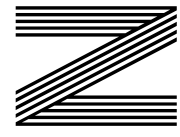
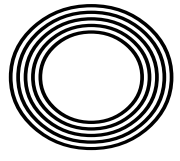
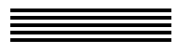


**HOW TO
PERFORM
CPR ON
A CHILD**

Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors



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Photo credit: BBC & Nick Eagle

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Editor's notes...

SEPTEMBER 2021



Brett Shohet, Editor

Hello and welcome to this month's **50th** edition of **VISION** Hornchurch. Reaching this amazing milestone has been an incredible achievement and I would like to thank all the team at **VISION** and all of our clients for helping to make this possible.

The end of lockdown has given us all chance to make changes to our routines. I've certainly noticed a difference when out and about, with more people feeling confident enough to step out and explore their local area.

I've made an effort to frequent local businesses, particularly those which have supported **VISION**, and keep my pound local. It's more important than ever to ensure businesses have our support.

I've been making up for months of inactivity and am now averaging 14,000 steps a day. After three lockdowns spent sitting on the sofa and eating junk food, I've made an effort to be healthier. As a result, I feel more focussed and ready to take on whatever life throws at me.

There's certainly a sense that we are now coming out of the other side of this dark time. A weight has been lifted, and with this, a renewed sense of optimism as new bookings and enquiries from local businesses flood my inbox. It seems everyone is ready to get back out there and prepare for better times ahead.

As for **VISION**, we're looking to expand into new areas in the future, so watch this space...

Brett Shohet

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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

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DOWN ON

A man with grey hair and a serious expression stands in a rural setting. He is wearing a green jacket over a blue sweater. Behind him are large hay bales and a field under a cloudy sky. The text 'DOWN ON' is at the top in large yellow letters.

“ I’VE SWAPPED SUPERCARS
FOR TRACTORS, AND I DARE
SAY I’VE LEARNED SOMETHING
ALONG THE WAY ”

THE FARM

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON'S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It's quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant's successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson's Farm*, has proved to be one of Amazon Prime's most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson's every move, documenting a layman's painfully slow elevation into the farming fraternity.

Naturally, any series that showcases 'Jezza's' calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what's going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it's about the money; for others, it's the experience,” says the 61-year-old. “This has certainly been an interesting experience where I've stepped out of my comfort zone. I've swapped supercars for tractors, and I dare say I've learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it's safe to say it's anything but.”

And while Clarkson's foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It's worth remembering, if we didn't have farming and agriculture in this country, we'd have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”





Photo credit: Anthony Correia/Shutterstock.com

REMEMBERING

20

YEARS OF 9/11

September 11 marks two decades since the largest modern-day assault on the Western world



Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

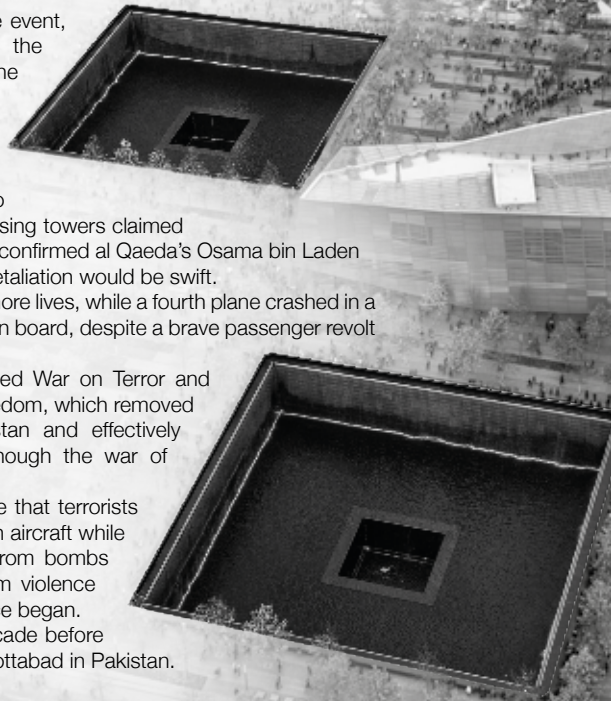
It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



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Brighten YOUR whites



Get your whites white again without the need for bleach with these tried and tested whitening techniques, which can be achieved using only a handful of storecupboard staples.

Soak in citrus juices

If your white items have developed a yellowy tinge from sweat, you can restore them to their original glory by boiling them with lemons or lemon juice. Simply add cut lemons or lemon juice to a pan of water with your whites, turn up the heat until bubbles appear and then leave to soak for an hour. Alternatively, add lemon juice to your regular wash cycle.



Add white vinegar

If you want brighter whites that are also super soft against your skin, simply add a small cup of white vinegar to your usual whites cycle and wait for the magic to happen. Don't worry about the smell; it will dissipate after drying. Vinegar can also be sprayed on spot stains and collar/underarm stains.



Use baking soda

If you don't have any white vinegar to hand, baking soda can be just as effective at whitening your whites. Just combine four litres of water with one cup of baking soda and drop in all your white laundry. Leave to soak and then thoroughly rinse.



Soak in dissolved aspirin

Not just for banishing headaches, aspirin is also great at breaking down stains on your whites. To get the chemical process started, dissolve five white (not coloured) aspirin pills in a bucket of water and then add your items. Leave to soak and then wash as usual.

Lay in the sun

After your whites have been washed, rather than put them in the tumble dryer, use the natural lightening properties of the sun to whiten them. Aim to hang them out during the hottest part of the day to enjoy bright whites and fresh-smelling laundry.



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How to repair damaged hair

Do you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

Which type of leave-in conditioner should I use for my sun-damaged hair?

Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

Top tip: Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.



How to RUN SAFELY at night

There is something magical about running at night when the roads are quieter, there are fewer people on the pavements, and the moon is glowing. However, if you are a late-night (or early morning) jogger, you need to make sure you are keeping yourself safe.

TELL SOMEONE WHERE YOU ARE GOING

Before you set off on your evening run, be sure to tell a family member or friend where you are going and how long you are going to be.

RUN WITH SOMEONE ELSE

If you are nervous about running at night, ask a friend to come running with you or join a local running group. Remember, there is safety in numbers.

WEAR HIGH-VIS CLOTHING

You should always wear high-vis clothing when running at night so that both drivers and pedestrians can clearly see you. Make sure you are visible from the front and the back.

CHOOSE A WELL-LIT ROUTE

If possible, pick a well-lit route for your night-time runs, or invest in a running head torch so that you can see any tripping hazards.

DON'T LISTEN TO LOUD MUSIC

Although your running playlist may help keep you motivated, listening to loud music while running at night is extremely dangerous. Instead, leave your headphones at home or use a low-volume setting and stay alert to what is happening around you.

RUN AGAINST THE TRAFFIC

If you prefer to run on the roads rather than in the park at night, make sure you run against the traffic so that you can see any vehicles heading towards you. Always be careful when crossing the road and wait for vehicles to pass before attempting to cross.

TRUST YOUR INSTINCTS

If you feel unsafe, head for a well-lit area or go home. It is always better to be overly cautious than a little reckless.



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Wild WORKOUTS

SWAP TRADITIONAL INDOOR GYMS FOR AN OUTDOOR FITNESS EXTRAVAGANZA

Actor and all-round muscle mountain, Jason Momoa, recently admitted to being bored by the same old gym routine, proclaiming that he'd rather embark on some spontaneous rock climbing, surfing and hiking in order to keep himself in shape.

Of course, unlike the star of *Aquaman*, not many of us have made a living from staying in shape, nor do we reside in Los Angeles. Yet there are a number of fitness-enhancing outdoor exercises that use the world around us... Jason would approve.

RUNNING AND CYCLING: The simplest of them all – pounding the pavements or getting on our bikes are the most popular outdoor workouts.

HIKING: Endurance exercise such as hiking is great for both limbs and lungs, with inclines providing the perfect platform for you to hone your physical prowess while inhaling that fresh, replenishing outdoor air.

LOG-LIFTING: Weightlifting using logs? Why not? Not only can you work on your Rambo impression, but getting to and from the forest setting can provide a workout in itself.

WOODCUTTING: How much wood would a woodcutter cut, etc. It's time to find out – take a saw with you on an everyday country walk and build arm and chest muscles by driving that serrated edge into some fallen logs or branches.

WILD SWIMMING: There is no better form of exercise than swimming, and there is nothing more invigorating than being surrounded by nature's wild waters. However, you must always ensure you are taking a dip in a designated and safe spot, preferably as part of a group.

HANGING TIGHT: A forested area will provide ample opportunities to test upper body strength with lifts, pull-ups, chin presses and other hanging practices that enable you to sample the serenity of nature around you... for as long as you can hold on, that is.





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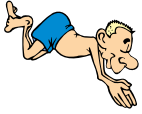
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Know Your Numbers!

Week 2021

Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

Why you need to Know Your Numbers!

- ♥ 1 in 2 strokes and heart attacks are the result of high blood pressure
- ♥ 1 in 3 adults in the UK have high blood pressure
- ♥ 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment
- ♥ High blood pressure costs the NHS £2.1 billion every year.

How to check your blood pressure

In previous years, Blood Pressure UK set up free

checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

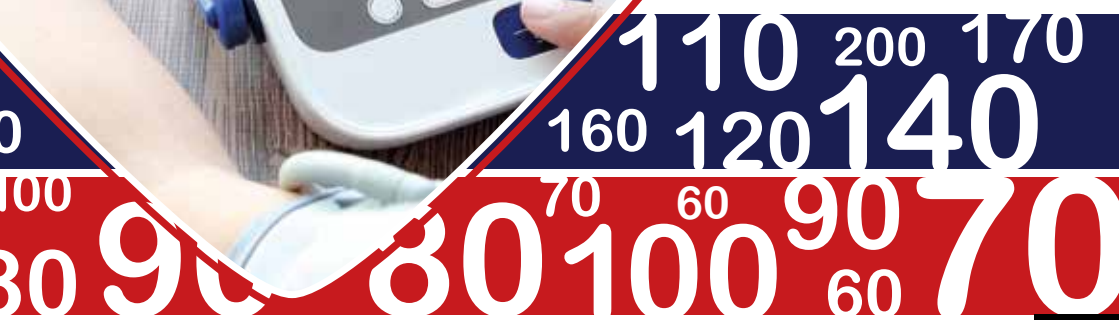
There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- ♥ Clinically validated. This means that it has been tested and gives results you can trust
- ♥ Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- ♥ Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.





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ORGANIC

September



PROS AND CONS OF CHOOSING ORGANIC

Organic September is a month-long campaign to raise awareness of the benefits of organic food and farming, but is organic food really as good as it's made out to be?

WHAT DOES 'ORGANIC' MEAN?

The term 'organic' refers to the way agricultural products are grown and processed. Standards vary worldwide but, as a general rule, organic produce must be grown without the use of synthetic herbicides, pesticides and fertilisers or bioengineered genes.

PROS FOR BUYING ORGANIC FOOD:

- > Organic farming is friendlier to the environment
- > Organic processed food contains no hydrogenated fat
- > Organic food is often fresher
- > Organic farming ensures that animals are fed a natural diet and kept in free-range conditions
- > Genetically modified (GM) crops are not permitted under organic farming standards
- > Organic food contains lower levels of pesticide residues.

CONS FOR BUYING ORGANIC FOOD:

- > Organic food tends to go off quicker than non-organic food as it does not contain artificial preservatives
- > Organic food is more expensive
- > Organic food production does allow a limited number of chemicals to be used
- > Some research suggests that organic food is no safer or more nutritious than non-organic food.

ORGANIC FOOD BUYING TIPS:

1. Buy in season as this is when fruits and vegetables are freshest and most affordable.
2. Prioritise meat, eggs and dairy if your budget can stretch to this.
3. Know your produce pesticide levels. Some types of conventionally grown produce are higher in pesticides than others.
4. Shop around. You can find organic produce at your local grocer, farmer's market, online and even in the freezer section of your supermarket.
5. Remember that organic food doesn't always mean healthy. Organic baked goods, desserts and snacks can still be high in sugar, salt and fat.



FOR GOODNESS'

sake

WHY THE JAPANESE RICE DRINK IS BECOMING POPULAR IN THE UK

If the beverage sake conjures up memories of a warm boozy elixir, washing down a mouthful of sticky, salty noodles – not unpleasant, but decidedly unrefined – you may struggle with the concept of this ancient Japanese rice drink becoming a celebrated spirit among bartenders and liquor connoisseurs.

Made in much the same way as beer – polished rice is washed and steamed, then cooled before the addition of koji (a mould culture) breaks down the enzymes into fermentable sugars – sake has an umami flavour profile that makes it compatible with almost every kind of meal, or, as the Japanese proverb states: “Sake never fights with food.”

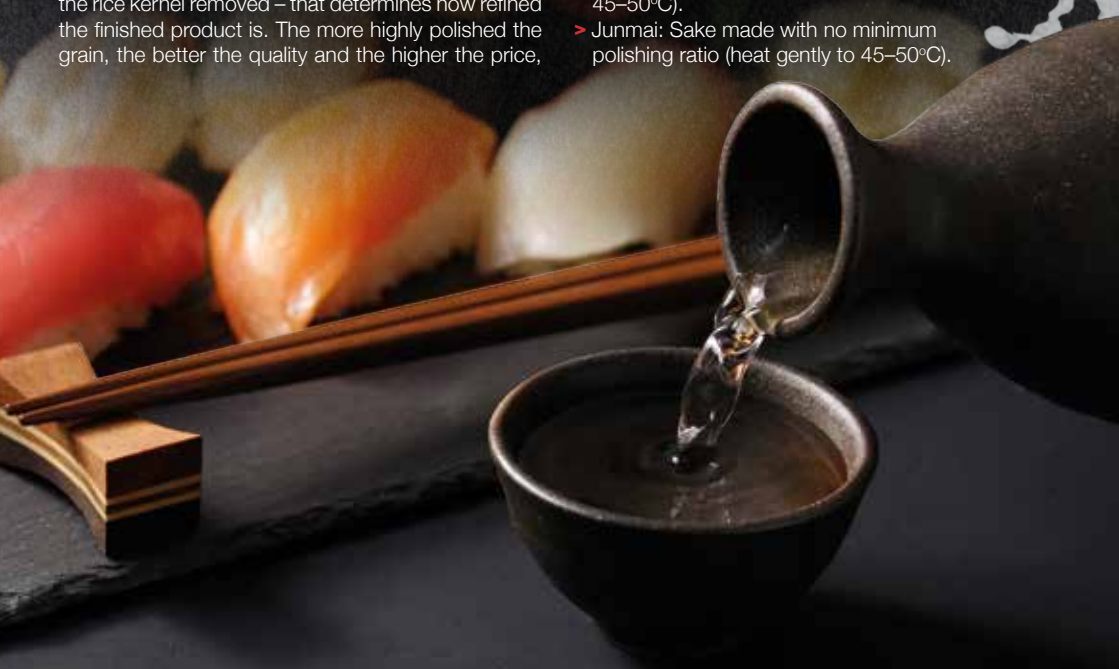
As with most things, you get what you pay for, and in the case of sake, it is the polishing ratio of the rice – the more milled it is with the husk and outer portion of the rice kernel removed – that determines how refined the finished product is. The more highly polished the grain, the better the quality and the higher the price,

with high-end sakes reaching the same price points as certain top-shelf whiskies.

That neatly brings us to the notion that sake ought to be served warm, which is true if it is made from low-polished rice. However, the more refined the sake, the more its floral, fruity and rich flavours sing, and the more delicious it becomes when served chilled... sticky noodles optional.

TYPES OF SAKE:

- > Daiginjo: A super-premium sake with minimum 50 per cent polishing ratio. Best served chilled.
- > Ginjo: A premium fragrant sake with minimum 40 per cent polishing ratio. Best served chilled.
- > Honjozo: A light, premium sake polished to a minimum of 70 per cent (unlike most premium sake, honjozo is best served heated gently to 45–50°C).
- > Junmai: Sake made with no minimum polishing ratio (heat gently to 45–50°C).



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UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish

You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.





HOW TO

PERFORM CPR

ON CHILDREN AND BABIES



1



2



3



4



5

HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > Check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100–120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:

Use the beat of the song *Nellie the Elephant* to keep the right pace

CHILD



BABY UNDER ONE YEAR





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SELF-CATERING vs. ALL-INCLUSIVE:

Which one is best?

Holidaymakers tend to fall into two categories: those who swear by the savings of self-catering breaks and those who love the convenience of all-inclusive. But which one is the all-round winner? Let's take a closer look.

PRICE

Self-catering: You will pay less per head up front, but you will have to budget for food and drinks once you have arrived.

All-inclusive: Costs are higher to book, but you are free to indulge without having to count the pennies.

Winner: All-inclusive

CHOICE

Self-catering: You can enjoy as much authentic cuisine as you want, either in a local restaurant or home-cooked at your accommodation.

All-inclusive: You are restricted to your hotel unless you want to pay extra.

Winner: Self-catering

ACCESSIBILITY

Self-catering: If your chosen accommodation is off the beaten track, you may have to utilise local public

transport to buy provisions.

All-inclusive: With everything on your doorstep – or even on your bed if your hotel has room service – you won't even have to think about venturing out for a drink, snack or three-course meal.

Winner: All-inclusive

FREEDOM

Self-catering: Allowing you to dine where you like, when you like, you could potentially eat at a different restaurant for every meal if you wanted to.

All-inclusive: With most hotels having set dining times, you are restricted as to when and what you can eat. Plus, you may feel less inclined to leave the hotel once you have already paid for all your food and drink up front.

Winner: Self-catering

SO, WHICH IS THE WINNER?

Tied at two apiece, the real answer lies in what you and your family want from a holiday. Do you like to be spontaneous or do you favour convenience? The choice is yours.



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A CLEAN night's sleep?



HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month



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BOUCLÉ



If there's one home trend that Instagram can't get enough of, it's bouclé. Cosy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

THE OCCASIONAL CHAIR: A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

THE STATEMENT BENCH: If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

THE STYLISH ACCESSORY: If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

THE FURNITURE MAKEOVER: If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?

Photo credit: mockandfind.co.uk, apachierosore.com, Heals via housebeautiful.com



LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook



With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to “inspire with achievable home decor ideas, tips and makeovers”. The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.

WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases “inspirational yet achievable home interiors”. Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family homes don't have to be boring.

EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- > Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- > Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- > Look to your high street, local independant shops or boutiques to find some amazing items.



Photo credit: lovechicliving.co.uk

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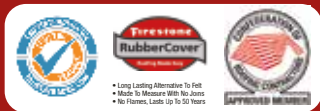
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I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really 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.

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Fix up your FRONT DOOR

As they say, first impressions are everything, and this is particularly true when it comes to your home. Whether you are looking to sell or you simply want your property to look its best, these front door ideas promise to boost your kerb appeal and make your neighbours green with envy.

WONDERFUL WOOD: If you are looking to invest in a completely new front door, you can't go wrong with good old, reliable wood. Offering warmth and visual appeal, wooden doors can be easily refreshed and updated and, when looked after properly, can last a lifetime.

CLEVER COMPOSITE: A slightly more luxurious option to uPVC, composite doors are made using a variety of different materials, such as timber, reinforced plastic and, occasionally, steel. Offering durability and longevity, composite doors will not warp, rot or crack, so there will never be a need to sand, strip or paint them.

COLOUR CONSIDERATION:

Although white remains the most popular choice for front doors, bold colours, such as vibrant reds and deep blues, are becoming increasingly popular for properties in cities. If you have a brick house, look for shades that sit opposite on the colour wheel. Red bricks suit blue or green tones, whereas sandstone looks great with yellow or red.

DOUBLE UP: If your property boasts a wide entrance, you are in the fortunate position to be able to select a double door. Perfect for homeowners who are looking for the wow factor, double doors come in a range of different styles and colours, with options to suit both traditional and contemporary homes.

ADDED TOUCHES: If you don't want to invest in a new front door, why not update your current one?

- > Add a seasonal wreath
- > Invest in new hardware, such as door handles and a letterbox
- > Upgrade your lighting with lanterns or a hanging door pendant



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fragrance zoning

Fragrance zoning, also known as scent-scaping, is the process of differentiating spaces in your home using the power of fragrance. Allowing you to create zones for productivity, relaxation and invigoration, scent-scaping is one wellness trend we can definitely get on board with.

KITCHEN

You want this pivotal room in your home to smell fresh and bright, but you also need to consider scents that neutralise unsavoury odours. Opt for citrus-based aromas, such as lemon, lime, tangerine and grapefruit, and avoid spicy or overly sweet scents that will clash with food smells.

LIVING ROOM

A place to relax and unwind after a hard day, your living room should be your sanctuary for downtime. Choose scents that evoke feelings of calm, such as jasmine, cinnamon, rosemary and ambergris. Alternatively, if you are looking to create a lively, social atmosphere, herbs such as basil and sage and fruits including green apple and pomegranate are best.

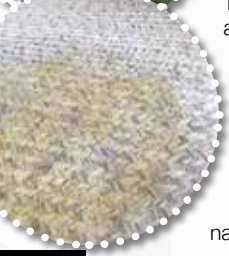
BEDROOM

As you would expect, lavender is the perfect aroma for inducing sleep, so is ideal for using in the bedroom. However, a bedroom is not just a place to rest; you may also want to feel invigorated in the morning, which citrus, mint and eucalyptus can help with. Alternatively, set the scene for romance with amber, vanilla, sandalwood and cedarwood.

OFFICE SPACE

If you are working from home, you need to be able to create a clear boundary between your work space and other areas of your home. Opt for uplifting aromas that will keep your motivation levels high, such as sweet mandarin, white grapefruit and aromatic herbs such as basil and mint.





ALTERNATIVE USES FOR

VODKA

Have you got a near-empty bottle of vodka gathering dust in your cupboard? If your answer is yes, you will be pleased to know that there are countless ways to use this odourless spirit around your home.

TO DEODORISE CLOTHES: Fallen behind on your washing? Simply spritz your blazer or suit jacket with vodka and marvel as the spirit eliminates smelly bacteria and leaves your clothes odour-free.

TO CLEAN WINDOWS: Getting your windows streak-free can be a challenge, but not anymore. All you need to do is create your own homemade window cleaner using one cup of water, half a cup of vodka and ¼ teaspoon baking soda. Spray directly onto the glass and wipe with a microfibre cloth.

TO REMOVE GREASE: Both straight vodka and a one-to-one vodka-water mix can be used to degrease range hoods, backsplashes and countertops. You can also add a few tablespoons of vodka to your washing-up bowl to cut through the grease on oily dishes.

TO PROLONG THE LIFE OF RAZORS: Banish dull razors for good by cleaning the blade and then soaking in a glass of vodka for 10–15 minutes. Not only does this completely disinfect your razor, but it also helps to remove rust.

TO REMOVE MOULD: Vodka can be used to quickly and effectively clean mouldy spots around your home. Just pour some vodka directly onto the affected area and then scrub with a sturdy brush.

TO PRESERVE PLANTS: Vodka has the ability to inhibit ethylene production, so add a few drops of undiluted vodka to cut flowers or plants to extend their lifespan.

TO REMOVE VOMIT STAINS: Spray diluted vodka directly on to a vomit stain, scrub and then blot dry. Voila! No more nasty stain.





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BACHELOR

Dad Style



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



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



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



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

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

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

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



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GREATSCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK.

Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Urchins finally celebrate FA Trophy victory with parade

To celebrate Hornchurch FC's first trophy win, Havering Council organised an open-top bus parade around Hornchurch and Upminster.

The club won 3-1 against Hereford at Wembley Stadium in May and also gained a trophy in the non-league Super Cup against Warrington Rylands.

The celebratory parade began at Hornchurch FC's stadium and ended at Harrow Lodge Leisure Centre an hour later.

Councillor Damian White, Leader of Havering Council, said: "Hornchurch FC certainly did the borough proud by winning the FA Trophy competition last season.

"It's been a source of great inspiration and pride across Havering, with the victory providing a real boost after a difficult year.

"You don't have to be a football fan to appreciate

Hornchurch FC's success and how they overcame the odds time and time again in the FA Trophy competition.

"The team's perseverance reminds me of the resilience shown by colleagues and the community over the last 16 months in dealing with the demands of the coronavirus pandemic."

Hornchurch manager, Mark Stimson, is now keen for the club to focus on the upcoming Isthmian Premier Division season and is encouraging fans to come and support the squad.

He said: "To win this competition, I think you have to use the word 'legends', and rightly so. It will always be remembered, but now it's time to focus on the next 10-12 months.

"The amount of people that showed up for the parade and the final - if we can get a percentage of that in through the turnstiles, then that will only help."



Photo credit: Peter's Digital Camera Photography

Covid the Cobra to stay permanently in Hylands Park

What started off as an idea from a Hornchurch mum to boost morale in her local community during the early days of the pandemic, has now literally been set in stone.

Covid the Cobra is made from thousands of pebbles and stones and is now in permanent residency in Hylands Park, Chelmsford.

The colourful pebbles and stones have been hand-painted by Hornchurch mum, Arlene Raife, and her young son, along with other residents and people

from across the world.

Havering Council's parks and grounds maintenance teams laid the foundations last month to give Covid the Cobra a permanent home.

Arlene thought of the idea while at home with her son during lockdown, when a park was one of the few places where people could go.

She said Covid the Cobra will now be a "constant reminder" of how the community came together in a positive way during such a difficult time.

MP presents dementia competition prize

A Hornchurch student has won a competition to promote dementia awareness.

Julia Lopez MP presented Sienna, a pupil at Langtons Junior Academy, with a prize for her winning design in Havering Dementia Action Alliance's (HDAA) competition.

HDAA has been promoting dementia awareness on Hornchurch High Street as part of a community effort to help those living with the disease.

Before lockdown, HDAA had asked schoolchildren to submit their designs for a recognisable logo for dementia-friendly shops to indicate to customers that those stores have undergone specialist training.

Hornchurch organisations, including the Queen's Theatre, Pinney Talfourd, Fairkytes, Tapestry and Caremark, have signed up to promote dementia awareness. HDAA is keen to get more shops on board, while also sharing the initiative in local schools.

Students at Langtons put forward a range of fantastic logos, but the MP and her team picked

Sienna's design for its boldness, simplicity and colour. She presented Sienna with gifts from the House of Commons and congratulated her for the beautiful logo, which will now be printed by the HDAA as a shop sticker.

Julia Lopez MP said: "Getting local kids involved in the community effort is really important, and I was so pleased to be able to thank the Langtons team in person and to present Sienna with her prize."





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JULIA LOPEZ MP

Hornchurch and Upminster



LOCAL NEWS



August is always a nerve-racking month for students, given the release of A Level and GCSE exam results.

It has been a particularly tough year for Havering students, teachers and parents, with the disruption to learning during the pandemic. Everyone has worked hard to adapt to these difficult circumstances, but getting the right grading and assessment system in place was always going to be a big challenge.

Further to concerns expressed to me by students at Havering Sixth Form College about grading, I arranged an urgent meeting with college principal, Janet Smith. Janet confirmed that the college would actively consider all appeals, and for some subjects undertake a wholesale review that will determine whether the right grade boundaries were applied. I hope that my meeting with Janet will lead to an outcome that reassures students of the integrity of their eventual grades and helps with their next stage of education or the first steps in their working lives.

Over the summer, I hosted a meeting which brought together councillor Gerry O'Sullivan and representatives of Thames Water, Havering Council, Network Rail and Transport for London (TfL) to discuss flooding along Abbs Cross Lane and parts of Harold Wood and Harold Hill. In that meeting, it was agreed that stakeholders would share their data, map overlays and conduct a site visit together to understand the infrastructure and potential cause of the flooding. I will

be updating affected residents and hope we can finally get to the nub of the issue.

I know that green spaces throughout Hornchurch and Upminster were a lifeline to residents during the pandemic. As the government gears up to host the COP26 Climate Change Conference later this year, I met with our local Thames Chase Trust to discuss potential work we could do together to invest in those precious green spaces. Thames Chase was one of 10 community forests to receive substantial funding from the government in the Trees for Climate programme. More than 10,000 trees have already been planted and the trust has the substantial ambition of planting 30 hectares this year alone. I also asked what further support we could give in assisting the replacement of the condemned bridge connecting Harold Wood Park and Pages Wood.

Charities and local community groups have been vital in supporting residents throughout the pandemic, and I met with Philip Goldsmith of Harold Hill Salvation Army to learn about the support it provides. I know that beyond hosting events for its members and providing much-needed social activities, The Salvation Army is a lifeline for many families.

I also had the pleasure of attending the annual breakfast meeting of the Havering Association for People with Disabilities and learned about the tremendous work of a local singing group with those suffering from dementia.

www.julialopez.co.uk



ANDREW ROSINDELL



LOCAL NEWS



MP for ROMFORD

Results day is always a stressful period; some will be left jubilant, others crestfallen. It's impossible to tell 18-year-olds that their A Level results do not and will not define them because, to many, in the moment they really do. They define whether they go to university, which university they go to, or whether they can get the job or apprenticeship they're seeking.

Before this pandemic, we could always rely on the process of rigorous exams to produce fair results. Exams aren't everything and it's right that alternative means of assessment have been incorporated, but examinations are the best method we have devised for establishing the relative academic capabilities of 18-year-olds.

As in 2020, this year has been different owing to the impact of school closures. Instead, teachers have been given the responsibility of marking their students.

Despite this, at New City College (NCC) Sixth Form in Hornchurch, it seems that there has been a miscarriage of justice, with students being downgraded across the board compared to teacher recommended grades. This is a very serious issue.



Photo credit: Havering Council
Caption: Frances Barstley Academy for Girls celebrating their results

It cannot be right that students in Havering are being marked differently from those in the rest of the country. This is not acceptable, so I have written to the principal and chief executive of NCC to express my deep concerns about the issue.

I want to reassure students across Havering who are affected that I am treating this issue with the utmost urgency.

Student chosen as finalist

A student who lives in Hornchurch has achieved recognition for her photography work.

Helen Taylor, who is a student at Barking and Dagenham College, was selected as a finalist in the Association of Photographers (AOP) Student Awards 2021 after submitting her photographic series about Cockney culture and the migration of East Londoners to Essex.

Helen said: "I was over the moon to be selected as a finalist and it's an achievement I am proud of.

"I truly didn't believe that I stood a chance of getting anywhere close to being a finalist, but I felt quite strongly about the story that the images were telling.

"The AOP is such a highly-regarded association in the photographic industry that to have any kind of endorsement from it is fantastic and would certainly help my career prospects."

The AOP is the leading organisation for photographers and can help provide students with a step into the professional arena.



Photo credit: Barking and Dagenham College

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Resident shocked to win car and £20k in competition

A Hornchurch resident received a late birthday present after entering an online competition and winning a prize worth £70,000.

Kaspar Aavik, 33, who lives in a flat in Hornchurch with his wife, Stacy, who is expecting their second child in October, was completely shocked to find out that he had won a Ford Mustang worth £50,000, plus £20,000, after entering an online car competition run by Best of the Best.

Kaspar said: "I'm so shocked, but very excited. It's

amazing and a beautiful car. You can't get anything more classic than a Mustang and it doesn't age at all. It's the most amazing birthday present I could have asked for."

Stacy added: "It's going to help a lot because we're planning on getting a nice house with a garden, and somewhere bigger for when our next baby comes along."

To watch the video where Kaspar finds out about his win, go to www.youtube.com/watch?v=gthSxTORi-4

Council reveals plans for COVID-19 memorial

Havering Council has announced plans to commemorate the impact of COVID-19 on the community through the planting of more than 1,000 trees, including at Hornchurch Country Park.

It is hoped that these trees will be a living testament to those who have lost their lives, family members or loved ones, while honouring the significant efforts of key workers and residents to keep others safe during the pandemic.

A series of local individual tree plantings in borough wards and at significant sites, such as hospitals, is in development, with plans for an extensive memorial woodland of native trees set within Hornchurch Country Park.

The woodland will comprise more than 1,000 trees radiating from a central memorial stone and will feature

paths to provide accessibility for elderly and disabled residents.

All the memorial sites aim to provide a suitable space to promote quiet reflection.

The Leader of Havering Council, Damian White, said: "The living, growing memorial is designed to be a fitting tribute to symbolise the challenges faced over the past 18 months, as we rebuild and recover.

"We want to create an enduring legacy that honours the loss of lives, while acknowledging the efforts of key workers and residents throughout the pandemic.

"Our reliance on our green spaces became apparent during the pandemic; they provided us with much-needed mind space, so it would be really significant to create an accessible space for remembrance and reflection."

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High school praises results after ‘difficult and disrupted’ year

Hornchurch High School was delighted to report some outstanding achievements by its students in their GCSE exams on Thursday, August 12.

The four students who gained the highest grades in the school were David B, Matthew S, Khalil B and Sandra K – each of whom was awarded all or mostly grade 9s across all 10 subjects that they had taken.

Further outstanding students who scored highly in all subjects were Paige S, Michaylia S, Lia C, Lucy G, Tommy I, Oliver B, Karic C, Finley M, Dylan McC,

Caitlin O, Sapphire P and Rancicha R. Val Masson, headteacher at Hornchurch High School, said: “We are all immensely proud of all the work and achievements of our students, especially after such a difficult and disrupted year.

“Our teachers have worked tirelessly to ensure students are able to progress on to further education, and we look forward to seeing what they will achieve.”

To keep up with news from the school, visit www.hornchurchhighschool.com

Map shows town could face regular flooding

A map has shown that parts of Hornchurch could face regular flooding by 2030 as extreme weather becomes more common because of the climate crisis.

A new NASA tool that visualises sea level increases in the coming decades shows areas of London that are potentially under threat.

The image shows that most of Hornchurch is outside the red area. However, most of Harrow Lodge Park is covered, as well as the nearby Airfield Hornchurch.

Nadya Vinogradova Shiffer, who directs NASA’s Sea Level Change Science Team, said: “What’s new here is a tool that we are providing to the community, to distribute the latest climate knowledge produced by the Intergovernmental Panel on Climate Change and NASA scientists in an accessible and user-friendly way, while maintaining scientific integrity.

“This information is critical to increase climate resilience of nations with large coastal populations, infrastructure, and economies that will be impacted by sea level rise.”

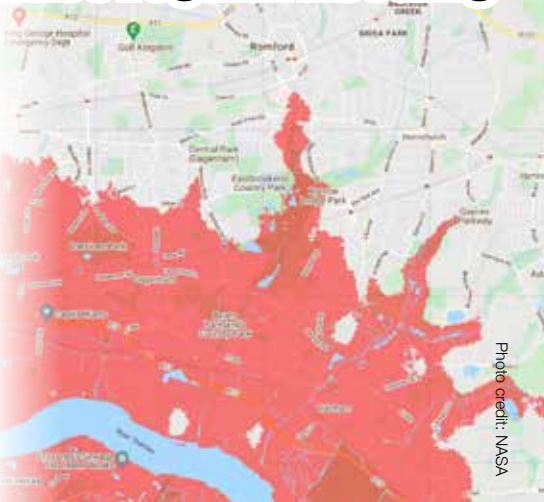


Photo credit: NASA



Students celebrate outstanding results

LOCAL NEWS



A group of medical students in Havering have celebrated getting into university after achieving excellent A Level results.

The Medics group at New City College's Havering Sixth Form campus in Wingletye Lane, Hornchurch, has celebrated every student on the programme getting a place at university to study medicine, dentistry or veterinary science.

This is the first time every student in the group has been given a place at their chosen university.

Some of the successful students include Ella Berner, who achieved A* in Biology, A* in Chemistry and A in Psychology and will be going to Kings College; and Darcia Khaled, who achieved A* in Biology, A* in Chemistry and A in Maths and will be going to Cardiff University.

Both will be studying dentistry at their respective universities.

Teenager hospitalised after stabbing in park

A teenager was stabbed in a park last month. Metropolitan Police confirmed that a 15-year-old had been stabbed on the afternoon of Tuesday, August 3, at Harrow Lodge Park in Hornchurch.

The teenager was taken to hospital and has been left with non-life-threatening injuries.

A spokesperson for the Met Police said: "Police were called at approximately 1.21pm to reports of a stabbing on Hornchurch Road.

"Officers and the London Ambulance Service attended and found a male with non-life-threatening injuries.

"No arrests have been made and enquiries are ongoing."

Young people in care to receive free leisure passes

Havering Council has partnered with Everyone Active to offer free leisure passes to young people.

The scheme is available to residents between the ages of 18 and 25 who are preparing to leave care, are in foster care or are currently living in residential care.

It provides them with the opportunity to use the gym, swimming pool and fitness facilities within the council's three leisure centres for free.

So far, 54 people have signed up, but up to 100 people can benefit from the pass. Anyone eligible for the pass will be contacted by Everyone Active to let them know how to apply.

Councillor Robert Benham, deputy leader of the council and cabinet member for education, children and families, said: "The new Health and Beyond pass is an investment in our young people. We know that exercise is a good all-rounder for improving our physical, emotional and mental health.

"We think it's vital that young people look after themselves and this is one way that we can encourage them to do so.

"By giving them easier access to our first-class facilities, it will allow them to use the swimming pools and gyms, as well as organise their own group activities so they can work out together."

Tom Fletcher, Everyone Active's manager, said: "Everyone Active is extremely pleased that the partnership with Havering Council has enabled the new Health and Beyond pass to become a reality. It's extremely important that we give our young people the opportunity to be active and develop lifelong healthy habits.

"Hopefully, these first young trailblazers will pave the way for many more young people to get active."



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News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

Summer

After being locked down for a year and a half, I had hoped for a warm summer. While we have had some good weather, I would have wished for more.

I hope you have managed to take advantage of the relaxation of restrictions; perhaps you managed to get a holiday in. Please be aware that although it is no longer compulsory to wear a mask (in many places), it is a choice.

Rubbish collection

Over the last year, I have received a greater number of complaints that the weekly refuse collection has been missed in certain roads. There are several reasons for this happening (including, but not limited to, vehicles breaking down, lack of available employees owing to COVID-19 isolation, and even the team having to empty the cart as the amount of rubbish being collected has filled the lorry).

Any roads missed on collection day are registered on the council website (search for 'Havering report a missed rubbish collection') or call 01708 434343 and work your way through to missed collections.

A new contract for the rubbish collection is due to be signed for 2023. Hopefully, whoever is in power will correct the issues from this contract.



Speeding

I regularly receive reports of speeding in and around Hornchurch. Councillor Gerry O'Sullivan and I joined the St Andrew's Safer Neighbourhood Team (SNT) in a few pop-up speed-check locations recently.

The session lasted a few hours. We moved sites every half-hour to an hour, and several tickets and a few warnings were issued.

Several of the SNT team are now 'speed gun trained' – I am not sure how much training you need, but our guys have now had the training.

More speed checks will take place around Hornchurch.

Junior Citizens learn life skills

More than 1,000 pupils from 14 schools across Havering have been learning skills to prepare them for their next step in life as part of the Junior Citizens Project.

The project, run by Havering Council and the police, saw pupils taking part in a series of challenges and scenarios to help them cope with everyday life.

Situations included how to travel safely on public transport, water safety, bullying, and how to be more aware of drugs and knife crime.

The workshops are led by various organisations, such as the council's community safety team, enforcement team, Met Police, safer transport team, Change Grow Live, the road safety team, and the Royal National Lifeboat Institution.



Councillor Viddy Persaud, cabinet member for public protection and safety, said: "The Junior Citizens Project is a brilliant way of helping to inform young people about the dangers presented by our society and providing the skills to handle them in a safe way.

"It is an incredibly important time in their lives as they prepare to move to secondary education."



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EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ

Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

KNOLL GARDENS – Hampreston, Dorset, BH21 7ND

If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU

At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breath-taking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX

Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds.

Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



Photo credit: herbest.co.uk, visit-dorset.co.uk, gelsurrey.co.uk



BEST gardening APPS



Would you love to transform your garden into your own private sanctuary, but don't know how?

Whether you need help with landscaping, choosing the right plants or identifying a tree, you are guaranteed to find an app below to help guide you.

GROW YOUR OWN – available for free on iPhone and Android devices

Created by the experts at The Royal Horticultural Society (RHS), this handy app is ideal for people who want to grow their own fruit, vegetables and herbs. Perfect for beginners, you will find a profile provided for each plant, complete with detailed horticultural advice.

PRO LANDSCAPE HOME – available for free on iPhone and Android devices, £14.99 for access to more items

One of the most popular garden design apps available, this easy-to-use app provides all the tools and advice you need to redesign your landscape. To get started, all you need is a picture of your garden. Then you can search for plants, add focal points such as water features, and create your dream space.

GARDEN TAGS – available for free on iPhone and Android devices

If you are worried about keeping your garden in optimal condition once it is complete, this app can help you. Providing instant plant identification, growing advice and plant care instructions, you can log every plant in your garden and enjoy peace of mind that you are looking after them in the best possible way.

LEAF SNAP – available for free on iPhone and Android devices

Have you ever been for a walk and seen a tree or plant that you would love to have in your garden? Leafsnap is the ultimate plant identification tool, providing both ease of use and unrivalled accuracy. Create your own collections and use them as inspiration for your next shopping trip.



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MANOJ MALDE

FROM THE RUNWAY TO ROSES

As far as creative design is concerned, there's a fair amount of crossover between the artistic sensibilities of fashion and home design. After all, dealing with shapes, styles and moods should be pretty ubiquitous, right?

Proving the concept in recent times has been Manoj Malde. These days, the London-based landscape designer is widely admired at the RHS Chelsea Flower Show and recently appeared on our TV screens on BBC2's *Your Garden Made Perfect*.

The craft and creativity he offers now see his eponymous Manoj Malde Garden Design company operating as a renowned entity, engaged by clients with outdoor spaces of all sizes.

Yet for many years, the affable Kenya-born 54-year-old regularly traded outdoor space for the hubbub of retail outlets, the relentless nature of catwalks and the studios of fashion designers. Throughout his two-decade tenure in the fashion

world, he worked in Italy, Germany, the United States, India and Hong Kong, though he was always swayed by flora and fauna. In a spectacular career switch, he began studying garden design at The English Gardening School.

The *Your Garden Made Perfect* host explained: "The thought process behind garden design is not unlike fashion design – the concept still begins with themes, mood boards, colour palettes and textures.

"Designing a planting scheme is like creating a beautiful silk print. I've gone from haute couture to 'hort' couture," he laughs.

As for what we can look forward to in the coming months, Manoj says more rugged, even unkempt gardens are en vogue. He also promotes the idea that creating closer synergy between the home and the garden is vital.

"Gardens are now seen as another room and an extension of our homes. This is really driving garden furniture, and there is such an excellent selection out there, while outdoor kitchens are really on trend."

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CBD

FOR PETS:

WHAT YOU NEED TO KNOW

The global CBD pet market size was valued at a whopping £20.2million in 2019 and is expected to grow at a compound annual rate of 40.3 per cent between 2020 and 2027.

From tinctures to topicals to treats, there is a whole host of CBD products that are specifically designed for pets. However, do they work and, most importantly, are they safe?

WHAT IS CBD?

CBD stands for cannabidiol and is the second most prevalent active ingredient of cannabis. Derived from the hemp plant, unlike tetrahydrocannabinol (THC), CBD does not have any psychoactive properties and will therefore not make you or your pet feel 'high'.

WHAT ARE THE BENEFITS OF CBD FOR PETS?

Although research is still ongoing, there are several potential benefits of CBD for pets, including:

- ✦ Reducing stress and/or anxiety, including separation anxiety
- ✦ Acting as a natural pain reliever, especially for inflammatory conditions such as arthritis

- ✦ Enhancing appetite
- ✦ Reducing nausea and/or vomiting
- ✦ Treating skin conditions
- ✦ Helping wounds to heal faster

IS CBD SAFE FOR PETS?

There is no evidence to suggest that CBD is toxic to dogs or cats, as long as it is given in the right doses and is purchased from a trusted manufacturer. In terms of potential side effects, there is currently no scientific data on CBD usage in pets but, based on humans, they could possibly experience:

- ✦ Dry mouth
- ✦ Lowered blood pressure
- ✦ Drowsiness

IS CBD FOR PETS LEGAL IN THE UK?

CBD oil has not yet been approved by the Veterinary Medicines Directorate or the Food Standards Agency (FDA) as an official medicine. If you think that CBD could help your pet, you need to speak to your vet first, as only they can legally prescribe CBD to your animal.





GET OFF MY

Cloud

Our reliance on the cloud – that is, remote storage of everything from music to personal documents to photos – has transformed our lives, not to mention the speed of our computers and devices.

Gone are the days when our life's memories were held on hard drives or burned onto CDs. Yet there are growing fears that what we are gaining in terms of convenience, we may be losing as far as security goes, following a spate of data breaches.

With that in mind, here are five ways to keep your cloud storage safe:

PASSWORD STRENGTH

Using a strong password is a must, whether protecting your data or simply logging into something as mundane as a parking app. Long, unique passwords with a combination of upper- and lowercase letters, with numbers and symbols, are best.

FILE SHARING FOIBLES

Sharing via the cloud is one of its best features, but this 'foot in the door' also provides a route for others to potentially sneak in. It's therefore advised you regularly

audit who you're sharing with.

TWO FACTOR AUTHENTICATION

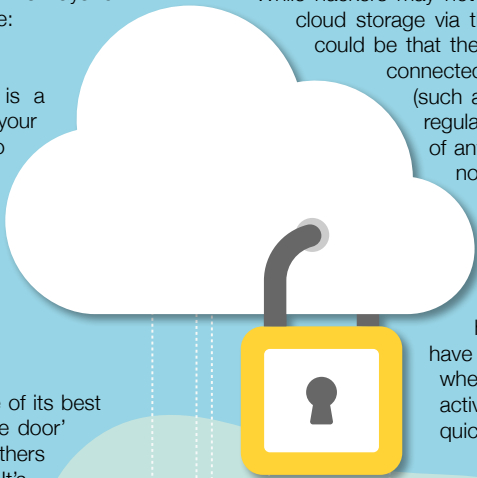
It's a phrase that's becoming embedded in our subconscious, and plays itself out usually by having to enter a six-digit code when logging into a platform or system. In the moment, it feels like a hassle, but by doubling your protection, you're doubling your security.

CONFLICTED CONNECTIONS

While hackers may not be able to access your cloud storage via the conventional route, it could be that they can gain entry through connected apps or programmes (such as calendar or email), so regular checks and removal of any third-party apps you're not using is a great way of keeping your information secure.

NOTIFICATIONS

Finally, if the worst thing happens and you do have someone sniffing around where they shouldn't be, by activating notifications, you'll quickly be made aware of a foreign body and can take action.





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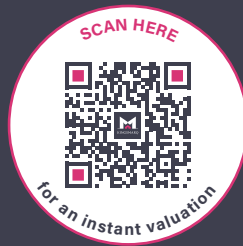
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GET YOUR HEAD IN THE

Cloud

An estimated 84 per cent of businesses in the UK are taking advantage of the cloud. In its simplest terms, when something is stored in the cloud, it is kept on internet servers rather than a computer's hard drive. If you are not using this technology, here are the advantages your business is missing out on.

COST-EFFECTIVENESS: If you are trying to reduce your operational costs, shifting to cloud computing can help you save a significant amount of money. Running a data centre is expensive, yet cloud providers offer storage options to suit all budgets.

ENHANCED FLEXIBILITY: Allowing your employees to access the information they need wherever they are, cloud computing is ideal for remote working. Plus, you can monitor the operations of your business much more effectively.

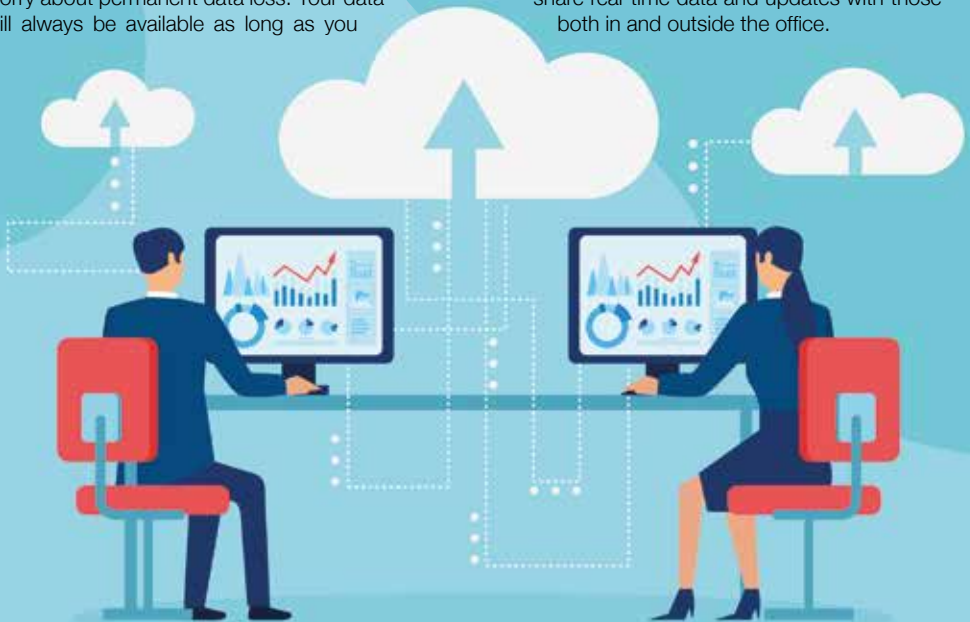
NO NEED FOR A DISASTER RECOVERY PLAN: When you store data in the cloud, you do not need to worry about permanent data loss. Your data will always be available as long as you

have an internet connection.

INCREASED SECURITY: Protecting your data is paramount in this day and age, and cloud computing is far safer than storing your data on a physical server or data centre. Not only can you delete any confidential information remotely, but clouding platforms are also incredibly difficult to hack.

BOOSTED SCALABILITY: Traditionally, if you experience growth, you need to invest in additional servers and storage. However, with the cloud, you can easily increase your storage space or add new features by simply upgrading your package.

IMPROVED COLLABORATION: As already mentioned, cloud computing is perfect for remote workers, as employees can complete projects from different locations. However, it is also great for improving team performance, as staff members can easily share real-time data and updates with those both in and outside the office.





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The company deals with some of the UK's best known insurers and delivers premium products and services for us to pass on to our clients. An important point to consider when purchasing your home is to always make sure there is a suitable Buildings and Contents insurance policy in place. If you are purchasing a property you are fully responsible for it from the point contracts are legally exchanged. If you are buying a new home with a mortgage, you won't be able to exchange on your property until you have your buildings insurance, so don't leave it to the last minute or it could delay your purchase.



Ian Smith (CeMAP)
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Does your home qualify for a green mortgage?

Green mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- > Lower rates for people who buy energy-efficient properties
- > Standard mortgages that offer cashback to people who buy energy-efficient properties
- > Mortgages that offer cheaper rates or cashback when people make green home improvements.

SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you.

Alternatively, if you are buying a new build or an existing property with an energy rating of A or B, you may be eligible for a green mortgage.

That being said, you should always compare

the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.



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She is the runner whose contorted expressions suggested every stride was an exercise in attrition, whose thin yet powerful figure made her look much taller than her five-foot eight-inch frame, and whose competitive potential came despite being diagnosed with asthma at the age of 14.

Yet the record books do not list discomfort, disappointment or struggle – for Britain's Paula Radcliffe, they note the Cheshire-born runner as the most successful we have ever produced.

On April 13, 2003, years of preparation came together to create what remains one of the finest performances of any long-distance runner.

Radcliffe stepped up to the start line of the London Marathon knowing that victory should be hers, having won the previous year's race by a colossal three-and-a-half minutes.

As it materialised, her winning margin was almost exactly the same, yet the time of 2:15:25 was

something superhuman. It took two minutes off the world record that she herself already held, and meant she had run the distance three minutes quicker than anyone else, ever.

The scale of Radcliffe's achievement only really became evident in the years that followed, during which no female athlete could get anywhere near her time. Even her rivals were clamouring to praise her.

American record holder Deena Kastor said: "Fans of this sport will continue viewing her 2:15 performance as iconic, heroic and a stunning sprint of 26.2 miles."

It took 16 years for the record to finally be broken, by Kenyan Brigid Kosgei at the 2019 Chicago Marathon.

Radcliffe, who made two comebacks in the sport after having children, retired in 2015. She was awarded an MBE for services to running, and now works regularly for sports media around the world.



TOKYO 2020



TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet – with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds – the literal flagbearers for the sport's sensational ascent in the modern era.



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HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

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FOR THE SOUL:

- > Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

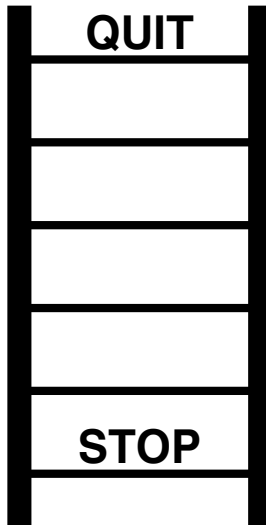
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- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI



DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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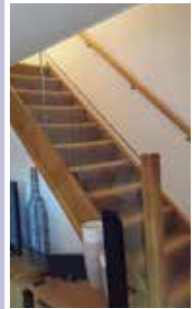
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