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Editor's notes...

JUNE 2022



Nik Allen, Editor

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

Isn't it strange how a bit of sun can lift the spirits?

We seem to be entering the throes of summer now and for the first time in more than two years we are able to go out, restriction-free, and enjoy ourselves.

Of course, we do this against a backdrop of political unrest, economic uncertainty and conflict in various parts of the world. The year 2022 has brought about countless challenges and tests so far - just when we thought we'd arrested the biggest spectre of them all: COVID-19.

The truth is that the current ills around us will be there throughout the next few months and beyond, but my encouragement to you is to embrace the things that are within our control.

Not since the winter of 2019 have we been able to fully throw ourselves into visiting new places, socialising with friends and going about our personal projects in a manner that now seems exhilarating and limitless.

With longer days and - hopefully - warmer weather, now is the time to spend some time in your local pub garden, plan a day out with friends, and perhaps organise a barbecue or two.

So let's try to fully embrace the good elements in our lives and make the most of every opportunity that comes our way.

Nik Allen

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

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SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon's is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn't enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors' money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don't fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

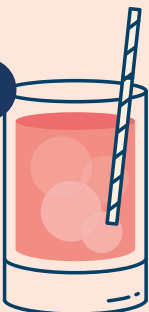
The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects. His commitment to Tesla and SpaceX only came about because he'd sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, 'speculate to accumulate' has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

SP KED?

1



HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?
The most common illegal drugs used to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

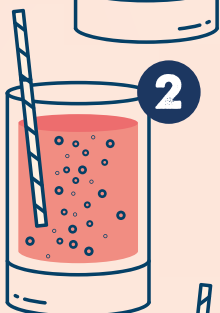
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

HOW TO PREVENT YOUR DRINK BEING SPIKED

- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



2



3



4

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HOME & DIY

OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com



HOME & DIY

MOVE OVER Midas!

Who doesn't love an Ikea hack? Enabling you to incorporate the latest designer trends into your home at a fraction of the price, we have fallen head over heels with gold leaf furniture.

WHAT YOU NEED:

Imitation gold leaf | Sandpaper | Furniture primer | Water-based gilding size | A soft brush | A clear gloss spray sealer or permanent solvent-based varnish

HOW TO APPLY GOLD LEAF TO FURNITURE:

Step 1: Prepare your furniture

For wooden furniture, sand down or fill in any bumps or holes so that you have a smooth surface to work with. Then apply your chosen primer to ensure it is not porous. If you are upcycling metal furniture, give the item a dust or clean it with soap and water.

Step 2: Apply water-based size to the area

Decide where you want to apply the gold leaf and section off this area with masking tape. Then apply a thin and even layer of water-based gilding size. This is the adhesive that will bond the gold leaf to your furniture. Leave this adhesive until it is nearly but not completely dry.

Step 3: Start adding your gold leaf

Your gold leaf should be backed by tissue so lay it tissue-side up and then gently rub the gold onto your furniture. Keep going until the area is completely covered. To avoid any gaps, you can overlap the squares of gold leaf slightly. Leave until fully dry. This can take up to six hours.

Step 4: Remove any excess gold leaf

Once the area is dry, take your soft brush and gently remove any excess gold leaf. You then need to leave your item for a further 24 hours so that the gold leaf can cure.

Step 5: Cover with a sealant

The final step is to cover the area with a sealant so that it is protected from chips and scratches. Leave this to dry for 24 hours, and then your gold leaf furniture project is complete.



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LOCAL NEWS

from your neighbourhood



Photo credit: Leigh-on-Sea Town Council, Google Maps



Praise for innovative free sun cream dispenser

A new initiative in Leigh-on-Sea to encourage people to wear sunscreen has received widespread praise.

Leigh-on-Sea Town Council (LOSTC) launched its Safe Sun project last month with the installation of a free-to-use SPF50 sun cream dispenser at Bell Wharf Beach.

The idea was first put forward to LOSTC by resident Sam Batstone (pictured left) in November last year.

Sam said: "I created Safe Sun to provide free sun protection to the general public to prevent skin cancers.

"Melanoma skin cancer is the 19th most common cause of cancer death in the UK and it can be easily mitigated with sun cream.

"I hope that the dispensers will be of particular use to low-income households."

A spokesperson for LOSTC said: "The councillors thought that it was a fantastic idea to help keep residents and those visiting Leigh safe when on the beach, and agreed to fund the project.

"We hope that people remember to stay safe in the sun this summer and make use of the dispenser if they forget their own sun cream."

Melanoma Focus, a charity that provides advice on skin cancer, said: "We are hugely supportive of this and hope that more councils will get on board introducing sun cream dispensers, as we all know how easy it can be to get caught out by the British weather.

"This is a very timely initiative, as our recent research highlighted that one in eight people aren't wearing sun cream because it's too expensive."

To find out more about staying safe in the sun, visit melanomafocus.org



Transport scheme returns for regular trips



Photo credit: Leigh-on-Sea Town Council

A Community Transport Scheme (CTS) Arun by Leigh-on-Sea Town Council has returned after a two-year hiatus, and spaces are still available for an upcoming trip in June.

The CTS provides door-to-door transportation for over-60s and disabled residents living within the town council boundary, with trips starting from just £7.

The scheme returned in May for the first time since the pandemic forced the service to stop in 2020.

Now back up and running, the CTS will once again be providing regular trips to shopping centres, theatres, heritage and culture locations and more.

The next event will take place on Wednesday, June 22, with a visit to the Civic Centre for a lunchtime recital with tenor Andrew Walters.

A spokesperson for Leigh-on-Sea Town Council said: "Existing members of the scheme love the convenience that it provides, especially for those who don't have access to bus routes, with some labelling it a lifeline for being able to get out of the house."

"The scheme provides friendship and social interactions for many who may be isolated at home, as well as fun, entertaining and useful activities."

If you or someone you know would benefit from joining the scheme, call 01702 716288 or email council@leighonseatowncouncil.gov.uk for more information.

Man pleads guilty to manslaughter

A man has admitted causing the death of a father-of-two in Leigh-on-Sea last year following an investigation by specialist detectives.

Philip Mersh, 43, was assaulted while out trick or treating with his family in Leigh Broadway on Halloween last year.

He was taken to hospital but sadly died two days later.

Daniel Ballard, 31, of Lincoln Close, Southend, was arrested following the assault and initially charged with grievous bodily harm with intent, actual bodily harm and common assault.

However, following Philip's death, the charge was upgraded. At Southend Crown Court on May 25, Ballard pleaded guilty to manslaughter.

He is due to be sentenced at the same court on Wednesday, July 20.

Detective Chief Inspector Louise Metcalfe, who has led the investigation, said: "This is a tragic case and my thoughts go to Philip's partner and children."

"Philip's death has had an enormous impact on them, and I want to praise the courage they have shown throughout the investigation."

"No conviction will ever bring him back, but I hope knowing Ballard has been brought to justice will help them move forward."

Council hosts successful jubilee picnic

Leigh-on-Sea Town Council hosted its Jubilee Picnic in Bonchurch Park last month ahead of the national celebrations for the Queen's Platinum Jubilee.

Held on Sunday, May 29, the council welcomed hundreds of people to the park for an afternoon of free family-friendly entertainment.

Musical performances were provided by The Hoy Shanty Crew, Below Sea Level, Kristine Boicuka, and The Show Choir, as well as a special performance by Tim Howar, West End performer and lead vocalist of Mike and the Mechanics.

Children were treated to a host of free activities, including jubilee crafts from the Art Ministry, rock painting with Love on the Rocks UK, Punch and Judy with Professor Joe, stilt walking and balloon modelling with Magic Dave, and crown making with the council's artist in residence, Kerry Doyland.

The council thanked the National Lottery Community Fund for providing additional funding for the event.



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LOCAL NEWS

from your neighbourhood



Young girl raises vital funds in friend's memory

An inspirational 10-year-old girl from Thorpe Bay has completed an obstacle course to help raise more than £2,300 for the children's hospice that cared for her friend.

Edie Riley-Steel (pictured left) took on the Nuclear Rush Challenge on May 14 to raise money for Little Havens Hospice, after it cared for her friend Bella (pictured right) for 15 years before she sadly passed away in August 2021.

Edie was joined by Bella's sister, Tilly (pictured second from left), and other members of Bella's family and friends in a group dubbed Team Bella's Battlers, as they completed the 3km course.

Speaking before the challenge, Edie's mum, Charlie Steel, said: "Bella was a special little girl, and she has left a special legacy among those who knew her best.

"We want to remember Bella herself; her incredible spirit, her wicked laugh, her strength, her courage and the incredible friend that she was to all of us.

"Bella battled to make the most of every day and now we are all taking on a challenge to give thanks to the hospice in memory of Bella.

"Every child deserves the love, care and expertise offered by the staff there."

A spokesperson for the hospice said: "Edie wanted to donate her pocket money to Little Havens in Bella's memory after she died, but decided she wanted to use the money to try to raise even more funds for the hospice, which provides all its care free of charge thanks to the kindness of its supporters."

For more information and to donate, please visit www.justgiving.com/bellasrookiebattlers




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JAMES DUDDRIDGE MP



Member of Parliament for Rochford and Southend East

It was good to welcome Treasury Minister Helen Whately MP to Southend recently.

The minister's visit was an opportunity to showcase how our city is using £20million of the government's Levelling Up Fund to boost tourism, economic growth and jobs.

The morning started with a trip down Southend High Street which, as I have said before, needs a major rethink so that we can breathe new life into the city centre.

As we progressed down towards Pier Hill, I was able to point out the historic high-ceilinged buildings that sit above the shops – which, I believe, would make great places to live, boosting much-needed footfall.

The Levelling Up fund is a £4.8billion pot to support town centre and high street regeneration, local transport projects and cultural assets.

Here in Southend, this money is being used to revamp the Cliffs Pavilion, upgrade flood protection on the seafront and make improvements to the Leigh Port area over in the neighbouring constituency of Southend West.

This investment in our city shows the government's commitment to levelling up across the whole of the UK.

Elsewhere, I recently learned more about Southchurch's rich brickfield history at a brick-making workshop at The Old Waterworks in Westcliff. It is being run by local artist Emma Edmondson, who is designing a public art display by creating 500 bricks by hand using only Southchurch clay.

It was an insightful visit, and I look forward to seeing the finished artwork (including my very own brick) when it goes on display later this year.



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Photo credit: Southend-on-Sea City Council

Beach retains Blue Flag status

Thorpe Bay Beach has won a prestigious Blue Flag for its excellent maintenance and water quality.

It is one of five beaches in the Southend-on-Sea area that have retained their awards, alongside East Beach, Shoebury Common Beach, Westcliff Beach and Three Shells Beach.

The Blue Flag, managed by environmental charity Keep Britain Tidy, is an international award which promotes the highest standards for beaches.

The news comes after the recent launch of new eco-friendly electric pier trains, with Southend-on-Sea City Council confident that this summer will be a record-breaking one for the pier and for local businesses as

the country continues to recover from the pandemic.

Councillor Carole Mulrone (pictured centre), cabinet member for environment, culture, tourism and planning, said: "Receiving these awards for our beaches means that our residents and visitors can be sure that they meet the highest environmental standards.

"We want everyone to enjoy our beaches and help keep them award-winning. We are all aware of the damage rubbish causes to marine life and the quality of the water, so we can all personally make a difference by disposing of rubbish responsibly when visiting the seaside or taking it home if bins are full."

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

- 1. Eurasian crow (4)
- 3. Excessively emotional (6,2)
- 9. Time off (7)
- 10. Sudden movement (5)
- 11. Steer (anag) (5)
- 12. Wicked look that causes harm (4,3)
- 13. Possessing (6)
- 15. Wind instrument (6)
- 17. More sugary (7)
- 18. Freight (5)
- 20. Deduce or conclude (5)
- 21. Currents of air (7)
- 22. Disregarding oneself (8)
- 23. Depend on (4)

DOWN

- 1. Connections or associations (13)
- 2. Willow twig (5)
- 4. Complied with a command (6)
- 5. Children's toy (12)
- 6. Medieval cell (7)
- 7. Affectedly (13)
- 8. Occult (12)

- 14. Necessary (7)
- 16. Eats grass (6)

- 19. Verse (5)

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DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

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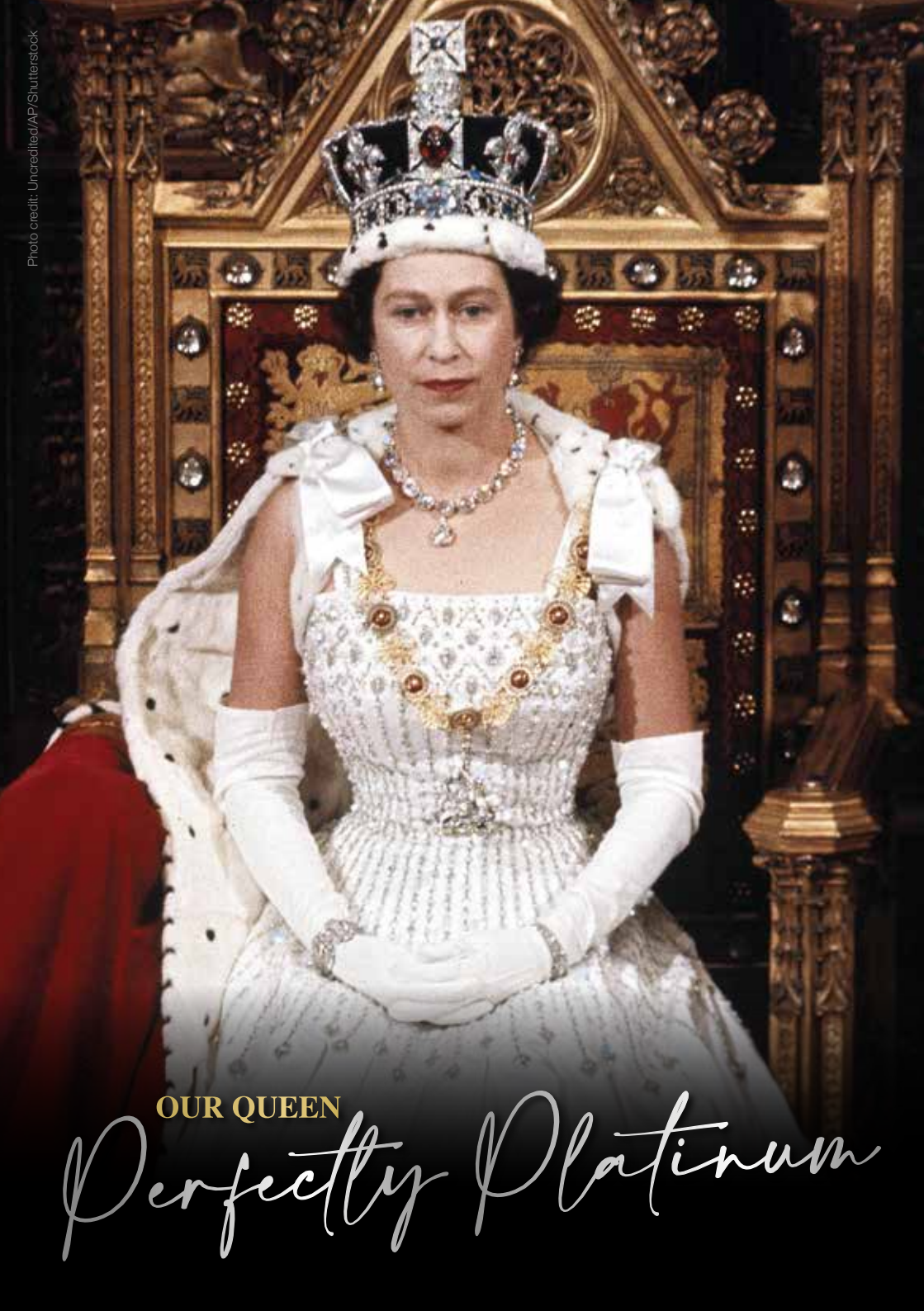


Photo credit: Uncredited/AP/Shutterstock

OUR QUEEN

Perfectly Platinum

CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.



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Lanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch | Taumatawhakatangihangakoau

The LONGEST WORDS
that exist

What would be the longest word you can think of right now? Perhaps it could be **Lanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch** – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's **Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu** at a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.
Eighty-five letters is a lot for one word, so what are the other longest words that exist?

Pneumonoultramicroscopicsilicovolcanoconiosis (45 letters)
This is a type of lung disease caused by inhaling quartz dust or silica.

Hippopotomonstrosesquippedaliophobia (36 letters)
Of course, the word for a fear of long words would be long.

Supercalifragilisticexpialidocious (34 letters)
While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.

Pseudopseudohypoparathyroidism (30 letters)
A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.

Floccinaucinihilipilification (29 letters)
This means the estimation of something having no value or being worthless.

Antidisestablishmentarianism (28 letters)
This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.

Honorificabilitudinitatibus (27 letters)
Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.

Thyroparathyroidectomy (22 letters)
The name for the process of removing the thyroid and parathyroid glands.

Incomprehensibilities (21 letters)
A word that you might actually be able to use, this means something that is difficult to understand or comprehend.

With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.

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TECHNOLOGY

ALL ABOARD FOR 5G

THE BRITISH GOVERNMENT IS ACCELERATING THE ROLL-OUT OF 5G TECHNOLOGY...
COMING TO A BUS SHELTER NEAR YOU

Take a look at your mobile phone and, if you're in one of the UK's bigger towns or cities at the time, you may see the 5G symbol in the top-right corner (providing you have an up-to-date 5G-enabled phone, that is). This form of telecommunication technology that, at its peak, is 100 times faster than 4G, its rapidly ageing brother, has the capability to completely transform our interconnectivity.

The issue with 5G is that while speeds are seriously impressive, range is not. This is down to the use of millimetre waves, which are a lot shorter than the wavelengths 4G uses.

As a result, the government has been rapidly releasing licences whereby buildings and facilities can be equipped with kit that will boost 5G connectivity.

The good news is that these 'cell sites' can be put up easily and, in most cases, you won't even

know they're there. From streetlights to signposts, bus shelters to CCTV poles, the government has slashed the red tape associated with the roll-out of the project. This is good news for us all – meaning easier installation, quicker connecting of new areas and faster speeds.

In simple usage terms – messaging, checking football scores and so on – you may not notice much difference, but for tasks that used to take hours, such as downloading a HD movie to your phone, the difference is astonishing. A recent survey by Uswitch found that Haul Fryn, a road in Swansea, South Wales, had the fastest download speed of anywhere in the country – 882Mbps, meaning a two-hour HD movie could be downloaded in just 47 seconds.

For years, the internet has meant the world is at our fingertips. With accelerated roll-out of 5G technology, it now feels even closer than that.



Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.

Photo credit: ideahome.co.uk, ao.com, cinemathire.co.uk



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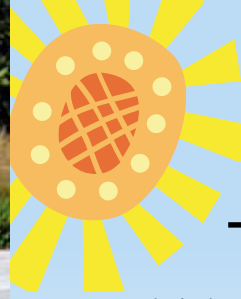
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AS THE WEATHER HEATS UP, MAKE SURE YOU DO YOUR BIT FOR LOCAL WILDLIFE



GARDENING

The temperature is hotting up, and while most of us welcome these sunnier days, the same isn't always true for our community critters. The good news is that there are a lot of things you can do for wildlife in the hot weather to help keep them safe from the sun.

Fill up your feeder: Birds can find it tough to find food when the ground is dry and worms are scarce. Keep your bird feeder topped up and put out some fruit, such as apples and soaked raisins, for animals on the ground.

Provide fresh water: Spells without rain can mean that a lot of natural water sources have dried up for your garden visitors. Putting out some fresh water will help thirsty animals and insects. Keep it shallow and put some rocks in there to help insects get out if they fall in.

Create shaded spots: Animals may struggle to find shade on a hot day, but you can help by putting logs, large rocks or wooden planks around your garden to help create shade.

Put in a bird bath: A bird bath is a great way for birds to keep clean and cool. You can buy them at garden centres and other retailers, or you could make your own as a fun DIY project.

Keep your pond topped up: Remember to keep an eye on your pond and top it up if needed. This will help any fish that you have, as well as other visitors who use your pond as a water source.

These simple steps will make a big difference to your local wildlife.





Even during the warmest months of the year in the UK, the evenings can get a little chilly. Fortunately, you can still enjoy your outdoor space after sunset with an outdoor heating source.

WHAT IS A PATIO HEATER?
In its simplest form, a patio heater is a device that allows you to heat the patio area of your home. Some patio heaters run on electricity, whereas others burn wood, gas or butane. Patio heaters are designed for outdoor use, and you can find many different types to suit your space.

WHAT IS A FIRE PIT?
Fire pits, just like patio heaters, are designed to keep you warm in your outdoor space. Some fire pits use wood, coal or propane as their heat source, whereas others have an electronic ignition to light the fire. There are many different shapes, sizes and styles of fire pits available.

PROS OF PATIO HEATERS
Versatile – can be used for home or commercial use | Good temperature control | Safe for children

and pets | No embers or sparks | Low maintenance | Easy to move | Some approved for tent/garage use

CONS OF PATIO HEATERS
Limited design choices | Require fuel or a power source | Cords can create a trip hazard | Propane is expensive | Not a significant light source

PROS OF FIRE PITS
Lots of design options | Provide both warmth and light | Have roasting capabilities | Easy to move | Less messy than a campfire

CONS OF FIRE PITS
Danger of sparks or embers | Limited heat range and temperature control | Open flames | Cannot be used indoors

WHICH IS BETTER?
Both patio heaters and fire pits offer a great way to heat your garden. The former is a good option for those who can't have an open fire for safety reasons or if you don't like cleaning. The latter can be more economical and can also double up as a barbecue.

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TRAVEL



Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time.

Here's your guide to the best small towns in England.



Windsor Castle

Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

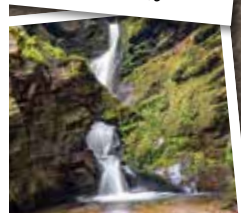
Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.



Castle Combe

Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.



St Nectan's Glen

Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer.

A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.



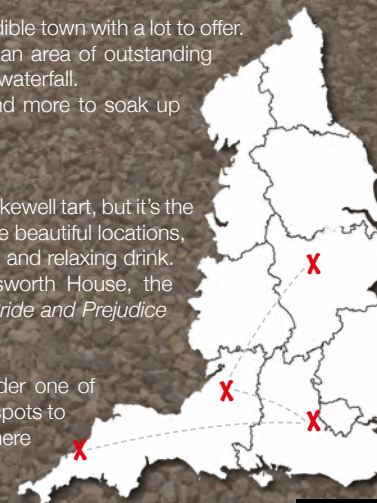
Chatsworth House

Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.





BEWARE THE *booze!*



Struggling to lose weight? It may not be your choice of food that is holding you back from dropping the pounds but, instead, your favourite tippie that is sabotaging your weight loss efforts.

LONG ISLAND ICED TEA

A summer cocktail that definitely packs a punch, a Long Island Iced Tea contains a whopping 424 calories. With an impressive ingredient list that includes vodka, gin, rum, tequila, triple sec and Coca-Cola, it's no wonder this boozy beverage will see you packing on the pounds.

LOW-CALORIE SWAP: Cosmopolitan = 100 calories

PIÑA COLADA

Creamy and delicious, who doesn't love a Piña Colada or three when relaxing by the pool? Sadly, this summery cocktail contains a hefty 300 calories.

LOW-CALORIE SWAP: Fuzzy Navel = 120 calories

ALCOPOP

Although convenient, most alcopops contain a lot of added sugar, which makes them bad for your waistline. Plus, as they tend to taste sweet rather than strong, you may find yourself knocking back more than you intended, which is bad news seeing as these contain 250 calories per bottle on average.

LOW-CALORIE SWAP: Rum and Diet Coke = 115 calories

SWEET WHITE WINE

Any wine or fizz with the word sweet attached to it is going to contain more sugar, which means more calories. In fact, a medium glass of sweet white wine has around 160 calories.

LOW-CALORIE SWAP: Champagne = 89 calories

CIDER AND BEER

Two of the most popular drinks in the summertime, some ciders contain as much as 210 calories per bottle and beer up to 208 calories per pint. This is the equivalent of a glazed donut or a slice of pizza.

LOW-CALORIE SWAP: Light beer = 144 calories



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5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.

2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.





HISTORY

40 years since the FALKLANDS WAR

A LOOK BACK ON THE FALKLANDS WAR, WHICH ENDED IN JUNE 1982

The commencement of the Falklands War, when Argentina landed on the small island situated 500 miles from its lower-east coast, represented more than simply a country looking to reclaim what it thought it rightfully owned.

On the face of it, that was Argentina's ploy. The Falklands, a modest 4,700 square miles, comprising little more than rocky terrain, cliffs, birdlife and cattle, had been appropriated by the British back in 1765.

Within five years, a Spanish commander from Buenos Aires landed with five ships and 1,400 troops to claim possession of the land. And that remained the case until 1883, when the British returned.

The constant power struggle has raged on, though when Argentina relit the blue and white striped touchpaper in 1982 with severe territorial aggression, it surprised many.

A deeper explanation, away from the geographical claims and disputes, lay in the political situation in Argentina, and the economic

struggles that besieged South America in the 1980s.

The three-man military junta that had assumed power in Argentina in 1976 had evolved over the years, and as it looked to build support and legitimacy by claiming a territory that still held considerable emotional ties to the Argentine people, seizing the Falklands was a clever political move.

On April 2, Argentina invaded, kicking off just over two months of conflict, where the British, led by Margaret Thatcher, responded with air, sea and land attacks. A series of bloody battles raged, with the Battle of Goose Green perhaps the most famous.

Finally, on June 14, Argentina surrendered after British troops yomped across punishing terrain, arriving at East Falkland to find their enemy waving white flags.

While conflict ceased, the ongoing antagonisation between Argentina and the UK (and England in particular) has continued, mostly in sporting rivalries.



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CAN YOU manage?

WHAT YOU NEED TO KNOW ABOUT HIRING A PROPERTY MANAGEMENT COMPANY

Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

Pros of hiring a property management company:

- > Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- > Property management companies will source and vet tenants, taking the responsibility off you.
- > Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

Cons of hiring a property management company:

- > You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- > As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.
- > Using a property management company could

make you less aware of what's going on with your property.

Why hire a property management company?

Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.





CLEAN YOUR CAR like a pro

THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH

Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.



Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.



Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,

you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.



Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.

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