

HOW TO MAKE GIANT GAMES

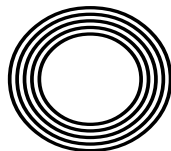
*The benefits
of upside-down
exercise*

NEIGHBOURS
ends after 37 years

A tribute to the late
DAME DEBORAH JAMES DBE

ADIL RAY OBE

Celebrates 25 years in the entertainment industry



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Editor's notes...

AUGUST 2022



Brett Shohet, Editor

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

I'm happy to say that **VISION** is now going from strength to strength after the difficulties we've all had to face over the last couple of years.

The main thing I want to talk about this month is visibility, which is so important in business. If a potential customer doesn't know your number, how are they going to contact you? Do you think your phone will ring more or less often if you invest in advertising?

I was lucky enough to recently attend the Grand Prix, where I couldn't help but notice that the brands who splashed out on advertising at the event included Rolex and Coca-Cola. Despite international fame, these brands still set part of their budget aside for advertising in print and on TV, radio and billboards.

These multimillion-pound companies know it doesn't pay to be complacent. Advertising gives you the opportunity to stand out from your competitors and to get yourselves seen, and if Coca-Cola says it's worth doing, who are we to say differently?

Finally, as the weather continues to heat up, make sure to check in with your neighbours to see if there is anything you can do to help. Let's not lose that sense of community that was forged in the fires of lockdown.

Brett Shohet

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

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B^{OWEL} babe

THE AMAZING IMPACT DAME DEBORAH JAMES DBE HAD ON OUR AWARENESS OF BOWEL CANCER, AND THE COURAGE TO FIGHT THIS DISEASE

It's a marker to the strength and resilience of Dame Deborah James DBE that, even in her final days fighting against cancer, she was still able to laughingly refer to herself by a nickname that had done more than just provide a natty piece of alliteration for headline writers.

The self-confessed Bowel Babe, Dame Deborah James, had immersed herself in a wholly public battle with cancer after being diagnosed with the illness back in 2016. She was just 35 at the time. When she received the news that she had stage 4 bowel cancer, Deborah immediately threw herself into work as a patron for Bowel Cancer UK.

And rather than recoil at the shock of the news, Deborah, who at the time was working as a teacher at The Matthew Arnold School in Staines-upon-Thames, found incredible support across social media. Her outspoken voice was picked up by *The Sun*, for whom she began working as a journalist and columnist.

BBC 5Live stepped in shortly afterwards to take on her original, no-holds-barred podcast, entitled *You, Me and the Big C*, with its unapologetic, graphic and unrelenting portrayal of the many elements of cancer gaining admirers from all quarters.

'Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo—it could just save your life'

In October 2018, her book, *F*** You Cancer: How to Face the Big C, Live Your Life and Still Be Yourself*, became a cult read. However, while she publicly continued to show strength and courage, the scourge of her disease sometimes made the easiest parts of everyday life difficult.

Two years on, she revealed that her body's tolerance to the drugs was waning. By May 2022, she posted on social media that she was receiving hospice-at-home care and was, ultimately, entering the final stages of the disease. Within 48 hours, more than £3million had been raised for her Bowel Babe campaign, and just two days after that she was awarded the title Dame Commander of the Order of the British Empire. Her damehood was conferred on her by Prince William, Duke of Cambridge, at her parental home.

Dame Deborah passed away on June 28, 2022, leaving behind a husband and two children. At the time of her death, she had raised a colossal £7million to fund clinical trials and research into personalised medicine for cancer patients, and to support campaigns raising awareness of bowel cancer.

This inspirational person used her platform to put perhaps the most candid slant on cancer treatment we have ever seen in the public space. As she said: "Find a life worth enjoying; take risks, love deeply, have no regrets, and always, always have rebellious hope. And finally, check your poo – it could just save your life."

For more information, please visit www.bowelcanceruk.org.uk



Photo credit: Ken Mckay/TV/Shutterstock

Neighbours ...NO LONGER

IT'S THE SOAP OPERA THAT PERMEATED BRITISH CULTURE – AND OUR POP CHARTS – LIKE NO OTHER, BUT THE RAMSAY STREET ERA IS APPROACHING AN END

Some of us are old enough to remember the early episodes of *Neighbours* in the UK, when a sparky mechanic named Charlene (AKA future global superstar Kylie Minogue) was caught apparently breaking and entering the home of Madge Bishop by her son, Scott (Jason Donovan, no less).

As the storylines unfolded, so the characters became part of our teatime routines, as Aussie life seemed a sun-drenched fantasy world that became all the more accessible as its stars swapped Erinsborough for record contracts and model photoshoots in London.

When the Reg Watson-produced series was first picked up by the BBC in 1986, the UK was some 18 months behind episodes being created Down Under, yet such was the efficiency of the team in Melbourne that it would take three years for UK viewers to catch up.

The success was extraordinary, however. At its peak, 16 million UK viewers watched

the daily lives of these cool kids and their parents – that's more than the population of Australia.

Yet the advent of the internet brought a new era of TV consumption, where viewers no longer wanted to be tied by time. In 2008, the BBC gave up the rights to *Neighbours*, and only Channel 5's interest kept production alive in Australia.

When Channel 5 stated its aim to end the commitment, the death knell finally sounded in Ramsay Street.

Across almost 9,000 episodes, hundreds of stars – including Margot Robbie, Holly Valance, Guy Pearce, Liam Hemsworth, Natalie Imbruglia and more – have gone on to impressive careers in entertainment, and with an instantly recognisable theme tune, *Neighbours* has occupied a special place in our hearts.

And there was no better way to go out than to see Kylie, Jason and a host of other alumni return on July 29 for a special reunion show.

Fair dinkum!

Photo credit: Fremantle Media/Shutterstock, mediasetlect.pa.media

The original cast

The 2020 cast

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LEARN HOW TO

Colour BLOCK

Not heard of colour blocking? You're in for a treat. Offering a fun and vibrant way to express your style personality, read on to discover everything you need to know about how to wear this trend.

What is colour blocking?

Colour blocking involves the use of block colour in your outfit to create bold and eye-catching looks. It can be rocked by people of all ages, skin tones and body types.

Three ways to use colour blocking

1. Monochromatic: To get the monochromatic look, you need to pick one colour and then layer different shades and tones of it. This is a great choice for people who have a favourite colour or those who know that one specific shade suits them best. It is also ideal for fashionistas who prefer a

more understated look.

2. From the same colour family: If you want to be a bit bolder in your look, then you can choose different colours from the same colour family. For example, purple, green and blue shades come from one colour family and yellow, orange and red are from another. When colour blocking this way, choose one side of the rainbow and stick with it.

3. Contrasting tones: The brightest and boldest of the three colour blocking techniques, contrasting colours are the way to go if you want to create a 'look at me' vibe. This involves choosing colours from opposite ends of the colour wheel, such as blue and orange, or yellow and purple. Be warned: this can be tricky to get right, but if in doubt, choose a saturated colour and block it with a softer shade rather than two opposing vivid colours.



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Pineapple Perfection

Pineapple skincare is all the rage, with many well-known beauty brands bringing out their own range of products containing this nutrient-rich fruit.

Why is pineapple good for your skin?

- > It contains antioxidants that protect against free radicals
- > It contains bromelain, which has anti-inflammatory and antibacterial effects
- > It can gently exfoliate the skin and remove dead skin cells
- > It has a high water content so can hydrate the skin
- > It can clear up acne and prevent future breakouts
- > It can be used to stimulate collagen production.

DIY pineapple face masks

Mask for oily skin

You will need: 1 tbsp pineapple purée | 2 tsp raw honey | 2 tsp oatmeal powder

How to make and apply: Mix the ingredients in a bowl to make a smooth paste | Apply to a clean face and leave for 10-15 minutes | Rinse and apply a lightweight face moisturiser.

Mask for acne-prone skin

You will need: 1 tbsp of pineapple purée | 3 tsp rose water | 2 tsp oatmeal powder

How to make and apply: Mix the purée and rose water together in a bowl | Gradually add the oatmeal powder until you have a smooth paste | Wash your face and apply while skin is still slightly damp | Leave on for 10 minutes | Wash off with warm water and a gentle cleanser.

Mask for dry/dehydrated skin

You will need: 1 tbsp pineapple purée | 2 tsp cucumber purée | 1 tsp rosehip seed oil

How to make and apply: Mix the pineapple and cucumber purée together in a bowl | Add the rosehip oil and mix again | Wash your face with a gentle cleanser and apply the mask | Leave on for 15 minutes and, during that time, regularly apply more of the mixture | Wash off the mask and apply a face cream.



BEAUTY



How's it HANDSTANDING?

Have you ever tried exercising upside down? Also referred to as an inversion, there are many physical and mental health benefits to upside-down exercises. Discover them below.

1. ENHANCED MENTAL FOCUS

When you hang upside down, oxygen-rich blood flows directly to your brain. Although it may feel weird at first, as you adjust, you should start to experience better brain function and enhanced mental focus.

2. TO TREAT BACK AND JOINT ISSUES

Inversions are the ideal exercise for back and load-bearing joint issues as they help to reverse the harmful effects of gravity. Focus on straight alignment exercises such as headstands and handstands and you should notice a significant improvement.

3. REDUCED STRESS LEVELS

If you suffer with unhealthy levels of stress, then upside-down exercises can help you to unwind and relax. Enabling you to let go of any negative thoughts and feelings, even 10 minutes a day of inversion exercises can make you feel less stressed.

4. STRENGTHENED CORE MUSCLES

Upside-down exercises can help to push your body out of its comfort zone as many different muscle groups are needed to hold these types of positions. As well as strengthening your core, inversions can help to improve your balance, flexibility and posture.

5. POSITIVE INFLUENCE ON ALL FOUR BODY SYSTEMS

When you carry out inverted exercises, you can enjoy a positive effect on all the four main systems within the body. These are the cardiovascular system, the lymphatic system, the nervous system and the endocrine system.

BEST UPSIDE-DOWN EXERCISES TO TRY:

- > Headstand – this requires you to activate your core and builds upper body strength
- > Forearm stand – this pose builds strength and needs a lot of mental focus
- > Handstand – this requires concentration, technique, strength and flexibility. It can be done against a wall to give you more stability
- > Plough pose – this can relieve tension in the neck, shoulders and back
- > Inverted V plank – this tones your core and improves stability and flexibility.

YOU SHOULD NOT DO INVERSIONS IF YOU HAVE:

High blood pressure | A heart condition | Glaucoma | A back or leg fracture | Osteoporosis | A hernia | You are pregnant, obese or overweight.



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'Be seen everywhere'



SEE YA LATER stretch marks!

Stretch marks typically occur when your skin quickly changes shape owing to growth or weight gain. Although not usually a sign of ill health, stretch marks can make you feel self-conscious and can affect your overall self-esteem. Discover how to banish them below.

VITAMIN A SKINCARE: Vitamin A, also known as retinol, is a key ingredient in many anti-ageing skincare products owing to its ability to make the skin appear smoother and more youthful. Studies have also shown it to be promising in helping stretch marks appear smaller and less severe.

HYALURONIC ACID: Hyaluronic acid is known for having moisturising and healing properties, which makes it an ideal skincare ingredient for reducing the appearance of stretch marks. It can also help to improve the elasticity of your skin.

MICRODERMABRASION: Microdermabrasion involves exfoliating the skin using a handheld wand and an abrasive substance. Touted as one of the most effective treatments for getting rid of stretch marks, microdermabrasion is carried out by a dermatologist.

LASER THERAPY: As the name suggests, laser therapy uses lasers to deliver focused light to the skin, which can help to boost collagen production and fade stretch marks. Multiple sessions are usually needed before you start to see any effects.

CHEMICAL PEELS: Chemical peels provide a deep exfoliation of the skin and also help to stimulate collagen production, both of which can be beneficial in reducing the appearance of stretch marks. You can get both professional chemical peels that are carried out by a dermatologist and ones that you apply at home.

ALOE VERA: If you prefer to try a more natural remedy for stretch marks, aloe vera gel has healing properties which can help to fade redness and marks on the skin. Opt for pure aloe vera gel for optimum results.





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MAKING FRIENDS

later in life

While it can be easy to make friends at school, it can become increasingly difficult to reach out and meet new people as you get older. Here are five ways to begin making new friends.

1. TAKE UP A NEW HOBBY

If you often feel bored as well as lonely, then why not kill two birds with one stone and take up a new hobby? Whether you fancy trying a local painting class, would enjoy a book club, or want something more physically challenging, partaking in a new hobby offers many opportunities to make new friends.

2. PUT YOURSELF OUT THERE

New friends are not going to knock on your door and introduce themselves, so you need to take the initiative to actively seek out new friendships. This could be by sparking up a conversation with someone new or by inviting an acquaintance on an outing. If you have mobility issues, Age UK offers transport services for the elderly and disabled. Call the charity's free, confidential advice helpline on 0800 678 1602 to find out about local services.

3. JOIN A VOLUNTEER GROUP

For those who need a little bit more time to get to know people, a volunteer group or community project allows you to gradually build up a rapport over time. This can also help you to build deeper friendships. Try reaching out to your local community centre to find out how you can get involved.

4. GO ONLINE

There are so many ways that you can meet people and make new friends online, from social media sites to online forums to blogging. If you are not overly confident in your technical abilities, many libraries offer courses for people wanting to explore the world wide web.

5. REACH OUT TO LOST FRIENDS

Have you lost touch with friends over the years? Instead of trying to build new friendships from scratch, you may find it easier to try to reconnect with faces from your past.

Go crazy for COURGETTE

Incredibly underrated, the humble courgette is in abundance this month, so why not step outside your veg comfort zone and try one of these tasty and nutritious courgette recipes?

COURGETTE PIZZA

Pizza is a family favourite in most households, but there are several ways that you can incorporate courgette into a pizza. Thinly slice and use as a topping, make some courgette pizza boats, or bake your own courgette pizza base using the below recipe.

You will need: 3 medium grated courgettes | 30g cornflour | 2 cloves crushed garlic | 1 large egg | 300g shredded mozzarella | 50g parmesan

How to make: Add the courgette, egg, garlic, cheese and cornflour to a bowl, mix and season with salt and pepper | Stir until completely combined and make into a dough | Transfer to a baking tray lined with parchment and pat into a crust | Bake for 25 minutes at 230°C/210°C fan/gas mark 8 until golden | Add your preferred toppings and bake for a further 10 minutes.

COURGETTE FRITTERS

For fussy kids who don't like to eat their greens, this is a simple dish that allows you to sneak in one of their five-a-day with ease.

You will need: 2 medium courgettes | 2 tbsp self-raising flour | 25g parmesan or vegan alternative | 1 tbsp olive oil

How to make: Grate the courgette and combine in a bowl with the flour and cheese | Shape into walnut-sized balls and then flatten | Heat a non-stick frying pan over a medium heat and add the oil | Fry each fritter for 2-3 mins on each side until golden.

COURGETTE NOODLES

If you are looking for a low-carb version of spaghetti, then courgette noodles are a great idea. All you need is a julienne peeler or a spiralizer to cut your courgettes into courgetti.

You will need: 2 medium courgettes | 2 cloves garlic | Zest of 1 lemon | 150g crème fraîche

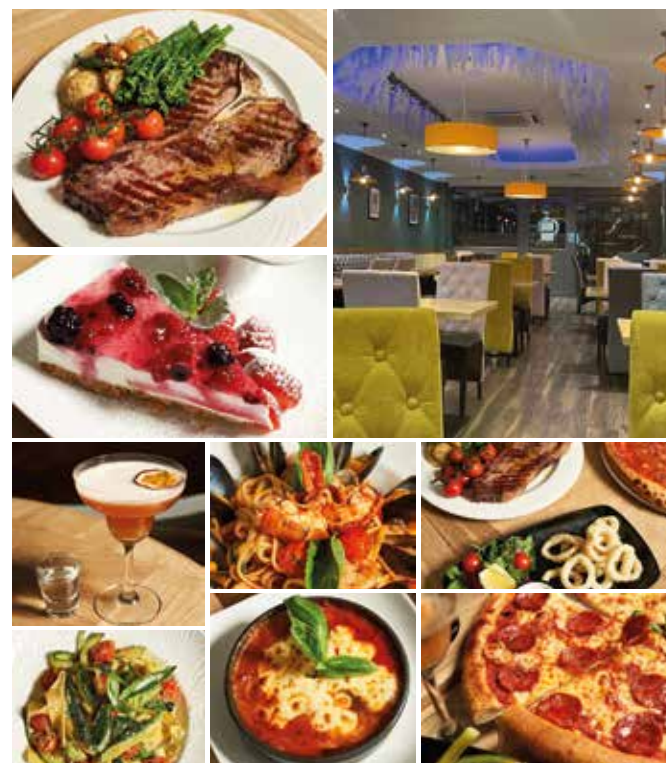
How to make: Add your courgetti to a hot pan with oil | Add all the other ingredients | Cook for 2-3 minutes | Serve as you would spaghetti with ragu or a tomato sauce.

Photo credit: delish.com

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How to Bakewell

National Bakewell Tart Day falls on August 11 this year. But let's face it, any day is a great day to enjoy this delicious treat.

Legend has it that these lovelies originated in Bakewell, Derbyshire, in the 1860s. A pub landlady asked a member of staff to make a jam tart, but instead of mixing the almonds and eggs into the pastry, the cook poured the mixture

on top. The result was a baking sensation. So much so that a local lady got hold of the recipe and made a handsome living off the back of it. It's a great story. However, the recipe had apparently already featured in a cookbook published 15 years previously.

Food historians also squabble over the tart's topping. Viewers of *The Great British Bake Off* took to social media to share their outrage when the bakers decorated their tarts with white icing and glacé cherries. Your traditional Bakewells are apparently topped with just a smattering of flaked almonds. Those other ones are Cherry Bakewells.

THE RECIPE

Ingredients for shortcrust pastry base:

- 175g plain flour
- 75g cold butter
- 55ml water

Ingredients for filling:

- 1 tbsp raspberry jam
- 125g butter
- 125g caster sugar
- 125g ground almonds
- 1 egg, beaten
- ½ tsp almond extract
- 50g flaked almonds

Method:

Make the shortcrust pastry in the normal way and use it to line a 20-cm flan tin. Chill for 30 minutes. Preheat oven to 200°C/180°C fan/gas mark 6. Bake blind (using foil and baking beans) for 15 minutes. Remove beans and foil and bake for another 5 minutes. Spread the jam all over the base. Melt the butter. Then stir in the sugar, ground almonds, egg and almond extract. Pour the mixture into the tin over the pastry and sprinkle over the flaked almonds. Bake for 30-35 minutes (cover with foil if the almonds are browning too quickly). Chill and enjoy.



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HERITAGE

OPEN DAYS THIS SEPTEMBER



TRAVEL



Are you keen to find out more about England's rich history and culture? Heritage Open Days brings together more than 2,000 local organisations, as well as tens of thousands of volunteers, to celebrate what makes our great country unique.

WHAT IS HERITAGE OPEN DAYS?

Heritage Open Days is England's largest grassroots festival which brings together people from all over the country to celebrate their heritage, community and history. Offering a chance to explore new places and try new experiences without needing to travel far from your home, in 2022 you can expect more than 5,500 local events across England.

WHERE DOES IT TAKE PLACE?

Each year, a huge variety of venues take part in Heritage Open Days, including country houses, collieries, museums, gardens, country parks and more. Events can showcase re-enactments, treasure hunts, film screenings, walks, street festivals, and food and drink tasting sessions. You can find your nearest event on the Heritage Open Days website at www.heritageopendays.org.uk by simply entering your postcode.

WHEN DOES IT TAKE PLACE?

This year, Heritage Open Days takes place between September 9 and 18. Coordinated by the National Trust and with support from the People's Postcode Lottery, all participating venues are completely free.

HOW TO GET INVOLVED

If you would like to volunteer to be an organiser in your local area, you can register your interest at www.heritageopendays.org.uk. Some areas may already have a local coordinator who can help you with the registration process.

HERITAGE OPEN DAYS TO VISIT:

- > British Vintage Wireless and Television Museum – September 10 and 11, Greater London
- > Buckland Abbey, Garden and Estate – September 10 and 17, Devon
- > Heritage Day and Classic Car Rally – September 11, Greater London
- > Bobbit's Hole Nature Reserve – September 11 and 18, Essex
- > St Michael Tilehurst – A Celebration of Church Bell Ringing – September 17, Berkshire
- > Electra Boat Heritage Weekend Adult and Family Talks – September 17, Buckinghamshire.

Photo credits: micko and co/istockphoto.com

DIY SUMMER GARDEN GAMES

FOUR GARDEN GAMES YOU CAN MAKE FOR YOUR KIDS TO ENJOY THIS SUMMER

Worried about how you are going to keep the kids entertained all summer long? Check out the below DIY garden games that you'll have fun making and children will love playing with.

JUMBO KERPLUNK

You will need:

A bucket | Cage mesh or tomato plant cages | 2 wooden planks | Wooden sticks | Soft play balls

How to make:

- > Roll the mesh into a cylinder and secure with black tape.
- > Place the two planks on top of the bucket and rest the mesh cylinder on them.
- > Push the wooden sticks through the holes in the mesh.
- > Fill with coloured balls.

GIANT LAWN DOMINOES

You will need:

28 ft of 2-inch x 6-inch wood board | Chalk paint | Saw | Hand sander | White paint

How to make:

- > Cut the wood into 28 individual dominoes and sand down to prevent splinters.
- > Paint using chalk paint.
- > Paint on the dots using the white paint.
- > Leave to dry.

POOL NOODLE TENNIS

To make two rackets you will need:

2 foam pool noodles | Mesh vegetable or fruit bag | Duct tape | Lightweight sponge rubber ball

How to make:

- > Cut off 4 inches from one end of each noodle.
- > Make an angled cut on each end.
- > Fold the noodle so that the two angled cuts meet to make the head of the racket and secure with duct tape.
- > Use one of your 4-inch cut-offs to create a handle by securing to the base of the racket head with duct tape.
- > Insert the noodle racket into the mesh bag and secure with more duct tape.

BOTTLE RING TOSS

You will need:

10 glass bottles (wine, milk, etc) | 6 wooden rings or bangles | Bottle crate | If you would like to paint the bottles you will also need gloss paint and a paintbrush

How to make:

- > Remove all the labels from the recycled bottles.
- > If you wish, paint each bottle in a bright colour and leave to dry.
- > Place the bottles in the crate.



Photo credit: scout.org, ironandtwine.com, ziggityzoom.com, playpartyplan.com

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Check out our simple guide to marbling and start upcycling your household items today.

WHAT KINDS OF OBJECTS CAN YOU MARBLE?

One of the best things about marbling is that it works on almost any material. You can marble wrapping paper, Christmas baubles, coasters, candle jars, plant pots and so much more. If you are new to marbling, it can be a good idea to practise on paper first.

WHAT YOU WILL NEED TO MARBLE AT HOME

2 x marbling inks or nail polishes in different colours | A tray (plastic or metal) or a bowl | A waterproof tablecloth | Water | A cocktail stick | Your chosen item

HOW TO MARBLE AT HOME

1. Cover your table with a waterproof tablecloth to protect it.
2. Next, fill your tray or bowl with room-temperature water two-thirds of the way up.
3. Pour a small amount of ink or nail polish across the surface of the water, swirling in a zigzag shape.
4. Repeat with your second ink or nail polish, layering the new colour on top of the other.
5. If you are using marbling ink, use a cocktail stick to mix the colours together.
6. Place your chosen item on top of the water and ink mix and then fully submerge it.
7. Gently pull it out and leave to dry – this can take up to 24 hours depending on the item.

TOP TIPS FOR MARBLING AT HOME

- > Wear gloves
- > Dip quickly as marbling inks don't take long to set
- > Pick your colour combinations carefully
- > Use one marbling solution per object
- > 3D items should be dipped in a bowl that is deep enough for the object rather than a tray, and may require double-dipping
- > Don't be afraid to experiment with more than two marbling ink colours.



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Colour CATASTROPHES

THE WORST COLOURS TO USE IN YOUR BATHROOM (AND THE BEST)

Decorating a bathroom can be tricky, as you need to create a space that is restorative, practical and stylish. When it comes to colour schemes, there are certain colours that you should avoid at all costs.

PEACH

The colour peach can make a bathroom feel both outdated and unappealing. It may also make you want to spend less time in the room owing to its ability to decrease energy and make a space feel uninviting.

RED

You don't see many red bathrooms, and there is a good reason for this. While this vibrant shade can bring about feelings of empowerment, it is not very good for creating a relaxing atmosphere, which is paramount in a bathroom.

OLIVE GREEN

Although green bathrooms are becoming increasingly popular, you need to make sure you select the right shade of green. While dark greens such as forest green and bottle green can create a great contrast with white bathroom furniture, olive greens can make the space look drab and dull.

GOLD

Goldish yellow and beige colours are a big commitment for a bathroom as it can be hard to find tiles and finishings that go with these tones. These shades also date quickly, so you may find yourself having to redecorate sooner than you would like.

BROWN

As you might expect, brown is not a great choice of colour for a bathroom. Not only can it create dark corners which can make it more difficult to clean, but it is also not very visually appealing.

BEST COLOURS FOR BATHROOM

- > Rich greens – these are bold and provide a fresh and vibrant feel.
- > Black – this can add contrast and depth when paired with a lighter colour.
- > Blue-grey – this is airy and tranquil without being overpowering.

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values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of supporting the local community by providing a service that saves the public money.

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Dish the DIRT



Is your glassware looking grubby? Your dishes a little dirty? If the answer is yes, this could be because your dishwasher is in dire need of a deep clean.

HOW TO CLEAN YOUR DISHWASHER

1. DO A DEEP CLEAN

Once a month, give your dishwasher a deep clean. Fill a bowl with one cup of lemon juice or one cup of white vinegar, place it on the top rack and then run your machine on an empty cycle. This will help to banish bad odours, counteract the effects of hard water and keep your dishes sparkling clean.

2. CLEAN THE SPINNING ARMS

Dishwashers work by spraying out water from their spinning arms, so if these are not working properly or they are full of dirt and debris, then they will not be able to effectively clean your dishes. You can

remove any build-up with a toothpick or small pair of pliers.

3. CLEAN THE FILTERS

Over time, the filters in your dishwasher can become clogged, which means your appliance is not able to clean as efficiently as it should. To remedy this, remove the filters, rinse with hot water and replace. Do this monthly

for best results.

HOW TO KEEP YOUR DISHWASHER PERFORMING AT ITS BEST

- > Use it regularly – at least once a week to keep the motor seals working
- > Scrape food off your plates but do not pre-rinse
- > Clean the seals after each use
- > Keep your rinse aid reservoir full
- > Do not overcrowd or overload your appliance
- > Use a high-quality dishwashing detergent.



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HOME & DIY

Colour Code

Banjo Beale INTERIOR DESIGN WHIZZ AND HIS DRIVE FOR DESIGN

Anyone who has seen the BBC's *Interior Design Masters* series will have been wowed by the verve, voracity and vision of some of the country's most impressive amateur interior designers.

The series was eventually won by sparky designer Banjo Beale, and the Australian revealed after the show that he employs an unconventional technique when it comes to styling the perfect space.

"I still feel like a fraud when it comes to colour," he said. "I always picked my colour last. I don't know if that's what interior designers do, but because I'm a collector and curator first, I like to take a step back and look at my pieces, then pick a colour that might tie it all together."

Beale's confession, that his priority in a room is always to provide a base of variety and personality that inspires and entertains the mind, may not be a first for interior design, but it's an original perspective as far as the expected norm of makeover shows goes. Previously, there has been an almost assumed start point that the colour of a room is the first thing, not the last, that's decided upon.

Subverting that expectation not only meant the visionary won first prize, but it has also set him on the path

to potentially a full-time career in the design world from his sleepy home on the Isle of Mull in Scotland.

He added: "I always say interior design is 99 per cent logistics and one per cent design, and through the contest hopefully I've given others the chance to look at projects from a different angle too. It's been a brilliant ride."



Photo credit: banjobeale.co.uk, BBC and Darlow Smithson Productions



**MONASTERIES FINDING NEW LIFE THROUGH SENSITIVE REINVENTION**

Dare we say it, there may just be something godlike about the way British designer John Pawson has masterminded an incredible range of renovations across Europe.

The realities of religion's dwindling appeal (at least in the sense of parishioners needing to congregate in a towering space) has created an availability of incredible buildings – churches, monasteries and more – the sensitive reinvention of which into extraordinary, iconic hotels has certainly saved them from disrepair and, in some cases, total collapse.

Pawson represents a breed of architects taking the best traditional features and enveloping these former religious spaces in a veil of luxury and style.

With huge ceilings, elegant windows, sumptuous arches and a wondrous feeling of space and freedom, these are structures so extroverted and unrestrained that they would never make it past first base were they designed as hotel spaces from scratch today.

Pawson says the technique used is almost at odds with itself. "You need to accentuate what is already a huge space," he says, "yet at the same time be respectful and cautious that you are not interfering with the sensibilities of generations who have gone there for comfort and solace."

"I think if we were turning these buildings into nightclubs or shopping precincts, we may encounter more pullback, but the reality is we're repurposing them with a similar goal – to offer those who go there calm, hope and mindfulness."

From the Jaffa Hotel in Tel Aviv to the conversion of an old chapel in Antwerp by Belgian architect Vincent Van Duysen, to all manner of ecclesiastical bases across famously religious countries like Italy and Romania, the sweeping tide of change is creating incredible travel experiences for those on a pilgrimage looking to try something a little different.

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HISTORY

Photo credit: Stefano Bianchetti/Corbis via history.com

Ring MY BELL!

The inventor of the telephone, Alexander Graham Bell, who died in Canada 100 years ago this month, was born in Edinburgh in 1847. In his early twenties, he moved with his parents to Canada. He'd just recovered from tuberculosis, which had killed both his brothers, and his parents were desperate to move to a healthier environment.

After a few years in Canada, Bell settled in Boston. And in 1875, he and his American business partner, Thomas Watson, invented a simple telephone. The machine converted sound into an electrical signal. This signal travelled down a wire to a receiver, which converted it back into sound.

In 1876, Bell was granted the first telephone patent for his machine, giving him the exclusive rights to the technology. But this caused something of a commotion because several other scientists said they'd invented the phone before him. In fact, Bell faced more than 500 court challenges in 20 years – but none were successful.

Surprisingly, Bell was a distinctly average school pupil even though he loved solving problems. His mother was deaf and his father was a linguistics professor, which without doubt triggered the young Bell's interest in sound and communication. Using a system devised by his father, he taught deaf children. And like his father, he married a deaf woman.

The Bell Telephone Company he established in 1877 eventually became the Dallas-based multinational known as AT&T, now the largest telecoms company in the world.

As well as the telephone, Bell invented several devices, including a rudimentary metal detector, a hydrofoil, an early version of an iron lung and a photophone, which transmitted the human voice over wavelengths of light.

Bell's main invention made him wealthy, but he sold most of his company shares early on. Like many inventors, after successfully developing one idea, he wanted to move on to the next.



KHAN'T *stop Adil*

ADIL RAY OBE CELEBRATES 25 YEARS IN THE ENTERTAINMENT INDUSTRY

We're in an era where some claim the path for ethnic minorities is blocked by prejudice, bias, racism and more. Adil Ray OBE, the DJ, presenter, scriptwriter and unashamed cricket fanatic, is one man who roundly disputes that assumption.

In fairness, the 48 year old need only look at the success of his own career to see how a constant battle to innovate, inform and enthuse an audience will not only create great TV or radio, it will also keep an ambitious career moving forward.

"I'm not blind enough to suggest there aren't challenges for a lot of people in our society, pretty much all across the board," begins Adil, "and that applies to indigenous members of the population too.

"Yet my own experiences are that if you are original, open, confident and malleable to the norm while also looking to push beyond it, you really can get on, and when that happens, life gets exciting."

Adil kicked off an impressive voyage through the entertainment world in pirate radio during his degree at the University of Huddersfield. Before graduating with a 2:1 in marketing in 1997, the son of a Pakistani father and Kenyan mother had already landed a gig with Choice FM, and he was swiftly to move on to Galaxy 105, Century Radio in Manchester, and Ministry of Sound.

Things really began to accelerate when he joined BBC Asian Network in 2002, with the station having just gone digital to a nationwide audience. His award-winning stint included hosting the *Breakfast Show* and led him to BBC 5 Live, where he quickly worked his way across to TV projects, with presenting duties on *The One Show*, as well as taking on a number of documentary commissions, notably about community, Asian integration and, of course, cricket.

Versatility had always been at the heart of what Adil preached, and back in 2012 he co-wrote the comedy *Citizen Khan*, featuring central character Mr Khan and his long-suffering family. The sitcom was taken up by the BBC and went primetime, and to date has returned for five series and 34 episodes, clinching four Royal Television Society Awards along the way.

In recent times, Adil has switched allegiance to ITV, filling in for former host Piers Morgan on *Good Morning Britain* and, as if to push his versatility even further, has entered the space of quiz show host, as in 2021 he began fronting *Lingo*.

Fans of the cult word game Wordle, which has gone viral over the past year, will recognise the format, where contestants have to identify a word using correctly and incorrectly placed letters from past attempts.

"I've always loved words and wordplay, so this one has fitted into my portfolio nicely, to be honest," laughs Adil.

"Mostly, what interests me is moving forward with new ideas. I've still got a big box of them at home – most are rubbish, but you only need to get one right, and that could lead to a lucky break.

"TV execs these days are looking for something a bit different. Shock factor will work, for a while at least, but courage and charisma will always carry people forward the furthest."



LOCAL NEWS

from your neighbourhood



Photo credit: Chic Photography Studio

Day of fundraising makes boy's dreams come true

A woman from Hornchurch whose daughter died from breast cancer has raised £2,500 so a young boy with leukaemia can go on holiday.

Kim Brandon (pictured fourth from right and far right) lost her daughter, Sammy Jo, four years ago aged 29. Shortly after her death, Kim and her family set up the Sammy Jo Brandon Foundation, which has raised more than £200,000 for Children With Cancer UK, a charity supporting research into childhood cancers.

A recent charity golf day supported by the Sammy Jo Brandon Foundation raised money for three-year-old Niko (pictured centre and right with Kim), and

the funds have been converted into Center Parcs vouchers so Niko and his family can go on holiday.

She said: "The day was organised by a gentleman I used to work with and he said he would like to give the money to a child. I go to the same hairdressers as Niko's mum, so I thought we should give it to Niko. Now the family can go to Center Parcs. It's something to look forward to when Niko is well enough."

Niko was also the guest of honour at a charity football day and tournament last month.

Follow Niko's journey via his Instagram at @ourlifewithleukemia

Man charged after stabbing at High Street pub

A man has been charged with attempted murder following an incident at a pub in Hornchurch.

Phillip Kemp, 29, of Redbridge, was charged on Tuesday, July 26, and appeared at Barking Magistrates' Court later the same day.

He was remanded in custody and will next appear on Monday, August 22, at a court to be determined.

At 12.06am on Saturday, July 23, officers on patrol were made aware of a 23-year-old man who had been

stabbed at a pub on the High Street.

They called for support from the London Ambulance Service and provided first aid to the man, who had suffered a number of stab wounds.

He was taken to an East London hospital with stab wounds that were assessed as non-life threatening.

After videos of the incident were shared on social media, police reminded the public not to share footage as it risks prejudicing future court proceedings.

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Historic snooker club closes after 90 years

A snooker club in Hornchurch closed its doors last month after 90 years in the town.

Evren Omer has run Knights Snooker and Pool Club on the High Street with his business partner, Yil Shevket, for the last 35 years.

He broke the news of the closure on social media in June and the club shut its doors for the final time on July 31 after its lease expired.

Evren said he has a lot of special memories from his time at the club.

He explained: "A 14-year-old Ronnie O'Sullivan

used to play in our Monday night tournament. Our Friday nights also used to bring a very good crowd of regulars to socialise."

The club's landlord, Metro Properties, submitted a planning application to convert the club into flats. The plans were rejected by Havering Council, but an appeal has now been lodged.

Evren and Yil are continuing to search for a new venue.

Evren added: "Unfortunately, there's nowhere in Hornchurch to relocate that can accommodate us."



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We are still open for business and practising safe distancing according to government guidelines.

Arrest made after man found with head injury

A man was arrested on suspicion of causing grievous bodily harm with intent after an incident in Hornchurch last month.

Police were called at 11.13pm on Friday, July 8, to North Street after a man in his 30s was found with a head injury.

The man was taken to hospital with non-life-threatening injuries.

A 27-year-old man was arrested shortly afterwards on suspicion of causing grievous bodily harm with intent.

He was taken to an East London police station and was subsequently bailed pending further enquiries.

Enquiries continue and anyone with information about the incident should call police on 101 or Tweet @MetCC quoting CAD 8728/08JUL.

Alternatively, you can contact the independent charity Crimestoppers on 0800 555 111 or online at crimestoppers-uk.org



Stock image



JULIA LOPEZ MP

Hornchurch and Upminster



Residents will be aware that I opposed the Mayor of London's proposal to expand the Ultra-Low Emission Zone (ULEZ) London-wide. I hope that residents were able to submit their thoughts to the mayor's consultation and we will wait and see the outcome of this.

I have also shared residents' concerns about the fuel duty cut not being passed on by some of our local garages with the Competition and Markets Authority (CMA). This reflects a government-wide concern and I was pleased that the Business Secretary highlighted these directly with the CMA to ensure that residents truly feel the benefit of the fuel duty cut.

On the cost of living, I am pleased the government has increased the threshold for NICs to be paid, saving the average worker £330 a year, and has confirmed two cost-of-living payments worth £650 to the poorest households as well as a £400 Energy Bills Rebate to assist all households.

Hornchurch residents will be as delighted as I was to see the Queen's Theatre given Grade II listing. This is only one of six sites across the country with a connection to Her Majesty to have been listed to mark her Platinum Jubilee. I am thrilled that Queen's

has been recognised in this way as the theatre went through some really difficult times during the pandemic and received government support so it could stay open to local residents and the wider community. The Grade II listing further secures the theatre's future and I hope marks the start of exciting times ahead.

I recently took up residents' concerns about A&E waiting times at Queen's Hospital. I welcome the introduction of an improvement plan with NHS teams working hard to develop a new joint entry system in which all visiting patients attending A&E will be triaged jointly by both Barking, Havering and Redbridge University Hospitals and the Partnership of East London Co-operatives. I have also had meetings in Hornchurch and Parliament recently with members of the Havering Dementia Carers Support Group to discuss social care policy and to raise awareness of the pressures on carers.

On schools, I was delighted to see many local schools receive Condition Improvement Funding to improve buildings. These schools included Coopers, Campion, Sacred Heart, Redden Court, Emerson Park, Upminster Infant, Drapers' Pyrgo Priory and Sanders Draper.

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Students praised as Sixth Form celebrates 30 years

Hard-working students from Hornchurch were among those honoured at the 30th anniversary Havering Sixth Form Awards last month.

The Sixth Form, now part of New City College, was formed in the academic year 1991/92 on the site of the old Dury Falls School in Wingleye Lane, Hornchurch.

The awards evening included a photographic exhibition of the construction of the building, a display of historic prospectuses and a student roll of honour for each year from 1991 to 2021.

Original principal David Blake, who retired in 2006, returned to present awards to four members of staff who have worked at the college since its opening.

Other awards included Student of the Year for each subject area as well as Contribution to College

Life, Outstanding Contribution to the Community, Academic Achievement and Team of the Year.

Former student and TV personality Sara Pascoe, host of *The Great British Sewing Bee*, sent the students a message of congratulations, while alumni gave speeches about how the college helped them forge successful careers. The Mayor of Havering, councillor Trevor McKeever, gave a closing speech.

Principal Janet Smith (pictured above left) said: "I am proud of these exceptional young people who deserve to be celebrated for their incredible achievements."

Winners from Hornchurch included Lydia Storey, Thomas Curtling, Teerath Sanghera and Ben Coker (pictured clockwise from top left with Janet Smith and deputy principal Phil Hall).

Application to replace buildings with new flats

A planning application has been put forward to demolish four buildings in Hornchurch and replace them with nine flats.

The application was submitted to Havering Council by Maytim Holdings and would see nine new apartments created to replace the units at 84-90 Ardleigh Green Road, which currently include two houses, a takeaway and flat, and an industrial unit.

The proposed three-storey building would contain one one-bedroom and eight two-bedroom apartments, with landscaping and parking for both petrol and electric cars, as well as cycle spaces.

A decision on the application is expected on August 30. To view the plans, visit the Havering Council planning website at development.havering.gov.uk/OcellaWeb/planningSearch and search reference P1074.22.

Architects of the project, Spatial Design Architects, have been contacted for comment.



Photo credit: Spatial Design Architects

Application submitted for new takeaway restaurant



Photo credit: Google Maps

A new takeaway pizza restaurant could open in Hornchurch after a planning application was submitted.

Havering Council recently received the application for the ground floor of a former restaurant at 96 Ardleigh Green Road on behalf of American chain Papa John's.

Proposed opening hours for the new takeaway are from 11am to 11pm Sunday to Thursday and 11am to midnight on Fridays and Saturdays.

A report for members of Havering Council's Planning Committee, who will make the final decision, says the development complies with local planning policies.

It reads: "It is therefore requested that the application be considered favourably, and planning permission granted, subject to any reasonable and relevant conditions."

To view the application, visit development.havering.gov.uk/OcellaWeb/planningSearch and search reference P1006.22.

A decision is expected on August 17.

MP resigns as minister following government crisis

Julia Lopez, MP for Hornchurch and Upminster, resigned as Minister for Media, Data and Digital Infrastructure last month amid the outcry against Prime Minister Boris Johnson's government.

In a co-signed letter to the Prime Minister on July 6, which included the signature of four other MPs, the Conservative MP called on the Prime Minister to resign.

Sharing the letter in a tweet, the MP said: "I am grateful to the Prime Minister for giving me the opportunity to serve the nation I love."

The letter itself reads: "We hugely admire your fortitude, stamina and enduring optimism. You can be rightly proud of the significant decisions which you have, by common acclamation, got right."

"However, it has become increasingly clear that the government cannot function given the issues that

have come to light and the way in which they have been handled.

"In good faith, we must ask that, for the good of the party and the country, you step aside."

Boris Johnson resigned as Conservative leader on July 7, but will remain as Prime Minister until the autumn.

Housing partnership celebrates anniversary

Havering Council and Wates Residential are celebrating four years since contracts were signed and work began to regenerate 12 council estates across the borough, including two estates in Hornchurch.

The 12 Estates regeneration programme aims to overhaul the council's existing accommodation to make it fit for the future.

The first to be completed are the Napier and New Plymouth developments in Rainham, where almost 200 high-quality homes will replace two outdated 13-storey tower blocks to improve the provision of affordable homes for local people.

This will be followed by the Waterloo Estate in Romford and Solar, Serena and Sunrise Courts in Hornchurch.

All residents who have been moved off the sites to enable the regeneration to go ahead are guaranteed the right to return.

Leader of Havering Council, councillor Ray Morgon, said: "At this moment of retrospection at all that has been achieved by the joint venture partnership over the past four years, I am delighted to have the opportunity to also look forward to the fresh start and our burgeoning relationship under the new administration that I lead."

"I am excited about the delivery of the 12 Estates regeneration scheme, which undoubtedly benefits our residents, businesses and the wider community."

"The new homes being built are vital for our residents, but we are keen to maximise the wider opportunities for our community through social value investment."





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ANDREW ROSINDELL



MP for ROMFORD



LOCAL NEWS

This month, I wanted to talk about how much joy pets bring to our lives and the fantastic effect they have on our mental and physical wellbeing. It is nonsensical to exclude renters from these benefits. So I welcome proposals regarding pets in rented accommodation made in the government's recently published Rental Reform White Paper. My campaign for a Pet in Every Home, known as Jasmine's Law,

proposed that pets should be allowed to live in rented accommodation, provided that safeguards are in place to protect the property owners, and I am pleased that this idea has now been accepted. It's great news for animal lovers and means that everyone can own a pet, as long as they are responsible and care for their animal as well as their rented home.



June marked the 40th anniversary of the Falklands War, a crucial moment in the second half of the last century and an example of Britain standing up to tyranny in favour of democracy, liberty and sovereignty. Now more than ever, we can learn from those lessons with the current geopolitical situation. I was disturbed to hear how today's generation of young people have barely heard of the Falklands War. I think it is therefore crucial to teach the next generation about it and why the liberation from illegal occupation by a military dictatorship in 1982 was so important. It is paramount that young people today realise the importance of standing up for democracy and freedom. It is time for British history to be taught in schools and that the 'woke' agenda is expelled from our classrooms. We must teach the next generation about Britain's proud history and the incredible contribution our nation has made to the modern world.

Club starts pre-season with wins

Hornchurch FC have started their pre-season with two solid wins, despite soaring temperatures on both days.

The Urchins began their preparations for the 2022/23 season on Sunday, July 10, with a match against fellow London side Barking.

Though the temperature reached 30 degrees, winning the game proved no sweat for Hornchurch, with goals from Sam Higgins, Ola Ogunwamide and Ellis Brown.

The following match on Saturday, July 16, was also played in the sweltering heat – this time against Essex-based Brentford. It was a comfortable win for the Urchins, with Higgins and Brown once more ending up on the scoresheet, as well as Charlie Stimson, and the game finished 3-0 to Hornchurch.

In transfer news, the retainment of several players for the next season has recently been announced. Lewis Spence, Ola Ogunwamide, Joe Wright, Sam Higgins, Liam Nash, Nathan Bertram-Cooper, Remi Sutton, Rickie Hayles, Ellis Brown, Ronnie Winn, Jordan Clark, Ollie Muldoon, Mickey Parcell and Tobi Joseph will all be staying at the club.

However, it was also announced that Charlie Ruff (pictured right) will be ending his two-year spell at the Urchins and moving to National League South side Chelmsford City.



Photo credit: Hornchurch FC

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OUTDOOR PLANTS

you can't kill

Not particularly green-fingered but still want a thriving garden? Check out these outdoor plants that promise to grow in spite of you rather than because of you.

Plus, our top tips for creating a stress-free, low-maintenance garden.

GERANIUMS: Geraniums are a popular choice for the garden owing to their vibrancy, vivid colours and stunning scents. However, they are also known for coping with even the most inhospitable situations and will thrive in the sun or shade.

EUONYMUS: Euonymus is an evergreen shrub that can bring brightness to your garden all year round. Ideal for climbing up walls or alongside brickwork, this vibrant plant requires little to no maintenance and will tolerate inferior soils, exposed areas and windy corners.

PRIMROSES: Primroses make a stunning addition to any garden and come in a wide variety of colours. This flowering plant loves both the sun and shade and will seed itself about the garden without ever becoming a nuisance.

BAMBOO: Bamboo is a versatile plant that can survive in most conditions and is ideal for bringing a touch of the exotic to your garden. It comes in a variety of colours, heights and foliage types and is great for creating bold focal points or living screens.

ASTRANTIA: If you have damp soil in your garden, then Astrantia, also known as Hattie's pincushion or masterwort, is a great choice. Boasting attractive blooms, astrantia is another self-seeding plant that is perfect for low maintenance and wilder garden schemes.

HOW TO CREATE A LOW-MAINTENANCE GARDEN:

- > Keep plant variety to a minimum
- > Replace fine turf with hard-wearing seed or turf mix
- > Focus on hardscaping
- > Ditch the decking
- > Add a thick layer of mulch to your garden beds to reduce the need for weeding.

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GARDENING

FREE flowers

August is the perfect month to collect seeds from your garden plants so you can sow them next spring and enjoy them all over again. It's simple and quick to do – all you need is some secateurs or sharp scissors, a few paper bags and some envelopes. And it costs you absolutely nothing.

Some seeds are easier to collect and grow than others. Annual plants are ideal because they produce lots of seeds.

Here's a list of some of the best: Allium | Aquilegia | Cleomes | Dahlias | Larkspur | Marigolds | Morning Glory | Nasturtiums | Petunias | Poppies | Snapdragons

When you're planning to collect your seeds, choose a dry day. Seeds definitely don't like getting damp. And make sure it's not too breezy, or your seeds could blow away before you catch them.

Now let's get started. All you do is trap the seed

head or pod in your paper bag and snip it off the plant. Before you do this, write the name of the plant on the bag. You might think you'll remember, but often this isn't so.

When you're done and back inside, tip the seed heads onto a piece of plain white paper or kitchen towel. Remove any bugs or debris and check the seeds are completely dry. Then tip them carefully into named envelopes and keep them somewhere cool and dry. For something a little special – a great idea if you're going to give them as gifts or swap them with friends or family – why not decorate the envelopes?

Remember, it's usually better to choose heirloom, open-pollinated plants rather than hybrids. This is because the seeds of hybrids won't usually produce plants identical to their parents – not that it isn't fun to experiment.

Happy gardening!





HORTICULTURAL HERO:

ADAM FROST



Speak to almost any horticulturalist and they will praise the considered, calming and relaxing virtues of spending time in the garden – an escape from everyday life.

Yet for most of us, when we bring out the shovel and the spade, our first reaction is to embark on a tornado-like tour of our beds, lawns and pots.

Gardeners' World presenter Adam Frost is one man looking to change things. With an eye on grindingly slow green-fingered activity, Frost declares that good gardening is all about letting nature dictate the pace at which our wild spaces evolve.

Adam, who is a popular face at the Chelsea Flower Show, explains: "How do I treat problems in my garden? I don't. Even if you get greenfly on a plant, you can guarantee that within one or two weeks, something will come in and clear it. The moment you start interfering, you are unbalancing what's going on."

Instead, the award-winning gardener would rather we undertake a more passive approach to all aspects of our garden, even if encouraging wildlife to undertake jobs we would otherwise do ourselves means slightly scruffier spaces.

He continues: "Of course, there is always the lure for perfection, but even the best manicured garden requires regular maintenance; and rather than always chasing that perfect look, why not see the beauty in how nature takes over a space?"

While mowing and weeding can still be added to the checklist, slow gardening is about letting your garden discover its own voice. Assuming you have provided it with good soil, plenty of water and the right shade in certain areas, Adam believes the flora and fauna will do the rest.

He adds: "Nature has always known what it's doing, and seeing it make its own decisions, rather than having us lead, is a real thrill."

Photo credit: BBC

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Doggie language

FIVE THINGS YOUR DOG IS REALLY TRYING TO TELL YOU

Think that panting means they are thirsty? That rolling over means they want their belly scratched?

Read on to discover five canine behaviours that owners often misinterpret.

1. TAIL WAGGING

If your dog wags their tail, you may automatically think that they are happy or excited. However, this can also be a sign that they are frustrated or overstimulated. If your dog holds their tail up high, this could be because they are feeling confident or aroused.

2. TEETH CHATTERING

While teeth chattering in humans most often means they are cold, in dogs this indicates something completely different. In most cases, teeth chattering in dogs is a sign of a dental health problem such as an abscessed tooth or periodontitis. It can also be a sign of anxiety.

3. LICKING THEIR LIPS

Although this could indicate that they are looking forward to a meal, licking their lips could mean that your dog feels sick or afraid. It can also be because they are nervous about something, with dogs licking their lips as a sign of appeasement to avoid injury.

4. EXPOSING THEIR BELLY

Do you always assume your dog wants their belly rubbed when they lie on their back and expose their stomach? Although this may sometimes be the case, it can also indicate that they are feeling nervous or threatened, which may result in aggressive behaviour if you touch them.

5. PANTING

While you may think that panting means that your dog is overheated, it can also be a sign of stress. If your dog is panting and they do not seem hot or tired, then try to identify any triggers that could be causing them stress or anxiety and look to avoid these.



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Babbel

Babbel offers self-based learning in the form of short, context-based lessons. The app is user-friendly and provides courses for beginners and more advanced learners. Babbel is available to download on iOS and Android, with prices starting at £5.99 per month for a 12-month subscription.

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italki is a unique language learning app that involves

conversing with a tutor to learn a language. Not the best option for the timid, this app will push you out of your comfort zone and dramatically improve your vocabulary. Sessions cost around £10, but you can trial tutors at discounted rates. Available to download on iOS and Android.

Rosetta Stone

A well-known name in the world of learning languages, Rosetta Stone is one of the more expensive apps, but it does have an excellent reputation. The lessons are highly interactive, and you only learn in your target language, without English translations. Prices start at £11.99 per month with a three-month commitment.

Duolingo

Duolingo is one of the top-rated language learning apps which forgoes teachers and books in favour of gamification. With a choice of 39 languages which you can all learn for free, Duolingo is ideal for those taking their first steps in learning a new language. Free on Windows, iOS and Android devices.

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BEGINNER'S GUIDE TO BUYING RETURN PALLETS

Scouted as an easy way to make money fast, flipping return pallets has suddenly soared in popularity.

But is it as simple as everyone makes out, and can you really make a profit? Let's take a closer look.

WHAT IS A RETURN PALLET?

A return pallet, as the name suggests, is a pallet of returned goods, although you can also get pallets that contain end-of-line goods and clearance products. These are sold at highly discounted prices and are typically organised by category, lot size, brands, retailers and location.

HOW CAN YOU MAKE MONEY BUYING RETURN PALLETS?

- > **Buy in bulk:** Typically, the more you are able to buy, the cheaper the cost. However, bear in mind that you will need somewhere to store the goods.
- > **Stick to what you know:** When choosing pallets, make sure you pick product categories that you are already knowledgeable about. It can also be a good idea to carry out research about the value of

items before you buy.

- > **Track your goods:** To maximise your return on your investment, keep track of the goods in your pallets, including name and brand, item condition, RRP and resale price, and the amount the product sold for.

IS PALLET FLIPPING WORTH IT?

Most return pallets include thousands of pounds of products for a fraction of their original cost. However, as with any get-rich-quick scheme, there are risks involved. In most cases, you don't know exactly what you are buying, and you have to be prepared to put in the work as you won't sell everything overnight.

WHERE CAN I BUY A RETURN PALLET IN THE UK?

Most major retailers sell return pallets, including Amazon, Very and eBay.

You can also buy return pallets on the below websites:

- > marthill.co.uk
- > gemwholesale.co.uk
- > wholesaleclearance.co.uk
- > discounthouse.co.uk
- > williamgeorge.com



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FANCY BUYING A

BEACH HUT?

According to recent statistics, beach huts are now one of the most popular property purchases in the UK. However, are they really a good investment? Discover the pros and cons of buying a beach hut below.

PROS OF BUYING A BEACH HUT

✓ Access to prime coastal locations

If you love going to the beach when holidaying in the UK, then a beach hut can give you access to stunning beach spots without the need to lug your belongings back and forth each day.

✓ Income from summer rentals

Renting out a beach hut to tourists during the summer months offers a great way to earn a little bit of extra cash. This is particularly true if you live near a popular holiday destination.

✓ Enjoy the outdoors

Beach huts are not just for summer; you can enjoy them all year round so you and your family can get out in the fresh air and away from screens.

✓ A solid investment

Beach huts are in short supply in the UK, despite them being high in demand. This means that they tend to hold their value over the long term.

CONS OF BUYING A BEACH HUT

✗ High maintenance costs

As beach huts are located near the coast, they are more susceptible to damage from harsh weather conditions such as heavy rain and strong winds, as well as the close proximity to sea water. This can mean higher maintenance costs than other types of properties.

✗ Limited space and facilities

Beach huts are typically small, which means there is not a lot of space to store your belongings. Also, some do not have basic facilities such as water and electricity.

✗ Seasonal availability

Some local councils only permit the use of beach huts during the summer months, which means you get less use out of your investment.



5 unspoken rules of BOTTOMLESS BRUNCH

Bottomless brunches seem to be popping up everywhere – at chain restaurants, luxury hotels, your local pub... the list goes on.

However, how do you navigate these events with dignity and decorum? Or at least without waking up the next morning with the dreaded 'beer fear'. Find out below.

1. DO NOT MAKE PLANS FOR AFTERWARDS

Think you are going on a bar crawl after a bottomless brunch? Planning to take a leisurely walk around the shops? You are sadly mistaken. If you are attending a bottomless brunch, do not make any plans for afterwards as you'll most likely want to spend the rest of the day catching up with the same friends and family you went to brunch with.

2. ARRIVE ON TIME

Whether it's one, two or three hours, bottomless brunch hosts can be ruthless, and they will stop serving you when your time slot is over. Therefore, if you want to get maximum bang for your buck, make

sure everyone in your party arrives on time and that you order asap.

3. BE POLITE TO YOUR SERVER

Manners cost nothing, but they can help you to have a more enjoyable bottomless brunch experience. Even if you and your friends are getting a little rowdy, that doesn't mean that you can't be polite when ordering your drinks.

4. CHOOSE YOUR FOOD WISELY

Although brunch conjures up images of scrambled eggs, smoked salmon and avocado on toast, most bottomless brunch packages offer much more substantial food choices such as burgers, pizzas and even pancakes. To avoid all that fizz going to your head, make sure you stock up on plenty of stodge.

5. HAVE FUN

Rather than stressing about your empty glass or worrying about how much time you have left, just sit back, relax and have fun with your family and friends.

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BRITAIN'S GREATEST SPORTING MOMENTS...

BEN STOKES OBE: 2019 WORLD CUP FINAL

Each month, we look at one of the most significant events in British sporting history. This month, we mark 10 years since Ben Stokes OBE's first call-up for the England cricket team, and reflect on that memorable 2019 World Cup Final.

Stokes was, in many ways, the perfect man to lead England to ODI World Cup glory on that momentous Sunday afternoon at Lord's on July 14, 2019.

We are a country that loves a fallen hero who rises from the depths again, and as the Durham batsman constructed a run chase that looked capable of exceeding New Zealand's 50-over score of 241/8, there was a sense of inevitability about the match.

It was only two years before that a disgraced Stokes had found himself splashed across the front pages of the tabloids after a fight outside a nightclub in Bristol. The then 26 year old was dropped from international cricket and the Test side were forced to travel to Australia for the Ashes without their skilled all-rounder (and promptly lost the series 4-0).

That Stokes battled his way back both mentally and competitively reinforces why now, a decade on from his Three Lions debut, and despite recently having announced his retirement from one-day international cricket, he is as valuable as ever.

On that glorious afternoon, Stokes scored an unbeaten 84 to draw England level with the Kiwis, before returning with Jos Buttler to put on 15 runs in a sudden-death super over.

New Zealand had six balls to win the trophy, and were left needing two off the final ball. A single run would tie the scores, but England would win, having scored more boundaries.

Martin Guptill's sweep towards deep midwicket saw Jason Roy in position to arrow the ball back to wicketkeeper Buttler, who dislodged the bails less than a second before the New Zealand opener made it back for a second run, and gained England their first cricket World Cup by a winning margin of zero runs and nine boundaries. Pure magic.

Photo credit: Ray Lawrence/TGS Photo/Shutterstock



SPORT

EUROHERO



In August 2020, the English Football Association broke new ground with the appointment of the first non-British permanent manager of the women's national football team.

That selection was the Dutch coach, Sarina Wiegman, and the effect has been dramatic.

It's August 3, 2017, and at the De Grolsch Veste in Enschede, Netherlands, the Leeuwinen (Lionesses) beat the Lionesses – that's the Dutch women's national team seeing off their English counterparts to advance to the final of the UEFA Women's Euros. The hosts would go on to win the final 4-2 and secure their place in history.

Their manager that day, Sarina Wiegman, has this summer found herself sporting the livery of our very own Three Lions, and amid the finesse and the fanfare, our first overseas manager is gradually raising the England women's team to become the very best in the world.

Now, at the time of going to print, England find

themselves preparing for their first major final in 13 years – against former world champions Germany no less – and playing a brand of soccer that leans on the Total Football principles of past Dutch greats.

Wiegman has hardly come from nowhere. In fact, for her performance as manager of the Oranje, there will soon be a statue unveiled in the garden of the Dutch Football Association – the first woman to be honoured in this way.

Hooking up with the England game – with the Women's Premier League at its highest ebb and the national team's new generation showing real promise – was an easy decision to make for Wiegman, even if COVID-19 stalled her involvement as the Lionesses powered past the likes of Austria, Northern Ireland, Norway and Spain.

The 52-year-old's appointment signals the intent the FA has in growing the women's game to new heights and now, not for the first time, just the Germans stand in our way.

Photo credit: Katie Chan/Action Plus/Shutterstock, UEFA.com



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MCLAREN THROWS ITS WEIGHT BEHIND THE ELECTRIC CAR REVOLUTION

You may permit yourself to scoff very quietly when it comes to major car manufacturers rolling out terms such as sustainability, eco-consciousness and global change. The motor industry is, after all, responsible for around 30 per cent of the Earth's carbon emissions, so any virtue-signalling pledges should be taken with a pinch of salt.

However, UK manufacturer McLaren is at least aligning strong portions of its competitive arm as it enters the Formula E championship in place of reigning champion Mercedes, who is quitting to focus on road car development.

The switch enables McLaren to take on the progress Mercedes has made so far, as well as claiming the fourth quarter of its competitive motoring proposition – it will now have vehicles racing in Formula E, Extreme E (the off-road spin-off), IndyCar and, of course, Formula 1.

What's more, the team announced a new strategic partnership with NEOM, a sustainable region in northwest Saudi Arabia, with the combined e-teams

known as NEOM McLaren Electric Racing.

While leading the charge, literally, in electric car competition may seem like the work of marketing and PR, the truth is that Woking-based McLaren wants to push its competitive research edge as far as possible in creating a car that's great on the track, while adapting an engine that can be used for everyday road vehicles.

Certainly, the efficiencies gained in both specialisms lend faith to the incredible advances that continue to evolve, from the simplicity of quicker charging times and better batteries to the reality that electric sports vehicles are no longer derided or disrespected by fervent racing fans.

In this sense, Mercedes' loss is most definitely McLaren's gain, with Formula E set to make further ground on motor racing's showpiece, F1, this season.



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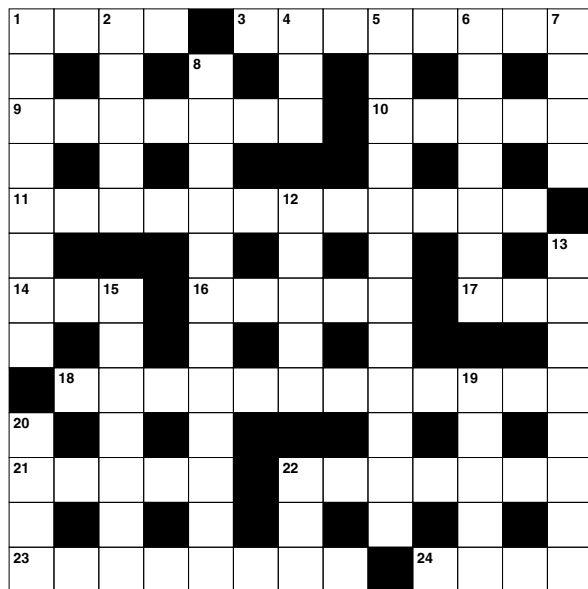
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ACROSS

1. Guinea pig (4)
3. E.g. resident of Cairo (8)
9. Cause to absorb water (7)
10. Wanderer (5)
11. Large Brazilian city (3,2,7)
14. Short sleep (3)
16. Explore or examine (5)
17. Our star (3)
18. Someone skilled in penmanship (12)
21. Pale orange tropical fruit (5)
22. State emphatically (7)
23. Estimating (8)
24. Change (4)

DOWN

1. Orderly and logical (8)
2. Record on tape (5)
4. Command to a horse (3)
5. Persistence (12)
6. Turns upside down (7)
7. Standard (4)
8. Butterfly larvae (12)
12. With a forward motion (5)



13. Most annoyed (8)

15. Appease (7)

19. Detected a sound (5)

20. Highly excited (4)

22. Animal lair (3)

DID YOU KNOW?

- ▶ Art competitions used to be part of the Olympic Games from 1912 to 1948. This included disciplines such as mixed painting, sculpture, literature and music.
- ▶ The Olympics have been hosted by several countries that no longer exist, including Yugoslavia who hosted the Winter Olympics in 1984.
- ▶ The netball final at the 2018 Commonwealth Games was the first time since 1998 that the final did not feature both Australia and New Zealand. Australia and England faced off in the final, with England taking the gold.
- ▶ Sergio Agüero holds the record for the highest number of goals scored in the English Premier League by a football player for one club. He scored a total of 184 goals for Manchester City between August 15, 2011, and May 23, 2021.

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