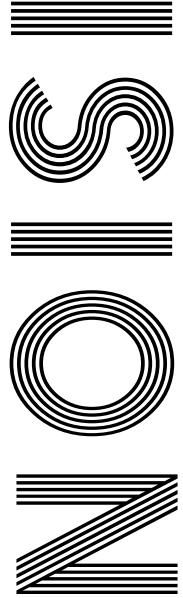


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VISION

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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. As always, I hope everyone is safe and well in these unusual times. After months of tedium during lockdown, things are

finally starting to feel new and refreshing on both a professional and a personal note. Last month saw **VISION** expand into new areas, while I moved into a new home with my girlfriend Kirstie. I'm excited to be starting this new chapter, though I must admit the work that goes into changing homes could put anyone off the idea of moving at all.

Organisation has been one of my strong points; however, the wearying tasks that come with moving were hardly a walk in the park. In fact, actual walks in the park with our dog Buddy have just about been the only thing getting me through all the stress.

Though I was admittedly trepidatious about decorating our new home, I've quite enjoyed the challenge of acquiring trendy wallpaper and various ornaments from local stores. It's been a great reminder of why we do what we do at **VISION**, so that we can continue to support local businesses, who in turn provide much-needed services and goods to our communities.

I hope you all enjoy this edition of **VISION**Loughton. If you have any queries or contributions you'd like to share with us, please get in touch. Stay safe.

Brett



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

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Photo credit: James Gourley/ITV/Shutterstock

Kate's RETURN

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

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

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

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

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

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

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

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

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

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

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



Plenty of TWENTIES

HOW THE OLD £20 NOTE WILL BE RECYCLED

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

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

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

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

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

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

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

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Don't fear KEFIR

You'll have seen kefir in and around those uber-healthy supermarket aisles, you'll have heard it mentioned on fitness videos, you'll have seen it lauded on Twitter and Instagram... and all this for a bit of cultured milk?

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

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

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

As for the health benefits, well, where do you want to begin? It is a great source of protein, calcium and probiotics (friendly bacteria), so the effect on our guts is huge, with better digestion and reductions in IBS symptoms.

Add in a lowering of blood pressure, better cholesterol balance and blood sugar management, and it's little wonder this 'whole grain solution' has revolutionised the health and well-being market.

And yet, perhaps the best thing of all is that you can make it yourself at home. You'll need to ensure correct temperatures and sterile equipment, as well as keeping a close eye on fermentation times, and while the grains are expensive at first, they'll keep feeding, meaning you can use them over and over again.



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ME, myself AND I



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

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

WHY IS "ME TIME" SO IMPORTANT?

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

HOW TO TAKE "ME TIME"

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

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

WHAT ARE THE BENEFITS OF "ME TIME"?

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

POSITIVE "ME TIME" ACTIVITIES:

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



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BREATHE IN THE VAPORS

HOW THE NIKE VAPORFLY RANGE IS CHANGING SPORT AND FITNESS

In an era when the simplicity with which sportswear and leisurewear cross over can leave some brands struggling to stand out from the crowd, Nike's recent pursuit of record-breaking greatness is another step beyond.

claims, with Kenyan runner Eliud Kipchoge achieving what many thought would never be possible when he completed the iconic marathon distance in 1hr 59mins 40secs.

However, there was a twist in the tale. World Athletics, the governing body, quickly banned the shoe for its unfair structural and bounce advantage offered over competitors, with excessive carbon and a super-thick sole said to offer propulsion well beyond a fair standard – indeed, there was an estimated four per cent uplift in performance.

Nike's hopes of making a shoe that will truly transform the sports record book may have been dashed, but its advancements have at least brought about a firmer set of regulations that all athletes must adhere to.

And as far as the impact the shoe has had on the brand's reputation – well, given that sales of the Vaporfly have been accelerating quicker than Kipchoge in the final few yards on Mall, Nike has undoubtedly reinforced its reputation as race leader.

The launch of its Vaporfly range, accompanied by some truly ambitious moves to fuel the company's marketing machine – not least a sub two-hour marathon – has seen the world's largest footwear and sports brand stylishly swagger through the finish tape, albeit while courting a fair amount of controversy in the process.

The furore began as soon as Nike launched the Vaporfly. As if running footwear wasn't already beefed and buffed up enough, the boffins from the Beaverton HQ produced a shoe enriched, enhanced and engineered to the hilt. It promised to better the performances not just of the world's elite runners, but also of those pounding the pavements for 'fun'.

And the science unequivocally backed up the



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Pleats

FOR ALL OCCASIONS



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

How to wear the pleated skirt:

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

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

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

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

Choosing the right pleat for your shape:

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

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

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

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

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

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



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THE WAY TO DEAL WITH SPOTS LIKE A SKINCARE PRO

When it comes to skincare problems, there is no one-size-fits-all method for tackling them as the causes can be anything from hormones to our diets, and even the weather.

A stubborn reality of angry pustules is that picking or popping them will go against every natural instinct you have, while reaching for your foundation risks irritating them further.

There is also the assumption that the way to tackle oily skin is to dry it out by bombarding it with all manner of potions and harsh exfoliators. However, when irritated, your epidermis will only put up more barriers to defend itself, leading to further blocked pores and more spots. Instead, see your acne as something more aligned with eczema and take a gentler approach.

Not surprisingly, a cleansing routine is very important, but it should only be twice a day and with products that are soothing but which also contain salicylic acid to gently remove dead skin and excess sebum. Once or twice a week you may want to treat your skin to a good-quality charcoal mask to deep clean your pores, or even a very gentle scrub.

Occasionally, you might find yourself dealing with sebaceous cysts which are hard, sore bumps buried deep under your skin. A good daily routine will help keep these at bay, but you can also apply a warm compress to help open the pore.

Moisturising is actually a vital part of rebuilding your skin's natural barrier, so invest in a lotion designed for oily skin and use it religiously. The same goes for sunscreen, which should be worn daily to protect against UV damage and further irritation.

While there is no quick fix, good habits will help you control your complexion, rather than your complexion controlling you.



Cool AS A CUCUMBER



FIVE FOODS TO DEFEAT THE HEAT THIS SUMMER...

Most of us seem to spend the whole winter yearning for the summer, but when it arrives we are always poorly equipped to deal with the sudden increase in temperature. Not any more. Keep reading to discover five not-so-obvious food choices that will help you beat the heat.

1. CHILLI PEPPERS

No, we are not completely crazy. Eating a meal that contains chilli peppers will trick your body into thinking that it is hotter than it actually is, resulting in immediate sweating. And when you sweat, your body starts to cool down.

2. SPINACH

Fresh spinach is available all year round and has the unique ability to be able to balance out your blood pressure which in turn will help you to feel cooler.

3. A BOWL OF SOUP

In the same way that chilli peppers work, a bowl of hot soup will force your body into cooling itself down. A great option if you are not a fan of spicy food but need a quick way to relieve the heat.

4. FENUGREEK TEA

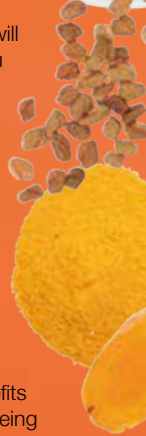
Fenugreek is a natural detoxifier and will help your body to get rid of any excess fluid. For best results drink it hot, but if you cannot manage this, simply chill in the fridge for an hour before consuming.

5. TURMERIC

Turmeric has a number of health benefits including boosting your immunity and being a great source of antioxidants. However, not many people know that it can also naturally cool the body. If you don't fancy a curry, add this spice to a couscous salad or enjoy a glass of "golden milk".

FOODS TO AVOID:

- > Carb-rich foods such as rice or grains
- > Foods that are high in protein, such as meat





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Ice lolly

RECIPES



FOOD & DRINK

There is nothing quite like a cool and refreshing ice lolly on a hot summer's day, and what could be better than indulging in a home-made one that comes with a bit of a kick? Why not give these three boozy ice lolly recipes a try and enjoy your favourite tippie in frozen form?

Mango & Tequila Spice

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

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

Cider & Black

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

HOW TO MAKE: Simmer the blackberries in a pan with 1 tbsp sugar and 50ml water until soft ■ Pour through a sieve and stir in the crème de cassis ■ Pour the syrup into your moulds and put in freezer ■ Reduce cider in pan for 10 minutes, add 2 tbsp sugar and dissolve ■ Add apple juice and lemon juice and leave to cool ■ Pour into lolly moulds, leaving ½ cm at top for expansion ■ Freeze for a further hour before adding lolly sticks ■ Freeze for 6-8 hours until solid

Strawberry Fizz

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

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



A BRITISH LOVE AFFAIR



Going back 120 years to trace the roots of our most famous drink import

You wouldn't ever think to label Coca-Cola a 'slow burner'. Whether it's the hit of the bubbles or the sugar rush that accompany the world's best-selling soft drink, it's immediacy is a big part of why we love it so much.

Yet wind back 120 years when Coca-Cola hit UK shores for the first time, and uptake of the famously fizzy drink was, shall we say, rather flat.

The fact Coca-Cola came to the UK was down to Charles Candler, the son of founder Asa Candler. Upon a trip to London in the year 1900, he brought with him five gallons of syrup. It was the first time this American staple had made it here, and it was something never before experienced by Londoners.

The initial limited quantities were lapped up by those who tried it in specialist outlets, but then more than two decades passed without any particular Coca-Cola revolution.

That was, until 1920, when the corporation arranged a deal that would see the soft drink go on sale at Selfridges, the London Coliseum and a few other high-ranking stores. Suddenly, with a bigger platform, with bottling plants in Paris and Bordeaux, and the buzz of the capital in the early post World War I years where renewed freedoms and new tastes were all the rage, the UK public found a new flavour to savour.

Sales rose gradually, although it wasn't until the 1970s that the first canning plant was opened in Milton Keynes. This facility was at the forefront of technology, capable of filling 1,500 cans a minute.

A drink that appealed to young people as well as acting as a mixer for adults was always going to have a sustainable shelf life, but the expansion of the key product (into diet versions as well as flavour additions, such as cherry) ensured our interest held.

The brand, as a whole, is now responsible for the likes of Fanta, Dr Pepper, Sprite, Lilt, Oasis, Smartwater, Schweppes, Powerade and even tinned Costa Coffee products, and the evolution continues into vegan drinks and zero-sugar products.

And of course, these days, Coca-Cola in the UK is more than just a drink. The marketing whizzes have turned it into a byword for sustainability, the environment, leisure and societal values.

When Charles Candler stepped off his ship in 1900 he couldn't possibly have imagined that the modest five gallons he carried with him would have such a

galvanising effect on our lives, our lifestyles and our passions, permeating everything from simple hydration to the most recognisable brand colours of them all, right the way through to the way Santa Claus is dressed.

Coca-Cola's start to life in the UK may have been slow, but its elevation in the last 100 years has been nothing short of thirst-quenching.

BRITAIN'S BREXIT BOOM

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

1. TURNING TO TECH

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

2. MEDICAL MASTERY

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

3. FISHING

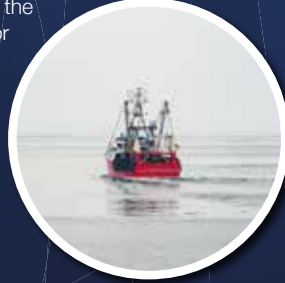
UK fishermen have long bemoaned the EU's Common Fisheries Policy for the restrictions it has caused, even around our own shores.

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

4. AGRICULTURE

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

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



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Living ON THE CANAL

Most of us at some point have imagined the simple pleasures of taking a canal boat holiday, but what about stepping it up a few knots and actually living on one? Here are a few pros and cons to life on the water:

- PROS**
- ✓ **COST:** Mooring costs and a waterways licence can pinch, but once you've paid for your vessel, it's an extremely affordable way to live, with a generator providing all your power.
 - ✓ **FREEDOM:** The world, or rather the canal, is your oyster. Follow the water to take you to any place in the UK, with not a toll road in sight.
 - ✓ **RELAXATION:** Although there is manual work to do, many people love narrowboats for the opportunity to kick back and relax.
 - ✓ **MOD CONS:** Life on the canal is rather rustic. However, nowadays boats can come with pretty much all the facilities you expect in a home.

- CONS**
- ✗ **SPACE:** Clearly the area you have to live in on a boat is at a premium, though clever design and minimalist living means you can maximise what's around you.
 - ✗ **CONVENIENCE:** You may find yourself a fair distance from local amenities. While canals and rivers traditionally provided a route into the centre of towns and cities, the majority of waterways are remote and don't have a convenience store on each bend.
 - ✗ **LONELINESS:** Solitude is nice, but some water folk struggle with the lack of others around. Even if living with a partner, adapting to few settled people in the vicinity can be tricky, with canal boat guidelines stating you should move every two weeks at a minimum to fill the water tank and get the toilet pumped.
 - ✗ **SAFETY:** Living next to a towpath isn't the safest of places, particularly late at night.

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HOME & DIY

MOOD for thought



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

WHAT IS A MOOD BOARD?

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

STEP ONE: CONSTRUCT YOUR MOOD BOARD

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

STEP TWO: COLLECT IMAGES

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

STEP THREE: GATHER ACTUAL SAMPLES

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

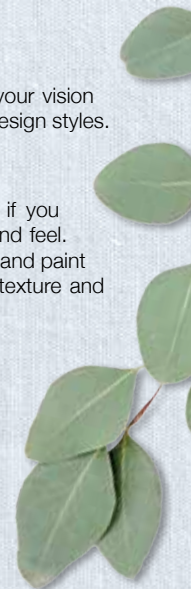
STEP FOUR: ARRANGE YOUR BOARD

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

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



Photo credit: www.temza.co.uk





DESK DESIGNS FOR SMALL SPACES

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

TRANSFORM A CORNER

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

OPT FOR AN ALCOVE

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

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

GO TEMPORARY

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

CONVERT YOUR SHED

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

PLUMP FOR THE RIGHT OFFICE CHAIR

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



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



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Photo credit: greenhouseglassworks via giffempice.com, Belle Vous via amazon.com, guidepatterns.com, thecrazycraftlady.com

FOUR winning wine bottle CRAFTS



HOME & DIY

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

So why not use these bottles to create something beautiful?

ART DECO VASES

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

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

BIRD FEEDER

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

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

MINIATURE PLANTER

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

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

CHEESE BOARD

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

You can then add your preferred decorative touches.





ABSTRACT INTERIORS

HOME & DIY



TAKE YOUR CUES FROM THE ABSTRACT EXPRESSIONISTS FOR A LOOK THAT IS BOTH CHEERY AND MODERN

There are a multitude of reasons to invite abstract art into your living space – after all, you'll be hard pushed to tour London's art galleries with all the freedom of old.

Where art is concerned, colour, texture and design are known to lift spirits, provoke creativity and stir interaction, so with that in mind you may as well surrender and let a little weirdness into your home.

For the likes of Jackson Pollock and Mark Rothko, abstract expressionism was a way to defy the confines of post-war time life in 1940s New York through an art form which was deeply personal, spiritual and often unfathomable to anyone but the artist. Similarly, getting a little abstract with your décor can be a great form of escapism and personal expression, and, of course, to your guests you will come across as profoundly arty and cool.

If your current colour scheme feels a little neutral, adding a bold print – be it a throw, cushion or framed picture – is a great way to apply a little abstract flair.

If patterns aren't your thing, consider livening up your lounge with block colours – perhaps a Rothko-inspired wall of two shades or a brightly coloured velvet sofa (citrus hues are particularly hot right now).

The beauty of this trend is that it requires no ambitious makeovers, and can be achieved with the addition of a few key pieces. Let a simple geometric print or a statement piece of furniture become the star of an otherwise forgettable room. Alternatively, dedicate an entire space to retro hues, bold designs and metallic highlights.

Either way, the invigorating energy of the abstract movement is bound to fill your heart and your home with joy.



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5 alternative uses for

HAIRSPRAY



A can of hairspray is just one of those beauty essentials that you always seem to have in the cupboard. Fortunately, even if you aren't trying to create a firm hold hairstyle, there are many other uses for it.

TO PROLONG THE LIFE OF CUT FLOWERS

If you have been gifted a bouquet of flowers but are worried about them wilting sooner than you would like, simply spray the underside of the cut stems with hairspray. This will help seal in the moisture and keep your flowers fresh for longer.

TO TIGHTEN SCREWS

Loose screws can be incredibly annoying, and tightening them is just another household task that you could do without. Fortunately, you can keep your screws more secure with just a few sprays of hairspray once every month or so.

TO KEEP CURTAINS CLEAN

If you are fed up with seeing dust all over your curtains but can't cope with having to take them down to thoroughly clean them, all you need to do is spray hairspray from top to bottom and enjoy dust-free curtains for longer.

TO REMOVE PET HAIR

As much as you love your cat or dog, pet hair can be an absolute nightmare to remove from furniture and clothing. However, by simply spraying hairspray on a towel and then rubbing it on the affected areas, you will find it much easier to pick up the hair.

TO REMOVE INK OR HAIR DYE

Ink stains are notoriously difficult to remove, yet hairspray can handle it. Just spray directly onto the stain and gently blot. The same process can be used to remove hair dye from clothing – simply spray and blot away.



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Maya Jama

MAKING WAVES

WHY MAYA JAMA NO LONGER HAS A FACE FOR RADIO

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

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

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

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

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

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

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

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

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

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

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

“
For me it's always
been about grabbing
as many opportunities
as I can. I don't want
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The competition has a prize fund of up to £20,000 worth of materials, tiles, sanitary ware and accessories all of which have been sponsored and donated by the following companies:



NHS workers from London, Essex, Berks, Bucks, Surrey, Kent and Hertfordshire. are invited to enter. In addition to entering the draw directly people can nominate NHS workers who reside in these counties numerous times but nomination must be from different social accounts. The deadline for entry is 31st August 2020 and is free to enter. The winner will be contact via social media and their email account on the 01st September.



For a full list of eligibility criteria and entry form please visit:

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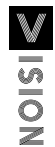


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LOCAL NEWS



Photo credit: Essex Police

Cannabis factory found

A cannabis factory was found inside a house in Loughton recently.

Essex Police were called shortly before 1.50pm on Wednesday, July 8, to the rented property in Alderton Hall Lane.

Up to 200 plants and hydroponic equipment were found. The plants had already been harvested.

A spokesperson from Essex Police said: "Cannabis growing is not a victimless crime as the production of illegal drugs is closely associated with violence and the exploitation of vulnerable people.

"We urge anyone who sees any signs of cannabis cultivation in their community to please contact us so we can take action."

Anyone with information about this cannabis factory, or concerns about drug dealing and production elsewhere, is asked to call the Loughton local policing team on 101 or report it online at www.essex.police.uk/do-it-online/report-a-crime

You can also contact the Crimestoppers charity anonymously on 0800 555 111 or use the anonymous online form at crimestoppers-uk.org

Spitfire flies over Essex to thank the NHS

A Spitfire PL983 flew over Loughton to celebrate the 72nd birthday of the NHS last month. The warplane could be seen with 'Thank U NHS' written on the underside of its wings in a grand gesture to all the front-line staff who have risked their lives recently.

The flight was organised by The Aircraft Restoration Company, a family-owned engineering business which specialises in the restoration, maintenance and operations of vintage aircraft.

The company has an NHS project to handwrite 80,000 names onto the photo-reconnaissance blue Spitfire PL983 'L'.

A statement on its website reads: "The names we would like to add are those of your local heroes. Anyone who has helped/inspired you through the COVID-19 pandemic."

A minimum donation of £10 is needed along with the name of the person you would like to thank. To donate, go to www.justgiving.com/fundraising/nhsspitfire

Photo credit: LeeLevi6/Twitter





Photo credit: Victoria Williamson

Spark Sharks to swim the length of the Channel

The Spark Sharks, a group of seven swimmers from Loughton, have set themselves a challenge to complete 65 laps of the course at Herts Young Mariners Base, which equates to swimming from England to France, between July 25 and August 22.

Their goal is to raise money for the young people's mental health charity Spark in Epping Forest. The youngest member of the team is 12 and the oldest is 71.

Their donation goal is £1,500, and they have currently raised £1,155, nearly 80 per cent of their goal.

If you would like to show your support, then you can go to Herts Young Mariners Base in Cheshunt on August 22 to celebrate the completion of their challenge.

All the money donated will go towards counselling and mentoring support to young people who need it.

Spark already supports around 100 young people per week, but with this new challenge, they are now expecting an influx of requests.

To donate visit uk.virginmoneygiving.com/Team/SparkSharks

Man rescued after being trapped in trench



Firefighters were called to rescue a man who was trapped in a collapsed trench recently.

They attended the incident at Colebrook Lane in Loughton on July 18 and found the man whose leg was trapped in thick mud and clay.

He had been working in the trench when the sides collapsed, trapping his leg.

Crews worked to stabilise the trench, which was being dug as part of building foundations.

The Urban Search and Rescue team was also requested to attend.

Liaising with the East of England Ambulance Service, Hazardous Area Response Team and Helicopter Emergency Medical Service, crews monitored the condition of the man and devised a plan to free him safely from a depth of about two metres.

The man, who was conscious and breathing throughout, was freed at 6.19pm and left in the care of the East of England Ambulance Service.

Station Manager Dan Kirk said: "The crew from Loughton who initially responded to the incident did an absolutely fantastic job of shoring up the trench. They worked extremely hard in difficult conditions, with high temperatures and very challenging ground conditions.

"Our Urban Search and Rescue Team did brilliantly too, stabilising the trench and working with the Hazardous Area Response Team's paramedics to free the casualty safely."



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Bakery to close down branches

Percy Ingle – also known as Ingles – is set to close all 48 branches, including in Loughton. The retail bakery, which has a site on 220 High Road, has decided to close its doors after costs to keep it open were increasing. The closure is being blamed on the COVID-19 pandemic. The business released a statement which said: “With a market that is highly competitive, a product that is exceptionally labour intensive to make and a consumer that is highly price conscious, it is difficult to

see how we would be getting any return on such an investment on top of the many millions of pounds that have already been invested in recent years. “We understand the decision to close is a substantial shock to our employees, many of whom have been with us for many years and, of course, we will help them through the closure process as much as we can. “We would like to place on record our sincere thanks to all employees for their commitment and the dedication they have shown in the time they have been with the business.”

Calls to look into COVID-19 care home deaths



Loughton district councillor has called for an investigation after it emerged that death rates in care homes in Epping Forest are among the highest in the country. Councillor Stephen Murray, an independent district and town councillor for Loughton Roding, has called for Essex County Council to launch a probe into the deaths. Cllr Murray said he would start the ball rolling with the investigation. He commented: “My understanding is that the figure up to June 12 was 76. I have had some responses from Epping Forest county councillors. The initial explanations for these figures as regards the difference between Epping Forest and the rest of Essex are twofold. “Epping Forest has 1,300 care home spaces, which is considerably more than adjoining districts in Essex. It might simply be a reflection of the fact that Epping Forest as a whole has the highest rate of fatalities in Essex. As of June 26, deaths stood at 13.8 per 10,000 of the population against a county average of 9.1.” Cllr Murray continued: “Essex county council has already provided some initial explanations and it is important that further explanations are sought, particularly as regards the difference in numbers between Epping Forest and the neighbouring London boroughs. Every fatality is a cherished family member and it is important to be able, at some stage, to explain these apparently high numbers.”



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Parking permits introduced to residents of the Roding Gardens area

Epping Forest District Council has introduced parking permits in Roding Gardens.

Some residents had no idea about the charges that will be enforced, while others were made aware by a letter posted to them.

The permits will be in Zone L11, which will cover Aragon Close, Boleyn Close, Cleves Close, Howard Close, Lancaster Drive, Lukintone Close, Roding Gardens, Tewkesbury Close, The Sidings and Seymour Close, Loughton.

The scheme will come into effect on Monday, August 10. It will apply from 10am to 2.30pm, Monday to Friday and will exclude bank and public holidays.

A resident of Roding Gardens said: "A letter came recently advising us of the parking restrictions and

fees we are required to pay.

"I personally did not receive any warning of this, and I am led to believe I am not the only one. I strongly feel that the council should have offered an opportunity to hold a town public meeting whereby all the residents could express their feelings, whether negative or positive.

"I would like the opportunity to make the council aware of the social dynamics of the estate and the impact of the decision on the estate.

"Some families own three or four cars, which I strongly feel is the problem that has been focused on and most definitely influenced the decision for permit parking. I feel that should have been sorted out among the residents involved."

Police track down stolen vehicle on M11

A car stolen on the morning of July 5 from the London area was stopped on the M11 near Loughton. The car was stopped by officers; three people were arrested and are now in custody.

The report was added to the Police National Computer and in just 34 minutes the car was tracked down on the motorway.

The stop led to heavy traffic and a brief road closure. One truck driver drove through a 'no entry/authorised vehicles only' slip road, which led to the police control unit, so he could avoid the queue. The truck was stopped, and the driver was given three penalty points on his licence and a £100 fine.

Essex Roads Policing said: "Outstanding proactive work by our South Roads policing team this morning."



Photo credit: Essex Roads Policing



News from **THE ROTARY CLUB** of Loughton, Buckhurst Hill & Chigwell

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"I think it's just great to have such a place/organisation like this and I was very shy to come over here but once I walked in everyone was so welcoming and helpful. Thank you very much" Mrs A

"First time I've done this...bit apprehensive. Thought it was made painless by friendly attitude of staff." Mr J
"This place is amazing, best emergency food support I've visited." Ms L

Our ethos is to treat people humanely, with dignity and respect. We are not assessing people or asking for a referral. If people are brave enough to ask for



help, we will support them.
Our sessions are at Waltham Abbey Town Hall every Monday and Friday 1.30-3.30pm. Everyone welcome, including from Loughton.
Tel: 01992 842642 email: info.3food4u@gmail.com

County pollution in top 50 in country

Photo credit: Epping Forest District Council



Epping Forest has been named in the top 50 most polluted places in the UK, according to the British Heart Foundation.

People living in Epping Forest District have an increased risk of death equivalent to smoking 133 cigarettes every year.

Councillor Chris Pond, who led a county council panel on this, said: "Loughton Residents' Association and Loughton Town Council will be watching the next stage very closely.

"Although the council has been instructed by the inspector to drop its plans to put housing on Jessel Green, its proposals for Loughton still involve a large number of homes into the town.

"I don't think either the county or district council has taken sufficient action on air quality, though Essex County Council setting up a Climate Commission is a worthwhile step. The Forest Special Area of Conservation must be protected at all costs.

"I've long argued that developments large and small in Loughton will add large numbers of cars and worsen air quality. There is no sign that Epping Forest District Council or Essex County Council have heeded these warnings; indeed, Epping Forest District Council are seeking illusory "mitigations" when they know they should simply prevent any extra development in Loughton.

"Air quality was superb in the early weeks of the lockdown, when more than 40 per cent of vehicles were off the road."



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LOCAL NEWS

Independent schools group announces leadership team changes

The Oak Tree Group of Schools, a privately owned group of independent schools in Essex, has recently announced some exciting developments to its leadership teams.

Claire Osborn, outgoing headteacher of Normanhurst School, group education principal and current chair of the Independent Schools Association, will take on her group education principal role full-time from September.

In September, Mrs Osborn will hand over the Normanhurst headship to Mrs Jacqueline Job. Jacqueline comes to the school with a wealth of leadership experience gained from her five years as deputy head of North Bridge House Prep, a mixed 450-pupil school in Camden.

Jacqueline commented: "Normanhurst is a small school with a big vision. It's a school where pupils of all abilities, aptitudes and social backgrounds thrive and achieve. I'm honoured to be able to lead the school from September."

Further developments are taking place at Coopersale Hall School in Epping where, after nearly 10 years as headmistress, Kaye Lovejoy retired at the end of last term. The school has appointed Moreen Barnard as the next head from September.

Moreen said: "I am delighted to be joining Coopersale Hall in September and I am excited to be leading the school to the next stage of its development as we look to extend the school and the excellent education we offer."

Firefighters respond to chip pan explosion

Firefighters were called to a kitchen fire in Willingale Road, Loughton, recently. Although the fire was out when crews arrived, they discovered the occupant had thrown water on a chip pan fire – precisely what you should not do.

Watch Manager Marc Lemon said: "The chip pan caught fire but they threw water on it, causing an explosion.

"Thankfully the fire did not spread and the occupant only suffered minor redness on her arms from the heat – but it could have been a lot worse. Please follow our safety advice if you are using a deep fat fryer."

A spokesman said: "Take care when cooking with hot oil – it sets alight easily. Make sure food is dry before putting it in hot oil so it doesn't splash. If the oil starts to smoke, it's too hot. Turn off the heat and leave it to cool."





ANOTHER BIG BITE

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

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

macOS Big Sur

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

iOS14

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

Apple Pencil

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

Cycling directions

Getting from A to B on your bike has been made

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

Handwashing wonder

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

Sleep tracking

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

TvOS

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



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GARDENING

AUGUST BIRTH FLOWER OF THE MONTH:

Gladiolus

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

WHAT DOES THE GLADIOLUS SYMBOLISE?

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

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

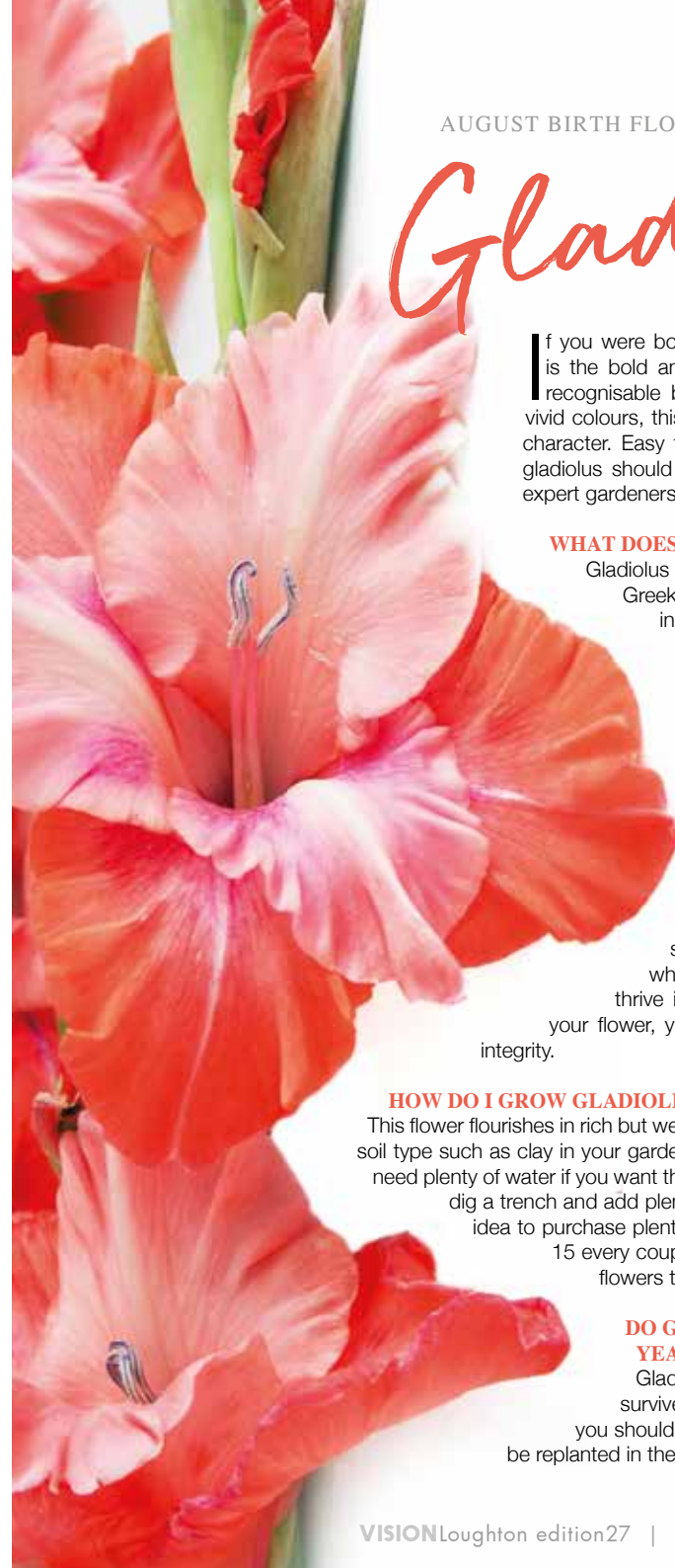
If you were born in August, you are said to be an intellectual who will do whatever it takes to succeed in life. You thrive in leadership roles at work and, like your flower, you are known for your strength and integrity.

HOW DO I GROW GLADIOLI IN MY GARDEN?

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

DO GLADIOLI GROW BACK EACH YEAR?

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





CREATE YOUR OWN COMPOST

With many of us spending a lot more time in the garden than usual, what better time to decide to produce your own compost?

Green materials include:
Vegetable peelings | Used teabags | Dead flowers and houseplants | Grass cuttings | Nettles

Brown materials include:
Eggshells | Newspapers (not glossy magazines) | Toilet roll tubes | Shredded plain paper | Dry leaves and small twigs | Young wood garden prunings

WHERE SHOULD I START COMPOSTING?
You have two options when it comes to composting: you can use a compost bin, or you can choose an open compost heap. A bin will allow you to make compost more quickly, but both options will result in compost eventually.

WHAT ARE THE BENEFITS OF COMPOSTING?
Composting enriches your soil, suppresses plant diseases and pests, reduces the need for chemical fertilisers, encourages the production of good bacteria and fungi and helps to lower your carbon footprint.

When choosing the site for your compost, you need to ensure that it is not subjected to extreme temperatures or excessive moisture. Opt for a shady area of the garden that provides good drainage.

ARE THERE ANY DRAWBACKS TO COMPOSTING?
There are a few downsides to home composting, namely that it requires quite a lot of effort on your part to see the right results. You also need to commit to creating quite a lot of compost if you want to fertilise your entire garden.

HOW TO CHOOSE COMPOSTING MATERIALS
As a general rule, your compost should be made up of a 50/50 mix of green and brown materials.



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HORTICULTURE HEROES:

Carol Klein

Carol Klein is a true gardener of the soil – a presenter, author, columnist and former teacher still going strong at 75 but who could comfortably pass as someone two decades younger... it must be all that fresh air.

A tour de force in gardener terms, Carol has lived and worked through various horticultural revolutions, presented for 20 years on *Gardener's World*, as well as fronted a number of other BBC series such as *Life in a Cottage Garden*.

The Manchester-born gardener simply loves being outdoors.

"It's always such a breath of fresh air," she says, "and I'm just lucky I've had a career that's afforded me that privilege."

Colour is a big part of what stimulates the horticulturalist, with the plant or flower guiding ideas, rather than her shaping it to what she wants.

"I think we have to let everything flourish in the way that is most natural," she says. "Sure, you're going to have to cut back and tidy up, but for the most part you have to let your garden express itself; so if that means a few rough edges or loose beds, then let the garden have that... let it breathe. It will be all the better for it in the long run."

Klein is also a big advocate of growing your own produce, something that feeds into the ethos of the garden having its own life and its own bounty.

"The fact that the garden can produce so much beauty, yet something that fuels and nourishes us too, is incredible," she says. "It is such a versatile thing that we always need to appreciate and respect."

Her advice for converting your gardening space into something that might fill gaps in your weekly supermarket shop is to only grow what you like eating.

"We sometimes end up sowing a vast array of seeds out of curiosity. While that can be fun, there is ultimately most satisfaction in growing something that's simple, but done well. Who'd have thought a small carrot could be so satisfying?"



GARDENING





TRAVEL

BACK TO nature?

FOUR TOURIST SPOTS YOU REALLY SHOULDN'T VISIT IF YOU CARE ABOUT THE NATURAL WORLD



Our passion for exploring, adventuring and seeing the world has never been so great, which makes the travel limitations of the coronavirus all the more frustrating.

On the plus side, though, our lack of movement this year will undoubtedly aid the green shoots of recovery – or at least halt the destruction – for a host of popular destinations gradually being destroyed by our wanderlust.

Fjaðrárgljúfur Canyon, Iceland
Made famous by a Justin Bieber pop video and ranging, panoramic shots in *Game of Thrones*, the spectacular canyon has become a hotspot, with tourists desperate to trace the steps of their high-profile heroes. However, with an estimated 750,000 people visiting in 2019, pathways and access routes have deteriorated fast, leading local authorities to impose temporary bans.

Komodo Islands, Indonesia
Curiosity about the Komodo dragon, the largest living lizard, has attracted tourists and poachers alike to the island, which in 2019 led to it being shut to tourists. Still home to 1,800 of the reptiles, numbers had started to fall alarmingly, leading to desperate measures having to be implemented.

Machu Picchu, Peru
The world-renowned village had a 2,500/day limit set by UNESCO around a decade ago, but tourist numbers are expected to be treble that. With pathways and walls under threat, tourists run the risk, literally, of eroding the very history under their feet.

Galapagos Islands
Perhaps the go-to destination for over-tourism, the Ecuadorian government has recently taken strict measures to limit visitor numbers for fear that the habitats of the estimated 9,000 species present on the island and in surrounding waters are severely under threat.

While Sir David Attenborough's intentions were to celebrate a place that inspired Darwin's theory of evolution, no less, ease of travel (COVID-19 notwithstanding) has actually threatened the very species he was celebrating.



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NORMANHURST SCHOOL

North Chingford
Girls and Boys 2½ to 16

Thursday 8 October
Friday 9 October - Early Years



OAKLANDS SCHOOL

Loughton
Girls and Boys 2½ to 11

Thursday 8 October

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KIDS

BACK TO SCHOOL

after lockdown

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

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

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

Openly discuss concerns

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

Share your own feelings

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

Ask the school for help

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

Get back into a bedtime routine

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



PET Sounds



How our pets communicate with each other, and what it is they say

While the very fabric of our society is built on the way we communicate, scientists have always been rather less certain when it comes to the animals we share our lives with.

What is clear is that cats and dogs have methods of conversing with each other which, while not breaking into full conversation, does imply a heightened sense of intelligence and social awareness compared to the likes of hamsters, rabbits and goldfish.

While the trademark meow and bark sounds do not convey definitive messages as do the words we use as humans, the vocalisations are known to reference and communicate such things as pain, fear, relief, satisfaction and, of course, aggression.

In other actions – from rubbing noses to wagging tails and lifting paws – there are unspoken gestures that pattern emotions, while any snuggling up together, grooming or even lying near to each other implies obvious comfort and contentment.

It's also worth keeping an eye on a pet's ear position, where surprise, alertness, curiosity and danger can be detected by position and angle.

Perhaps, however, the most advanced form of communication between animals of the same species comes as pheromones. Evolved over thousands of years, these odourless and colourless secretions are the most calming method of letting another animal know they are not under threat.

As for our other household pets, hamsters have scent glands and the ability to detect a friend by the odour of its breath, while rabbits use smell and physical cues. Finally, bird call notes and song can be a tremendously effective method of conveying anything from danger to an alert to food, perhaps a mating call or just a nod to others that they are present and have survived the night.





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SPORT

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...but not as we know it

HOW COVID-19 HAS CHANGED OUR CONSUMPTION OF SPORT

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

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

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

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

are following suit to get seasons finished and tournaments played.

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

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

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Bid farewell TO THE **COVID MOT**

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

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

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

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

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

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

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



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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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

1		2		3	4		5		6		7
			8								
9							10				
11											
											12
13		14				15					
					16						
	17								18		
19											
20					21						
22								23			

16. Royal chair (6)
18. Spoken for (5)

19. Pinnacle (4)

DID YOU KNOW?

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

SUDOKU

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



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