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BATH

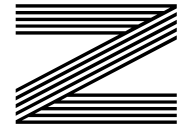
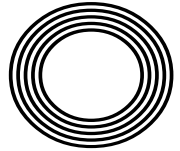
COVID-19
HEROES
honoured

6 UNUSUAL FACTS
about Valentine's Day

NATURAL WAYS
to boost your metabolism

Karren
BRADY CBE

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Editor's notes...

FEBRUARY 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Hornchurch. Many of us will have entered 2022 with a sense of renewed optimism and hope, and that has only been buoyed by the lighter mornings and evenings. Personally, I've been focusing on adopting healthier habits and, as a result, I feel better both physically and mentally. I'm able to think more clearly and go about my day with more energy.

Recently, I've been enjoying networking face-to-face with our local clients, without whom we wouldn't be able to grow our business as we have done. There are big things on the horizon for **VISION** in 2022, and it's all down to our loyal clients and readers.

I've also been enjoying the latest series of *The Apprentice*, which never fails to inspire me to step up my game in the business world. Read our feature on the successful businesswoman, Baroness

Karren Brady CBE, in which she talks about her journey to success, in this month's issue.

Now is the time when many people will start thinking about their summer holidays. After the uncertainty of the past two years, I'm certainly among those hoping that I'll be able to spend some time relaxing on a warm beach this summer. Let's all continue the drive to make 2022 a better year and make the most of the opportunities that come our way.

Brett Shohet

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly, Bryn Holmes

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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HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

Sir Chris Whitty: One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

Sir Jonathan Van-Tam: Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

Dame Jenny Harries: The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

Sir Patrick Vallance: The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.



DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

Valentine's Day was founded on rebellion

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

The x symbol originated in medieval times

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

Valentine's pairings used to be random

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

Juliet still receives love letters on Valentine's Day

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

Henry VIII chose February 14

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

The majority of Valentine's gifts are bought by women

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

...Valentine's Day?



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FASHION

LEATHER-FREE ALTERNATIVES

for the cruelty-free fashionista



Whether you are embracing a vegan lifestyle or are keen to explore ethical fashion, these innovative leather-free alternatives are taking the fashion world by storm.

MUSHROOM LEATHER

Made from the caps of a mushroom type called *phellinus ellipsoideus*, mushroom leather can be used and treated just like animal leather, but is engineered in an environmentally friendly way. As well as being sustainable, mushroom leather is water-repellent, non-toxic, durable and super soft.

PINEAPPLE LEATHER

The most widely known and widely used leather alternative, pineapple leather – also known as Piñatex – is made using pineapple leaves which otherwise would be burnt or discarded. Strong, durable, lightweight and breathable, this leather-free alternative is also significantly cheaper than animal leather.

CORK

Although not an imitation of leather, cork is a great choice for forward-thinking fashionistas. Sturdy, waterproof, recyclable and renewable, if you love to stand out from the crowd, this quirky, cruelty-free material is the one for you. It is a natural fibre that comes from cork trees, and by rocking cork, you are actively helping to prevent the desertification of cork oak forests.

RECYCLED RUBBER

If you are looking for leather-free accessories, then recycled rubber is just what you need. Created from objects like tyres and fire hoses, rubber is easy to care for and incredibly long-lasting. However, as this material does take a long time to break down, only invest in recycled rubber items if you plan to use them indefinitely.

APPLE LEATHER

Apple leather, as the name suggests, comes from apple harvesting. Made using the discarded skins and cores, apple leather is very similar in appearance to animal leather, but has a more paper-like feel. This means that it is the perfect texture for adding different backings, coatings and effects to garments.

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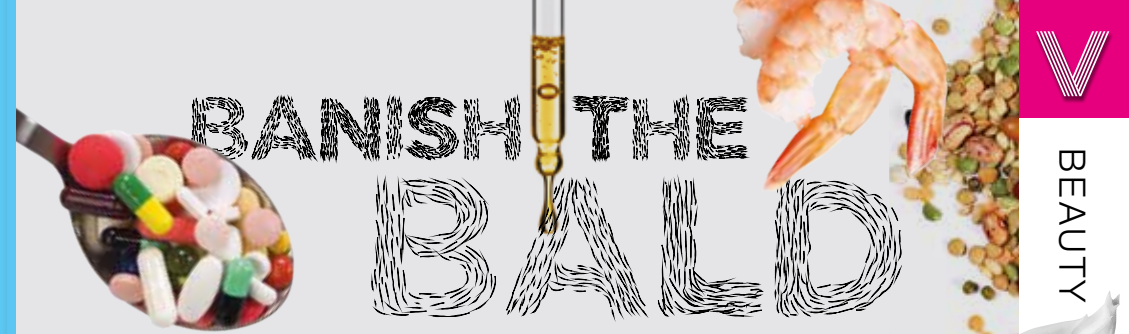
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Male pattern baldness affects 6.5 million men in the UK. Although it is most common in men aged 60 and over, it can also occur in males in their 20s and 30s. It is caused by a number of hormonal and genetic factors, but you can fight back against male hair loss with the below vitamins.

BIOTIN

If you follow the keto diet, have had bariatric surgery, or you drink high amounts of alcohol, you could have low levels of the vitamin biotin in your body, which can result in hair loss. By taking a biotin supplement, you can get rid of this deficiency and should see either a stabilisation of hair loss or even a reversal.

VITAMIN D

A deficiency in vitamin D is common in vegans, people with milk allergies, those with Crohn's or celiac disease, and men who don't get enough sunlight. Vitamin D is needed to generate new hair follicles, and a prolonged deficiency can result in brittle hair and hair loss.

ZINC

Low zinc intake has been linked to a range of hair loss conditions such as alopecia and telogen effluvium, which is a hair thinning disorder that is often caused by stress. By increasing your zinc intake, you can boost sebum production, increase hair growth, and protect your hair cells from free radicals.

VITAMIN E

Vitamin E is best known for its antioxidant properties that help to protect the body's cells. Early research indicates that vitamin E can also help to improve overall scalp and hair health. More specifically, it may be able to reduce oxidative stress in the scalp, which has been linked to hair loss.

HOW TO PROMOTE HAIR GROWTH:

- > Take a supplement
- > Eat zinc-rich foods such as meat, shellfish and legumes
- > Massage a vitamin oil into your hair
- > Use a vitamin-based shampoo and conditioner.



BEAUTY

SPONGES special

If you struggle to get your foundation to look just right, it might be because you're not using the right make-up sponge or because you're not using it correctly.

THE TRIANGULAR SPONGE

One of the first make-up sponge shapes on the market, triangle-shaped sponges are usually disposable, making them ideal for people on the go. That being said, owing to their rigid lines and points, you can struggle to distribute your foundation evenly and you may find you are left with a streaky finish.

BEST BUY: Avon Triangle Make-up Sponge

THE EGG-SHAPED SPONGE

A favourite among make-up artists and beauty editors alike, the iconic egg-shaped sponge has the ability to seamlessly apply a coat of liquid, gel or cream formula without any clumps in sight. Once wet, this sponge can double in size, helping you to control coverage with ease.

BEST BUY: Beautyblender

THE EGG-SHAPED MINI SPONGE

About the size of an almond, a mini egg-shaped make-up sponge is designed to for smaller areas of the face, such as around the eyes and nose. It can also be used to apply cream or powdered highlighter to the cheekbone, brow bone and bridge of the nose.

BEST BUY: Beautyblender Micro Mini

THE TAPERED END SPONGE

It may appear as though someone has taken a chunk out of this make-up sponge, but the combination of a rounded side and tapered end make this option perfect for both basic application and detailing.

BEST BUY: Real Techniques Miracle Complexion Sponge

HOW TO CLEAN YOUR SPONGES

- > Soak in warm water
- > Using circular motions, rub the sponge in the palm of your hand until all excess make-up comes out
- > Leave to dry naturally.

You should aim to clean your make-up sponges regularly and replace after three months of use.



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**HOW TO
boost
YOUR
METABOLISM**



HEALTH & FITNESS

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.

1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

2. INCREASE YOUR FIBRE INTAKE

Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is crucial for those wanting to boost their metabolism





RAYNAUD'S

Awareness Month

Although relatively unheard of, Raynaud's disease is a common condition that affects up to 10 million people in the UK.

While for most people, Raynaud's disease isn't disabling, it can have a negative impact on their quality of life.

What is Raynaud's disease?

Raynaud's disease, pronounced Ray-nodes, is a condition that affects the blood supply to certain parts of the body, usually the fingers and toes. Raynaud's is typically triggered by cold, anxiety or stress.

There are two types of Raynaud's disease: primary Raynaud's and secondary Raynaud's. The former develops on its own and is much more common, whereas the latter is caused by another health condition.

What are the symptoms of Raynaud's disease?

- > Cold fingers or toes
- > Colour changes in your skin in response to cold or stress (usually skin turns white and then blue)
- > Numb, prickly or stinging feeling upon warming up or stress relief.

While Raynaud's disease most commonly affects the fingers and toes, it can also affect your nose, lips, ears, and nipples.

What causes Raynaud's disease?

There are certain factors that make you more likely to develop primary Raynaud's disease, including:

- > **Sex.** Women are more likely to be affected than men.
- > **Age.** Raynaud's disease tends to develop between the ages of 15 and 30.
- > **Climate.** This disorder is more prevalent in colder climates.
- > **Family history.** If a first-degree relative has Raynaud's disease, your risk increases.

Secondary Raynaud's disease is associated with autoimmune conditions such as rheumatoid arthritis and lupus.

How to treat Raynaud's disease

In most cases, you can manage Raynaud's yourself by avoiding the cold, wearing gloves, and using relaxation techniques when you feel anxious or stressed. Stopping smoking can also help to improve your symptoms, as smoking negatively affects your circulation.

If you struggle to control Raynaud's, ask your GP about nifedipine, a calcium channel blocker that can help to reduce your symptoms.



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Get the hang of the **HANDSTAND**

Instagram is awash with Lycra-clad ladies and muscled men perfecting the art of the handstand without even breaking a sweat.

Unfortunately, for us mere mortals, it takes a little bit more practice to enjoy living the upside-down life, but the below exercises should help you get there eventually.

THE HOLLOW HOLD

How to do:

- > Lie face up on the floor with your arms overhead, your biceps by your ears and your legs outstretched
- > Lift your legs and your arms so that both your feet and your shoulders are off the ground
- > Try to keep your head in a neutral position to avoid strain
- > Hold for 30 seconds and repeat twice.

THE PIKE HOLD

How to do:

- > Find a box or chair that can comfortably support your weight
- > Crouch facing away from the box or chair with your hands shoulder-width apart on the floor
- > Slowly step one foot up on top of the box and then the other and lift your hips upwards
- > Walk your hands closer to the box, aligning your hips over your shoulders and over your wrists
- > Gradually straighten your legs to form an L shape
- > Hold this position for as long as you can and repeat three times.

THE WALL WALK

How to do:

- > Get into the plank position on your hands with your feet next to a wall
- > Walk your hands back a few inches until you can step your feet up onto the wall
- > Continue walking your feet up the wall and your hands closer to the wall until you are in the handstand position
- > Try not to lean your hips against the wall
- > Hold for two to three seconds and repeat three times.

TOP TIPS FOR A BETTER HANDSTAND

- > Try to activate your glutes before kicking off
- > Push through your shoulders when kicking off
- > Lock your arms straight by your ears
- > Keep your legs tight and point your toes.



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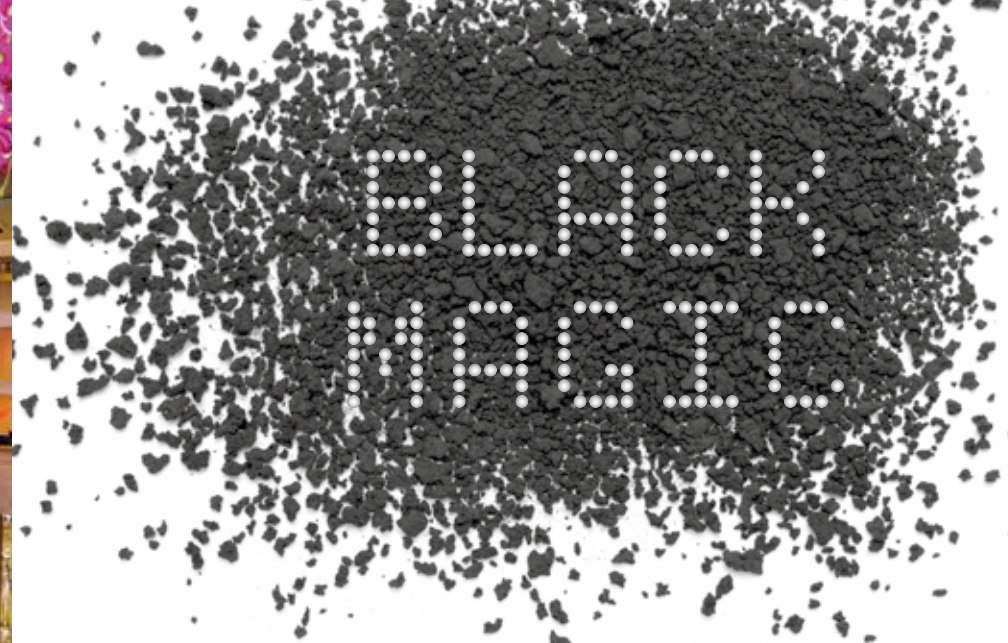
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HEALTH & FITNESS



If you suffer from embarrassing intestinal gas, activated charcoal supplements could be the secret weapon you need.

Everyone at some point in their lives will experience stomach distress like indigestion, gas or bloating, but for some of us these problems are chronic, with side-effects ranging from mild discomfort to huge embarrassment.

If this sounds like you, it may be worth considering taking activated charcoal supplements. Very different from the stuff you find in the fireplace, activated charcoal is a unique form of charcoal that has first been carbonised, then oxidised at very high temperatures to give it incredibly porous properties.

So how does it work? By travelling through your gastrointestinal tract, the charcoal absorbs toxins and impurities as it goes, meaning there is less to be expelled as unpleasant gas (charcoal can also absorb hydrogen sulphide, which creates those really unpleasant smells).

Sold in powder, tablet or capsule forms at health food shops, the recommended dose is 500 milligrams* taken one hour prior to a typical gas-producing meal with a big glass of water (staying hydrated helps the charcoal pass through your body once it has done its job). It is also fast-acting, making it perfect for those big nights out when the only gassing you want to be doing is witty repartee with your friends.

** Check with your doctor before using activated charcoal on a regular basis. Charcoal tablets may not be suitable if you are currently taking other medication because the charcoal could absorb the medication, making it less effective.*

Tips to prevent gas:

- Chew food thoroughly
- Eat small meals
- Take a daily probiotic
- Avoid fizzy drinks and chewing gum
- Keep a food diary to identify possible intolerance
- Exercise regularly





BEAN Bonanza

Dried beans often don't get the attention and appreciation they deserve, with many people allowing them to languish at the back of their cupboards. However, with so many different varieties, each with its own taste, texture and accompanying health benefits, you'd be foolish not to take advantage of these bountiful beans.

PINTO BEANS
Meaning 'painted' in Spanish, pinto beans are orange-pink with rust-coloured specks. High in fibre and protein, they provide an earthy flavour and smooth texture. Use to make refried beans or dips, or add to stews.

CANNELLINI BEANS
Also known as white kidney beans, cannellini beans offer a nutty taste and boast a thick texture on the outside, with a smooth centre. Known for their healthy credentials, cannellini beans help the body eliminate toxins. Delicious mashed or added to pasta dishes.

CHICKPEAS (GARBANZO BEANS)
Used predominantly to make hummus, chickpeas are round in shape, firm in texture and offer a nutty taste. Packed full of fibre and

protein, chickpeas are also known to lower cholesterol. Roast with olive oil for a crunchy snack, or add to curries.

BLACK BEANS
A staple in Mexican cooking, black beans have a velvety-smooth texture and a mild flavour. With a lower glycaemic index than other high-carb foods, black beans also contain magnesium, calcium, iron and zinc. Add to soups, salads and casseroles, or as an alternative for meat or even flour.

KIDNEY BEANS
Instantly recognisable by their vibrant red skin, kidney beans have a mild flavour, making them ideal for adding to chilli recipes. Containing as many antioxidants as blueberries, they are also rich in protein, omega-3 fatty acids and iron. Add to rice, tacos or curry, or mash to make a dip.

HOW TO COOK DRIED BEANS
Dried beans treble in volume when cooked and need to be soaked, preferably overnight, in cold water to soften before cooking.



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Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

GLUTEN-FREE PANCAKES – serves 4

You will need:

125g gluten-free plain flour | 1 large egg | 250ml milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add ¼ of the milk
- > Combine using a hand or electric whisk
- > Once smooth, mix in another ¼ of the milk and whisk again
- > Mix in the remaining milk.

SUGAR-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:

- > Mix all the dry ingredients in a bowl
- > Mix all the wet ingredients in a separate bowl
- > Pour the wet mixture into the dry ingredients and whisk together.

DAIRY-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add 100ml of milk
- > Whisk until you have a smooth paste
- > Add another 100ml of milk and whisk again
- > Mix in the remaining milk.

HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



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EAT WELL for less

If you are looking to cut back on your expenses and boost your savings this month, check out our top tips for eating well on a budget.

PLAN YOUR MEALS

Taking the time to plan your meals for the week – or even the whole month – can help to cut the cost of your food bill and stop you from ordering last-minute takeaways.

WRITE A LIST

If you tend to wander aimlessly around the supermarket, throwing whatever takes your fancy into your trolley, then this has to stop. When on a tight budget, it is vital that you make a shopping list of exactly what you need and stick to it.

WASTE NOTHING

Did you know that the average UK family throws away £60 worth of good food every month? Make sure you check the back of your fridge for forgotten foods and freeze any leftovers that you don't think you will eat right away.

STOCK UP YOUR FREEZER

Just because you are on a budget, it doesn't mean your family can't get their five a day. Frozen fruit and vegetables are highly underrated and are in fact even more nutritious than fresh produce as they are picked and frozen on the same day.

SWITCH TO CHEAPER BRANDS

Have you ever tried your preferred supermarket's own range? Many staples such as pasta, tinned veg and beans, and cereals taste just as good as premium brands and are significantly cheaper. Plus, most are made in the same factories.

GO MEAT-FREE

Meat and fish are typically the most expensive items on your shopping list, so why not try going veggie once or twice a week? Avoid expensive meat substitute products and instead fill up on seasonal veg and pulses such as beans, chickpeas, lentils and peas.

FILLING AND FRUGAL MEAL IDEAS

- > Jacket potatoes with chilli – opt for soya mince to save some money
- > Egg fried rice with frozen veg and/or ham
- > Sweet potato and chickpea curry
- > Spaghetti bolognese using red lentils.



FOOD & DRINK



KIDS

How to make a homemade kite



No childhood would be complete without learning to fly a kite, but why go to all the expense of buying one when you can easily make your own? Plus, your kids will love creating their own bespoke design.

YOU WILL NEED:

- > ½ inch (90cm) round wooden dowel
- > Ball of string
- > Small handsaw for cutting
- > Lightweight craft paper
- > Scissors
- > Glue
- > Roll of ribbon
- > Craft paints and brushes
- > A toilet paper roll

HOW TO MAKE:

- > Cut the dowel into two pieces – 1x30cm and 1x60cm
- > Carefully cut grooves into the ends of each dowel using the handsaw. Adult supervision is required for these first two steps
- > Arrange the dowels into the shape of a cross with the horizontal piece north of the centre
- > Wrap a piece of string several times to secure and tie off with a double knot
- > Run a length of string around the outside of the frame, tucking it into each groove, to create the kite frame
- > Secure the ends with a knot and cut off any excess string
- > Cut a piece of craft paper slightly bigger than the kite frame, allowing around 2-3cm excess on each end
- > Use scissors to cut around the kite, leaving a 2-3cm border
- > Fold the edges over the string and secure with glue.
- > Allow to dry and then paint your design
- > Once dry, cut a 30cm piece of string, fold it in half and tie a loop at the end
- > Tie the loose ends onto the horizontal dowel
- > For the tail of the kite, cut 6x10cm pieces of coloured ribbon and a piece of string 45cm long
- > Tie each ribbon around the string, knotting in the centre
- > Tie one end of the string around the wooden dowel at the bottom of the kite
- > Take a long length of string (depending on how high you want to fly your kite), tie around the toilet paper roll and secure with a knot.



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SINK selection



LOOKING TO REPLACE YOUR KITCHEN SINK? HERE WE COMPARE THE DIFFERENT TYPES AND MATERIALS YOU CAN CHOOSE FROM

STAINLESS STEEL SINKS: By far the most popular type of kitchen sink in the UK, stainless steel offers unrivalled durability and practicality. Available in both traditional and contemporary styles, you can also find a wide range of matching taps and other appliances.

Benefits: Hard-wearing | Scratch-resistant | Versatile | Affordable



CERAMIC SINKS: Very common in country-style homes, ceramic sinks offer that farmhouse feel which is highly sought-after in kitchen design. High quality and aesthetically appealing, a ceramic sink is also very easy to care for.

Benefits: Will not dent | Seamless sealed fitting | Heat and stain resistant | Available in a wide selection of colours



BELFAST SINKS: Another popular sink style for traditional homes, Belfast sinks, also known as butler sinks, are deeper than your average sink so offer more space to clean larger items. In terms of visual appeal, these sinks tend to be made of fireclay or glazed white porcelain, which provides a smooth and luxe finish.

Benefits: Resistant to hot temperatures | Choice of one or two bowl styles | Will not dent



COMPOSITE SINKS: As the name indicates, composite kitchen sinks are made from a variety of different materials and are designed to have the appearance of a granite sink without the hefty price tag. With hundreds of different styles and finishes to pick from, these are a great choice for those on a budget.

Benefits: Heat, stain, scratch and chip-resistant | Uniform in colour | Great value for money

UNDERMOUNT SINKS: Mounted underneath your kitchen worktop, undermount sinks are perfect for kitchens where space is an issue. Offering a minimalist and modern design, this type of sink is easy to clean but can be tricky to install.

Benefits: Highly attractive in design | Often deep for more space | Ideal for contemporary-style homes



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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.

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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Your simple guide to WALL PANELLING



Wall panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.

As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

FIND THE IDEAL SPACE: Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

CHOOSE YOUR TYPE OF PANELLING: There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:

- > Grid or geometric panelling
- > Flat plank wall panelling
- > Dado-style wall panelling

GET YOUR MEASUREMENTS RIGHT: There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

BUY YOUR SUPPLIES: To panel a wall, you will need:

- > MDF panels, cut to size
- > A spirit level
- > Strong adhesive
- > Decorators caulk
- > Sandpaper or a sander
- > Paint

TIP: You can get your MDF cut to size at your local hardware store.

ATTACH YOUR PANELLING: A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

FILL IN THE GAPS: Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

PAINT YOUR PERFECT FINISH: With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.

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HOME & DIY

AN EASY GUIDE TO

distressing FURNITURE

There are a lot of great reasons to distress furniture. It adds character and charm and can be a simple way of making your pieces look more unique and expensive.

Distressing furniture is part of the upcycling trend that is seeing people ditch the flatpicks and pick up quality items that last. And the good news is, it's simple to do yourself. Check out this easy guide.

paint is to use some furniture wax and sandpaper to buff the furniture to the desired finish. A final coat of wax will give added protection to your furniture.

GO LUXE WITH GOLD LEAF

With some sheets of gold leaf, you can give furniture a luxurious, distressed look that's perfect for adding a little glamour. The leaf is brushed onto the furniture and buffed to the desired finish with furniture wax.

USE CHALK PAINT

Chalk paint is one of the most popular methods of distressing furniture. Simply apply two coats of chalk paint – either in the same shade or in a combination of two different shades – and allow it to fully dry. Take some furniture wax and a cloth to buff away at the paint to create a distressed look. It's ideal for furniture with edging, moulding, or other raised details.

APPLY A COLOUR WASH

A subtle wash of colour can add a distressed look to furniture without covering the original grain. Apply a coat of diluted paint to the furniture to create the desired look. The colour can then be sealed using wax or varnish.

SAND AWAY

An alternative method to distress furniture with chalk

Distressing furniture can be a lot of fun and is an easy way to give a new look to your items. Which technique will you try first?



Photo credit: bhq.com, ammesloan.com, doctordesigns.com, minireed.blogspot.com



EASY PEASY Lemon Squeezy

Did you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

MAKE YOUR TAPS SHINE: Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

DESCALE THE KETTLE: When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

CLEAN THE MICROWAVE: If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

CLEAN A CHEESE GRATER: Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

REMOVE STAINS ON LINEN: To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.



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AWESOME HOME STYLING WITH

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Sarah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah's interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah's décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah's interior design portfolio is edgy, interesting and full of colour. Showing you don't have to stick to traditional looks and colour schemes, she's the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah's looks in your own home include:

Go back in time: A lot of Sarah's influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

Make it fun: Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

Don't be afraid of colour: Sarah's home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah's bold choices inspire you to inject colour into your interiors?

Photo credit: SarahAkwisombe.com



The Renting Rules



Tips and tricks from Forward Features on how to make your rented house a home

If you haven't heard of the Forward Features bloggers, it's time to check them out. A fun and insightful look at urban living, it's your go-to for incredible interior design that looks great in any home.

Written by blogging duo David and Mark, Forward Features started as "the journey of two interior geeks trying to find a flat", and now covers everything from design and art to events. But it's their Renting Rules section – full of cool design tips to help renters make their house a home – that's got us hooked right now.

So what are the renting rules you need to know?

Make a rented space more homely

Rentals tend to favour white or magnolia walls, which can make the space feel cold and impersonal. So David and Mark recommend to add an accent colour. Choose one or two colours to liven things up and create a little depth, using curtains, cushions, coloured vases, or even flower arrangements. You can also add colour and comfort to your sofas with some cosy throws, to help give your home a more personal touch.



Nail the WFH setup

If working from home has become a long-term arrangement, then you'll need to set up the perfect home office space. In a small house or apartment, this can be difficult, but not impossible. Forward Features recommends keeping things small and compact with multi uses.

Add some decorative touches like vases, photo frames and candles to blend the space with the rest of your decor.



Personalise your space with art

Art is a simple and affordable way to personalise your space when your options are limited. Use a combination of standing frames and wall art to help bring a touch of colour and style to your home.

Worried about putting things on the wall? David and Mark recommend Command Strips to combat the 'all holes barred' clause that appears in most rental contracts. Now that gallery wall can finally become a possibility.



Making the most of your rental can be difficult, but thanks to Renting Rules, you can get all the inspiration you need to add some personal touches to your space. Check out the blog at ForwardFeatures.net

Photo credit: forwardfeatures.net, Lisa Dawson via forwardfeatures.net



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How tall?

WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

TALLEST BUILDING: THE SHARD

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.



Photo credit: Michael Whitfield/Skelton Transmitting Station for Wikimedia Commons

The Skelton Mast in Cumbria

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Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

Baroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Community gathers to pay tribute to brave young girl

A seven-year-old girl from Hornchurch who was diagnosed with cancer five years ago passed away "completely peacefully" last month.

Isla Caton was diagnosed with neuroblastoma at the age of two. She then underwent chemotherapy, stem cell transplants, surgery, and numerous other treatments.

In December, Isla's family announced the sad news that the treatment she had been receiving for more than five years was not working.

A post on Isla's official Twitter account, @islasfight, on January 25 read: "It is with the heaviest of broken hearts that we must announce Isla gained her angel

wings in the early hours of this morning."

The funeral was held on Friday, January 28, with members of Isla's family inviting the public to join them at South Essex Crematorium to celebrate Isla's life.

Writing on Facebook before the funeral, Isla's mum, Nicola, said: "We have decided that we want to send Isla off with as much love as possible. Every one of you from day one has been by our side, and it's only fitting that you're there at the end, so everyone is welcome to come and celebrate Isla's life."

As Isla was born into a West Ham-supporting family, there will be a tribute to her during West Ham's home game against Watford on Tuesday, February 8.



Photo credit: Google Maps

Girl uses her pocket money to fund boy's education

A 14-year-old girl from Hornchurch has performed an inspiring act of charity by paying the education fees for a boy in India.

Using the money she had earned through doing chores at home, Vashika Singh (pictured), who attends St Edward's Church of England Academy, paid £430 to clear three years' worth of school debt for Abhishek Mudale, a student at Geeta High School in India.

Abhishek was left unable to go to school after his father, the sole earner in his household, was suddenly left paralysed and unable to work.

Vashika's family heard of Abhishek's plight when her father, Sattesh Singh, visited his own mother in India. Speaking to **VISION**Hornchurch, Mr Singh said: "I

wanted them to know what was happening in India. This family was suffering in silence."

Vashika was moved by the story and, without hesitation, insisted that her savings – which she had been putting aside for a birthday trip to Paris – be used to clear Abhishek's debts.

Mr Singh said he can remember his daughter saying: "Dad, you have an account for me. Please, I want to pay for him. Let the boy study. I know how important this is."

Upon finding out the fees had been paid, Mr Singh said of Abhishek's family: "They were in tears."

Vashika also received a thank you letter from Abhishek's school.

Trial date set for police officer following death

A trial date has been set for a Metropolitan Police officer from Hornchurch, who has been accused of driving dangerously and killing a pensioner.

PC Daniel Bowen, 28, who was based at Stratford Police Station, was charged with careless or inconsiderate driving that resulted in the death of Peter Dawes, 83, following an inquiry by the Independent Office for Police Conduct.

PC Bowen previously denied the charge. He will face trial at the Old Bailey on February 21.

The incident took place in East Ham on July 15, 2021. PC Bowen was reportedly driving a marked police vehicle when he hit Peter, who was crossing the road.

Peter died from his injuries in hospital on August 3.



Photo credit: Google Maps

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LOCAL NEWS



Hornchurch and Upminster



There is cautious optimism as I write this **VISION**Hornchurch column in mid-January that London may have passed the peak of the Omicron wave of COVID-19, and I am glad we were able to get through Christmas without restrictions. The contrast with Christmas 2020 was stark and partly owing to the incredible way in which residents engaged in the vaccine booster campaign. As of January 2, 54 per cent of Havering's 18-plus population had received their booster vaccinations, which is significantly higher than the London average of 42 per cent. I would like to thank all those who worked and volunteered over the festive period in supporting the roll-out, which will help alleviate the significant pressure the Omicron variant is having upon our local healthcare system.

I have continued to engage with our local NHS teams, and the chief regional nurse is keen to get the message out that the NHS is open for all your needs and is not simply a COVID-19 service. Please do come forward with any concerns and symptoms so that you can get treated early. In the longer term, readers will be aware of my campaign to get the new NHS hub in Hornchurch delivered. I am encouraging everyone to engage in the online consultation so that we can shape the new hub around residents' needs. Do visit the consultation site at northeastlondonccg.nhs.uk/get-involved/engagement-begins-on-the-new-integrated-health-and-wellbeing-hub-in-hornchurch and share your feedback.

Residents may recall my meeting with Havering Sixth Form College last summer about the moderation process the college applied to the teacher-assessed grades (TAGs) given to students in some A Level subjects. I have continued engaging with students, the college and also Ofqual, which has conducted its own review. The chief regulator advised that she is now satisfied that the overwhelming majority of students whose grades were lowered have now received a grade that is equivalent to or higher than their TAG. The college had requested that the exam boards change 685 grades, which have now been changed, and a further 25 grades have been changed following stage two appeals by students.

Shortly before Christmas, I met with the new Housing Secretary, Michael Gove, following a succession of private meetings with housing ministers and officials in Downing Street, to push for progress for leaseholders in Harold Wood and elsewhere affected by cladding and fire safety issues. I am pleased that Mr Gove set out a series of new steps to make developers responsible for funding cladding remediation rather than leaseholders.

www.julialopez.co.uk



LOCAL NEWS

ANDREW ROSINDELL



MP for ROMFORD



In my last column, I said how pleased I was that we were able to spend Christmas and New Year together, thanks to the success of the vaccine roll-out, and paid tribute to the Prime Minister for not locking us down.

When most of Europe went into lockdown, Boris held his nerve and did not give in to those who wanted to cancel Christmas. He was right. The Plan B restrictions have now expired as we now know for sure that Omicron was not the danger some claimed it would be.

2022 is an important year, as we celebrate Her Majesty The Queen's Platinum Jubilee, so I have called on the BBC to restore the national anthem it used to play each day. How shameful that it dumped this proud tradition, Congratulations to the marvellous new GB News channel, which has now announced that it will play the anthem each and every morning, along with showing wonderful scenery from around the British Isles. What a great way to start the day, showing pride and patriotism.

I have been working hard to protect our natural environment, much-loved wildlife and trees along the railway lines between Romford and Gidea Park and from Romford to Upminster. It is such an outrage that



Network Rail planned to fell some oak trees that were more than 100 years old. Therefore, I am delighted that Network Rail has engaged constructively with me to find a better way forward and create a modified works programme that will cause as little damage as possible.

Romford and Hornchurch is where I have grown up and lived all my life, so I will always act to protect our local heritage, and that is why I will continue to campaign to keep Havering a Town and Country Borough, proud of our Essex heritage.

Author releases debut novel



A Hornchurch author released his debut full-length novel last month. Gary Kruse (pictured), a multi-genre writer of flash fiction, short stories and novels, celebrated the release of his dark suspense novel, *Badlands*, in paperback and ebook on January 21.

Gary, who has been writing since he was a teenager, said: "I'm thrilled to be joining the talented roster of authors at Darkstroke for my debut novel, *Badlands*." *Badlands* is a compelling tale of deception, betrayal and conspiracy, set in and around St Agnes on the North Cornwall coast.

In order to find her missing sister, Megan 'Willow' Rae returns to the home town she ran away from six years earlier, but when she arrives, she finds that her sister is embroiled in a local scandal. As Willow unpicks the threads of her sister's life, she falls into the web of a murderous conspiracy.

Gary's work has appeared online and in print anthologies. His short story, *Mirror Mirror*, was shortlisted in the WriteHive 2021 Horror Contest and subsequently featured in the *Duplicitous* anthology.

Badlands is now available to buy from Amazon.

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Photo credit: Florian Christoph



LOCAL NEWS

Hornchurch FC have perfect month full of wins

The new year got off to an ideal start for Hornchurch FC, who now sit just outside the play-off spots with a seven-game winning streak.

Their year began with a local derby on January 1, as the Urchins managed to win bragging rights against Bowers & Pitsea, thanks to a stupendous strike from Mickey Parcell. This was despite ending the match a man down after Ronnie Winn was sent off near the tail end of the second half.

Following this, Hornchurch travelled to the home ground of Brightlingsea Regent, where they trounced the home side on their own turf with an astonishing 5-1 win. The Urchins were in complete control, with

Spence, Wraight, Ogunwamide, Joseph and Ruff all participating in the goalscoring.

Hornchurch then put an end to Bishop's Stortford FC's 14-game unbeaten run, with Ogunwamide and Spence once again ending up on the scoresheet to give the home side a 2-0 win.

Their seventh league win in a row came in an away match against Margate the following Saturday. Despite a quiet first half, the goals soon came rolling in, with Bertram-Cooper, Ruff and Joseph all hitting the back of the net to give the Urchins a well-deserved 3-0 win.

As of writing, Hornchurch are currently eighth in the Isthmian League's Premier Division.

Application submitted for COVID-19 memorial

A new monument to commemorate those who died during the COVID-19 pandemic is being lined up for Hornchurch Country Park, according to a new planning application.

The application was submitted by Mossfords Monumental Masons to Havering London Borough Council.

The monument, set to be 3.2 metres in height, will feature a sandstone-cladded plinth, with a slate boulder on top and a bronze plaque.

The proposal also includes the excavation of the surrounding land so as to lay deep foundations for the monument.

A decision on the application is expected to be made by February 8.

The planning application comes after a public survey asking people about a proposed memorial woodland in the park was also wholeheartedly backed by residents.



Photo credit: David Kemp

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Government keen to see progress on health hub

The director of a planned health hub to be built in Hornchurch is “constantly” asked for updates on the project by the UK government, according to statements made at a recent council meeting.

Keith Flaxman, project director of the London Health and Care Partnership, says the group is receiving “constant questions from the Cabinet Office” on the progress of the plans.

In a meeting with Havering London Borough Council’s Health Overview and Scrutiny Sub-Committee in early January, he told councillors: “We get constant questions from the Cabinet Office about

where we are with it. So there’s a lot of pressure to deliver it as quickly as we possibly can.”

The council greenlit proposals for the health and wellbeing hub back in 2019, to be located on the site of the former Green Street Hospital. A total of £17million of the project’s budget has come from the government, following a promise in the 2019 Conservative manifesto to deliver 40 new hospitals over the next 10 years.

The Department of Health and Social Care has been contacted for comment, while the Cabinet Office did not comment.

Officers launch investigation after stabbing

Essex Police were called to Hornchurch last month after reports of a disturbance involving a group of young people.

Officers discovered a victim in his 50s who had been stabbed. He was taken to hospital and his injuries were deemed to be non-life-threatening.

A man and a woman, both aged 25, were arrested on suspicion of grievous bodily harm.

They have since been released on bail awaiting further investigations, with a court hearing set for early February.

If you have any information, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote incident 6816 of January 14.

You can also call police on 101 or contact Crimestoppers anonymously on 0800 555 111.



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Funding initiative to make homes more eco-friendly

Residents in Hornchurch could save on their bills this winter thanks to a special grant aimed at making homes in the town warmer and more fuel-efficient.

The Green Homes Grant is a new government scheme aimed at helping households make vital home improvements, lower carbon emissions, keep homes warm and save on rising fuel costs.

The scheme, which is delivered by Warmworks Scotland on behalf of Havering Council, offers a wide range of insulation measures and renewable heating methods, including various types of heat pump, to reduce a home's impact on the environment.

The Green Homes Grant scheme is open to homeowners, private tenants and people in social

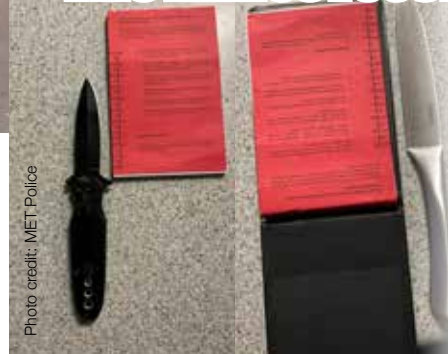
rented accommodation, where the home has a low energy rating and the occupiers have a combined annual income of less than £30,000.

Warmworks will arrange a survey in the homes of eligible householders to see which work can be carried out. An accredited and registered sub-contractor team then completes the installation of the agreed heating and energy-efficiency measures. Finally, an independent inspection will check the completed work to ensure it meets energy-efficiency standards.

Where required, Warmworks will also then arrange a full annual service to be completed 12 months later.

Find out if you are eligible for the scheme by completing the application form at www.warmworks.co.uk/greenhomesgrant

Two knives recovered during police patrols



Two knives were recovered in Hornchurch during a weekend of police patrols last month.

The first knife was recovered by officers from the Elm Park and St Andrews Safer Neighbourhood Team, when a man was stopped during a patrol through Hornchurch town centre on January 15.

A chase ensued and, though the suspect was not apprehended, he dropped his knife, which was recovered by police.

The following day, officers from Elm Park, St Andrews, Upminster and Hacton forces recovered another knife following the stop and search of a group in Ingrebourne Valley.

According to data from the Office of National Statistics, 10,383 knife-related offences occurred in London between June 2020 and June 2021.



News from
Councillor Paul Middleton
St Andrews Ward, Hornchurch Residents' Association

February – where is the proper cold?

By the time you read this, it will likely be February. Where is the really cold weather?

It is cold in the mornings and the wind carries a chill, but it is not what I would usually expect.

It is possibly time to prepare for a cold snap.

Knowing where your water stopcock is and where the stopcock key is can save your property from damage from a burst pipe.

Stock up on some foods that will last a longer time if you can't get out.

If you have a portable gas fire, check if you have enough gas in the bottle.

If you can go shopping and the weather is bad, can you help a neighbour who is not so fortunate?

Helping the homeless during the cold months

Havering Council Severe Weather Emergency Protocol (SWEPE) is in place to ensure that no one needs to sleep rough on Havering's streets during the cold weather. If you see someone sleeping rough, call 0300 500 0914 or visit orlo.uk/Hqn6n

Trees and vegetation removed near train tracks

Network Rail has been removing vegetation and trees

(some older than 100 years) away from the train lines in the Upminster to Romford Push and Pull.

The work was stopped in January owing to pressure from residents and enquiries from local independent councillors, *The Havering Daily* and a local MP.

Concerns raised are that the banks are held in place by the roots from the trees and vegetation and that removing this will allow for mud slips. There is also fear of flooding, among several other issues.

KFC Hornchurch

After a lot of pestering, emails and letters, KFC has resurfaced the area outside the shop in Hornchurch. It was a huge trip hazard and I am pleased that this has now been done.

Rubbish, litter and fly-tipping

It is noticeable that there is an increase in littering and fly-tipping. Councillor Gerry O'Sullivan and I regularly meet up with or call the cleaning teams to arrange clean-ups. Please be aware that the council will go through the rubbish. If it can identify the owner, the owner will receive a fine. If you are using someone to remove rubbish for you, please check and copy their waste licence.

Application for fast food chain

A Hays Travel shop in Hornchurch could be transformed into a Taco Bell restaurant.

T Bello Group Limited filed an application with Havering London Borough Council last month for the shop at 138 High Street, Hornchurch.

The application proposes a change of use for the shop from retail to the sale of food, incorporating the installation of a plant and extraction system and a replacement shopfront, internally illuminated fascia sign and internally illuminated projecting sign.

Taco Bell is an American-based chain of fast-food restaurants that originated in California in 1962.

By March 7, the applicant will receive a written decision, and they may appeal within six months after that date.

To view the application, visit Havering Council's planning portal at development.havering.gov.uk/OcellaWeb/planningSearch and search the reference P0021.22.



Photo credit: Google Maps



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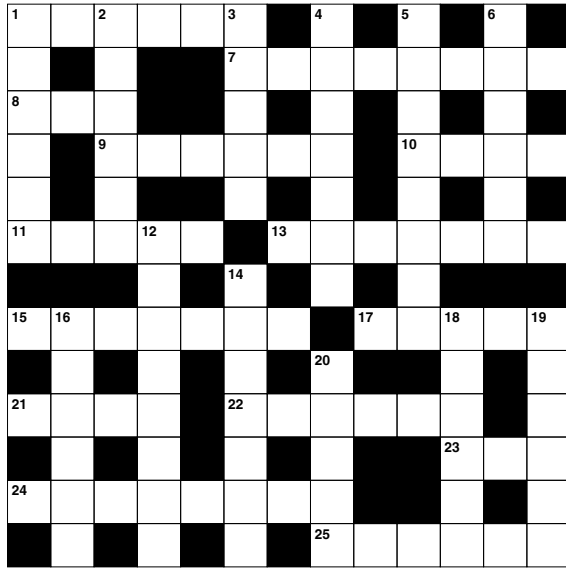
Answers: see end of The VISION Listings

ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and sniffle (6)



- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)

DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

SUDOKU

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			4				2
							6
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GARDENING



THINGS TO PLANT IN FEBRUARY

As the cold weather continues, gardening might be the last thing on your mind. However, if you want to enjoy a pretty and plentiful spring garden, you need to start sowing sooner rather than later.

HARDY ANNUALS AND PERENNIALS

Annuals that require a long growing season, such as lobelia, petunia, snapdragon and verbena, can benefit from being sown early. Start indoors or in a heated propagator to harden off before moving outside in the spring. Tough perennials, such as lupins, violas and hardy geraniums, can tolerate being planted in February and will brighten up even the barest of gardens.

GREENHOUSE CROPS

Chillies and tomato seeds can be sown indoors on a windowsill or in a heated greenhouse from February and will thrive as long as they have enough heat to germinate. Aubergines can also benefit from being sown early as the longer their season of growth, the greater chance they have to fruit. They need a minimum temperature of 25 degrees to germinate.

HARDY VEGETABLES

Vegetables such as peas, broccoli, kale, leeks and spinach are all strong enough to survive a cold snap. Start inside to establish growth, then move to the garden. Broad beans can be sown directly outdoors as long as the soil isn't frozen, and garlic and shallots can be planted in light soil from mid to late February.

SUMMER-FLOWERING BULBS

Lily bulbs can be planted in a sunny spot outside in rich, well-drained soil from February onwards and make fantastic summer border flowers. Agapanthus bulbs are also perfect for this time of year, but should be planted in containers so that they can be brought under cover if frost occurs.

OTHER JOBS TO DO IN THE GARDEN IN FEBRUARY:

- > Prune winter-blooming shrubs
- > Sprinkle slow-release fertiliser around the base of roses
- > Cut down deciduous ornamental grasses
- > Chit seed potatoes by placing them in trays (sprouting eyes up) in a light, dry room.





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Storm FORCE

How Charlie Dimmock blew a path through our approach to gardening

There was a time when gardener and presenter Charlie Dimmock was almost solely responsible for putting a sense of sexiness back into sage, saffron and sunflowers.

That reputation came about during her time as a presenter on the BBC's hit gardening show, *Ground Force*, alongside Alan Titchmarsh and Tommy Walsh, among others.

From 1997 to 2005, the show revolutionised our love of outdoor space, with previous gardening programmes usually making for rather serene viewing.

Just 30 at the time, Dimmock struck gold after meeting TV producer John Thornicroft at Romsey Garden Centre, where she worked.

Dimmock and her team revved up the adrenalin on the popular programme, transforming people's spaces with a punchy format that, at its peak, had more than 12 million viewers each week.

The show is also thought to deserve credit for

accelerating the trend for garden decking.

"If in doubt, deck it," laughs Dimmock. "It was certainly in trend back then, and we became a bit renowned for throwing some planks of wood at a problem; though of course the show was about much more than that, and we were sad to see it go."

Dimmock moved on to other projects, including presenting the BBC's Chelsea Flower Show coverage and the ITV series, *River Walks*. And *Ground Force* was revived, in part, when *Garden Rescue* brought the idea of home transformations back to terrestrial TV in 2016.

While the screen laps up her 'girl next door' approach to horticulture, Dimmock is an independent soul who has never married nor had children.

"There is a solitude to gardening and I think that has permeated through to the rest of my life," she says. "I value that and find it very important, and I'm at the age now where I don't think I'd want it any other way."





BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



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TRAVEL

Top LGBTQ+ DESTINATIONS for 2022

To celebrate LGBT+ History Month, we have sought out the top six most welcoming cities across the globe for LGBTQ+ visitors.

abundance of LGBTQ-friendly clubs and bars.

Book a flight for late February/early March to enjoy Sydney's famous Gay and Lesbian Mardi Gras.

1. SAN FRANCISCO, UNITED STATES

One of the most progressive cities in the United States, San Francisco is known as the LGBTQ+ capital of America and boasts a rich history of gay rights activism.

Head to the Castro District, or visit in June to enjoy the annual Pride parade.

4. TORONTO, CANADA

Canada has some of the most progressive laws on LGBTQ+ rights in the world, so you can expect an accepting attitude when you choose to holiday here.

Make a beeline for the lively Church and Wellesley district to experience a thriving LGBTQ+ scene.

2. COPENHAGEN, DENMARK

Denmark was one of the first countries to legalise same-sex civil partnerships and has a long reputation for inclusive social attitudes.

Visit Centralhjørnet, one of Europe's oldest gay bars, or celebrate Pride in August.

5. BRIGHTON, UNITED KINGDOM

If you want to stay in the country, Brighton is often considered the LGBTQ+ capital of Britain. With no shortage of LGBTQ-friendly bars, clubs and hotels, as well as an annual Pride parade in August, you will feel right at home in this vibrant seaside town.

3. SYDNEY, AUSTRALIA

Welcoming and open-minded, Sydney is a great destination for LGBTQ+ travellers. Whether you are single or coupled up, head to Oxford Street to experience this city's vibrant nightlife with an

6. MANCHESTER, UNITED KINGDOM

Another UK destination, Manchester's notorious Gay Village is a must-visit for any LGBTQ+ traveller. Known for its lively nightlife, Manchester has also received global recognition as one of the most LGBTQ-friendly cities in the world.

Healing Herbs & Super Spices

If your four-legged friend suffers with osteoarthritis or any other inflammatory disease, botanical therapies can be used alongside pharmaceuticals to help improve their quality of life.

TURMERIC: The most widely used natural remedy for joint pain and inflammation, turmeric contains curcumin, which is known for being a powerful antioxidant. Antioxidants have the ability to neutralise free radicals which can contribute to painful inflammation and damage to joints.

How to take: Sprinkle dried turmeric directly onto your dog's food, approximately ¼ tsp per day for every 10 pounds of body weight.

BOSWELLIA SERRATA: Recent research has shown that Boswellia serrata can be beneficial in combating the effects of pain conditions. It works by inhibiting the production of a specific type of leukotriene which modulates the immune response to inflammation.

How to take: Ingest in tablet form.

CINNAMON: Cinnamon has been linked to a reduction in symptoms associated with conditions such as irritable bowel syndrome, diarrhoea, and inflammation of the joints. In small human studies, it has also been shown to have anti-inflammatory properties that may slow down the wear and tear of joint tissues.

How to take: Mix powdered cinnamon into their food. Approximately ¼ tsp twice daily for two weeks for a 50-pound dog.

HAWTHORN: If your dog suffers with arthritis, their symptoms may be alleviated with the use of hawthorn, as this herb can help the body to stabilise collagen, the protein found in joints that is destroyed by inflammatory diseases. Hawthorn can also help to improve circulation, which aids the body in eliminating toxins that can build up around the joints.

How to take: Hawthorn berries can be enjoyed as a healthy treat or you can buy hawthorn powder supplements.

You should always speak to your vet before giving your dog any botanicals as some should not be taken alongside certain prescribed medications, and to ensure the correct dosage is given.



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Dear Brett,
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The advert in **VISION** magazine circulates to 30,000 readers in Hornchurch, Loughton and the surrounding area. The results of this advertising are extremely encouraging and we are now receiving enquiries and business from many new customers.

We would have no hesitation in recommending **VISION** Magazine to any person or company wishing to expand their business by reaching that local community.

Many thanks,

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BRUCE KING

on 'The convincer'



BUSINESS & PROPERTY



In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"

That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



STEP-BY-STEP GUIDE TO BUYING A HOUSE



As one of the biggest purchases you'll ever make, the stakes are high when it comes to buying a house. But until you've been through the process yourself, you'll likely have a lot of questions about how it works and what you need to do.

Take a look at our step-by-step guide for first-time buyers.

STEP 1. Work out how much you can afford to spend on a property. You'll need to factor in costs such as legal fees, stamp duty, mortgage application fees, and the costs of moving and furnishing your property.

STEP 2. Save for your deposit. You could buy a property with a five per cent deposit as a first-time buyer, but you may be asked to provide 10 or even 20 per cent.

STEP 3. Find a mortgage that meets your needs and get a 'mortgage in principle' – this will show the vendor that you are serious and will give you an advantage when placing an offer. Your mortgage should be enough to cover your ideal property, with affordable monthly payments. A mortgage broker could help you out.

STEP 4. Start looking for properties. You may want to browse websites like Rightmove, or sign up with

estate agents to make sure you're the first to be told about the latest properties.

STEP 5. Find a property you like and put in an offer. It can be a tense wait to see if your offer is accepted.

STEP 6. Apply for your mortgage. Mortgage applications require a lot of paperwork, so you'll need to get bank statements, ID and other documents ready for your application.

STEP 7. Get the property surveyed. This will help identify structural issues or repair work that needs to be carried out.

STEP 8. Engage with a solicitor to take care of all of the legal work involved in buying your property.

STEP 9. Exchange contracts to pay your deposit and get your completion date agreed.

STEP 10. Complete and get the keys. Once you complete, the mortgage arrangement is put in place, and you will own the property.

There's a lot to learn about buying a house, but there is a lot of great advice out there to help you find and buy your dream home.

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Weather WATCH



TECHNOLOGY



How reliable are the weather forecasts on our phones?

As rapidly changing mediums go, the weather is one of the most extreme, yet we hang so much hope on forecasts and will happily berate the weather forecaster when expected rain – or worse, sunshine – doesn't materialise.

We are equally scathing when the technology we use – online or via apps – on our computers, tablets and phones doesn't warm our spirits as far as the weather goes. And yet, our gadgets are more accomplished and accurate than ever when it comes to giving us an indication of what lies ahead.

The simple rule as far as weather goes is that the shorter the period, the more accurate the prediction. So while modern forecasts are pulled together by networks of computerised data, in simple terms, only short-term predictions are ever to be taken as gospel.

Any predictions beyond three weeks are, essentially, guesswork, while a margin of error of around two to three degrees Celsius can be expected for forecasts around a week away. That drops to a single degree when the prediction timeframe is condensed to 48 hours.

The most popular weather apps

The Weather Channel: Powered by IBM, this is the most accurate by detail and track record.

Dark Sky: This app is so good that Apple bought the company to ensure its bright interface and easy-to-understand design stayed exclusive to iOS.

AccuWeather: The firm celebrates 50 years of predicting the weather in 2022 and its app remains one of the most detailed out there.

BBC Weather: The most popular app in the UK, its popularity has much to do with our use of other Beeb assets, namely the website and iPlayer.

Carrot Weather: This chipper weather app combines accurate forecasts with sarcasm, wit and philosophy, and is well worth a look.



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SPORT

UNUSUAL SPORT...

KNOB THROWING



Only in Dorset would the gift of a hearty, wholesome biscuit be rewarded with the recipient promptly throwing it as far as they possibly could into a field.

Yet rather than taking the position of a biscuit besmircher, the matter in hand – or rather, out of it – is all part of the sport of Knob throwing, the Dorset Knob being the name for a traditional biscuit baked in the south-west. And while you may attempt to stifle that snigger, consider the fact that we've all been eating Hobnobs for years without even a second thought for the name.

While the biscuits have been in production since the end of the 19th century, the sport itself is a relatively new entity. It was first held in 2008 at the Frome Valley Food Festival in Cattistock, with the intention of promoting local specialities and producers – although how this translated into unceremoniously launching the produce around a field remains unclear.

It's said that the idea came about thanks to a documentary from actor Robbie Coltrane, which featured people throwing Yorkshire puddings. And it's fair to say the Dorset Knob has now gone on to supersede its Northern edible cousin. The event has taken place every year since, with the exception of the last two iterations when the festival was cancelled because of COVID-19.

During the sport, three Knobs are thrown from a designated line, with the longest effort recorded. There are no age restrictions, and the record for the longest throw is in excess of 30 metres.

The festival also encompasses Knob eating, Knob painting, a Knob and spoon race, guess the weight of the big Knob, Knob darts, and a Knob pyramid, and is scheduled to take place this year on May 1.

With normal life returning to both our city and rural areas, don't be surprised to see copycat Knob throwing up and down the country – it's a (biscuit) barrel of laughs.

WHAT A KNOB

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ANFIELD 1989

EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.



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HISTORY

70 YEARS

THE ACCESSION TO THE THRONE FOR QUEEN ELIZABETH II



The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her

husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.



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50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called ‘supermini’ with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model’s launch price in the UK was £4,149 – that’s around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



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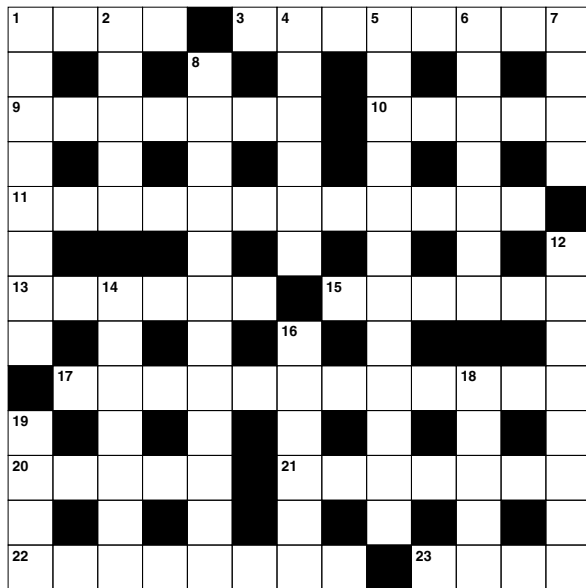
Answers: see end of The VISION Listings

ACROSS

- 1. Memo (4)
- 3. Vehicle with three wheels (8)
- 9. Apparitions (7)
- 10. Pattern (5)
- 11. Swimming technique (12)
- 13. John ___ : US novelist (6)
- 15. Banish; eliminate (6)
- 17. Flowering plant (5,7)
- 20. New ___ : Indian capital (5)
- 21. More than one (7)
- 22. Strive (8)
- 23. Poses a question (4)

DOWN

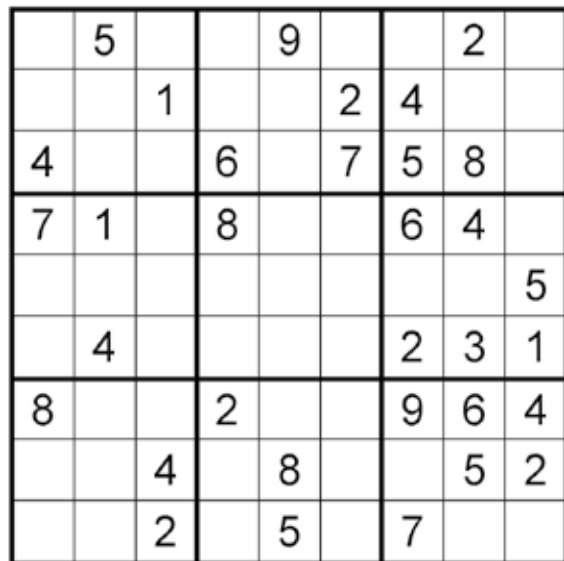
- 1. Dark colour that is virtually black (4,4)
- 2. Sense experience (5)
- 4. Oppose (6)
- 5. Butterfly larvae (12)
- 6. Routine dental examination (5-2)
- 7. Circular movement of water (4)
- 8. The management of a home (12)
- 12. Spies (8)
- 14. Someone who dithers (7)
- 16. Pivot (6)
- 18. Golf clubs (5)
- 19. Increases; sums up (4)



DID YOU KNOW?

- ▶ The first ever product that Sony came up with was not a phone or the PSP, it was an electronic rice cooker
- ▶ 1 out of 10 people in Europe are conceived via an Ikea bed
- ▶ Apple has such a large net worth that, if it had been a country it would have been the 27th largest economy in the world
- ▶ "Yahoo" is an acronym for "Yet Another Hierarchical Official Oracle"
- ▶ Pepsi got its name from the digestive enzyme pepsin
- ▶ Facebook is primarily blue because Mark Zuckerberg suffers from red-green colour blindness
- ▶ The actor who played The Malboro Man died of lung cancer.

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