

Daisy

Birth flower
of the month

**UNUSUAL
FRUIT OF
THE MONTH
RAMBUTAN**

NIGEL OWENS

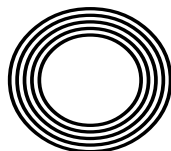
Highlighting LGBTQ+ in sport

Stacey Saloman

From TV personality to organising queen

Dame
JUDI DENCH

The actress showing no signs of slowing down



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Editor's notes...

APRIL 2021



Brett Shohet, Editor

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

Last month I said that it really felt like we were coming out the other side of the pandemic now, and I'm pleased to see that pattern continuing as we approach the summer. I think it's only a matter of time before the nation feels a lot healthier, both economically and physically.

Personally, I'm always looking forward. I'd be lying if I said COVID-19 hasn't taken its toll on me and **VISION** at points, but I've continued investing time and money into the business and now we're in a better position. So much so that we're looking at expanding into new areas this year, offering more titles and more fantastic content and advertising opportunities.

Of course, we wouldn't be in the position we're in without our ever-supportive readers and clients. We've been having more interactions than ever before and I'm sure that will continue long into the future.

Something I've been thinking about plenty recently is stimulating myself business-wise and trying to create other incomes. Because I don't work a typical 9-5 job at the moment, I'm using my time to self-develop as a businessperson, and hearing feedback from people is a big help. So feel free to contact me: I'm always open to having a chat.

Brett Shohet

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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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Stacey Solomon SPOTLESS IN THE SPOTLIGHT

FOUR BOYS... AND POTENTIALLY MORE ON THE WAY – HOW THE STACEY SOLOMON/JOE SWASH LOVE STORY IS A REALITY TV STORY WE ALL LOVE

Stacey Solomon isn't too worried about the airs and graces of celebrity life. Sure, she has grown up in the lens since being catapulted into the scene in 2010 with a stellar display on *The X Factor*. While she ended up falling short – coming third, behind Joe McElderry and Olly Murs – the dye was cast as far as a career on screen was concerned. It was her casual, considered, girl-about-town image that viewers admired; the fact she was never afraid to speak up, to share her emotions and to bridge the gap between viewer and star.

"Throughout my TV career I've always just tried to be myself," she says. "It's strange when you receive criticism for that – perhaps I don't round my consonants as well as I should, perhaps I act a bit loud at times, but that's just me. I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love."

'I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love'

The 31-year-old Dagenham-born star's TV career has ultimately been the 'x factor' that has led her to love, having fallen for the charms of chipper, funny man Joe Swash, also a near-veteran of the reality TV industry. The pair got together five years ago, drawn together by a shared passion for... well, everything.

"We connect on such a perfect level," says Stacey, "and we're always making each other laugh."

The pair, who got engaged just before Christmas, now also have a little reality star of their own to share – baby Rex, who arrived in 2019.

"I have two sons from a previous relationship and Joe has one, so bringing everyone together in our home has been perfect."

The Essex-based couple have recently moved into their new home – aptly named Pickle Cottage. Stacey admitted it would need some work, but what's certain is that she will get it looking spick and span – after all, Stacey has just released her latest book, entitled *Tap to Tidy*. It's a smorgasbord of houseproud hints that also details crafting and design, as well as cleaning and keeping shipshape.

Stacey, who has appeared on and won *I'm a Celebrity...Get Me Out of Here*, and has presented shows such as *The Love Machine*, *The Jump* and *Loose Women*, also has a new BBC series, *Sort Your Life Out*, arriving later in the year; while Joe's work ranges from *EastEnders* to *Dancing on Ice* – he is also a previous winner in 'the jungle', which is where the likeable pair first met.

"TV was always an industry I admired, and although it has been a strange year, I think so many people have been able to keep their spirits up by escaping for a few hours in the evening to watch something," Stacey says.

"The pandemic has really brought us back to the basics, where spending time around our family now feels like the most important thing in the world, whereas before we were perhaps more side-tracked by work and careers and more selfish things in our lives.

"That said, I want to get back to normality – it's what we all need, and I've got a wedding to plan, after all!"

Jasmine Harrison WATER BABE



Photo credit: Talisker Whisky Challenge

HOW JASMINE HARRISON BRAVED ISOLATION AND SLEEP DEPRIVATION TO BECOME A WORLD RECORD HOLDER

From rowing across the Atlantic Ocean with only the sound of waves crashing against the sides of a flimsy 21ft boat, to answering a Zoom call from the Duchess of Cambridge, Kate Middleton, on International Women's Day, Jasmine Harrison's journey from desperate isolation to taking centre stage as an example of true human endeavour and resilience has been magnificent.

The 21-year-old world record breaker was inspired to start rowing when she saw the event two years ago while teaching in the Caribbean. Yet despite having not set foot inside a boat until 12 months ago, she powered her way into the record books in February by becoming the youngest woman to row solo across the Atlantic Ocean as part of the Talisker Whisky Challenge.

Going up against a field of experienced entrants, the Yorkshire-based sailor drew on every last sinew of courage and conviction, to the delight of her friends, family and support crew who tracked

her every move across 3,000 miles of water.

The journey, from La Gomera in the Canary Islands to Antigua, took Jasmine 70 days. Despite extreme exhaustion – the longest duration of uninterrupted sleep she could have was two hours – searing heat, dehydration and no small quantity of challenges along the way – including capsizing her vessel just two days before finally making it to the finish line – the intrepid sailor says the experience was the most profound of her life.

"I will take away from this experience so many memories – some bad, but most of them good."

Asked what she was looking forward to most when back on dry land, she laughed: "That's easy – food... lots of food."

As for what comes next, the part-time bartender is almost certainly going to find herself in demand where other marine challenges are concerned.

"I'm going to take some time off then look around and decide what comes next. This isn't a one-off for me and I want to achieve more."

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ALL CHANGE: HEDI SLIMANE

We look at the creative directors who have transformed some of the world's most famous fashion houses. In this issue, it's Hedi Slimane.

Looking at Hedi Slimane, we see someone who appears to represent the very essence of French style. A creative director of exemplary reputation and influence, he has revived the fortunes of ailing fashion houses at problematic times in their history, allowing them to emerge on the other side with a renewed take on flair, panache and relevance.

And yet the 52-year-old has genetics that originate some distance from his native Paris. Born to a Tunisian father and an Italian mother, Slimane's cultural influences are well mixed. Sure enough, he discovered photography at the age of 11, and by the age of 16 was designing and making clothes.

Perhaps it is the exuberance of Italy and fabric-adorning reputation of north Africa that combined in inspiring Slimane to creative brilliance. If it was, then Yves Saint Laurent was the grateful beneficiary. After serving his apprenticeship at Louis Vuitton, Slimane moved to YSL in 1996, and by the year 2000 was on the move again, installed as creative director at Dior Homme (the menswear line of Christian Dior).

He switched back to YSL for two years from 2016, and is now creative, artistic and image director at Celine, a move that coincided with him topping *Vanity Fair's* list of the 50 most influential French people in the world.

Slimane's edge has always been in combining art, photography, fashion and music. For someone who has operated at the very top table of some of the world's leading fashion houses, he still manages to work in influences of punk, pop, tabloid chat and broadsheet formality.

His collections are never afraid to move brands forward into brave new quarters, and that has only ever reinforced his reputation as a game changer in the fast world of fashion.

Photo credit: Michel Euler/AP/Shutterstock

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Do you choose a conditioner based on your individual hair type? If not, you could be doing your hair more harm than good. Discover the right conditioner to transform your locks from limp to luscious.

Oily hair

If your hair is naturally oily, you may find that conditioners make your mane look and feel even worse. That being said, rather than skip conditioner altogether, look for a treatment that actively helps to reduce oil.

Choose conditioners that are:

Light • Volumising • Balancing

Avoid products that claim to be:

Hydrating • Smoothing • Moisturising

Dry or damaged hair

When hair is dry, damaged or brittle, you need a conditioner that will help prevent future breakages and protect against heat damage.

Choose conditioners that:

Moisturise • Hydrate • Offer frizz control • Promote repair

Avoid products that claim to be:

Fortifying • Volumising • Strengthening

If your hair is severely damaged, you may also want to use a coconut oil treatment or deep-conditioning cream once a week for intense damage repair.

Fine or flat hair

Straight hair that does not suffer with frizz, but can appear flat, suits conditioners that add some much-needed texture.

Choose conditioners that are:

Volumising • Lightweight

Avoid products that claim to be:

Heavy • Moisturising • Smoothing

Coloured hair

Coloured hair has very specific needs, especially if you want to retain your colour for as long as possible. In terms of a conditioner, you need one that will seal hair cuticles.

Choose conditioners that are:

Colour-safe • Colour-depositing • Hydrating

Avoid:

Any conditioner that is not for coloured hair

Afro hair

Afro hair tends to be described as kinky owing to the intensity of its curl. However, with the right conditioner, it can look both healthy and shiny.

Choose conditioners that are:

Deeply hydrating • Oil-based • Protein-based

Avoid products that claim to be:

Volumising • Lightweight

Conditioner
Confusion

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Beat the BURNOUT

Do you have chronic fatigue?

The mechanics that make all of us individuals mean no two people will endure the same medical condition in the same manner, but where chronic fatigue syndrome (also known as CFS or ME) is concerned, the overriding sense of physical and emotional emptiness is one that hits all sufferers.

The health condition, which shouldn't be confused with sleepiness and general lethargy resulting from working too hard or resting for too short a period of time, can be caused by a number of factors – from stress and anxiety to depression, eating disorders and the gradual debilitating impact of life events on the mind.

There can also be medical problems at play, such as thyroid problems, diabetes, vitamin deficiencies, irritable bowel syndrome, high blood pressure and even kidney disease.

A proper diagnosis is essential and should be sought as soon as you feel you are slipping into a

phase where you simply don't have the ability to perform very basic daily functions, such as rising out of bed, conversing with people or leaving the house.

A doctor will use various tests and techniques in attempting to reach a diagnosis; only when this is done will a medical professional set you on a path of therapy to get you back on track.

While medication is a recognised route to this, it could be that making positive changes to diet, routine and physical health will make a profound difference. There might also be moves to improve surroundings, practise mindfulness and build mental positivity in putting you on the road to feeling revived and restored.

Mental health services are of prime focus to the NHS in light of the COVID-19 pandemic, so don't delay in contacting your doctor if you need help – there will be brighter days ahead.



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HONE & TONE

cleaning your home



Become a lean, mean cleaning machine with the below common household tasks that are guaranteed to help you burn calories and shift those unwanted pounds.

GENERAL CLEANING: Picking clothes off the floor, wiping surfaces and dusting can all help you to work different muscle groups, making general cleaning one of the most effective household chores for burning calories.

Total calories burnt = 3,976 (based on 280 minutes per week)



VACUUMING: This daily chore that is hated by many has the ability to provide a full body workout. Forcing you to use your entire core muscle groups, the simple act of pushing your Hoover back and forth will target your abs and put both your back and legs to work.

Total calories burnt = 1,248 (based on 132 minutes per week)



IRONING: Another household task that few relish, but you may be surprised to learn that ironing burns a lot of calories. Not only does this task require you to stand up for long periods of time, but it also works your core as you move the appliance about.

Total calories burnt = 1,360 (based on 144 minutes per week)



DOING LAUNDRY: If you have a big family, you may find yourself doing laundry multiple times a day. Although not the most engaging task, you will be pleased to hear it can help you lose weight. The act of washing, folding and lifting all helps to contribute to a full cardio workout.

Total calories burnt = 1,588 (based on 168 minutes per week)

OTHER CALORIE-BURNING CHORES: Cooking = **2,856** (based on 301.7 minutes per week) | Mopping = **2,724** (based on 138 minutes per week) | Making beds = **1,316** (based on 144.2 minutes per week) | Sweeping floors = **1,304** (based on 138 minutes per week)

NB: Calories burnt is based on one month's worth of each activity and is based on the average weight of a person being 156 pounds.



ARE YOU IBS AWARE?

IBS, irritable bowel syndrome, affects two in 10 people in the UK, with common symptoms including abdominal pain, cramping, bloating and a combination of diarrhoea and constipation.

If you suffer with IBS, you may have noticed that certain foods trigger your condition.

Find out below which foods you should be eating, plus which ones to avoid.

LEAN MEATS: Lean meats such as white meat chicken and turkey, pork and cuts of beef including sirloin are all easily digestible sources of protein, making them an ideal choice for IBS sufferers.

EGGS: As a general rule, eggs are a safe choice for people with IBS. However, some people struggle with the higher fat content of yolks and others experience a sensitivity to egg whites, so it may be a case of trial and error to see what works best for you.

OILY FISH: Fish that is high in omega-3, such as salmon, mackerel and trout, contains anti-

inflammatory properties that can help reduce the symptoms of IBS.

COOKED VEGETABLES: Although IBS sufferers tend to avoid vegetables as they appear to make their condition worse, the right vegetables are very good for your gut flora and can be tolerated by those with IBS. These include carrots, aubergine, parsnips, butternut squash and corn on the cob.

NUTS AND SEEDS: Nuts and seeds are healthy sources of fats that are good for your gut and therefore good for your IBS. Nuts you may want to try include almonds, brazil nuts and walnuts, with super seeds such as pumpkin and sunflower.

FOODS TO AVOID: Insoluble fibre such as wholewheat and bran products | Fried foods | Beans and legumes | Caffeinated drinks | Processed foods | Sugar-free sweeteners | Chocolate | Alcohol | Garlic and onions | Broccoli and cauliflower | Some people also experience issues with both dairy and gluten.

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Rambutan

The rambutan is a tropical fruit that closely resembles a lychee. Grown in countries such as Thailand, Malaysia and Indonesia, the name rambutan means hairy, which refers to the fleshy spikes on the skin of the fruit.

WHAT DOES RAMBUTAN TASTE LIKE?

The flavour of rambutan is similar to a grape but with a bit of a strawberry quality. Slightly acidic and sweet in equal measures, this fruit has a pleasant fragrance that makes it ideal for using in cooked dishes.

WHAT ARE THE HEALTH BENEFITS OF RAMBUTAN?

Rambutans are high in vitamin C as well as containing lots of fibre that is good for your digestive health. They also contain vitamin E, which is known for helping to prevent both acne and premature ageing.

WHERE CAN I BUY RAMBUTAN?

You can find rambutans in most Asian markets and food shops. Look for bright red skin that indicates the rambutan is at its freshest. Green rambutans are not ready to be eaten, whereas black ones are over-ripe.

HOW TO PREPARE RAMBUTAN

You should not peel a rambutan until you are ready to eat or cook with it. To open, carefully cut the skin with a sharp knife or simply twist open with your hands if the fruit is ripe enough to do so. Then peel away the skin to reveal the egg-shaped fruit. Don't forget to cut open the fruit to remove the nut-like seed in the centre.

HOW TO STORE RAMBUTAN

Wrap them whole in a paper towel and put them in a perforated plastic bag before placing in the fridge. Your rambutans should last for up to two weeks.

HOW TO EAT RAMBUTAN

Enjoy rambutans as a healthy snack or as part of a tropical fresh fruit dessert bowl. Alternatively, add to cooked dishes such as curries and soups.



A load of hot air

AIR FRYERS CLAIM TO REINVENT DEEP FRYING, BUT ARE THEY WORTH IT?

When the doyenne of baking, Mary Berry, said that no British home "should own a deep fat fryer", it caused quite a stir. After all, among the staples of British cuisine are fish and chips, battered scampi and, in Scotland, the infamous deep-fried Mars bar.

However, as much as we love bubbly batter slick with oil, there is no denying that deep frying at home is a messy, greasy and unhealthy endeavour, which is why air fryers are gaining popularity in our kitchens. Using a heating mechanism and a fan, the food is held in a basket while hot air briskly encircles it, giving the speed and crunchy texture of a fat fryer, with far less oil.

Sitting neatly on your worktop, these relatively new inventions really are an excellent way to cook food quickly and efficiently. Chips can be sprayed with oil to create a crunch and flavour that is truly authentic, and because the air fryer works in much the same way as a convection cooker, you can cook almost anything you would in your normal oven, without having to wait for it to heat up (which makes it cheaper, too).

Unfortunately, you can't cook anything that has a wet batter – unless you want a dreadful mess – and while the process is quick, you do need to manually move the food halfway through for even cooking. They also aren't generally that large, so catering for a big family becomes tricky.

The bottom line is that while the design isn't perfect, this is one gadget that is unlikely to gather dust. From cooking chicken nuggets for the kids' dinner to baking frozen croissants or crisping up chips, the air fryer enables you to have your (fish)cake, and eat it.



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BREAKING NEWS: PEAS OUT!

FOOD & DRINK

According to Harvard University scientists, peas are not as healthy as we have been led to believe and may not even count towards one of your five a day.

Find out more about this shocking revelation below. Plus, great alternatives to peas that pack a punch when it comes to improving your health.

WHAT DOES THE SCIENCE SAY?

Harvard University believes that it has found the key to leading a longer life, and it lies with consuming the right combination of fruit and vegetables. Its research shows that by eating two portions of fruit a day and three servings of vegetables, you are much less likely to die from conditions such as heart disease, cancer and/or respiratory diseases. However, not all vegetables offer the same longevity-boosting properties, with a higher intake of peas having no link to lower mortality rates.

WHY YOU SHOULDN'T CONSIDER PEAS AS ONE OF YOUR FIVE A DAY

Strictly speaking, green peas are not vegetables, as they are part of the legume family which consists of plants that produce pods with seeds inside.

Furthermore, peas have a high glycaemic index which can cause a spike in your blood sugar levels, and they contain phytates that prevent key nutrients from being absorbed by the body.

WHAT OTHER FRUIT AND VEGETABLES DO NOT AID LONGEVITY?

During the extensive study, the scientists at Harvard also found no link between a higher intake of starchy vegetables, such as corn and potatoes, and enhanced longevity, as well as drinking fruit or vegetable juices.

WHAT CAN YOU EAT INSTEAD OF PEAS?

If you like to add a bit of greenery to your own and your family's meals, there are still lots of alternatives to peas that most definitely do count towards your five a day:

- Broccoli
- Asparagus
- Spinach
- Kale
- Courgette
- Cooked greens
- Lettuce



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VITAMINS

FOR CHILDREN EXPLAINED

Do you currently give your children daily vitamins but are not sure if they are worth the expense? Or are you thinking about buying vitamins for your kids but don't know which ones they need?

WHAT VITAMINS DO CHILDREN NEED?

The Department of Health recommends that all children aged six months to five years are given daily vitamin supplements that contain vitamins A, C and D. They also advise breastfed babies to be given a daily vitamin D supplement from birth. Some experts recommend that the following groups of children should take a daily multivitamin:

- > Those who do not have access to regular, nutritionally balanced meals
- > Picky eaters who are not getting sufficient vitamins and minerals
- > Children who eat a lot of processed or fast food
- > Vegetarians or vegans, who may need an iron and/or calcium supplement

ARE GUMMY VITAMINS A GOOD CHOICE?

Becoming increasingly popular in recent years, gummy vitamins seem to be the perfect solution for kids who lack certain nutrients. However, these are usually higher in sugar than other vitamins, plus they look and taste like sweets, meaning your child

may be tempted to take more than they need, which could be harmful to their health.

WHAT DOES A HEALTHY DIET INCLUDE?

If you are not sure whether your child is already getting all the vitamins and minerals they need from their diet, this guide should help you. A well-balanced diet should include:

- > Milk and dairy products or vegan alternatives
- > Plenty of fruit and vegetables
- > Protein
- > Whole grains

ADVICE FOR GIVING YOUR CHILD VITAMINS:

- > Keep them out of reach so that children do not have more than one a day
- > Do not treat them like sweets
- > Try a chewable vitamin if your child won't take a pill or liquid supplement
- > Consult your doctor first if your child is taking any other medication



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STYLISH SPIKES



HOME & DIY

Acactus can make a great addition to any home thanks to its striking shape and often unusual flowers on some varieties. However, this spikey houseplant offers many other benefits.

CACTI ARE SELF-SUSTAINING PLANTS

If you want to inject some greenery into your home but you simply don't have the time to care for plants, then a cactus is the plant for you as it requires little to no maintenance. Native to the desert, cacti store moisture in their roots, leaves and stems and regulate their own food intake so you barely need to water them at all.

CACTI IMPROVE THE AIR QUALITY IN YOUR HOME

Green plants such as cacti actively absorb carbon dioxide from the air and release oxygen, which helps to improve the air quality in your home. Other health benefits of cacti include an ability to reduce stress levels, provide companionship and even enhance your memory.

CACTI CAN MAKE YOU MORE PRODUCTIVE

If you are currently working from home but are being driven to distraction by family life, a well-placed cactus plant can boost your productivity levels. In fact, controlled tests have shown that having a cactus in your office can improve your performance by more than 12 per cent.

CACTI OFFER SUBTLE BEAUTY

For those who follow feng shui in their home, a cactus is the perfect plant for adding an elegant visual experience while at the same time banishing any negative energy. Cacti love the sun, so choose to add one to your windowsill or near the entrance to your home. Avoid placing in the living room or your kitchen, unless you want to be on the receiving end of an unexpected spike.

BEST CACTUS VARIETIES TO GROW INDOORS:

Angel wings cactus | Rat tail cactus | Old lady cactus | Christmas cactus





FAWNING OVER flora

The floral effect, and how to achieve it

Although floral interiors are nothing new, they've certainly become on trend over the last few years. Flowery bedspreads, botanical cushions, jungle-print curtains and all manner of foliage frolics have been brought into the home, with our front rooms, kitchens, bedrooms and even bathrooms better places for it.

Vivacious ideas and vivid colours have become the order of the day, with ambitious, elegant results, all crafted in the knowledge that floral interiors never go out of fashion.

If you've kept your walls clear and fresh, it means that you can just add in colour with floral-print additions to your furniture, with vibrant cushions, rugs and throws in your living room. For perhaps the smallest of makeovers, your inside space can represent all the bounty of an outside garden.

If, however, your current styles mean a drastic design change, a mural or flowered wallpaper may be more in demand. If this is your route, supplement a complicated background with plain cushions and simple, flat, easy-to-digest whites and greys.

In addition, adding real or fake flowers will bring walls into the 3D realm, enhancing your look and creating energy, interest and talking points.

As for the palette you have at your disposal, floral colours offer all manner of outdoor shades, as we know. From pinks to purples, yellows, whites and reds, there are few colours out of bounds.

And once you've remastered a room with a full-on floral theme, you can progress the idea by making small, subtle changes that complement the look, such as adding small garden-themed pictures, or perhaps even candles with floral scents.

Very soon, you can find yourself bringing the outside inside, where opening a window and allowing a breeze to blow through the space completes what is an invigorating and inspirational design effect.



Photo credit: Tim Young via idealhome.co.uk, greenandrusaid.com, Mark Scott and Courtesy via goodhousekeeping.com, francesca lagorse via elitedecor.com

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JET PROPELLED

SEVEN HANDY HINTS FOR MAKING THE MOST OF YOUR JET WASH HIRE

You're about to embark on a bit of high-pressure jet washing – perhaps you're getting that grubbiness off the walls, maybe your patio needs bringing back to its original sheen, or it could be your windows that want rid of all that winter grime.

Whatever the case, here are some tips that mean when hiring a pressure washer you'll clean up... literally and financially.

ONE: The price is right

It sounds obvious, but it pays to shop around. Kärcher leads the market with consumer pressure washers, but they all work in the same way, so don't necessarily be swayed by a big name or a fancy trim.

TWO: Time is of the essence

Be realistic over how long you want to hire a pressure washer for. Most hire companies will let you extend, but it's cheaper and easier to plan out your workload first; and of course, don't ever waste money by hiring one that you're not going to use straight away.

THREE: Failing to prepare...

With the last point in mind, prepare the areas you're going to use the jet wash for before picking it up. Not only will it help with space and efficiency, but your hire time won't be wasted moving items around so you can get started.

FOUR: Safety first

While great fun, pressure washers pack a huge amount of power, and even a lower-grade machine has enough punch to break through human skin.

FIVE: Pre-wash

Pre-washing any area makes jet spraying so much easier when you come back to it a few minutes later.

SIX: Nozzle knowledge

The pressure washer comes with a variety of nozzles, so ensure you select the right one for the job.

SEVEN: "I need proof (waterproofs)"

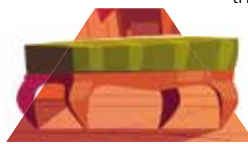
Spray will quickly consume you and people in neighbouring counties, so ensure you have waterproof gear, and prepare for a huge amount of dirt while you're at it.

You can use a jet wash for cleaning windows, patios, driveways and even your car.



HOME & DIY

LOFTY LOSSES



In theory, the loft is the perfect storage place for old mementos, cherished gifts and all manner of items you will sort at some point down the line. What unites all of them is we don't want these books, records, paintings, clothes and pieces of furniture around us in our living spaces – fair enough. And yet, when it comes to retrieving them from the most ideal of home hidey-holes, will they actually return to the light in the same condition we left them?

All told, the evidence appears to be 'no'. Part of the reason for this is because your attic is a hotbed (literally) for wildly fluctuating temperatures. We all know heat rises, so at certain times of the day, and the year, all manner of warmth will spread upwards into your loft space. Conversely, during times of extreme cold, it will be the only place in the house neither insulated nor heated.

Consider as well the creeps and critters that reside in the dark, sometimes damp, sometimes blissfully dry conditions.

You should pay particular attention to:

WOODEN FURNITURE... Wood can expand and crack with frequent changes in temperature, so beware of leaving it in storage for long spells.

FABRICS... Mice, dust mites, beetles and even birds will quickly find a second use for clothes, carpets, toys and rugs.

LEATHER... While the appearance of an old leather jacket will tarnish and fade, a bigger problem may be trying to rid it of a dank, musty odour.

CANDLES, VINYL AND CASSETTE TAPE... Extreme heat will quickly compromise the quality of items that you have cherished, be it that wedding photo album or your Canned Heat LP.

The best way to avoid items deteriorating over time is to wrap them well, store them in boxes and ensure proper ventilation through your loft space.

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HOME & DIY



Modern glass showers and marble counters may look great, but they need care to maintain their lustre – bring forward the Great British Baking Soda solution.

You may not think glass shower doors and cubicles have much to do with those huge slabs of marble that comprise the worksurfaces in your kitchen, but think again. Both undergo daily use, both are largely mistreated – consider limescale and heat in the bathroom and all manner of spillages in the kitchen – and yet both can be kept in A1 shape with the required care and attention... and a bit of baking soda.

GLASS SHOWERS

Tending to a bit of cleaning is the last thing on our minds when we wander out of the shower in the morning, still half-asleep from the night before. Yet daily spraying – with a limescale-fighting premix – and wiping can preserve the lifetime of glass so it stays shiny for longer.

However, if you're the type who would rather do a one-off clean every couple of weeks, use washing-up liquid on a course brush and scrub the areas that contain the tell-tale white, bumpy marks.

Rinse with cool water, then use baking soda to break down some more of the mass, spraying vinegar over the top before rinsing away with warm water.

MARBLE COUNTERS

Baking soda is again your best friend when it comes to returning marble counters to the way they were before soups, sauces, pasta and pancetta took a rather appealing shine away.

Simply mix three tablespoons of baking soda into a litre of water. Apply the mixture to your worktops and leave in place for several hours.

When you return, wash the pasted solution off with warm water, then apply a shop-bought marble sealer.

As ever, regular cleaning, and ensuring you don't leave spillages to set, is the best way to keep your marble at a constantly high level.



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JUDI DENCH

THE LIFE OF THE BUSY DAME

Why Dame Judi Dench is perhaps the most unique acting talent of them all

.....

In a professional career on stage and in front of the camera, it's notable that Dame Judi Dench has, more often than not, played characters who are assertive, strong and definite. From Q in the James Bond films to Ophelia, Juliet or Lady Macbeth on stage; from Evelyn in the *Marigold Hotel* movies, right through to 13 years playing Jean, the comedic mainstay of classic BBC comedy *As Time Goes By*, there has always been a strength present.

And so it follows, then, that the 86-year-old embodies very much those same qualities in real life. How else do you explain the fact that, despite lockdown, the York-born doyenne remains ensconced in one of the busiest periods of her acting career?

"I think the intention was that when I stepped away from Bond I'd be calming things down a bit," she begins. "What actually ended up happening was I found more roles coming my way, as would, I guess, any actor breaking free of a big character."

And therein lies the problem. The determined and decorated cornerstone of British drama simply can't say no. During 2020, while the world's acting fraternity were sitting back doing very little as the entire industry fell into a state of dormancy, Dench was still busy promoting four projects – films *Artemis Fowl*, *Blithe Spirit* and *Six Minutes to Midnight*, as well as an appearance on *Staged*, the widely acclaimed lockdown-themed TV series starring David Tennant and Michael Sheen.

She was also filming parts of what 2021 presents as two major feature films. First up is *Off the Rails*, a drama about a group of friends recreating an interrail journey across Europe, in which she appears alongside Kelly Preston, Ben Miller and Sally Phillips. Then, in *Belfast*, Jamie Dornan co-stars in a drama about a working-class family in Northern Ireland in the late 1960s.

Indeed, since bidding goodbye to 007 in that dramatic, windswept Highlands setting in *Skyfall* in 2012, Dench has appeared in 24 big- and small-screen projects.

"I think, for me, it's about picking and choosing things that make me content and happy," she says. "If I'm being asked to fly halfway around the world for a few minutes on camera, or the brief means being away from home for weeks on end in some inhospitable backwater, I'll say no. The truth, though, is I'm as enchanted as much by acting now as I was when I first performed *Hamlet*, or first stepped in front of a television camera at the end of the 1950s.

"I won't deny the slower parts of lockdown were frustrating, but if you want to keep busy and you want to find yourself things to do, then those things are out there, no matter where you are in the world or in your life," says Dench, who has now been two decades without husband Michael Williams, who died of lung cancer aged 65.

"I know Michael will be looking down, proud of the fact I'm still a workaholic," she smiles. "The truth is it's the only way I know to live."



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Councillors clash over new library proposals

Essex County Council's (ECC) proposal to replace Loughton's library with a smaller one, with flats above, has prompted one councillor to question the height of the proposed building.

At a virtual ECC meeting on February 23, councillor Chris Pond said he feared "approximately 20 homes" could be "stuffed" into the development to make "extra profit" for ECC.

He asked councillor Tony Ball how many storeys he expected and whether residents would get value for money for £12.4million, the estimated cost of the project.

Cllr Ball replied: "This will go through the planning

process and [ECC] will get the best value and the best quality library that we possibly can for the development and for the benefit of Loughton residents."

In a statement for **VISION**Loughton, cllr Pond asked: "Why is ECC persisting with this scheme in the knowledge that it's very near the SAC [special area of conservation]? Why aren't these flats to be affordable or social housing?"

A statement from ECC said it will take into account the height of the new building and the impact of the new SAC policy. It also said residential accommodation within the new building will "meet local housing need" and will pay for the library "at zero cost to the taxpayer".



Building Design Award winners announced virtually

The Loughton Building Design Awards 2021 were announced at a virtual ceremony organised by Loughton Town Council (LTC) on March 10.

This year's winners were architect David Kavanagh for a property on Connaught Avenue (left), and Melville Dunbar Associates and Higgins Homes for a property on Royal Oak Close (right).

The house at 2 Connaught Avenue was converted into flats, and a former pub in Royal Oak Close was

also converted into flats with houses behind.

The Building Design Award scheme was introduced by LTC in 2012 to reward examples of good design and construction.

Awards are made to buildings that were completed in the previous 12 months and which enhanced the town, improved a dilapidated building, upgraded a conservation area or were noteworthy for their design or innovation.

Crowds filmed defying COVID-19 guidelines

The number of people enjoying the warm weather at High Beech on February 27 was so large that a BBC film crew was dispatched to film them.

Despite the country still being in lockdown, crowds flocked to High Beech. A BBC reporter described the car parks and surrounding areas as "absolutely packed".

With the temperature rising to 13°, many people chose to flout the rules and gather for drinks and picnics in and around the Kings Oak Pub.

Long queues of people at the pub were described as "good for business, but hard to manage", with many customers ignoring requests to keep their distance.

A spokesperson for Essex Police said: "It is essential that everyone continues to follow the guidelines as the government has made it clear it will be guided

by data, not dates, when it comes to lifting lockdown restrictions.

"If we don't do the right thing and stick to the rules, it could lead to a surge in cases that would put unsustainable pressure on the NHS and lead to delays in implementing the government's timetable.

"We'd like to thank the vast majority of people in Essex who have stuck to the rules by staying at home, avoiding unnecessary journeys and isolating when required to."

Police are continuing to issue fixed penalty notices for blatant breaches of COVID-19 regulations, including one for a Loughton woman who hosted a party for 10 friends on February 27.

To report a breach, call 101 or visit www.essex.police.uk



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Murray Hall opens to residents for vaccinations

Residents of 60 and over can now book a COVID-19 vaccination at The Murray Hall on Borders Lane, which means that everyone in the top seven priority groups has been offered a jab.

GP surgeries are also extending invitations to adults of all ages who have been identified as vulnerable.

This includes people with underlying health conditions, which might put them at a greater risk of suffering a serious illness if they were to catch coronavirus, as well as people who have been newly identified as shielding patients.

Adult carers who are identified as carers on their GP records or who are registered for Carer's Allowance

are also being included.

Dame Eleanor Laing MP described the opening of the centre as "great news".

She said: "The vaccination programme is progressing really well here in Epping Forest and, as it expands, the operation at The Murray Hall is an efficient way to deliver vaccinations to as many people as possible."

The Murray Hall site is being run by Hertfordshire Community NHS Trust.

To maintain social distancing, those attending an appointment should arrive on time.

Eligible people can book an appointment at www.nhs.uk/covidvaccination or by ringing 119.

Warning after woman rescued from river

Firefighters have warned the public to call 999 immediately if they see someone stuck in water.

The warning came after a woman had to be rescued from a fast-flowing river on March 8.

She had entered the water to retrieve her dog, but soon found she was unable to get out because of the steep bank.

Well-meaning members of the public tried to help the woman after they noticed her in distress, but they were unsuccessful.

Firefighters attended the scene and pulled the woman from the river. She needed hospital treatment after being in the freezing water for a long period of

time. The dog managed to get out of the water safely.

Glenn Jackson, crew manager at Loughton Fire Station, said: "Being in cold water is extremely dangerous, especially for this length of time, and the outcome could have been very different."

"More than 700 people drown in the UK every year, so we want people to take note of our warning and to take extra care around water and always call 999 immediately.

"If you see someone in trouble in water, call out to the person to reassure them that help is on the way, encourage them to keep still and, if possible, find something that floats for them to hold on to."

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School staff surprised with special gifts from PTA



Staff at Hereward Primary School in Loughton received a special surprise when they were given gifts from the school's PTA group.

The members of Hereward Primary School PTA wanted to thank staff for their efforts in supporting pupils through remote learning during lockdown.

Renette Fourie, headteacher, said that staff were blown away by the lovely gifts.

She said: "The staff were thrilled to see all the children return. Throughout the day, some of Hereward's PTA members visited the school – a visit that took the staff by complete surprise.

"During lockdown, parents raised money to purchase all of the staff members a thank you gift for

all their support with remote learning. From flowers to Prosecco to afternoon tea boxes, staff were overwhelmed by the wonderful gesture."

Mrs Fourie said she wanted to thank the parents who have gone above and beyond to support the school through the challenges of the pandemic.

She said: "We cannot thank enough our wonderful parents and PTA for organising these lovely gifts for us. They are always so supportive of the school, even more so during this pandemic.

"We are truly blessed to be part of this community. Remote learning, although nothing compared to face-to-face education, was a huge success and we are grateful to our parents for all their hard work."

Man admits deliberately starting pub fire

A man from Loughton has admitted to deliberately starting a fire at a pub. At around 4.50pm on Saturday, February 6, Essex Police were called to reports of a fire at The Three Colts in Princes Road in Buckhurst Hill. Fortunately, no one was injured.

Spiros Schulz, 48, of Eleven Acre Rise, Loughton, was arrested and later charged with arson being reckless as to whether life is endangered, arson with intent to endanger life, and breaching a restraining order.

On Monday, March 8, he appeared at Colchester Magistrates' Court where he admitted arson being reckless as to whether life is endangered and breach of a restraining order.

He pleaded not guilty to arson with intent to endanger life and the offence will lie on file.

He is due to be sentenced at Chelmsford Crown Court on April 19.



Safe Distance

BACK
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Stagecoach welcomes back students after lockdown

Students are looking forward to returning to Stagecoach Performing Arts Loughton for the spring term after months in lockdown.

The school is set to open its doors to students on April 17, as schools across the country once again welcome students into classrooms.

The school has worked tirelessly to ensure it can safely open again. Stagecoach has introduced a robust range of safety measures to ensure children are kept safe.

Principal Zach Mobley said: "It is a huge relief to be able to welcome everyone back into our school after a long time. We have been busy planning some fantastic activities for our students, and ensuring that our school is a healthy, safe place to return to."

"Performing arts play an important part in building creative expression, and improve children's health and well-being."

"Health and safety guidelines are put firmly in place to ensure our schools remain COVID-secure."

Stagecoach classes are divided across early stages (ages four to six), main stages (ages six to 15) and further stages (ages 15+) and cover singing, dancing and acting.

The sessions enable children to grow into well-rounded individuals, ready to embrace life and all its opportunities.

For more information about Stagecoach Performing Arts and to enrol, please visit the website www.stagecoach.co.uk/Loughton

Love Brownies opens its first store in Essex

An award-winning brownie shop opened its first store in Loughton on March 25 after success across the UK.

Love Brownies was created in the Yorkshire Dales in 2009 with a small team of dedicated bakers. The brand expanded and now has stores across the country offering delicious treats and drinks.

The Loughton store is the company's twelfth shop. It is operating as a takeaway only for the time being, owing to current lockdown restrictions.

With a seasonal menu, vegan and children's options, there is something for everyone.

Chantal Teal, the founder of Love Brownies, described her love of making treats for everyone.

She said: "My family has catering roots. It's in my blood. I think a gift of food is one of the few wonderful things you can always offer with pride and accept with pleasure."



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

Our congratulations go to Rotarian Pesh Kapasiawala, the winner of the 2021 Citizenship Award.

Councillor Stella Murphy, Loughton Town Mayor, made the announcement at the Annual Town Meeting, which was held virtually via Zoom on Wednesday, March 10.

Cllr Murphy said that Pesh had been nominated for the award for his tireless work and involvement in local Loughton charities, including the Loughton Men's Institute, the Loughton Memory Café and the YES Partnership. He is a governor of Roding Valley High School and a past president of the Loughton, Buckhurst Hill and Chigwell Rotary Club.

Most recently, Pesh established 3Food4U. The service brought together a group of chefs who supplied cooked meals to key workers and vulnerable members of the community – something that was very much appreciated at the beginning of the pandemic. 3Food4U now also provides free food and clothes to Loughton residents who are disadvantaged as a result of COVID-19.

Tracy Branniff, who nominated Pesh for the award, said: "Pesh is without doubt a valuable asset in our



community, not only for the vast range of charitable works that he does but also for the warm, friendly, listening disposition he carries with him."

Pesh will receive a cheque for £250 for his chosen charity, 3Food4U.

Please contact Pesh if you would like to get involved in Rotary or 3Food4U. Email info.3food4u@gmail.com or call 01992 842642.

School challenge raises nearly £3,000

Pupils at a school in Woodford Green did not let lockdown stop them from marching ahead with their termly fundraiser.

Children at Avon House Preparatory School took on the epic challenge of travelling the 874-mile journey from Land's End to John O'Groats virtually.

Year 6 pupil Scarlett started the fundraiser, which took place over the February half-term period. It required children, parents and staff to send over their daily walking distance, which was then uploaded to their very own Google map.

The school organises several fundraisers throughout the year and decided to take the pupils on an adventure to raise money for the Motor Neurone Disease Association (MNDA).

In total, the Avon House family covered more than 1,000 miles.

Amanda Bourne, community fundraiser at the MNDA, said: "The funds they raise will help us to



continue our vital work in providing support for people living with MND, campaigning to raise awareness of the disease and funding research to find treatments and, ultimately, a cure."

At the time of writing, the total sum stands at £2,929.

To donate, visit www.justgiving.com/fundraising/avon-house

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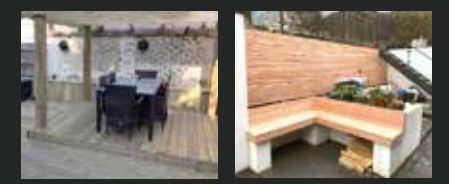
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On inspection we found the retaining walls were failing and the land mass starting to move which was of concern as the property is on a steep hill.

Our design involved rebuilding all the retaining walls and raising them up to include a decorative black railing with electric sliding gate. These were complimented with a stepped flower bed and sandstone staircase with matching handrail. To finish the design, we proposed a porous resin bound surface in Champagne pink.

The project began in earnest in the spring and was completed within 12 weeks. During that time we had weekly meetings to review progress and ensure we were creating the clients vision.

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APRIL BIRTH FLOWER OF THE MONTH:

Daisy

If you were born this month, your flower is the delightful daisy, a bloom that often doesn't get the appreciation it deserves. Incredibly versatile and easy to grow, daisies can make a cheerful addition to any garden, however big or small.

What does the daisy represent?

A quintessential symbol of both purity and chastity, the daisy can also be used to convey secrecy. In fact, daisies were once called "day's eyes", as they close their petals at night and only reveal their bright yellow centre in the day. This flower can also be used to symbolise true love.

What does this birth flower say about your personality?

If your birth flower is the daisy, you are said to be a happy-go-lucky kind of person who tends to brighten up everyone's day just by being you. You are also adventurous, cheerful and optimistic, all of which means you are often the person whom others choose to confide in.

Why grow daisies in your garden?

Sadly, in the UK, we have lost nearly all of our traditional meadow land, meaning that meadow wildlife is under strain. By planting natural and local meadow plants such as daisies in your garden, you will be giving a much-needed helping hand to meadow insects and other wildlife.

How can I ensure my daisies thrive?

Daisies are the perfect choice for those who are looking for garden plants that do not require much care and attention. English daisies thrive in well-drained and evenly moist soil so be sure to water them during droughts. For the best display of daisies, plant them in full sun.

Best types of daisies for a vibrant show:

English daisy | African daisy | Gloriosa daisy | Blue Marguerite daisy | Shasta daisy | Cape daisy



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GARDEN OF LIFE

THE BIRDS *and the bees*

In the third of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we consider how birds and bees are so pivotal to everything outside our windows.

While they appear to be fluttering and buzzing about our gardens in blissful relaxation, the roles of our birds and bees is actually a vital one.

Let's take the humble bee, for instance. Forget a spoonful of tasty honey, the value of these buzzing beauties goes much deeper, with pollination the name of the game. In the first instance, bees as pollinators are responsible for more than one-third of the world's food. Add in the fact that more than 90 per cent of plants rely on bees' cross-pollination skills, and you can see why the move to halt the recent decline in global numbers has been taken so seriously.

Bees also

provide habitats for a huge quantity of insects and animals. Their complex, interconnected ecosystems allow a vast number of diverse species to co-exist. Put another way, a garden without bees would be bare, as would your plate.

A smaller role for bees is as a food source for birds, but go easy on our feathered airborne acrobats – while they have their own pollination qualities and act as pest controllers, they themselves, most crucially, act as a source of food for animals.

There's also something truly cerebral about birds, who predate our own time on the planet by some 150 million years. Sure, they're not cuddly or kinaesthetic, but through birdsong, breathless beauty, their solid commitment to building homes and raising families, and with a level of ingenuity and intelligence that many mammals can't even get close to, birds are a truly cerebral addition to nature's nest.



Big fish, small pond

If you have just added a pond to your garden, you may be thinking about what types of fish you want to buy. However, before you dash to your nearest pond supplier and simply pick the prettiest specimens on offer, you need to find out what fish are suitable for the pond you have picked.

How big is your pond?

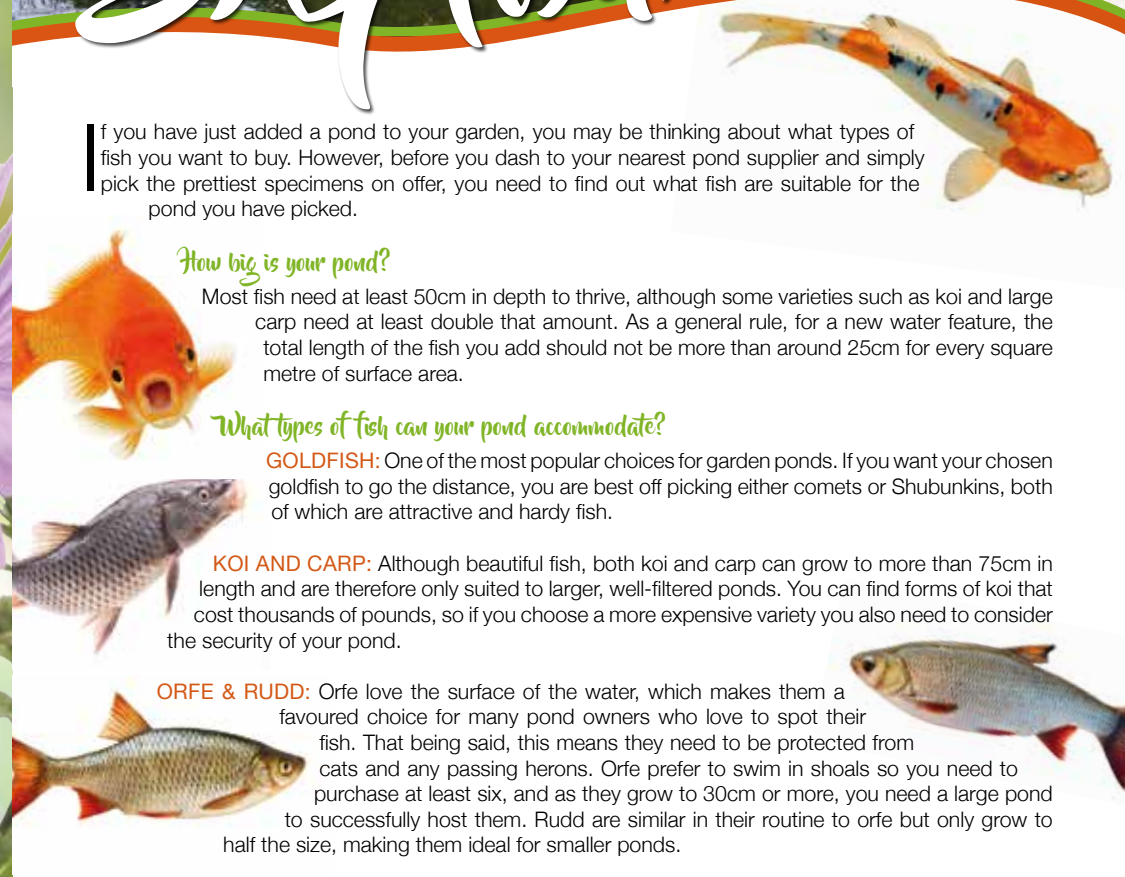
Most fish need at least 50cm in depth to thrive, although some varieties such as koi and large carp need at least double that amount. As a general rule, for a new water feature, the total length of the fish you add should not be more than around 25cm for every square metre of surface area.

What types of fish can your pond accommodate?

GOLDFISH: One of the most popular choices for garden ponds. If you want your chosen goldfish to go the distance, you are best off picking either comets or Shubunkins, both of which are attractive and hardy fish.

KOI AND CARP: Although beautiful fish, both koi and carp can grow to more than 75cm in length and are therefore only suited to larger, well-filtered ponds. You can find forms of koi that cost thousands of pounds, so if you choose a more expensive variety you also need to consider the security of your pond.

ORFE & RUDD: Orfe love the surface of the water, which makes them a favoured choice for many pond owners who love to spot their fish. That being said, this means they need to be protected from cats and any passing herons. Orfe prefer to swim in shoals so you need to purchase at least six, and as they grow to 30cm or more, you need a large pond to successfully host them. Rudd are similar in their routine to orfe but only grow to half the size, making them ideal for smaller ponds.



handy apps



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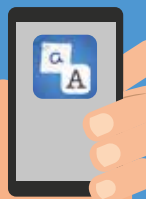


GBoard: This keyboard, made by Google, integrates seamlessly into your phone or tablet, across text messages, WhatsApp and email functions. The app runs in the background and you'll notice little difference, except perhaps for a choice of keyboard colours, gradients and backgrounds. But coolest of all, you can 'swipe' words to type – in other words, no need to lift your finger as you enter each letter... simply let it glide to each new letter and the app works out the word you're writing. Useful and infinitely satisfying.



AppDetox: We've all got a fair quantity of apps on our devices that we would group as 'a bit of fun', while knowing that their very presence is making us less efficient, less engaged and most definitely less sociable. As the saying goes, admitting you have a problem is the first stage towards solving it; the second stage being to download AppDetox, which enables you to block your own access to functions and downloads on your phone, thus keeping temptation at arm's length... or is that finger's length?

Pen to Print: Why do we still carry around scraps of paper when the idea was that our phones could do the job of storing shopping lists, addresses, reminders and more? Perhaps it's because the yearn to scribble remains strong in all of us – and with Pen to Print, you can still do that, with a screen that will convert your rugged scrawl into digital text. That means you can even send notes to someone without them ever getting wind of your lazy handwriting style!



CamScanner: We've all tried signing and scanning documents using our phone or tablet cameras. CamScanner solves the problem, with editable uploaded or photographed documents that can be signed and scanned through the app. Removing the need for printouts or shadows on documents, the resulting PDF or JPEG can then be sent direct to your contact, as well as being stored in your phone.



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Yorkshire Dales National Park



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Treasure trails and historic hill forts, secret coves and stunning lochs: all these and more are waiting to be discovered in the UK's 15 National Parks. Let's take a closer look at some of what England has to offer.

DARTMOOR NATIONAL PARK

Located in the south of Devon, Dartmoor National Park is known for its wild open moorlands and rich local history. For hikers, check out the Meldon Reservoir and then treat yourself to afternoon tea in Ashburton.

NEW FOREST NATIONAL PARK

Made a National Park in 2005, New Forest National Park offers a huge diversity of rare plants and animals. Marvel at the grazing ponies, cattle and pigs that roam freely around the park and enjoy a real sense of freedom whether you choose to explore on foot, on horseback or by bike.

SOUTH DOWNS NATIONAL PARK

Less than two hours from London, South Downs National Park is a destination rich in culture and countryside, as well as some gorgeous country pubs. Don't miss the chance to dine at The Earl of March, owned by Giles Thompson, former executive chef at The Ritz London.

YORKSHIRE DALES NATIONAL PARK

Perfect for those looking for natural beauty at its finest, the Yorkshire Dales National Park has much to offer, including Aysgarth Falls, the Yorkshire Three Peaks Challenge and the Force Gill Aqueduct.

NORTHUMBERLAND NATIONAL PARK

The most northern National Park in England, it is also the least populated and least visited. However, don't let this put you off as this park boasts Hadrian's Wall, Kielder Water and Forest Park and the Sycamore Gap Tree.

NATIONAL PARKS IN OTHER AREAS OF THE UK

There are two National Parks in Scotland: Cairngorms and Loch Lomond & The Trossachs. In Wales, there are three: the Brecon Beacons, Pembrokeshire Coast and Snowdonia.

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Whatever industry you work in, taking the time to understand and empathise with your employees is vital if you want to provide exceptional leadership. Discover how to become a more compassionate leader below. Plus, find out why compassion is crucial in the workplace.

HOW TO BECOME A COMPASSIONATE LEADER IN FIVE SIMPLE STEPS:

Listen: Think about how often you really listen to your team. Successful leaders seek to understand the perspectives, motivations and challenges of their employees. Make sure you actively listen without judgement for optimal effect.

Empathise: If you don't think that your team members feel able to open up to you, then empathy can help resolve this. Take the time to sit down with your employees and talk to them about non-work-related topics.

Share: If you aren't authentic with your staff, how can you expect them to be with you? Don't be afraid to show your weaknesses; as a leader

you do not have to be better than everyone else.

Respond: Employees need feedback from their leaders, in terms of both their successes and areas in which they still have room to grow. Ensure you explain to your team that you are there to help them improve, and offer any resources they might need.

Change: Compassion is all about commitment, and even simple changes to the way you lead can work wonders for improving employee morale. Challenge yourself to make at least one change a month and build up from there.

WHY COMPASSION IS SO IMPORTANT:

- ♥ Creates enhanced employee engagement
- ♥ Decreases employee turnover
- ♥ Inspires collaboration
- ♥ Increases employee commitment
- ♥ Raises levels of trust
- ♥ Empowers you as a leader

TAKEAWAY TIP: Compassionate leadership is not about giving people what they want; it is about giving people what they need.

Coming up ROSIE

How Rosie Huntington-Whiteley went from supermodel to businesswoman

For years, Rosie Huntington-Whiteley has been perfecting the art of spreading her talents across a wide spectrum.

This is the supermodel who leapt into our consciousness at the age of 16 when she appeared in *Teen Vogue*, then quickly ascended to adult fashion with projects for Victoria's Secret, Burberry, Pirelli and others.

Embracing motherhood – she has a three-year-old son, Jack, with actor Jason Statham – as well as embarking on film projects (*Transformers: Dark of the Moon* and *Mad Max: Fury Road*), you would imagine the now 33-year-old has enough on her plate. Yet burgeoning business ideas have created another angle with which the Plymouth-born model can utilise, maximise and monetise a polished brand.

Sure enough, in November, she announced the launch of her Clean Beauty Collaborative brand. Working with cosmetics firm Amyris, Rosie is building a digital platform for all things beauty, undertaken with an eye on great-performing products that are manufactured sustainably without harm to the planet.

The project follows on from her Rose Inc launch in 2018, which focuses on carbon-neutral eco-friendly initiatives.

She said: "I am passionate about responsible beauty products that are healthy for people and the planet."

Rosie has in the past admitted the maze of looks, styles and messages emanating from social media can be particularly off-putting.

"I want us to get back to the basic thrill of uniting people with access and knowledge and secrets of the industry," she says. "If we can all look as good as we can, while uniting to make the places where we live more sustainable, surely that's a route towards a happier future, because even I find myself getting negatively affected when I'm scrolling through feed after feed. I think we need to celebrate diversity and different kinds of beauty."

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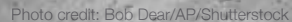
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APRIL 10 MARKS FOUR DECADES SINCE THE START OF THE BRIXTON RIOTS

The background was a country in recession, and growing unease between police in areas such as Brixton and Lambeth. All it took was a spark of racial tension to ignite matters, and that duly arrived on April 10 when a black youth named Michael Bailey ran towards a policeman, bleeding from a four-inch stab wound. In attempting to get the injured man help, a crowd descended and supposed the police to be arresting him.

Four decades on there is undoubtedly greater unity in the UK, though recent events have brought racial tensions to the fore again, with Brixton forever serving as a reminder of the potential fallout from an unfair society.



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THE PENALTIES AND REPERCUSSIONS FOR OUT-OF-DATE MOTS, INSURANCE AND TAX

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MOT

A huge number of people drive on our roads unaware that their MOT has expired; and yet with the DVLA's reminder system, setting up a simple text message alert would prevent this happening.

The only time you're allowed to travel on the road with an expired MOT certificate is if you're en route to the test centre to get the service done, otherwise you could be looking at a fine of £1,000.

In 2020, during the COVID-19 outbreak and

subsequent lockdown, MOT dates were extended, though this is not the case in 2021.

TAX

Road tax is a necessity for any car, and you can expect a hefty fine in the post (of up to £1,000), if you're driving around in an untaxed vehicle. That may be a better scenario for some than the alternative – your car is clamped, and if the fine isn't paid quickly it is impounded, incurring a daily fee of £21.

INSURANCE

The big one – driving without insurance is the biggest threat to yourself, your passengers and other road users. It is looked upon dimly, and if you are stopped by the police, your keys will be confiscated immediately. A £300 fine and six points on your licence is the minimum, but greater penalties, including disqualification, are possible.




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SPORT

Making plans for NIGEL

How Welsh referee Nigel Owens MBE is the latest to bring LGBT issues to the front line of sport

On the face of it, it's perhaps the manliest sport of them all – where the fire and ferocity of competition demands brutish, testosterone-driven combat.

Like it or not, the past hasn't always been kind in associating homosexuality with those characteristics. And yet it's a credit to our progressiveness as a society that those attitudes are changing; and across Gareth Thomas, other male stars, both retired and still playing, plus a whole host of women who have proudly declared their sexuality, rugby is the sport that seems to be pioneering inclusion and diversity above any other.

The rise to prominence of Nigel Owens MBE as an ambassador for such inclusion is, alongside Thomas, perhaps the best example of someone emerging from the shadows. Having previously battled bulimia and suicidal thoughts as side effects to the hiding of his sexuality, the experienced referee came out in 2007.

"It's such a big taboo to be gay in my line of work," he says. "I had to think very hard about it because I didn't want to jeopardise my career. Coming out was very difficult and I tried to live with who I really was for years. I knew I was 'different' from my late teens, but I was just living a lie."

In reality, coming out only enhanced Owens' reputation in the game. He went on to claim the record for most test matches refereed, and in the Queen's 2016 Birthday Honours was awarded an MBE for services to sport. He retired in December 2000 after 17 years at the top.

And yet his work doesn't stop – in a long-term relationship with a teacher, Barrie Jones-Davies, Owens is a pioneer for LGBT issues in both sport and wider society. He works with charitable organisations in raising awareness and acceptance of gay people, using his story as a bridge to greater understanding of the issues involved.

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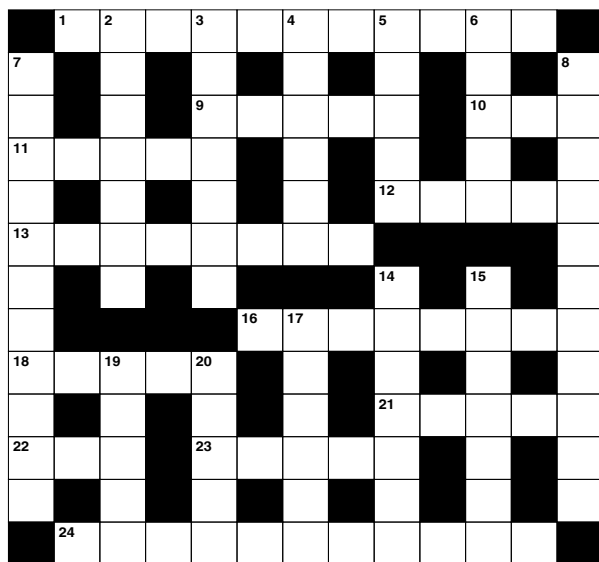
Answers: see end of The VISION Listings

ACROSS

1. Dishonestly (11)
9. Ape (abbrev.) (5)
10. Fish eggs (3)
11. Hackneyed (5)
12. Giraffes have long ones (5)
13. Mad rush (8)
16. Eye condition (8)
18. Spring flower (5)
21. Boredom (5)
22. Female chicken (3)
23. Island in the Mediterranean Sea (5)
24. Study of lawbreaking (11)

DOWN

2. Morally right (7)
3. Extract (7)
4. Wound together (6)
5. Unfasten a garment (5)
6. Expressing emotions (of poetry) (5)
7. Calamity or great loss (11)
8. Celebrity (11)
14. Panacea (4-3)



15. Linking (7)
17. Cosmetic cream (6)
19. Of the moon (5)
20. Device that splits light (5)

DID YOU KNOW?

- ▶ Saudi Arabia is one of the only countries in the world that doesn't have any permanent rivers
- ▶ In the Falkland Islands, sheep outnumber people
- ▶ Napoleon ordered the construction of the Arc de Triomphe in Paris
- ▶ It's thought that in the future, the Maldives may become completely covered by water
- ▶ In Norway, around 98 per cent of the electricity production comes from renewable energy sources
- ▶ The Great Wall of China is 21,196km long
- ▶ Reykjavik is the most northern capital city
- ▶ Indonesia is the world's largest island nation, but no one knows exactly how many islands it contains

SUDOKU

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



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