

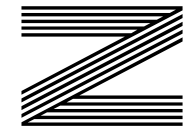
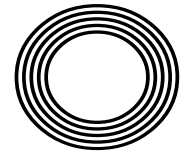
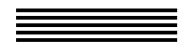


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The latest kitchen colour trend

PROSECCO PAIRING
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Editor's notes...

AUGUST 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay. Over the last few years, women's football has made enormous strides, breaking barriers and gaining recognition on a global scale.

I'm currently enjoying watching the Women's World Cup, which has evolved into a competition of immense significance as it showcases the exceptional talent, dedication and passion of female footballers from around the world. Gone are the days when women's football was relegated to the shadows; today, it stands proudly in the spotlight, drawing millions of fans and leaving an indelible impact on the sporting landscape.

One striking development that exemplifies the progress of women's football is the France Football advertisement that embraces the potential of artificial intelligence (AI). This innovative advert uses AI to seamlessly blend the men's and women's game, highlighting the similarities in skill, intensity and excitement that both genders bring to the pitch. If you haven't yet watched the advert, I suggest you do.

By employing AI technology, the France Football advert effectively breaks down outdated stereotypes and misconceptions about women's football, proving that gender is no barrier to playing at the highest level. It serves as a powerful statement, celebrating the game's universality and reinforcing the message that talent knows no gender.

Nik Allen

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

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HIP-HOP... AND YOU DON'T STOP

Hip-hop – one of the most explosive, inventive, innovative and celebrated genres of music – celebrates its 50th anniversary in August.

In 1983, David Bowie said that hip-hop music held the only real creative musicians. That's quite a statement from someone who continues – even after his passing – to occupy an iconic aura of melodic and songwriting brilliance. “With black music,” he continued, “there's a very strong social point to make. There's a means of discovery and a purpose, and for that reason, hip-hop stands itself apart from almost anything else.”

At the time, the genre had only been around for a decade. Yet in the 40 years since then, it has evolved to cross over almost every divide you can imagine. It is no longer the domain of a single skin colour or a social demographic, nor is it a set of rules regarding sound, samples and BPM. Its continued growth across popular culture, from its beginnings as the sound of the streets, sees its modern purveyors streaming by the billions and selling out venues of any size.

The original ‘sound of the underground’ style came about via DJ Kool Herc's *Back to School Jam* in 1973 – a track credited as being the first example of a genre that sees artists speak vocals over a backing track.

Over the years, lines have been drawn between the genre and its near-acquaintance, rap. While the latter is arguably the purest form of ‘rapped’ poetry and music, hip-hop also embraces fashion, graffiti, dance and DJing, and envelops female performers as much as male. These influences were seen in the way Kool Herc's booming, crowd-stirring sound soon influenced Grandmaster Flash, who brought in techniques such as scratching, punch-phrasing and the backspin.

Between 1979 and 1983, disco and funk narratives came into the style, with *Rapper's Delight* by The Sugarhill Gang gaining global popularity and serving as something of a blueprint for future tracks. The genre's so-called ‘golden age’ between 1983 and 1997 saw artists such as Run-DMC – whose third single *Rock Box* in 1984 provided the first rap video played on MTV – De La Soul and A Tribe Called Quest build social influence and bring innovation to a sound that was rapidly diversifying.

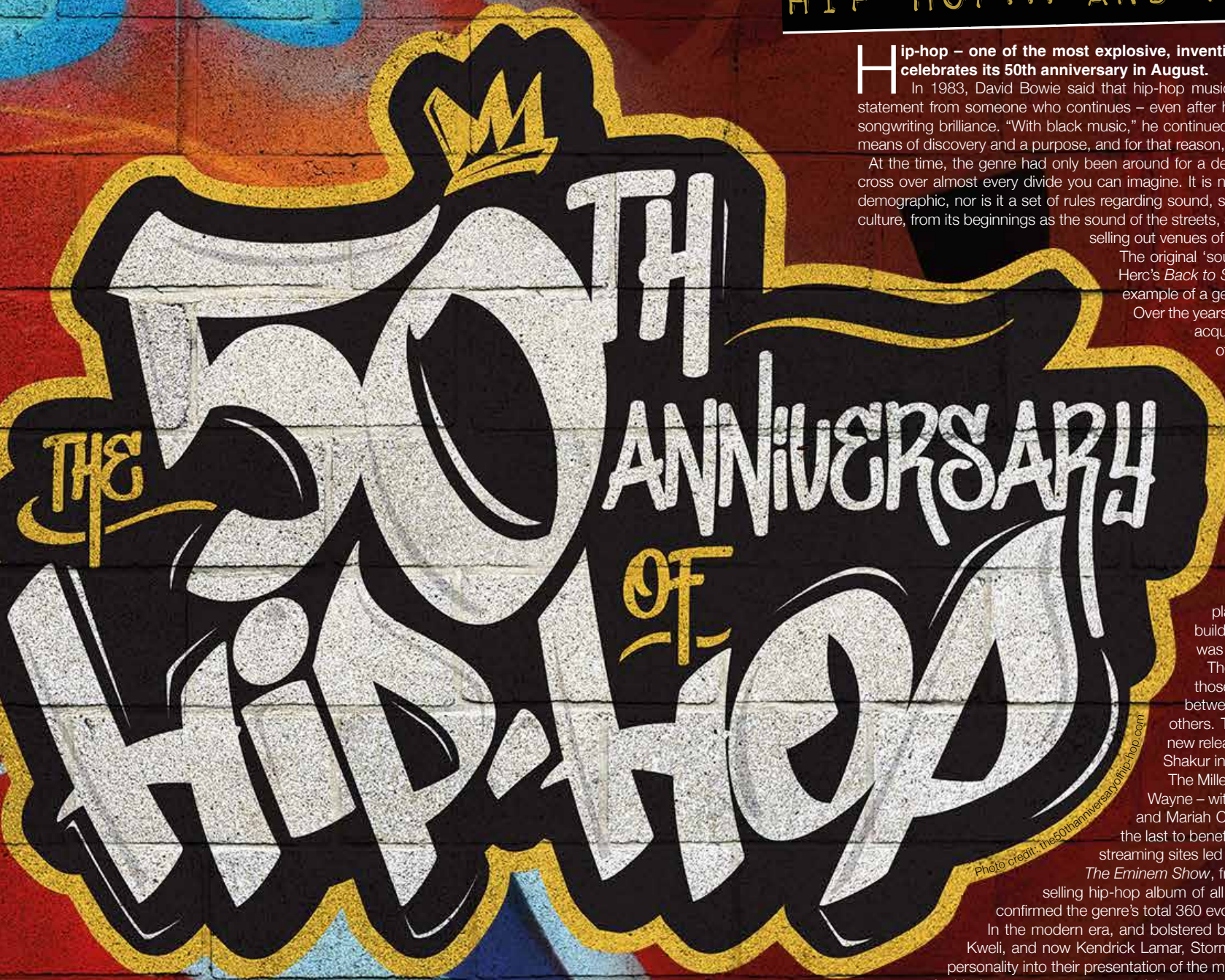
The 1990s brought gang rivalries onto the scene, not least those involved in the infamous East versus West Coast feuds between the likes of Dr. Dre, Snoop Dogg, Wu-Tang Clan and others. The dispute led to rival sides upping the ante on each new release, culminating in the much-publicised deaths of Tupac Shakur in 1996 and The Notorious B.I.G. the following year.

The Millennium saw the rise of ‘bling bling’ – a term coined by Lil Wayne – with R&B-infused hooks from artists such as J-Lo, Ashanti and Mariah Carey. Kanye West, Eminem and 50 Cent were some of the last to benefit from music sales in physical form as online piracy and streaming sites led to a decline in CDs.

The Eminem Show, from 2002, sold 27 million copies and became the best-selling hip-hop album of all time. The fact that this was achieved by a white artist confirmed the genre's total 360 evolution.

In the modern era, and bolstered by social media, the likes of Nas, Jay-Z, Mos Def, Talib Kweli, and now Kendrick Lamar, Stormzy, Kanye West and Nicki Minaj have worked to build personality into their presentation of the music.

As hip-hop now prepares to celebrate 50 years with a variety of events, celebrations, exhibitions, competitions, and one-off shows and DJ events, it's clear that where the genre goes next will be, as ever, for the music to decide.





Slightly sticky®

In the early 1970s, church chorister Arthur Fry was searching for a bookmark that wouldn't fall out of his hymn book or damage it. Then he remembered a not-very-sticky glue created by a colleague in the product development department at the 3M Corporation a few years before.

In 1968, Doctor Spencer Silver developed a glue that was strong enough to stick, but could be removed easily without leaving a sticky mark. You could also easily reposition it. Fry took a bit of the glue, spread it along the edge of a piece of paper, and created the perfect bookmark for himself.

Fry and Silver left 'bookmarks' around their office to communicate with their team. Co-workers started asking for them, too. A year or two later, 3M created the Post-it Note brand and launched into production with its 3x3in sticky notes. They were yellow only because that was the scrap paper the company had on hand.

At first, interest was slow. But in 1979, following a mass free giveaway campaign, the product took off. Everyone had a pad of Post-it Notes to stick on files, computers, desks and even doors.

But the brains behind the product continued their inventing, and Fry and Spencer worked for 3M their whole working lives.

The notes are now available in many shapes, sizes and colours. In 2003 came Super Sticky Notes with stronger glue. In 2019, 3M launched its Extreme Notes, which are water resistant and 100 times stronger than the originals.

The same year saw the launch of the Post-it app, which 3M claims "brings the simplicity of Post-it Notes to your smartphone, tablet and Chromebook".

3M's patent on Post-it Colour expired in 1997, but the name and the original yellow colour remain trademarked to this day – those little paper squares we love, though we never knew we needed them.



Spencer Silver and Arthur Fry

Photo credit: cibemijnias.com

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HOME & DIY



CHERRY ON TOP KITCHENS!

Like to stay one step ahead of the latest kitchen design trends? Summer 2023 sees the arrival of an abundance of vibrant kitchens adorned with the deep reddish-pink shade of cherry. Here's how to incorporate this bold look in your kitchen.

COMBINE CHERRY CABINETS WITH WHITE ACCENTS

If you want to completely overhaul your kitchen, then opting for cherry cabinets provides a bold take on this look. To stop the space from looking too dark, add stainless steel appliances and white accents such as white granite countertops.

INSTALL CHERRY WOOD FLOORING

If you don't want to change the colour of your cabinets, another high-impact way to add cherry to your kitchen is by installing cherry wood flooring. Providing a pop of vibrancy underneath your feet, try to keep the rest of your kitchen bright to keep the space looking fresh.

OPT FOR A CHERRY SPLASHBACK

If you want to use this colour sparingly to see if you like it, then why not try adding a cherry-coloured splashback to your kitchen? Providing the perfect way to embrace this trend without going all out, high-gloss cherry splashbacks are bang on trend this summer.

CHOOSE SHAKER-STYLE DESIGN

If you would like to try a new kitchen style in this pivotal room in your home, then the popular shaker style lends itself well to the cherry trend. Known for its clean lines, understated elegance and classic style, cherry shaker cabinets suit both traditional and contemporary homes alike.

PICK CHERRY APPLIANCES

Another simple way to incorporate cherry into your kitchen without breaking the bank, cherry appliances such as a kettle and toaster can add a pop of colour without being too overpowering. Alternatively, if you have a little more cash to splash, a cherry-coloured cooker or fridge-freezer provides a more show-stopping look.

Photo credit: Magnet via IdealHome.co.uk; fig9_ozzieesplash.com.au; jinteriordesign.com

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Whiffy WASHING



HOME & DIY

Do you sometimes forget to take your washing out of the machine and it all starts to smell a bit musty? Or perhaps your washing machine is past its best and prone to bad odours? Either way, if you want your laundry to smell amazing, try these top tips and tricks.

Allow it to sit for 10 minutes and then wash in your washing machine on its usual cycle.

MAKE YOUR OWN DRYER SHEETS

Dryer sheets have a number of uses, such as to soften, eliminate static and remove bad odours, and you can easily make your own. All you need is a small piece of cotton fabric from an old t-shirt or sheet and 5-10 drops of an essential oil such as lavender or eucalyptus. Place in your dryer for the last 10 minutes and your clothes will smell amazing.

TACKLE MUSTY SMELLS

If you have left laundry in your washing machine for too long, it may start to smell a little musty. Fortunately, you can easily rectify this by filling your machine with the hottest water your clothes will tolerate and adding one cup of vinegar. Leave to soak for 10 minutes and then wash as usual but with the addition of one cup of baking soda. Voilà no more musty smells!

USE SCENTED DETERGENTS OR FABRIC SOFTENER

One of the simplest ways to make your washing smell good is to use a scented washing powder or fabric softener. However, it is worth noting that these can leave residue in your machine, which can cause mildew over time.

PRE-TREAT SMELLY STAINS

If an item of clothing has a bad odour owing to a smelly stain, then simply mix one tablespoon of baking soda with a little bit of water to form a paste and then apply directly to the offending spot.





DIY POCKET PILLOW

A pocket pillow makes the perfect storage space for a wide range of household items such as remote controls, newspapers and magazines, books, toys and so much more. Plus, it is great for cuddling!

WHAT YOU NEED:

A pillow insert – these are available in a wide range of sizes | Three types of fabric – one for the front, one for the back and one for the pocket | A pair of scissors | An acrylic ruler | An iron | Sewing machine (optional)

HOW TO MAKE:

Step 1: Cut your fabric

- The amount of fabric that you need will be dependent upon the size of your pillow.
- > **For your front piece:** Cut the fabric 2.5cm bigger than your pillow insert all four sides.
- > **For your front pocket piece:** Decide how tall you want your pocket to be and then cut double the length. The width should be the same as your front piece of fabric.
- > **For the back pieces:** Each piece of fabric needs to be the same width as the front and the length needs to be about half the height plus 7-8cms so that the envelope will overlap the back.

Step 2: Fold, press and stitch the fabric

- > Fold the bottom edge of one of the back pieces over 6mm and press.
- > Fold the edge another 6mm and press again. Topstitch to create a finished edge and repeat for the second back piece.
- > Fold the pocket piece in half for enhanced durability, press the folded edge down and topstitch along the top edge either by hand or using a sewing machine.
- > Press the front piece and lay it facing up. Then, lay the pocket piece facing upright on top of the front piece with the bottom edges aligned.
 - > Next, lay one of the back pieces face down on top of the front piece with the raw edges lined up at the top.
 - > Place the other back piece face down on top with the raw edges lined up at the bottom and pin all the way round.
 - > Sew all around the pillow with a 12mm seam allowance.
 - > Cut the corners off at an angle and, if you intend to wash the cover, sew the edges with a zig-zag stitch to prevent fraying.
 - > Turn the pillow cover right side out, lay the cover flat and press the seams.
 - > Place the pillow insert into the cover and adjust so that it is nice and square.

Now all that is left to do is fill your pillow pocket!

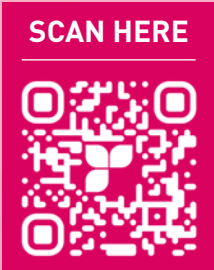


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FROM YOUR AREA

LOCAL NEWS

Elephant exhibition invades the streets



A herd of elephant sculptures has invaded Leigh-on-Sea and other local areas as part of a charity fundraiser.

Southend-on-Sea City Council, together with local artists and schools, has installed 118 elephant sculptures across Leigh-on-Sea, Southend and Shoeburyness for the Herd in the City campaign, as reported in **VISION** Leigh-on-Sea March 2023 edition.

The sculptures form a free trail which is available until September 4. The sculptures will then be auctioned and the money donated to Havens Hospices.

Matt Sullivan, one of the main partners of Herd in the City, said: "We're delighted to be involved with the project, raising money for an excellent local charity."

Lauren Eagles-Allen, a fundraiser for Haven Hospices, said: "We can't wait to watch others now enjoy these beautifully designed sculptures."

An event to bid farewell to the herd will be held at Saxon Hall on September 23 and 24. Tickets are available at www.herdinthecity/farewell

There's also a Herd in the City app which can be downloaded from the App Store or Google Play for £1.99. When you find a sculpture, you can collect a unique four-digit code and get exclusive rewards.

Police save woman from drowning in midnight rescue

Police officers recently rescued a woman who was having difficulty at sea in Thorpe Bay. Essex Police received a call at 12.15am on

Wednesday, July 5, from the woman herself, reporting that she was becoming submerged as the tide came in.

Officers were quickly mobilised and worked alongside the coastguard to find the woman, who was located shortly after 12.45am.

She was pulled to shore and officers began to perform first aid on her. She regained consciousness and was taken to hospital.

Detective Superintendent Shaun Kane said: "The actions, quick thinking and teamwork from all involved in this almost tragic incident was superb and I have no doubt this has led to a woman's life being saved."

Special Olympics medallist attends Downing Street

A footballer from Leigh-on-Sea recently joined his teammates at a 10 Downing Street garden party to celebrate the achievements of UK athletes.

Jack Venturini competed for the Team GB football team at the Special Olympics World Games Berlin 2023 from June 17 to 25.

They claimed a bronze medal in the tournament, beating hosts Germany 4-3 to win the play-off game.

To celebrate this, and all of the other successes of UK athletes at the games, the Prime Minister hosted a victory party on Saturday, July 22.

Prime Minister Rishi Sunak said: "The strength and ability of these athletes is inspiring, and I am proud that No 10 hosted Team GB as we celebrate their incredible success."

"Sport is one of the best ways to bring people together – breaking down barriers to opportunity, building relationships and growing confidence."



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LOCAL NEWS



Whatever you have been up to, I hope you are having a pleasant summer.

With Parliament now in recess for the summer, being away from Westminster, I am able to spend more time at home in Southend. However, recess is not a break to put my feet up. Instead, it presents an opportunity to get stuck into local matters back here in the constituency.

I have recently completed a tour of the majority of Southend East Community Academy Trust schools and attended their summer fair at the end of term. It is always a pleasure to visit schools and meet with staff and students while getting my fair share of grilling, especially from the pupils' questions. Each of my visits was different, and I once again enjoyed seeing first-hand the wide range of offerings that we have here in Southend.

In addition to visiting schools, I hosted three work experience placements in my office last month. It is a great opportunity for students with a political interest to work alongside my team and see how a Member of Parliament's office operates.

At the start of recess, my family and I welcomed a new puppy, and while she is finding her feet and pushing her boundaries, I am looking forward to being out and about with her. As owners know, dog walking comes with many benefits, from getting people out and about to helping improve their physical and mental health.

Finally, as ever, I'm here to help, so if you require my assistance as your Member of Parliament, then please do not hesitate to contact me via email at james@jamesduddridge.com or contact my office on 01702 616135.

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Castle ruins offer a glimpse into our medieval past



Here we explore the heritage of Hadleigh Castle, whose influence lives on some 800 years after its construction.

Hadleigh Castle is a picturesque ruin and historic fortification that overlooks the Thames Estuary.

Castles are often built as statements of wealth, ability and power, and Hadleigh Castle's construction in the 13th century was no different. Its builder, the Earl of Kent Hubert de Burgh, was effectively the ruler of England during King Henry III's childhood and he built the castle as a statement of his power.

Sadly, he died soon after its construction, and the castle was subsequently claimed by King Edward II and his son, King Edward III.

The castle's appeal is in its ability to provide a vivid snapshot of medieval England's military and architectural prowess. It is testament to the remarkable history of the region, serving as a tourist destination and an important archaeological site.

The castle's architecture reflects the military advancements of the time, with a combination of concentric and bailey design elements. The inner and outer baileys were encircled by a curtain wall, which was further strengthened with a series of round towers. The primary entrance to the castle was through a fortified gatehouse. The living quarters and great hall within the castle were adorned with elegant architectural features, reflecting the opulence and power of its royal inhabitants.

Over the centuries, Hadleigh Castle witnessed several pivotal moments in English history, including the rise and fall of dynasties and the turmoil of civil wars, such as the Hundred Years' War.

Despite its deterioration, Hadleigh Castle has maintained a strong cultural and historical significance. Its ruins have often been of great interest to artists, including John Constable, who captured its haunting beauty in a collection of paintings.

Meanwhile, archaeological excavations have revealed insights into the daily life of castle residents and visitors, as well as military operations.

Today, Hadleigh Castle, managed by English Heritage, is well worth a visit, with regular guided tours, educational programmes, walking and cycling trails, and wildlife events.

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THE ROCKY HORROR SHOW
 Cliffs Pavilion, Station Road,
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 Monday, August 14, to Saturday, August 19,
 various times



Photo credit: The Rocky Horror Show

Celebrating its 50th anniversary, this legendary musical makes its way to Southend for one week only. Do *The Time Warp* with Brad, Janet and Dr Frank 'N' Furter and get ready for a showstopping production.

Ticket prices and times vary. Theatregoers must be aged 14 or over.

To book, visit www.southendtheatres.org.uk/Online/tickets-rocky-horror-show-southend-2023

OPEN MUSIC NIGHT
 Estuary Club, 1386 London Road,
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All budding local musicians have the chance to show off their talents at this open music night.

To find out more about the club and the event, contact estuaryclub@gmail.com or 01702 477022.

SOUTHEND CRAFT BEER FESTIVAL
 Leigh Library Gardens, Broadway West,
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 Saturday, August 19, 11am – 10pm

For one day only, guests can come on down and sample some of the best craft beer that Southend, and the UK as a whole, has to offer. Hosted by independent bottle shop Hopsters, there'll be bars, street food, live DJs and good coffee for those staying sober.

Tickets can be bought at www.southendcraftbeerfestival.com

ESSEX WEEK
 Thorpe Bay Lawn Tennis Club,
 Thorpe Bay Gardens,
 Southend-on-Sea, SS1 3HL
 Sunday, August 20, to Friday, August 25, 9am – 5pm

The upcoming Essex Week mixed-gender tennis tournament will see competitors from across Essex compete to see who will be crowned the tennis club's Essex champions for 2023.

This is a singles tournament. Entry is free but needs to be booked at www.bit.ly/3rx11ax

DESIGN YOUR OWN ELEPHANT CRAFTS
 Leigh Community Centre, 71-73 Elm Road,
 Leigh-on-Sea, SS9 1SP
 Thursday, August 24, 12pm – 12.45pm and 1pm – 1.45pm

As part of Leigh-on-Sea Town Council's summer activities, children can come to the community centre and design their own elephant. The designs will then go on display at the centre.

Entry is free, but please arrive at least five minutes prior to the session. Children must be accompanied by an adult.

OLD LEIGH ARTISTS' MARKET
 Strand Wharf, 2EN High Street,
 Leigh-on-Sea, SS9 2EN
 Monday, August 28, 10am – 4pm

The popular August bank holiday market returns. Come down to Leigh's atmospheric Old Town and find some beautiful original art to take home and treasure, including live painting, sculpture, ceramics, photography, street art, prints and mosaics.



Photo credit: Old Leigh Artists' Market Facebook

From sticky-back plastic to

SOCCER SATURDAY

LOOKING AT SIMON THOMAS'S IMPRESSIVE RISE FROM THE *BLUE PETER* STUDIO TO THE SKY SPORTS HOTSEAT

In the modern era of 24/7 television, our sports presenters are as much icons and celebrities as the sports stars they lyrically wax over. Yet in the case of Simon Thomas, successor to the iconic Jeff Stelling on Sky Sports' showpiece results show, *Gillette Soccer Saturday*, the new man in the hotseat is happy to let the scorelines do the talking.

The youthful-looking 50-year-old has been announced as the main man to showcase the weekly results frenzy on Sky Sports. A dynamic and demanding position, he'll need to convey all of recently retired Stelling's multitasking zest and zeal, while managing the maddening behaviour of a panel of pumped-up pundits.

Yet Thomas comes from an environment that offered a rather more serene take on live-TV pressure. Born in Norwich and educated at the University of Birmingham, his career in broadcasting began at the BBC where he worked as a *Blue Peter* presenter from 1999 to 2005. Unforgettable to many in their formative years, his warm and engaging manner won the hearts of the nation.

"*Blue Peter* was an incredible foundation for me," he begins. "The show taught me how to handle the pressure of live TV while always watching what I said and how I said it. You have to constantly monitor language and approach, so that was a steep and valuable learning curve for me.

"Switching to sports broadcasting," he explains, "was the chance to be a bit looser and more expressive. I wouldn't say the job is easier, just different."

Regardless, Thomas's rise has been impressive, so much so that he is backed across the board to step into the giant shoes left behind by the legendary Stelling – a significant undertaking that only someone with Thomas's proven track record and likeability could handle.

The journalist is undoubtedly up to the challenge – he has also presented BBC *Proms in the Park*, covered for (another *ex-Blue Peter* face) Matt Baker MBE on Radio 3, worked on the *This Morning* show, and bravely raised awareness for treatment of blood cancer following the sad death of his first wife, Gemma, in November 2017.

By that time, Thomas was already highly regarded at Sky Sports, where he was able to play out a love for football, and his beloved Norwich City Football Club. "As a presenter, you try to keep your allegiances hidden... unless you're Jeff Stelling, in which case everyone watching knows you support Hartlepool United.

"I'll keep my own bias a bit quieter... for the first few shots, at least."

Thomas admits he may feel the pressure in the opening exchanges of his new role. Not only is the drive for reporting at its most intense on a Saturday afternoon, but he'll likely have to find a substitute for Stelling's unparalleled love of quick wit and high-bar humour, not to mention his predecessor's vast football knowledge

"I want to create my own legacy rather than just follow Jeff's, and it's nice to have some incredible football people on the panel who will help me navigate a route through the mass of results.

"It has always been a privilege to work for Sky and this is a dream. All I need now is for Norwich to get back to the Premier League and it'll be the perfect match-up."





Amazing ASPIRIN

Most households have a box or two of aspirin lurking in their medicine drawer, but did you know this little white pill can be used for so many more things than just pain relief?

TO GET RID OF DANDRUFF

One in five people suffer with dandruff, with men more likely to be affected than women. Forgo expensive shampoos and simply crush two or three aspirin and mix them into the normal amount of shampoo that you use. Apply to your scalp and leave to sit for two or three minutes before rinsing.

TO SOFTEN HARD SKIN ON FEET

Wear your sandals with pride by softening any hard skin on your feet using the power of aspirin. Crush five tablets and mix with half a teaspoon of lemon juice and half a teaspoon of water. Mix into a paste and apply to your feet. Put on a pair of socks and leave for 10 minutes before rinsing with warm water.

TO EXFOLIATE YOUR FACE

Aspirin is an amazing exfoliant and can be highly effective in removing dead skin cells. Crush five aspirin and mix with two teaspoons of lemon, lime or orange juice. Apply to your face, leave for a few minutes and gently scrub off.

TO RESTORE HAIR COLOUR

If your hair colour is beginning to fade, aspirin can help to revive it. Dissolve six to eight aspirin in a glass of warm water, rub the solution through your hair and leave to set for 10-15 minutes. Alternatively, add the mixture to your shampoo.

OTHER BEAUTY BENEFITS OF ASPIRIN:

- To treat psoriasis – crush five uncoated aspirin, mix with a quarter of a cup of warm water and apply to the skin.
- To reduce redness from stings and bites – apply a wet aspirin directly to the sting or bite.
- To treat ingrown hairs – mix two aspirin tablets with a teaspoon of warm water and apply the paste to the affected area.
- To remove sweat stains from clothes – dissolve two white aspirin in half a cup of water and apply.



STAINS *be gone!*

Denim is designed to be durable and can cope with the rough and tumble of being out in the elements. However, what do you do if your favourite pair of jeans becomes stained?

Find out how to remove the most common stains from your jeans and other denim garments below.

HOW TO REMOVE GRASS STAINS

1. Pre-treat the stain using laundry detergent, washing-up liquid or vinegar mixed with a small amount of warm water.
2. Scrub the liquid into the grass stain using a toothbrush or nail brush.
3. Wash the item on its usual laundry cycle.
4. Repeat all of the above again if the stain is still visible.

HOW TO REMOVE MUD STAINS

1. If the mud stain is wet, allow to dry completely. Do not attempt to remove the mud while it is still wet as this can spread the stain further.
2. When dry, gently scrape off any excess mud with a plastic spoon or knife.
3. Gently brush the stain with a small brush or toothbrush.
4. Apply a few drops of washing-up liquid to the stain and rub in using your fingers.
5. Add a drop of water to the stain and briskly rub with a brush on both sides of the fabric.
6. Wash the garment, following the care guidelines on the tag.
7. Repeat steps 4 to 7 for really stubborn stains.

HOW TO REMOVE WINE STAINS

1. As soon as possible, pour a small amount of white vinegar onto a clean cloth and gently blot the area. Do not rub as this may set the stain further.
2. For bigger wine stains, soak the denim overnight in a solution of one part vinegar and one part water.
3. Rinse with cold water and then wash on your usual washing cycle.





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ITEMS ~~NOT~~ TO STORE IN THE SHED

Can't find a place for something in your home or garden? Stick it in the shed! If you find yourself saying this often, you ought to know that there are some items that you should never store in a shed. Discover them all below.

❗ **CANNED FOODS:** If you like to stockpile canned or tinned foods, then you should know that it is not safe to store these in your shed. Any container that is made from metal can be subject to rust, which can lead to holes and spoiling of the contents.

❗ **PAINTS AND GLUES:** Although many people store unused paint and glue in their shed, this is not a good idea. In extreme temperatures, the components of both these liquids can start to break down. Furthermore, if they freeze, they will become lumpy and unusable.

❗ **CLOTHING AND BEDDING:** If you do not have much storage space in your home, you may be tempted to store out-of-season clothes, bedding and spare towels in your shed. However, this is not recommended as they are highly likely to be exposed to insects and moths that can damage the fabrics, and they will probably end up with a nasty musty smell.

❗ **FLAMMABLE SUBSTANCES:** You should not store flammable substances such as gasoline, acetone, diesel, lighter fluid and barbecue lighter blocks in your garden shed as these pose a fire risk. Highly flammable liquids should be kept in a well-ventilated spot that is not attached to your main living area, such as in a flammable liquid locker or purpose-built storage unit.

❗ **RUBBER TYRES:** Rubber tyres should not be stored in your shed as these need a controlled climate to stay in optimal condition. Sheds can become very hot and humid in the summer and very cold in the winter, both of which can have an adverse effect on rubber.



GARDENING



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When life gets busy, our gardens are often near the bottom of the list when it comes to dishing out some TLC. Yet no matter how badly your outdoor space may have been neglected, it won't take much to bring it back to its former glory.

RESEARCH YOUR REVIVAL

Decide on what you want to include in your garden – perhaps an eye-catching water feature, a rustic path, a flamboyant array of flowerbeds, or a children's play area. The first step is to write and sketch your flora and fauna phoenix from the flames.

SUN SORCERY

When planning areas, consider at what times of the day you'll be using the garden most, and where the sun rises and sets. Maximising light and warmth will increase your enjoyment of your outdoor space.

CROP, DON'T CHOP

Trees and bushes in an overgrown garden can make it seem as though nature has reclaimed the space, yet once you start trimming back these dominant growers, you'll find a garden that has space, light and a feeling of openness.

GRASS IS GREAT

Don't be afraid of employing a large grass area – it is practical and beautiful, and even the roughest of overgrown expanses can be brought back to life with some lawn seed and a dedicated period of watering.

Also consider sowing wildflowers around the sides of the grass area for a magnificent mini meadow.

PERFECT PATHS

Garden paths are not just practical; they look great too, and will help to guide the eye better than anything you can plant.

Breathing new life into a garden path by jetwashing, adding a layer of stones or even tiling will rejuvenate your garden. And if it lies directly next to grass, use an edging tool for an even sharper look.

BE BOLD

Finally, be brave. There are few things in a garden that won't grow back, so you can afford to be bold when making changes or cutting things back.



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Do you love a glass or two of Prosecco? Fancy knowing what snacks you should eat alongside this popular Italian beverage?

Discover these top five perfect Prosecco pairings that promise to tantalise your tastebuds and stop the bubbles from going straight to your head.

HOW TO PAIR PROSECCO

Although most people tend to enjoy Prosecco on its own, it is actually a fantastic pairing wine, which boasts crisp and refreshing flavours that go well with everything from sweet treats to salty snacks. As a general rule, high acidity and dry Proseccos pair well with rich and creamy desserts, and sweeter ones such as rosé Prosecco are best enjoyed with savoury foods.

POLPETTE: Highly popular in Italy, polpetta is a type of meatball that is usually made from pork, beef or a combination of both. Small and delicious, this is the perfect snack to pair with a glass of Prosecco.

BRUSCHETTA: You have probably already heard of bruschetta as it often features in the antipasti section of an Italian restaurant's menu. So simple, yet oh so delicious, this toasted bread is rubbed with garlic before being topped with olive oil, tomatoes, basil and even more garlic.

SALADS: While a salad may not be the first dish that springs to mind when you think of Prosecco, the fairly low alcohol content of this popular beverage makes it ideal for pairing with a light and fresh dish. For best results, match Prosecco with spinach, strawberries and goat cheese. It can also work well with a classic chicken Caesar salad.

MILD CHEESES: If you love cheese almost as much as you love wine, then you will be pleased to hear that there are many mild cheeses that make the perfect accompaniment to Prosecco. Try a glass with a slice of creamy mozzarella, ricotta or burrata.

DESSERTS: When it comes to Prosecco and sweet dishes, opt for crème brûlée or cheesecake with dry Prosecco, or a fresh fruit tart or fruit salad with sweeter varieties.



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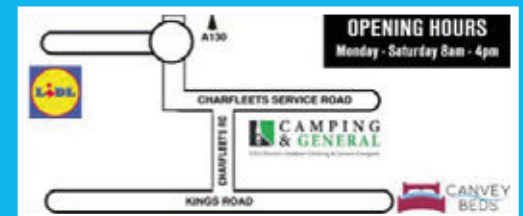
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TRAVEL



HOW TO FIT MORE IN YOUR SUITCASE

Do you struggle to fit all your holiday essentials into your suitcase? Then these space-saving tips are just what you need!

SHORTLIST YOUR CLOTHES: Before you even start packing, you should gather your clothes together and determine what you actually need. Try to be as ruthless as possible and, if in doubt, leave it at home. Also look for versatile garments that can be dressed up or down for maximum usage.

ROLL YOUR CLOTHES: This is a very effective space-saving techniques. Rather than folding your clothes and placing them in your suitcase, roll them instead. Plus, rolled clothes tend to wrinkle less than folded ones. Place larger items at the bottom of the suitcase and smaller rolled clothing at the top.

PLACE ITEMS INSIDE YOUR SHOES: Shoes can take up a lot of space in your suitcase, so it can be

a good idea to stuff them with smaller items such as jewellery, ties and underwear to maximise space. You should also pack your shoes on their sides rather than on their soles.

USE TRAVEL SPACE BAGS: Space-saving travel bags, also known as compression bags, are perfect for shrinking bulkier items of clothing, such as jumpers and jackets, into a more compact unit. These are also designed to keep your clothes wrinkle-free. Garment folders are a good idea if you are taking delicate items which are prone to creasing, such as silk dresses or linen suits, and toiletry bags are perfect for makeup and travel-sized toiletries.

THE BUNDLE PACKING METHOD: The bundle packing method is an effective packing strategy that involves filling a small pouch with soft items like socks and underwear and then wrapping larger clothing items around the pouch to form a bundle.



How to TAN safely

Many of us love spending time in the sun to achieve a golden glow. The sun can also boost our vitamin D levels and help us stay healthy. But it's important to remember that tanning can damage your skin, so follow these tips to stay safe while you sunbathe.

- 1 Avoid sunbeds.** These emit harmful UVA rays that can increase your risk of skin cancer, and can also cause your skin to age prematurely.
- 2 Choose the right sun cream.** Make sure to look for products labelled 'broad spectrum' to make sure you are protected from both UVA and UVB rays.
- 3 Watch the clock.** Research suggests that after a few hours, your body won't produce more melanin, the pigment responsible for tanning; you'll just be exposing your skin to UV damage. It's worth noting this time can vary from person to person, so better to be on the safe side and make sure you're not spending too much time in the sun.
- 4 Spend time in the shade.** This reduces your sunburn risk and helps prolong the life of your tan.
- 5 Cover up.** Wear protective clothing, especially if certain areas of your body are prone to sunburn.
- 6 Eat sun-friendly foods.** Foods rich in lycopene, such as red or orange fruits and vegetables like tomatoes, can boost your skin's natural sun protection.
- 7 Don't mix fake tan with SPF products.** This can cause the SPF to break down, reducing its effectiveness.
- 8 Be cautious during peak sun hours.** Take extra precautions between 10am and 4pm. Regularly reapply sun cream every two hours, even if you're not swimming.
- 9 Choose the right aftersun.** Look for products that hydrate and soothe your skin and avoid products that contain alcohol, as these can irritate your skin and could make your tan fade more quickly.

Remember, while you might feel that you look good with a tan, healthy skin is your top priority. So if you can't resist sunbathing, follow these tips to enhance and prolong your tan while minimising the risks.



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- 2nd - Norwich
- 3rd - Antiques in the heart of London
- 3rd - Bicester
- 5th - Deben cruise with lunch
- 5th - Guide Dogs Training Centre
- 6th - Canterbury
- 6th - Herne Bay
- 6th - Mississippi Paddle Boat, Broads Cruise
- 7th - Bardfield Vineyard & Blake House
- 7th - Wisley Flower Show

- 8th - London Wetland Centre
- 10th - Detling Antiques
- 10th - Hampton Court Flower Show
- 10th - Kew Gardens
- 11th - Epping on market day
- 11th - The Painters Trail
- 12th - Faversham
- 12th - Whitstable
- 13th - Brighton
- 14th - Margate
- 14th - Ramsgate
- 15th - Behind the Seams of Strictly Costumes
- 16th - Duxford Battle of Britain Air Show
- 16th - Rushden Lakes shopping centre
- 17th - Bressingham Gardens & Steam Museum
- 17th - Thames Cruise with afternoon tea
- 18th - Essex Countryside & lunch
- 19th - Bedford cruise with cream tea
- 20th - Mystery Tour

- 21st - Bure Valley Trains & Boats
- 21st - Clacton or Walton
- 22nd - Canterbury food & drink festival
- 23rd - Bury St Edmunds
- 23rd - Camden Market & Regents Canal
- 24th - Essex Autumn Shopping Fair
- 25th - Windsor town & Castle
- 26th - Polhill Garden Centre
- 27th - Bluewater
- 27th - Eastbourne
- 28th - Deben Cruise with pub lunch
- 29th - Hastings & Rye
- 30th - Portobello Market
- 30th - St Albans

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Are you suffering from varicose veins?

At Nuffield Health Brentwood Hospital our experienced general surgeons can treat all types of varicose veins through a range of non-invasive treatments.

What are the treatment options for vein disease?

There are a number of treatments for varicose veins, but only surgery can fully remove problem veins. Don't worry, having a vein removed won't affect the circulation of blood, as it will flow through other veins instead. The valves that often cause the problems are in the two large veins that run along the length of your leg, just under the skin.

You can temporarily reduce the appearance of varicose veins if you wear support stockings and elevate your legs when resting. However, the following treatments are more effective, as they close off varicose veins, so that they no longer carry blood. These treatments are suitable for some types of varicose vein problems, but not all. Your consultant will discuss the most suitable treatment for you.

Sclerotherapy foam treatment

The injection treatment (or sclerotherapy) involves injecting a chemical into the vein to close it completely, so that it no longer carries blood. This treatment can only be used on smaller veins. Although it can improve the appearance of your legs, they may still ache. After the injection, you'll have to wear support stockings for three to six weeks.

Endovenous laser treatment

A thin tube (a laser thread) is inserted into the vein through a small cut. The laser probe heats the vein from the inside, causing it to close. This is done with a local anaesthetic, which means the area to be treated is numbed so you won't feel any pain. It takes about forty-five minutes to an hour for this treatment on one leg. After the treatment, you will stay in the outpatient department for one to two hours and you will wear a support bandage for seven to ten days afterwards.

Radiofrequency ablation

A thin tube is inserted into the vein above or below the knee. The tube delivers radiofrequency energy to the vein wall causing it to collapse and seal shut. Once the vein is closed off, other healthy veins take over. There may be some bruising and you will need to wear support stockings for seven to ten days afterwards. You can generally have these treatments as an outpatient.

Are there any risks with varicose vein surgery?

As with all operations, varicose vein surgery has a risk of complications. Be sure to discuss any concerns you might have about these risks with your surgeon.

Don't put your life on hold

Nuffield Health Brentwood Hospital

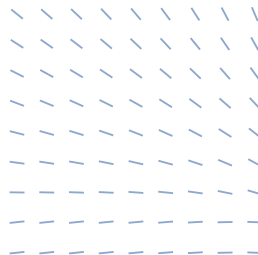
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- ◆ Hernia repair
- ◆ Thyroid surgery
- ◆ Varicose vein surgery



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Sundae Driving

The history of the ice cream van

With its eye-catching graphics and classic serving window, who can resist the charm of an ice cream van? As it tootles along in the sun to a jangly version of *O Sole Mio*, it's a mouth-watering sight. But did you know these iconic vehicles, now seen across the globe, were actually invented in Britain?

In the 1850s, Carlo Gatti, a Swiss-born Londoner, brought the delights of ice cream to the masses. As well as setting up an ice cream restaurant, he launched a fleet of hand-pushed carts with ice-filled containers to keep the ice cream cold.

In the 1920s, ice cream tricycles were introduced so sellers could move around more quickly. And as technology improved, vendors sold their wares from converted vehicles with basic refrigeration units inside.

But it was in the 1960s that things really changed.

In 1962, Bryan Whitby, a refrigeration engineer from Crewe, developed his idea to run ice cream machines directly from a van's engine. This made the vans much lighter and allowed them to be built in a distinctive shape, making it easier for vendors to navigate narrow streets.

He launched into production with his friend, Colin Morrison, and their vans quickly gained popularity. Over the years, several new designs have been launched, and the vans are now exported to more than 60 countries.

Bryan Whitby died in 2016, but the company, Whitby Morrison, is now run by his son, Stuart, and two grandsons.

Moving on into 2021, Whitby Morrison launched the ePower ice cream van to provide a green energy solution for ice cream sellers. As the vans are solar-powered, operational costs are lower and the vehicle is better for the environment. So, let's hope all this tempts more people to take up the trade, as the number of ice cream vans on British streets is sadly declining.



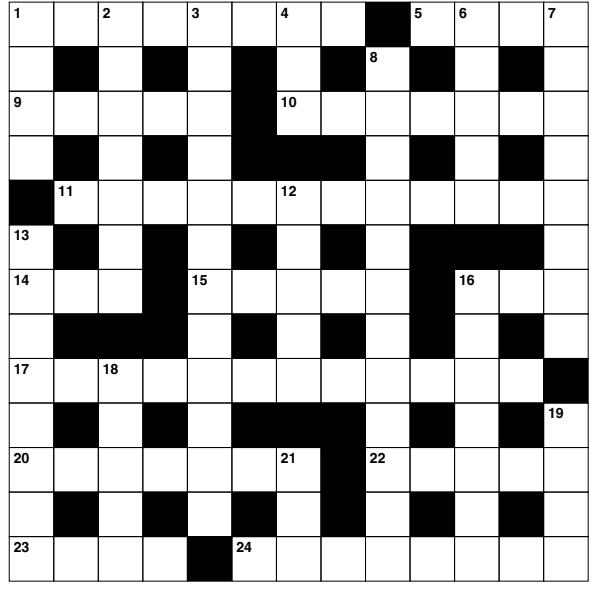
PUZZLES & TRIVIA

ACROSS

1. Dawn (8)
5. Whip (4)
9. Obtain information from various sources (5)
10. Exposes; shows (7)
11. Clothing such as a vest (12)
14. Tear (3)
15. Aqualung (5)
16. Argument against something (3)
17. Person's physical state (12)
20. Strife (7)
22. Possessed (5)
23. Utters (4)
24. Gauges (8)

DOWN

1. Gear wheels (4)
2. Clear mess away (5,2)
3. Discussion (12)
4. Belonging to us (3)
6. Alert (5)
7. Suffering from indecision (8)
8. Unnecessarily careful (12)
12. Haggard (5)



13. Goes before (8)
16. Singer (7)
18. Beastly (5)
19. Chances of winning (4)
21. Expected at a certain time (3)

DID YOU KNOW?

- ▶ Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans – about six feet.
- ▶ Giraffes can run as fast as 35mph over short distances.
- ▶ Giraffes are already extinct in at least seven countries in Africa.
- ▶ Giraffe spots are like human fingerprints; no two giraffes have the same.
- ▶ Giraffe tongues are a bluish-purple colour and are between 45 and 50cm long.
- ▶ Giraffes are very social animals and roam around in groups. These groups, called towers, typically have around 15 members led by an adult male. The other members are females and young males.
- ▶ In the wild, giraffes live for around 25 years.

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	6	9	2	5				4
	4						2	8
3								



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Lollylicious!

If you have children, you will know only too well how quickly a freezer full of ice lollies empties during the summer holidays. Fortunately, you don't have to keep running to the shop for more, as these homemade lollies are guaranteed to go down a treat.

Orange and Carrot Ice Lollies (makes 6, vegan)

You will need:
5 large carrots | Juice of 3 large oranges and the zest of 1 | 1 satsuma, peeled and chopped

How to make:
Finely grate the carrots and place them in the middle of a clean tea towel | Gather up the towel and squeeze the carrot juice into a jug | Add the juice of the oranges and top with a little water if needed until you have 360ml liquid | Stir in the zest and satsuma pieces | Carefully pour into lolly moulds and freeze overnight

Ice Lolly Pens (makes 6, vegetarian)

You will need:
50ml sugar-free blackcurrant cordial | 50ml sugar-free orange cordial | Red and orange natural food colouring | 50g blueberries | 50g chopped strawberries | A handful of halved red grapes

How to make:
Pour each cordial into a separate jug and add 5 tsp of the corresponding food colouring into each one | Stir 100ml of water into each | Place a few blueberries, strawberries and grape halves into 6 lolly moulds | Top up 3 moulds with blackcurrant cordial and 3 with orange cordial | Freeze for at least 4 hours | Remove the lollies from the moulds and pour extra food colouring into a small dish | Dip the lollies into the colouring and use them to draw on clean paper, licking as you go

Strawberry Milk Pops (makes 12)

You will need:
400g ripe strawberries | 200ml semi-skimmed milk | 405g can of light condensed milk

How to make:
Place the strawberries in a food processor or blender and blitz until smooth | Add the milk and condensed milk and blitz again to combine | Pour the mixture into 12 moulds | Freeze for a minimum of 4 hours until solid

To make the above quantities, use lolly moulds sized at 16x15x10cm, or you can use moulds you already have but adjust accordingly.



Photo credit: bbcgoodfood.com

A leading supplier of bespoke fuels has launched a new sustainable petrol using biofuel made with agricultural waste, which is aimed at classic cars.

Classic car owners are sticklers for tradition, yet the pressure of the electric vehicle (EV) revolution has inspired even this staunch demographic to look for ways to make their motors more masterful in the modern era – without ripping out the very fabric of what makes a vehicle so special.

In short, engine specialist Coryton has come up with a way of reducing the need for classic car owners to modify their retro roadster, by creating a fuel alternative that offers greener driving and a low carbon footprint.

SUSTAIN Classic is a plant-based petrol with three fuel types – Super 33, Super 80 and Racing 50. Super 80, the fuel with the highest

sustainable content, is said to lower greenhouse gas releases by a minimum of 65 per cent compared to fossil-based fuels.

The biofuel is manufactured using agricultural waste – such as crop residues, straw and other by-products – to produce a fuel that creates significantly less atmospheric pollution.

The formula isn't cheap, though, with the lowest pricing of the three fuel types coming in at £3.80 a litre.

However, each meets European compliance standard EN228, as well as containing premium additives that clean and protect the car's engine.

The fuel offers a healthy and competitive alternative to typical EV refits for classic roadsters, which often come with a hefty conversion price of around £6,000.

David Richardson, business development director for Coryton, said: "Each kilogram of CO₂ we avoid is a win. The pressure is on motorists to make sensible and meaningful changes, but it doesn't mean we have to throw away the essence of what makes these classic cars so iconic."



Photo credit: topgear.com



WREXHAM

RED DRAGONS
RISING AGAIN

HOW A CELEBRITY TAKEOVER HAS BREATHED FIRE INTO THE WORLD'S THIRD OLDEST PROFESSIONAL FOOTBALL CLUB

Although Wrexham AFC were founded in 1864, have won the Welsh Cup a record 23 times, and famously knocked holders Arsenal out of the FA Cup in 1992 – one of the biggest giant-killing victories in the history of the competition – nothing could prepare them for November 2020.

For that was when Hollywood came to town, as Canadian-American actor Ryan Reynolds and American actor Rob McElhenney bought the club. At first, it seemed to be the actions of millionaires playing out a celebrity whim; yet what has materialised since has been heart-warming and gut-wrenching in equal measure, reviving the fortunes of a forlorn team and town.

No sooner was the takeover of the club complete than streaming services Disney+, FX and Hulu agreed a docuseries. *Welcome to Wrexham* was designed to follow the club's fortunes on and off the field, a world away from the glossy excesses of similar fly-on-the-wall series involving Manchester City and Tottenham Hotspur.

With the club languishing in the fifth tier of

English football, the hope was that the new influx of exposure, revenue and players – not to mention the impetus of a truly global fanbase – would drive success and promotion back to the Football League. However, it wasn't that straightforward.

A failed promotion campaign in 2021/22, despite the club finishing second in the table, was compounded by defeat to Bromley at Wembley in the FA Trophy Final.

Yet last season, the team regrouped, clocking up a record 111 points to win the National League title, a campaign during which they also reached the FA Cup fourth round.

This season will see them back in the Football League for the first time since 2008, with owners who have made a truly spiritual connection to the fans, the town and, of course, the team.

With further investment, Wrexham are already favourites to take the League Two this coming season.

You can't help but wonder just how far the dragon's fire can reach.

Photo credit: Craig Colville/Huw Evans/Shutterstock

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