

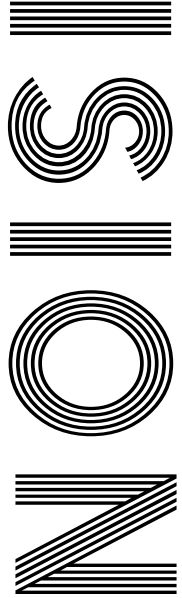


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Sir
TOM MOORE

Inspirational war hero receives knighthood

New legislation for landlords



Rob Kahl
Office Manager
Scott & Stapleton

Did you know, as of July 1st 2020 a new government legislation will be in place for Electrical Safety Certificates on all new tenancies?

The snappy new draft legislation titled, The Electrical Safety Standards in the Private Rented Sector (England) Regulations 2020, will apply for all existing tenancies by April 1st 2021.

We pride ourselves on sharing our expertise to keep you updated and informed. As a Landlord, there has always been an obligation to ensure

the safety of electrical installation in your property, however in less than five weeks an Electrical Inspection Condition Report (EICR), will be mandatory for all rental properties. This requirement extends further than new tenancies, applying also to existing tenancies that have become Statutory Periodic Tenancies at the end of their term.

With little time before this new legislation takes effect, we want you, as landlords, to feel prepared. It is not a simple box ticking exercise and proffering yet another certificate. Logistical considerations could impact upon your tenants, if works are to be carried out, so we would advise not to wait!

Obviously simple adjustments to a ceiling rose or socket replacement will not cause any upheaval, but full or partial rewiring may require tenants to vacate the property. We appreciate timing is key and therefore to avoid any inconvenience or additional cost to the landlord, works could proceed between tenancies.

At Scott & Stapleton, we have been busy negotiating with electrical contractors, not only to secure a service that works for us, but a low-cost electrical report that also works for our clients.

Due to the sheer volume of property we manage, we have secured excellent terms and reasonable rates, including obtaining a price for the minimum requirement of work in order to pass.

To add to this, we are currently in conversations to secure credit terms, to aid you with any unexpected costs.

“ We pride ourselves on sharing our expertise to keep you updated and informed. ”

It has always been part of our best practise to advise our landlords to obtain up to date gas certificates and electrical checks, but the passing of this new legislation makes it compulsory to comply with the 18th Edition of the Wiring Regulations, which only came into force in 2019. We therefore anticipate that a high number of rental properties will currently not comply.

However, you'll be relieved to hear, that on completion and relevant certification, it is our understanding that the certificate remains valid for a period of 5 years.



As ever, the safety of our tenants is paramount, as is, ensuring our landlords have all the relevant certification to comply with any new or existing legislation.

If we can offer any further advice or information, to help you meet the new government requirements in a timely manner, do not hesitate to contact us for a no obligation chat at rob@scottandstapleton.co.uk or anthony@scottandstapleton.co.uk

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June 2020

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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh-on-Sea. I hope you are all keeping well in these uncertain times. Anyone who knows me will tell you I have always tried to look for the positive in every situation, and yet the past few weeks have tested even my own strength of optimism.

Firstly, my father was hospitalised with COVID-19 - a battle I am relieved to say he won - and my business, like most small enterprises, faced some challenging times.

And yet we have weathered the storm and are back on the rise, and in something of a metaphor for this new dawn, my wife and I welcomed a new addition to our family in April when my daughter Emily was born happy, healthy and well.

I am not alone in having faced very real challenges, and yet, in adapting to the 'new normal', as they say, so many people have sensed a tremendous opportunity for reflection, and to be grateful for the lives they live.

What's more, I sense that our enforced separation from family and friends over this past couple of months will only make those relationships stronger and even more cherished in future, and perhaps that's the greatest positive of all.

Remember to keep your distance and keep washing your hands.

Hope you enjoy reading this month's **VISION**.

Nik

ACROSS: 1. CUTE, 3. HAMMERED, 9. ARRIVAL, 10. LEMUR, 11. INSTRUCTIONS, 14. MUM, 16. MODEL, 17. ALL, 18. EMPHATICALLY, 21. AUNTS, 22. ROTUNDA, 23. BLOSSOMS, 24. TEAK
 DOWN: 1. CHARISMA, 2. TERMS, 4. ALL, 5. MULTIPLICITY, 6. ROMANIA, 7. DARN, 8. OVEREMPHASIS, 12. CADET, 13. PLAY BACK, 15. MEMENTO, 19. LANCE, 20. LAMB, 22. RUM

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The TV doctor whose finger has been on the pulse of the nation's health needs for more than three decades.

Readers of a certain age will best associate Dr Hilary Jones with the so-called golden era of daytime TV when, in the 1990s, producers presided over formats that would cement the careers of the likes of Chris Evans, Ulrika Jonsson, Richard and Judy, Nicky Clarke, John Torode and Gino D'Acampo.

As GMTV's softly spoken, likeable and, to some, slightly lusty healthcare pro with all the answers, Dr Hilary found himself answering questions on everything from puberty to piles in front of a watching television audience of millions.

Having qualified as a medical doctor at the Royal Free Hospital in London in 1976, he spent time practising abroad before becoming a junior doctor, then GP, in Basingstoke. The charisma and calm he brought to matters of the body and mind meant it was only a matter of time before the media spotlight came his way, and he has since spent a career supplementing TV appearances with magazine columns (notably *The Sun on Sunday* pull-out *Fabulous*) and radio appearances (he is a regular on Steve Wright's mid-afternoon Radio 2 show).

"When I was first asked to appear on television, the concept of people phoning in to discuss their problems was a peculiar one, and no one was quite sure if it was an idea that would take off," he says.

"But it did, and it has spawned a huge range of regular shows that encourage people to open up about many aspects of their lives, their bodies and their minds.

"As a medical professional, it can only be a good thing to see people being honest about what's going on, although I'm always wary that we don't want to cheapen the issues as this is real life."

Dr Jones' relatability to a wide demographic has certainly come to the fore in recent weeks as he has re-emerged centre-stage as one of the leading mainstream voices offering support and advice in light of the COVID-19 outbreak.

While championing the magnificent efforts of the public in the nation's fight to stem increases in coronavirus deaths, the 66-year-old also showed his tough side in the first week of May, when he took umbrage to a minority flouting regulations.

"We've all got to be in it together. Are those who refuse to self-isolate going to wear a t-shirt to hospital saying, 'Don't treat me, I didn't participate'? I don't think so.

"People who are careless are endangering not just their own lives but also the lives of so many around them," he continued, explaining that his colleagues on the frontline of hospital care are 12 times more likely to contract the virus than ordinary members of the public.

Current issues aside, the thrice-married TV personality has carved an impressive career out of his time at medical school. He has had six books published, participated in the fifth series of *Dancing on Ice*, and even appeared on a celebrity version of *The Chase*.

"I've had a lot of fun along the way, but the nuts and bolts of what I do will always come back to helping people get well and stay well – that's what I'm really passionate about."

Calling
Dr Jones

THE Positive Pandemic?

REFLECTING ON COVID-19'S SILVER LINING

While for an entire nation, the world around us has changed in ways more dramatic than we ever thought possible, there have been a couple of unexpected upsides to the terrifying global pandemic.

Firstly, we've seen society return to a much simpler way of life. Many work pressures – right down to the morning commute – have been removed, and with it, the hourly anxieties of jobs, tasks and duties lifted.

Children have enjoyed quality time with parents, and we've caught up with old friends more frequently than ever before, albeit online.

From bike rides to DIY, crafts to baking, health, relaxation and endless spurts of creativity and community spirit, the impact on us, as people, has been profound.

And yet, that is only half of the story. With our physical footprint on the environment lessened, we have seen nature reclaim great swathes of the country.

Car journeys have been minimised, meaning fewer harmful pollutants in the air (carbon dioxide levels have dropped 25 per cent); and there were 67 million fewer flights in the first three months of 2020 compared to the same period last year. Indeed, researchers at Stanford University estimated that improvements in air quality have saved the lives of 20 times the number of people killed by the virus.

Consider too that pollution levels in rivers are down – we all saw the pictures of the crystal clear canals in Venice – and even by Greta Thunberg's own admission, the Climate Crisis is "on hold".

While the positive environmental effects of coronavirus may only be temporary, perhaps the pandemic has opened our eyes to the very real impact we have on the world. And perhaps that, in turn, will ensure that while our investment in community, social distancing and hygiene is forever changed, so may we just give that little bit extra to the natural world too.



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IMPROVE don't move



WHY WE HAVE BECOME A NATION OBSESSED WITH DOING UP OUR HOMES

While it's clear the year 2020 is set to be a disastrous one for the sales departments of estate agents, the trend for doing up rather than shipping out is one that began long before coronavirus changed our financial and lifestyle habits.

The lure for people to take what they have and improve on it has a lot to do with the growing escalation of the housing market. Across the UK, prices have increased, on average, by around five per cent each and every year over the past decade. While that doesn't sound much, it means a house bought for £200,000 in 2010 is now valued at £325,000.

That increase means it is unaffordable for many people to enter the market, while others who already own are happy to keep riding the wave in respect of prices continuing to rise, before considering selling as the curve lessens.

Of course, that tailing off could well happen by the end of the summer. The UK housing market is in something akin to cold storage at the moment, at a time when business is usually booming.

This COVID-19-driven change is enhanced by a 'stay at home' premise that is actually encouraging people to tend to all those home and DIY jobs that have typically been left. Sure enough, the more we 'mend this, change that, fix them', the more we paint, restyle, upcycle and redo, the less tendency we have to want to 'up sticks' and move somewhere else.

Put another way, an enforced and prolonged period of isolation could well make us one of the most creative nations in the world in terms of interior design and tending to our gardens. Now where are those *Amazing Spaces* and *Ground Force* books?

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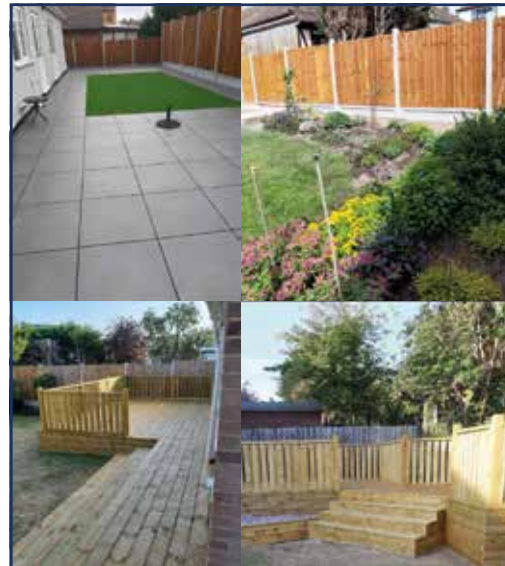
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HOME & DIY

Whether you are concerned about contributing to the supply shortage, are worried about the additional expense or perhaps you just fancy getting crafty, making your own face mask could not be simpler.

SEW OPTION

YOU WILL NEED:

2 of 10 inches x 6 inches rectangles of fabric – tightly woven cotton is recommended | 2 of 6 inches pieces of elastic or rubber bands | Sewing machine | Needle and thread

NO--SEW OPTION

YOU WILL NEED:

A bandana or square cotton cloth (22 inches x 22 inches) | Rubber bands or hairbands

HOW TO MAKE:

Take the fabric and fold the top and bottom into the centre | Fold the sides towards the centre and loop the rubber bands around the fabric | Tuck one end of the fabric into the other | Lift the mask to your face and loop the bands over your ears | Adjust as needed, ensuring that your nose and mouth are fully covered

Photo credit: www.sarahmaker.com

HOW TO MAKE:

Stack the two rectangles on top of each other | Fold over the long sides ¼ inch and hem | Fold the double layer of fabric over ½ inch along the short sides and stitch down | Run a piece of elastic through the wide hem on each side of the mask using a large needle | Fasten the ends tightly together in a knot | Gently pull the elastic so the knots are tucked inside the hem | Adjust to fit your face

DIY FACE MASKS SHOULD:

- ✓ Fit snugly and always be secured over the face
- ✓ Include multiple layers of fabric
- ✓ Allow you to breathe without restriction
- ✓ Be washed regularly

DIY FACE MASKS SHOULD NOT:

- ✗ Allow too much light to filter through the fabric
- ✗ Need to be adjusted continuously
- ✗ Be used as a replacement for social distancing and good hygiene practices





LOCAL NEWS

from your neighbourhood



Nan's pride as grandson raises more than £3,500

A grandmother from Leigh-on-Sea was brought close to tears when her grandson told her he was taking on a mammoth fundraising challenge to say thank you for the support she received following a breast cancer diagnosis.

Brenda Way, 76, tracked grandson Luke Cunningham's progress through Facebook Live as he played table tennis for 26 hours straight last month, raising more than £3,500.

Brenda said: "Luke called me up and told me he wanted to raise money for Macmillan because they'd been so helpful to me. I'd have been proud if he'd chosen any charity, but the fact he chose Macmillan was the icing on the cake. I'm very, very proud."

Keen athlete Luke, 17, decided to put his own spin on the 2.6 Challenge by turning his front yard into the scene of an epic one-man ping pong marathon.

He quickly smashed through his £1,000 fundraising target as friends and family tuned in to watch, his nan

Brenda among them.

He explained: "I'm lucky enough to be healthy but I've seen first-hand the impact cancer can have, and I know the support Macmillan gave my nan was really important for her."

"I want to help Macmillan so they can be there for those who are not as lucky as me, especially during the lockdown period."

On the day, Luke, who lives in London, was joined at times by his family for moral support, with his friends joining via video chat at around 2am. He finished midday Sunday, having started early the previous morning.

He said: "At times I really had to dig deep to keep going – but I know it was nothing compared to the challenges faced by the people living with cancer who are supported by Macmillan."

To donate to Luke, go to www.justgiving.com/fundraising/luke-26-challenge2021

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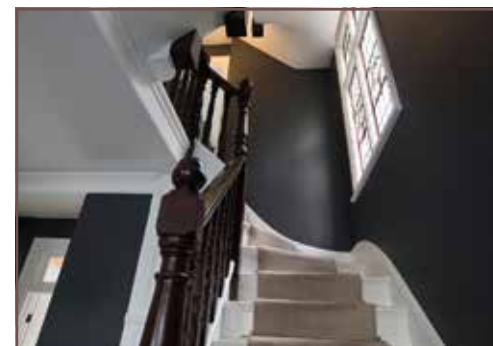


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Police appeal after brawl at takeaway



Photo credit: Nicky Hayes Photography

Police are appealing for information about a large disturbance at a takeaway in Leigh-on-Sea which resulted in two workers suffering head injuries.

Officers were called to Kebabs R Us in Elmsleigh Drive at around 9.55pm on May 17 after reports that a group of men had got into a fight with a staff member inside.

Officers say up to five teenagers attended, with two arming themselves with fence slats and a wooden post.

During the altercation, which ended in the street, one staff member was taken to hospital with a broken shoulder and a serious head injury and another suffered a head injury and a broken hand.

The suspects cycled off and are described as being aged in their late teens and early 20s and were wearing tracksuits.

One suspect wore a black Adidas top with grey tracksuit bottoms and another wore black clothing and was of a slim build.

Police are appealing for information and dashcam and CCTV footage and would urge anyone with information to call Southend CID quoting crime reference 42/70244/20. Alternatively, you can call Crimestoppers anonymously on 0800 555 111.

Sarah hits the high notes to spread some happiness

A singer in Leigh-on-Sea has been lifting people's spirits in lockdown by singing some of their favourite songs.

Sarah Tucker, a former contestant on *The Voice*, got an online request from a woman asking if she would perform Elvis Presley's *Can't Help Falling In Love* to mark her husband's 40th and her daughter's first birthday. When she posted the video, she was contacted by others who have lost relatives.

She has performed several more times locally, including for a woman with dementia in the town.

Sarah, who runs The Mortgage Mum, stressed she

is delighted to have been able to spread a little happiness.

She said: "In the morning, I practise spiritual meditation and it just came to me in one of those sessions. I thought, 'How can I use my voice to do something good?'"

Evie's showing support for hospital staff

A selfless young entrepreneur from Leigh-on-Sea has come up with a unique way of supporting staff at Southend Hospital.

When Evie Ashton started to get itchy skin, which got quite painful, her parents took her to hospital where she was diagnosed with scalded skin syndrome. Despite her condition, when the coronavirus pandemic took hold, Evie knew she had to do something to help.

Evie, who celebrated her 11th birthday recently, decided to use her birthday money to develop her own brand of hand sanitiser. She is donating all the profits from her amazing venture back to the NHS. The suggested donation is £10 per bottle.

Evie said: "I remember all the nurses helping me on New Year's Eve still had a smile on their faces even though they weren't with their families. So when coronavirus hit, I really wanted to do something."

Evie spent her birthday money on buying the ingredients, having the packaging designed and then having the finished products delivered to people's homes.

Her dad Barry said he was extremely proud of his daughter's efforts.

He explained: "We're unbelievably proud of her and she's so excited at what she has been doing."

The project has been so successful that Greens Health Food Store has offered to stock it for her.

For more information, search MixedbyEvie Ashton on Facebook.



SIR DAVID AMESS MP

Member of Parliament for Southend West



We are undoubtedly living in extraordinary times, as our country and the world battle to defeat the invisible enemy which is the coronavirus pandemic. Most people have a view on how the crisis is being dealt with, and my postbag and my email box indicate that there is not one universally held view.

I would like to thank everyone who is working in our health service, as care providers and as front-line workers; our country owes you a deep debt of gratitude.

I know that some people are nervous about the easing of the lockdown regulations, and I am dealing with all the issues that are brought to my attention. These are difficult judgements to make, balancing the health of our nation with the state of the economy. If common sense prevails then I have no doubt that a

gradual return to work and of our children to schools is very possible.

There will of course be those who have lost family and friends during this period and have not been able to grieve properly, or even hold the sort of funeral they would have hoped. Older people might even feel that they have lost a year of their lives. I am very well aware of all these emotions.

I myself am returning to Parliament full-time while observing the social distancing requirements. My objective is that the voice of local residents will be heard on a national stage and that individual issues that affect so many of you will be dealt with as swiftly as possible by the appropriate government departments.

I am still holding virtual surgeries, and if you feel that I can help you in any way, please contact me at amessd@parliament.uk

Report sightings of oak processionary moth



Members of the public in Leigh-on-Sea are being asked to report any sightings of the tree pest oak processionary moth (OPM) caterpillars.

The caterpillars and their nests contain hairs which can cause itchy rashes and eye and throat irritations, and should not be touched. The tree pest was spotted in Essex in 2019.

You can identify them by their nests, which are typically dome or teardrop-shaped, averaging the size of a tennis ball. They are white when fresh, but soon become discoloured and brown.

Andrew Hall, forestry commission operations manager, said: "Many people are enjoying green spaces and it's really important for the public to be aware of the risk of tree pests and to report any sightings via our TreeAlert website or by calling the Forestry Commission."

Please report any sightings to the Forestry Commission by email opm@forestrycommission.gov.uk or call them on 0300 067 4442.

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Leigh-on-Sea

TOWN COUNCIL



LOCAL NEWS

Leigh-on-Sea Town Council may have had to close the Community Centre to the public during lockdown, but council staff have delivered their work from home, continuing council administration and supporting vulnerable residents. The extensive refurbishment and remodel programme has been able to continue at the community centre, with contractors adhering to government guidance during these unprecedented times.

Internal decoration coupled with a new fire alarm and emergency lighting system has brought the centre in to the 21st century without compromising the character of our beloved building. Very soon the café extension will be complete and vital work will be undertaken to rotting window frames. We truly can't wait to share it with you all when we are allowed to reopen.

During lockdown, we have also been able to start the renovation of the skate park, which has been a project in the works for some time. We want to say a big thanks to Enover Community Trust for a grant,



Betongpark for donating its time on the design and local businesses June Store and Intex Properties Ltd for their valuable support. It is a great example of the public and private sectors working together for the good of the community. We hope the skate park will be enjoyed by youth in the area once it reopens to the public.

Tee time as golf course reopens

Belfairs Golf Course in Leigh-on-Sea reopened to the public last month with social distancing advice in place.

The golf course was closed to the public from the first week of lockdown; however, following updated guidance from the government around unlimited exercise, plans were finalised for the reopening of the facilities.

Players looking to play a round on the Belfairs Golf Course will only be able to do so in groups of two (two ball), in line with current guidance around only meeting one person from another household at any one time.

Councillor Carole Mulrone, cabinet member for environment and planning, said: "With the government announcing golf and tennis as appropriate sports which residents can take part in as part of their exercise, we are now able to announce the facilities are open. We had to ensure the site had social distancing-specific rules in place to protect the health and well-being of players and staff.

"I urge residents to adhere to the guidance in place at all of our sites, which is for the benefit of everyone, and I hope all our park users will follow it. Everyone has worked so hard to get to this point, and it is important we don't let our standards slip as we approach the summer."



Photo credit: Nicky Hays Photography



SOMBRE VE CELEBRATIONS

for our departed heroes

The street parties were present, Vera Lynn's eclectic harmonies piped out of speakers, while generations paid emotional, wistful tributes to departed heroes, and yet VE celebrations this year took on a rather unusual feel.

That a nation still came together to commemorate and lay thanks on May 8, the 75th anniversary of VE Day, typified the fortitude and spirit that guided us to victory all those years ago. While we took seriously the distancing limitations of coronavirus, people across our county refused to have their tributes quelled by a modern pandemic.

Britons also encountered another challenge this year, and one that had nothing to do with the two-metre rule – millions of diaries and calendars were published with this, one of the key dates of the year, being wrong. It was as a result of the early May Bank Holiday moving back four days to mark those World War II celebrations. With the switch only being finalised in June last year, an estimated 30 million diaries and calendars were incorrectly printed.

While events this year weren't allowed to feature mass gatherings, special events or the participation of pubs, perhaps it was fitting that on such a landmark anniversary people were offered the chance to make rather more sombre, personal tributes to those who fought for their country between 1939 and 1945. It's a far cry from when hundreds of thousands of people marked the end of the bitter war with celebrations centred in The Mall, London, outside Buckingham Palace, as King George VI and Queen Elizabeth stood on the balcony to wave to the cheering crowds.

Missing on that day was a young Princess Elizabeth – one of the rare times that the future Queen slipped incognito to join in the revelries of her future subjects, as she and her sister, Margaret, accompanied by a 16-strong group of trusted members of the royal household, slipped out of the palace to sample first-hand the celebrations.

Recalling the event in an interview a few years ago, the Queen said: "I think it was one of the most memorable nights of my life."

It was also memorable for one 15-year-old boy from Harrow, Ronald Thomas, who told his family how he had danced with the future Queen. For years he had trouble getting people to believe him.

This year, the Queen paid tribute to those fallen heroes, as well as referencing the profound challenges 2020 has brought, in an emotive speech, delivered in her usual impeccable style.

"Today it may seem hard that we cannot mark this special anniversary as we would wish. Instead we remember from our homes and our doorsteps.

"But our streets are not empty; they are filled with the love and the care that we have for each other.

"And when I look at our country today, and see what we are willing to do to protect and support one another, I say with pride that we are still a nation those brave soldiers, sailors and airmen would recognise and admire."





PUZZLES & TRIVIA

PUZZLES

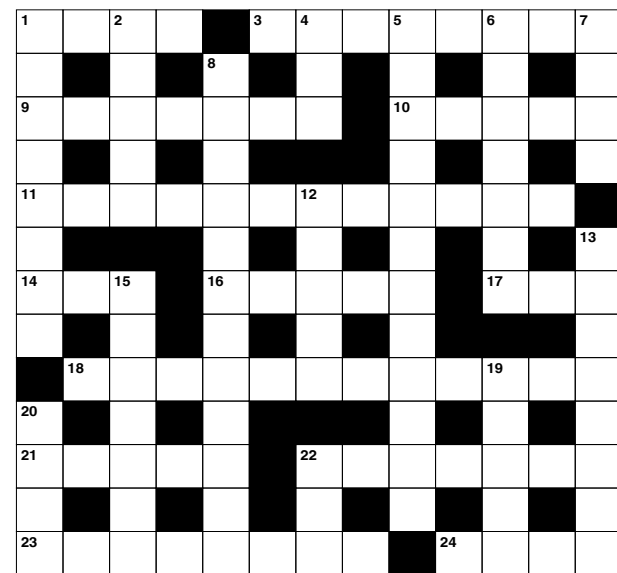
Answers can be found on the Contents Page 4

ACROSS

1. Pretty (4)
3. Battered (8)
9. Act of turning up (7)
10. Arboreal primate (5)
11. Directions (12)
14. Silent (3)
16. Scale representation (5)
17. Be unwell (3)
18. Vehemently (12)
21. Female relatives (5)
22. Circular hall (7)
23. Comes into flower (8)
24. Type of wood (4)

DOWN

1. Personal magnetism (8)
2. Conditions (5)
4. Entirely (3)
5. A large number (12)
6. European country (7)
7. Mend with rows of stitches (4)
8. Excessive stress (12)
12. Military trainee (5)
13. Reproduce recorded sound (4,4)



15. Keepsake; reminder (7)
20. Young sheep (4)
19. Spear (5)
22. Strong spirit (3)

DID YOU KNOW?

- ▶ When cranberries are ripe, they will bounce like rubber balls
- ▶ Pound cake got its name from the ingredients – you typically use a pound of flour, butter, sugar and eggs
- ▶ Fruits such as apples, pears and apricots are all part of the rose family
- ▶ Apples can float because they are made up of around 25 per cent air
- ▶ The word potato came from Spanish patata
- ▶ Bananas grow in large hanging bunches
- ▶ Grapes explode when you put them in the microwave
- ▶ A strawberry has an average of about 200 seeds and a pomegranate can contain up to 1,000 seeds

SUDOKU

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



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The truly inspirational SIR TOM MOORE

THE STORY OF THE WAR HERO WHO WAS CERTAIN HIS DAYS OF NATIONAL DUTY WERE BEHIND HIM

When social media is bad, it can be the source of an intense amount of ill-feeling, frustration and negative conjecture; but when it's good, it is life-changing, charming and the most wonderful reflection of the human spirit.

Ultimately, as the story of the newly knighted Sir Tom Moore unfolded towards the end of April, it was shown to be the latter, and how...

Here was a former British Army Officer who performed heroics in the India and Burma campaigns of the Second World War. Retiring from combat in the 1950s to become an instructor at the Armoured Fighting Vehicle School down in Dorset, his return to civilian life only once saw him raise his head above the parapet as a guest on the late Terry Wogan's 'Marmite' celebrity wordplay game show *Blankety Blank*, and even that was some 37 years ago.

So when the then 99-year-old decided to take on 100 laps of his back garden – 10 laps per day at 25 metres per lap – to raise money for the organisation NHS Charities Together, it was one of the very simplest and yet most precious gestures the father of two had made in an impressively rewarding life.

Hoping to raise £1,000, the fundraising project soon caught the imagination of social media, and, as with all things that go viral, a simple act grew to a magnitude that someone of any age, let alone a centenarian – a landmark Sir Tom reached on April 30 – would struggle to fully comprehend.

Surging onwards and having

broken the £39million barrier by the second week in May, Sir Tom's efforts have personified the heroic spirit the nation is witnessing and applauding in wake of the COVID-19 outbreak.

And sure enough, his rewards have been a delight for several million admirers to bask in. The inspirational role model was named an honorary Colonel, was rewarded with an RAF fly-past, and enjoyed a personal greeting from Prime Minister Boris Johnson, as well as, of course, receiving the obligatory telegram from the Queen marking his 100th birthday.

Sir Tom, who contracted skin cancer aged 98, said, "Reaching 100 is quite something. Reaching 100 with such interest in me and huge generosity from the public is very overwhelming.

"People keep saying what I have done is remarkable; however, it's actually what you have done for me which is remarkable.

"Please always remember, tomorrow will be a good day."

Sir Tom's immediate 'tomorrows' may still be spent trying to answer some of the 150,000 birthday cards he has received; while he may at least be consoled that the demise of *Top of the Pops* means he doesn't have to venture to Elstree to perform his duet *You'll Never Walk Alone* with Michael Ball, after their version leapt to the top of the singles chart.

But perhaps in the greatest tribute of all, Sir Tom was awarded a knighthood, an award fast-tracked through the walls of power.

As an exemplar for ordinary people performing extraordinary things, the veteran is the first to deflect praise towards others; but in troubled times a nation needs figureheads, focal points and friendly faces in order to make our collective efforts feel real, and in Sir Tom Moore we have all that and so much more besides.



HORTICULTURE HEROES:

Dan Pearson

THE GARDENER GOING BACK TO THE SOIL

It's fair to describe Dan Pearson as someone who never tires of experiencing the thrill of nature's rustic wholesomeness.

Dan is a horticulturalist of the highest regard, who has trained at the UK's greatest botanical institutions, written newspaper columns for more than two decades and even been dedicated an exhibition at the Garden Museum, London. To Dan, gardening represents an absorbing, encompassing experience that reconnects him with something spiritual.

"Being outdoors and seeing nature, in its simplest form, growing and flourishing around you is the most amazing thing," he says. "It's something we can all enjoy – whether that's rich sprays of colour or the simple green bounty of plants interacting and intersecting with each other."

Our ability to grow and flourish in our natural surroundings is something even the most modest gardener can do.

"My advice is to start with something small – even just a window box. Choose plants that interest and excite you, learn about them and go from there.

"I think that horticulture has an enormous amount to give back to a world that needs this connection with greenery and things that you eat: knowing where your food came from, and knowing how to go about growing it while still preserving space.

"That means the gardens are never static; they are always changing and always adapting."

Pearson says the crucial step in effective gardening is to have a plan – to structure a project from the start, to set goals and to follow through on them to the end.

"It really doesn't matter what you decorate your garden with – you should go with what feels right. However, what I would say is it's so easy to get distracted, and I am testament to the fact you can end up with four or five unfinished jobs unless you plan properly, so that would be my best tip."

Photo credit: Heathcliff O'Malley/Shutterstock



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GARDENING

JUNE BIRTH FLOWER
OF THE MONTH:

Rose

For those born in the month of June, your birth flower is the rose. Roses are known for being the flower of love, and people born in June are said to be true romantics. Easy to grow, available in an abundance of colours and with a heavenly sweet scent, roses are a great addition to any garden.

WHAT DOES A ROSE SYMBOLISE?

Although roses are most commonly associated with love, beauty and devotion, each colour can be used to convey a different message or emotion.

The red rose means, "I love you." The pink rose symbolises happiness. White roses are used to convey innocence and purity. And a yellow rose symbolises friendship but can also be used to express jealousy.

classic and timeless look and can make elegance appear effortless.

HOW TO GROW ROSES

Roses crave sunlight, so you need to pick a spot that offers at least six hours of sun a day. Try to choose soil that is rich and well drained to ensure your flowers bloom.

The ideal time to plant roses is in early spring, and you can pick between a bare root variety or container-grown plants.

Water directly to the soil using a soaker hose or drip irrigation – do not water the foliage.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If you were born in June, you are definitely a sucker for romance, plus you are more likely to get on well with others and adjust to new situations with ease.

Style-wise, you favour a

WHAT ARE THE MOST COMMON PESTS FOR ROSES?

Aphids and caterpillars are the most common pests for roses and can be removed by hand in the early stages. Alternatively, the insecticide Rose Clear is highly effective.

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PETS

A BIRD IN *the hand...*

While opinion is split over the ethics of keeping birds at home, in the right conditions, with dedicated human attention and interaction, and with room around them to spread their wings – both physically and metaphorically – our feathered friends can become the most cherished pets imaginable.

Here's your guide to the most popular types of birds:

COCKATIELS

The so-called 'entry level' pet birds, cockatiels are bright, friendly and sociable. They are happy in their own company, providing they get the benefit of human interaction, and are easy to maintain.

However, the females are prolific egg layers (even without the presence of males) and may require additional dietary attention resulting from a lack of calcium.

BUDGERIGARS

Happy with other budgies or by themselves, these wise birds can whistle, chirp and repeat phrases, and love to hang out with families around mealtimes – they've even been known to watch television.

Also known as parakeets, they're happy to be handled and will live for anywhere between five and 13 years.

CANARIES

Not birds that are likely to want to be snuggled up to late at night, canaries are happy to be left alone, but will reward being looked after with a delightful chorus of song.

They are territorial and should be kept by themselves, and will live for up to 10 years.

PARROTS

From African Greys to Quakers, the re-emergence of parrots as household pets has been noted in recent years.

Their very unique characteristic of shaking and bobbing reflects a big personality which kids love, though in return they require a large amount of mental stimulation.

With African Greys, their presence can imply a long-term commitment – it's not uncommon for them to live past their 40th birthdays.





Fancy burning off some self-isolation boredom by popping to the local gym? Your luck's out. COVID-19 has ensured our time posturing and perspiring in the company of others is postponed indefinitely, but that doesn't mean you can't still get in shape.

RUNNING: It's the go-to exercise that we all come back to in the end – it's free, requires no expensive equipment, is endless in its range, and the more you do it the easier it gets. From pavement plodders to sparky park speed merchants, is the simple 'run' the best exercise option of them all?

FRONT ROOM WORKOUT: Joe Wicks may have cornered the market with his lithe lounge routines, but right back to Rosemary Conley on TV-am we were stretching, straining and sweating to workouts in the confines of our front rooms. There's never been a better time to take up the challenge.

TOUR DE UK: The bike succeeds where so many other forms of exercise fail by allowing its rider the rare pleasure of easing off the gas when things get tough. A venture out on your bicycle is not only pleasurable, but will also give your limbs a deserved rest whenever you can locate a downhill section.

THE WEIGHT IS OVER: Free weights at home can quickly boost muscle mass, and in the comfort of your bedroom, kitchen or garden, you can ensure absolute privacy where no unsuspecting audience will witness eye-popping strains akin to an episode of *World's Strongest Man*.

YES TO YOGA: If you feel your exercise regime is more of the mind than the body, start with a simple yoga or Pilates tutorial. You can ease yourself into positions you never previously thought achievable, while politely backing out at difficult moments or when you decide it's 'Pimms O'Clock'.

Your life, your journey



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Personal STYLIST



HOW A PERSONAL STYLIST CAN HELP YOU FIND YOUR TRUE STYLE PERSONALITY

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A personal stylist will work with you to understand your style personality and how you like to express yourself through clothes.

There are six style personalities. You may find that you fall into more than one, depending on your mood and the occasion you are dressing for:

CREATIVE – Loves to dress with an artistic edge and has a quirky sense of style. She likes to push the boundaries in what she wears and will mix and match different prints and looks within an outfit.

DRAMATIC – Likes to make a statement when she walks into the room, she is eclectic in her wardrobe choices and enjoys a statement print, bold colours and accessories. She is happy to experiment with the latest trends.

ROMANTIC – Adores pretty, feminine details such as lace, embroidery and ruffles. She will put a lot of effort into her appearance and enjoys dressing up.

CLASSIC – Enjoys being neat and tidy and doesn't like to buy into the latest trends. She likes her wardrobe to be functional and timeless in style.

NATURAL – Has a casual sense of style and likes her clothes to be comfortable and breathable. She likes her style to be a good balance of relaxed and minimalistic, with low maintenance and natural fabrics.

CHIC – Very 'put together' and always looks immaculate. She enjoys a simple yet elegant style of clothing, tending to invest in her wardrobe rather than buying into current fast-fashion pieces.

Alex Standley is a Personal Stylist with 15 years' experience in the Fashion Industry. If you'd like to find out more, please visit www.luxeopardlifestyle.co.uk or get in touch at alex@luxeopardlifestyle.co.uk



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ANY GIVEN SUNDAE

Home-made sauces and ideas for superb summer treats



Let's be honest, we're all going to be spending a bit more time than we've been used to in the kitchen this summer.

While recreating that true summervibe somewhere exotic may appear a pipe dream as things stand, that doesn't mean our limited outside space can't host a daring and dazzling array of summer treats, so here are some sauce ideas to get you going:

NUTELLA NICETIES

Perhaps the simplest sauce of them all – just melt three tablespoons of Nutella in a pan, adding a bit of water to keep the mixture moving.

When your sauce is smooth, runny and hot, add nuts, hundreds and thousands or any other textured topping and serve with ice cream or over some sliced banana pieces.

RASPBERRY SALTED CARAMEL SAUCE

This one takes a bit more effort but is well worth it. Take a cup of water and ½ cup of sugar and mix in a heated pan until it boils and the sugar turns brown.

Then add ½ cup of cream and the same quantity of raspberry purée, having first strained it to remove the seeds. Whisk, add 3 tbsp of butter, remove from the heat and add ¾ tsp of sea salt.

Use immediately for a thin sauce or refrigerate overnight for a thicker topping that's a belter on chocolate brownies.

COFFEE SALTED CARAMEL SAUCE

For a more adult twist, adjust the ingredients to create the perfect coffee sauce that's great on cakes, cookies, muffins and more. This time it's one cup of sugar, ½ cup of water (and a further ¼ cup to make your coffee), then ¾ cup of cream. Butter increases to 5 tbsp but sea salt reduces to just ¼ tsp.

Make in much the same way, adding the ¼ cup of coffee where you'd previously introduced the raspberries, with 1/4 tsp of vanilla extract which is the final touch to set the whole thing off in a smoky, dreamy, saucy complexion.



FOOD & DRINK

The Lunch Bunch

Send your kids back to school in style with lunch ideas they'll never get bored of.

Go bento

Bento is a great way of not only making your little one's lunchtime more exciting, but also keeping it fresh, as all the separate foods come in their own little compartments. To create your own, you may want to invest in a specially-designed bento lunchbox, but you can also just place cupcake papers in a traditional Tupperware variety. Include things like a sandwich or wrap, carrot sticks with a separate hummus dip, boiled eggs, chopped fruit or berries, and a small cake.

Make it fun

Brighten up their lunchtime with a fun surprise stowed in their box. For example, if your child likes pirates, give their lunch a theme and make fruit kebabs on plastic swords, or include a treasure map. Make them giggle with smiley faces drawn onto boiled egg shells and cut their sarnies with heart cookie cutters, or reward them for finishing their lunch with a sweet note hidden underneath the food.

Sneak in veg

Ensuring your children eat a balanced diet is hard, especially when they're out to school every day. The trick is to smuggle the good stuff into snacks they love. For example, if your child loves muffins, make a batch packed with fruit or bake savoury ones with spinach and goats' cheese. If they love pasta, make a batch of tomato spirals with hidden veggie goodness, or make oat bars loaded with fruit and seeds for an extra nutritional boost.

Mix it up

Kids love diversity, so don't feel the need to stick to sarnies and crisps. Savoury tarts, frittatas, couscous salads and sausage rolls are all yummy served cold, and can be made in bulk at the start of the week.

Ultimately, you know your child best, so what better way to give them a boost throughout their school day than with a lunch that's personal, tasty and full of goodness?



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Stay curious with journeys to come...



Dan Salmon
Owner

Now's a good time to be planning and plotting a life changing trip for future travels after isolation.

We're staying hopeful – travel will return, and when it does, we'll be ready. Allow Never A Wasted Journey to provide the help and guidance you may

need to design your dream holiday, create your own private spaces and ensure your time is spent on thoughtful experiences, which can be embarked upon just as soon as it is safe to travel again.

From up-close wildlife encounters to far-flung beaches, here's just a handful of ideas that will inspire and provide something and somewhere to look forward to.



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SNEAK PEAK

The unsung beauty of the Peak District



While the total population of the Peak District fails even to top 40,000, more than 20 million people live within an hour's drive, making it one of the UK's most accessible tourist areas. But what does it have to offer?

NATURAL WORLD

Clearly, the Peak District's most obvious selling point is its wild expanse of national park, with landscape, outward bound pursuits, hiking routes and picture-perfect villages nestling within stunning geology. Whether on foot or in your vehicle, the green and grey wilderness offers a wholesome connection with the majesty of Mother Nature.

BELOW GROUND

If you're willing to delve below the surface, the Peak District's caving network is something to be admired. Organised caving and potholing experiences – from walk-in routes to vertical drops from ground level – reveal the mysteries of thousands of years, with passageways, streams and chambers testing physical durability and mental strength.

HISTORY

From the resplendent and regal Chatsworth House to museums, temples and mills, the history and heritage of what in some places was a heavily industrial area provides a remarkable step back in time to rather simpler ways, long departed.

FOOD AND DRINK

Derbyshire's connectivity is what gives its pubs, bars, restaurants and cafes a rich combination of southern and northern flavours. Certainly, the trend for gastro and high-end dining in remote converted cottages has given the Peak District a versatile base on which to build its culinary power, with Eyam, Castleton and Bakewell doing more than most to lure in tourists.

The real hidden beauty of the Peak District, however, is not in the big tourist attractions or the places that attract visitors of all persuasions – it's in the period picture postcard properties, the drystone walls, the rolling vistas that appear out of nowhere and, of course, its people. It is a place and a spirit all in one.



ALWAYS ONLINE

Does the era of 'live chat' actually mean you're talking to a robot?

Any kind of online web chat experience has the potential to go sour – we've all ended up speaking to someone many thousands of miles away wondering if we'd be better off writing a strongly worded letter instead.

While the experience of speaking to someone in a call centre in a faraway land isn't always the best, the attempt at a pleasant exchange is usually flawless, and the reality that we are speaking to a real person is something we've grown to take for granted.

Yet the new era of customer service often means we're not talking to a human... not in London, Glasgow, nor Islamabad. Instead, while it may not be evident in the initial exchanges, we're conversing with a chatbot.

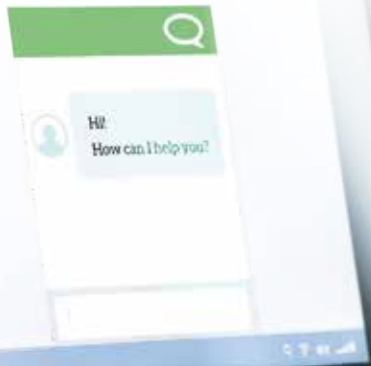
The technology that powers these computers has moved on in waves over the past decade or so. Intelligent, polite and immediate, these chatbots offer customers the chance to source answers and direct enquiries rather than having to endure the frustration of searching or waiting around for a real person to enter the chat.

Companies like chatbots because they are low cost and highly productive, though there are, of course, limitations to this latest wave of AI. Consumers can feel they are being fobbed

off and there is a good chance complex enquiries are just moved on to a real person anyway, in which case the process actually takes longer, and it's only really relatively simple queries that can be solved by a robot.

The jury is still out, particularly as it's difficult for companies to judge feedback – after all, satisfied customers will tell, on average, nine people about their experience, while for dissatisfied customers that number is 22.

Either way, just remember the next time you engage in a web chat, you might want to hold off on pleasantries about the weather... the robot you're conversing with really doesn't care.



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PARK LIFE

PENALTY CHARGE VS PARKING CHARGE – WHEN TO PAY AND WHEN TO PLAY

The scourge of the modern motor car is arguably not the cost of petrol, the maintenance or insurance premiums – it's the fact that once we've paid out for all of those elements that keep it on the road, there's actually nowhere to park the damn thing.

But millions of motorists are paying excessive, unfair and exploitative parking charges in the belief that they have committed an offence, when in reality all that's happening is they're being presented with an invoice. Welcome to the vagaries of a penalty charge versus a parking charge.

A penalty charge is a ticket issued by your local authority – usually the police or the council. Chances are you've committed a genuine offence, such as overstaying parking or showing an invalid permit. In these instances you're banged to rights and, while appealing is a decent option in asking for leniency, in most cases the penalty stands.

A parking charge, on the other hand, is something issued by an independent parking operator – perhaps you've parked in a private car park, in a space adjoining a building, or even in a leisure park. This issuer actually has no authority to issue a ticket – all you're being given is an invitation to pay what amounts to an invoice.

Sure, it's an invoice that looks very much like a penalty charge, and intentionally so; and the wording will have you believe dire consequences will follow if you fail to pay.

The reality is that virtually no cases ever get to court, and these unscrupulous businesses profit only from those who respond. So the next time you get a parking charge, search for the issuer online and check carefully exactly what it is you have in front of you. Motorists are now getting smart to filing these charges where they belong – in the bin – and saving millions in the process.

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TOKYO 2021
THE NEW SPORTS



SPORT

5. CLIMBING

In the final instalment showcasing sports set to debut or return at the now postponed Tokyo Olympics, we take a look at climbing.

Climbing's debut in Tokyo reflects our growing love for strength-based pursuits that also require precision, strategy and focus.

That the sport has, over the past two decades, accelerated itself from the most basic of human endeavours to a physical challenge enjoyed both outdoors and indoors by participants of all ages, is testament to the number of activity centres that now provide walls to scale. Many have felt it was only a matter of time before the IOC opened its doors.

A dynamic challenge, the Olympic format will be split into three disciplines – Speed, Bouldering and Lead.

In Speed, it's a straight two-competitor race to the top of a 15-metre wall, in a set-up that is expected to excite spectators most, and, for a certain generation, will undoubtedly offer echoes of an ITV *Gladiators* finale.

In Bouldering, it's a more challenging 4.5-metre wall, while in Lead, it's a case of

getting as high as possible in a set time.

Every competitor will take on all three formats, with the best overall performer being crowned Olympic champion.

As ever, the vertical walls offer handholds and footholds, as well as shapes, sizes, positive sections (slabs) and those with negative aspects (steeps or overhangs), meaning competitors will need to be at their best from the off.

Safety ropes are allowed, though the best competitors will try to limit any lost time and will be harnessing flexibility, skill and no small amount of mental decisiveness in tackling a new Olympic sport expected to thrill at every grab.

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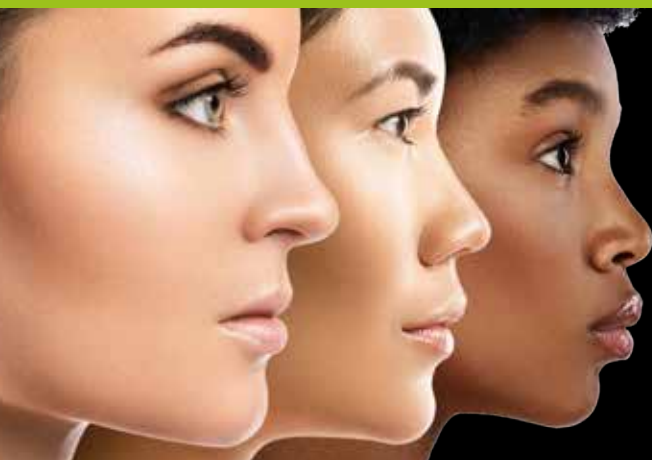
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