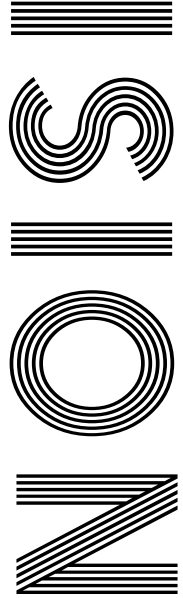


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# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh-on-Sea.

It seems now that with every passing day, normality - that is, the 'new normal' - moves closer. Of course, the world around us, our community and the life we lived before aren't the same, and won't be for quite some time. However, we hope, eventually, that the shops, football stadiums, cafes, theme parks, nightclubs, pubs, workplaces and shopping thoroughfares will be bustling with people going about their business... without distancing, without masks, without fear.

I know that's some way off, but I am encouraged by what I see, and inspired by a new sense of kindness the nation has adopted. The siege mentality we adopted in fighting the COVID-19 peak has united the country as if we were in wartime.

And yet, for now, we still need to keep our distance, maintain optimum hygiene, and stay safe and sensible. Recently we have seen complacency creep in, with overcrowded beaches and mass demonstrations. I can understand why breaking free from three months of restrictions has been so appealing, but we would never forgive ourselves if we got so far down the line only to be dragged into the turmoil of a second spike and the retightening of restrictions that could follow.

We owe it to the memory of those who have lost their lives to coronavirus to fight it for good.

*Nik*

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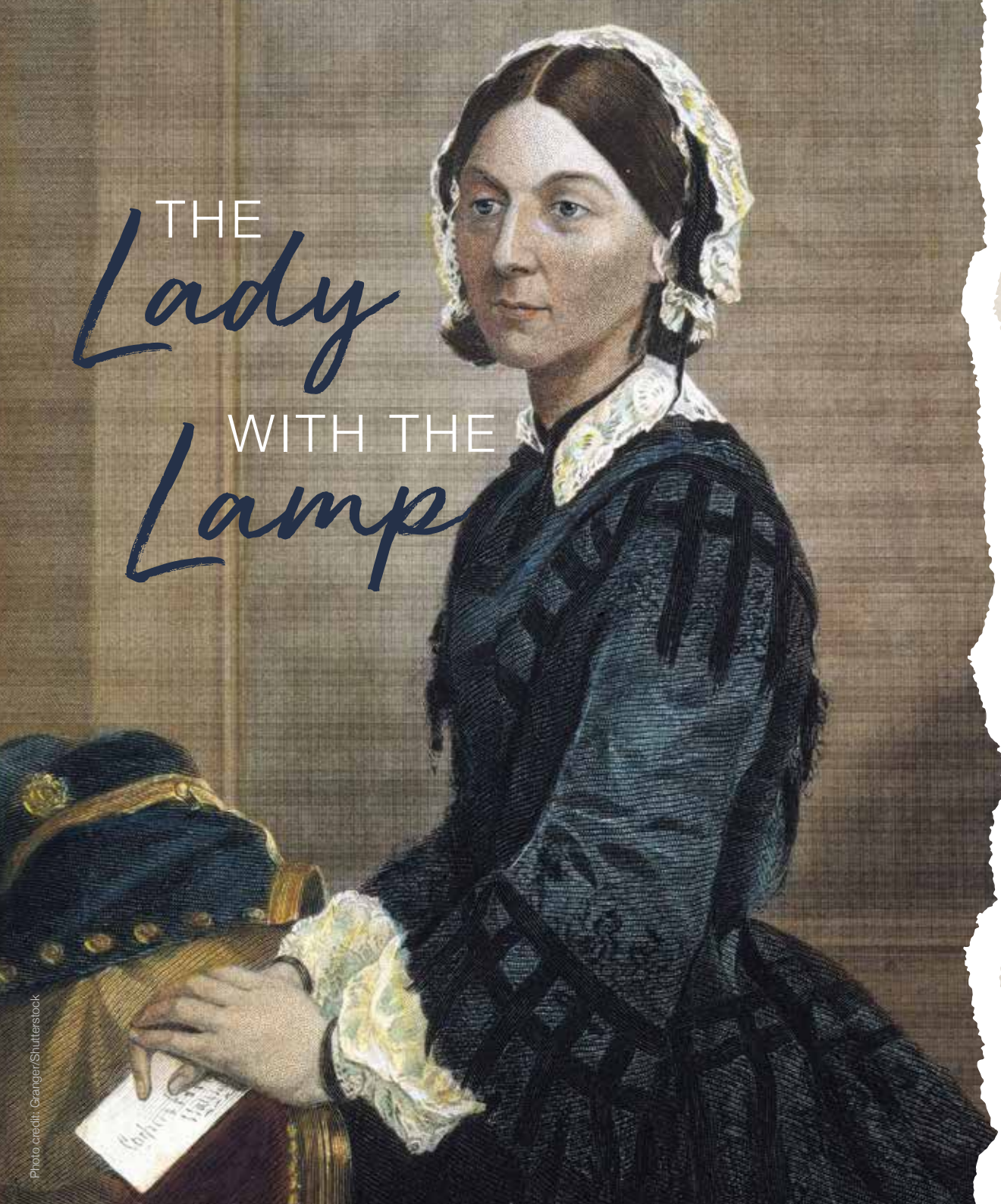
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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

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# THE Lady WITH THE Lamp

**H**ow much do we really know about Florence Nightingale, as celebrations marking the 200th anniversary of her birth continue?

We are living through a period where those in all corners of the National Health Service are experiencing acclaim, admiration and no small amount of empathy in ways rarely seen before.

True, it may have taken a global pandemic for the universal admiration of our healthcare heroes to fully be appreciated. However, as the spectre of COVID-19 continues to sink further into the background, so now we should ensure those doctors, nurses, consultants, paramedics, porters, reception staff, phonenumber operators (and everyone else in the mould of Florence Nightingale) will always be appreciated.

Nightingale, born in May 1820, is regarded as the pioneering force in modern nursing, and yet the iconic nature in which her image is celebrated – the Lady with the Lamp, going round at night tending to those wounded in the Crimean War – only actually tells half the story.

That's because while, first and foremost, Nightingale was a nurse working on the ground in then the most desperate of conditions, she was as well a woman of strong mind and powerful opinion. From an upper-class background, and well travelled prior to exploring nursing as a career, she was a brilliant mathematician, an organiser and an advocate for statistics.

Having such an analytical mind transformed a rather unstructured, 'make do' and manual process of caring for the sick into a slick, regimented process where structure could be directly linked to saving lives.

From graphs to pie charts and even infographics, Florence Nightingale's take on the duties that lay in front of her were revolutionary. Indeed, she is credited with the invention of the polar area diagram, and would work these and other visual explanations into nursing reports. As a result, in 1859 she became the first female member of the Royal Statistical Society, and 15 years later was announced as an honorary member of the American Statistical Association.

With every new study there was an even more expressive method for understanding and acting upon the statistics in hand, from accompanying the British Army in India in the 1850s, where she slashed mortality rates caused by drinking toxic water, to returning home to promote literature and feminism in a way that was scientific and exacting.

That feminism link is slightly at odds with her opinions on the fairer sex. She was, at times, brutally disparaging towards women, and even referred to herself in masculine terms, as "a man of action" and "a man of business".

In her defence, Nightingale was perhaps just rallying against a world in which men had the upper hand. To consider what she achieved then, it's interesting to think how much impact she might have now, in an era when equality, technology and innovation are key parameters in healthcare.

To celebrate what our medical key workers have achieved now is, ultimately, to thank Florence Nightingale for setting up, styling and steering modern-day nursing to what it is today... something we are all proud of.



# WHEN THE *Bluebirds* FLEW AWAY

Celebrating the life of the 'Forces Sweetheart', Dame Vera Lynn

When news came in the middle of June of Dame Vera Lynn's death, it was a case of reflecting on, rather than mourning, the life of someone so intrinsically linked to those courageous troops who led us to victory in World War II.

That the singer, songwriter and entertainer was in her 20s when her iconic ode to our soldiers, *(There'll Be Bluebirds Over) The White Cliffs of Dover*, became such an emotional and inspirational marker for the war effort, shows the longevity she achieved right up to her passing.

Born in East Ham, Dame Vera's performing debut came with the famous Joe Loss Orchestra in 1935. By the time war broke out four years later she was signed to Decca Records, and agreed to venture deep underground to sing with those sheltering in tube stations from the danger of German air raids.

Her *Sincerely Yours* radio programme in 1941 was a vehicle for messages to be sent out to

troops on the front line, and she soon joined the Entertainments National Service Association – which hosted open-air concerts – with whom she travelled to Egypt, India and Burma.

Post-war, Dame Vera's popularity stuck, with extensive TV performances, a star talent at the Royal Variety shows, and countless live concerts.

A dedicated philanthropist, she continued to raise money via her self-titled children's charity right up until her death on June 18, at the venerable age of 103.

What Dame Vera would have made of the recent furore concerning Winston Churchill's statue is unclear – we suspect, in embodying all the same spirit, resilience and fortitude of the wartime, of which she was a crucial part, she would have simply diverted her attention to those fallen heroes again.

"Not a day goes by when I don't think of those brave men, and what they gave to this country... and one day we'll meet again."

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It would be churlish to suppose designing the ideal bachelor pad should start off with the bedroom, but given that we spend one-third of our lives in one, it's actually a strong consideration. A bloke's bedroom should have white sheets and luxurious, stylish bedding, with simple and inviting artwork reflecting intelligence, travel and the odd hint of romance.

Just as important is the first impression when you enter the house or flat, and with the male penchant for a 'man drawer', a hallway should have sensible space for stylish storage of jackets, keys, cash and all those other essentials guys have. Rather than hide these away, make a statement of the fact (a key and cash bowl is a great idea), with metal, wood and greenery all combining well for a big welcome.

For the main living space or lounge, a statement piece of art will express more in one picture than a hundred words. A leather sofa looks great against anything, with lamps and throws a must.

Consider as well your everyday items – cutlery, cups, pots and pans. Pulling out an old Stella pint glass procured from the pub in 2014 won't look good – think clean, white, matching, statement-like pieces that show you don't need anyone else's rejects.

And the bathroom space should be similarly masculine. Matching towels, sparing wash items, aftershave and moisturiser, and certainly not a hint of leftover Head & Shoulders.

The ultimate allure for any bachelor pad is cleanliness. Relaxing in your own company or inviting someone else in should be a reflection of homeliness and health. Keep windows shiny, the music classy and even invest in a hotel-level air freshener, and your bachelor pad is ready to impress.



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# DIY Macramé

## PLANT HANGER



Photo credit: fhd.com, illustrated.com

Do you remember the 1970s' trend that was macramé? If not, you are in for a treat. This simple yet highly visually attractive knotting technique can be used to create many beautiful items for your home. In this article, we are going to show you how to make a macramé plant hanger.

**YOU WILL NEED:**  
8 pieces of 15ft cotton cord | A 2-inch brass ring  
2 pieces of 5ft string

- HOW TO MAKE:**
- > Take all 8 pieces of 15ft cord, fold in half and loop through the ring
  - > Using your 5ft long pieces of string, tie a loop knot directly below the ring
  - > Take 4 strands and tie a square knot
  - > Repeat this last step 6 times
  - > Repeat this pattern with the next group of four cords and repeat for the remaining cords
  - > Leave a 2½-inch gap and tie a half square knot
  - > Repeat the half square knot until you have created a 5-inch spiral
  - > Repeat for remaining knot groups
  - > Leave a 6-inch gap and create a crossover square knot using the 2 right cords from your first group and the 2 left cords from the adjacent group

- > Repeat the process for the remaining knot groups
- > Leave a 6-inch gap and create another crossover square knot by alternating the cords from the previous step
- > Leave a 3½-inch gap and tie a loop knot
- > Cut off any excess cord to create a stylish tassel

The above requires a basic knowledge of three different types of macramé knotting techniques: a square knot, a half square knot and a loop knot. You can find simple tutorials for all of these online.

- DECORATING IDEAS:**
- > Dip-dye
  - > Embroidery floss
  - > Silk or leather instead of cotton cord
  - > Fill with fresh flowers, succulents or a battery powered candle



Loop knot



Square knot



Half square knot

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# CELINE INTERIOR DESIGN

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*From the Middle East to middle England, Noor Charchafchi's unique design palate*

Given that Noor Charchafchi, the owner of London-based interior designers Celine Estates, hails from the Middle East, it's unsurprising to find such dedication to bright, clinical, uncomplicated styles of design.

In an interiors world that often tries to complicate the equation, either in creating a menagerie of conflicting ideas or in going the other way with a perplexing excess of contemporary nothingness, the 39-year-old attempts to tread a sensible line between Arab air and lightness and the reflections of a childhood in London – it all offers design values that are based in both tradition and heritage.

"I must admit I've always been a bit nervous about new ideas and experiments," she admits. "Design comes very much from the heart, and while no one could ever tell me I was wrong in what I was attempting – because we are all correct in the sense of what we feel works – my designs aren't to everyone's tastes."



The key elements are:

**> WHITES AND BEIGE...**

celebrating subtleties of shade is very important, with harmony and heavy fabrics complemented with wooden or stone floors. Neutral is seen as a positive thing, where other colours can bed in around it, rather than being in conflict.

**> BEADING AND TRIM...**

framing furniture, bedsteads or tables in bevelling and added detail is a great way to draw the eye to a piece, as well as adding detail.

**> FOCAL POINTS...**

each room should have a key point where the attention is centred. For the bedroom, it's the bed, and everything should be created around it. For the front room, perhaps a table, sofa or fireplace.

The trick is to start with one thing and work outwards.

**> CURTAINS AND DRAPES...** to enhance the idea of air and flow, curtains are pivotal, not an after-thought. With customers ranging from Far Eastern royalty to millionaire footballers to Asian celebrities, the Celine Estates team are clearly hitting the right tones.

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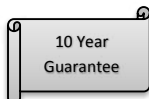
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# LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Photo credit: Essex Police and Adrian Jonas

## Dispersal order enforced as unruly drunks cause chaos

Dozens of revellers drinking, partying and ignoring  
lockdown restrictions in Leigh-on-Sea led to  
police enforcing a dispersal order.

The worrying incident on Saturday, June 27, saw a  
large gathering in Old Leigh escalating before police  
were called and officers moved more than 50 people  
from the area.

Broken glass bottles, empty cans and litter were  
left strewn across the area with fears the party would  
restart, leading to police enforcing a dispersal order for  
the entire weekend.

The scenes left many outraged, and locals backed  
the police's strong action.

Tracey Stevens told **VISION**Leigh-on-Sea: "It is  
shocking that people would act in this way.

"The area looks like a dump and for this to happen  
when lockdown restrictions are in place for everyone's  
safety is sickening.

"The police's response was spot on. This is not  
acceptable in Leigh or anywhere."

Essex Police said: "Officers have attended a large  
disturbance in Leigh and the crowd was safely  
dispersed.

"It follows reports of antisocial behaviour and groups  
of people gathering in High Street. We're investigating  
a report that a car was damaged."



LOCAL NEWS

# SIR DAVID AMESS MP



Member of Parliament for Southend West

COVID-19 has tragically resulted in the loss of lives, and I offer my deepest sympathy to all those constituents who have lost a relative or a friend. As a result of the fall in infections the government has cautiously eased the lockdown restrictions. This has been done not just to get the economy moving once more, which we must do to survive as a nation, but also to allow people to live again and enjoy their natural freedoms. It is disappointing, then, that individuals/groups from outside the area in which we live have visited and engaged in totally unacceptable antisocial behaviour. Worse still, there are reports of the possession and supply of drugs, not forgetting mountains of litter left in their wake, and people have even used public places as a lavatory. I have left the local authority and police force in no doubt that

residents rightly believe such behaviour is intolerable and must not be allowed to happen again.

Many people are anxious not only about their health but also about the security of their jobs. The government intends to address the economic downturn with a programme of investment, with the intention that throughout our country we will pursue a policy of regeneration. At the same time, as we have now left the European Union, we intend to proactively pursue new trade deals.

Finally, I know that many parents are anxious about their children's education, how they will make up for lost time and be able to achieve satisfactory exam results. I am currently visiting schools in Southend West and doing whatever I can to ensure that they get the support they need so that our children are able to return to full-time education again quickly.

## Sea Scouts honoured with Queen's Award

The 3rd Chalkwell Bay Sea Scouts in Old Leigh have been honoured with one of the most prestigious awards a voluntary group can receive in the UK.

The group was presented with a Queen's Award for Voluntary Service, which is equivalent to the MBE for voluntary organisations.

It is one of 230 charities, social enterprises and voluntary groups to receive the award this year.

Operating for nearly 90 years, the group is now one of the largest Scout groups in the area and is extremely proud to receive the award.

It offers challenge and adventure to more than 250 young people aged six to 25 throughout the year and is supported by a team of more than 100 adult volunteers and Explorer Scout Young Leaders.

Group Scout Leader Daniel Parsons (pictured left) said: "This is fantastic recognition for the 100+ volunteer leaders, instructors, fundraisers, Explorer Scout Young Leaders and supporters at 3rd Chalkwell Bay.

"The team comes from all walks of life, but what they have in common is their dedication as they run new activities and teach new skills to the young people of



our town every single week.

"The timing of the award coinciding with Volunteers' Week couldn't be more appropriate."

The Queen's Award for Voluntary Service aims to recognise outstanding work by volunteer groups to benefit their local communities.

Leaders from the group will receive the award later this summer. In addition, two leaders have been invited to a garden party at Buckingham Palace next year with Her Majesty The Queen.

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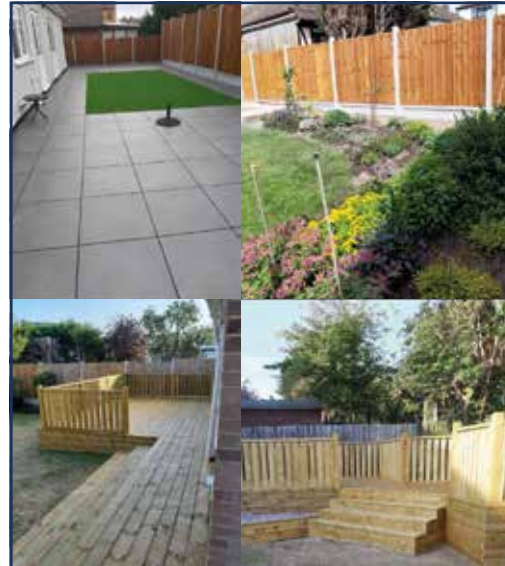
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Leigh-on-Sea

**TOWN COUNCIL**



LOCAL NEWS

Leigh-on-Sea Town Council launched the Coronavirus Emergency Community Fund at the beginning of May, setting £10,000 aside for the fund from an existing volunteer programme.

External not-for-profit groups/organisations, along with charities, are welcome to apply for grants from £250 up to £1,000, to directly help support residents within Leigh.

Full details of the application criteria and how to apply can be found at [www.leighonseatowncouncil.gov.uk/emergency-community-fund](http://www.leighonseatowncouncil.gov.uk/emergency-community-fund)

It is with deep sadness that Leigh-on-Sea Town Council learned of the passing of councillor Caroline Parker on June 19. Caroline had suffered with ill-health for some time but it was only recently that she had to withdraw from council life.

Cllr Caroline had been a Leigh Town Council member since 2003 and served the community tirelessly both as a councillor and in her role as governor of North Street School. During her time on the council she was chairman of various committees as well as council chairman in 2013/14.

She had many passions on the council – planning, the skate park and our youth provision as well as being an instigator for many of the events that the council holds annually. Cllr Caroline was at the forefront of many initiatives on the council, including the Elm Road



school crossing, the outdoor gym at Bonchurch Park and creating an 'Easter Event' for the Council.

She was the longest-serving member of the present council administration and her passing is an immeasurable loss to the Town Council.

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## Schoolgirl donates £4k to hospice

A 10-year-old schoolgirl from Leigh-on-Sea has donated £4,000 to a children's hospice after winning an art competition.

Isla Fulcher took part in the competition organised by Tokio Marine Kiln – an insurance underwriter based in London – where her mother works, and won a prize to choose a charity that will benefit from a donation.

Isla, along with another winner in the age five category, chose Essex charity Little Havens.

The competition consisted of families of staff members from the company sending in artwork which they had made during lockdown.

Isla sent in her *Harry Potter* themed creation. She said: "I had just started to get into *Harry Potter* and we had some cardboard boxes, so I thought it would be a cool thing to make.

"I chose Little Havens because it is our local children's hospice and I wanted to donate the money so they could get some nice things or to just help them out.

"It would be nice to visit some time to see what it's like and meet the children."



## Man faces court after pedestrian killed



LOCAL NEWS

A man has been summoned to court after a 90-year-old woman tragically died following a collision in Leigh-on-Sea.

The incident happened in April last year in London Road near Iceland.

It was around 4.50pm when a pedestrian and a motorbike were in collision.

The pedestrian, a woman in her 90s, was treated by paramedics at the scene. But sadly, she died.

A man was arrested and now he faces court.

A spokesperson for Essex Police said the man faces charges of causing death by careless driving and driving while unlicensed or uninsured.

The spokesperson said: "The 24-year-old from Chichester has now been summoned to appear at Southend Magistrates' Court to face charges of causing death by careless driving and causing death by driving a vehicle while unlicensed or uninsured."

## Man arrested after car stolen and 'rammed' another vehicle

A 21-year-old has been arrested in connection with a number of incidents in Leigh-on-Sea and Benfleet.

The man was arrested on Thursday, June 11, following reports that a car and other items had been stolen from an address in London Road on May 4.

Officers then received reports that a stolen vehicle rammed another vehicle in Beresford Gardens, Benfleet, the following day.

The man, from Benfleet, was arrested in Rayleigh Drive, Leigh-on-Sea, at around 9.35pm on June 11 on suspicion of possession of drugs, burglary, affray and handling stolen goods.

A spokesperson for Essex Police said: "Officers from our Operational Support Group have arrested a man in connection with incidents in Leigh-on-Sea and Benfleet."

"The arrest follows reports that a car was stolen from an address and that a stolen vehicle rammed another vehicle on Friday, May 5."

## Town man benefits from new contact system

A disabled man from Leigh-on-Sea has opened up about his struggles living during the pandemic and that he has now benefited from a new contact system.

Robert Norton, 34, said he has been stuck indoors during the 12 weeks of lockdown and admitted he has struggled because there is "no real escape" from the virus.

But life during lockdown improved for Robert after benefiting from the Learning Disability Week (June 15 to 21) which focused on the importance of contact and friendships.

During the week, NHS staff across the Mid and South Essex NHS Foundation Trust reached out to carers and disabled people to have a chat with them.

The move saw staff having a friendly chat with them mainly to keep in touch and answer any questions.

Robert said it was really nice to speak to someone during the week.

He continued: "It's been quite a difficult situation. I've been stuck indoors for 12 weeks, but have been in touch with Paula, the learning disability nurse, on a weekly basis. It's just been nice to chat and have a general catch-up really."

"COVID-19 has been all over the TV and radio. There has been no real escape from it, so it has been nice to speak to Paula about normal stuff."

Paula Pearl, the learning disability liaison nurse specialist for Southend Hospital, said: "It's been a strange time for everyone, but for patients with learning disabilities sometimes they or their families have needed that little bit of extra reassurance or just some normality maintained in a world where it has been anything but. That is where some of our phone calls have come in."



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# PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

- ▶ AUBURN
- ▶ BLACK
- ▶ COPPER
- ▶ FUCHSIA
- ▶ GREEN
- ▶ GREY
- ▶ LAVENDER
- ▶ LEMON
- ▶ LIME
- ▶ MAGENTA
- ▶ MAUVE
- ▶ MINT
- ▶ ORANGE
- ▶ PINK
- ▶ PURPLE
- ▶ SCARLET
- ▶ TURQUOISE
- ▶ ULTRAMARINE
- ▶ WHITE
- ▶ YELLOW

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

## DID YOU KNOW?

- ▶ The killer whale belongs to the dolphin family
- ▶ Some animals sleep standing up, including horses and elephants
- ▶ Elephants are the only animals to have four forward-facing knees
- ▶ Tigers are the largest wild cats in the world
- ▶ Female kangaroos have a pouch on their belly to transport baby kangaroos, called joeys
- ▶ There are three different species of zebra, which are all native to Africa
- ▶ A male reindeer's antlers can grow up to 1.4 metres in length
- ▶ Butterflies can taste with their feet

## WORD LADDER

<b>EASY</b>
<b>HINT</b>

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

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

DO NOT rearrange the order of the letters.

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



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# Tricky RICKY

HE'S THE CELEBRITY THAT CELEBRITIES AVOID,  
AND ONE OF OUR FINEST EXPORTS

In many respects, Ricky Gervais is a pretty bad version of a celebrity. He looks like someone who works in a hardware store, has been fiercely loyal and faithful to partner Jane Fallon for the past three decades, doesn't live in a 15-bedroom mansion, and couldn't undertake a spate of brazen virtue signalling if he tried.

There's also the small matter of him calling out other celebrities for their greed, corrupt dealings, bullying, two-facedness and hypocrisy at any available opportunity. A habit that began when he started naming and shaming the great and the good during his debut hosting of the Golden Globes back in 2010 – remarkably, they keep inviting him back! – has now extended fully into everyday discourse.

And at the start of the recent coronavirus lockdown we were treated to a brilliant display of Gervais bashing a bevy of film stars, musicians and models who felt the need to take to social media to inform us just how tough life was.

"After this is over I never want to hear people moaning about the welfare state again; I never want to hear people moaning about nurses again, or porters," he said.

"These people are doing 14-hour shifts and not complaining. Wearing masks, and being left with sores, after risking their own health and their families' health selflessly. But then I see someone complaining about being in a mansion with a swimming pool. And, you know, honestly, I just don't want to hear it."

Gervais's 'man of the people' status is, of course, nothing new. From his early breakthrough days in the late 1990s as a segment host on



ITV's *The Sketch Show* and on Channel 4 hit *The 11 O'Clock Show*, he has always led with an aura of honest and normality. There was the addictive 9–5 banality in *The Office*, then *Extras*, with its ground-breaking parodying of the movie industry, featuring A-list contributions from Kate Winslet, Ben Stiller, Patrick Stewart and Samuel L. Jackson.

Success followed with *The Ricky Gervais Show*, then the snappy *Life's Too Short*, comedy reality series *An Idiot Abroad*, bittersweet Netflix part-funded drama *Derek* and the rather darker, touching undertones of *After Life*.

The one thing that permeates everything Gervais touches is his unapologetic honesty. Whether discussing the "scourge" of religion or the majesty of the natural world, whether calling out nationalities, races, genders or persuasions, Gervais takes offence at people being offended.

"It's a disease that's getting worse," he says. "It's not healthy and it's not even real. Most of the people who claim to have taken offence at a statement someone made on Twitter are actually some of the most offensive people I have ever encountered," he laughs.

Some regard him as a national treasure, others a national disgrace. Either way, it's hard to avoid the magnitude of Ricky Gervais.

A one-time aspiring singer and band manager – he looked after indie outfit Suede back in their earliest incarnation – Ricky is the type who is always working on the next project. Whether self-penned or tagging on to big-budget comedies – *Ghost Town*, *Night At The Museum*, *The Invention of Lying* and *The Muppets* – he accepts the industry and its unpredictability.

"Nothing is a given. You just have to keep trying, keep things original, keep the creative processes rolling, and stay ever so slightly controversial."



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# Delphinium

JULY BIRTH FLOWER OF THE MONTH

For those born in the month of July, your birth flower is delphinium. A striking flower that is available in several colours, although most notably a deep bluish-purple, delphinium is associated with openness and positivity, making people who were born in this month as charming as they are humorous.

**WHAT DOES DELPHINIUM SYMBOLISE?**  
The Greek name Delphinium is derived from the shape of its flower buds, which are similar to a dolphin, and its intense blue colour makes it a very special flower indeed. In romanticism, the blue flower was said to be a symbol of yearning and ardent attachment.

charm and sense of humour make others feel both welcome and appreciated. You also value family above all else.

However, a pink delphinium conveys contrariness, a white one means happiness and a pure purple flower is said to signify first love.

**HOW TO GROW DELPHINIUMS**  
Although you can grow delphiniums from seed, this can be quite challenging, so you may want to start off using cuttings instead. This flower enjoys moist but well-drained soil in full sun and, as it grows tall, does best at the back of a sunny border.

**WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?**  
If you were born in July, you are a natural entertainer, always wanting to be seen as the funny one. Your

**HOW TO HELP DELPHINIUMS THRIVE**  
Delphiniums are hungry plants and need a liquid fertiliser applied every couple of weeks to encourage strong growth. It is also a good idea to use canes or a frame so that the plants can grow up through them. Delphiniums only flower for a short amount of time, but by cutting back the spikes you can encourage further growth.







# HAWAII FIVE OH!

You may not be able to enjoy the usual beach experience this summer, but with these fabulous outdoor furnishings and lighting tricks you can certainly create that same blissed-out vibe.

While they're not entirely out of bounds, the restrictions surrounding trips to the coast have numbed somewhat the appeal of the seaside.

Sure, you may struggle to recreate a vista of rolling waves and painful pebbles underfoot in your humble back garden, but there are a number of outdoor effects – beyond the basics of a sun lounger and umbrella – that can bring the breathless brilliance of the beach to your home.

### Shelling out

It's perhaps the simplest move of all, but a few handfuls of shells and pebbles, and perhaps a stray sprig of seaweed or a sprinkle of sand, can instantly give your garden

space a neat, nautical feel. Remember, though, removing beach matter (stones, sand) is in fact illegal, so please source your props responsibly.

### Wicked wicker

Nothing shouts 'beach' like wicker windbreaks, umbrellas and mats. As a fabric it's versatile, cooling and good to look at, and wrapping your yard in this light material will soon have you dreaming of the Mediterranean or Caribbean.

### A win on the pools

For those of us lucky enough to have a swimming pool (either permanent or foldaway) to cool off in, consider adding sandy banks and trails leading into it or immediately as you step into the water. A sand gradient will remove harsh, clumsy edges while offering a water feature that blends in perfectly with the beach vibe.

### Amazing ambience

When the sun begins to set, there is no nicer feeling than settling down to watch the day fade away. And with some clever string lights, you can bring about a seaside ambience that will chill you out as well as light up the night.



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# Summer SAFETY TIPS



### FIVE TIPS TO KEEP YOUR PETS SAFE THIS SUMMER...

**A**s if there weren't already enough safety concerns for pet owners in the summer months, this year you also have the additional worry of coming out of lockdown and how this profound change will affect your animals. Don't worry – we are here to help.



#### GO TO THE VET IF NEEDED

If your pet is poorly or becomes injured, you should not put off going to the vet. Call first as you normally would and, if advised, take your pet in for a check-up. Social distancing will still apply, and you will most likely be asked that only one member of the household attends the consultation.



#### BE PREPARED FOR SEPARATION ANXIETY

For those who have been furloughed or working from home, this will seem like Christmas to your pet. What could be better for them than seeing their owners every day when they are usually alone? However, you now need to be prepared for when you leave. Expect naughty behaviour, continual barking or whining and/or destructive actions.



#### PRACTISE SOCIAL DISTANCING IN THE PARK

Although there is no evidence of animal-to-human transmission of the COVID-19 virus, it is still a good idea to keep your dog close to you when you are in a public area. This is not only for their safety but also to avoid confrontation with other dog walkers.

#### DO NOT FORGET THE IMPORTANCE OF GOOD HYGIENE PRACTICES

One of the most effective ways of keeping yourself and your pets safe from COVID-19 is good hygiene practices. You should wash your hands with an antibacterial gel whenever you take your dog for a walk, go out to purchase pet food and after you have played with your animal.

**AVOID CONTACT** with your pets if you show symptoms of COVID-19.



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# ANXIETY

Many of us may be feeling anxious during these uncertain times, but these tips, based on Dialectical Behaviour Therapy techniques, can be really useful tools to help combat the fear to live a happier, calmer life.

### PRACTISE MINDFULNESS

This term can sometimes seem vague, but at its core it simply means paying attention to the present to stop intrusive thoughts from sneaking in. Begin by sitting in the garden for five minutes and notice all the sights, smells, sounds and sensations around you. Practise this skill regularly and you will soon find yourself automatically living more in the moment.

### PLAY NICE WITH OTHERS

Stressful periods such as the current lockdown can take their toll on even our closest relationships as tensions build up and then overboil, which is why DBT encourages us to nurture our relationships both with others and with ourselves. In conflicts, it suggests we take time to listen to the other person, validate that we have heard them, and then practise empathy to further deepen our understanding.

### A VERY USEFUL TIPP

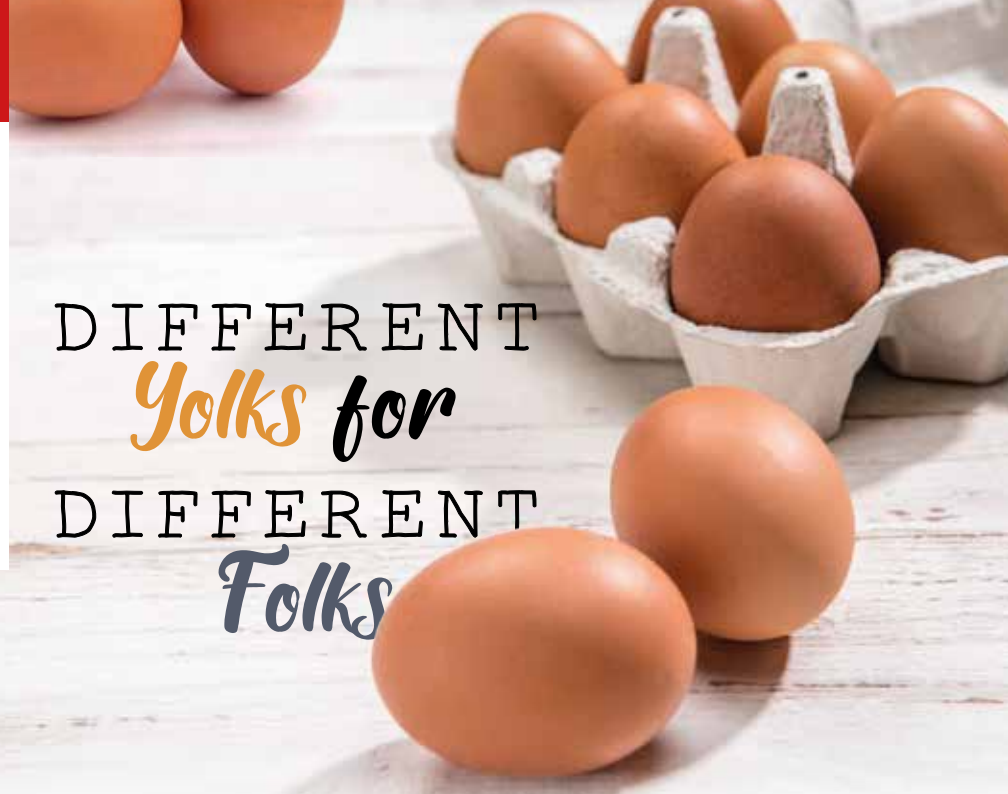
DBT is particularly useful when we are in times of crisis and need a quick and effective way to soothe our minds and bodies. TIPP is an acronym of skills that help reverse feelings of distress:

- > **TEMPERATURE** – splash cold water on your face or hold an ice cube; anything to take the heat from your body
- > **INTENSE EXERCISE** – run around the block, do star jumps or jog up and down the stairs to work the tension out
- > **PACED BREATHING** – take long, steady breaths to stimulate your parasympathetic nervous system
- > **PAIRED MUSCLE RELAXATION** – tense and relax muscles throughout your body until you feel calm

### RADICAL ACCEPTANCE

Life can feel painful and out of our control, but DBT encourages us to accept rather than push back against our reality. Accepting, however, doesn't mean you have to like what is happening; it simply steers you away from what you can't control to focus on what you can.





# DIFFERENT Yolks for DIFFERENT Folks

HEALTH ADVICE THAT SUGGESTS EGGS ARE NOT SO GOOD FOR US AFTER ALL

Eggs have had a chequered history... or should that be speckled? For so long a staple of British life... across boiled, poached, scrambled and more, with soldiers, in a quiche, or even as an omelette as we matured our tastes to rather more continental blends. Heck, we'll even work it into a drink – eggnog or a whisky sour, anyone?

In the 1990s the negative press around battery hens and the salmonella crisis took the glow off this most delicious of foods, and while the humble egg's resurgence has been welcomed, recent evidence suggests we may have overstated the positive benefits while underestimating some potential health problems.

Mostly, these come in the form of worries over cholesterol. We all know how bad the build-up of this liver-produced fatty substance is, and recent research from the US states that for every half-egg per day consumed, the increase in heart disease is six per cent, with an eight per cent increase in the risk of mortality.

Contrast this with boffins who suggest eggs can protect against Alzheimer's disease. What's more, we've also been told they're good for heart health

– even as recently as 2018, a study in China found that those who ate eggs every day had an 18 per cent lower risk of death from heart disease and a 28 per cent lower risk of stroke (compared to those who didn't). What's more, the lutein found in yolks can improve eyesight.

And while gobbling down multiple eggs isn't advisable, research suggests that having an egg with salad actually increases the vitamin E we absorb from the leafy matter.

As with most things, our bodies all experience different effects from the same food; moderation and 'food intelligence' appear to be pivotal.



# Bad Booze

FOUR WAYS ALCOHOL AFFECTS THE APPEARANCE OF YOUR SKIN

Most people are already aware that alcohol has a dehydrating effect on the skin. Anyone who has woken up the morning after the night before will be all too familiar with the tell-tale signs of boozing, including sallow skin, sunken bloodshot eyes and a bloated face. However, you may not know that even just a few daily drinks can have a detrimental effect on your complexion.

## ALCOHOL CAUSES DEHYDRATION

If you regularly drink two or more drinks in one day, then your skin will become dehydrated. In fact, you may not know this, but alcohol actively takes all the fluids out of your skin, leading to a dry and parched complexion, as well as one that is more prone to ageing.

## ALCOHOL CAUSES INFLAMMATION

Do you ever notice how your face becomes flushed or red after a few too many drinks? This is because alcohol inflames your skin tissues. Although your skin will go back to normal once the alcohol is out of

your system, prolonged drinking can lead to permanent facial redness.

## ALCOHOL CAUSES BREAKOUTS

Whether you suffer with the occasional spot or actual adult acne, drinking alcohol can lead to more skin breakouts. All alcohol contains sugar, with some boozy beverages containing more than others, such as cocktails and white wine. Furthermore, the high levels of sugar in alcohol can lead to less plump skin cells and, in turn, a duller complexion.

## ALCOHOL CAN AGGRAVATE SKIN CONDITIONS

If you suffer with an ongoing skin complaint such as eczema, psoriasis or rosacea, alcohol will only exacerbate these issues. This is because alcohol has the ability to reduce the healthy bacteria in your gut that helps to regulate your immune system.





*Gorgeous*



# GLASSES

## TO FIT YOUR FACE SHAPE

If you have just found out that you need to wear glasses, or even if you have worn them for years but feel like you have never found the perfect pair, keep reading to discover the ideal frame to fit your face shape.

**Oval Face Shape** – a well-balanced face with a slightly wider forehead than jaw and cheekbones. If you have an oval face shape you are in the lucky position of being able to suit most styles of glasses, so you can simply choose whatever shape you prefer.  
**Top pick for men:** Hugo Boss, Boss 1129  
**Top pick for women:** Kylie Minogue Never Too Late

**Rectangle Face Shape** – a deeper forehead with a long nose and strong jawline. Pick a deep, square shape that will complement your angular features.  
**Top pick for men:** Tom Ford FT5584-B 56  
**Top pick for women:** Karen Millen KM 111

**Square Face Shape** – a broad and deep forehead with a wide jawline and square chin. To create more length, go for narrower styles that will offset your strong features.  
**Top pick for men:** Ray-Ban RX5154  
**Top pick for women:** Ted Baker Lyla

**Heart Face Shape** – a small chin coupled with a broad forehead and wide cheekbones. Opt for frames that are a little wider than your forehead to offset the natural wideness of the top half of your face.  
**Top pick for men:** Ted Baker Grover  
**Top pick for women:** Love Moschino LM21

**Round Face Shape** – full cheeks and a round chin, often with a wide forehead. Choose rounder frames rather than angular ones to complement your round, soft facial features.  
**Top pick for men:** Tom Ford TF5485  
**Top pick for women:** Will.i.a.m W10V Gold



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## 4 common

# INGREDIENT SUBSTITUTIONS

If lockdown has taught us anything, it's how we can cope without restaurants, takeaways and other quick food fixes. In fact, 38 per cent of Brits have said that they are now cooking from scratch, but what do you do if you can't get hold of a key kitchen staple?

### Baking soda & lemon juice for yeast

Yeast has been quite difficult to get hold of in recent months, but thankfully two other common store cupboard staples will ensure the same effect.

½ tsp baking soda      ½ tsp lemon juice      1 tsp active dry yeast



### Ground flaxseed & water for eggs

If you need eggs to emulsify a set of ingredients, the below will work just as well. Alternatively, bananas and apple sauce can be used to add moisture, although they will not have a raising effect.

1 tbsp ground flaxseed      3 tbsp water      1 medium egg



### Baking soda & cream of tartar for baking powder

For those who love baking, it can be incredibly frustrating to find that you have run out of baking powder, but quite often you may have other ingredients that will do the job.

¼ tbsp baking soda      ⅝ tsp cream of tartar      1 tsp baking powder



Alternatively, if you have a little bit of baking powder left, yogurt or buttermilk can help your rations go further.

### Vegetables for pasta

Whether you have run out of pasta, noodles or rice, or you are simply looking for a healthier alternative, there are so many vegetables that you can use in their place.

Why not try eggplant lasagne sheets, cauliflower rice, spiralised courgette spaghetti or celeriac couscous?

### Other helpful substitutes

Cracker crumbs for breadcrumbs | Lemon juice for vinegar | Plain flour and baking powder for self-raising flour





# Staycate IN STYLE



**J**ust because you may not be able to go abroad this summer doesn't mean that you can't still enjoy the holiday experience. Why not save money and still have fun by staycating within the confines of your own home?

### GO CAMPING

In your own garden, of course, or your home if you don't have sufficient outdoor space. Simply get out your camping gear or borrow a tent from a friend or neighbour, toast some marshmallows, tell a few ghost stories and finish off with some traditional campfire songs.

### SPOIL YOURSELF WITH A SPA DAY

If you love nothing more than indulging in a luxury spa break to recharge your batteries, you will be pleased to know that you can recreate this experience at home. All you need are a few high-quality face masks, some mani-pedi supplies and a selection of scented candles. You could even fill your paddling pool with warm water and bubbles and enjoy an outdoor spa experience.

### FEAST LIKE A FOODIE

For those who love to sample the local cuisine

while on holiday abroad, why not throw a selection of themed food nights? Mexican, Indian, Spanish, Italian, Japanese: the choices are endless. If you are feeling particularly creative, you could go the whole hog and plan a multi-course meal complete with authentic beverages and decorations.

### HOST A FESTIVAL

Whether you are a music lover or a film fanatic, hosting your own festival creates fun for the whole family. Invest in a projector or a new set of speakers, lay out some deckchairs or blankets, hang some fairy lights and set out some snacks. Don't forget, you must socially distance if you invite anyone from outside your household.

### TOP TIPS FOR A STAYCATION

- > Ban household tasks
- > Let go of your usual routine
- > Disconnect from technology



# Default DANGER



*What are the real consequences of not being able to pay a loan or credit card?*

In the past few months, many of us may have strayed closer than we would want to financial trouble. Money worries put more stress on us than anything else in life, though often our tendency is to fear the worst when we needn't.

The truth is that lenders – be that in the form of loans, credit cards or mortgages – are regulated to work with you, not against you, when it comes to ensuring your commitments are affordable. And, contrary to what you may see on reality television programmes, falling behind on payments won't suddenly land you with a bailiff at the door.

Below is a 'typical' debt timeline (note: not a definitive outline), based on being unable to make repayments:

- > **MONTH 1:** Failure to pay loan or credit card.
- > **MONTHS 2–4:** Creditor makes contact and will usually agree to hold charges and interest, effectively freezing the account (although this will mark your credit score).
- > **MONTHS 4–6:** Either resume payments or the

creditor may sell the debt on to a collections company.

- > **MONTHS 6–9:** New 'owner' of the debt will make contact to attempt to agree with you a new (interest-free) repayment plan – they will work with you to check you are prioritising key commitments (such as utilities) and they need to accept any reasonable offer (which could be as low as £10/month).
- > Your account will be reviewed regularly but you will have a new agreement in place going forward.
- > Only if you default on this new agreement will the prospect of a court order or CCJ come about, and only failing that provokes bailiff action.

If you are worried about debt, speak to charity [stepchange.org](http://stepchange.org)

The most important thing is to address the issue, be upfront with those you owe money to and keep communicating at every stage.



# A GLASS and a half

THE DRIVE OF YOUR LIFE... WHY NOT TO TAKE A CHANCE AFTER A DRINK

As if you didn't know it were true, drinking and driving are completely incongruous. Not only has it been illegal to be over the limit when behind the wheel of a car since the Road Safety Act was introduced in 1967, it's also insanely dangerous, to yourself, passengers and other road users.

The issue with drink-driving is that, in many people, the confidence, bravado and bullishness that alcohol provides actually reinforces a belief that it is okay to 'push the limits' a little; and yet, the guidelines are set, the recommendations realistic and the punishments severe.

- > Get stopped in England and your limit is 80mg of alcohol per 100ml of blood, and that allowance drops to 50mg in Scotland.
- > In real terms, everyone's tolerance and reaction to alcohol varies, and can be additionally affected by weight, sex, metabolism, food and stress; but for men, two pints of medium-strength lager (four units), or two small glasses of wine (two units) for women, will see you over the limit.



- > The only published safe advice is to avoid alcohol altogether.
- > Remember as well, if you've been drinking heavily the night before, there's a reasonable chance you'll still be over the limit the following morning.

And if you were in any doubt as to just how profound those punishments can be, it's up to 10 years for manslaughter, should the worst happen. You can even be arrested for being inebriated and sleeping or resting in a car even without the key in the ignition.

The frightening thing is that many of us still aren't learning the lessons. Around one in eight road deaths is still alcohol-related, and when you add in injuries, that's around 9,000 per year.

In an era when calling a taxi has never been simpler, there is no excuse to risk the lives of others, so enjoy yourself and get home safely.



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# EXCESS

## HOW LEAD LED THE WAY IN A MOTORING REVOLUTION

The motoring industry sees itself as one of the true pioneers for a better, cleaner, more eco-friendly environment; and quite right too given the estimated 1.4 billion cars on the road across the planet.

With a move towards carbon neutrality, the acceleration of the sector is visible as much on blueprints, bar charts and graphs as it is in getting its latest models from 0 to 60, but how much cleaner are vehicles now compared to their older counterparts?

Unleaded petrol only went on sale in the UK in 1986, but within 15 years it was the only option other than diesel. Rightly so, as at its peak we were pumping 3,000 tonnes of the stuff into the air. The results? Brain damage in children; hypertension, high blood pressure and heart attacks in adults.

Levels of lead in the air decreased by 94 per cent between 1980 and 1999 – a huge proportion of that pollution having been caused by cars, with

almost 0.9g of the toxin in a litre of petrol in the 1970s. The permitted level is now 0.01g/l.

Add in better engine efficiency thanks to systems such as air injection and catalytic converters, plus the development of better diesel systems – even if manufacturers such as Volkswagen were found to have overstated efficiencies – and car output efficiency has moved into levels we could only have dreamed about in the 1970s and 1980s.

It's not all good news, though. Over the past five years the industry has seen demand switch back towards bigger, premium vehicles, despite conscious government moves to make such vehicles less appealing at the fuel pump.

It has caused a seven per cent increase in carbon dioxide output in the year up to 2018, with cars accounting for just over 18 per cent of total UK emissions.

The evidence suggests that while our desire to be green is genuine, the need for comfort and convenience is still the biggest 'driver' in our lives.



# CONOR the MANN



## WHY CONOR MCGREGOR'S THIRD RETIREMENT FROM COMPETITIVE ACTION WILL BE HIS LAST

Unlike the two previous occasions when Conor McGregor announced that his days in the cage were over, when the mixed martial arts (MMA) supremo tweeted his retirement on June 7, fans got the sense that this time the 31-year-old Irishman, who has transformed the sport since picking up his first world Ultimate Fighting Championship (UFC) title in 2013, meant it. MMA owes Conor McGregor a huge amount. The Dublin-born fighter has single-handedly moved this Marmite entertainment form into new realms, displaying a brand of bold, brash, uncompromising spirit both in competition and away from the fight. It is a sport sold on ego and confidence, and McGregor has both in abundance, always capable of flicking a switch between charisma and out-and-out combat. He is someone whose personality has engaged fans the world over, the type of character you either love, or love to hate – either way, the box office riches flow.

And yet, McGregor's biggest battle across a 12-year professional career has been in managing ambition versus ambivalence. His latest retirement came accompanied with a typically cursive glance at the current state of play with UFC.

The fighter stated: "The game just does not excite me, and that's that. All this waiting around. There's nothing happening."

"I'm going through opponent options, and there's nothing really there at the minute. There's nothing that's exciting me."

It's not the first time a perceived lack of a real challenge has led McGregor to throw in the towel. Upon his first retirement, McGregor said he wanted to explore new challenges, and promptly set up a landmark boxing contest with five-times world champion Floyd Mayweather, in August 2017.

Although McGregor was overpowered by the legendary US boxer, his intention to push, to innovate and to mix things up was clear, and when he came out of retirement just over a year later it was clear he was returning to the stage not just as a fighter but also as a showman for the sport. That enabled him to present both the good – this year's 40-second knockout of Donald Cerrone at UFC 246 was McGregor back to his ruthless best – and the bad – the warrior courted publicity after attacking a tour bus in 2018, smashing a fan's mobile phone in March last year, and being involved in an altercation in a Dublin pub six months later.

His string of recent misdemeanours also confirms a disenchantment with the sport, and he has repeated last year's retirement with one now that will surely hold.

The coronavirus pandemic and a lack of clarity over when MMA will return to any semblance of normality has surely hastened his withdrawal, as it has those of respected rivals Jon Jones and Jorge Masvidal. Combined with the countless media opportunities that are certain to present themselves, plus an estimated war chest approaching £100million, it's time for his next move.

After all, for a man who has forged incredible wealth, success and recognition out of less than one hour in professional combat across 12 years and 26 fights, you sense that whatever Conor McGregor does next, success is guaranteed.



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