

**FIVE
HOME
DÉCOR
TRENDS**

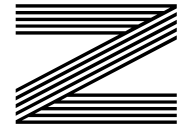
**HOW TO
MAKE
POTATO
MILK**

LEARN HOW TO
become a crypto trader

A tribute to the iconic actress
JUNE BROWN OBE

Denise
VAN OUTEN

The actress and presenter marking 25 years on our screens



FREE

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Keeping your build on track as Home Hub introduces a next day range of bifolds, sliding doors and roof lights.

The constant challenge of supply-chain issues and stock availability throughout the pandemic looks set to get even worse with the increase of sanctions to Russia and the ensuing squeeze on commodities having an impact on all aspects of the building sector, prolonging build times and pushing costs even higher.

With such a challenging landscape, it's no wonder that Home Hub Group, a specialist supplier of windows and doors servicing the South East came up with a solution to the problem which enables their customers to manage costs and quality whilst getting the product when they need it.



Bifolds, sliding doors, roof lights & lanterns
Next day delivery

Home Hub has always taken great pride on their ability to provide fast response, quick delivery and price consistency. The pandemic put paid to all of that, with lead times stretching as far as 16 weeks and with no guarantee on prices - it has become so difficult to run a build project, or indeed a business, with so many unknowns. This has made an incredibly challenging environment for Home Hub and their customers.



Home Hub's beautiful
Epping Showroom

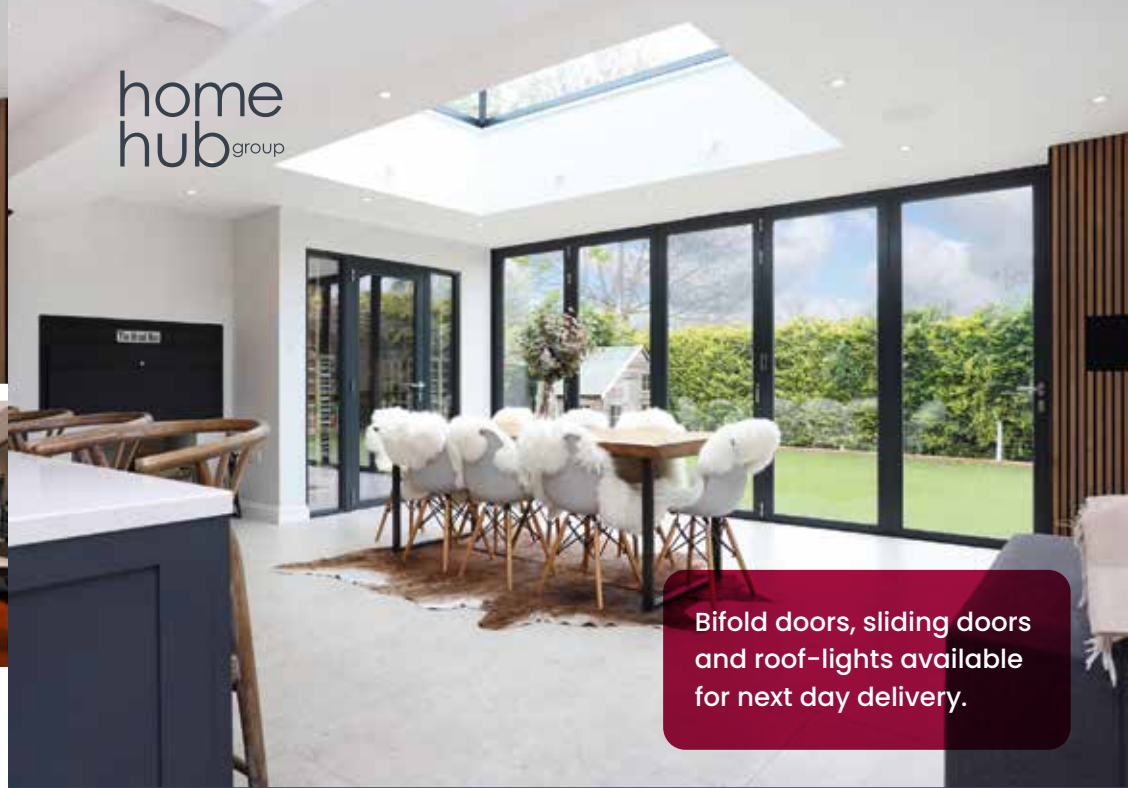
But never shy of a challenge, the team at Home Hub went about investigating the feasibility of developing a range of stock products in order to 'beat the system', offer customers peace of mind and avoid long and costly delays in their build projects.

Home Hub investigated how they could get the situation back under control and continue to offer cost effective solutions, on-time, with no compromise on quality.

This led to Home Hub identifying the most popular products and sizes and investing heavily in both product, assembly and storage space to enable customers to take advantage. A next-day selection of the popular 'Serenity' range was developed to fit traditional brick measurements and was launched in February this year and has been welcomed by both builders and home-owners with a hugely positive response.

Home Hub is now stocking bifolds, sliding doors, roof lights and roof lanterns for delivery tomorrow and they'll even provide a former for doors and kerbs for roof lights to help your builder avoid any costly mistakes.

Home Hub has beautiful lifestyle showrooms in Bracknell and Epping where you can browse all products including the next-day range with the team on hand to answer all of your questions. Having been established over 20 years, it's no wonder they are leading the way on how to get things done, on time, on budget whilst looking beautiful.



Bifold doors, sliding doors
and roof-lights available
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Editor's notes...

MAY 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Hornchurch. Last month was the first time our magazines went 100 per cent recyclable. It was great to receive so much positive feedback on this from our readers. It's important we all do our bit to help the environment, and to know that our readers support us in this endeavour makes all the hard work to get to this stage worthwhile.

This month, I've been trying to inform our readers and followers about what goes on behind the scenes at a magazine. Often, people only see the glamorous side of working in publishing - dressing up to attend events, and reading the final polished product. What they don't see is when we're standing in the pouring rain, loading magazines into the back of the car, and working evenings and weekends to meet deadlines. But this is all part of being a business owner, and it's all worth it when the hard work pays off.

Here at **VISION**, we're continuing to go from strength to strength, and alongside this we're looking to grow our team. If you're interested in a sales position and being part of a friendly team, please do get in touch.

I hope you had a wonderful Easter and got to spend time with family and friends. Coming up next month is the Queen's Platinum Jubilee, so keep an eye on our social media for events taking place in your local area.

Brett Shohet

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Golden BROWN

BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way.

'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'

"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."

Long live THE QUEEN

On February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service. So, what is the secret to her success and her longevity? Let's take a closer look.

REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.


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Glow

IN THE



If you're done with spending hours trowelling on foundation only to find it dries out your skin and clogs up your pores (which incidentally leads to the need for even more of the stuff), then consider trying out a more natural look this spring.

To begin your new regime, you need to make sure your skin is in tiptop condition. This doesn't mean it has to be blemish free, just that it's free of dead skin and feels plump. To maintain a pleasing complexion, buy a face wash that contains natural fruit acids, exfoliate once a week and invest in a decent moisturiser. It also helps but isn't essential to start drinking plenty of water to help your skin along. For those feeling pasty after a long winter, a little bit of self-tan goes a long way in giving you a natural boost.

As part of your daily make-up routine you'll need concealer and a good tinted moisturiser – preferably one that contains SPF. Start by dabbing the concealer under the eyes on any blemishes you want to hide, then apply the moisturiser before blending with a brush. For those who prefer a matte look, finish with a little powder.

Finally, contour cheeks with highlighter and either a cream blush or dust of bronzer, ensure eyebrows are groomed and tidy, and mascared lashes look full but not fake. To make sure your lips take on their most kissable form, apply balm and buff with a soft toothbrush. Finish with more balm.

You can also update this look for the evening by adding eyeliner and swapping lip balm for lipstick. And rest assured, once the compliments start coming in, you'll wonder why you ever needed foundation in the first place.



LADIES' RACE DAY Fashion

It's a fabulous day of frocks, frolics and fascinators – by following these do's and don'ts, you can be the Grace Kelly of the grandstand.

DO GO TO TOWN

When else will you get the opportunity to dress up to the nines and have a day out with the girls? Your outfit needn't be expensive, but it still ought to ooze glamour.

DON'T FORGET A FANCY COVER UP

While it's good to project a sunny outlook, British weather in April is unpredictable to say the least and you don't want to have to don a dour old anorak over your gorgeous frock – or worse, have nothing at all. So invest in a pashmina and a pretty umbrella.

DO WEAR A HAT

Not all enclosures demand a hat in the dress code, but many fashionistas will be wearing one regardless. So whether a feather fascinator or a wide-brimmed sun hat, this is the perfect opportunity to show off your haute couture headwear.

DON'T LOSE YOUR HEAD

Have a good time, but keep it classy. When you're drinking all day it's easy for the bubbles to overflow and tempers to fizz. Drink plenty of water and keep your cool.

DO BE YOURSELF

You can be wearing a dress and diamonds that cost a five-figure sum, but if you don't feel comfortable you simply won't dazzle. Equally, wearing skyscraper heels – even if they are your signature style – is a pointless endeavour. It's a long day with a great deal of standing around and there might be blisters and tears.

DON'T DO

A Janet Jackson at the Super Bowl... It's a posh daytime event and there will be cameras, so don't wear anything too revealing. You want to get snapped for all the right reasons – not a side-boob slip!



Photo Credit: Ascot



Photo Credit: Vanity Fair and Norman Jean Roy



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FASHION

Flip OFF

A summer footwear essential for many, you may be surprised to learn just how bad this flimsy footwear can be for your overall foot health.

falling off, which could lead to dangerous driving. It is, however, illegal to ride a motorcycle while wearing flip flops.

RISK OF SPRAINS: Although flip flops are fine for the occasional trip to the beach, when worn all day, they can cause your feet to start to turn towards the middle of your body instead of staying straight. This can put you at a much greater risk of spraining your ankle.

EXPOSURE TO SHARP OBJECTS: Flip flops are not known for their sturdiness, and as they become worn down, you may find your feet on the receiving end of a sharp nail or piece of glass.

LACK OF SUPPORT: Flip flops provide a distinct lack of arch support, which can cause your plantar (the band of tissue in the arch of your foot) to start to pull. This can lead to a painful condition called plantar fasciitis, which may need a combination of physical therapy, anti-inflammatory medications and possibly even cortisol injections to treat.

Footwear styles that are healthier AND more stylish than flip flops: Sandals | Espadrilles | Woven slip-ons | Boat shoes | Penny loafers.

TWISTING OF TOES: As the name suggests, flip flops tend to be floppy, meaning you will often have to curl your toes down to stop them flying off while you walk. Over time, this can mean the toes stay fixed in this curled position, causing an affliction called hammertoe.

COULD CAUSE DANGEROUS DRIVING: Although there is no law in the UK that explicitly bans wearing flip flops while driving, it does put you at higher risk of an accident. Their lightweight design makes them prone to





WEIGHTS



you can make at home

Are you ready to get in shape for summer? Don't sweat it out at an overpriced and overcrowded gym. Instead, make your own weights from common household items and get the guns you've always dreamed of.



DIY DUMBBELLS

Used to carry out weightlifting exercises, including bicep curls and shoulder raises, you can make your own dumbbells using:

- Water bottles | Canned foods | Jarred foods | Milk gallon bottles | Laundry detergent
- If using empty containers, you can add sand or water. If new to lifting, start with smaller amounts and gradually work up.



DIY SANDBAGS

Great for squats, it is super simple to make your own sandbag that you can use in your home or garden whenever you want.

- > Choose a liner of your preferred size – you can use actual sandbags that are designed for floods, rubbish bags or zipped freezer bags as long as they are triple-lined.
- > Fill with sand, pea gravel, wood pellets or rubber mulch.
- > Place your full bags in an outer bag such as a gym bag.



DIY BARBELLS

One of the most popular forms of weight training, you can make a DIY barbell with just a few items from around your home, including:

- > A metal pole, such as from a mop or broom, without the head.
- > Plastic gallon containers filled with water, sand or pea gravel.
- > Tie a sock either side of the containers to stop them from moving about when lifting.



DIY KETTLEBELLS

Kettlebells are all-in-one total body conditioning tools that are easy to use. Make your own using:

- A ball filled with concrete | Laundry detergent | Paint cans



DIY ANKLE WEIGHTS

Tone your legs or help recover from an injury using these homemade ankle weights:

- > Fill a sock with sand until you have the desired weight.
- > Lay the sock flat to level the sand, fold over the opening and duct tape it closed.
- > Tie each end with one shoelace and tie securely around your ankle.



Spring Bottomless Brunch On the terrace

Every Saturday

Sittings anytime between 12pm - 2pm

- £29.95 2 courses (starter & main)
- £39.95 90 mins bottomless Prosecco
- £44.95 90 mins Bottomless Cocktails
- DJ playing from (12-4pm)





Relieve ACID REFLUX without medication

That all too familiar burning sensation in your chest coupled with persistent acid regurgitation? Yes, we are talking about the nightmare that is acid reflux. It affects as many as one in four adults in the UK, but you don't have to turn to shop-bought medications when acid reflux rears its ugly head.

EAT SLOWLY AND SPARINGLY

If you are prone to grabbing a quick sandwich at lunch or, even worse, not eating all day and then consuming a huge meal in the evening, then you are much more likely to suffer from acid reflux. Instead, aim to eat little and often, and as slowly as you can.

SIT UPRIGHT AFTER EATING

While lying down on the sofa after a big meal is one of life's little joys, this is not a good idea if you suffer from acid reflux. Instead, remain upright directly after eating and avoid eating anything just before bedtime.

AVOID CERTAIN FOODS

Some foods are much more likely to trigger acid reflux and should be avoided, including fatty foods, tomatoes, onions, garlic, chocolate and anything spicy. You should also limit your intake of tea, coffee and alcohol.

DRINK MILK

One of the most popular natural remedies for acid reflux, milk is alkaline, which means it can feel soothing to drink. However, it can worsen heartburn once digestion begins. To prevent this, opt for lower-fat milk where possible.

CHEW GUM

The act of chewing gum stimulates the production of saliva, which is another alkaline substance. This can help reduce the symptoms of acid reflux and help to push your stomach contents back into the stomach.

SIP GINGER TEA

Ginger root has been used for centuries to cure stomach aches and nausea and can help to reduce acid reflux. Sip ginger tea slowly for best results.



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HEALTH & FITNESS

**Sun, Sea
and Sand**

THE SECRET TO BETTER HEALTH?

When the sun's out, there's one place we all want to go – the beach. A trip to the beach gives us those feel-good vibes, reminding us of holidays and childhood outings. But did you know that a visit to the beach can give you a health boost? Discover some of the health benefits of a trip to the beach.

It's harder to walk on sand than on concrete or other surfaces, so you'll burn energy as you move. You could even try running on the sand for an even bigger workout.

It helps you get your dose of vitamin D
Vitamin D is known for boosting your immune system and maintaining strong teeth and bones. And one of the best ways to get it is from the sun. A trip to the beach on a sunny day can help you get a dose of vitamin D that can do wonders for your health.

If you're feeling brave, jump in the sea and enjoy a swim. A lot of people find this invigorating and great for their health. The seawater can also help alleviate symptoms of arthritis and even skin conditions like eczema and psoriasis.

Sunlight is good for your sleep
Getting outdoors during the day is good for regulating your serotonin levels. This can help you sleep easier, enabling you to get into a sleep pattern to make sure you get the rest you need. Spending time outdoors is also good for your mental health, helping to reduce depression and other conditions.

The sea air could help you relax
Breathing in the sea air could be just what you need to help you relax. The negative ions have a calming effect, helping to ease stress and boost your mood. The sea air has also been said to help reduce the symptoms of asthma, improve allergies and alleviate respiratory problems.

Walking on the sand is great for fitness
Taking a walk on sand can be a big calorie

burner. Next time you're feeling down and in need of a quick pick-me-up, head to your nearest beach and take advantage of this natural health booster.

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MONDAY – THURSDAY: Lunch: 12 – 3pm Dinner: 5 – 10pm

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Go Wild

Wild garlic can be enjoyed raw or cooked and has one of the longest seasons of all wild plants. The ideal vegetable for first-time foragers, this milder variety of garlic can be added to a whole host of dishes.

WHAT DOES WILD GARLIC TASTE LIKE?

All parts of the wild garlic plant are safe to eat, including the bulb, leaves and flowers. Wild garlic is less pungent than standard garlic cloves, delivering a sweeter and more delicate taste. If you pick a wild garlic leaf and gently squeeze it, you will instantly be met with the distinctive garlicky aroma.

WHERE TO FIND WILD GARLIC

Wild garlic grows in damp woodlands and forests across the UK and throughout Europe and is often found near rivers or streams where the ground is damp. Wild garlic is recognisable by its long and

pointed green leaves and white clustered flowers. It typically grows in dense clumps.

WHEN IS WILD GARLIC IN SEASON?

Wild garlic leaves appear in March and are best picked when young. These leaves are delicious added to soups, sauces and pesto. From April to June, the flowers start to emerge and these make a great addition to salads and sandwiches.

WHAT TO DO WITH WILD GARLIC

Wild garlic pesto | Wild garlic and nettle soup | Wild garlic butter | Wild garlic chicken kiev | Wild garlic and watercress tart | Baked new potatoes with wilted wild garlic

HOW TO STORE WILD GARLIC

Wild garlic can be stored in an airtight container in the fridge for 1-2 days. If you want to keep your wild garlic fresh for longer, place the stems in a glass of water and place in the fridge. Wild garlic is suitable for freezing, simply wash and dry, and then place in a freezer bag and freeze.



FOOD & DRINK



POTATO MILK

THE NEW VEGAN AND DAIRY-FREE ALTERNATIVE

Potato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

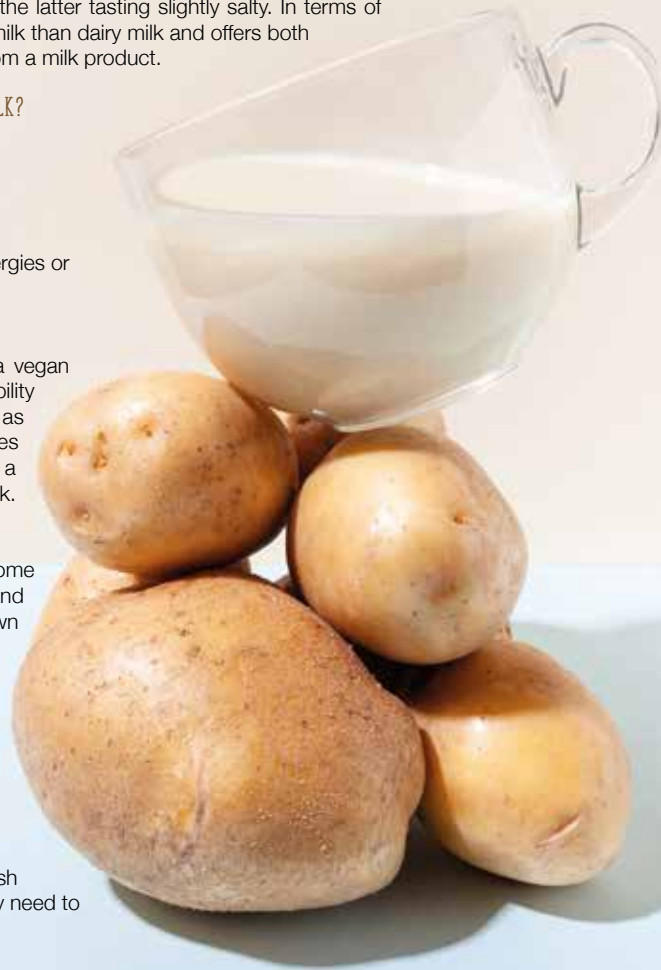
WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

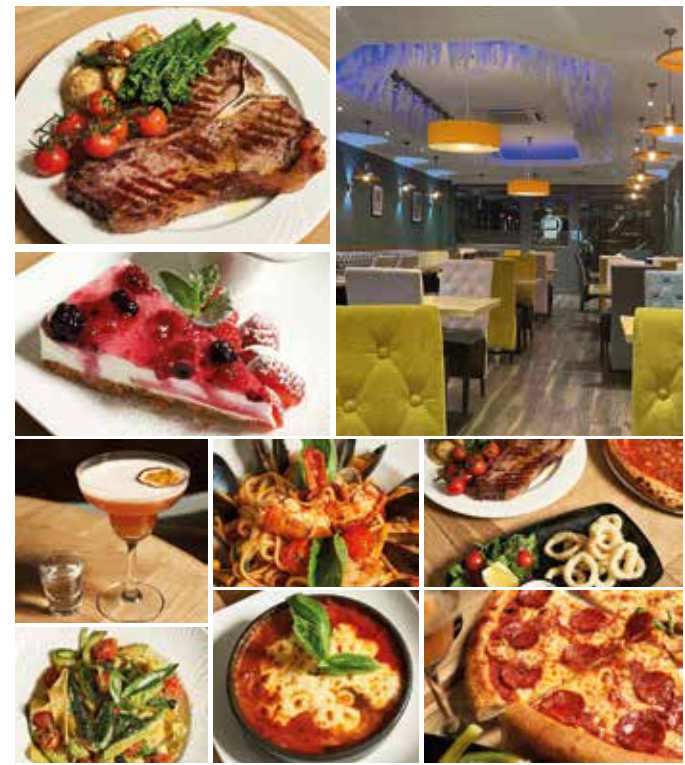
- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsp of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.



Ninos

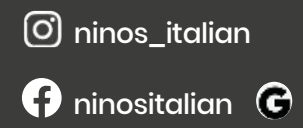
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SUPER GREENS

Five delicious supper recipes that make the most of the glorious spring greens sprouting up on your own doorstep.

SAUTÉED GREENS AND MANCHEGO FRITTATA



This is essentially a giant omelette that can be served in slices - hot or cold. Start by sautéing your greens with bacon and mustard seeds in a large frying pan, then add eight beaten eggs with the shredded Manchego. Finish under the grill with a little extra cheese.

GARLICKY GREENS SIDE-DISH



Spring greens are treasured for their bright, vibrant colour and high nutritional value (they are packed with vitamin C, folic acid and fibre) and are best cooked for only a few minutes to preserve these qualities. Just fry sliced garlic in oil, then add the greens, finishing with a squeeze of fresh lemon.

CHICKPEA CURRY WITH SPRING GREENS



Fry onion, garlic, chilli with Indian curry paste, add tinned chickpeas and a tin of tomatoes, simmer down. Add greens last of all until just wilted, then serve with rice and naan.

CHINESE-STYLE SPRING GREEN AND CHICKEN STIR FRY



Fry garlic, ginger, chilli and onion in a little oil, add a chopped chicken breast along with soy sauce for flavour, and pre-cooked noodles. Finally, throw in your greens for last few minutes of cooking.

POTATO AND SPRING GREENS SOUP

Fry diced shallots in saucepan, add vegetable stock and boil chopped potatoes. Meanwhile, steam your leafy delights for a few minutes, then press out the water and chop. Fry your greens with garlic and chilli, mash your potatoes in their stock and stir through the greens. Top with grated parmesan and serve with fresh bread.



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Kinetic sand is essentially sand that has had other ingredients added to it to create a soft and crumbly consistency, like beach sand, but is also able to hold its shape. Easy to clean and store, kinetic sand should last for several years and is great for child development and sensory play.

HOW TO MAKE YOUR OWN KINETIC SAND
YOU WILL NEED:
2½ cups of fine sand such as play sand (available in a variety of different colours) or decorators sand | 1½ cups of cornstarch | ½ cup of oil such as cooking, baby or mineral | An airtight container with a lid

HOW TO MAKE:
Pour the sand into your chosen container | Mix in the cornstarch | Slowly pour in the oil and mix well | Continue to mix until there are no oily or dry spots in the mixture | Start to play.

HOW TO STORE KINETIC SAND
Although kinetic sand does not dry out, you should keep it clean and dust-free in a resealable bag or an airtight plastic container. When kept like this, it should last for between three and five years.

IS KINETIC SAND SAFE?
Kinetic sand is non-toxic but is not intended for consumption. Any child under the age of three should be supervised when playing with kinetic sand.

KINETIC SAND ACTIVITIES

- > Dig for fossils with small dinosaur toys
- > Use Play-Doh tools to roll out and cut shapes
- > Make ice cream with scoops and spoons
- > Hunt for buried treasure using plastic coins and gems
- > Build a Mr Potato Head out of kinetic sand
- > Practise writing letters and numbers in the sand.





Penny FOR YOUR THOUGHTS

HOW THE SIMPLE PENNY BLACK STAMP KICKSTARTED A SOCIAL REVOLUTION IN THE UK

In 2022, the Penny Black is one of the most sought-after stamps philatelists seek out. Not just expensive, it also represents a cornerstone in the world of collecting; it's something of a rite of passage to own one.

Yet for all its perceived collectable and material worth today – the first Penny Black stamp was recently listed by Sotheby's with a possible sale price of up to £6million, although it failed to sell – the name itself reveals very simple beginnings.

The stamp, impeccable in its design and rich in simplicity, and bearing the image of Queen Victoria in profile, was a communication revolution upon its launch on May 6, 1840.

Quite simply, it enabled anyone to send a letter weighing up to half an ounce to any destination in the country, for just one penny.

It opened up a platform for people in all locations and of all social classes to be able to connect with

one another – previously, the idea of sending a letter was complex and expensive, with the recipient required to pay to receive mail.

This dawning of social communication was brought about by Robert Wallace, an MP who led a commission on postal reform, and was brought to life by Sir Rowland Hill in the form of prepaid postage. As well as enabling all levels of society to communicate with each other, it led to a huge boom in business and commerciality.

In total, 68 million of these stamps were used – that's a considerable number given that the entire UK population in 1840 was around a quarter of that figure.

These days, our postal system is complex, convoluted and extremely competitive. While the Penny Black had simplicity at its heart, it also represents the kind of revolution that modern postal service providers will never be able to replicate.

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Colourwashing

THE INTERIOR DECOR TREND YOU NEED TO TRY



HOME & DIY

Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

WHAT IS COLOURWASHING?

Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

WHAT YOU NEED TO DO A COLOURWASH

To create a colourwash at home, you will need:

- > Two types of paint, a lighter and a darker shade — one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.
- > A transparent water-based glaze. You could also use water.
- > A roller or brush to apply your base colour.

- > Either a sponge or a soft brush to paint the wash.

HOW TO DO A COLOURWASH

- > After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.
- > Mix the colourwash using four parts glaze to one part paint.
- > Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.
- > Leave to dry, and apply a second coat if desired.

This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.



Photo credit: Brand - Zinc Textiles, Stylist - Sarah Harwood, Photographer - Alex J Curtis via www.livingetc.com

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WAYS TO GET SUPER soft towels

HOME & DIY

There is nothing quite like getting out of the bath or shower and wrapping yourself up in a big, fluffy towel. Sadly, over time, your towels can turn from super soft to super stiff. Discover five simple tricks for softening your towels below.

WASH IN WARM WATER: Washing your towels in warm water, ideally around body temperature, can help to keep them softer for longer. This is because it helps them to absorb the detergent better, resulting in less build-up on your towels.

REPLACE FABRIC SOFTENER WITH VINEGAR: Most fabric softeners contain silicon, which makes your towels repel water, meaning they will not get the best wash. Instead, add one cup of white vinegar once every six weeks when washing your towels to remove soapy residue and restore full absorbency.

USE LESS DETERGENT: As mentioned above, a build-up of detergent can leave your towels feeling stiff. Counteract this by adding a little less detergent when washing them so that your machine's rinse cycle can eliminate every last bit of stubborn soap.

ADD BAKING SODA: Another staple from the storecupboard, baking soda can help to loosen the fibres in your towels, as well as clean off any chemicals and dirt. Mix half a cup of baking soda with your normal detergent and wash as normal. Baking soda can also banish any musty odours from damp towels.

TOSS IN A TENNIS BALL: If you have any unused tennis balls lying in your garage or garden, toss a couple of these into your next load of towels. As they bounce around your machine, they will remove any lumps of soap and simultaneously fluff up your towels. Dryer balls can also be used.

HOME DÉCOR TRENDS 2022



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.

ARTIFICIAL GREEN WALL: Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.

VELVET FURNISHINGS: If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.

AUTHENTIC DESIGNS: Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.

ROYALCORE: Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.

SOFTER SHAPES: Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.



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✗ **WOODEN SURFACES:** As a general rule, bleach should not be used to clean wooden surfaces or floors as it can alter the wood's natural finish. Furthermore, it is not very effective at removing mould from wood-based materials such as wallboard, ceiling tiles and wall studs as these are all porous materials.

✗ **MOST METALS:** Bleach contains ingredients that serve as oxidants during the cleaning process, so metals like stainless steel, copper and chrome can become corroded or discoloured when exposed to it. You should also never use bleach to try to remove rust as it can make it more resistant and harder to remove.

✗ **STONE COUNTERTOPS:** Stone is another porous material and can therefore also be damaged by the application of bleach, even when diluted. If you have granite, marble or quartz countertops in your home, clean these surfaces with a simple water and liquid dish soap solution.

✗ **FRESH PRODUCE:** Although bleach is used in commercial food production, you should not use it at home to sanitise fresh foods such as fruits and vegetables. Instead, to remove any germs or bacteria, simply rinse the produce under cold water for 1-2 minutes.

✗ **DRAINS:** While many people pour bleach down their drains to clean and banish odours, this is not recommended as the chemicals in chlorine bleach can kill the beneficial bacteria that the septic system needs to break down solid waste.

Never mix bleach with other chemicals and cleaners, including ammonia, rubbing alcohol and vinegar. This can result in toxic fumes being released into your home which can cause a host of issues, including severe coughing, internal organ damage and even death.



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BEST WAY TO PAINT A ROOM

When you decide to go down the DIY route with painting, you'll want to make sure you get it right. Understanding the order to paint a room in will help you achieve the best finish, as well as make your paintwork look professional.

Learn what order to paint a room in, ready for your next interior décor project.

START WITH THE CEILING

Once a ceiling has been prepped, you can get to work with painting. Start by cutting in the edges with your desired paint. Then you can quickly roller the remainder of the ceiling with the desired number of coats.

TACKLE THE WALLS

Painting the walls requires a little more precision. You'll need to cut in the edges, either freehand or by using some masking or decorators tape. Using a roller, you can paint the remainder of the wall. You may need a smaller roller to get to the hard-to-reach areas.

DO THE DOORS AND WINDOWS

Take your time applying special woodwork paint to your doors and windows. This type of paint dries slowly, so you'll need to give yourself plenty of time between coats. Remember to mask your edges for a clean finish.

FINISH WITH THE SKIRTING BOARDS

When the rest of your paintwork is dry, fill and sand any cracks between your wall and skirting, mask up the edges then apply two coats of your woodwork paint, letting it dry thoroughly between each coat.

And there you have it. Now you know exactly what order to paint a room in to get the best results.





STEPHANIE BARBA MENDOZA *world*

EXPLORING THE ART OF CONTRASTING STYLES THAT SYNERGISE SEAMLESSLY

As a designer, finding a defined route between contemporary and classic is no mean feat.

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Interior designer Stephanie Barba Mendoza's ability to do this stands her apart from many of her contemporaries.

For more than 40 years, the London-based designer has toyed with vintage and modern, classic tiling and smooth walls, rich sprays of flowers and hard-edged furniture, producing a sumptuous smorgasbord of style that layers material and colour, and completing a look with an abundance of warmth.

Mendoza works with talented craftspeople to create interiors, often bringing antique items into a space to add not just visual interest, but also a feeling of provenance and purpose.

She cites influences as diverse as Freddie Mercury, René Magritte and Serge Roche, and admires others who push their boundaries to the limit.

"It all comes from a rejection of conformity for me," she says, "and when I find clients who share that idea of rebellion, it inspires me as much now as it did the first time I took to styling a space.

"We must appreciate in interior design, in art, in creativity, the fact that escapism and fantasy is as deep and wide as the imagination, and in that respect is endless.

"If we can live in a space, then we can envision anything, and it will always be correct."

The trick to replicating Mendoza's statement style is to individualise on carpets, fabrics, furniture and objects. No matter the style or era, the devil is truly in the detail, and the designer proves the sum total is most definitely greater than the parts.



Photo credit: barbamendoza.com



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Denise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.



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LOCAL NEWS

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LOCAL NEWS



Fashion student gets to final in design challenge

A Hornchurch college student reached the final of the Royal Opera House's Design Challenge.

Scarlett Kent, 18, is studying fashion at New City College's Ardleigh Green campus.

Five New City College students made it through to the college final of the competition, which aims to inspire the next generation of costume and set designers.

The assignment included creating a piece that represented a character of their choice from Benjamin Britton's opera, *Peter Grimes*. Styled after the character, The Niece, Scarlett's design used a black and red colour scheme with extravagant attachments on the shoulders. She was awarded first place in the college final for her lavish design and unique look.

Majida Burch, co-founder of Brennan and Burch and one of the judges for the challenge, has more than 20 years' experience in the fashion industry.

She explained: "Scarlett had really thought about the material and the practicality. It is technically very well executed and I am amazed that she has only been sewing since coming to college."

Scarlett's winning piece went on to the next stage of the competition, but she lost out on the top spot when the overall winner was announced on Friday, April 22.

The Royal Opera House Design Challenge is an annual competition aimed at providing young people with the experience of making sets and costumes.

To find out more about the challenge, visit learning-platform.roh.org.uk/course/design-challenge-fe-he



Photo credit: Havering Council

Memorial opened for those lost during pandemic

Havering Council has officially opened a new memorial woodland in Hornchurch in memory of those lost to COVID-19.

At a recent ceremony, the Mayor of Havering, councillor John Mylod (pictured in red), joined representatives from the council and the voluntary sector, as well as families who lost loved ones, to open the COVID-19 Memorial Woodland at Hornchurch Country Park.

The opening ceremony coincided with the National Day of Remembrance, marking the second anniversary of the first UK lockdown.

The woodland, consisting of more than 4,000 trees, is a testament to those who lost their lives or loved ones. It also honours the efforts of key workers and residents who kept the borough safe during the pandemic.

Mayor Mylod said: "We have all been impacted by the awful pandemic; all aspects of our lives changed. "Today was an opportunity for Havering to collectively reflect and remember all we have lost and endured."

The Leader of Havering Council, councillor Damian White (pictured to the left of the Mayor), said: "It's an honour to pay tribute to those we lost and to thank the immense efforts of our community and key workers."

Club secures play-offs despite setbacks

Hornchurch's potential place in the play-offs has finally become a certainty, even though the team faced a few setbacks in a mixed April.

The month started with a frustrating match against Bognor Regis Town, with the final score tied at 3-3.

This was followed by a 2-1 win against Cheshunt the following week.

On Sunday, April 10, Hornchurch managed to secure a play-off place with a 5-0 win against Cray Wanderers. After the second goal in the 66th minute, they dominated the game.

The following Friday was another classic for the club, winning 3-0 against Brightlingsea Regent.

A scrappy game against Bowers & Pitsea came next, with injuries, stoppages and two disallowed



goals leading to a bitter 2-1 loss for Hornchurch.

The last game played at the time of writing was against Wingate & Finchley, another 2-1 loss for the Urchins.

Hornchurch are now sitting at 4th in the Isthmian Premier League in the play-off spots with 81 points.

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JULIA LOPEZ MP



LOCAL NEWS



Hornchurch and Upminster



It has been a busy Easter with visits across the constituency, including to All About Health's (AAH) warehouse in Harold Hill to meet some of the team members who helped get vital medicines and vaccines to the right places during the pandemic. AAH distributes 14 million medicines each week to more than 14,000 pharmacies and hospitals and was asked to supply the Nightingale Hospital at the Excel Centre at a moment's notice.

In employing more than 200 people at its Harold Hill site, many of whom are local and have worked for the company for decades, AAH is one of Havering's biggest employers. I was invited to unveil a plaque to mark the tremendous new investment that has been made in its Faringdon Avenue warehouse, and got the opportunity to thank staff for their work during a tour of the facility.

I was glad to welcome students and teachers from Greece, Latvia, Italy, Bulgaria and Spain at Emerson Park Academy over Easter too. It was a pleasure to meet local student, Lacie, who has pioneered British Sign Language lessons at the school for her peers. I am also pleased to support plans for a new special educational needs unit at Suttons Primary School in Hornchurch, which will provide 12 new

places for local pupils from September 2023. The facility is designed to meet some of the demand for high-quality special educational needs and disability provision, and benefits from new government funds – something I have successfully campaigned for in my time as Hornchurch and Upminster's local MP.

In earlier consultations on the forthcoming Lower Thames Crossing, I had echoed the requests from constituents and community groups for improved access to green spaces and safe crossing across some of our busiest highways. I was pleased to welcome the project team to the constituency to look at their proposals for a new bridge connecting Cranham's Moor Lane to Folkes Lane, something we had specifically called for. This will enable walkers and cyclists to safely travel over the A127 and enable uninterrupted and easy access to the new community forest at Hole Farm.

Finally, I welcomed the formal opening of the beautiful COVID-19 Memorial Woodland at Hornchurch Country Park to remember the family and friends we sadly lost to COVID-19. The woodland is a heartfelt reminder of the incredible service our key workers provided to support us, as well as remembering the tragic loss of life our community has seen.

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MP for ROMFORD



LOCAL NEWS

May I thank everyone who supported my campaign during the recent local elections in Havering to keep Havering a 'Town and Country Borough'. We are not London; we are Essex and we should not lose that character and identity.

What we must now do for both Romford and Hornchurch is to encourage more investment in our local area, especially our town centres. Regeneration is vital for our local area, but any developments must fit in with the character of our town and have the preservation of our history at its heart.

Next month, we will be celebrating Her Majesty The Queen's Platinum Jubilee, as she celebrates a momentous 70 years on the British throne. We have so much to be thankful to her for. Queen Elizabeth II is an inspiration to our great nation and indeed the world. I therefore hope you will join me in celebrating this wonderfully historic occasion. It is a unique milestone

in the story of our island nation and Commonwealth.

The celebrations have already begun. In February, I planted a pear tree at my constituency office, Margaret Thatcher House, to mark the day of The Queen's accession to the throne, but there will be countless other celebrations around Romford and Hornchurch, from street parties to festivities such as live music and marching bands.

Last month, I, along with more than 140 of my Parliamentary colleagues, wrote to the Home Secretary encouraging her to expand the emergency visas for Ukrainians to fleeing students and academics. I am pleased to say Priti Patel has taken on board our suggestions and has assured me that the government is doing all it can to support people in the education sector fleeing the war.

I look forward to meeting many Havering residents over the summer and hearing your thoughts and views and the challenges our country faces today.

Theatre has biggest ever show

Queen's Theatre Hornchurch is marking 30 years of its youth branch, QYouth, with a new musical starring 180 young actors from across the borough.

Set to be the theatre's biggest youth production to date, the show, *Never Never*, puts a unique spin on the classic story of *Peter Pan*.

Written by James Watson and Andrew Linham, it will take the audience on a journey to Neverland through a musical mash-up of 1960s-style pop, soul and rock 'n' roll. The cast members range in age from six to 18 years old.

James Watson, head of learning and participation at the theatre, said: "*Never Never* is a glorious celebration of youth culture and young people – a truly special way to mark the 30th anniversary of our youth theatre programme."

Writer and musical director, Andrew Linham, added: "We're so excited to finally bring *Never Never* to the stage this July. It's a big, brassy show exploring the music of the fifties and sixties with massive ensemble numbers showcasing the youth theatre.

"This is a toe-tapping, heartfelt musical about finding yourself."

The show is set to run from July 28 to 30 at 7pm, with an additional 2pm performance on July 30.

To find out more, visit www.queens-theatre.co.uk



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Sixth Form alumni celebrate 30th anniversary

Alumni students from Havering Sixth Form in Hornchurch returned to the college to encourage and motivate current students.

This year marks the college's 30th anniversary and, as part of the celebrations, former students have been asked to come back for a visit and to give accounts of their journeys since leaving the Sixth Form.

The six alumni delivered aspirational talks to students about the importance of working hard and gave advice on being successful in their next steps.

The visiting alumni included Calvin Lal (pictured left), 18, who is now on a degree insurance apprenticeship as a data analyst for Marsh; Daniella

Howell (pictured centre), 19, who is now on a higher level apprenticeship as a programme support officer for the Local Government Association; and Aaron Lal (pictured right), 20, who is working as an accounting apprentice at KPMG in Canary Wharf.

Havering Sixth Form deputy principal, Phil Hall, said: "To have so many alumni return in one week to the college to give invaluable advice to our current students was fantastic. Sharing their experiences will raise aspirations and encourage our young people to strive for their dreams."

More alumni will be returning for the college's special awards evening in June.

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Works to improve habitat in park underway

The dredging of the lakes in Hornchurch's Harrow Lodge Park and works to improve the surrounding habitat are officially underway.

Councillor Damian White, Leader of Havering Council (pictured third from right), visited Harrow Lodge Park recently to unveil a new viewing platform and to watch as dredging works were taking place.

The platform, which is constructed from recycled materials and is fully accessible, offers park users a magnificent view over the western side of the lakes.

The dredging works form part of the restoration of the park, with the aim to improve the condition of the lakes and help enhance the wildlife habitat.

Money was set aside for the works in last year's council budget through the Parks Capital Investment Programme.

Cllr White said: "I am delighted that restoration



works have now begun.
"We made a commitment to do this last year as we know how important it is to have an environment that will see our parks and lakes thrive."



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Town centre set for aesthetic improvements

Having Council will be making upgrades to Hornchurch's town centre over the next four months.

This work follows on from a series of consultations held last year, which asked residents for their comments and suggestions on what changes and upgrades they would like to see in five of Havering's town centres – Hornchurch, Collier Row, Elm Park, Rainham and Upminster.

More than 2,200 people responded to the consultation, plotting their suggestions and ideas on an interactive map for each town centre. By far the most common request was for additional greenery and green spaces for shoppers and residents to enjoy. In response to this, initial works will include hanging

baskets within four of the town centres, and parklets – seating areas surrounded by planting and greenery – in each town centre. Future improvements will also see the lamp columns within each town centre repainted.

Feasibility studies are underway to reduce street clutter within each town centre, which will see redundant street furniture removed. Pedestrian wayfinding signage will also be installed.

Councillor Dilip Patel, Havering Council's deputy cabinet member for business recovery, said: "As we move out of the pandemic, there has never been a better time to invest in our town centres.

"So I urge everyone to come back to your local high streets, enjoy the new spaces we're creating, and show some love for Havering's shops."

Students host murder mystery cabaret evening

Students at New City College (NCC) recently worked together to host a cabaret evening in Hornchurch.

Designed as an immersive event, around 40 guests attended the Ardleigh Green campus for *A Night at Rob's Cabaret*, which included a three-course meal integrated with a murder mystery.

The event was created by the NCC Ardleigh Green campus performing arts students, who wrote and choreographed the show and designed the sets and costumes.

Catering students from NCC Redbridge campus designed, prepared, cooked and served three luxury courses.

Janet Smith, principal of NCC's Havering campuses, said: "This was a wonderfully entertaining and highly polished performance.

"I am extremely proud of our performing arts students, who showed such high standards of professionalism. The collaboration with the brilliant student chefs and front of house trainees from our Redbridge campus made this an evening to remember."



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Leisure centres launch offer for those with Parkinson's

Leisure centres in Havering, including Hornchurch Sports Centre, are now offering free membership to people living with Parkinson's disease.

Hornchurch Sports Centre, Central Park Leisure Centre, Noak Hill Sports Complex and Sapphire Ice and Leisure, all operated by Everyone Active in partnership with Havering London Borough Council, are taking part in the new initiative run by charity Parkinson's UK.

Those suffering with the disease will receive free membership, giving them access to the gym, swimming pool and group exercise classes.

In addition, all members will be offered a personalised exercise prescription through EXi, the exercise referral platform, with Synergy Dance online classes also available. Free carer membership will also be available.

Tom Fletcher, Everyone Active's area contract

manager, said: "We are immensely proud to launch this partnership with Parkinson's UK and hope it will make a real difference to many people's lives.

"We want to encourage the whole Parkinson's community to exercise and are confident we have an activity for all."

Tom Ingram, corporate partnerships manager at Parkinson's UK, said: "We're delighted to partner with Everyone Active, who have very generously offered complimentary membership for people living with Parkinson's and their carers.

"Being physically active is important for everyone; it supports both physical and mental health and, depending on what you choose, can provide social support and interaction."

For more information or to join, please visit www.everyoneactive.com/promotion/parkinsons

Council continues plans to buy police station

Havering Council insists that plans to acquire Hornchurch Police Station are still on the table almost four years after they were revealed.

The Mayor's Office for Police and Crime (MOPAC), which owns the station, proposed closing both Rainham and Hornchurch police stations in 2017.

Following a review initiated by Havering Council, the local authority was granted permission in July 2018 to purchase the station and lease it back to MOPAC in order to maintain a police presence in the area.

However, Havering Council's purchase of the land has still not been finalised.

A spokesperson for Havering Council said: "It remains the council's intention to purchase Hornchurch Police Station and work with the Metropolitan Police Service to continue running police services from the site. This process began in 2019 but the arrangement was put on hold by the Metropolitan Police as it considered options for accommodating more police officers following increased funding.

"This review has not changed the original decision to sell the police station and the council remains in discussions with the Metropolitan Police on proceeding with the purchase."



News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

Local election

By the time you read this, the local elections for Havering will have taken place. If all goes to plan, the Havering Residents Association (HRA) will have won enough seats at the council to form the administration.

If this happens, this will be the first London borough council to be run by independent councillors.

Roads and pavements

You will see that the roads are currently being dug up as if there were no tomorrow. This will be down to the various departments desperately using up any spare budget they were allocated. It always seems strange to me that unused budget is returned to the pot and often the group that did not use up its allocation is

penalised with a reduced budget the following year.

It makes more sense to me to allow the budget holder to retain either all or some of the budget to be used up in the first quarter of the following year, giving them the ability to manage their resources better.

I am regularly informed of poor-quality pavements, often after one of our elderly residents has taken a tumble. I visit the area, take some photographic evidence and report it to the council. If the pavement is in a really terrible state – what the council calls category one, where the pavement is raised by more than 25mm – I ask for the area liaison officer (ALO) to join me and walk the road. The issues raised through an ALO often get quicker action.

If you see issues, let me know. We can't fix everything, but we can report it so the council knows where the issues are likely to become worse.

Council-funded team praised

A team of Havering Council-funded police officers has been awarded for making the borough, including Hornchurch, a safer place.

The Havering Joint Task Force (HJTF) is tasked with tackling local crime and antisocial behaviour hotspots. Recently, it was awarded the Metropolitan Police Safer Neighbourhood Team of the Year Award, which recognised the team's efforts in targeting criminals, reducing crime and recovering stolen property.

Between November 2020 and October 2021, HJTF arrested 249 suspects for a range of offences, carried out 480 stop and searches, and recovered 116 stolen vehicles.

HJTF has also been instrumental in planning and executing Operation Gambler, a cross-border initiative with the Metropolitan Police and Essex Police, targeting high-harm offenders such as gang members, robbers, burglars and drug dealers.

Sergeant Ben Tanner (pictured second from right), from Havering Police, said: "I'm proud to lead a team of such dedicated and professional officers who worked tirelessly throughout 2021.

"Despite the difficulties faced by everyone during the pandemic, the team has continued to produce exceptional results and drive down crime in Havering.



Photo credit: Havering Council

"We have a good, strong working relationship with Havering Council, which I hope will continue over the next few years."

Barry Francis, director of neighbourhoods for the London Borough of Havering, said: "HJTF is an important service in keeping residents safe.

"This is a great example of sharing of information and the partnership working of the police and council across Havering and our neighbouring boroughs.

"This award recognises the dedication of the officers and the enforcement team to continue to help tackle and prevent crime."



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Cats love to sleep – it's one of the things we envy the most about them. But have you ever given much thought to what your cat's sleeping position means?

households, or for cats in new surroundings.

BELLY-UP CAT: A cat that sleeps with its belly exposed and paws splayed is a cat that feels secure and comfortable in its surroundings. It's exposing the most vulnerable part of its body, showing you it feels safe in its home.

LOAF OF BREAD: The 'loaf of bread' position is where a cat sleeps with its paws and tail tucked under its body, making it look like it has no legs. Cats choose this position for comfort and to stay warm. This position is also a sign that your cat is happy and relaxed.

CURLED-UP KITTY: A curled-up cat with its tail wrapped around its body and head tucked in, means several things. This position helps it stay warm and also helps the cat protect itself from potential threats.

SLEEPING ON YOU: A cat sleeping on you can be for a couple of reasons. It either wants to feel added protection with a 'safety in numbers' approach, or it wants to feel close to you and benefit from some extra warmth.

IN A BOX: Cats love to sleep in a box or any small space as it makes them feel safer than being in an open space. It's a normal behaviour that helps them feel warm and secure.

STRETCHED OUT: A stretched-out cat is a happy and relaxed cat, who's usually in a deep sleep. When a cat is in this position, it's best to let it stay there.

EYES HALF-SHUT: A cat that sleeps with its eyes half-shut is doing so to enable it to react quickly to any threat or disturbing noise. It's common in noisy

PAWS ACROSS FACE: A cute position to witness, paws across the face can mean your cat is trying to keep its nose warm or block out the light. A cat that's hiding its face wants to be left alone, so it's best to let your cat be in this position.





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Planting A PALM TREE

A huge trend this summer, palm trees make a great addition to any garden. Although most palm trees need warmer climates, there are some that are suitable for planting outdoors in the UK.

CHOOSING A PALM TREE: You need to choose a hardier variety of palm tree if you want it to be able to survive the cold and frost. There are three types of palms that have a track record of growing well in the UK. These are Chusan Palm (*Trachycarpus*), Dwarf Fan Palm (*Chamaerops*) and Needle Palm (*Rhapidophyllum*).

PLANTING A PALM TREE: You can plant palm trees at any time of the year, although during spring or early summer is best as this will give your palm five or six months to grow strong before the first frost. Palm trees love a sunny position so are perfect for patio pots or for areas in your garden that get ample sunlight.

TO PLANT IN THE GROUND:

- > Dig a hole twice as wide and a few

inches deeper than the root ball.

- > Add a handful of slow-release palm fertiliser to the centre of the hole.
- > Remove the root ball from its container and carefully straighten out any coiled roots.
- > Place the top of the root ball in the hole and fill with one-half soil and one-half rotted manure or compost.
- > Make sure that the palm trunk is not deeper than it was in its original container and that the roots are not at all exposed.
- > Water the palm tree – aim for between 10 and 20 per cent of the original container size. The soil should be wet, not soggy.
- > Apply a six-inch layer of mulch over the root zone.
- > Water again.

CARING FOR A PALM TREE:

- > Water your newly planted palm daily for the first two months.
 - > After three or four months, apply a slow-release fertiliser for palms.
 - > Wrap the trunk in the winter with water pipe insulation or heat tape.



Photo credit: palmcentre.co.uk





GARDENING

Create your own DIY BAR

When it comes to entertaining at home, there's one thing everyone needs – a garden bar. Garden bars have grown in popularity in recent years, and you can easily build your own with a little creativity and determination.

Get ready to transform your garden into your new local with these tips for building the perfect garden bar.

HOW BIG CAN YOU GO? Garden bars come in all shapes and sizes. From a tiki bar to your own garden pub complete with flat-screen TV and pool table, you can be as ambitious as you like. Decide on your budget and how much space you have to create the perfect outdoor bar.

TRY DIY OR READY-MADE. A DIY garden bar is the perfect chance to get creative. You can use recycled materials and design a space that's ideal for your needs. Alternatively, you can find ready-made garden bars in places like Argos or Etsy, or hire someone to custom build your bar.

Using a pre-existing structure, such as a shed or potting bench, your extension or garage, could also help you make the most of your garden space, and give you a good foundation for your garden bar.

MAKE IT SHELTERED. Some shelter is a must for any British garden bar. Whether you choose to have your bar enclosed or build a solid weatherproof canopy, having shelter will protect your bar while helping you make the most of it in any weather.

ADD APPLIANCES AND STORAGE. From fridges to pumps and spirit dispensers, your garden bar can have it all. Buy your equipment and get it installed by professionals to make sure the job is done safely. Don't forget to add storage.

BUY SOME ACCESSORIES. Some of the essentials you'll need for your garden bar include: Glasses (you could create your own labels too) | Bottle holders | Ice bucket | Cocktail shakers | Towel hooks | Bottle openers/corkscrews

GIVE IT A NAME. Once your bar is all in place, the last thing to do is give it a name. Name it something unique – it's your bar, after all.



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KNOW YOUR *knotweed*

Two little words that spark fear in the hearts of homeowners across the UK – Japanese knotweed. Known for its ability to spread rapidly, this destructive weed sets down strong roots that can cause havoc with the foundations of your property.

How to identify Japanese knotweed in your garden

Japanese knotweed has several distinctive characteristics that can help you identify it in your garden, including:
Zig zag stems | Lush green-coloured leaves | Heart or shovel-shaped leaves with a flat base | Bamboo-style stems | Red-tinged shoots | Often found in dense clumps | In July, look out for creamy white flowers | Between September and November, it will leave brown stems once the leaves have died back

How to stop Japanese knotweed from spreading

Although it is not illegal to have Japanese knotweed in your garden, you are required to take steps to stop it becoming a problem in neighbouring gardens.

Spray with chemicals

If you choose to tackle Japanese knotweed yourself, you need to make sure you are using the right chemicals to carry out the job efficiently and safely. Look for a glyphosate-based product such as Roundup Tree Stump Weedkiller that has a label recommendation for controlling Japanese knotweed. It typically takes three years to treat Japanese knotweed using this method.

Bury it

You are legally allowed to bury Japanese knotweed at the site as long as you bury it at a depth of at least five metres, cover the plant remains with a material that does not allow the plant to grow through it (known as a root barrier) and do not bury any other waste with it. CuTex Copper Root Barrier is ideal, functioning as both a physical and a chemical barrier.

Seek professional help

The Royal Institution of Chartered Surveyors has worked with the Property Care Association to establish a trade body for Japanese knotweed specialists in the UK, where you can find a register of vetted consultants and contractors. Find out more at www.property-care.org




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WHAT TO EXPECT AT THE HOTEL

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The hotel offers many different activities, including jungle hikes, botanical yoga, horse riding, trips to the bird observatory, river baths, and much more. Your visit is altered to suit you and also includes a range of dining experiences.

WHY YOU SHOULD VISIT

The hotel has already won a place on *Condé Nast Traveller's* top 50 resorts in the world and is attracting attention for its unique approach and wide range of experiences.

If you're looking to get away from it all and focus on getting your life back on track, then this could be the hotel for you.

Photo credit: aubergeresorts.com, thaimess.co.uk



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The history of **BANK HOLIDAYS**



Who doesn't love a bank holiday? They offer the chance to sit back and relax and spend time with family and friends, and this year, many Brits will enjoy an extra day off to celebrate The Queen's Platinum Jubilee.

But how did bank holidays first come about?

THE BANK OF ENGLAND AND THE EXCHEQUER STARTED THE TREND

Before public bank holidays were made official, the Bank of England and the Exchequer were known for taking holidays to celebrate Christian festivals and royal events. In fact, they were believed to have taken around 40 days off each year. Unfortunately, this was cut down to just 18 days in 1830 and then down to just four in 1834.

THE BANK HOLIDAYS ACT IN 1871

In 1871, the Bank Holidays Act was drafted by banker and politician John Lubbock, the first Baron of Avebury. This was when the first official bank holidays became law in

England, Wales and Ireland. These holidays were: Easter Monday, Whit Monday, the first Monday in August and Boxing Day.

Meanwhile, Scotland had New Year's Day, Good Friday, the first Monday in May, the first Monday in August and Christmas Day.

ADDITIONAL CHANGES TO BANK HOLIDAYS

In the 1971 Act, New Year's Day, Good Friday and Christmas Day became bank holidays in England, Wales and Northern Ireland.

The 1971 Act also made January 2 and Boxing Day a bank holiday in Scotland only.

In 1978, the government made the first Monday in May a bank holiday in England, Wales and Northern Ireland.

A Northern Ireland only bank holiday to mark the anniversary of the Battle of the Boyne was introduced in 1926 and falls on July 12.

In 1965, the first Monday in August bank holiday was changed to the Monday following the last weekend in August in a bid to increase trade. Scotland was exempt from this.

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BUSINESS & PROPERTY

BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

Select your strategy

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

Choose a cryptocurrency trading programme

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

Consider automated crypto trading

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

Our top trading tips for beginners

- Start with a small investment
- Choose a secure wallet to keep your digital assets safe
- Research the market thoroughly first
- Set stop-loss levels and stick to them
- Don't be afraid to diversify your portfolio
- Do not let your emotions dictate your decisions.

Pick crypto to invest in

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.



PICTURE Perfect



Getting your home ready for those seller snaps

You shouldn't judge a book by its cover, but that's exactly what happens when potential buyers explore a house for sale. Those seller images have become increasingly important for putting your home in the best light and generating interest in your property.

Take a look at these tips to get your home ready for those all-important photos:

- > Put away all clutter. If it doesn't need to be there, get rid of it.
- > Clear the worktops and put accessories away; it will help to create a more spacious look.
- > Add flowers and other decorative features to give a more homely feel.
- > Make sure windows and other glass surfaces are fully wiped and dust-free.
- > Hide away unsightly items like bins.
- > Curate your toiletries so they don't appear cluttered – put out your most premium products.
- > Fold any towels neatly, and don't leave wet towels lying around.
- > Make sure curtains are properly hemmed and dust-free.
- > Make all beds and change your bedding regularly.
- > Put away all your shoes and clothes.
- > Create an ambience with a lit fire and candles.
- > Make the front of your house more appealing by keeping the lawn mowed and bins out of sight.
- > Give your garden a once-over to remove any debris.
- > Put the toilet lid down – nobody wants to look inside someone's toilet.
- > Finally, get into the habit of regular cleaning to keep your home dust-free and sparkling.

These easy tips will help your home look its best in seller photos, and will hopefully inspire someone else to make memories there.



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Has Rolls-Royce built the fastest electric aircraft?

The world needs some drastic changes to help combat the effects of global warming. Vehicle manufacturers are working hard to develop electric models that provide great performance, as well as being energy efficient.

While perhaps better known for manufacturing cars, Rolls-Royce also produces aircraft parts. It has recently announced that it has created the fastest all-electric aircraft, reaching a maximum speed of more than 387mph. But has Rolls-Royce truly succeeded with its bold claim? And what will this mean for an energy-efficient future?

Spirit of Innovation

Rolls-Royce has been testing its latest project, an all-electric aircraft known as the Spirit of Innovation. During the tests, the aircraft was able to reach a speed of 345mph over a distance of three kilometres, which it believes has broken the record for the fastest electric aeroplane. It's a part of the Accelerating the Electrification of Flight project, which is being partially funded by the Aerospace Technology Institute, in partnership with the Department for Business, Energy and Industrial

Strategy and Innovate UK. The data has been sent to officials for verification.

Rolls-Royce: Making 'jet zero' a reality?

Spirit of Innovation comes just as world leaders pledged to reduce the impact of global warming at COP26. In a recent press release, Warren East, CEO of Rolls-Royce, said: "Following the world's focus on the need for action at COP26, this is another milestone that will help make 'jet zero' a reality and supports our ambitions to deliver the technology breakthroughs society needs to decarbonise transport across air, land and sea."

Using innovations such as electric aircraft, this could soon become a reality.

What's next?

Rolls-Royce has a long history of breaking records, and it will no doubt seek to improve upon the Spirit of Innovation. As the company looks set to become net zero by 2050, there could be some exciting times ahead in the world of electric vehicle development.



Photo credit: Rolls-Royce



TECHNOLOGY



SPORT



SCOOTER *loopy*

THE INAUGURAL E-SCOOTER WORLD CHAMPIONSHIP HITS UK SHORES



It seems you can barely step outside your house or place of work before being confronted by an e-scooter tearing its way past with almost reckless abandon. While streets and, more worryingly, pavements are awash with e-scooters, there is also a growing abundance of them on racetracks around the UK. Indeed, their popularity has given rise to the formation of the international eSkootr Championship, with the UK given the honour of kicking off this inaugural battery-powered procession in May. And while many of the riders we witness on a day-to-day basis adorn themselves with work bags, shopping and, in some cases, passengers, the competitors embarking on a six-location world championship campaign are driving forward for landmark success. The scooter, designed by motorsport technology firm YCOM, boasts inflatable tyres, a 1.5kilowatt hour battery and a carbon fibre chassis.

While competition is the name of the game where e-scooters are concerned, the organisers also recognise the need for education, stating that they intend to accelerate micromobility culture and technology in forward-thinking global cities, working closely with city officials and local governments to outline the benefits of a rapidly changing mobility landscape.

Their challenge, in the UK at least, is that privately owned e-scooters are illegal unless ridden on private land. Only those hired from approved leasers are allowed on roads. However, the pressure is mounting on the government given rapidly accelerating purchase numbers – in 2021, there were an estimated one million privately owned scooters.

The 30 professional competitors taking part in the 2022 championship have their sights on different goals. After the UK race on May 13 and 14, they travel to Switzerland, France, Italy, Spain and USA – a six-race set-up performed on S1-X vehicles primed to hit speeds of more than 100kmph. All those riders require is bravery... and a lot of it.



Photo credit: official.esco.live

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BRITAIN'S GREATEST SPORTING MOMENTS...



SPORT

CHAMPIONS LEAGUE FINAL 1999

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S MANCHESTER UNITED'S LATE LATE SHOW AT CAMP NOU IN THE 1999 CHAMPIONS LEAGUE FINAL

The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when super-sub Ole Gunnar Solskjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as Solskjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.



DEATH TRAP

THE DANGERS POSED BY LOOSE OBJECTS IN YOUR CAR

We all know the dangers represented by cars and, as responsible drivers, invest time and effort in protecting the occupants of our cars from the dangers of the road. Yet what if there were a collection of hazards inside our vehicles – things that account for more than 15,000 injuries every year?

What we're talking about here is the threat posed by everyday items within a car. From a metal tissue box on the back shelf to dashboard air fresheners, from tablets and devices right the way through to cans of drink and snacks. The point is, when a collision occurs, it's not just the things on the outside of the vehicle that can cause harm.

A string of recent awareness campaigns has been designed to make motorists more aware of the risks when our vehicles are decorated with possessions. Securing items or, better still, putting

them away in door or back-of-seat pockets, or the glove compartment, ensures that if impact occurs, those possessions won't come hurtling through the air towards you.

Think carefully about luggage storage, make sure floor mats are secured in the correct positions, and do your best to keep pets secured and still.

Furthermore, if you think the threat of being hit by a loose or unsecured object in your car only comes about in the event of a road traffic accident, think again. Anything from sharp cornering to speed bumps may dislodge an item and send it on a path towards you or your passengers.

In the modern era, cars are more and more becoming extensions of our home. While that gives us the chance to adorn them with small items and luxuries, it's always smart to keep a close eye on the potential danger they might pose.

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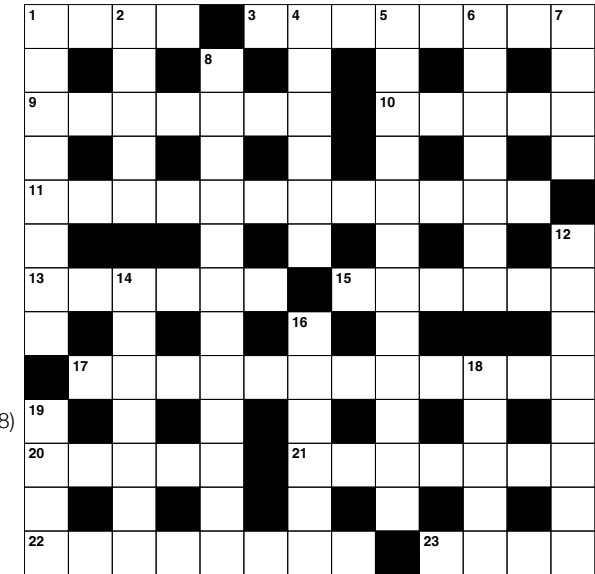
Answers: see end of The VISION Listings

ACROSS

1. Digestive juice (4)
3. Wishing for (8)
9. Protective layers (7)
10. Military vehicles (5)
11. Major type of food nutrient (12)
13. Weird (6)
15. Quick sleep (6)
17. The proprietor of an eating establishment (12)
20. Ascend (5)
21. Recording on tape (7)
22. Not proper (of behaviour) (8)
23. Small freshwater duck (4)

DOWN

1. Device that regulates water flow (8)
2. Pertaining to the moon (5)
4. Pieces of writing (6)
5. Unending (12)
6. Sets fire to (7)
7. Lesion (4)
8. Unfriendly (12)
12. Song for several voices (8)
14. Foes (7)
16. Expressing regret (6)



18. Expulsion from a country (5)

DID YOU KNOW

- ▶ If you lift a kangaroo's tail off the ground it can't hop.
- ▶ Recycling one glass jar saves enough energy to watch 3 hours of TV.
- ▶ The Titanic was the first ship to use the SOS signal.
- ▶ Nepal is the only country that doesn't have a rectangular flag.
- ▶ Paraskavedekatriaphobia is the fear of Friday the 13th.
- ▶ In 1895, Hampshire police handed out the first ever speeding ticket, fining a man for doing 6mph.
- ▶ After reading this post you will not recognize that the brain doesn't recognize the second 'the'.
- ▶ Hewlett-Packard's name was decided in a coin toss.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

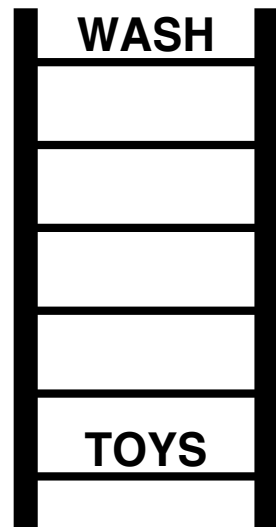
- ▶ ALMOND
- ▶ AMBER
- ▶ AUBURN
- ▶ BEIGE
- ▶ BRONZE
- ▶ BUFF
- ▶ CARAMEL
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ COCOA
- ▶ GINGER
- ▶ HAZEL
- ▶ MAHOGANY
- ▶ NUTMEG
- ▶ RUST
- ▶ SAND
- ▶ SEPIA
- ▶ SIENNA
- ▶ TEAK
- ▶ UMBER

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

DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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



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