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Editor's notes...

JUNE 2022



Brett Shohet, Editor

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

I finally managed to get away on holiday recently and had a wonderful time in the Italian sun. We chose a less popular destination and found it made for a much more authentic experience, proving that sometimes it's good to veer off the beaten track and walk the roads less travelled.

I'd like to take this opportunity to once again encourage our readers to support local businesses. Before making your next purchase, consider if you could buy it from a small business rather than a multinational corporation.

I know local business owners would highly appreciate it, and you can rest safe in the knowledge that your money is making a positive difference in your community.

As well as distributing magazines to thousands of homes and businesses, **VISION** is available at various pick-up points throughout the local area. If any companies would like to be considered as a pick-up point, please don't hesitate to get in touch.

Lastly, I hope everyone is enjoying the celebrations for the Queen's Platinum Jubilee. It is truly a momentous occasion, as the Queen is the first British monarch ever to have reached this impressive milestone. It offers a fantastic opportunity for families, friends and neighbours to get together. After all we've been through over the last two years, we certainly deserve it.

Brett Shohet

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon’s is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn’t enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors’ money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don’t fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

His commitment to Tesla and SpaceX only came about because he’d sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, ‘speculate to accumulate’ has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

SP KED?

1



HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?
The most common illegal drugs to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

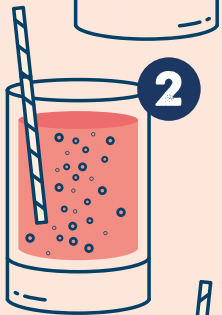
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

HOW TO PREVENT YOUR DRINK BEING SPIKED

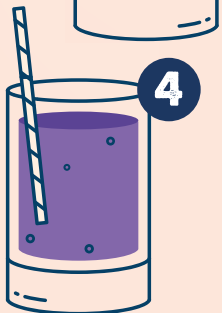
- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



2



3



4


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5 NATURAL ALTERNATIVES TO deodorant



If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.



Witch hazel
 Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.
 Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.



Baking soda
 Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.



Lemon juice
 Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.



Apple cider vinegar
 This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsp with 1 tbsp of water and apply under your arms using a clean cloth.



Coconut oil
 Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.



BRA 101: *style guide*



Did you know that the average woman owns between nine and 12 bras? However, the majority purchase the same type of bra time and time again.

If this sounds familiar, maybe it's time to branch out and try a different style?

Balconette bra

A popular shape that provides a rounded look and great support, this type of bra offers less coverage than a full cup style. With wider straps, a balconette bra is not the best choice for women with narrow shoulders. However, it is perfect for any occasion where you want to achieve great cleavage.

Plunge bra

Offering less coverage but plenty of support, a plunge bra is best worn with low-cut outfits. A good choice for women with a fuller chest who are looking for a comfy yet sexy bra.

Full cup bra

As the name suggests, a full cup bra provides all-over coverage and support. The straps tend to be closer-set, making them ideal for women who have narrow shoulders.

T-shirt bra

Available with padded or non-padded cups, every woman should own at least one t-shirt bra. Offering a seamlessly smooth silhouette, this style of bra is designed to be worn under tight-fitting tops but can be worn with almost anything.

Strapless bra

Having come a long way in their design, strapless bras are now a feasible option for small- and large-chested women alike. Created to prevent slipping, strapless bras give you the freedom to wear whatever you want without any straps on show.

Sports bra

Providing maximum hold and minimum movement, sports bras are usually made of non-stretch fabric designed to beat the bounce.



Balconette



Plunge



Full cup



T-shirt



Strapless



Sports

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KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

Bedbugs | Danger rating: 2/5

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

Bees/Wasps | Danger rating: 3/5

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

Fleas | Danger rating: 1/5

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

Mosquitos | Danger rating: 2/5

Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

Spiders | Danger rating: 4/5

Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

Ticks | Danger rating: 3/5

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.





BEWARE THE *booze!*

Struggling to lose weight? It may not be your choice of food that is holding you back from dropping the pounds but, instead, your favourite tippie that is sabotaging your weight loss efforts.

LONG ISLAND ICED TEA

A summer cocktail that definitely packs a punch, a Long Island Iced Tea contains a whopping 424 calories. With an impressive ingredient list that includes vodka, gin, rum, tequila, triple sec and Coca-Cola, it's no wonder this boozy beverage will see you packing on the pounds.

LOW-CALORIE SWAP: Cosmopolitan = 100 calories

PIÑA COLADA

Creamy and delicious, who doesn't love a Piña Colada or three when relaxing by the pool? Sadly, this summery cocktail contains a hefty 300 calories.

LOW-CALORIE SWAP: Fuzzy Navel = 120 calories

ALCOPOP

Although convenient, most alcopops contain a lot of added sugar, which makes them bad for your waistline. Plus, as they tend to taste sweet rather than strong, you may find yourself knocking back more than you intended, which is bad news seeing as these contain 250 calories per bottle on average.

LOW-CALORIE SWAP: Rum and Diet Coke = 115 calories

SWEET WHITE WINE

Any wine or fizz with the word sweet attached to it is going to contain more sugar, which means more calories. In fact, a medium glass of sweet white wine has around 160 calories.

LOW-CALORIE SWAP: Champagne = 89 calories

CIDER AND BEER

Two of the most popular drinks in the summertime, some ciders contain as much as 210 calories per bottle and beer up to 208 calories per pint. This is the equivalent of a glazed donut or a slice of pizza.

LOW-CALORIE SWAP: Light beer = 144 calories



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5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.

2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.



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Sustainable Salads

Are you fed up with finding soggy, slimy and generally sorry-looking salad in your fridge? Keep your leaves looking (and tasting) lovely for longer with our top tips for how to keep salad fresh.

GIVE IT SOME TLC: If you fling your salad in your shopping bag with heavier food and drink items such as tins and bottles, then your leaves are highly likely to become bruised and battered. Instead, handle your salad with care and it will be less likely to spoil.

DRY YOUR SALAD: Pre-packaged salads are usually ready to eat and do not require washing. However, sometimes the leaves can look a little damp. If this is the case, give them a quick spin in a salad spinner to remove any excess moisture. Alternatively, gently pat them with a dry cloth or tea towel.

REMOVE ANY SPOILT LEAVES: When you get

your salad home from the supermarket, open it up and remove any spoilt or squishy leaves that could potentially cause fresher leaves to wilt. It can also be a good idea to fluff up your salad before storing.

PLACE IN AN AIRTIGHT CONTAINER: Store your salad leaves in an airtight plastic container that has been lined with a paper towel. This will help to absorb any moisture and keep your leaves fresher for longer.

STORE IN THE FRIDGE: Salad leaves should be kept in the crisper drawer of your fridge as this provides the optimal temperature for fresh fruits and vegetables. This should also help to ensure that your salad does not become partially frozen.

FOLLOW THE SEVEN-DAY RULE: Even if you follow the above tips, bagged salad leaves are not designed to last longer than a week. After this time, it is usually a case of use it or lose it.



FOOD & DRINK



Robust Rosemary

A hardy herb that will grow with abandon once established, rosemary has a long history of culinary, aromatic and medicinal uses.

WHAT ARE THE HEALTH BENEFITS OF ROSEMARY?

- > A rich source of antioxidants and anti-inflammatory compounds
- > Improves digestion and helps to treat indigestion
- > Enhances memory and concentration
- > Relieves stress and anxiety
- > Protects against cancer
- > Contains carnosic acid which can protect the brain
- > May be able to help prevent Alzheimer's.

HOW TO USE ROSEMARY IN THE KITCHEN

Rosemary salt

To create a rosemary-infused salt, fill a cup with rosemary leaves pulled from the stem and place in a bowl with 3 cups of salt. Stir together, cover and leave to sit for 2-3 weeks.

Rosemary oil

To make rosemary-infused oil, pour 2 cups of olive oil into a small pan and allow to simmer. Remove from the heat and add 3-4 dry sprigs of rosemary. Pour into a sterilised jar and cover with a lid.

Rosemary sugar syrup

Rosemary sugar syrup can be drizzled over cakes, yogurt or fresh fruit for a sweet and fragrant twist. Bring 1 cup of water to the boil and add 2 cups of sugar and 3-4 sprigs of rosemary. Once the sugar has dissolved, remove from the heat and take out the rosemary. Pour into a sterilised jar.

Rosemary lemonade

To make refreshing rosemary lemonade, simply bring 2½ cups of sugar to a boil, remove from the heat and add 9 sprigs of rosemary. Leave to steep for 30 minutes and strain. Add ½ cup of fresh lemon juice and 4 cups of cold water. Chill and serve over ice on its own or with your favourite gin.

Rosemary butter

Soften a stick of butter (but don't melt it) and blend with rosemary leaves that have been removed from the stem and diced into small pieces. Slather on crackers, bread, meat or fish.



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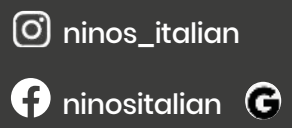
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KIDS

A star in the making



THE BEST WAY TO START OFF – AND STICK TO – A REWARDS CHART WITH YOUR KIDS

Most parents have tried to use rewards charts – you know, that large piece of card or app-based drive towards making your children nicer to be around... and your home a tidier place.

The reason many charts fail is because, while the concept is great, the complications, complexities and conversations surrounding what tasks have or haven't been done, and to what standard, make managing charts more of a chore than the jobs listed on them.

While rewards charts are available in plentiful supply from shops and online, it's sometimes more fun to make one up yourself – you can then tailor it to your own family, working in hobbies, treats and experiences unique to you.

Six ways to ensure you can make a rewards chart stick!

- 1** **KEEP TASKS SIMPLE**
Ensuring jobs are straightforward and achievable will mean kids maintain focus when they need to.
- 2** **UPDATE AFTER EVERY TASK**
If possible, apply stars every time your little ones complete a challenge. This direct and very visual reward mechanism will keep them striving for more.
- 3** **KEEP REWARDS REGULAR AND TANGIBLE**
Using quick-fire rewards – rather than offering to contribute small additions to a bigger project – means kids will remain engaged and interested.
- 4** **RESTART EVERY WEEK**
Make every week a clean slate, where both completed and unfulfilled tasks are wiped away, meaning a new set of challenges – and rewards – awaits.
- 5** **ENCOURAGE TEAMWORK**
If you have more than one child, pool tasks so that they become responsible for and beneficiaries of each other's successes.
- 6** **MOVE ON EVENTUALLY**
While the rewards chart is a great way to motivate kids, it may lose its appeal over time, so progress the ideas behind it to tasks that offer greater responsibility and bigger rewards for your youngsters.



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Plan ahead:

Average train fares have risen by 25 per cent since 2011, meaning the most expensive part of your trip to London could be just getting there. Fortunately, there are plenty of ways to save. By booking in advance (even just the day before) you can get money off your train tickets, and if coming from further afield you may want to look into split-ticketing, where you buy two or more tickets for different segments of your journey. You may also want to invest in a railcard (60 per cent off for children on the Family & Friends Railcard) and book train tickets with Travelcards included.

loads more. There is also an abundance of free markets like Camden and Borough, not to mention London's many glorious parks.

Hunt out offers:

For deals on attractions that aren't free, it's worth scouring the internet for offers. Days Out Guide is a handy website that offers two-for-one deals on attractions like the London Eye and Madam Tussauds. Many places also offer discounts for booking ahead and large groups.

Cheap eats:

The cheapest way to feed your family is to take your own lunch, but where's the fun in that? For a big treat, restaurants often have voucher codes on their websites. Or for something more authentic, why not head to Brick Lane where there is an abundance of fantastic street food, world-class bagels and, of course, some of the finest Indian cuisine?

Free attractions:

Possibly one of the best things about our capital is that there are loads of fantastic free attractions. The Science Museum, the British Museum and the Tate Modern are just three fun and fascinating places where general entry costs nothing – and there are

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TRAVEL



Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.

Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.

Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.

Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer. A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

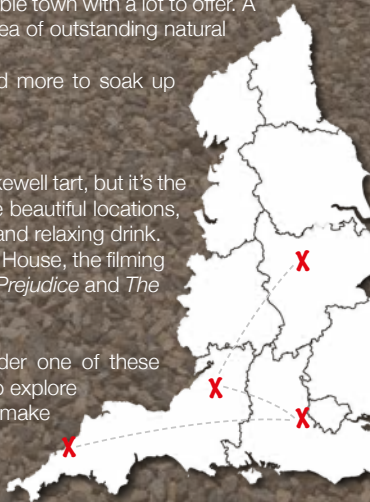
Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.

Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.



Windsor Castle



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CHINTZ

is making a comeback



HOME & DIY

If you're a millennial or younger, you'd be forgiven for not knowing the word chintz. Often regarded as a dated decor trend, you'll be more likely to see it in your grandmother's house than on Instagram or Pinterest. But could chintz be making a comeback?

WHAT IS CHINTZ?

Chintz has a very long and fascinating history. It's a cotton textile dating to 4,000 years ago, originating in the Indus Valley between India and Pakistan. Made using a specialist dye method, chintz fabrics typically feature colourful floral designs. As the fabrics were traded around the world, they soon found their way into home textiles, made popular in more recent times by designers such as William Morris.

WHERE DID IT GO?

In more recent times, chintz was seen as a dated fabric, and it has been declining in popularity since the 1980s. IKEA caused a stir in the 1990s by encouraging people to "chuck out your chintz" in favour of its own interior products, based around simple details and block colours.

For a long time, neutrals have reigned supreme, but now chintz is starting to reappear. This time around, colours are bolder and brighter and patterns are even more lavish.

BRINGING CHINTZ INTO YOUR HOME

There are a lot of great ways to bring chintz into your home, including:

- > Chintz sofas and upholstery add a contrasting detail to neutrals and solid colours
- > Curtains in floral patterns add a little romance to your space
- > Patterned chintz-inspired wallpaper can add some colour and character to a room, bringing fantasy and fun to a child's bedroom or creating a feature in a cloakroom or dining room
- > Invest in cushions, table linens and other accessories to add a subtle hint of chintz to any interior style.

Incorporating some chintz into your home brings a modern take on a classic style. Keep an eye out for chintz-inspired décor making its way to a homeware section near you.





GUIDE TO CLEANING PAINTED WALLS

There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.



HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.



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OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com

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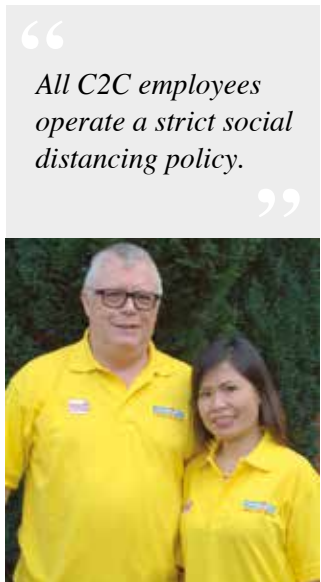


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A GUIDE TO HELP YOU DECIDE WHEN YOU SHOULDN'T USE YOUR VACUUM WHEN CLEANING

Some people love vacuuming; others can't stand it. Either way, there is no denying how quickly it can clean up your home.

However, did you know that there are some items that you should never hoover up?

PIECES OF GLASS

If you have smashed a glass, then you may reach for your vacuum cleaner to quickly clear the area. However, large pieces of glass can puncture the bag, get stuck in the hose and damage the interior. Instead, use a dustpan and brush for the large pieces and a damp cloth to pick up small shards. Be sure to wear gloves to protect your hands.

FINE DUST

Have you recently renovated your home? If yes, then your furniture is probably covered in dust particles. Sadly, you should not hoover these up as sanding residue and other tiny particles will clog the filters and cause your hoover to spit dust back into the air.

WET FOOD

Wet food, or anything wet or moist, should not be cleaned up with a vacuum cleaner. This includes soggy cereal, dog food and even small spills. Instead, use some kitchen towels or a tea towel.

SMALL METAL ITEMS

Small metal items such as paper clips and coins can easily become stuck in the rotating part of your vacuum cleaner and stop it from working properly. They can also sometimes break off plastic pieces from the interior of your appliance.

MAKE-UP

Dropped an eyeshadow palette on the carpet? Or some foundation? Although you may be tempted to use your hoover, this is not a good idea. Firstly, the vacuum brush could smear the make-up further into the carpet, and secondly, if you do manage to successfully clean it up, it is highly likely to melt once inside the appliance.



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MOVE OVER Midas!

Who doesn't love an Ikea hack? Enabling you to incorporate the latest designer trends into your home at a fraction of the price, we have fallen head over heels with gold leaf furniture.

WHAT YOU NEED:

Imitation gold leaf | Sandpaper | Furniture primer | Water-based gilding size | A soft brush | A clear gloss spray sealer or permanent solvent-based varnish

HOW TO APPLY GOLD LEAF TO FURNITURE:

Step 1: Prepare your furniture

For wooden furniture, sand down or fill in any bumps or holes so that you have a smooth surface to work with. Then apply your chosen primer to ensure it is not porous. If you are upcycling metal furniture, give the item a dust or clean it with soap and water.

Step 2: Apply water-based size to the area

Decide where you want to apply the gold leaf and section off this area with masking tape. Then apply a thin and even layer of water-based gilding size. This is the adhesive that will bond the gold leaf to your furniture. Leave this adhesive until it is nearly but not completely dry.

Step 3: Start adding your gold leaf

Your gold leaf should be backed by tissue so lay it tissue-side up and then gently rub the gold onto your furniture. Keep going until the area is completely covered. To avoid any gaps, you can overlap the squares of gold leaf slightly. Leave until fully dry. This can take up to six hours.

Step 4: Remove any excess gold leaf

Once the area is dry, take your soft brush and gently remove any excess gold leaf. You then need to leave your item for a further 24 hours so that the gold leaf can cure.

Step 5: Cover with a sealant

The final step is to cover the area with a sealant so that it is protected from chips and scratches. Leave this to dry for 24 hours, and then your gold leaf furniture project is complete.



Photo credit: @goldleafinteriors - The gold-leafed furniture is available at www.gildedinteriors.com



5 ALTERNATIVE USES FOR DENTURE TABLETS

Denture tablets can be used to clean so much more than just your dentures. Discover five surprising uses for denture tablets below and you may be tempted to buy some – even if you have all your teeth.

1. TO CLEAN YOUR KETTLE: Mineral deposits can quickly build up in your kettle, which can cause your hot beverages to taste less than their best. To combat this, fill your kettle with water, drop in a denture tablet and allow to soak for a few hours. Follow with a good scrub and a thorough rinse.

2. TO REMOVE HARD WATER STAINS: If you are struggling to remove the hard water stains from your toilet bowl, then denture tablets offer the perfect solution. Simply drop in a few tablets, wait for the fizzing to stop and then scrub the bowl using your toilet brush.

3. TO ELIMINATE BURNT FOOD FROM PANS: For times when soaking just isn't enough, add a denture tablet to your sink or a bowl of warm water, drop in your pan and leave to soak for 15-20 minutes. Give the pan a gentle scrub and the burnt food should slide right off. Do not use denture tablets on cast-iron pans.

4. TO RESTORE SHINE TO GLASSWARE: If you find that your glasses often look cloudy after washing, then a denture tablet is all you need to restore them to their original glory. Fill the glass with water, drop in a denture tablet, wait for the fizzing to stop, and rinse.

5. TO BANISH TOMATO STAINS: If you batch cook or take leftovers for lunch, you will know how hard it is to remove tomato stains from plastic containers. Banish these stubborn stains for good by filling the container with water, dropping in a denture tablet and leaving to soak overnight. Come morning, all you need to do is rinse.



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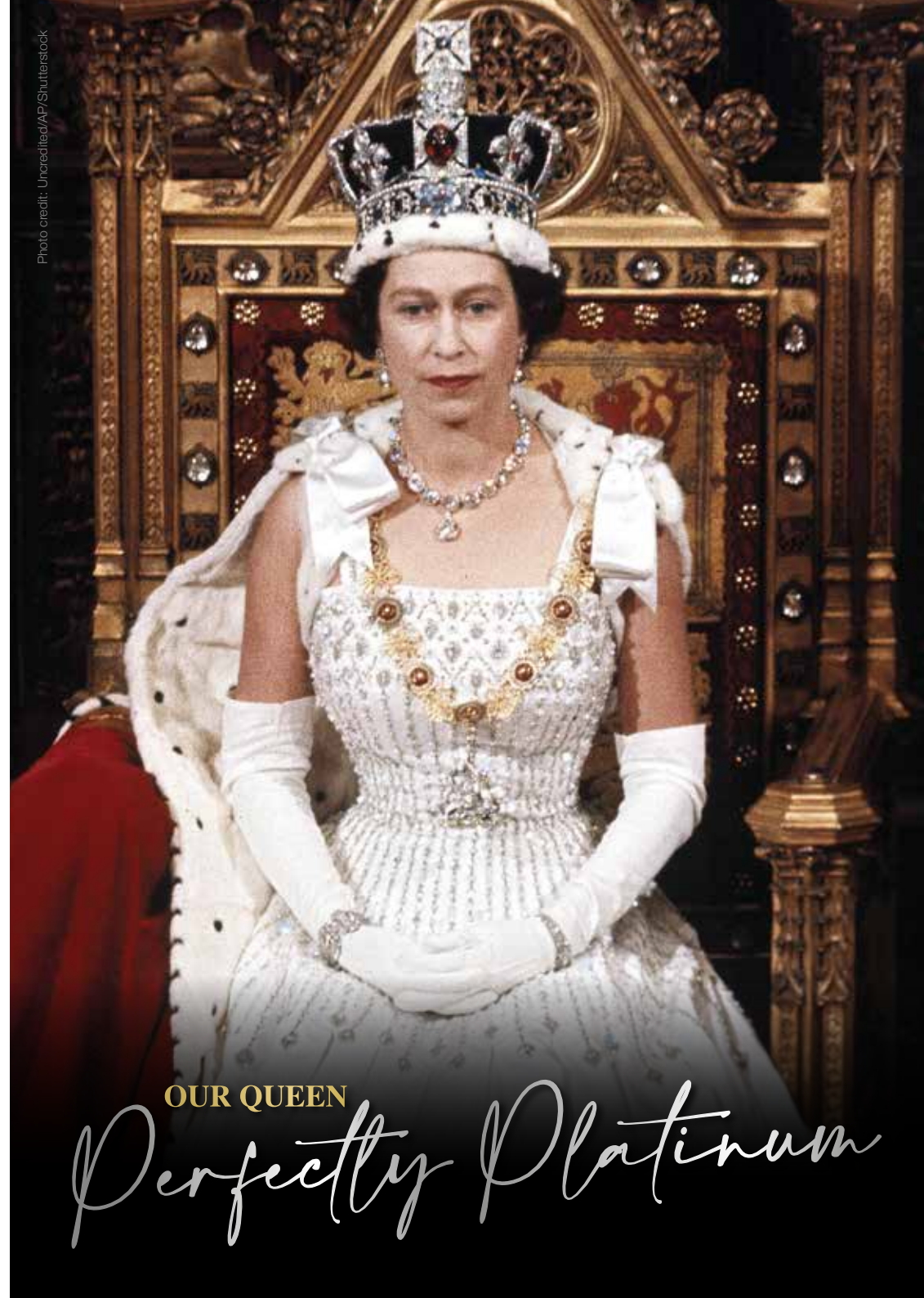
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Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Family pays tribute to granddad who died in crash

The family of a Hornchurch man who died following a collision on the A127 says that "losing him has left a huge hole in all our hearts and lives".

George Chipping, 88, was fatally injured in a collision at Childerditch, near Brentwood, shortly after 10.30am on Monday, April 25.

In a statement released on May 13, his family said: "George was a loving and well-loved dad, grandad and great-grandad and losing him has left a huge hole in all our hearts and lives.

"He will be greatly missed by all his family and friends."

A 55-year-old man from Bradford was arrested at

the scene on suspicion of causing death by dangerous driving and driving while unfit through drink or drugs.

He has since been released under investigation while police enquiries continue.

Police are asking anyone who may have witnessed the collision or have dashcam footage that could help the investigation to please come forward.

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 329 of Monday, April 25.

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



Former police officers lose appeal for sentences

Two former Metropolitan Police officers, including one from Hornchurch, have lost an appeal against their jail sentences.

Deniz Jaffer (pictured left), 48, from Hornchurch, and Jamie Lewis (pictured right), 33, were instructed to guard the crime scene after the bodies of sisters, Bibaa Henry and Nicole Smallman, were discovered in Fryent Country Park in June 2020.

They left their posts to take photos of the murdered sisters, which they then shared on WhatsApp.

At a hearing at the Old Bailey in December 2021, Jaffer and Lewis were sentenced to two years and nine months in prison after pleading guilty to misconduct in public office.

At a Court of Appeal hearing in London on May 11,

2022, the pair lost appeals against their sentences.

The court heard how Jaffer and Lewis have been attacked on multiple occasions as they serve their time in prison.

A Metropolitan Police spokesperson said: "We are aware that former Metropolitan Police officers Deniz Jaffer and Jamie Lewis have failed in their application to appeal their sentences."

"The matter was heard at the Royal Courts of Justice on Wednesday, May 11.

"A misconduct hearing in November 2021 found that their actions amounted to gross misconduct. Lewis was dismissed without notice and had it been found that had he not already resigned, Jaffer would have received the same sanction."

Plans for short-term housing for vulnerable

Plans have been submitted to turn a residential home in Hornchurch into temporary housing for young and vulnerable parents.

Planning documents propose that the four-bedroom house at 30 Shelley Avenue be used as short-term accommodation to "help young parents and their children who are in vulnerable situations and need family life assistance in a secure environment while in temporary accommodation".

Young families would be able to stay at the residential unit for around 12 weeks while undergoing a parental assessment.

Havering Council is expected to make a decision on the plans by June 20.

To view the application, search the reference P0518.22 on Havering Council's planning portal.

Applicant agent Aarkz Design was contacted for comment.



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JULIA LOPEZ MP



LOCAL NEWS



Hornchurch and Upminster

Last month, I joined local families in celebrating the work of Upminster and Cranham Midwives for International Day of the Midwife. At a community event at The Golden Crane pub in Cranham, I heard about the support and continuity of care they have provided to many mums going through the challenges of parenthood during the pandemic. The midwife team is set to be redeployed elsewhere within the local health trust and I took up parents' concerns about this with the trust's chief executive to make sure that decision-makers are aware of the depth of support for the high-quality care that Upminster and Cranham Midwives have provided.

I have also made him and our local Clinical Commissioning Group aware of constituents' concerns about the detection of liver disease in Havering. Our area does not currently have a commissioned pathway in place to detect liver disease and the government's new Health and Care Act places duties on Integrated Care Boards to introduce them. I am also aware of residents' frustrations in accessing emergency care at Queen's Hospital – feedback I have shared on several occasions with local health leaders. Work is now underway to make sure that the front desk at the hospital functions much more effectively.

On policing, we got a new Borough Commander in April in Chief Superintendent Stuart Bell and I had the chance to meet him last month to talk through residents' priorities and his ambitions in tackling crime in Havering. He confirmed that officer numbers across the east area have increased by 250 over the last four years and our neighbourhood policing teams are now at full strength. I continue to highlight concerns about the impact of the abstraction of officers in managing protests in central London and the need to keep Hornchurch Police Station as a base for neighbourhood policing teams.

I recently visited Sacred Heart of Mary Girls' School to hear from its prefect team how the pandemic impacted their learning and their preparation for formal exams. I also attended Jungle Tots Nursery in Hornchurch to see first-hand the support it gives to local mums. The nursery has erupted in popularity following the lifting of COVID-19 restrictions and it was fantastic to see so many children using the facility.

Finally, the team and I have been thrilled by the response we have received from local schoolchildren to our card for The Queen competition to celebrate Her Majesty's Platinum Jubilee. We will be inviting the winner to Parliament soon.



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Photo credit: Hylands Primary School

Plans submitted to make school car park public

A Hornchurch school hopes to improve parking issues in the local area by opening up its car park to the wider public.

Hylands Primary School, in Granger Way, has submitted a planning application to Havering Council to change the conditions of the school car park.

Currently, the car park is only available for use by those visiting the school.

The application, which proposes to allow the wider community to use the car park, has been submitted

on Havering Council's planning portal, with a decision expected by July 20.

The application was submitted by Steve Bowers, the headteacher at Hylands Primary School.

Acknowledging the application, Darren Cox, from Havering's planning department, said: "Your application has been confirmed as valid from April 20 and consultations will now be carried out."

The application can be viewed on the council's planning portal using reference P0645.22.

COVID-19 memorial woodland receives award

A project that saw a memorial woodland planted to remember those who have lost to the COVID-19 pandemic has received an award, following on from the official opening as reported in last month's **VISION**Hornchurch.

Thames Chase Conservation Volunteers worked with the Friends of Hornchurch Country Park and Ingrebourne Valley to plant more than 4,000 trees for the memorial.

Now the London Borough of Havering and the Thames Chase Conservation Volunteers have won The Community Woodland Award.

The award is for woodland planting or management projects that have been inspired, driven and delivered by local community groups.

The project was funded by Thames Chase Trust's Trees for Climate programme and has been enabled by Havering Council's renewed engagement with the Community Forest in 2022.

The judging panel was impressed with this concept of a memorial woodland and the committed engagement of the Thames Chase Conservation Volunteers to plant the 4,000-tree woodland.



Photo credit: Havering Council

Police called to park following reports of a weapon



Police were called to a park in Hornchurch last month after an incident involving a group of anti-knife crime volunteers and a young boy who allegedly "insinuated" that he had a knife on him.

Take a Knife, Save a Life (TAKSAL) is a charity that aims to promote crime prevention and the saving of lives through education and awareness.

The TAKSAL group was patrolling Harrow Lodge Park during the Manning Fair on Monday, May 2, when an argument broke out between a group of young boys. The volunteers intervened.

A spokesperson for the Metropolitan Police said: "Officers were called at 3.25pm on Monday, May 2, to Harrow Lodge Park, Hornchurch.

"A boy in his early teens reported that another boy, who he was arguing with, had intimated he had a knife.

"Officers attended the scene and a number of suspects were stopped and searched. No weapons were found.

"No injuries were reported and no arrests have been made."

Speaking to **VISION**Hornchurch, founder of TAKSAL, Stephen Gowers (pictured bottom left), said: "We went over to disperse the trouble and the guy gestured to his trousers, insinuating that he had a knife. Security said to call the police, who attended and were very professional.

"Aside from this incident, the whole bank holiday weekend was a complete success. Thousands of families came in and enjoyed themselves and we sniffed out any trouble."

Fundraising fun with upcoming quiz night

A quiz night is taking place this month to raise vital funds for a Hornchurch charity.

The event is being held at Elm Park Assembly Hall on Saturday, June 11, from 7pm and is aiming to raise

much-needed funds for First Step, a charity dedicated to helping families with young children who have special needs and/or disabilities.

Tickets will cost £7 per person and tables can be booked in advance, or you can come along and join one.

Parking is available on side roads and in St Nicholas Avenue East Car Park, which is next to the hall.

Those attending are welcome to bring their own drinks and nibbles.

To book, call 01708 556355 and ask for Janet or Caroline. Alternatively, fill out the online form at www.firststep.org.uk/fundraising/quiz-night-2022

Church launches new creative eco project

Members of an arts and crafts group based in Hornchurch have used their creativity to help raise awareness of climate change.

The Dorcas Craft Group was joined by the St Andrew's Church community for the project.

The group is working towards its second Eco Church Award, an initiative set up by the Christian charity A Rocha UK, which promotes environmentally conscious churches across the country.

The project involved stitching, embroidering and painting bunting centred on the theme of ecology. Members also pledged to take personal action to reduce their carbon footprint.

The craft club's designs highlighted eco-conscious topics, such as the importance of bees, energy conservation and how we can all play our part by washing clothes at lower temperatures and cycling more rather than making journeys by car.

The group's flags were made from repurposed curtain lining and then stitched together, before being proudly displayed in the 12th-century church.

Dorcas Craft Group meets 11am to 3pm on the third Monday of the month at St Andrew's Church Hall, Stewart Street.



Photo credit: The Parish of Hornchurch





Photo credit: Hornchurch FC

FC's hopes dashed at final hurdle in play-offs

Hornchurch FC were left heartbroken following the play-off finals in the Isthmian League Premier, as they narrowly lost 2-1 to Cheshunt after what has been a well-fought season for the Urchins.

The previous match – their play-off semi-final against second-placed Enfield Town – was a gritty affair, where Hornchurch spent a good portion of the game on the backheel, as their fellow London side led for most of the match.

But, in the last moments of the game, two goals in three minutes from Sam Higgins and Liam Nash turned the tables, snatching the place in the final from Enfield and sealing a 3-2 victory for the Urchins.

Sadly, a repeat of their good fortune in the semi-final

was not to be. Cheshunt scored early in the first half, as Hornchurch struggled to find their mojo. However, a strike later in the half from Joe Christou kept their promotion hopes alive.

Despite Hornchurch playing considerably better in the second half, Cheshunt were able to put themselves ahead once more in the 66th minute, and though the Urchins tried desperately to score afterwards, their efforts never quite paid off, with the match ending 2-1 to Cheshunt at the final whistle.

As a result, Cheshunt will be promoted to the National League South, while Hornchurch will have to pick themselves up and prepare for another season in the Isthmian League Premier.

School pupils participate in safety scheme

Pupils from a Hornchurch primary school participated in a scheme to help prepare them for travelling more independently.

Last month, children from Hacton Primary School, on Chepstow Avenue, participated in the Safer Travel for All scheme.

As part of the training, the schoolchildren travelled on a bus where police officers acted out different situations that they could face when travelling. The

scheme included personal safety, stranger danger, and anti-social behaviour.

The children were also given top tips on how to travel safely, cross the road with care and how to use their Oyster pass correctly.

A spokesperson for Hacton Primary School said: "This experience was thoroughly enjoyed by all involved and the children now feel more confident in knowing how to travel safely."



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News from

Councillor Paul Middleton

St Andrews Ward, Hornchurch Residents' Association

The local elections took place in early May, and there were some wins and some losses and a little controversy. There were multiple recounts for the Rainham Ward – this has ended up with official complaints being made and the police have been called in. I have not yet heard the official response to the complaints and the final outcome.

The residents' associations made some gains, but not as many as they had hoped. Labour did very well, gaining an overall four further seats, but lost several of its previously elected members, and the Conservative group lost a few seats.

As it currently stands, we have a 'hung council', with no one in overall control. There are 55 seats.

- > Havering Residents' Associations (HRA) have 20
- > Conservatives have 23

- > Labour has nine
- > Other independent have three

The magic number required to have overall control of the council is 28.

The 'other independent' group has been propping up the Conservatives for at least the last four years and has reportedly offered to work with the Conservative group, bringing that total to 26. This is still short of the magic number.

Will the HRA and Labour be able to come to an amicable deal to work together for the next four years? Or will the Conservatives run the administration?

At the time of print, we do not know. This should be resolved by the time you read this.

Fingers crossed, the correct decision will be made.



Theatre partners with college

A community partnership between New City College (NCC) and Queen's Theatre Hornchurch has been launched to promote the arts and develop creative talent.

The partnership will encourage collaboration and learning and will give students the chance to improve their creative practice through workshops and performances at the theatre.

They will also be able to see first-hand how the theatre works and gain an insight into the varied roles within the performing arts industry.

To celebrate the launch, performing arts students from NCC's Ardeleigh Green campus in Hornchurch took part in a day of inspiring acting workshops on Tuesday, May 3, led by James Watson and Kerry Hunt from the theatre.

Catherine Moggridge, senior curriculum manager for performing arts at Ardeleigh Green, said: "This partnership highlights what is at the heart of the Queen's Theatre – collaboration and teamwork. The staff here have gone over and above to welcome us and I would like to thank each one of them."



LOCAL NEWS



Plans to turn pet store into tutoring centre for all

Plans have been submitted to turn a pet store and dog groomer in Hornchurch into a tuition centre for all ages.

Elm Park Pets, on The Broadway, could soon become an academic tuition hub under new plans to transform the unit into a community learning centre.

Planning documents reveal the proposal involves changing the use of the basement, mezzanine and ground floors to a tuition centre, which would provide classes for children and adults in the morning, afternoon and evening.

The plans state: "The tuition centre is intended to

serve the local community first and foremost. It is not anticipated that its user base will extend beyond the locality; as such, it is located within the community it wishes to serve and is very easily accessible via walking, cycling or public transport."

A decision is expected to be made by planning officers by June 22. To find out more details about the application, search reference P0681.22 on Havering Council's planning portal.

Cityscape PA, the agent working on behalf of applicant Shah Zaman, has been contacted for comment.

Residents cast votes in area's elections

Hornchurch residents turned out to vote in the local elections for Havering Council on Thursday, May 5.

Three candidates from Hornchurch Residents' Association (HRA) were elected in Elm Park: Julie Lilian Wilkes with 2,827 votes, Stephanie Jane Nunn with 2,934 votes and Barry Mugglestone with 2,971 votes.

In Hacton, two candidates from HRA were elected: Reginald Whitney with 2,124 votes and Raymond Paul Morgon with 2,315 votes.

Hylands and Harrow Lodge saw three candidates elected: James Thomas Glass with 1,729 votes and John Charles Wood with 1,713 votes, both from HRA, and Conservative Christine Ivy Rose Smith with 1,596 votes.

In South Hornchurch, two candidates from Rainham Independent Residents' Association (South Hornchurch) were elected: Natasha Anne Summers with 1,023 votes and Graham Keith Williamson with 1,019 votes.

In St Andrews, three members of HRA were elected: Paul Alan Middleton with 2,855 votes, Gerald O'Sullivan with 2,823 votes and Bryan Thomas Vincent with 2,700 votes.

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HOW TO SET UP A FRESHWATER FISH TANK



PETS

Thinking about adding an aquarium to your home? Bringing beautiful colours and life to your surroundings, as well as a whole host of health benefits, discover how to set up a freshwater fish tank for maximum wow factor.

1. CHOOSE AN AQUARIUM

Think about the amount of space you have, the type of fish you want to get and your budget. Large aquariums are more stable and require less work to maintain, whereas smaller ones need more attention. Wide aquariums are ideal for active fish such as danios, and narrow ones are better suited to less active fish such as angelfish and gouramis.

2. PICK THE RIGHT SPOT

When it comes to where to place your new aquarium, you need a spot where you spend a lot of time so that you can get as much enjoyment from it as possible. Avoid windows that receive direct sunlight and areas near exterior doors which can be too cold.

3. ADD DECORATIONS

Obviously, gravel and water are essential for your freshwater tank, but there are lots of other decorative features that you can add. Some of the most popular additions include live and artificial plants, rockwork, sunken ships, castles and figures. Taller plants and décor items should be placed at the back to hide filter tubes and cords, with smaller items at the front. You can also add background material to hide hoses and add visual depth to your display.

4. USE A TEST KIT

Test kits are recommended for new aquariums as nitrite and ammonia levels can rise and become hazardous. You can buy these online or at most aquatic centres.

BEST FISH FOR BEGINNERS:

Danio | Guppy | Platy | Tetra
Avoid mollies as these fish are prone to disease and hard to keep alive for beginners.



Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

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GARDENING



Patio Heater
Fire Pit
S

Even during the warmest months of the year in the UK, the evenings can get a little chilly. Fortunately, you can still enjoy your outdoor space after sunset with an outdoor heating source.

WHAT IS A PATIO HEATER?
In its simplest form, a patio heater is a device that allows you to heat the patio area of your home. Some patio heaters run on electricity, whereas others burn wood, gas or butane. Patio heaters are designed for outdoor use, and you can find many different types to suit your space.

WHAT IS A FIRE PIT?
Fire pits, just like patio heaters, are designed to keep you warm in your outdoor space. Some fire pits use wood, coal or propane as their heat source, whereas others have an electronic ignition to light the fire. There are many different shapes, sizes and styles of fire pits available.

PROS OF PATIO HEATERS
Versatile – can be used for home or commercial use | Good temperature control | Safe for children

and pets | No embers or sparks | Low maintenance | Easy to move | Some approved for tent/garage use

CONS OF PATIO HEATERS
Limited design choices | Require fuel or a power source | Cords can create a trip hazard | Propane is expensive | Not a significant light source

PROS OF FIRE PITS
Lots of design options | Provide both warmth and light | Have roasting capabilities | Easy to move | Less messy than a campfire

CONS OF FIRE PITS
Danger of sparks or embers | Limited heat range and temperature control | Open flames | Cannot be used indoors

WHICH IS BETTER?
Both patio heaters and fire pits offer a great way to heat your garden. The former is a good option for those who can't have an open fire for safety reasons or if you don't like cleaning. The latter can be more economical and can also double up as a barbecue.



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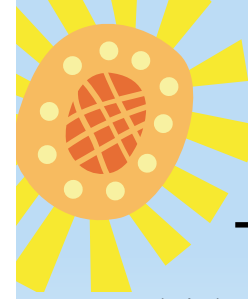
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AS THE WEATHER HEATS UP, MAKE SURE YOU DO YOUR BIT FOR LOCAL WILDLIFE



GARDENING

The temperature is hotting up, and while most of us welcome these sunnier days, the same isn't always true for our community critters. The good news is that there are a lot of things you can do for wildlife in the hot weather to help keep them safe from the sun.

Fill up your feeder: Birds can find it tough to find food when the ground is dry and worms are scarce. Keep your bird feeder topped up and put out some fruit, such as apples and soaked raisins, for animals on the ground.

Provide fresh water: Spells without rain can mean that a lot of natural water sources have dried up for your garden visitors. Putting out some fresh water will help thirsty animals and insects. Keep it shallow and put some rocks in there to help insects get out if they fall in.

Create shaded spots: Animals may struggle to find shade on a hot day, but you can help by putting logs, large rocks or wooden planks around your garden to help create shade.

Put in a bird bath: A bird bath is a great way for birds to keep clean and cool. You can buy them at garden centres and other retailers, or you could make your own as a fun DIY project.

Keep your pond topped up: Remember to keep an eye on your pond and top it up if needed. This will help any fish that you have, as well as other visitors who use your pond as a water source.

These simple steps will make a big difference to your local wildlife.





ALL ABOARD FOR 5G

THE BRITISH GOVERNMENT IS ACCELERATING THE ROLL-OUT OF 5G TECHNOLOGY... COMING TO A BUS SHELTER NEAR YOU

Take a look at your mobile phone and, if you're in one of the UK's bigger towns or cities at the time, you may see the 5G symbol in the top-right corner (providing you have an up-to-date 5G-enabled phone, that is). This form of telecommunication technology that, at its peak, is 100 times faster than 4G, its rapidly ageing brother, has the capability to completely transform our interconnectivity.

The issue with 5G is that while speeds are seriously impressive, range is not. This is down to the use of millimetre waves, which are a lot shorter than the wavelengths 4G uses.

As a result, the government has been rapidly releasing licences whereby buildings and facilities can be equipped with kit that will boost 5G connectivity.

The good news is that these 'cell sites' can be put up easily and, in most cases, you won't even

know they're there. From streetlights to signposts, bus shelters to CCTV poles, the government has slashed the red tape associated with the roll-out of the project. This is good news for us all – meaning easier installation, quicker connecting of new areas and faster speeds.

In simple usage terms – messaging, checking football scores and so on – you may not notice much difference, but for tasks that used to take hours, such as downloading a HD movie to your phone, the difference is astonishing. A recent survey by Uswitch found that Haul Fryn, a road in Swansea, South Wales, had the fastest download speed of anywhere in the country – 882Mbps, meaning a two-hour HD movie could be downloaded in just 47 seconds.

For years, the internet has meant the world is at our fingertips. With accelerated roll-out of 5G technology, it now feels even closer than that.



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Head of Family Team
sallyward@mplaw.co.uk



Roisin McCorry
Consultant
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CAN YOU manage?

WHAT YOU NEED TO KNOW ABOUT HIRING A PROPERTY MANAGEMENT COMPANY

Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

> Using a property management company could make you less aware of what's going on with your property.

Why hire a property management company?
Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.



Pros of hiring a property management company:

- > Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- > Property management companies will source and vet tenants, taking the responsibility off you.
- > Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

Cons of hiring a property management company:

- > You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- > As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.

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Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

THE PREMISE
For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

WHEN CASHBACK CREDIT CARDS WORK
Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.
Consider your ability to clear the credit card balance, too – if what you're putting on a card is going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy

things you'd be equally happy to purchase for cash.
The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

WHEN CASHBACK CREDIT CARDS DON'T WORK
If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.
A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.





The LONGEST WORDS that exist

What would be the longest word you can think of right now? Perhaps it could be [Llanfairpwllgwyngyllgogerychwyrndrobwllantysiliogogoch](#) – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's [Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu](#) at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.

Eighty-five letters is a lot for one word, so what are the other longest words that exist?

[Pneumonoultramicroscopicsilicovolcanoconiosis](#) (45 letters)
This is a type of lung disease caused by inhaling quartz dust or silica.

[Hippopotomonstrosesquippedaliophobia](#) (36 letters)
Of course, the word for a fear of long words would be long.

[Supercalifragilisticexpialidocious](#) (34 letters)
While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.

[Pseudopseudohypoparathyroidism](#) (30 letters)
A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.

[Floccinaucinihilipilification](#) (29 letters)
This means the estimation of something having no value or being worthless.

[Antidisestablishmentarianism](#) (28 letters)
This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.

[Honorificabilitudinitatibus](#) (27 letters)
Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.

[Thyroparathyroidectomy](#) (22 letters)
The name for the process of removing the thyroid and parathyroid glands.

[Incomprehensibilities](#) (21 letters)
A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.

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HISTORY

40 years since the FALKLANDS WAR

A LOOK BACK ON THE FALKLANDS WAR, WHICH ENDED IN JUNE 1982

The commencement of the Falklands War, when Argentina landed on the small island situated 500 miles from its lower-east coast, represented more than simply a country looking to reclaim what it thought it rightfully owned.

On the face of it, that was Argentina's ploy. The Falklands, a modest 4,700 square miles, comprising little more than rocky terrain, cliffs, birdlife and cattle, had been appropriated by the British back in 1765.

Within five years, a Spanish commander from Buenos Aires landed with five ships and 1,400 troops to claim possession of the land. And that remained the case until 1883, when the British returned.

The constant power struggle has raged on, though when Argentina relit the blue and white striped touchpaper in 1982 with severe territorial aggression, it surprised many.

A deeper explanation, away from the geographical claims and disputes, lay in the political situation in Argentina, and the economic

struggles that besieged South America in the 1980s.

The three-man military junta that had assumed power in Argentina in 1976 had evolved over the years, and as it looked to build support and legitimacy by claiming a territory that still held considerable emotional ties to the Argentine people, seizing the Falklands was a clever political move.

On April 2, Argentina invaded, kicking off just over two months of conflict, where the British, led by Margaret Thatcher, responded with air, sea and land attacks. A series of bloody battles raged, with the Battle of Goose Green perhaps the most famous.

Finally, on June 14, Argentina surrendered after British troops yomped across punishing terrain, arriving at East Falkland to find their enemy waving white flags.

While conflict ceased, the ongoing antagonisation between Argentina and the UK (and England in particular) has continued, mostly in sporting rivalries.

Photo credit: Olive Limpkin/Daily Mail/Shutterstock





SPORT



Photo credit: Charles Knight/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

BORG AND MCENROE

Each month we look at one of the most significant events in British sporting history. This month, it's the epic encounter between Björn Borg and John McEnroe at Wimbledon on July 5, 1980.

The Championships at Wimbledon have provided countless dramatic sporting memories over the years, and none more special than when British heroes of the ilk of Ann Jones and Andy Murray have lifted the coveted trophy.

Yet perhaps the most remarkable encounter – certainly for sheer blood, guts, aggression and an unrelenting desire for victory – came in 1980 when a Swede faced an American.

Björn Borg had long been painted as the iceman, a Scandinavian purveyor of perfect tennis who was clinical and elegant in his despatching of opponents. John McEnroe, meanwhile, was the sweaty, unkempt brat of the game, with a confrontational,

aggressive game and a temperament to match.

That they collided so spectacularly on that sunny Saturday afternoon on July 5 will go down in SW19 folklore. McEnroe gained the upper hand by winning the opening exchange 6-1, before Borg fought back with 7-5 and 6-3 sets, giving him a 2-1 lead.

Looking to close out the match in the fourth set, Borg had five Championship points in an epic that went well past any reasonably expected distance. Finally, in the 34th game of the set, McEnroe broke the reigning champion – who was looking to win a fifth successive title – and took it 18-16.

Even in the deciding set, the duelling athletes made it to 6-6, though this time Borg broke McEnroe's steely serve, and his resolve, to take the set 8-6, and with it the Wimbledon title.

The epic was recently relived in a 2017 biopic, *Borg vs McEnroe*, starring Shia LaBeouf and Sverrir Gudnason.

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SPORT



HAND OF WAD

DIEGO MARADONA'S ICONIC HAND OF GOD SHIRT SELLS AT AUCTION

When England midfielder Steve Hodge swapped shirts with Argentina double-goalscorer Diego Maradona at the end of the World Cup quarter-final at the Estadio Azteca in Mexico in 1986, he was derided by fans, sections of the press and even his own teammates.

The Argentine wizard had just knocked the Three Lions out of the World Cup with a Jekyll and Hyde display of sporting brilliance and brazen opportunism – one of the best goals ever scored at a World Cup, coming minutes after the Hand of God goal that we've all seen replayed hundreds of times.

In swapping shirts, to some, Hodge crossed the line.

Wind forward three-and-a-half decades, and Hodge has the last laugh, after that prized number 10 shirt recently sold at auction for more than £7.1million.

Perhaps one of the most iconic items of sporting memorabilia – the value of which soared after Maradona's death in November 2020 – the shirt made almost twice its guide price, and was sold to someone from Abu Dhabi with links to Manchester City.

The Sotheby's auction process had all the usual twists and turns befitting of Maradona's life. In the lead-up to its sale, the infamous star's family insisted that the shirt was a fake, supposing that the striker swapped shirts at half-time during the game on June 22, 1986, and that Hodge was in fact in possession of the shirt worn in the first half.

In addition, a late plea materialised from an Argentinian delegation for the shirt to be returned to South America. The group failed with its own bid as the auction price rocketed, though the request remains to display the shirt in Buenos Aires in October, for what would have been Maradona's 62nd birthday.

The sale price mirrors the previous record for any sports memorabilia – the original autographed manuscript of the Olympic Manifesto from 1892, sold by Sotheby's in December 2019.



Photo credit: Shutterstock, Amer Ghazali/Shutterstock



MOTORING



CLEAN YOUR CAR like a pro

THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH

Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.

Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.

Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,

you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.

Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.



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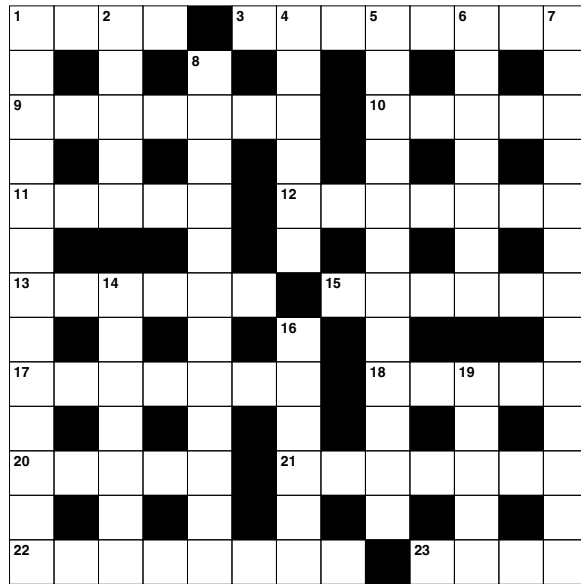
- Eurasian crow (4)
- Excessively emotional (6,2)
- Time off (7)
- Sudden movement (5)
- Steer (anag) (5)
- Wicked look that causes harm (4,3)
- Possessing (6)
- Wind instrument (6)
- More sugary (7)
- Freight (5)
- Deduce or conclude (5)
- Currents of air (7)
- Disregarding oneself (8)
- Depend on (4)

DOWN

- Connections or associations (13)
- Willow twig (5)
- Complied with a command (6)
- Children's toy (12)
- Medieval cell (7)
- Affectedly (13)
- Occult (12)

- Necessary (7)
- Eats grass (6)

- Verse (5)



DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

SUDOKU

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



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