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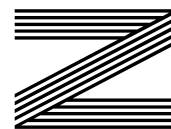
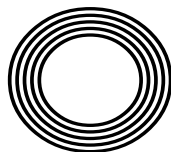
50 YEARS  
of Mr Men and Little Miss

*Sue Barker*

Celebrating the TV presenter's career

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# Editor's notes...

AUGUST 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay.

Even now things have calmed down, it still hurts to say it... Football didn't come home. The Three Lions fought, battled and impressed at almost every turn, but came up painfully short, as has been the case on so many occasions before.

Of course, as the song goes, 'We still believe', and within a day or two of that painful penalty shoot-out defeat by Italy, I couldn't help but accept some simple truths: England didn't lose a single game; we conceded just two goals in more than 11 hours of football; we played great football; we

saw the emergence of yet more brilliant youngsters; and mostly, even in defeat, even with lingering thoughts of 'what if we'd done that differently?', we will take the positives forward.

Football, and life itself, is about coming back from the challenges that confront us; it's about striving to be better than before - wiser, stronger, more equipped. That resilience is inbuilt - it's a natural human trait, and it's arguably our most inspiring. Our armoury is now hardened ahead of the not insignificant World Cup in Qatar at the end of next year.

So while we failed to make it to the ultimate destination, we are at least on the road, and the journey continues. What better inspiration than that to take into every other aspect of our lives?

*Nik Allen*

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Ruby Ward

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

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# SPORTING INJUSTICE?

**SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.**

The ever-evolving world of sport is perhaps only rivalled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

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**'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'**

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The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

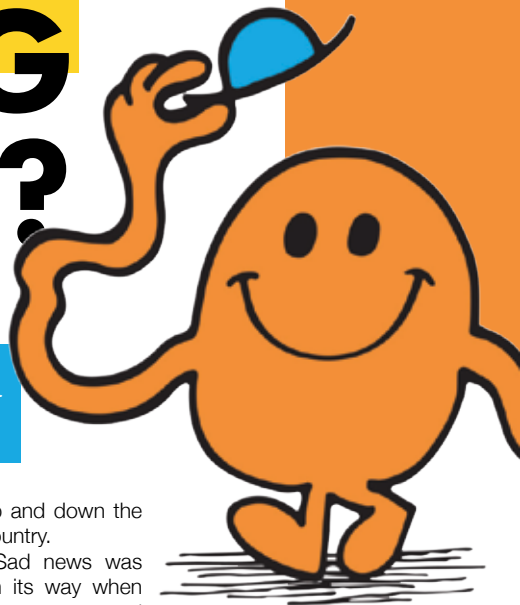
She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".



# A LONG TICKLE?



Celebrating 50 years of the Mr Men and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

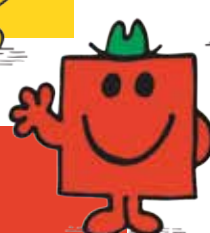
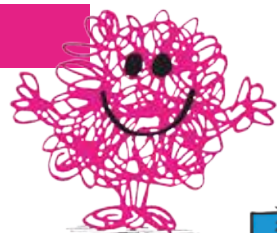
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



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Photo courtesy of PA Images



## ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of "the best night's sleep you'll ever have" – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it's a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting 'space-inspired' fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what's worse – counting pennies or counting sheep?







# TOTES *amazing!*

**S**ustainable fashion is all the rage, so why not take your eco-friendly efforts one step further and create your very own handy tote bag using just an old jumper?

### WHAT YOU NEED:

- An old jumper – this could be an old school jumper or a much-loved hoodie that no longer fits
- Needle and thread
- A pair of scissors
- Sewing machine (optional)

### HOW TO MAKE:

- > Cut off the bottom band of the jumper
- > Cut off the hood (if applicable) and sleeves as close to the seams as possible
- > Determine the centre of the logo or image if there is one
- > Depending on the size of your jumper, work out the length and width of your tote bag – 35x40cm is a medium-sized bag
- > For the handles, cut and remove the sleeve band and cut the sleeve open along the seam
- > Cut eight strips of 2–3cm width and set aside for later
- > Using the remaining fabric, cut out the desired size of your bag, making sure to add 2–3cm extra on both the width and length
- > Pin the front and back of your jumper fabrics together and stitch using a ½-inch seam allowance, either by hand or using a sewing machine
- > Secure and set the seams with the fibres of the fabric using an iron. Always supervise children during this step
- > Fold in 2cm of fabric at the top of the bag and press, and then stitch the fabric near the raw edge using a zigzag or straight stitch for a seamless opening
- > Make the handles by sewing together two of the strips you cut earlier to create one long strip. Create four long strips in total, using eight strips. Overlap the ends and use a zigzag stitch to secure
- > Take two of the four strips, lay the ends on top of one another and stitch together. Repeat with the other two strips
- > Stitch the handles to the top of your tote bag
- > Voila! Your finished jumper tote bag.



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# BANISH BATHROOM BACTERIA

Have you ever thought about how often you should clean and replace items in your bathroom? If not, the below advice from our cleaning experts may come as a shock to you.

## BATHROOM TOWELS

You may be surprised to find out that bathroom towels should be washed after every three uses. Furthermore, they should be replaced entirely every one to three years.

TOP CLEANING TIP: Always hang up your towels to dry fully after each use.

## BATH MATS

This essential is one of the most germ-ridden areas of your bathroom and needs to be washed every three to seven days and thrown away after two years. For mats with rubber backing, spray generously with white vinegar weekly and wash in cold water every three to four weeks.

TOP CLEANING TIP: Clean on a 40-degree wash and hang to dry.

## TOILET BRUSHES

Covered in lots of harmful bacteria, your toilet brush should be cleaned weekly and replaced every six to eight months. Soak in a mixture of boiling water and bleach and allow to drip dry.

TOP CLEANING TIP: Rinse after every use for maximum longevity.

## SHOWER HEADS

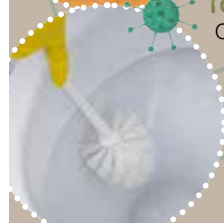
Shower heads should be cleaned monthly and replaced every six to eight months as harmful bacteria thrive in this moist environment, which can be harmful to the respiratory system, especially for at-risk patient groups.

TOP CLEANING TIP: Soak in a mixture of three cups hot water and one cup white vinegar for 30 minutes and then scrub with an old toothbrush.

## LOOFAHS AND TOOTHBRUSHES

Both these items should be replaced every one to three months. Toothbrushes should be rinsed after every use and the handle should be wiped down once a week. Your loofah should be rinsed thoroughly after each use.

TOP CLEANING TIP: Soak your loofah in warm water and a few drops of essential oils weekly to deter bacterial growth



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# LOCAL NEWS

*from your neighbourhood*



## Town welcomes first Community Special Constable

A teacher will take on the role of Leigh-on-Sea's first Community Special Constable.

William Imbush has lived in the area for most of his life, and when he's not teaching, he plays football in local leagues and also enjoys racquet sports.

Volunteer police officers under the Community Special Constable scheme work closely with their sponsoring town and parish councils, which fund all their expenses.

They are committed to policing the area that pays for them and identifying and addressing local issues of concern. However, if a major incident occurs, they may be called on to help in another area of the county.

William said: "I am thrilled to be taking on the role of Community Special Constable in Leigh-on-Sea. I have lived here for most of my life, and I take pride in being part of a town where the community spirit and culture have always stood out.

"I have taken on this role to ensure that Leigh-on-Sea continues to have a visible police presence and ensure it keeps the reputation of being a safe town."

Southend District Commander, Chief Inspector Ian Hughes, said: "At a time when community policing has never been so important, it is fantastic that Leigh Town Council has supported the introduction of William into its community to keep people safe."

## Man charged with drugs offences after search

A man has been charged with drugs offences after a police search. Officers carried out a warrant at an address in Woodfield Road, Leigh-on-Sea, on Thursday, July 15, and seized cocaine, cannabis vape pens and cash.

Joshua Leck-Bennett, 37, of Woodfield Road, Leigh-on-Sea, was arrested and later charged with conspiracy to supply class A and B drugs, possession with intent to supply class A and B drugs, and possession of criminal property. He is due to appear at Basildon Crown Court (pictured) on August 13.



Photo credit: Ruby Ward @heathcotton

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# SIR DAVID AMESS MP



Member of Parliament for Southend West



So-called 'Freedom Day' has meant there is no longer a legal requirement to wear a face mask or practise social distancing, although people are encouraged to "exercise common sense and consider the risks" in all situations, particularly in crowded indoor spaces such as shops and public transport. The rule of six has also been scrapped and there is no longer a limit on the number of people who can gather for worship or social events. The requirement to self-isolate if you are contacted by the NHS app will also end on August 16 if you have had both doses of the vaccine.

While this is very good news for those who had been waiting to arrange weddings or plan memorial services in lieu of funerals, I do know from my emails that there is disappointment about people who have been double jabbed having to provide proof of vaccinations to visit nightclubs

and some larger events.

I entirely understand, now that the summer holidays have begun, the frustration caused by the uncertainty about vaccination and isolation requirements when travelling abroad. The traffic light system seems to be changing all the time. My office stands ready to help people with their problems. Alternatively, you are very welcome to come and see me at my regular surgeries.

I would like to thank schools for teaching children throughout the pandemic under difficult circumstances and congratulate everyone on their exam results. Thank you also to the vaccination centre staff for all the hard work they have done.

The summer will bring many visitors to our town. I do hope that everyone will stay safe and enjoy everything Southend has to offer, while respecting the local community.

## Poppy trail to mark centenary

The Leigh-on-Sea branch of the Royal British Legion will commemorate the charity's centenary with a special project.

As part of the branch's efforts to mark the occasion, a Poppy Art Trail will take place in and around Leigh during November.

Local artists, individuals, schools and groups are invited to collect wooden poppies from Leigh Community Centre in Elm Road on August 21 and 28. They can paint or decorate the poppies however they wish, and the finished poppies will be displayed throughout Leigh – in Leigh Library Gardens, Leigh Community Centre and local shops – during the weeks leading up to Remembrance Sunday on November 14.

A spokesperson for Leigh Town Council said: "They could paint the poppies any colour they choose, or they may like to paint a local scene – anything they want. The focus will be the unmistakable poppy shape.

"Those taking part are invited to make a contribution, large or small, to the Royal British Legion Poppy Appeal upon collection of their poppy – which must be returned by Friday, October 15, at the very latest and by arrangement with the branch secretary."

If you would like to take part, register your interest with Leigh-on-Sea branch secretary, Bob O'Leary, by contacting leighonsea.secretary@rbl.community



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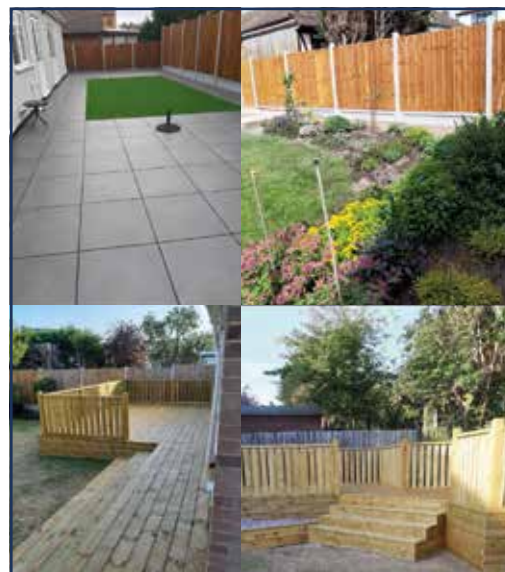


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# LOCAL NEWS

*from your neighbourhood*



## Seagulls cause delays to deliveries with swooping attacks

Postmen and postwomen in Thorpe Bay are wearing hard hats and carrying umbrellas to protect themselves from seagull attacks, which have caused delays and missed deliveries.

The birds, which are nesting on rooftops on Marcus Avenue (pictured), Marcus Chase and Marcus Gardens, swoop down and force the Royal Mail workers to duck out of the way.

John Budge, of Thorpe Bay Residents' Association, said: "These seagulls are a very mischievous lot. If it is to do with their young, then that will hopefully solve

itself in a few weeks when the young will have flown away.

"I also feel sorry for the poor posties who could have had a pecking at. I'd hate to have birds flying around my face or getting too close."

A Royal Mail spokeswoman said: "The safety of our staff is paramount to Royal Mail. Our postmen and women can experience difficulties out on delivery in some areas owing to swooping attacks by seagulls.

"We are monitoring the situation to ensure we can continue to deliver safely to customers."

## Teenager arrested in connection with robbery

A teenage boy has been arrested in connection with a string of offences after a knifeman confronted a runner during an incident in Thorpe Bay on July 12.

A spokesperson for Essex Police said: "A teenage boy has been arrested as part of an investigation into an attempted robbery in Southend.

"We received reports of a runner being confronted by a person with a knife in Thorpe Esplanade at

9.15pm on Monday, July 12.

"A short time later, a 15-year-old boy was arrested on suspicion of attempted robbery, possession of a class A drug with intent, possession of class B or C drugs, and possession of a bladed article.

"He remains in custody for questioning."

A 15 year-old boy had been released on bail until August 6, as **VISION** LeighThorpeBay went to print.

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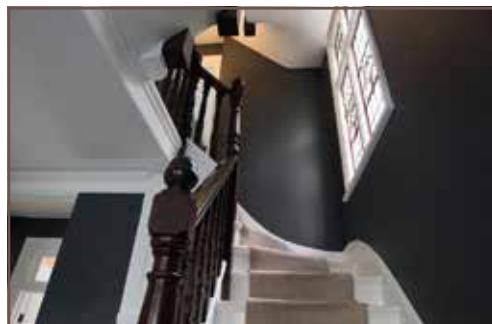
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# JAMES DUDDRIDGE MP



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LOCAL NEWS THORPE BAY

At last, parkrun returned to Southend at the end of last month following a 70-week hiatus owing to the COVID-19 pandemic. The restart of this much-loved, free, weekly 5km event has been greatly anticipated.

For those not familiar with parkrun, more than 1,000 of these events take place across the country every Saturday morning at around 9am.

In Southend, we are lucky enough to have two parkruns, the first at Gunners Park and the second along Chalkwell Beach.

All abilities are welcome at parkrun, whether you run, jog or walk. Dogs are even permitted to take part (although only one dog per runner and it must be on a lead).

I always find it is a good way to keep fit and clear the mind after a busy week at work. I've taken part in 93 parkruns now and there is always a fantastic sense of community spirit and comradeship.

This is largely down to the fab volunteers who ensure these events run smoothly – whatever the weather. I know both our local parkruns are always on the lookout for new volunteers to join them.

Simply visit [parkrun.org.uk](http://parkrun.org.uk) to register or for more information on volunteering. I hope to see you at one of our local events soon.

Finally, I am here to help. So if you have an issue that you would like me to look into on your behalf, please get in touch by emailing [jamesduddridge.com](mailto:jamesduddridge.com)

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**FENCING ★ CONCRETE**

# Club rewards young people

Thorpe Bay Rotary Club has given trophies to two young people for their dedicated work with the local community.

Grace Bower, 13, and Danielle Zamora, 18, were named as the club's Young Citizen of the Year award winners.

Grace received her award for her work with a local community group, where she planned and facilitated activities for teenagers in the 13–17 age group.

During the pandemic, when local children were unable to attend their clubs, Grace ensured arts and crafts materials were made available to children at home.

Danielle was awarded for her work with the Southend Talking Newspaper for the Blind, when the pandemic meant that the group was unable to use its recording studio.

She suggested that recordings could be made on mobile phones and offered to coordinate the project.

After missing just one week, the charity resumed production in March 2020, and Danielle ensured that visually impaired listeners could still receive their weekly news.







# WHEN THE MONA LISA *went missing*

DETAILING THE 110TH ANNIVERSARY OF THE THEFT OF THE ICONIC PORTRAIT

Stealing the world's most famous pieces of art is usually about status, spite or financial gain, yet for Vincenzo Peruggia, the architect of the theft of the Mona Lisa on August 21, 1911, it was none of these things... or so he said.

Painted in 1503, the painting ended up in France following Napoleon Bonaparte's widespread plundering of art during the Napoleonic Wars. Many of its various mysteries – the creeping smile, the haunting face, even the lack of eyebrows – can only be answered by its long-dead creator, Leonardo da Vinci.

The masterpiece had hung in the Louvre for more than a century before Peruggia, an employee at the museum on the banks of the Seine, snuck it out under his smock after having hidden in the building overnight. The gendarmerie were at a complete loss as to who stole the artwork and the theft created a media sensation, with the mystery featuring on the front pages of newspapers worldwide.

Peruggia kept the painting in his apartment in Paris for two years, then took it back to Italy. Herein lies his claim that it was removed expressly with the intention of returning it to its homeland. The thief's explanation was undermined by the fact that when contacting Florence art dealer Mario Fratelli, he placed a 500,000 lire price tag on the piece.

No sooner was the deal discussed than the prospective buyer contacted the police and Peruggia was arrested.

For his crime, the Italian received only a short prison sentence – he served seven months and was hailed a patriot upon his release. Alas, his attempts were in vain, as the Mona Lisa was returned to the Louvre, where it has been on display ever since, its notoriety merely enhanced by the theft.

Peruggia died in 1925 on his 44th birthday, leaving behind a wife and daughter.



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# SPACE IS THE PLACE

Photo credit: Virgin Galactic/ZUMA Press Wire Services/Shutterstock

## HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.





PREP YOUR GARDEN FOR



Whether you love to garden or not, there are several jobs that need to be taken care of during the last few weeks of summer if you want your garden to remain intact over winter and thrive come spring.

DIG UP ANNUAL FLOWERS

Although annuals are great for a single season, providing vibrant colours and stunning scents, they do need to be dug up and added to your compost heap before winter.

ADD FERTILISER TO YOUR LAWN

You may not usually fertilise your lawn, but your grass needs this in order to maintain healthy growth. Typically, plants absorb nutrients through their roots, but you can give your lawn an extra boost with a good quality lawn fertiliser such as Growmore Garden Fertiliser.

CLEAN AND COVER YOUR POND

If you are lucky enough to have a garden pond, you should remove any leaves and other gunk before the weather turns cold. You should also cover it with a net to protect against falling leaves and other debris.

CUT YOUR PERENNIALS

Perennials will survive all year round, but they can also dominate your garden over winter if you let them. Avoid this by cutting them back to soil level and disposing of the cuttings to prevent further growth.

DE-WEED YOUR GARDEN

One of the least appealing garden tasks, but if you don't get your weeds under control before winter, you face a mammoth job come spring. Always remove weeds by the root and refrain from using weedkiller near other plants.

PROTECT YOUNG TREES

Young trees need protection during the winter months as they are more susceptible to damage from frost, ice and wind. Tree-guarding wraps are ideal for protecting their trunks.

Photo credit: nomorebirds.co.uk

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GARDENING

**W**e cherish our gardens for the freshness, variety and life they bring to our homes, but a bit of cultivated creativity can add a whole new level of interest to your luscious lawn.

### WILDLIFE

Section off a quiet part of your lawn in order to create your own mini wildflower meadow. Plants and grasses such as cowslip, red clover, hoary plantain and birds-foot trefoil can be bought from garden centres and will add a rustic feel to your garden, where plants and insects can thrive.

### PERFECT PATTERNS

You can achieve the most wonderful lawn patterns simply by adding a striping kit to your lawnmower. This bends the blades of grass, meaning that stripes can be achieved by leaning the grass towards or away from the eye.

### THREE OR MORE STEPS TO HEAVEN

From stepping stones to a mosaic path, breaking up your lawn with a decorative stone or wooden walkway will give it personality and depth, as well as preventing the gradual wearing away of grass marking out the path to the shed.

### SIMPLY SOLAR

Give your lawn light and radiance, even when the nights begin to draw in, with a selection of solar lights which can be inserted into the beds around the perimeter.

### MAIN FEATURE

A water feature will bring extra life to a lawn, as well as providing an audible, gentle backdrop to days spent in the garden. The hard work is in the installation, but with a variety of traditional and contemporary features, coming in all shapes and sizes, you can quickly bring extra interest to your lawn space.

### STONE THE GROWS

Finally, how about making a focal point out of large rocks, an old tree trunk or some scattered driftwood as an artistic feature on your lawn? Not only will your garden space have abounding personality, but you'll also be encouraging natural life into the various nooks and crannies.



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Conflictingly, while having a full tank may give you a feeling of power and motoring potential, the weight of the fuel can end up costing you more, since that same additional weight requires more power to lug it around.

The general recommendation is to try to keep your tank above a quarter full at all times, and not beyond three-quarters. Within this range you're

protecting the cleanliness of the tank while not overloading it with excessive weight.

Of course, if you have genuine focus on optimising fuel cost and efficiency, you're probably already looking at the dawning of the greener fuels era, which could be heading to our fuel station forecourts as early as next year.

Transport Secretary Grant Shapps recently unveiled plans to introduce E10 as the standard grade at pumps in the UK. The current E5 petrol contains five per cent bioethanol; by embracing a minimum 10 per cent renewable energy ratio within the fuel, it is expected we will reduce CO<sub>2</sub> emissions by 750,000 tonnes per year – that's the equivalent of taking 350,000 cars off the road. And while an estimated 600,000 vehicles won't be compatible with the fuel, these concerted efforts to continue to reduce the nation's carbon emissions have been welcomed by environmental campaigners.

Most people will get a verruca at some point in their lives, with this unsightly virus being most common in children and young adults. Although you can buy verruca treatments, these can damage the surrounding skin, making it more vulnerable to reinfection. So why not try the following natural remedies instead?

#### APPLE CIDER VINEGAR

Wash your foot and soak in water for 20 minutes | Use a pumice stone to gently remove any dead skin | Apply a thin layer of Vaseline around the verruca | Fix an apple cider-soaked cotton ball over the affected area | Check and replace until the verruca has gone.

#### ONION

Place several ½-inch slices of onion in a bowl, sprinkle with salt, cover and let it sit for one hour | Wash your foot and soak in soapy water for 20 minutes | Rinse and pat dry | Break an onion slice and rub over your verruca | Take another slice, place it on the verruca and cover with an adhesive bandage | Leave for three days and then check to see if the verruca has shrunk | Replace until the verruca has gone.

#### DUCT TAPE

Place a suitable-sized piece of duct tape over the verruca | Leave for six days. If the tape falls off, replace immediately | Immerse the verruca in warm water | Gently rub the verruca with an emery board | The next morning, apply a new piece of duct tape to begin another six-day cycle | Continue for up to two months or until it's gone.

#### TEA TREE OIL

Dilute three or four drops of tea tree oil in a small amount of aloe vera gel | Apply a small amount to the verruca with a cotton wool ball | Tape the cotton wool in place with sticking plaster | Leave overnight | Remove in the morning and rinse foot | Repeat until verruca has gone.

VANQUISH THAT

VERRUCA





# HOW TO PERFORM CPR ON AN ADULT

**C**ardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger. Find out how to perform CPR on an adult below.

## HOW TO DO CPR ON AN ADULT:

- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5–6cm before releasing pressure.

**TOP TIP:**  
Use the beat of the song *Staying Alive* to keep the right speed when performing chest compressions

**IN NEXT MONTH'S EDITION, LEARN HOW TO PERFORM CPR ON CHILDREN AND BABIES.**



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# ON YOUR BIKE

Learning to ride a bike is a rite of passage for most children, yet only three per cent of adult Brits cycle daily. It has the ability to transform your health and reduce the cost of your commute, so let's take a closer look at the benefits of biking. Plus, our tips to help you get started.

## WHAT ARE THE HEALTH BENEFITS OF REGULAR BIKE RIDING?

Riding a bicycle regularly provides one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle. A low-impact activity that can be enjoyed by people of all ages, consistent cycling can:

- ⦿ Increase cardiovascular fitness
- ⦿ Improve muscle strength and flexibility
- ⦿ Enhance joint mobility
- ⦿ Decrease stress levels
- ⦿ Improve posture and coordination
- ⦿ Strengthen bones
- ⦿ Lower body fat levels
- ⦿ Reduce anxiety and depression

## VISIT YOUR LOCAL BIKE SHOP

Rather than shopping online, it can be a much better idea to visit your local bike shop as they will be able to offer advice on choosing the right bike for your needs.

## INVEST IN THE RIGHT KIT

Although you don't need to spend a fortune, you should invest in:

- ⦿ A helmet
- ⦿ A bike lock
- ⦿ Bike lights
- ⦿ Padded cycling shorts

## ADJUST YOUR BIKE ACCORDINGLY

For maximum comfort and to avoid injury, you need to find your optimal saddle height. This can be carried out by placing your heel on the pedal at its furthest away point. Your leg should be straight so that when you clip in, there is a slight bend.

## BEST BEGINNER-FRIENDLY BIKES

- ⦿ Apollo Slant Men's Mountain Bike
- ⦿ Cross Daisy Classic 26 Inch Wheel Size Heritage Women's Bike
- ⦿ Pinnacle Lithium Two

## NOT READY TO GET ON THE ROAD?

If you invest in an exercise bike instead, you can enjoy all the benefits of cycling without having to step foot outside your front door.

## BEST INDOOR SMART BIKES

- ⦿ Peloton Indoor Training Bike
- ⦿ Echelon Smart Connect EX3
- ⦿ Sportstech SX400 Speedbike



# MAKEOVER

*your mane*

Unlike women, most men seem to have an "if it ain't broke, don't fix it" approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

## THE TEXTURED CROP

**Best for triangle-shaped faces**

If you've got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

## THE LONG & LAYERED

**Best for oval-shaped faces**

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

## THE CHERUBIM

**Best for heart-shaped faces**

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don't mind a slightly feminine look.

## THE MESSY BED QUIFF

**Best for diamond-shaped faces**

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

## THE SWEEP BACK

**Best for square-shaped faces**

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



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# WEDGES



FASHION

Whether you're lacking in the height department or simply love the look of elevated footwear, the right shoe can transform your style and your self-esteem.

However, do you opt for a more comfortable wedge or a sky-high stiletto?

### What is the difference between wedges and heels?

Technically, wedges fall into the high-heeled shoe category as they do have a raised heel. That being said, with a wedge heel, you get a solid, wedge-shaped outsole that is elevated at the heel and tapers down to a flattish toe. With a high heel, the heel portion is separate from the sole underneath the toe.

### Why choose wedges?

Wedges are a great option for women who struggle to walk on traditional heels, as they offer support and height by evenly distributing your weight throughout the sole. Wedges come in a variety of different materials including cork, leather, rubber and jute and can be closed or open-toed. You can even get wedge boots that make a comfier alternative to regular heeled boots.

Wear to the beach, a casual occasion or lunch with the girls.

### Why choose heels?

There are several types of heels, including stilettos, kitten heels, block heels, mules and heeled boots, with each one providing a slightly different look and feel. If you are a pro at walking in high heels and want a showstopping look, then stilettos are the shoe for you. However, if you struggle with too much height, opt for a more modest kitten heel.

As a general rule, the wider the heel, the easier it is to walk in and the more support it offers your foot.

Wear to a formal occasion, a night on the town or an important meeting.

Protect your feet by limiting wearing high heels to three times a week, regularly stretching your calf muscles and soaking your feet in an Epsom salt bath for 10-15 minutes after wearing.



vs  
Heels







# UNUSUAL FRUIT OF THE MONTH: *Kiwano*

The kiwano – also known as the horned melon owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

## WHAT DOES KIWANO TASTE LIKE?

The flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

## HOW TO PREPARE KIWANO

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

## WAYS TO EAT KIWANO

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

## HOW TO STORE KIWANO

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored

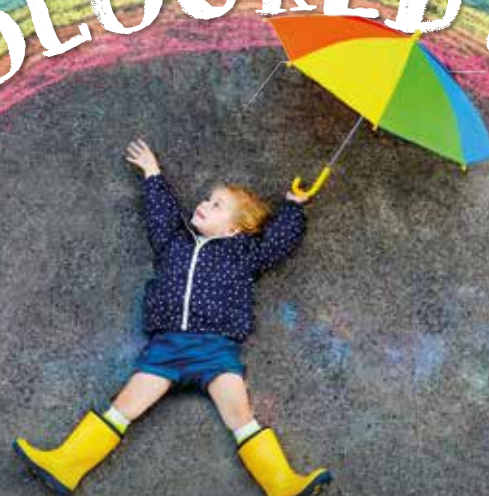
at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

## WHAT ARE THE HEALTH BENEFITS OF KIWANO?

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.



# DIY COLOURED CHALK



A low-cost summer activity that kids of all ages love, why not save yourself the trouble of hitting the shops and make your own super-sized coloured chalk that is perfect for using on the pavement, exterior walls and anywhere else your kids fancy getting crafty? Don't worry, it will all wash off in the rain.

## YOU WILL NEED:

- > 1 cup of water
- > 2 cups of plaster of Paris
- > 3 tbs of food colouring or poster paint
- > An old tin or plastic cup
- > Cardboard toilet roll tubes (one for each colour of chalk)
- > Baking paper
- > Masking tape

## HOW TO MAKE:

- > Seal one end of each of your toilet roll tubes with masking tape. Ensure neat seals to avoid leakage
- > Line your toilet roll tubes with baking paper
- > Pour the water into a tin or large plastic cup,

then add the plaster of Paris and the paint or food colouring

- > Carefully pour the mixture into the toilet roll tubes
- > The plaster of Paris should begin to set after around 15 minutes. You can tell when it is about to harden as it will warm up
- > Leave for a couple of hours or ideally overnight
- > Peel off the toilet roll cardboard, and voila!

## OTHER CHALK CREATIONS TO MAKE AT HOME:

- > **Chalk rocks.** Use balloons to mould your chalk recipe into the shape of rocks
- > **Chalk pops.** Insert wooden craft sticks and use a silicone pop mould or ice cube tray to create a lollipop shape. But remember these are not for eating. They are for drawing purposes only
- > **Glitter chalk.** Add glitter to the mixture for some added sparkle
- > **Squirt chalk.** Fill a squirt bottle two-thirds full with a mixture of corn starch and baking soda, add your preferred food colouring and fill to the top with water. Fill another bottle with vinegar and squirt on chalk patterns for a fizzy surprise.







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# Lie of THE LAND

If you are a first-time land buyer, the process of picking the right plot can be more than a little daunting. In fact, it can be completely terrifying.

Fortunately, our land-buying guide will help you every step of the way.

### 📍 DETERMINE YOUR MOTIVE

Think about why you want to buy land. Do you see it as a better investment than stocks and shares? Are you looking to build your forever home? Or perhaps you're seeking a smallholding (a piece of land of less than 50 acres) so that you can become more self-sufficient?

### 📍 SEARCH DIFFERENT TYPES OF LAND

Development land can be either a greenfield or a brownfield site, with the former never having been built on before and the latter having either been built on or having buildings on it. Each is subject to different planning requirements.

### 📍 RESEARCH THE MARKET

In the same way that you would check out the

local property market if you were buying a house, you need to research the land-buying market in your preferred areas. Land values can range from £5,000 to £15,000 per acre, so you need to find out what is a reasonable price to pay for a piece of land before committing.

### 📍 SEARCH FOR THE BEST DEALS

The land market is plentiful, so you will have lots of choice when it comes to finding the perfect plot. Plotfinder.com is the UK's leading land-finding service, but you can also try land auctions if you are prepared to move quickly.

### 📍 HIRE A CHARTERED SURVEYOR

You should always hire a chartered surveyor to inspect a plot of land before you make a purchase. They will be able to establish which category the ground is and whether it is fit to build on. They will also check for risk of flooding, pollution and subsidence.







# PUZZLES & TRIVIA

PUZZLES

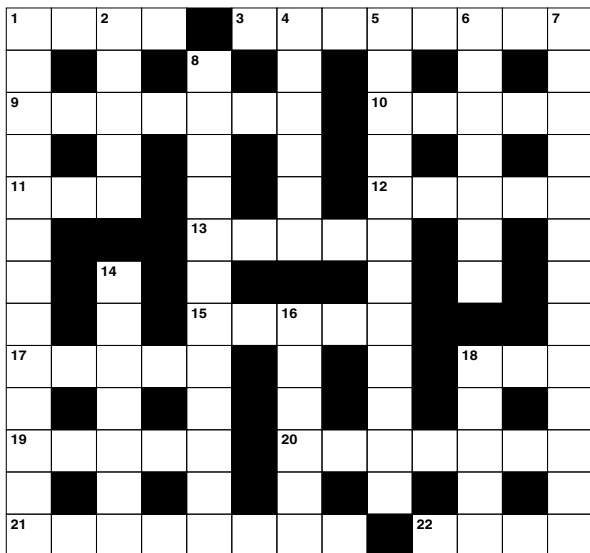
Answers: see end of The VISION Listings

## ACROSS

1. Bog (4)
3. Difficulties (8)
9. Settled oneself comfortably (7)
10. Flower part (5)
11. Cook in hot oil (3)
12. Mother-of-pearl (5)
13. Name of a book (5)
15. Drives out from a place (5)
17. Up to the time when (5)
18. Cereal plant (3)
19. Mental impressions (5)
20. Not tidy (7)
21. Mobster (8)
22. Young kangaroo (4)

## DOWN

1. Making (13)
2. Tarnished (of a metal object) (5)
4. Least polite (6)
5. Efficient (12)
6. Anticipates (7)
7. Obviously (4-9)
8. Decomposition by a current (12)
14. Among (7)



16. Safe (6)
18. Lover of Juliet (5)

## DID YOU KNOW?

► As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes

► In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree

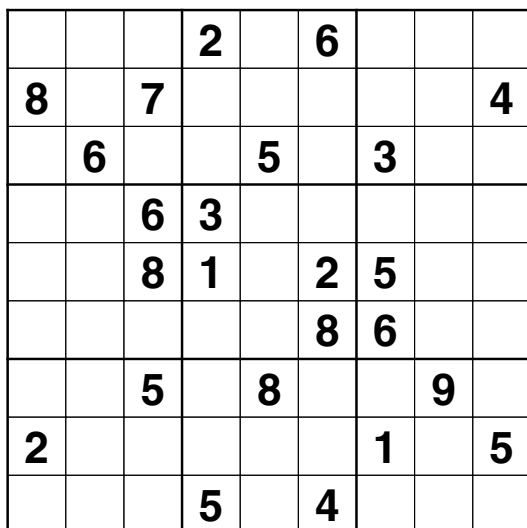
► When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin

► Cucumbers are made up of around 96 per cent water, making them the food with the highest water content

► A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'

► Almonds are actually seeds, although many people classify them as nuts

## SUDOKU



SPORT

Photo credit: Charlie Forgham-Bailey/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

# Super Saturday: LONDON 2012 OLYMPICS

Each month, we look at some of the most significant events in British sporting history. Proving that good things really do come in threes, we recall Super Saturday at the London 2012 Olympics.

August 4 always had the potential to be one of the defining days of the London 2012 Olympics.

Of course, Team GB had a memorable campaign anyway, accumulating a total of 65 medals, 29 of them gold. But sometimes events come together to produce a compilation of such exhilarating determination, skill and sporting endeavour, that a nation feels truly united.

And so it was at the Olympic Stadium on the first weekend of August when, within a 45-minute period, three British athletes wrote themselves into sporting folklore.

First up was Greg Rutherford in the long jump. The toiling set of leaps eventually ended with him setting a benchmark of 8.31m – one that nearest rival, Mitchell Watt of Australia, couldn't better.

Jessica Ennis-Hill then stepped up in the 800m. The Brit needed victory in the event to take heptathlon gold and led from the start. Having dropped to third by the time the final straight

emerged, she powered home to the roar of a deafening crowd, and gold was secured at 9.02pm.

Confirmation of Rutherford's gold came at 9.24pm, and with the Brit still soaking up the applause from his winning jump, Mo Farah tore past the bell on the final lap of his 10,000m run. Leading into the bend, he powered away from the pack to land the ultimate middle-distance prize – Olympic gold.

Farah's achievement came at 9.42pm. It was an evening – 42 minutes, in fact – of athletics that will never be forgotten and, perhaps, never bettered.





# Looking back on when we first met...



SPORT



## HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1-0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2-0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2-1.

Southgate's confidence in his stubborn 5-3-2 formation was upheld in every game. When he switched to a 4-3-3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

Photo credit: Faundo Artzabaga/POOL/EPA-EFE/Shutterstock

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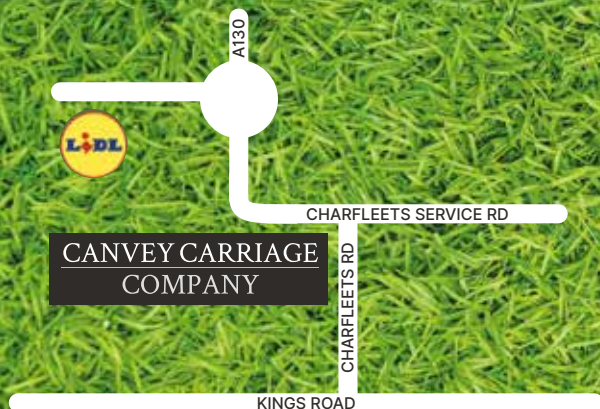
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