjoyed being on *MasterChef*. I found it really interesting. Last year was a very different year and for many, it was quite a boring year.

"For me, it was very exciting as I spent six months of the year doing interviews, practising at home and just

preparing and trying to find out as much as I could.

"I always wanted to be a hairdresser and never had any aspirations of becoming a chef. I am just really passionate about cooking. My nan was a great cook; my passion was born from watching her.

"My love of pie comes from sharing; I like to make a big pie and I like to personalise it. It's a nice thing to do, and food to me is all about relationships."

Jane said she enjoys keeping herself busy as she finds it beneficial for her mental health. She will continue working as a hairdresser part-time and will spend the rest of her time cooking.

To get in touch with Jane, visit her Instagram page: @inmykitchen\_onmyplate

# Nurse helps dying man speak to his family

A 26-year-old nurse from Hornchurch has been recognised for her dedication after helping a dying man FaceTime his family.

Emily Petersen, who worked on the intensive care unit at Queen's Hospital during the pandemic, went above and beyond for patient Micky Miller.

After a tough day, Emily suggested calling his family in the hope it would help Micky feel better. Little did she know that this was the last time Micky's wife, Sandra, and daughter, Megan, would ever speak to him. Micky died days later on April 25, 2021.

Emily said: "I woke up to loads of messages as Megan was looking for me on Facebook as she wanted to thank me.

"I messaged her back and it was nice that I could share with her conversations I'd had with her dad. She was so happy to hear it."

Emily received a hamper gift from A Boost for the Brave, an initiative set up to let healthcare heroes know how much they are appreciated.



Photo credit: Queen's Hospital



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News from

## Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association



LOCAL NEWS

### Life is a rollercoaster

By the time you read this, the third (of four) steps of the lockdown relaxation would have been in effect for a few weeks. This is the most dangerous step by far. Bars and restaurants will reopen for people to sit inside. Why is this dangerous? In the open air, the COVID-19 particles are blown away and the chance of someone becoming infected is very much reduced. Inside, the particles can build up; they can land or pass onto other surfaces where they can be picked up.

Fingers crossed, the number of people who have been vaccinated will prevent the spread of the virus.

It will be great to finally see the back of the pandemic. Please keep aware, wear a mask, wash your hands regularly, and avoid touching your face.

### Give an inch and they take a mile

Parking bays were made free for a month from April 17. This included all on-street parking bays and council-owned car parks.

While this was a good offer from the council to encourage us to come back to the shops, some people took advantage of this generosity and parked their vehicles all day outside the shops and were not staying local.

This had the opposite effect to what was hoped for. Next time, the council may have to rethink the offer; perhaps free parking with a time limit requiring the resident to claim a new ticket every two hours.

### Sainsbury's recycling – not what it used to be

The recycling bins disappeared from Sainsbury's on Hornchurch High Street a couple of months ago. I enquired why and was told that Sainsbury's UK had



started a new contract with a different recycling bin supplier.

When the new bins were finally delivered, after a delay, they were woefully inadequate. The bins had less than one-quarter of the previous bins' capacity.

I have been in touch with the management to discuss options available. The situation is being monitored. With luck, further capacity will be added.

In the meantime, if the bins are full, please do not leave your rubbish and recycling next to the bin. This is fly tipping.

There are several alternative recycling areas not too far away, including in Fentiman Way, Elm Park Library car park, Tesco Roneo Corner, Gallows Corner and Airfield Estate.

## Traffic safety measure introduced

A new experimental traffic measure at a busy Hornchurch junction has been introduced.

Havering Council has confirmed that there will be new traffic measures aimed at improving road safety at the junction of Wingletye Lane and Minster Way.

This will mean that motorists will have to turn left from Minster Way onto Wingletye Lane, and there will be no left turn from Wingletye Lane onto Minster Way.

The new traffic measure will last a maximum of 18 months, with residents invited to comment during the first six months of the scheme going live.

Councillor Osman Dervish, Havering's cabinet member for environment, said the scheme has been introduced in response to concerns from residents.

To share feedback on the scheme, email [trafficanparkingcontrol@havering.gov.uk](mailto:trafficanparkingcontrol@havering.gov.uk)



# School pupil wins mask designing competition

A Hornchurch High School pupil won a competition where students were asked to design their own face masks.

Iqra (pictured right), 11, was declared the winner after impressing school staff members with her black mask decorated with yellow sunflowers.

Students were asked to design a face mask for their art homework.

School staff member Andrew Wilkin came up with the idea as a way of encouraging students to wear face coverings.

He said: "The competition was started as a way to encourage students to wear face masks as schools

returned from lockdown. The idea came to me as I walked around and saw that most people were wearing the blue and white face masks.

"I knew that the students were a lot more artistic than me and so it was exciting to make this a chance to see their art skills. With the assistance of art teacher Emma Savage, we launched the competition.

"It was amazing to see some of the designs given to us by the students and certainly hard to choose a winner."

Iqra said: "It feels good to have won. I really like sunflowers and drawing nature, so thought why not turn it into a mask?"

# Students organise successful charity event

Business students at the New City College campus in Hornchurch raised a fantastic £400 when they organised a fun event for charity.

The students, all studying the Introduction to Business Level 1 Diploma, made hampers and cards as well as running raffles and competitions.

They donated the money raised to the Hope4Havering charity, which is a collective of local churches, businesses and individuals working to end homelessness in the borough.

Deputy principal Ian Budge, who picked the winning tickets for the raffles and competitions, said: "These students have conducted some excellent work. They have gone above and beyond to raise an exceptional amount for such a worthwhile charity."



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It's arguably the most advanced piece of everyday technology ever invented, yet the demands we place on it mean our phones are always in use, always on the move and forever susceptible to damage. Our humble devices endure a lot, and we often fail to give them the protection they deserve. Here are five sure-fire ways to preserve the usefulness (and cosmetic appearance) of your cherished mobile phone.



### ONE: ON THE CASE

It's the simplest advice you'll ever receive, but adding a protective case to your phone will preserve its life like nothing else. A tempered glass screen will ensure you lose no performance from your device while saving on scratches and impacts on the front. It can also be replaced cheaply, quickly and easily.



Remember, though, bashes, knocks and drops on the sides and corners can travel across the outer shell to create cracks, so investing in an all-over protective case is smart.

### TWO: POCKET ROCKET

What's in your pocket that may scratch or make other abrasions on your phone? Keys and coins are the biggest culprits, and scratches usually occur when we're in a hurry, or are distracted by friends (or alcohol). Keep pockets clear of debris if you want to preserve your mobile's aesthetics.



### THREE: GRIPPING STUFF

Mobile phone holders and grips have grown in popularity over recent years. They prevent gadgets from slipping through fingers and aid functionality when we're using them. What's not to like?



### FOUR: WATER AND TEMPERATURE

Phone malfunctions often have a lot to do with water, heat and extreme cold. Exposing your device to any of these will speed up its deterioration.

### FIVE: CURIOSITY KILLED THE... PHONE

The other enemy to mobile phone health is of course leaving it unattended. Small kids, toddlers and even pets can wreak massive damage, so keep it under a watchful eye at all times.



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# GARDENING

# A GUIDE TO PATIO FLOORING



A well-designed patio can act as a second living room for your home, transforming your garden from basic to beautiful. However, you need to make sure you choose the right materials and style for your property if you want a showstopping end result.

## PICK PATIO FLOORING TYPE

**WOOD** – Timeless and extremely versatile, wood can be used to create a rustic or modern-styled patio area. You can also sand down wood multiple times, making it a great long-term investment for your home. Apply a protective wood oil for enhanced longevity.

**NATURAL STONE** – For the epitome of luxury, natural stone is hard to beat. Popular natural stone options include slate, travertine, granite and marble. Avoid light-coloured natural stones if you have pets or young children.

**CERAMIC TILE** – A classic flooring material, ceramic offers a durable and cost-effective way to create a patio area in your garden. Opt for unglazed tiles to reduce the risk of slipping and consider adding a sealant to protect from wear and tear.

**BRICK** – Low maintenance and slip resistant, brick gives off an old-world feel that is ideal for period properties. If cost is an issue, brick pavers make a cheaper alternative.

**CONCRETE** – Arguably the most versatile choice, concrete can be moulded to fit any shape, and you can personalise it with colouring, stamping, brushing, painting and patterning.

## CHOOSE THE RIGHT SIZE

There are three steps involved in sizing your patio flooring:

1. Decide how big you want your patio to be
2. Determine the size of your chosen patio material
3. Work out how much flooring you need to cover your chosen area

## PATIO STYLE IDEAS

- > Surround tiles with decorative stones for a more organic look
- > Swap grass for a paved patio and surround with raised flowerbeds
- > Select interior and exterior flooring in the same tone to create a seamless flow



GARDENING



# Garden Goldmine

OUTDOOR FEATURES THAT ADD VALUE TO YOUR PROPERTY

**C**OVID-19 and the associated stamp duty holiday have made a lot of us think about the saleability of our homes, and perhaps even consider a move. While countless television shows point us in the right direction as far as interior décor goes, what can we do to spruce things up on the outside?

**Natural landscaping:** While for years we've obsessed over new kitchens, bathrooms, conservatories and more, it seems that landscaping garden spaces – from lawn care to water features and even planting small trees – will add more value to your property than any of the others listed, according to research undertaken last year.

In reality, it makes sense. In Britain we love the idea of reclining in peaceful, tranquil, stylish surroundings with a drink, a magazine, some music and the gentle breeze of summer... even if the season comes and goes in under a fortnight.

**Wood you dare?:** Wood effect adds a rustic, natural, earthy feel to any outside space, and the popularity of decking – and, to a lesser extent, patios – also makes a big difference when it comes to maximising property value. And the good news is that modern composites will give that 'indoor wood' finish and quality, even in exposed outdoor areas.

**The paint saint:** A paint job – the entire house, the front wall or perhaps just a new garden gate – will give a real sense of style and cleanliness. Our outer walls and pathways take a real battering across the seasons, so brightening them up can make a big difference when it comes to adding value.

**Light show:** We're very much in the area of strings of bulbs lighting up entrance ways, trees and even whole gardens. For a relatively low cost, it's possible to give those dusky evenings a real glow of homely warmth.

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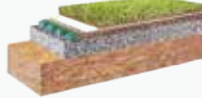
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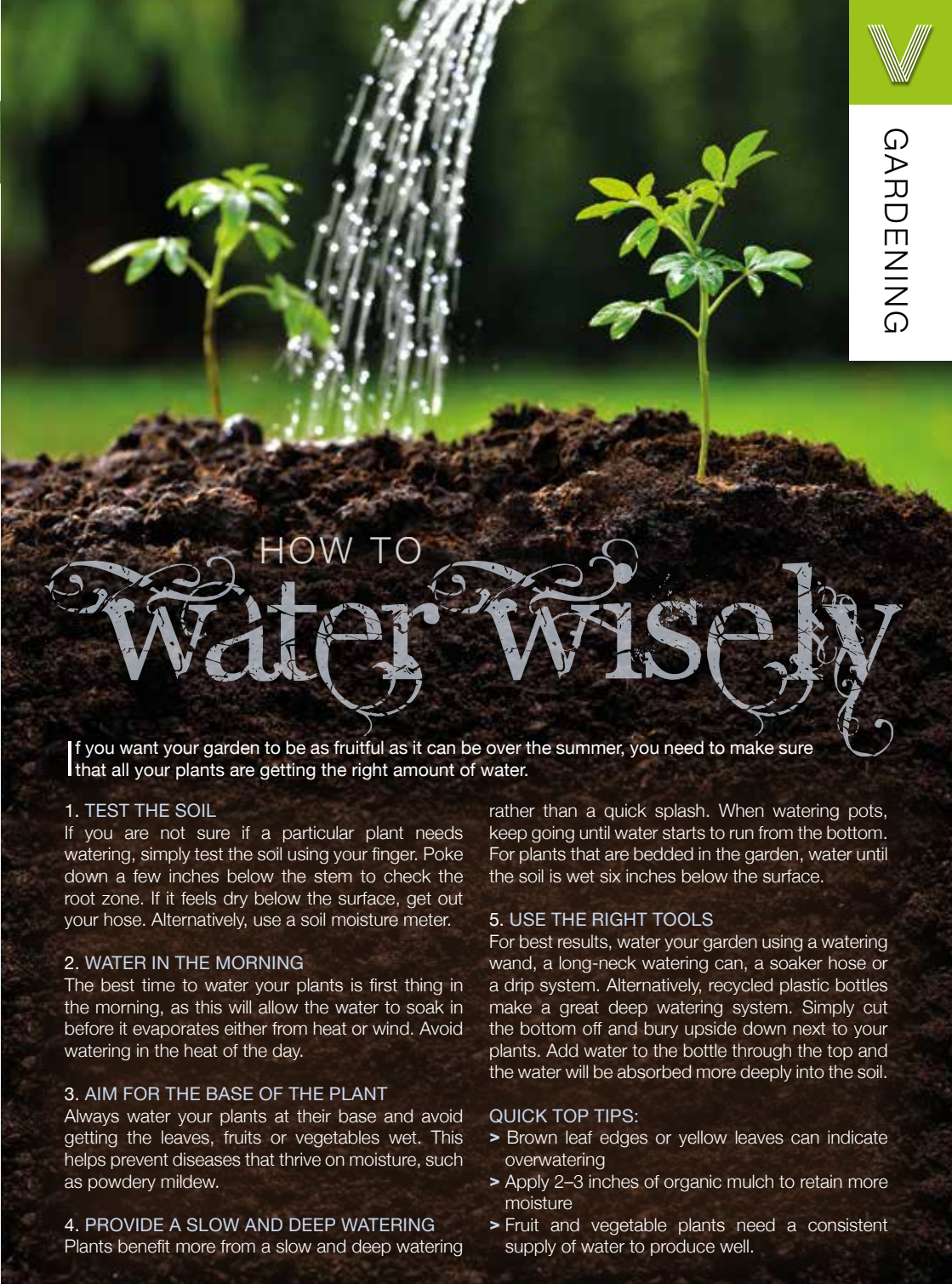
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# HOW TO Water wisely

If you want your garden to be as fruitful as it can be over the summer, you need to make sure that all your plants are getting the right amount of water.

### 1. TEST THE SOIL

If you are not sure if a particular plant needs watering, simply test the soil using your finger. Poke down a few inches below the stem to check the root zone. If it feels dry below the surface, get out your hose. Alternatively, use a soil moisture meter.

### 2. WATER IN THE MORNING

The best time to water your plants is first thing in the morning, as this will allow the water to soak in before it evaporates either from heat or wind. Avoid watering in the heat of the day.

### 3. AIM FOR THE BASE OF THE PLANT

Always water your plants at their base and avoid getting the leaves, fruits or vegetables wet. This helps prevent diseases that thrive on moisture, such as powdery mildew.

### 4. PROVIDE A SLOW AND DEEP WATERING

Plants benefit more from a slow and deep watering

rather than a quick splash. When watering pots, keep going until water starts to run from the bottom. For plants that are bedded in the garden, water until the soil is wet six inches below the surface.

### 5. USE THE RIGHT TOOLS

For best results, water your garden using a watering wand, a long-neck watering can, a soaker hose or a drip system. Alternatively, recycled plastic bottles make a great deep watering system. Simply cut the bottom off and bury upside down next to your plants. Add water to the bottle through the top and the water will be absorbed more deeply into the soil.

### QUICK TOP TIPS:

- > Brown leaf edges or yellow leaves can indicate overwatering
- > Apply 2–3 inches of organic mulch to retain more moisture
- > Fruit and vegetable plants need a consistent supply of water to produce well.



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PETS

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THE WORLD'S MOST EXPENSIVE DOG BREEDS

We all know dogs are man's best friend... and they need to be, given some of the prices currently being asked for some of the UK's most sought after breeds.

In 2020, the average price of a puppy came in at around £1,750, an amount that soared during lockdown as the demand for companionship – and our ability to look after a pet, given people were either furloughed or working from home – skyrocketed.

Remembering that puppies should always be acquired from registered, verified breeders, here are the top six most expensive breeds:

**Chow Chow:** This Asian breed looks compact, sturdy and full of personality, yet is actually shy, stubborn and independent. And that comes at a cost – around £4,000 for a puppy.

**English Bulldog:** Fun-loving dogs who convert playfulness with courage and strength. Now fetching more than £3,000, your bulldog is a full-on investment in every way.

**Goldendoodle:** A cross-breed that has risen to prominence over the past few years, the Goldendoodle is patient, gentle and cheerful, and will cost upwards of £2,750.

**Golden Retriever:** Traditional, gentle and friendly, this dog's reputation as a perfect family dog means it carries a price tag to match, often in excess of £3,500.

**Miniature Schnauzer:** If ever a dog's looks matched its personality, then the Schnauzer is the one. Intelligent, smart, wise and often cautious, your invested £2,500 is probably in good hands (or paws).

**Cavapoo:** Finally, another trendy cross between a Cavalier and a Poodle, this designer dog regularly fetches more than £3,000 by way of its playful, semi-scruffy and buoyant personality, which comes complete with a teddy bear-esque coat.

Of course, at the heart of dog ownership is love, fun and the acceptance of looking after your new member of the family over a concerted period. That could mean upward of 15 years, and at an estimated total outlay of more than £30,000, so choose wisely.





From  
*Bobby*  
TO **BORIS**

**MARKING 300 YEARS SINCE THE UK'S FIRST PRIME MINISTER**

While the supposition – usually by members of the party in opposition, predictably – is that modern politics is decorated with elected representatives engaged in poor behaviour, underhand dealings and general miscreant activity, the reality is that this has been going on for centuries – all the way back to the time of Sir Robert Walpole.

“Who is he?” you ask. Well none other than the United Kingdom’s first Prime Minister.

This year marks the 300th anniversary of his appointment – a stirring rise to the top for someone born in 1676 to a wealthy landowning family in Norfolk.

Cambridge-educated, Walpole was named member of parliament for Castle Rising in 1701 for the Whigs; and while he briefly lost elected power when the Tories won a General Election in 1710 – at which point he was imprisoned briefly on charges of corruption – he returned to front-line duties when George I came to the throne in 1714.

His ascent was built on a desire for peace abroad, low taxation and a reduction of the national debt; and while he became embroiled in various scandals as First Lord of the Treasury, Chancellor of the Exchequer and Paymaster General, his ability to speak for both the people and the upper-class elite who ran the country ultimately preserved his time at the top table. It also ensured a gift from George II of 10 Downing Street, where the current Prime Minister still resides today.

Walpole was comfortable in his role until the late 1730s, when pressure began to build from within his party. A poor election result in 1741 followed and he resigned from his post shortly afterwards. Within three years he was dead, though his political legacy lives on.

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# Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

We've all had purchases go bad, and when that happens the immediate fear is whether we'll get our money back.

In most instances, the answer is "yes". Certainly, if you buy anything online you are protected by the 2015 Consumer Rights Act. That means, for whatever reason – including simply changing your mind – you will be able to return your goods. You'll usually need to do this within 14 days in order to get a full refund, and obviously items must be sent back in the same condition as they were received.

When purchasing in store, things become a little different. You will struggle to get refunds for perishables unless you are returning in an almost

immediate timeframe – such as buying a sandwich only to immediately discover the bread is stale.

In other situations, the product will need to be defective or not fit for purpose, at which point the retailer is allowed to attempt to repair or replace. Be warned, though, simply having changed your mind isn't a verified reason for a refund, and you may discover some pushback.

Of course, while these hard and fast rules reflect a stated code of conduct when it comes to refund rights, things can often veer either side of the line. You may sometimes encounter an overly officious staff member or customer service agent who makes life difficult; though more likely you'll find retailers going the extra yard to refund in some circumstances when they perhaps don't need to legally. Ultimately, good publicity – and bad – travels.

As with all refunds, proof of purchase is important, and building rapport with the person you are liaising with will doubtless move you closer to the result you want, no matter what the circumstances.



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# Speedy SALE

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**HOW TO SELL YOUR HOME FAST THIS SUMMER**

If you are looking to sell your house this summer as quickly and lucratively as possible, then our property experts can help you. Plus, discover how to speed up the move into your new home.

**SPRUCE UP YOUR GARDEN**

Searches for properties with large outdoor spaces have soared during lockdown, but that doesn't mean homes with smaller gardens can't also be an attractive option for potential buyers. Make sure you mow your lawn, place the bins out of sight and, if possible, make your garden secluded with the use of fences or hedges.

**FOCUS ON KERB APPEAL**

You will be surprised at just how many homebuyers will dismiss a property purely on its exterior, with some not even venturing inside after a bad first impression. Prevent this from happening by keeping your windows clean, ensuring your house number is clearly visible and cutting back any overgrown trees or bushes.

**STAGE YOUR HOME**

Property developers know exactly how to stage a new home to sell it fast and there is no reason why you can't do this too. Ensure that your property is clean and tidy, with any clutter out of sight, lay the table for dinner, make up the beds, light some scented candles and keep the thermostat at a consistently pleasant temperature.

**SEEK PROFESSIONAL ADVICE**

Estate agents live and breathe property sales, so it makes sense to ask their advice on how to sell your home as quickly as possible. Be sure to seek out local insights and pre-empt the questions buyers are likely to ask.

**ENJOY A FAST AND STRESS-FREE MOVE WITH THESE MUST-ASK QUESTIONS:**

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"Viewings are extremely competitive so it pays to be prepared. Attending a viewing with a clear idea of your maximum budget and the ability to prove a mortgage has been agreed in principle can be the difference needed.

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BRITAIN'S GREATEST SPORTING MOMENTS...

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# VIRGINIA WADE

Courting triumph, celebrating a golden day in 1977... Wade cementing her place in tennis folklore

Back in 1977, England's Virginia Wade was on the verge of completing a specular Grand Slam quadruplet. Already with US Open (1968), Australian Open (1972) and French Open (1973) titles to her name across singles and doubles, she just required victory at SW19 to complete a clean sweep of major honours.

There were times during her run to the final at Wimbledon when it seemed that elusive title would evade her, though. In the fourth round, and before the days of tie-breaks, she needed nine games to win the first set against Romanian Mariana Simionescu; while she recovered from a set down in the semi-final against Chris Evert.

The final itself, held on July 2, had an air of Britishness about it. The Queen's Silver Jubilee had taken place not five months previously, and Elizabeth II was present on Centre Court to witness, she hoped, a homegrown champion.

Yet champion status looked to be drifting

away from Wade when she lost the first set 6-4 to Betty Stöve. However, the Bournemouth-born star, who studied mathematics and physics at the University of Sussex before turning pro, came back 6-3 in the second after producing an array of dazzling winners.

In the deciding set, the electric atmosphere coupled with the pinpoint, aggressive shot-making that was such an important part of her game, saw the Brit home, as she demolished her Dutch rival 6-1 - Wade had done it.

Celebrating her 32nd birthday a week after the championships ended, she remains one of the oldest female Wimbledon champions.

Wade, who had been world number one in 1975, didn't spend a single day outside the top 10 in a 12-year period beginning in 1967, and finally retired in 1985. She moved into media work and, to this day, is one of the only female British tennis players to have won the Grand Slam.

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# CRICKETERS

*Good day!*



## CELEBRATING 50 YEARS OF THE ONE DAY INTERNATIONAL

It shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a ‘One Day International’, comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged

as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of ‘traditional cricket’, where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn’t hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord’s to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world’s best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both sprinters and marathon runners alike as he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.



SPORT

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**WILL THE UK BE THE FIRST TO INTRODUCE 'NO HANDS' TECHNOLOGY ENABLING CARS TO BE DRIVEN BY COMPUTERS?**

It was back in 2017 that former Transport Secretary Chris Grayling MP announced that self-driving cars could be present on UK roads by the year 2021, a claim reinforced by the head of the Society of Motor Manufacturers and Traders as being a realistic aim.

In reality, we won't be seeing fleets of driverless cars tearing down our A roads in 2021, but we can expect the first few to pop up later in the year. Perhaps this delay is a result of lockdown, perhaps the dramatic slowing of the motor industry as a whole in light of the global pandemic.

And yet, the idea of self-driving cars still holds firm, and it may not be long until we do see high-end manufacturers fully embracing what will be the most dramatic motoring ever. The benefits include fewer incidents on the road (94 per cent of accidents are caused by human error), less congestion and improved transport connectivity, not to mention greater mobility options for elderly, disabled and

young users. The UK wants to be regarded as a leader in this field, with the prediction being that by 2035 more than 40 per cent of new cars will have self-driving capabilities. Automated Vehicle (AV) technology could be worth more than £40billion, and will bring 40,000 jobs to the country.

More than £200million has been invested so far in start-ups looking to fuel this motoring revolution, with the advancement of Intelligent Roads helping to move ideas forward.

There is just one issue though – AVs work perfectly when surrounded by other AVs. It is only when these brilliant computers are asked to interact with human drivers that potential collisions occur. It seems the scientists will have to overcome this somewhat fundamental flaw before we can call on our trusty computerised four-wheeled motors to deposit us home safely.

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# PUZZLES & TRIVIA

PUZZLES

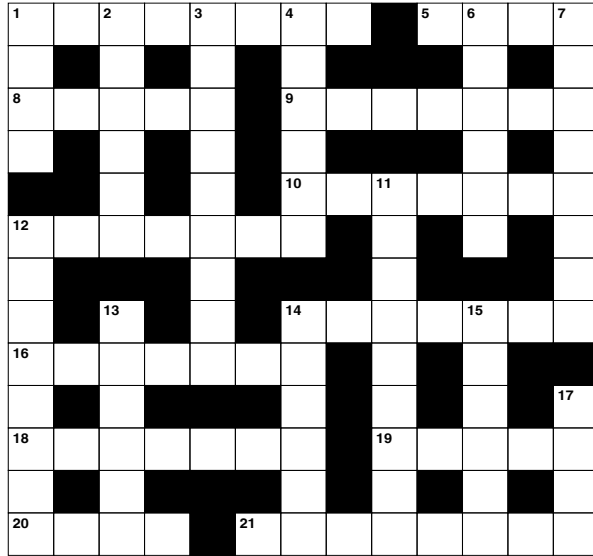
Answers: see end of The VISION Listings

## ACROSS

- Succession; series (8)
- Run at a moderate pace (4)
- Sag (5)
- Sour in taste (7)
- Mountain in the Himalayas (7)
- Contemplations (7)
- Subdivision (7)
- Part of a chair (7)
- Increasing rapidly (7)
- Kingdom (5)
- Japanese beverage (4)
- Large metal pot (8)

## DOWN

- Soft drink (US) (4)
- Cites (6)
- Act of spying (9)
- Stops (6)
- Thief (6)
- Not inclined to talk (8)
- Let oracle (anag) (9)
- Thick dark syrup (8)
- Set out on a journey (6)
- Mark of disgrace (6)



- Make worse (6)
- Word ending a prayer (4)

## DID YOU KNOW?

- ▶ Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour
- ▶ Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make
- ▶ Crackers often have holes in them to prevent air bubbles from forming when cooking
- ▶ Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon
- ▶ Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff
- ▶ A typical ear of corn has an even number of rows

## SUDOKU

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

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