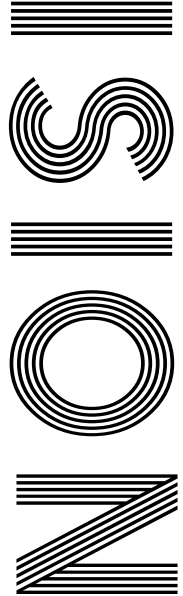


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HOW COVID-19  
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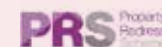
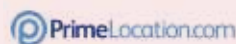
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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

# 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. As the world starts to open up for business again, don't forget that Face mask.

I must say, when my family and I have ventured out into shopping areas, I've been intrigued by the approaches of various businesses to enforcing COVID-19 regulations.

Companies, leisure spaces and retail outlets of all sizes have come up with practical, innovative and smart ways of adapting what they offer, while still being as accessible as they possibly can. In many ways these act as a metaphor for all of us - each doing what's necessary, all pulling in the same direction to ensure we have no second wave of coronavirus over the winter.

My own adaptations have been more on a parental level over these past two months as my family has expanded... think nappies, Sudocrem and 3am feeds.

As many of you know, working from home more requires a lot of structure and balance between work time and play time, and having your own space is crucial. Happily, **VISION** continues to thrive with our **VISION** ChelmsfordBeaulieu edition, the second of three new launches, meaning that despite the uncertainty we have had to live through recently, 2020 could yet be a good year.

I truly, profoundly hope the light is there at the end of the tunnel for you too.

*Nik*

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Photo credit: James Gourley/ITV/Shutterstock

# Kate's RETURN

## How the UK has rallied behind Kate Garraway and stricken husband Derek Draper

Kate Garraway has lived a very public life – she has been on our screens for more than three decades having first appeared on regional ITV news back in 1989. Being such a recognisable face means that when tragedy strikes, that same, visible presence is played out to the gaze of tens of millions of people.

Yet while such intrusion is often unwelcome, by the broadcaster and journalist's recent admission, the empathy, warmth and support that has come her way in light of husband Derek Draper's illness has helped her through the very toughest of life experiences.

Derek was struck down with coronavirus at the end of March. He was admitted to intensive care and spent a concerted period battling the illness. While many overcome symptoms quickly, in the first week in July, Kate revealed her husband had been close to death on six separate occasions owing to his organs failing. She also said that a doctor in charge of Derek said the former political advisor was as ill as anyone he had treated in more than 35 years on the front line of medicine.

At the start of June, Derek was deemed COVID-free but remained in intensive care. While many overcome the disease in a couple of weeks before entering a gradual phase of recovery, for others the intensity of the illness is much more profound and can go on for months, as has been the case with Derek.

---

*'One of the wonderful things is that they've changed medical practices. they have changed pathways because of Derek'*

---

Regardless, the positive news of his slow improvement encouraged Kate to return to *Good Morning Britain* on Monday, July 13. At the end of an emotional few hours in front of the cameras, during which she was admirably supported by co-host Ben Shephard, she tweeted: "Thank you for all the messages – much like you I thoroughly enjoyed it, especially the hair chat. And I'm looking forward to tomorrow. #katesback"

Kate and Derek married in September 2005. They have two children together – Darcey, 14, and Billy, 10. None of the family has been able to visit him in hospital, so weak was he, and so great was the risk of further infection.

"His lungs are starting to recover – his kidneys are doing better, his liver, but they don't know how much better he can get," Kate said, adding that although her husband was slightly overweight when he contracted the illness, they were unsure as to why he was so badly affected by it.

"I think what's happened is at every stage they've been learning," she told viewers. "One of the wonderful things is that they've changed medical practices, they have changed pathways because of Derek. I keep telling him on Facetime he should be very pleased about that."

Kate's willingness to open up about her own experiences is certain to have elevated further the love and affection she already holds from a nation also still battling the fallout from the pandemic. "This isn't about me, or Derek," she said. "This is about all of us getting through these times together, and we will..."



# Plenty of TWENTIES

HOW THE OLD £20 NOTE WILL BE RECYCLED

The new £20 polymer note is gradually creeping its way into our pockets, and it says a lot that for a society edging its way towards cashless operations that we're still thrilled to see the shiny, shimmering beauty of these works of art... even if the time they spend in our hands is all too brief.

As the old £20 notes are worked out of circulation, it's interesting to see what becomes of them.

Firstly, the bad news – anyone hoping to dive head first into a pool of cash in a back room at the Bank of England is to be disappointed.

That said, prior to 1990, all notes were incinerated at the building itself, with the heat being used to warm its corridors. By 1995, operations went off-site, though again the energy created went to good use as homes felt the benefit of perhaps the most expensive heating system ever.

At the turn of the millennium, and with the process of seeing currency going up in smoke starting to be frowned upon given society's desire to push forward with rather more eco-friendly approaches, the Bank of England started to explore alternative methods.

As a result, notes began to be recycled using a soil composting treatment. The technique adopts a similar process to the way food waste is handled, with the resulting mix being used in agriculture operations, such as on farms.

So the next time you find yourself in the country, gazing across freshly ploughed fields, consider just how rich that soil may be.

Photo credit: www.britishtenotes.co.uk, © Bank of England [2015]



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# MOOD for thought



Creating a physical mood board may seem a little old-fashioned when you have the likes of Pinterest allowing you to collate all of your interior design inspirations at the touch of a button. That being said, there is nothing quite like the feel of fabric and the touch of textures to get your creative juices flowing.

## WHAT IS A MOOD BOARD?

A mood board is a collection of items that offer you inspiration for your next design project within your home. The purpose of the board is to help you choose which specific items and styles you want included in your design.

## STEP ONE: CONSTRUCT YOUR MOOD BOARD

Although you can make a mood board from any material, your best bet is to use reusable cork or foam board as you can then easily pin your samples on to it.

## STEP TWO: COLLECT IMAGES

Look through interior design magazines to help cement your vision for your design and to gain insights into trending interior design styles.

## STEP THREE: GATHER ACTUAL SAMPLES

Collecting samples of your preferred materials is vital if you want to really get an idea of how the space will look and feel. Look for fabric swatches, carpet samples, tile samples and paint colours, all of which will act as a guide for both the texture and colour of your newly decorated space.

## STEP FOUR: ARRANGE YOUR BOARD

You want to arrange your mood board so it is simple to see the correlation between colours, styles and textures. It can also be useful to sort samples in relation to each other, such as a carpet sample next to a sofa fabric sample.

TOP TIP: Only include items you truly love to avoid an overcrowded board that pulls you in different design directions.



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GLOW WORM - BAXI - VAILLANT - POTTERTON - WORCESTER - IDEAL - BIASA - FEROLLI - MAIN

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Before After

## DESK DESIGNS FOR SMALL SPACES

Working from home is not without its challenges, with distractions seemingly coming from everywhere and the work/life line becoming severely blurred. Fortunately, we have your desk space covered, thanks to the super space savers below, so that's one less thing you have to worry about.

### TRANSFORM A CORNER

If you have an open-plan kitchen or living room, you are in the advantageous position of being able to convert a spare corner into a secluded and compact home office space. Focus on creating an area that complements your existing interior design and make sure you add as much storage space as possible.

### OPT FOR AN ALCOVE

Alcoves in the home are very seldom used, and even though they are small, with a bit of imagination you can convert this wasted space into your own working retreat. If you can't fit in a

desk, why not instead mount a work surface and a light fitting to the wall?

### GO TEMPORARY

If you really do not have any spare space that can be purely dedicated to working from home, you can still create a designated working area. Simply choose a room that offers you some solitude and add a fold-down workspace. An ottoman is a great investment, doubling up as seating and storage.

### CONVERT YOUR SHED

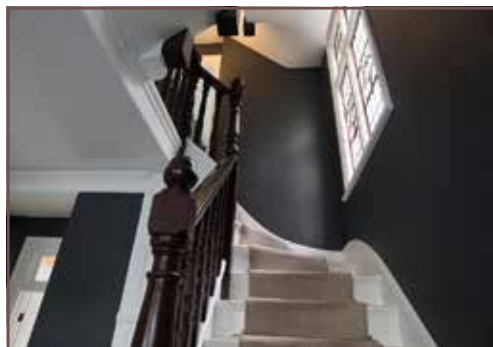
If you are planning to work from home in the long term, you may want to consider converting your shed or perhaps even your loft into a spacious working area. Think of this as an investment and remind yourself of all the money you are saving on commuting.

### PLUMP FOR THE RIGHT OFFICE CHAIR

Make sure you treat yourself to a proper office chair that offers back support, helps you to concentrate and instantly puts you in work mode.



Photo credit: decoist.com, realhomes.com, trendir.com



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# FOUR winning wine bottle CRAFTS



HOME & DIY

Whether you favour a dry white, a robust red or a fruity rosé, as a wine lover you will no doubt have one or two, or five, empty bottles taking up valuable space in your recycling bin each week.

So why not use these bottles to create something beautiful?

### ART DECO VASES

All you need for this super-quick craft is a few bottles, white spray paint and three different colours of acrylic craft or chalk paint.

- Start by spray painting the bottles white; you will need to do this three times for full coverage.
- Next paint the top of each bottle in one of your chosen colours, adding vertical brush strokes around the neck.
- Finally paint around the base, adding vertical strokes up the sides.
- Leave to dry.

### BIRD FEEDER

What could be better than sitting in your garden listening to the sweet song of the surrounding birds?

All you need is an empty wine bottle, a few pieces of wood, a hose clamp and some acrylic paint in your preferred colour to create this stunning garden feature.

### MINIATURE PLANTER

Unfortunately, you can't use a regular wine bottle for this project, but it is so impressive that we decided to include it anyway.

- Purchase a wine bottle planter.
- Fill the planter with soil.
- Arrange a selection of succulents.
- Leave for 2-3 days without water to allow roots to heal.

### CHEESE BOARD

To make this craft, you will first need to flatten your wine bottle. This involves using a kiln - you can find a simple tutorial for this online.

You can then add your preferred decorative touches.



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Belfairs Woodland Centre

## Step back into the woods as Belfairs Woodland Centre reopens

Belfairs Woodland Centre has reopened for visitors and its staff are "delighted" to be back.

The centre reopened on Thursday, July 16, after being shut over the lockdown period.

Staff at the centre are just as happy as visitors to see the doors open again.

Centre manager, Greg Borjartz, said he has missed being at the centre over the past few months.

He said: "It is a real pleasure to be open again. It has been a hard three months of not being here. We are just delighted to be back and up and running again."

Greg said he was approached several times asking when the centre would reopen but they wanted to wait until it was safe to do so.

The wait has been worth it as Greg said the amount of positive feedback they have received so far has

been incredible.

He said: "I am delighted because we have tried hard to make the centre a community hub and it is nice to go back to being that."

"Everyone is pleased to see us back again."

To reopen safely, the centre introduced a range of social distancing measures, such as a one-way system, visors and masks for staff and two-metre markers.

Greg said the team put a lot of thought into the measures and everyone has been following them safely.

He said: "We have experienced no trouble at all; everyone has been really helpful and really polite."

More details of the reopening can be found at [www.essexwt.org.uk/nature-reserves/belfairs](http://www.essexwt.org.uk/nature-reserves/belfairs)

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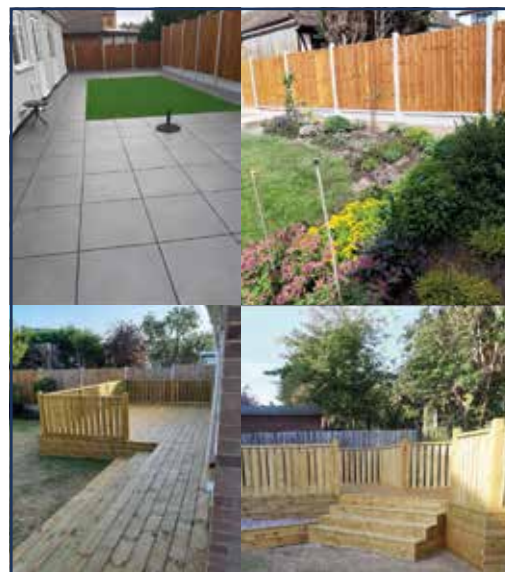
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# SIR DAVID AMESS MP



Member of Parliament for Southend West



Parliament has now broken up for recess during the month of August and we return to Westminster on September 1. I am, however, constantly in touch with constituents via email, telephone calls to my Westminster office, and at my regular constituency surgeries.

I very much appreciate how the ongoing crisis as a result of the coronavirus pandemic has altered everyone's lives. Even with lockdown measures being eased, there is still much uncertainty. Many businesses are worried about their viability, not to mention people pondering how they can return to their workplace in a fully functioning manner. Then there is the education of our children, which we very much hope will return to some sort of normality in the autumn. While any death caused by coronavirus is awful to bear, the number of

deaths related directly to the illness is continuing to fall, as are the number of infections. However, we cannot risk another wave this winter and I do know that every effort is being made to find an effective vaccine.

My thanks to all the voluntary organisations who continue to work selflessly on our behalf during this crisis and, of course, a special thanks to all the key workers and NHS staff.

While all this has been happening, many residents are furious about the spike in antisocial behaviour. I have accordingly asked Essex Police to redouble their efforts to deal with and eradicate this disturbing trend.

Finally, I will now be holding my surgeries in different locations in each of the nine wards in Southend West on a rotating basis. For more details visit [www.davidamess.co.uk](http://www.davidamess.co.uk) and to book an appointment call 020 7219 3452 or email [amessd@parliament.uk](mailto:amessd@parliament.uk)

## Market goes virtual for 20th anniversary

Leigh-on-Sea Farmers' Market celebrated its 20th anniversary virtually amid the COVID-19 pandemic.

The market, which is run by the town council, had been on hold over lockdown. This did not stop organisers from celebrating the anniversary, and the virtual market was hosted from the Leigh Town Council Facebook page on July 25.

Emily French, events and projects officer, said the virtual market was an "innovative" way to keep the market going.

She said: "It was a way of supporting our regular stallholders and local produce during what is a difficult time for many traders.

"It was a great experience for us and for them, to support the regular market."

The market is usually held on the third Friday of every month at Leigh Community Centre and features around 16 local produce stalls.

There was a variety of stalls at the virtual market, including Gambardeli, Patryk's Bakery and Hoppily.

Emily thinks the market is still running after 20 years because of the fantastic selection of produce that Leigh-on-Sea has to offer.

She said: "If it were not for the stallholders having such good produce then we would not still be here.

"The produce is so good and that is why people keep coming back."

Emily said that the virtual market was successful and more virtual events could happen in the future.

She said: "It is a way of keeping the market alive and fresh in people's minds."

Visit [www.leighonseatowncouncil.gov.uk/leigh-farmers-markets](http://www.leighonseatowncouncil.gov.uk/leigh-farmers-markets) to see details of all the stalls at the Farmers' Market.



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# Leigh-on-Sea TOWN COUNCIL

The coronavirus pandemic has lasted far longer than anyone initially expected. The council originally postponed its meetings until the end of April in the hope that things would have returned to normal by then. Of course, as time has gone on, we have all learned to adapt to the 'new normal' sanitising our hands everywhere we go, wearing masks and meeting 'virtually'. The council has now started to hold its meetings over video conference so it can continue with making community-minded decisions. Agendas and minutes can all be found on our website as usual.

At the last meeting, the council met to appoint a new co-opted councillor. Members were blown away by how many people were interested in the position and had a very difficult decision in choosing between the candidates. The council would like to welcome Dr David Bowry, who will be joining us as councillor for the Herschell Ward.

Continuing with meeting 'virtually', the council launched its first online Farmers' Market on July 25. Originally, we had planned a special Farmers' Market on Strand Wharf to celebrate the market's 20th anniversary. As this was unable to go ahead,

our stallholders came together to provide fantastic competitions, special offers and giveaways through our Facebook page.

As most outlets and buildings now have the go-ahead to reopen to the public, we are working hard to ensure that the community centre can also reopen safely. We have been in touch with all our regular hirers so we can create a schedule to gradually resume a normal service.

Most of our staff continue to work from home, and we are still keeping in contact with the members of our Community Transport Scheme. We recently secured some Stay at Home Craft Bags from The Art Ministry charity for those vulnerable older adults who may have been socially isolated over the last few months.

The council would like to remind the local community that we are still offering an emergency grant of up to £1,000 to help groups, charities and organisations who are providing aid and support for people suffering from the effects of coronavirus. More information can be found on our website [www.leighonseatowncouncil.gov.uk/emergency-community-fund](http://www.leighonseatowncouncil.gov.uk/emergency-community-fund)

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## Councillor battles spike in lockdown graffiti



Photo credit: Laurie Burton

A Leigh-on-Sea councillor has been working to combat the increase in graffiti over the lockdown period.

Councillor Laurie Burton was surprised when he noticed different graffiti 'tags' appearing in the Prittle Brook area, as graffiti had not been a problem in the past. He said: "Leigh-on-Sea tends to be pretty good for stuff like this, so it was a real noticeable increase."

Laurie added that the graffiti was not in keeping with the beautiful surroundings of Prittle Brook.

He said: "I think it is really disgusting. Leigh-on-Sea is the best place to live in the country and it feels like if we cannot get the graffiti situation right, then there is not much hope."

With lockdown driving many to boredom, Laurie believes the increase could be linked to the current situation and a lack of witnesses.

He said: "Some bits were quite large and normally without lockdown you would have people walking down the brook all day, so you would not normally be able to do that without people noticing."

Although Laurie is happy to remove some of the graffiti himself, he wants to encourage residents to report it via the MySouthend website.

You can report graffiti at [www.southend.gov.uk/mysouthend](http://www.southend.gov.uk/mysouthend)



## Theatre legend dies aged 103



Photo credit: Carole Hawkins

**B**eloved theatre icon Peggy Batchelor passed away peacefully on Saturday, July 18, at the age of 103. She was a theatre legend both locally and across the nation, with her performance debut as Baby Peggy in front of the Royal Family in 1925.

In 1955 Peggy founded Ridley Studios in Leigh Road. The studios were a prominent part of the local arts scene, providing drama lessons to many.

Peter Monk, who met Peggy in the 1970s and became her dear friend, said there was a sense of "excellence" that came with the studios and Peggy.

He said: "For many years it was an establishment of excellence and its students were a force to be reckoned with in local music and drama festivals.

"She knew what she wanted from her students and she got it because she was such a lovely person."

Peter said Peggy always had a recognisable sense of professionalism which led to her success.

He added that Peggy will be missed by many in the Leigh-on-Sea community and beyond.

He said: "Peggy put children's theatre on the map in Southend.

"All her fellow teachers gave her the greatest of respect and she was so well respected by councillors, mayors and everyone else."

## Man jailed for committing child sex offences

**A** man from Leigh has been jailed for four years after he admitted committing sexual offences against children.

Laurence Ives, 55, appeared at Basildon Crown Court on Wednesday, July 15, where he pleaded guilty to several offences.

The offences included distributing an indecent photograph of a child, two counts of making indecent

photographs of a child and 10 counts of attempting to cause a child to engage in sexual activity.

He was sentenced to four years in prison, put on the Sex Offenders Register for 10 years and will be the subject of a Sexual Harm Prevention Order for 10 years.

Ives was initially arrested in January 2018 when a search of his home revealed evidence on several of his electronic devices.

Detective constable Nick Riley, who led the investigation, said Ives' actions sadly went unnoticed for 10 years before an investigation into another individual allowed them to arrest Ives within 24 hours.

He said: "Laurence Ives was a predator who used social media to engage in sexual chat online with children as young as 12 years old.

"He preyed on young vulnerable people, grooming them online for his own sexual gratification."

For more information about how to keep your child safe online, visit [www.internetmatters.org](http://www.internetmatters.org)

## New parking offer introduced to bring in shoppers

**A** new parking offer has been introduced across the borough to help drive recovery.

The offer started on Monday, July 13, and covers all council-owned car parks until the end of September.

It allows drivers to get an extra hour for free when they buy a one-hour parking ticket.

The council hopes this will encourage more people to go shopping in the area.

Suzanne Gloyne, Southend BID manager, wants to encourage shoppers to visit safely within government guidelines.

She said: "This is a good initiative that we hope will drive more shoppers into their local shopping areas and to our seafront at a time when we need it most."

Drivers can take advantage of this offer seven days a week in car parks but not at on-street bays.

The car parks will also be free after 4pm, allowing people to go out for dinner without paying for parking.

Civil enforcement officers will add the extra hour when checking vehicles.



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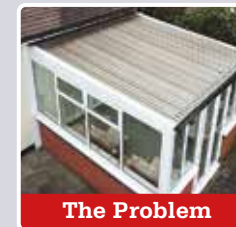
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# Maya Jama MAKING WAVES

## WHY MAYA JAMA NO LONGER HAS A FACE FOR RADIO

When Maya Jama announced at the end of last summer that her four-year romance with rapper Stormzy had come to an end, it brought to a conclusion a relationship during which the careers and statuses of both stars had elevated to levels previously unimaginable.

She, the model, fashion designer and presenter whose opportunities now encompass both broadcasting and retail in equal measures; he, the urban musician whose impact on the charts was, if anything, topped by his accidental appointment as a political campaigner, notably for the rights and career opportunities of black youngsters in inner-city areas.

When the announcement came that the pair had separated so as to “focus on their careers”, there were the usual Twitter-led sniggers and sneers, declaring that this much overused excuse was just a front for troubled termination of a previously happy partnership. However, on this occasion, and considering the professional pathways both have taken since, we may well take the statement at face value.

Certainly, from Maya's perspective, she is someone who has cultivated a clutch of positive headlines throughout her time in the spotlight, during which she rarely passes up an opportunity to extend her reach. While she's sexy, confident and unafraid of controversy, the bigger part of who she is involves taking risks – her breakthrough came soon after she moved to London from Bristol aged just 16 in order to set up her own YouTube channel alongside landing a gig as a presenter for JumpOff.TV.

MTV spotted her talent and she became host of MTV Base show *The Wrap-Up*, before moving on to *MTV Essentials* and *MTV News*.

Next, finding herself in the gaze of sports directors, she fronted Copa90's 2014 World Cup coverage, before being invited to host Radio 1's weekend morning shows.

TV projects for Channel 4 and Channel 5 have followed, but her status has been elevated mainly by her engagement across social media – not least her 1.6 million Instagram followers. She regularly opens up to her wealth of supporters about topics including mental health, fitness, relationships and minority rights.

Yet fans of her Radio 1 shows were stunned in June this year when she chose not to renew her DJing contract – instead she can be found co-presenting the Saturday night BBC1 show *Peter Crouch: Save Our Summer*.

And from wowing admirers with a revealing Brit Awards dress to Kurt Geiger fashion campaigns that leave even less to the imagination, it seems Maya's future is certainly being mapped out with style in mind.

“For me it's always been about grabbing as many opportunities as I can,” she says. “I don't want people to get bored of my face but, at the same time, I do want to challenge myself, and have fun along the way.”

Sure enough, Maya's appeal is widespread and showing little sign of abating. “I want to do this for myself, but I want to do it for all the other teenagers sat at home dreaming of big things. That was me... and if I can do it, then anyone else can too.”

“  
For me it's always  
been about grabbing  
as many opportunities  
as I can. I don't want  
people to get bored of  
my face but, at the  
same time, I do want  
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AUGUST BIRTH FLOWER OF THE MONTH:

## Gladiolus

If you were born in August, your birth flower is the bold and beautiful gladiolus. Instantly recognisable by its long, skinny shape and vivid colours, this flower symbolises strength of character. Easy to grow and wonderful to cut, gladiolus should be a go-to flower for beginner and expert gardeners alike.

### WHAT DOES THE GLADIOLUS SYMBOLISE?

Gladiolus is the Latin word for "little sword". Greek warriors would wear this flower in battle to protect themselves from harm and death. The flower has long been associated with strength of character, remembrance and sincerity, as well as infatuation. Nowadays, the gladiolus is commonly given on fortieth wedding anniversaries.

### WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If you were born in August, you are said to be an intellectual who will do whatever it takes to succeed in life. You thrive in leadership roles at work and, like your flower, you are known for your strength and integrity.

### HOW DO I GROW GLADIOLI IN MY GARDEN?

This flower flourishes in rich but well-drained soil, but if you have another soil type such as clay in your garden, it can be planted in a pot. Gladioli need plenty of water if you want them to flower well, so it is advisable to dig a trench and add plenty of well-rotted manure. It is a good idea to purchase plenty of gladiolus bulbs and to plant 10–15 every couple of weeks to enjoy a succession of flowers throughout the summer and autumn.

### DO GLADIOLI GROW BACK EACH YEAR?

Gladiolus bulbs are not hardy enough to survive the cold winter months. Therefore, you should dig them up and store them ready to be replanted in the spring.



GARDENING



# Pleats

FOR ALL OCCASIONS

**P**leats are officially back in style for summer/autumn 2020 and we couldn't be any more excited about this surprising resurgence. Flattering, versatile and offering a sexy yet understated vibe, you can wear a pleated skirt anywhere, as long as you know how.

## How to wear the pleated skirt:

Whether you are invited to a party, are heading for a picnic in the park or have an important meeting at work, you can find the perfect pleated skirt outfit combo for you.

**Daytime chic** – Team a pastel-coloured midi pleated skirt with a striped blazer and ankle boots for a smart yet effortless look that will work just as well for lunch with the ladies as it will for a presentation with the boss.

**Evening glam** – Opt for a black satin pleated skirt that cinches you in at the waist and gives you killer curves and team it with a cropped top and a pair of stiletto heels for an instant vampish vibe.

**Casual cool** – Who says you can't wear a skirt for a stroll in the woods? The trick to toning down the pleated skirt is to add a simple fitted tee, an oversized denim jacket and a pair of fresh white trainers.

## Choosing the right pleat for your shape:

**Regular pleat** – Depending on where the skirt is pleated, you can choose to emphasise your hips, waistline or bottom, making this pleat ideal for most body types.

**Box pleat** – Best for those with narrow hips and slender waists.

**Kick pleat** – Normally found on shorter skirts, this style is ideal for apple body shapes.

**Inverted pleat** – Most often worn at knee length, the inverted pleat is best suited to pear-shaped women.

**Knife pleat** – Another mini style; if you don't mind showing off your legs.

**Accordion pleat** – Full and feminine, this style suits everyone.



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Kefir originates from the mountainous region that divides Asia and Europe. The raw kefir grains are added to milk, where they set about consuming the lactose present. The result is a fermented drink loaded with yeast and healthy bacteria.

As a fermented milk liquid it probably sits closer to yoghurt than anything else, though its thin consistency makes it perfect to swig. The result is a tart, slightly sour but not unpleasant taste that features a lingering fizz on the tongue (thanks to the carbon dioxide present).

Traditional kefir (the word comes from 'keif', the Turkish word for happiness) uses grains mixed with whole cow's milk, but the evolution of our dairy products means it is now found combined with goat's, sheep's, coconut, rice and soy milk.

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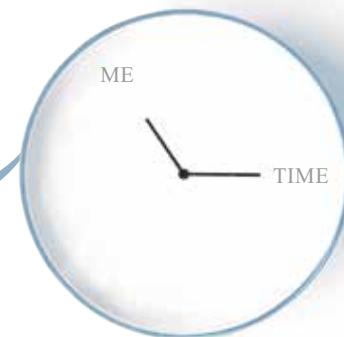
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ME,  
myself  
AND I



Whether you are a stay-at-home parent, a working professional or a combination of the two, finding time for yourself before lockdown was hard. Since the COVID-19 pandemic, it has become almost impossible; from trying to work from home, to attempting home schooling, to being on top of your partner 24/7.

However, taking the time to focus on yourself and your individual needs is crucial for maintaining good mental health.

### WHY IS "ME TIME" SO IMPORTANT?

If you are the kind of person who is used to always putting others first, then even the concept of making time for yourself may seem strange. However, failing to adequately care for your own personal needs can lead to a lack of concentration, reduced stamina, feelings of anger and resentment and even total burnout.

### HOW TO TAKE "ME TIME"

It's all well and good us saying that "me time" is important, but if you have a spouse, two kids,

a dog and a boss who rely on you every single day, the logistics can be a challenge. That being said, once you start taking, rather than asking for, a minimum of 30 minutes alone time, you will soon find that it becomes a seamless part of your daily routine.

### WHAT ARE THE BENEFITS OF "ME TIME"?

Taking the time to be kind to yourself can result in you feeling more energised and refreshed and can help to improve your overall self-esteem. It can also allow you to think more clearly and to make better life decisions both for yourself and for your family.

### POSITIVE "ME TIME" ACTIVITIES:

- > A relaxing bubble bath
- > A workout or yoga session
- > Cooking
- > Listening to an audiobook or your favourite podcast
- > Taking a walk in the park
- > Gardening and DIY
- > Getting crafty





CHECK OUT THIS

# chic CHIGNON

HOW TO CREATE THE  
PERFECT CHIGNON BUN

If you need an updo for a formal occasion, then the chic chignon should be your go-to hairstyle. It's classic, elegant and even has a bit of a vintage feel to it; just perfect for oozing glamour and sophistication.

## HOW TO ACHIEVE THIS LOOK

- Step 1:** Part your hair and then section off the front portion.
- Step 2:** Create a firm ponytail with the rest of your hair.
- Step 3:** Tighten the ponytail and check that the strands above it lie flat and smooth.
- Step 4:** Backcomb the ponytail, strand by strand, for added volume.
- Step 5:** Spritz with a light- to medium-hold hairspray.
- Step 6:** Lightly comb the top of your hair to smooth any flyaway strands.
- Step 7:** Make a simple loop out of your ponytail, using a clear elastic band to hold in place.
- Step 8:** Loosely wrap the free-hanging end of hair around the base of your ponytail.
- Step 9:** Fan out the end of the wrap and arrange it to cover the base of the looped ponytail.

- Step 10:** Pin in place securely.
- Step 11:** Divide your front section of hair into two sections.
- Step 12:** Tease the hair from the roots and lightly comb through to smooth.
- Step 13:** Bring one section to the chignon and cover its base with it. Pin to secure.
- Step 14:** Wrap the hanging strands loosely around the chignon a few times and pin.
- Step 15:** Repeat with the other section.
- Step 16:** Optional – gently loosen the hair above the chignon for a slightly messier look.

**TOPTIP:** Remember that a chignon should always be low, sitting at the nape of the neck or at the back of your head.



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# 3 BOOZY

# Ice lolly

## RECIPES

There is nothing quite like a cool and refreshing ice lolly on a hot summer's day, and what could be better than indulging in a home-made one that comes with a bit of a kick?

Why not give these three boozy ice lolly recipes a try and enjoy your favourite tippie in frozen form?

### Mango & Tequila Spice

YOU WILL NEED: 50ml tequila • 3-4 small ripe mangoes • juice and zest of 2 limes • 140g sugar • ¼ tsp chilli powder

HOW TO MAKE: Blend the mango until smooth • Pour the puree through a fine mesh strainer • Add the lime juice, sugar, chilli and tequila and mix well • Pour the mixture into 10 ice lolly moulds, leaving ½ cm at top for expansion • Put in freezer for 45 minutes and then add lolly sticks • Freeze for a further 4 hours

### Cider & Black

YOU WILL NEED: 1litre dry cider • 100ml apple juice • 150g blackberries • 1 tbsp crème de cassis • 2 tsp lemon juice • 4 tbsp sugar

HOW TO MAKE: Simmer the blackberries in a pan with 1 tbsp sugar and 50ml water until soft • Pour through a sieve and stir in the crème de cassis • Pour the syrup into your moulds and put in freezer • Reduce cider in pan for 10 minutes, add 2 tbsp sugar and dissolve • Add apple

juice and lemon juice and leave to cool • Pour into lolly moulds, leaving ½ cm at top for expansion • Freeze for a further hour before adding lolly sticks • Freeze for 6-8 hours until solid

### Strawberry Fizz

YOU WILL NEED: 400g strawberries • 2 tbsp sugar • 2 tsp lemon juice • 4 tsp elderflower cordial • 200ml Prosecco

HOW TO MAKE: Whizz strawberries in a processor with sugar, elderflower cordial and lemon juice • Pass through a sieve and add Prosecco • Pour into lolly moulds, leaving ½ cm at top for expansion • Freeze for an hour before adding lolly sticks • Freeze for a further 6-8 hours

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# BACK TO SCHOOL

## after lockdown

If your children have been at home since lockdown began, the thought of sending them back to school in September will most likely bring about feelings of anxiety, fear and, let's be honest, a little bit of relief.

You have all been in your own little family bubble for so long that adjusting to a school routine will be a challenge for everyone involved.

Fortunately, there are steps you can take to help your kids mentally prepare for this big step.

### Openly discuss concerns

Taking the time to talk to your child, in an age-appropriate way, about any worries or concerns they have about going back to school can help to alleviate their fears and reduce any stress that they may be struggling with.

### Share your own feelings

It can be a good idea to let your child know that they are not alone when it comes to worries about the "new normal". Be open and honest about your emotions and encourage your child to share theirs.

### Ask the school for help

Do not be scared to ask your child's school for help if you are concerned that your child will struggle on their first day, or even during their first few weeks back. They may be able to offer additional support during the initial transition period and be able to check on your child throughout the day.

### Get back into a bedtime routine

The importance of ensuring your child is getting enough sleep should never be underestimated, both physically and mentally. In the weeks ahead of their first day back, gradually start getting your child to bed earlier each night so that they wake up fresh and rested on the big day.



# ANOTHER BIG BITE

The latest Apple innovations were unveiled at the start of the summer, and in light of a global trend to eliminate infection, there was good news for handwashers...

In launching 13 exciting technological innovations across iPhone, Mac, iPad and Watch, Apple has proved itself capable of upping the ante again, even when its boffins have been locked down. Here are some of our favourites:

### macOS Big Sur

A big update that powers Safari like never before, with customisable start page and backgrounds, faster speeds and better extensions.

### iOS14

The new operating system brings a raft of improvements, including grouping of apps in folder categories and the ability to open a small part of an app to fulfil a specific task, such as purchasing a coffee or paying for your Deliveroo delivery.

### Apple Pencil

This neat tool means a message written on your iPad can be converted automatically into typed text.

### Cycling directions

Getting from A to B on your bike has been made

easier with an enhanced map tool that takes into account road traffic and other obstacles not conducive to an efficient cycling experience, such as steps. Your Deliveroo man will be grateful.

### Handwashing wonder

An upgrade to Apple Watch means it can detect when a user is washing his or her hands and will start a 20-second countdown timer. Stop scrubbing early and you'll be prompted to keep washing – patronising, but useful.

### Sleep tracking

The Watch also provides better sleep tracking after many called into question the accuracy of this being done on the iPhone. It does, however, mean you need to sleep with your watch on.

### TvOS

HomeKit-enabled video cameras can now broadcast alongside programmes you are watching. That means you can still watch Gordon Ramsay on screen while an image appears of Gordon Ramsay at your front, presumably delivering your Deliveroo dinner.

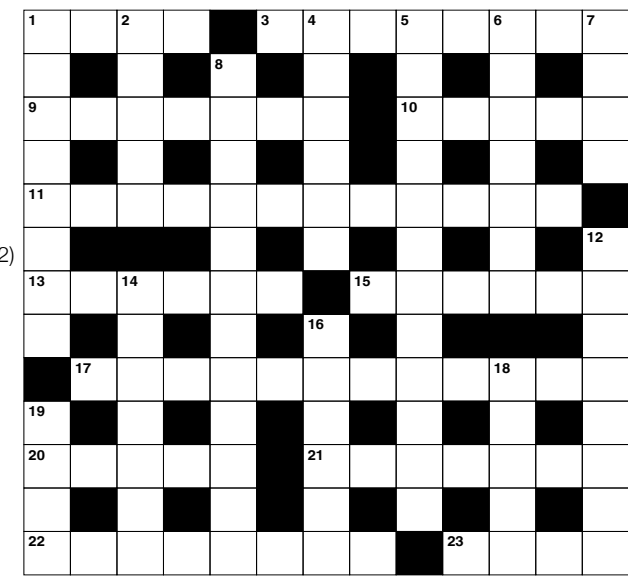
# PUZZLES & TRIVIA

## ACROSS

1. Make fun of (4)
3. Consecrate (8)
9. Behave well (7)
10. Of the nose (5)
11. Contradictory (12)
13. Consent to receive (6)
15. Person to whom a lease is granted (6)
17. Showing total commitment (12)
20. Ancient measure of length (5)
21. Waterproof fabric (7)
22. Stretched out (8)
23. Solely (4)

## DOWN

1. State of the USA (8)
2. Comedian (5)
4. Real (6)
5. Significant (12)
6. Disparaging remarks (7)
7. Ivy League university (4)
8. Worldly (12)
12. Inclination (8)
14. Live together (7)



16. Royal chair (6)

19. Pinnacle (4)

18. Spoken for (5)

## DID YOU KNOW?

- ▶ Sound travels around four and a half times faster in water than it does in the air
- ▶ In winter, bowhead whales sing for almost 24 hours a day to attract mates
- ▶ Walrus mothers and calves recognise each other by their voices
- ▶ The underwater noise from ships is doubling every decade
- ▶ Common dolphins are usually seen in large groups of up to 1,000
- ▶ A basking shark can be up to 11 metres long
- ▶ Jellyfish have been around longer than dinosaurs and have survived five mass extinctions
- ▶ Dolphins sleep with one eye open

## SUDOKU

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

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# BRITAIN'S BREXIT BOOM

While it's too early to gauge the effects Brexit has had on the country, experts believe our departure from the EU will soon show a positive impact on a number of business types:

## 1. TURNING TO TECH

The tech sector has always been particularly strong in this country, and with freer conditions, the retention of skilled entrepreneurs plus the bouncebackability of the UK from what might be a COVID-19 global economic downturn, our digital boffins are expected to flourish in making up ground on global heavyweights China and the US.

## 2. MEDICAL MASTERY

The EU has frequently held back medical advancements and new technologies amid a flurry of admin and red tape. Its slow-moving approach has meant non-member countries have been able to steal a march on new medical developments, but this is expected to change now the UK has matters back under its own control. Combined with the world's finest health service, companies here in the 'life sciences' sector are expected to boom.

## 3. FISHING

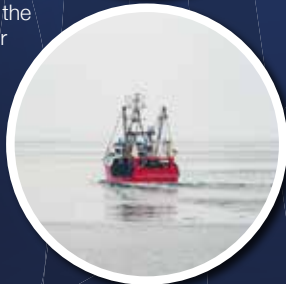
UK fishermen have long bemoaned the EU's Common Fisheries Policy for the restrictions it has caused, even around our own shores.

While the complexities of the industry are plentiful and the protecting of fish stocks is important, our hardworking seafarers appear certain to profit from Brexit as Brussels' stranglehold on how our coasts operate is removed.

## 4. AGRICULTURE

While our binning of the Common Agricultural Policy (CAP) – which has been in place since 1973 – has so far produced more questions than answers for our farmers, the government is optimistic that substantial improvements can be made for land workers who currently see 70 per cent of the UK geography under agricultural management.

Shedding the 'direct payment' aspect of the CAP where land prices were pushed up, causing a barrier for young farmers to get into the industry, could stimulate innovative and inventive UK farming, the like of which we've not seen in centuries.



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*Bid farewell* TO THE  
**COVID MOT**

**THE CORONAVIRUS MOT HOLIDAY'S FINAL DAYS... OR ARE THEY?**

August 1 has never been a particularly notable date in the diaries of car mechanics, though COVID-19's six-month MOT extension made it significant in 2020 like in no past year.

Depending on when you are reading this, you may well consider the moment to have passed. That 'moment' was essentially a six-month extension to the date of your car's MOT throughout the time the pandemic caused complete shutdown in the UK.

The logic when this unusual measure was announced back in April, when COVID-19 was really taking hold in the UK, was that the public should not be encouraged to venture out in their motors, neither for servicing nor for leisurely drives. Now, with coronavirus under control and various social restrictions eased, it's the right time

to lift these measures, as well as stimulating the economy again... car mechanics included.

The criteria was that any car due to have an MOT after March 31 would automatically have an additional six months added to its certificate. Naturally, in coming out of lockdown, that concession has been relaxed, so any cars with MOTs in August or thereafter will have to play by the old rules – get it MOT'd or stay off the roads.

That seems cut and dried, but perhaps it's not. For those of us not quite as up to speed as we should be with mechanical matters, it could be you've accidentally missed the date of your MOT. If this is the case, and it was actually due between April and the end of July, you will now have an additional six months from the listed date to get things checked, but this time, make sure you do.



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# IT'S SPORT...



SPORT



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...but not as we know it

## HOW COVID-19 HAS CHANGED OUR CONSUMPTION OF SPORT

The elation many of us felt at the restart of Premier League football was soon replaced by a sort of bewilderment at a peculiar, slightly perverse, reconstructed version of the game.

Turn on the television to catch a Premier League game and, in many ways, it feels as if we are watching our favourite stars operate in something of a parallel universe – a contact sport played with social distancing (at least as far as goal celebrations are meant to go), drinks breaks, countless subs (all huge distances from one another) and, most crucially of all, zero fans in attendance.

Our broadcasters' move to dub in fake crowd sound has largely been deemed a success, and with studio-based expert summarisers every bit as pointed and punchy as before, this 'new normal' is at least watchable... but it's still very strange.

Of course, as a first phase of life post-COVID-19, it is the best we can do, and other sports

are following suit to get seasons finished and tournaments played.

As reported cases continue to decrease, the expectation is that full-contact sport (for us mere mortals as well as for the Premier League millionaires who, let's face it, are only back playing because of sponsor revenue) may return around September. The government knows it needs to stimulate grassroots and amateur sport, as well as open up the pathways to people attending events again – thousands of businesses, clubs and societies rely on it, and for those who do survive, it may take up to five years to fully recover from the effects of the 2020 coronavirus pandemic.

Yet as far as seeing capacity crowds at our sports arenas goes, we still appear some distance away, with few confident enough to stick their necks out in stating we may see everyday folk back in stadiums before Christmas.

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