

2020  
V

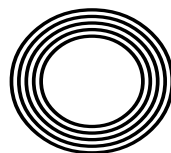
HOW TO  
UPCYCLE  
*your lampshade*

HAS YOUR  
HOROSCOPE  
CHANGED?

MARKING 80 YEARS SINCE  
*the Battle of Britain*

Andi  
PETERS

Celebrating decades on the small screen as he turns 50



FREE

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September 2020



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

# Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton.

I hope everyone is doing well and beginning to find their footing in this 'new normal' we're living in.

While we're not out of the woods with COVID-19

yet, businesses such as ours are beginning to get back to a place not so far from where we were pre-lockdown. All it takes is a walk down local high streets to see that we're not the only ones getting over the worst of it now; it really is a pleasure to see shops and restaurants lively again.

It also means that I'm able to have little trips out with my family from time to time, and to take clients out for lunch again.

I'm finding myself able to focus on the more trivial aspects of my life again - some days, for example, my biggest concern is the weather. I can head out on a sunny morning confidently sporting shorts and a T-shirt, but by midday I'm often wishing I'd worn a jumper instead.

Usually, I'd be sick of all the summer rain we've been having in recent weeks, but since moving into my new home last month, the garden has become a priority for my girlfriend Kirstie and me. When we first moved in and the days were purely hot and sunny, we noticed the garden's grass wasn't turning green at all after being watered. I remember looking up whether rainwater would be better for it and, lo and behold, along it came.

*Brett*



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# THE KINGS of the castle

Celebrating 30 years together, Ant and Dec remain at the top table of British entertainment... which may come in handy for this year's *I'm A Celebrity... Get Me Out Of Here*.

From spotty lads in Ellesse jumpers, baggy jeans and Fila trainers skulking their way round the streets of Newcastle, Ant and Dec's rise to becoming the modern-day majesties of light entertainment has been unparalleled.

Now, 30 years after Anthony McPartlin and Declan Donnelly first met on the set of kids' BBC drama *Byker Grove* – a series based around a tatty youth club and the life events of its members – the duo are celebrating the three-decade milestone by swapping the Australian jungle for a couple of weeks bolted up in a haunted castle.

The coronavirus outbreak has made even the most basic travel arrangements complicated, and as for transporting a film crew and a selection of celebrities halfway around the world... forget it. So rather than give up entirely on a television experience that is one of the keystones of ITV's autumn output, the show's producers have kept things much closer to home, with Gwrych Castle in Wales providing the base for what will be a unique spin on the *I'm A Celebrity... Get Me Out Of Here* format.

With an experience that will be less bugs and more bumps in the night, the 200-year-old Conwy residence has a chequered history, one that its presenters are certain to work to their advantage in their own inimitable style.

The ghost of Countess of the Dundonald is said to prowl the castle ruins, with reports detailing the outline of an angry woman dressed in white. And during the Second World War, the castle housed 200 Jewish refugee children who had made it to Wales having fled the Nazis.

The much anticipated Bushtucker Trials will find themselves transformed this year, with the as yet unrevealed celebrities undertaking ghastly gothic, mind-bendingly medieval and ruggedly ruined challenges.

For Gwrych Castle, which has regularly been threatened with closure and was saved by the campaigning efforts of a 12-year-old boy back in 1997 when he wrote to then-Prime Minister Tony Blair, it is an incredible rebirth, and one that is hoped will protect its future.

As for what is to come for Britain's favourite presenting duo, anything is possible. Ant and Dec have ridden the waves of success for so long, the spotlight has become second nature. That means when controversy does arrive – notably the playing out of Ant's personal troubles over the past couple of years – the duo have stuck together in much the same way as they did when PJ and Duncan first buddied up way back in 1990.

"I think it's clear now we are going to be side by side until the day we die, like it or not," Declan commented recently. "People look at the shows and the awards, but what we have is friendship, respect and an affection that only comes between two best mates. We both feel very lucky."





# HORROR-scope

IF YOU'RE A SCORPIO, BAD NEWS COULD BE ON THE WAY, WITH A 13TH SIGN OF THE ZODIAC COMING INTO PLAY.

NASA's apparent 'discovery' of a 13th star sign has created furore in the astrology world... if you'll excuse the pun. From way back, 3,000 years ago, when the Babylonians created the zodiac chart, we have always recognised 12 star signs or constellations, representing the 12 months of the calendar.

In recent times – aided by the Twitterati wind-up merchants – a 13th sign has come to the fore: Ophiuchus, the serpent-bearer. Recognising this, with a proposed window of between November 29 and December 17, has meant true Scorpions now have a timeframe of just seven days, beginning on November 23.

Worse news is to follow, with the revelation that because constellations have shifted so much in the time since the Ancient Greeks first threw together a chart of the skies, the dates of all the other star signs have changed too, as follows:

**CAPRICORN:** January 20 – February 16

**AQUARIUS:** February 16 – March 11

**PISCES:** March 11 – April 18

**ARIES:** April 18 – May 13

**TAURUS:** May 13 – June 21

**GEMINI:** June 21 – July 20

**CANCER:** July 20 – August 10

**LEO:** August 10 – September 16

**VIRGO:** September 16 – October 30

**LIBRA:** October 30 – November 23

**SCORPIO:** November 23 – November 29

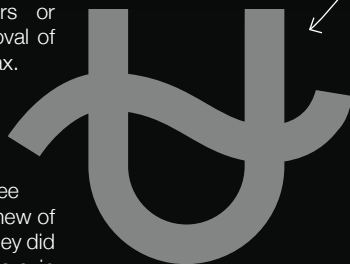
**OPHIUCHUS:** November 29 – December 17

**SAGITTARIUS:** December 17 – January 20

Yet before you rip up your posters or begin laser removal of that tattoo, relax.

NASA's 'new discovery' is anything but – even Ancient Greeks from three millennia back knew of Ophiuchus, as they did another eight stars in the sky that could legitimately have been included on the zodiac. Simply, some appear much less prominently in the sky, so only the largest 12 were chosen.

And the shifting of dates? Well, astrology is a very personal thing, and whether we follow a star sign of what we once were or what we are now, it makes little difference – we are all invested in this existence, and no matter what star sign we are, none of us is getting out of here alive!



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# ARE YOU AN *emotional eater?*

**M**any people have understandably struggled with healthy eating during lockdown, with stress, boredom and increased feelings of wanting to treat ourselves all being contributing factors.

However, now that we have started to return to normality, are you still eating for reasons other than hunger?

## MINDLESS EATING

Do you often find yourself eating for no particular reason? Do you simply take mouthful after mouthful without even registering what the food tastes like or whether or not your appetite has been sated? If yes, you need to stop eating in front of the TV and start appreciating your food more. Ensure you chew your food as many times as you can and listen to your stomach when it tells you that it's full.

## BOREDOM EATING

If you find that you reach for the snacks when you

have nothing else to do, then you are eating out of boredom rather than because your body needs sustenance. Try to find yourself something else to do, such as read a book, phone a friend or go for a walk: any activity that will take your mind off eating.

## STRESS EATING

We've all been there. Perhaps you have an important meeting at work, you are struggling to make ends meet or maybe your relationship is going through a rough patch. Whatever the reason, eating when you are stressed can help to alleviate anxiety, even if only momentarily. The key to avoid stress eating is to know your triggers and to actively try to avoid them.

## EATING TO MASK YOUR FEELINGS

Whether you feel sad, depressed or lonely, eating to try to push down your feelings is never the answer. Instead, try to identify why you are feeling this way and talk to someone if you need to.

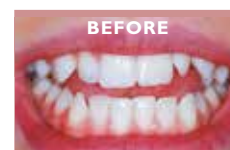
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THE WORLD OF

# Mr Smith



In the age of Instagram personal trainers, it takes quite something to stand out from the crowd, though British muscleman and health heavyweight James Smith seems to have achieved just that.

James Smith, a personal trainer (PT), body coach, diet expert, life guide and educator, is the perfect foil to all the impossibly toned, happy, talented, loaded influencers that saturate our Instagram feeds.

Sure, the 31-year-old Bondi-based trainer has a physique most of us will never get anywhere near, and if you look at the simply seductive backgrounds on his photo shoots you will get the impression his is a life to be craved. Yet as soon as James begins speaking on health, fitness, well-being and our ability to be better people both physically and mentally, you discover that this is someone not dressed up in the fake realities of so many PTs.

He is self-deprecating, funny and, while a slight upper middle-class twang may tell us more about his background than he would like to give away, his expletive-decorated videos and posts paint someone fully appreciating the fact that inspiring people to be better means being down to earth.

His Instagram feed (@jamessmithpt) has more than 640,000 followers; and in November, his book *Not a Life Coach* hits the shelves, following on from the hugely successful *Not a Diet Book* which, somewhat fortuitously, was released just a month before lockdown.

Whether focusing on diet or self-help, his mode is as the maverick, and someone bringing enjoyment into personal improvement.

"For me, real help must come in the form of true honesty. If you start from a point of wanting to achieve something unrealistic, you will never get there," he says. "Start low, hit your target, then restart at a higher level. By trying not to change your life so much, you may inadvertently do just that!"

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# ORGAN DONATION awareness



**D**id you know that there are currently 3,108 people in the UK waiting for a transplant at this exact moment?

Organ Donation Week is designed to encourage people to make a decision about organ donation and to share their choice with their family and friends.

## WHAT IS THE CURRENT LAW REGARDING ORGAN DONATION?

You may not know this, but the English organ donation law has changed to a 'opt out' system rather than an 'opt in' one.

What exactly does this mean? In a nutshell, if you are not in an excluded group and you have not confirmed whether you want to be an organ donor or not, it will be considered that you agree to donate your organs when you die.

## CAN ANYONE REGISTER TO BE AN ORGAN DONOR?

There is no age limit for organ donor registration, and anyone can decide to become an organ donor after death. However, if you

want to add your name to the NHS Organ Donor Register, you will need to live in the UK, Channel Islands or Isle of Man.

## WHAT YOU SHOULD KNOW ABOUT THE ORGAN DONATION PROCESS

- All donors are treated with dignity and respect.
- There are strict regulations in place to help care for the dying, and organs will not be removed until a patient's death has been confirmed in line with these criteria.
- Organs cannot be sold or bought.
- Your body will be returned to your family after donation.
- Families are always consulted before organ donation goes ahead.

## WHAT CAN I DONATE?

If you decide to register as an organ donor, you have the choice to donate organs such as your heart, lungs, kidneys, liver, pancreas and small bowel. You can also choose to donate your tissues, including your bone and corneas.

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- ✓ We have introduced safe visitor spaces so that family and friends can continue contact with their loved ones
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# Bangs

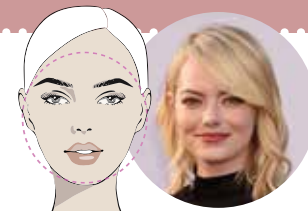
ON TREND



BEAUTY

The flexible and fabulous fringe rarely goes out of fashion. Instead, it adapts to the season at hand and offers a simple yet stylish way to update your look.

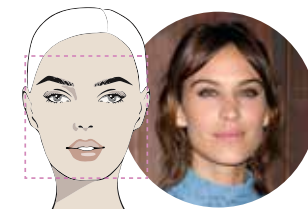
However, to get it right and avoid the common pitfalls of bad bangs, you need to choose the right fringe for your face shape.



### THE SIDE FRINGE

**Best for round face shapes**

Popular with the likes of Mila Kunis, Emma Stone and Renée Zellweger, the side fringe is incredibly flattering for those with more round faces. Opt for a feathered fringe to give your face a more slender look and to draw attention to your eyes and mouth.



### THE A-SHAPED FRINGE

**Best for square and oblong faces**

This face shape tends to be wider at the cheeks and more angular around the jawline. A soft A-shaped fringe can help soften your features and switch the focus to your eyes.



### THE CURTAIN FRINGE

**Best for heart-shaped faces**

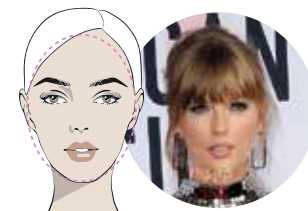
A long side fringe, aka the curtain fringe, is ideal for those with a heart face shape as this style will help widen out a narrow chin and highlight both your cheekbones and jawline. Ask for a feathered look to perfectly balance softness and structure.



### THE FULL BLUNT FRINGE

**Best for those with a small forehead**

You may think that having a small forehead means you cannot pull off a fringe, but this is simply not true. A full and blunt fringe will instantly add length to your face and broaden your forehead. This style suits those with poker-straight hair better than those with waves.



### THE FULL CHOPPY FRINGE

**Best for oval face shapes**

With this face shape you want a full fringe that will cover your forehead but not one that will overpower your delicate features. Adding choppyness at the ends will create a softer and more textured feel.

Photo credit: Featureflash Photo Agency/Shutterstock.com, Kathy Hutchins/Shutterstock.com, Tinseltown/Shutterstock.com



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*we love you*

**O**ur long-lasting love affair with Dr. Martens has spanned seven decades and shows no signs of slowing down. They are worn by men, women and kids alike, so let's take a look at what makes this iconic footwear brand so special.

**THEY OFFER UNRIVALLED COMFORT:** Although you will need to break them in a bit, Dr. Martens will undoubtedly be the most comfortable boots you ever own. The hard leather has the unique ability to be

able to mould perfectly with the shape of your foot, resulting in a feeling of walking on air.

**THEY LAST FOREVER:** Dr. Martens might not be the cheapest boots you have ever bought, but they will offer the best value for money. Unlike other leather that may split or crack, Dr. Martens will last you a lifetime.

**THEY TRANSCEND TRENDS:** As all other footwear trends come and go, and then come again, Dr. Martens have stuck resolutely to their fundamental USPs, and fashion followers love them for it.

**THEY ARE INCREDIBLY VERSATILE:** There are so many different looks that you can go for with a pair of Dr. Martens:

- > Sophisticated with chinos and chunky knitwear.
- > Street style with cut-offs and a slogan tee.
- > Casual with a simple pair of black trousers and matching jumper.
- > Modern with jeans and a leather jacket.

**CELEBRITIES OF ALL AGES LOVE THEM:** Miley Cyrus, Diane Keaton, Susan Sarandon, Jared Leto and Robert Pattinson have all been papped rocking these vintage and stylish boots.

**THEY COME IN A WIDE VARIETY OF COLOURS AND DESIGNS:** You can pretty much find a pair of Dr. Martens in every colour you can think of, plus they do some truly unique designs, including one with renaissance art printed all over them. Need a bit of extra height? Yes, Dr. Martens come in heeled versions too.



Photo credit: Wozzie/Shutterstock.com, kudryavtsev dmitriy/Shutterstock.com

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#### What will it do for me?

- Ensure your endocannabinoid system (home of the messengers between your brain and body) performs well when fighting imbalances within.
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- It is not harmful. We recommend you book a consultation with us to see if CBD will meet your needs.

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FOOD & DRINK

## Sensational SLOW COOKER AUTUMN COCKTAILS

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**BUTTERBEER RUM (YES, JUST LIKE IN HARRY POTTER BUT WITH A BOOZY HIT)**

**You will need:** 6 cups water | 2 cans cream soda | 1 cup brown sugar | ½ cup unsalted butter | ½ cup butterscotch syrup | 3 cinnamon sticks | 1 tsp vanilla essence | 1½ tsp salt | 2 cups spiced rum | Whipped cream and golden sparkling sugar crystals for decoration

**How to make:** Put in the water, cream soda, sugar, butter, ¼ cup of butterscotch, cinnamon sticks, vanilla and salt | Cover and cook for 3–3½ hours | Stir in the rum | Use the remaining butterscotch to coat the rims of your glasses | Pour, top with whipped cream and sprinkle with sugar crystals

**INDULGENT HOT CHOCOLATE**

**You will need:** 1 litre milk | 300ml double cream | 200g chopped dark chocolate | 100g chopped milk chocolate | Whipped cream, marshmallows and chocolate shavings to serve | Optional: liqueur or schnapps – coffee, peppermint or cinnamon

**How to make:** Pour the milk and double cream into your slow cooker | Add the chocolate | Cover and cook on low for 2 hours | Remove the lid, give it a good stir, then replace the lid and cook for a further 20 mins | Add 4 shots of your chosen liqueur | Spoon into mugs and top with marshmallows, cream and chocolate shavings

**CARAMEL APPLE CIDER**

**You will need:** 2 cups vodka | 8 cups apple cider | 1 cup caramel syrup | 2 tsp ground cloves | 2 tbs cinnamon | ¼ cup brown sugar | Apples to garnish

**How to make:** Add all the ingredients to your slow cooker | Cook on low for 3 hours | Serve in mulled cups or glasses with sliced apples and cinnamon sticks

Photo credit: realhousemoms.com, amindfullmom.com





# BATTLE STATIONS

*This year marks eight decades since one of the most important British victories during the Second World War: the Battle of Britain.*

It's June 1940 and France has been quickly defeated by Germany in Adolf Hitler's march across Europe. His aim: to bring Gleichschaltung (coordination), the process of Nazification and totalitarian control to the continent.

Hitler was expecting the British to also fall into line and to try to agree a peace deal with Germany. In the first instance, he knew that to have any chance of setting up a successful invasion of British shores (which was codenamed Operation Sealion), he would need to combat the formidable Royal Air Force. Subsequently, he gave the Luftwaffe (the German equivalent of the RAF) the go-ahead to engage with it.

Even though the German occupation of France was rapid, the country had experienced severe damage to its air fleet; yet when asked to go to battle in the skies of Southern England two months later, it was ready.

However, the Luftwaffe hadn't reckoned on Britain's secret weapon in the Battle of Britain – the Dowding System. Named after Commander in Chief of the Fighter Command, Sir Hugh Dowding, it was a remarkable network that brought together ground defence, radar and fighter aircraft.

Knowing where and when the Luftwaffe was on its way to Britain was of huge advantage to the RAF, whereby it could then scramble fighters quickly – notably the Spitfire – to intercept the threat.

However, in truth, it was in the way the Spitfire was armed that gave it a significant edge. And that was thanks to a young mathematician, whose brilliant calculations meant it could leave the ground with

double its original gun capacity.

Her name was Hazel Hill, and she was the daughter of Fred, who was part of the Air Ministry,

Fred returned home from work one day and asked for help in providing a solution to the Spitfire's perceived lack of firepower. The iconic British warplane was initially only designed to have four guns on it; he felt it could be more but needed his daughter's help.

Many of the Air Ministry felt that eight guns would be too heavy for the Spitfire – and for its compatriot, the Hurricane – but Fred and his daughter Hazel found a way to equip the machine with double the artillery. It was a significant advancement, and it worked.

As the conflict heightened, with support from Commonwealth pilots, and as the Luftwaffe fatally miscalculated its own successes, a three-month-long skirmish in the skies eventually started to go the way of the Allies.

The Battle of Britain will go down in history as one of the most important parts of the Second World War and a colossal reason as to why Germany was unable to seize Great Britain. It was a barrier that ultimately led the Nazis to fail in their attempt to take control of Europe, and it preserved the freedom that we acknowledge with gratitude and humility today.





# Travel ESSENTIALS

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We've all arrived at a getaway destination to be confronted with that sickening feeling of having left the crimpers at home, and it's not a pleasant one. Well, with the hope and expectation of the travel industry restarting as the weeks go by, it seems pertinent to get some early planning in, so here's our all-encompassing rundown of the travel essentials you really can't leave home without:

1. Currency and cards, ensuring you have enough for both holiday treats and emergencies
2. Documents – printed is still best, from hotel information to outbound and return flights
3. Passport, if travelling abroad
4. Driver's licence – essential for car hire, but good for additional ID
5. Mobile phone and tablet, plus chargers
6. Plug adaptor
7. Daily toiletries, such as toothpaste, toothbrush, travel-size shower items, shaver, hairbrush
8. Paracetamol, ibuprofen and any prescription drugs – better to take from your home country rather than trying new drugs in a foreign country

9. List of emergency contacts to keep about your person
10. Flip-flops, for any shared bathroom space where avoiding contact with icky floors is probably smart
11. Practical essentials, depending on destination – e.g. somewhere warm, sun cream and swimming gear (including goggles); somewhere rugged, walking boots and fleece
12. Spare underwear and socks will always come in handy and weigh very little
13. Deodorant and aftershave/perfume, for basic hygiene and those special nights out
14. Microfibre towel, which takes up less space than its fluffy cousin
15. Mini first aid kit
16. Earplugs – whether for the flight or noisy guests around the hotel, these are essential
17. Glasses, sunglasses, and a protective case
18. Spare shoes, to switch things up and give your feet a break
19. Padlock, for extra security
20. Rain cover, should the heavens open



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Wednesday 7 October



**COOPERSALE HALL SCHOOL** Epping  
Girls and Boys 2½ to 11

Tuesday 6 October



**NORMANHURST SCHOOL**  
North Chingford  
Girls and Boys 2½ to 16

Thursday 8 October  
Friday 9 October - Early Years



**OAKLANDS SCHOOL**  
Loughton  
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Thursday 8 October

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S	M	T	W	TH	F	S
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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KIDS



## NIGHT SQUATTERS

How to keep children in their own rooms – and out of your bed – at night

When your darling daughter or darling son is able to sleep in something that doesn't come with the design feature of prison-like bars as would a cot, it's a monumental moment – your little one's ascent into childhood now means they have their own bed.

Sadly, as many parents have discovered, the lack of those confines means it's effortlessly easy for your young one to embark on night-time expeditions into your bed, something that benefits the sleep patterns of no one.

Here are some tips for ensuring your sneaky non-sleeper stays put:

have a good blackout blind – there's nothing that lures a child out of bed more than the early rising of the sun... even if that's at 5am!

On the flipside, keep a subtle nightlight nearby. Fear of the dark will always get little ones heading for reassurance and comfort... and big ones too.

### Sound planning

Consider as well soundproofing and ensuring others in the home keep their nocturnal manoeuvres to a minimum, from loud late-night games to simple stuff like not flushing noisy toilets.

### Encouragement

At the age your youngster gets his or her first proper bed, you'll already be working on the greatest sleep stimulator of them all – words. Reaffirming that 'big kids' sleep in their own beds, and stay there, and perhaps a gentle reminder that sleeping in one means not having to go back into a cot, can get your precious cargo journeying off on to a dreamy voyage... speaking of which, you may want to grab a few hours yourself.

### Routine

As ever, a solid, settled night-time routine is essential. A set schedule and timing (dinner followed by bath followed by story, etc) will enhance and prolong sleep, as will avoiding 'over-napping' during the day.

### Light and dark

In these brighter, lighter mornings, it's imperative to



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# SHOWTIME for your DIY

Gone are the days of cheap interior design shows produced on a shoestring budget – TV DIY these days is big business and even bigger impact.

## INTERIOR DESIGN MASTERS

Fearne Cotton is the perfect foil for a show that delves into the personal stories of the amateur designers featured, even if the end assessments can be brutal. The aim is to win a major design contract, and because of that the tasks are on the edgier side, from minimalism to brutalism to over-the-top floweriness.

## ABSTRACT: THE ART OF DESIGN

An intense watch that really delves into the elements of design and form, this Netflix series tours a number of salubrious destinations (from Soho House to Michelin-starred restaurants) in search of not just the art of design, but also how structure and form works to create something that fulfils a purpose, both in provision and comfort.

## AMAZING INTERIORS

From indoor roller coasters to secret bedrooms and cinemas in the basement, *Amazing Interiors* looks behind the door of supposedly ordinary homes to find inspiring spaces lurking.

## GRAND DESIGNS

Arguably the most popular design programme of the past decade, host Kevin McCloud MBE is the perfect master of ceremonies in overseeing renovations across a lengthy time period that often – though not always – go to plan.

## THE GREAT INTERIOR DESIGN CHALLENGE

While the producers of this show may have been short of a catchy title, they more than make up for it with a vast array of brilliant platforms on which contestant designers work their magic – from 17th-century cottages to seaside villas and Victorian terraces.

## TIDYING UP WITH MARIE KONDO

No matter what style guide you apply to your living space, without tidiness and a desire to remove the clutter, you'll quickly have something resembling chaos. Step in Marie Kondo, the queen of declutter, and a show that offers a bevy of brilliant tips for keeping your home in great shape.







# SHRED IT or FILE IT?

## Documents: what to keep and what to shred

While moving so much of our lives online means the amount of paper we have to deal with is perhaps not as great as it once was, it's still very easy to get swamped by documents, forms, booklets and more.

Here's a simple guide to what you should be keeping and what can be satisfyingly put through the shredder:

> **Home documents:** This includes everything from your car logbook (V5C) to building and contents insurance printouts, house deeds, mortgage statements, vehicle records and any rental agreements. These should be kept for as long as they are valid. Utility bills should be kept for a year.

> **Personal documents:** Birth and marriage documents obviously sit high up on this list and should be kept forever; but consider as well life insurance, Disclosure and Barring Service (DBS) certificates, medical records, driver's licence and pension details. These should be kept for as long as they are valid.

> **Financial documents:** These include National Insurance cards, which should always be kept, to tax affairs and recent bank and credit card statements, even if you access these online. Financial documents should be accessible for seven years, but taking this online means your provider can store them rather than you.

For the most part you should now be able to shred anything else, but if you've something you're uncertain of, by all means hold on to it until your next sort-out.

The important thing is to keep hold of what's still relevant and rid yourself of what isn't. On that note, it's a good idea to keep some documents for a year after you dispose of the thing it relates to – for instance, a rented car – in case you need to check back for the purpose of a tax return, or similar.

And it's a good idea too to go back over all paperwork every now and again. Some personal effects that were important then may now be outdated, and keeping your documents organised and up to date is vital.

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# SHAPE UP

HOME & DIY

When German astronomer Johannes Kepler said, "Geometry is the archetype of the beauty of the world," the chances are he wasn't referring to that pink lampshade on your bedside table. And yet, where our inspiration from shapes in architecture and interiors is concerned, he might well have been.

That's because scientists believe that not only do shapes influence matter around them, but when humans look at a circle, a square, an octagon, a hexagon, a rhombus, a crescent or any other geometric form for that matter, they instantly receive energy from the brain.

Here are some classic geometric forms that can inspire not only your home, but your mind as well.

HOW TO ADD  
GEOMETRIC  
SHAPES TO  
YOUR HOME

**TILES** – Perhaps the most obvious form, tiles provide lines, patterns and perspectives that the brain understands and loves, be they on the floor or on walls, highly decorated or plain.

**WALLPAPER** – While heavily patterned wallpaper designs had their heyday in the 1970s, there is still a range of subtle patterns that can really inspire a wall. These days, the most popular technique is to be brave and bold on a feature wall.

**WALL FRAMES** – The shape and form of the modern wall frame is almost as important as what's hung inside it, with a cluster of wooden or metal surrounds offering a feature that is as engaging, inspiring and unique as any wall.

**THROWS** – The shabby chic era really brought throws into their own, but a simple geometric pattern across a plain sofa or chair can offer a contrast in style that heightens the senses without complicating things.

**LAMPSHADES** – And finally back to Kepler's lampshade, where the poise and perfection of geometric lighting will complement a variety of living spaces, including kitchen and dining areas. During the day, the contemporary nature of a hanging or grounded lampshade can inspire, while at night when lit up, it takes on a whole new aura.







# HOW CLEAN is your kitchen?

Hand-washing and social distancing have been the buzzwords for 2020 so far, but forget about the enemy outside; it's the humble kitchen that apparently poses one of the greatest everyday threats in our fight against bugs, according to recent research.

## Sponges

The sponge is by far the go-to item for nuisance nasties. It draws in bugs and baddies like no other, and in the study commissioned by Currys PC World and undertaken at the University of Lincoln, scientists found that 35 per cent of kitchen sponges included faecal streptococci (FS) colonies. And if you think that sounds like something you may want to keep strictly in the lavatory... you'd be right. Found in the intestines of humans and animals, contamination can lead to symptoms of food poisoning, such as vomiting, diarrhoea and nausea.

## That sinking feeling

The study revealed that the pathogen *P. aeruginosa* was present in 100 per cent of sinks. Found in soil and vegetation, it sounds harmless enough, but can cause skin irritation, abscesses and wounds.

## This will floor you

And as for our trusty, lovingly maintained wooden, tiled, laminated or concreted flooring, our attention should perhaps be directed a little closer to some decent antiseptic mopping, with both *aeruginosa* and FS found in significant quantities on the floor.

Meanwhile, it appears it's time to debunk the five-second rule, because any contact with a surface will contaminate food. And as for our ovens, only 37 per cent of us clean our oven handles. But it's not all bad news: lead researcher Dr Hughes admitted that our kitchens are not as dirty as they might be. "The good news is surface levels of bacteria are usually well below the levels required for infection of healthy individuals, so are unlikely to lead to illness – unless coupled with a pre-existing health complaint, or if the person infected is immunocompromised."

Even so... who's for a takeaway?



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HOME & DIY

# Love YOUR LAMPSHADES

If lockdown has unleashed your inner craft fiend, you won't be able to wait to get stuck into the following ideas for transforming any uninspiring and unimaginative lampshades you have lying around the house. Be prepared to be amazed.

## FABULOUS FABRIC

One of the simplest ways to change a lampshade so that it matches the rest of a room's décor is by covering it with fabric. All you need to do is purchase enough fabric in your chosen colour or pattern or, if you are feeling particularly thrifty, you can use a selection of different scrap fabrics that you already have, and then glue it around your shade using an adhesive spray.



## WONDROUS WALLPAPER

If you have recently decorated one of the rooms in your home or added a feature wall and you have some wallpaper left over, instead of throwing it away, why not use it to upcycle a lampshade? In the same way that you can attach fabric, simply use adhesive spray or craft glue to stick the wallpaper around your shade.

## STUNNING STENCILS

For those who are feeling a bit more ambitious, you can transform a dull lampshade into a thing of beauty using just a stencil and a little paint. Simply purchase a stencil design from your local craft shop or make your own using plastic or vinyl and gently dab on your choice of paint.

## GORGEOUS GOLDEN LEAF

Looking for a decadent design? By applying gold leaf, either in a particular pattern using painter's tape or all over, you can create a luxurious and expensive-looking lampshade at a fraction of the cost.

**NB:** Make sure you let all of the above designs dry fully before reattaching your shade to the lamp.





# HANDY ANDI

*The Peter Pan of daytime TV and a career both in and out of the spotlight*

If you're of a certain demographic, you've undoubtedly seen the Twitter posts, Facebook pictures and Instagram uploads detailing the so-called 'golden era' of kids' TV, when terrestrial television was a metaphorical playground for some of the biggest stars of our time.

From the basics of *Blue Peter* and *Grange Hill* in the 1970s through to big-budget kid-themed quiz shows and youth soaps, the presenters were our link between a mind-boggling array of British brilliance that has since gone by the wayside in favour of American imports.

To consider that Andi Peters was at the centre of such an era is remarkable, for two reasons. First, he's still on our screens today, most recently covering for Lorraine Kelly on her eponymous weekday morning chat show. Second, there's the small point that Andi barely looks any older than the bunch of Generation X youngsters currently at the forefront of youth entertainment.

Chelsea-born presenter, journalist and actor is 50. That makes him less Andi Peters and more Peter Pan, though securing both longevity and relevance is no pantomime in the current era where TV producers are even more cut-throat than Captain Hook.

Peters' ability to survive and, indeed, flourish has as much to do with his proficiency behind the camera as in front of it. He started out in the famous CBBC broom cupboard (where he succeeded the likes of Andy Crane and Philip Schofield), and despite retaining presenting duties alongside Emma Forbes in the hugely successful *Live & Kicking*, his skill as commissioning editor, producer and versatile creative is ultimately what has kept him in such high demand.

Always affable and famously clean-living, from continued BBC work with *The O-Zone* and *Top of the Pops* to *The Noise* (ITV), *T4* and *Shipwrecked* (Channel 4), diversity and desire to keep adapting have always been at the forefront for Peters.

And discovering Dermot O'Leary, who introduced him to the world of adult programming (*Dancing on Ice*, *Ant & Dec's Saturday Night Takeaway*), proved a joint enterprise that has garnered more success.

"At the heart of it I am just someone in love with TV," he says. "To bring so much joy, entertainment and fun into people's front rooms has always been a pleasure, and to this day I still get the same thrill at being broadcast live on air that I did all those years ago."

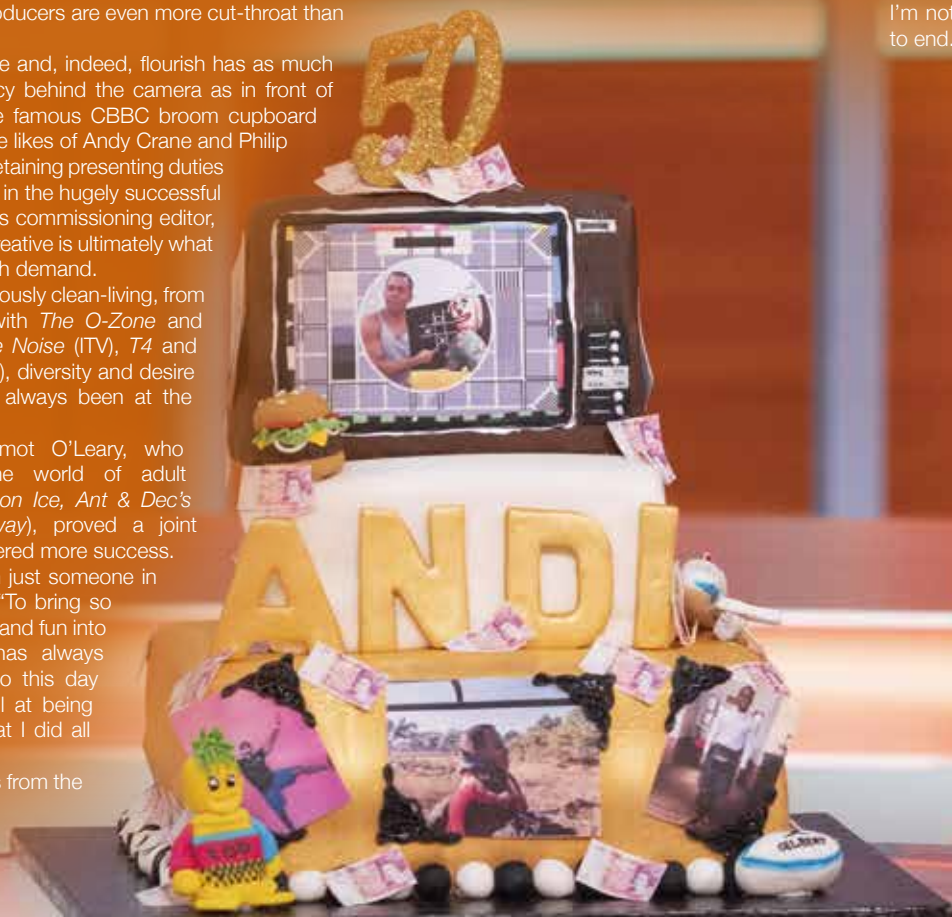
"I have had odd breaks from the cut and thrust of it,

but it is always something I know I will come back to, and of course I count myself very lucky to have been able to sample this from so many different sides."

Being the first man to stand in for Lorraine for more than a decade proves Peters' relevance and ability is still as strong at 50 as it was when he started out on radio way back in the 1980s, on the advice of Schofield.

"If the work keeps coming, I'll keep doing it," he says.

"It's a dream come true, and even at 50 I'm not ready for it to end."







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# LOCAL NEWS

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LOCAL NEWS



## Spark Sharks complete charity swimming challenge

A swim team from Loughton has swum the length of the English Channel for young people's mental health charity Spark.

The seven team members of Spark Sharks began this challenge on July 25 and had until August 22 to complete it at Herts Young Mariners Base in Cheshunt. They have already reached their donation goal of £3,000.

One of the team members, Jean Hobbs, is 71 years old and only recently took up open-water swimming. Her story is very inspiring. She broke her spine, ankle and ribs, punctured a lung and suffered from a bleed to the brain in October from a car crash.

She said: "I was very fortunate to receive wonderful care from the John Radcliffe Hospital in Oxford, and when I came home six days later, my family and friends looked after me so well that I was able to concentrate on getting up and about again.

"As part of my rehabilitation I was swimming three

times a week but when lockdown came that stopped. Two friends of my daughter, who work and volunteer for Spark, offered to take me open-water swimming with them."

Speaking on how far they have swum so far, Jean said: "We 'reached' France on August 8, so with two weeks left of our challenge we decided to try to swim the distance back.

"We have all increased our efforts, for example at first I could only swim one lap of the lake, but can now manage three. The beautiful surroundings and good weather have made it all great fun."

Talking about how she stays motivated, she said: "My motivation is the people I am swimming with. We have also had wonderful support and sponsorship from our families which has been very humbling and hugely beneficial for our charity Spark."

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# Golf club given warning after parties disturb residents

A breach of coronavirus rules is being investigated by Epping Forest District Council at Loughton Golf Club Spice after residents said they were kept awake by a series of parties.

The latest disturbance came on Sunday, August 2, starting at 3pm and going on until after midnight. There were two previous incidents.

It's unclear how many people were in attendance, but government guidelines allow for gatherings of fewer than 30 people.

A noise abatement notice had been served on the premises licence holder at the end of July and officers

are now investigating what further action can be taken.

Independent Loughton District Councillor Stephen Murray said: "I can understand that people, particularly young people, wish to gather and enjoy themselves, and situations like this are often a question of balance, but when large numbers of other residents are badly inconvenienced for many hours and legal COVID-19 regulations appear to have been broken, then the authorities are absolutely right to step in and take action."

Concrete blocks have now been placed at the entrance to the club to make a clear point.

# Roads closed following flash floods

Flash floods brought chaos to Loughton last month and a number of roads were closed because of flooding.

Parts of the town centre were submerged by water, with cars struggling to get through and residents nicknaming the town Loughton on Sea.

Brentwood & Epping Forest Community Policing Team issued a warning, saying: "We are currently in the process of closing a number of roads in Loughton owing to flooding. Please do not ignore the closures as we have already had stranded drivers who have tried to drive through the roads. Drive carefully owing to heavy surface water."

Dame Eleanor Laing, MP for Loughton, said: "My heart goes out to everyone whose homes and businesses have been damaged by the exceptional heavy rain and flooding. It is almost unimaginable that something like this should happen on top of all the difficulties that so many people have been coping with as a result of the lockdown."

"I would like to thank everyone at Essex County Council and Epping Forest District Council who are once again working so hard to help our local residents. I have asked both councils to investigate whether anything can be done to make sure this doesn't happen again."

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Photo credit: Essex police facebook page

# Town Centre Police Team celebrates first anniversary

Last summer saw the launch of a Town Centre Police team in Loughton.

The team's goals are to address the issues that matter most to the community. Acting on the information the public provide helps them to reduce drug offences and remove weapons from streets.

Successes in Loughton have included the discovery of a 'chop shop' in which several stolen vehicles were recovered. This investigation is still ongoing.

Assistant Chief Constable Rachel Nolan said: "We want to thank you for welcoming our officers into

your communities. They have become part of them as we all come together to fight crime and antisocial behaviour, making our town centres safer for all those who live in, work in or visit Essex.

"By working together, we can keep the tide turning and put a stop to antisocial behaviour, drug dealing and other insidious crimes."

Roger Hirst, Police, Fire and Crime Commissioner for Essex, said: "We provide the funding to enable Essex Police to boost officer numbers, making the force the strongest it's been in many years.

## Residents told to remove items outside homes

A woman living in a flat in Loughton said she was surprised to find a notice posted through her door on August 8 from Epping Forest District Council warning her to remove items by August 10.

Amanda Hardy lives on the ground floor at Oakley Court with her young child. The items the council are referring to are a table and chairs outside and plants that have been growing during lockdown.

She said: "Apparently this is because of Grenfell. Me and my neighbours are upset. We don't know what to do. I know that the elderly lady is going to take legal action because she owns it. I'm just going to complain a lot; I can't really take legal action as I'm a single mother with my son."

She continued: "No one has replied to me. Epping Forest District Council sent an email saying they'll reply in 14 days, which is a bit late because they came on Monday (August 10) first thing and said they were going to take my things, but because I was upset they will give me more time.

"Apparently, it's fire regulations. But after three years of living at the property it seems weird they do it during a pandemic."

Epping Forest District Council has been contacted for comment.

Photo credit: E Amanda Hardy



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LOCAL NEWS



Photo credit: Haven House Children's Hospice Facebook page

## Haven House reopens three stores with restrictions in place

A Loughton shop supporting a children's hospice is open again after it closed because of COVID-19.

The Haven House hospice shop at 188 High Road is ready to welcome back customers.

Haven House released a statement, saying: "We are looking forward to seeing our customers again. Our shops are loved community hubs on the high street, and we intend to give our customers the warmest possible welcome back given the restrictions. We wish

to thank everyone for their patience and support."

To ensure safe shopping for everyone, there will be restrictions set in place, such as closed changing rooms, waiting outside until a customer has left and using the hand sanitiser provided.

Head of Retail at Haven House, Matthew Lord, said: "Throughout the pandemic, our number one priority has been keeping our staff, volunteers and customers safe, and this continues to be the case."

## Students celebrate A Level exam results

Students at Debden Park High School, Loughton, are planning the next stage of their education after receiving their A Level results last month.

Headteacher Helen Gascoyne said: "As the 2020 summer exam season was cancelled, this year's Year 13 cohort have been awarded grades by the exam boards based on information supplied by the schools.

"The exam boards have applied their own calculations, taking account of performance in previous years, to generate each individual student's final grades.

"Thankfully students at Debden Park High school are now able to celebrate, as their A Level grades will allow them to pursue their dreams."

Top students include:

- > Amy Blyth – going to Durham University to study Biomedical Sciences
- > Nathan Byrne-Hewitt – going to Bath University to study Mechanical Engineering
- > Nathaniel Davies – going to Nottingham University to study Music
- > Daisy Dunton – going to UCL to study Italian and Spanish
- > Hebe Harvey – going to York University to study Biological Sciences
- > Noor Martin – going to Swansea University to study Aerospace Engineering
- > Finlay Pickering – going to Kings College to study Film and Media
- > Melania Stefan – going to Queen Mary University to study Medicine
- > Alex Ward-Robinson – going to UCL to study History

This story was written before the government's U-turn on A Levels.







## News from THE ROTARY CLUB

of Loughton, Buckhurst Hill & Chigwell

We are very grateful to Waltham Abbey Town Council (WATC) for the opportunity it gave us to provide much-needed support to the local community in the Town Hall. WATC said it is thrilled to announce that the Rotary project 3food4u community hub will be continuing its fantastic work within the community when it moves to 13 Sun Street. The Town Council has generously agreed a grant to fund rent for the premises for six months to enable 3food4u time to gain further funding to continue its work. Everyone concerned is very glad an alternative location within the Abbey has been found for the community hub.

We're also very excited to announce the launch of our second community hub in North Weald on August 27 from 3pm to 5pm at Queens Hall Community Centre, North Weald, and weekly thereafter.



The community hubs are open to everyone. Please contact Pesh if you would like to get involved with Rotary or 3food4u in any capacity. Email [pesh@londonresidential.co.uk](mailto:pesh@londonresidential.co.uk) or call 07973 166940.



## Club given green light to build stand

Epping Forest District Council approved plans to build a 100-seater stand and six 15-metre floodlights at Buckhurst Hill Football Club on July 29.

Buckhurst Hill Football Club was formed in 1985 by Richard Brand and Alfie Sacre with the objective of providing youth football in the local community.

The club submitted 530 emails from locals in support of the scheme, with one person from Buckhurst Hill saying: "Both of my children (girl and boy) have been playing at the club from a young age and they both love it. Not just the sport but being able to socialise with other children who are not just their school

friends. By expanding the football club it's just making it a better and safer place for all the children and also bringing the community together."

The club posted a statement on social media about the decision: "Amazing news. This evening the stands and floodlights were approved. The club would like to thank everyone who supported the club. The Green councillor said he has never received so many emails in support of a planning application. Well done to everyone involved. Exciting times."

The development has three years to be built beginning on the date of the notice (July 29).

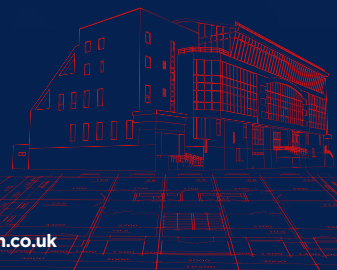
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## Man arrested after riding his electric scooter on the M11



Photo credit: Essex Roads Policing Unit

A man was caught riding an electric scooter in the wrong direction on the M11 near Loughton after his car ran out of fuel.

The man was driving a silver Toyota Avensis estate before he retrieved his scooter from the boot after having to pull over.

Essex Roads Policing Unit caught the 24-year-old and said in a tweet: "The vehicle runs out of fuel on a motorway, the driver decides to get his motorised scooter out the boot and ride the wrong way down the motorway and run across 4 lanes of traffic to get to a garage! I am lost for words. Court awaits."

It became legal to ride electric scooters on July 4 this year only on private land, with permission from the land-owner, but riding them on public roads, cycle lanes or pavements is illegal.

## Man charged a year after fatal collision

A man has been charged following the deaths of two people in a collision.

Sophia Khan, 16, and Max Halcrow, 21, both from Loughton, were passengers in a BMW M3 that collided with a tree on Goldings Hill, Loughton, on August 24 last year.

Two teenage girls were also left with life-changing injuries.

Kane Faulkner-Wild, 22, of Connaught Avenue, Chingford, has been charged with two counts of causing death by dangerous driving; two counts of causing serious injury by dangerous driving; two counts of causing death while uninsured; and two counts of causing death by careless driving while over

the drink-driving limit.

He is due to appear at Chelmsford Magistrates' Court on December 16.

## School group celebrates after GCSE results

The Oak-Tree Group of Schools, a privately owned group of independent schools in Essex, was celebrating last month after this year's GCSE results were published.

Chloe Moon, headteacher of Braeside School in Buckhurst Hill, praised her pupils for the way they have coped with the range of difficulties they have had to face over recent months. Nearly half of the grades were at least 7, 8 or 9 and more than 96 per cent of all results were passes at grade 4 or above, significantly above the national average.

She said: "We are not only celebrating that they are able to go to a range of excellent sixth forms to enable their ambitions for the future, but we are also celebrating the amazing individuals they have become. I have no doubt that they all have a bright future ahead of them as they are such positively wonderful characters."

The headteacher of Normanhurst School in North Chingford says she is very proud of the achievements of her Year 11 pupils after an excellent set of GCSE results.

Half of the results were at grade 7 or above, while 99 per cent passed. Claire Osborn praised pupils' commitment throughout the last two years.

She said: "Faced with the enormous challenges of the pandemic, cancellation of exams and consequent uncertainties about GCSE results, they have remained focused, calm and positive."

"We wish them every success in the next stages of their lives, and hope very much that they will stay in contact."



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If you were born in September, your birth flower is one of the most colourful flowers of autumn: the aster. Part of the daisy family, this wild flower is known for its tiny flowerheads and long petals. Loved by pollinators, asters are ideal for growing in mixed borders around your garden.

#### WHAT DO ASTERS SYMBOLISE?

Asters come in a variety of vibrant colours and each one carries a different meaning:

- Purple asters, the most popular colour, symbolise wisdom and royalty.
- White asters represent purity and innocence, as well as new beginnings.
- Red asters can be used to convey undying devotion.
- Pink asters symbolise sensitivity and love.

#### WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If your birth flower is the aster, you feel most at home on the stage and will embrace any opportunity to entertain others. You are an

optimist and are devoted to living life to the full. You are also predisposed to good luck.

#### HOW DO YOU GROW ASTERS IN YOUR GARDEN?

Asters offer great beauty with little work and are therefore ideal for less-experienced growers. You can either choose to plant them from seed in spring or purchase a potted plant later in the year.

Plant in full to partial sun in loamy, well-drained soil and keep new plants moist until they stop blooming.

#### WHAT ARE THE MOST COMMON ASTER PESTS AND DISEASES?

Asters attract aphids, spider mites, whiteflies and leafhoppers, all of which can be kept under control with the use of pesticides. They are also prone to stem rot, a fungus that can begin at the start of the germination process. Prevent this by not overwatering and ensuring the soil is well drained.







The battle between gardener and slugs has never been so ferocious, but getting things back in your favour may not be as difficult as you think if you follow these handy tips.

**Objects of desire**  
Slugs love to slither under pots, planks and other objects left lying around. If those bricks serve no purpose, remove them from your garden, otherwise all you're providing is a perfect hiding spot for this gastropod mollusc who will nibble away at your finest crops, herbs and flowers.

**Grass borders**  
Slugs love to conceal themselves in grass. The moisture keeps them happy and the protection of long blades means they can keep themselves hidden until darkness falls, when they'll venture out and demolish your prized produce. Keep your grass short and you take away their hiding place.

**Bramble ramblers**  
A good way to keep slugs away is to build up

bramble borders to your garden. Spiky canes will also work as a barrier to keep these slimy invaders away – they'll take one look at those sharp thorns and unwelcoming lengths of wood and head straight for next door's garden.

**If slugs are already in your garden**  
These tips will be a bit late in the day. In that case, here are a couple of handy tricks to rid yourself of guests who have already taken up residence.

**Back to those objects of desire**  
Use those planks and pots to your benefit by propping them up so slugs crawl underneath – you've created your very own slug trap. Now, regularly, scrape the slugs from the underside and deposit them well away from your garden.

**Night-time nasties**  
For three or four nights in a row, venture out into your garden with a torch, a shovel and a bucket and remove as many unwelcome guests as you can find. You'll find your slug population quickly diminishes.



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GARDENING

# WASTE NOT. WATER BUTT

If you are looking for something useful to do in the garden this month then look no further than the installation of your very own water butt. Did you know that almost 100,000 litres of rainwater falls on our roofs each year in the UK and literally just goes down the drain?

### WHY INSTALL A WATER BUTT?

If every home were to install a water butt in their garden, the UK would save an estimated 30,000 million litres of water each summer. That's enough to fill 12 Olympic swimming pools. Therefore, if a hosepipe ban were to come into effect next year, you would have more than enough clean water to care for your plants and fill a paddling pool or two. Plus, you could save on your water bills.

### HOW TO CHOOSE A WATER BUTT FOR YOUR GARDEN

Simply head to your nearest garden centre or local DIY store for a wide range of water butts, with options to suit all budgets. If you have a small garden, choose a slim, square-edged design that can sit flush against a wall. For those with more space, the bigger the better. You should also purchase a diverter kit.

### HOW TO INSTALL YOUR WATER BUTT

- Choose a suitable location next to a drainpipe.
- Always install a water butt on a firm and flat surface that is strong enough to hold its weight when full.
- Consider investing in a stand so that you can fill your watering can from the tap at the bottom of the butt with ease.
- Follow the instructions on the diverter kit – this will involve cutting through your chosen drainpipe with a hacksaw.
- Cover your water butt with a lid to prevent insects from flying in and to stop children falling in.
- Wait for the rain to fall.







PETS

# Captain SLOW



Low maintenance, cute, curious and asleep for half the year, a pet tortoise is both intriguing and easy to cater for, which is why this crafty crawler is coming back into fashion.

For those of us of a certain age, tortoises were once all the rage. Right up there with rabbits, guinea pigs and hamsters, these sluggish, shelled reptiles were extremely popular in gardens all across the UK.

Their popularity waned around the turn of the millennium when regulations surrounding their arrival in the UK started to kick in. Too many weren't surviving our frosty winters and their importation – at its peak, 150,000 of them each year – was said to be cruel.

And yet, owning a tortoise bred in captivity in the UK is still perfectly legal. While you may need to 'shell out' (sorry) anything between £50 and £500

for one of these incredible creatures who originate from the Americas and Africa, people find their laid-back, plodding attitude to life as inspiring as it is humorous.

They will generally eat from your garden, with their diet also featuring the likes of cucumber, carrots, lettuce, fruit and flowers; and can be safely tucked up in a hutch overnight, content by themselves or alongside a life partner.

Resilient and tough, curious and playful, cats soon get bored of them, though some breeds of dog are known to pester them and can damage their shells. And you'll struggle to get too much emotion from these garden dwellers – their lack of a hippocampus means tortoises have little emotion, memory, learning capability or spatial navigation.

And yet, while tortoises appear a lot of fun for not a lot of effort, don't be deceived. Notorious for finding escape routes through fences and around walls, their life cycle is typically anywhere between 80 and 150 years – that's a lifetime commitment to your shelled buddy.



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# ENSURE *you* INSURE

## Your home insurance checklist

Insurance is about protecting ourselves and those around us, so here's a handy checklist outlining what you definitely need, and what might be worth considering.

### CONTENTS INSURANCE

In the event of an accident or theft from within your home, it's vital your possessions are covered. Many see paying out for contents insurance as a waste of money, but we will all claim for something at some point. Knowing you're covered can bring a huge sense of relief in the midst of what is likely to be a disappointing event or episode.

You can also extend your contents insurance to items you take outside the home – consider bikes, watches, phones and more; but read the small print to ensure you're covering what you think you are.

### BUILDINGS INSURANCE

Also known as house insurance, this covers your bricks and mortar, and whilst not a legal stipulation, most mortgage lenders will insist on you taking it out if you are embarking on home ownership.

### LIFE INSURANCE

Purely for the protection of those around you; should the day come when you're not around, you will want to ensure your dependants have enough to get by. For what is often a small amount each month, life insurance can at least mean you are not adding financial loss to the emotional loss experienced by loved ones.

### INCOME PROTECTION

Particularly good for those who are self-employed, income protection means that in the event of illness, bills can still be paid. If 2020 has taught us anything where health is concerned, it's to expect the unexpected!

### CRITICAL COVER

Different from life insurance, critical cover will pay out a lump sum if you are diagnosed with a critical illness during the life of your policy. That means you'll be provided for by the policy to restore some sense of comfort and peace.





# SAVE

*yourself the effort?*

It's fair to say savings accounts have probably never seemed less appealing. From buoyant interest rates well into double digits back in the mid-1990s, the Bank of England base rate has plummeted in recent years, dropping to a historic low of 0.1 per cent in March. The recent lockdown means government initiatives to stimulate spending are additionally affecting the appeal of savings accounts, to the point where the consideration of a negative base rate has come into view... and with it the possibility that savers will actually have to pay to 'store' their money.

But it's not all bad news for savers:

➤ One-year fixed rates for savings accounts are still tracking considerably above the Bank of England base rate, with rates of around 1 per cent still possible... although in relation to a similar level of inflation, there isn't any real 'gain' to be had; in fact, with most 'everyday' savings accounts you're losing money.

➤ For those still looking to gain a return on their savings, it could be that switching from a traditional savings account to a Lifetime, Fixed Rate or Easy Access cash ISA is the sensible way forward. The former will give you a 25 per cent return (up to £4,000 only), while a Fixed Rate ISA can still net you up to 1.3 per cent.

➤ Finally, remember savings aren't all about profit – many people save for security, to have a feelgood 'project', and to put money away for a rainy day. Unlike investments, savings accounts are protected to the hilt, so when you want your money it is protected and will be there.

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# RED *Alert*

AFTER 30 YEARS OF HURT, LIVERPOOL FINALLY GOT THEIR HANDS ON THE BIG PRIZE

It's somewhat ironic that for a club who have struggled, grapsed and flailed desperately for three decades in their attempts to restore themselves as the best club in English football, their unassailable lead at the top of the Premier League in March almost counted for nothing as a global pandemic swept in. For a couple of months, Jürgen Klopp's side looked

as if they might be denied the prize they have striven for so long to win – through near misses, bad luck and a long duration of underachievement, the Reds have found the likes of Manchester United, Arsenal, Chelsea, Manchester City, Blackburn Rovers and even Leicester City in their way when it came to securing the biggest prize in domestic football.

Yet after Premier League chiefs, fan groups, police forces and local councils approved measures to get the competition restarted on June 17, Liverpool's history-makers were back on track. Predictably, after all the speculation, the hype and a 100-day gap in action – the longest since Second World War – the Merseyside Derby was something of a damp squib as Liverpool and arch rivals Everton played out a goalless draw.

Ultimately, Manchester City's improved form post lockdown saw Liverpool's significant gap at the top narrowed, but when the Merseysiders crushed Crystal Palace 4-0 at home on June 24, they knew that if Chelsea could beat Pep Guardiola's Citizens side 24 hours later, the title would be theirs... and that's just what happened.

True, it may have been seen as a disappointing climax for Liverpool to have had such a season of domestic dominance ended in empty stadiums and without even so much as an open-top bus ride around their famous city to savour. It's a lack of the true adulation deserving of any Premier League

champions, let alone a side who ended the campaign with 99 points and only three league defeats all term.

Yet, the record books will always point to the efforts of captain Jordan Henderson, top scorer Mohamed Salah, the rest of the first-team heavyweights and even the young starlets – Curtis Jones, Harvey Elliott and Neco Williams – who are gradually making their mark in the best club side in world football.

Two seasons ago the Reds finished 25 points behind champions Manchester City. Their winning margin this term confirms a 43-point shift in dominance that will impress Klopp as much as it worries Guardiola and the rest of the chasing pack.

The Anfield club's achievements are monumental – Champions League winners, World Club Championship holders and Premier League victors all at the same time. And yet, as manager Klopp states, defending their title crown is not the Liverpool way – attacking it is, and that's undoubtedly what they'll do.





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## Motoring Madness

AVOIDING THE PITFALLS OF SELLING YOUR CAR PRIVATELY

Selling your motor privately can be good for a number of reasons. It's the best way to get a high price for your old set of wheels, if organised you may be able to secure a sale quickly, and in most instances you won't even need to leave the comfort of your own home... well, the driveway, at least.

However, if you are keen to strip out the middleman, beware some of the pitfalls that may lie in wait:

traders who would rather negotiate a part-exchange than an offer of straight cash.

### Larry Hagglers

A huge worry for many vendors is agreeing a price over the phone, only to find someone at your door pressuring you for a discount.

### Comeback Kings

In the event of something going wrong with the car soon after it's bought, you won't have anyone to sort this out but yourself. The buyer will also have your home address so is likely to come knocking if anything seems wrong in those weeks post purchase.

### Not-so-smooth criminals

And of course, the biggest fear for those who sell privately is that someone will run off with your motor. Ensure all monies have been transferred before handing over documentation, be wary over PayPal transactions (which can be refunded) and, if accepting cash, check notes carefully.

### Telephone time-wasters

You may get countless people phoning up asking endless questions – remember, buyers will be as wary about the process as sellers. The best way to avoid this is to make your listing as detailed as possible, adding lots of photos.

### Go-slow no-showers

Ever waited in for a delivery that never arrives? Welcome to the world of private car-selling.

### Part-ex stress

You may find your motor is attracting the interest of



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# PUZZLES & TRIVIA

## PUZZLES

Answers can be found on the Contents Page 4

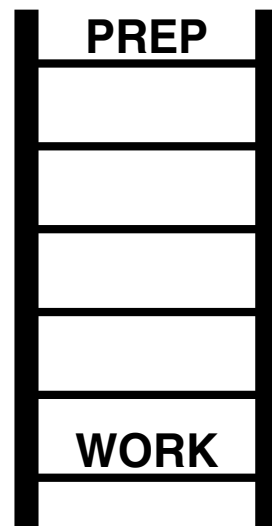
- ▶ ANTLIA
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## DID YOU KNOW?

- ▶ Wall-E was named after Walter Elias Disney
- ▶ Disney animators often hide classic characters in scenes of their films
- ▶ There is a tunnel system in Disney World so characters aren't seen in the 'wrong' lands
- ▶ Dumbo is the only lead character in a film who doesn't speak – he only makes a few noises
- ▶ Disney World in Orlando is around the same size as San Francisco
- ▶ The original *The Jungle Book* was the last film to be overseen by Walt Disney before his death in 1966
- ▶ The first animated character to receive a star on the Walk of Fame was Mickey Mouse
- ▶ Mickey Mouse ears are one of the most popular souvenirs bought from Disneyland

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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