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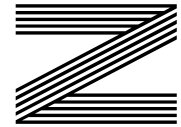
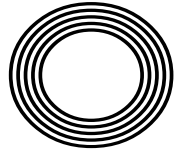
**PAYING
TRIBUTE**
to rock legend
Meat Loaf

THE SECRETS
to a successful stir fry

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with our spring clean checklist

STEVEN BARTLETT

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Photo credit: BBC/Andrew Farrington



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Editor's notes...

MARCH 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. I've been making the effort to take part in more networking recently, and have come to realise how important it is in the business world to put yourself out there and make connections with other businesspeople. After all, you could have the best product in the world, but if no one knows about it, it might as well not exist.

But aside from self-promotion, networking gives the opportunity to build a network of support with other like-minded individuals - people you can turn to for advice, and who you can help in turn. Please don't hesitate to

get in touch to find out more about local networking opportunities.

Networking is also helping me with my goal to become healthier this year, as I'm walking 14,000-16,000 steps a day when visiting local people and businesses. It's amazing what a difference exercise can make to your mindset!

As we move into spring and hopefully leave behind recent restrictions, I've certainly noticed a renewed sense of optimism in the air. Our high streets are much busier and everyone seems keen to make the most of the lighter evenings. Despite enduring difficulties over the last two years, many of us have emerged with a new resilience we didn't even know we had.

This is something we would all do well to hold on to in the future.

Brett Shohet

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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YEARS OF THE

A CENTURY TO CELEBRATE – THE BBC HITS 100

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”

A TRIBUTE TO MEAT LOAF:

A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in the theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



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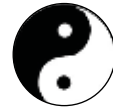


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ADIÓS ACNE SCARS



BEAUTY

Adult acne affects 25 per cent of men and 50 per cent of women, with one-third of sufferers also experiencing acne on other areas of their body, such as their back and chest. Acne scars are the result of inflammation of acne blemishes and can be very distressing for those affected.

ALOE VERA can help to reduce inflammation and scar tissue size.

HOW TO APPLY:

- > Remove the dark green skin from the aloe vera leaf
- > Scoop out the light green gel
- > Apply directly to the scar using circular motions
- > Leave for 30 mins and rinse with cold water
- > Repeat twice a day.

COCONUT OIL can boost collagen production which can reduce scar-related redness and hyperpigmentation.

HOW TO APPLY:

- > Heat 2 tbsp of coconut oil
- > Massage the oil onto the scar for 10 minutes
- > Leave for at least one hour before washing
- > Repeat 2-3 times a day.

HONEY is known to have antibacterial and calming qualities, as well as being able to aid the body's healing process.

HOW TO APPLY:

- > Before bed, apply raw honey to your scar
- > Cover with a bandage and leave on all night
- > In the morning, remove the bandage and wash the skin with warm water
- > Repeat each evening.

LEMON JUICE can help to reduce the appearance and redness of acne scars. It is also antibacterial.

HOW TO APPLY:

- > Cut a wedge of fresh lemon
- > Gently rub the juicy side onto the scar
- > Leave for 10 minutes before rinsing
- > Repeat daily.

APPLE CIDER VINEGAR acts as a natural astringent and helps to stimulate blood flow, both of which aid the regeneration of skin cells.

HOW TO APPLY:

- > Mix 4 tbsp of distilled water with 2 tbsp of apple cider vinegar
- > Dip a cotton ball into the mixture and dab generously on your scar before bed
- > Leave to dry and do not wash off until morning
- > Repeat each night.



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TRENDING *Cardigan* COATS

One of the top fashion trends for spring 2022, a cardigan coat is the perfect garment to help you transition into the warmer months in style and comfort.

What are cardigan coats?
 Cardigan coats are, as the name suggests, coats that are in fact cardigans. Also known as heavy-knit cardigans, these versatile jackets are ideal for when it's too warm for a coat but too cold for just a t-shirt.

What are the different styles of cardigan coats?
Long cardigan
 Providing a loose and casual look, long cardigans typically extend to your mid-thigh but can go all the way down to your ankles. Wear open for a trendier vibe or buttoned up to keep the chill at bay. Great with fitted jeans and a slim-fit scoop-neck shirt.

Shawl collar cardigan
 For days when the temperature dips, a shawl collar

cardigan is the perfect choice. Usually made with thicker materials and featuring a collar that drapes around the back of the neck, this well-structured cardie promises to polish up your look in an instant. Wear buttoned up with jeans or khakis.

Hooded cardigan
 If you want protection from the elements without having to wear a heavy coat, then a hooded cardigan is just what you need. Available in a variety of lengths and with either buttons or a zip, this style of cardigan is ideal for those who like a sporty look. Pair it with your favourite tracksuit or baggy jeans.

Button-up cardigan
 A classic button-up cardigan can make you look sexy and stylish, but only if you wear it right. Opt for a well-fitted shape with simple buttons and you are guaranteed to emanate sophistication. Great for the office or for adding a touch of elegance to your everyday wear.



Photo credit: riversland.com, asos.com, simons.com, debenthamis.com



HEALTH & FITNESS

HIIT VS TABATA



THE SHORT WORKOUTS THAT COULD HELP YOU GET FIT

When it comes to fitness, the shorter the better, right? Well, high-intensity interval training (HIIT) and Tabata are all about short, sharp workouts.

But make no mistake – these workouts are intense, designed to get your heart rate up and help you tone your muscles.

So what's the difference between HIIT and Tabata? And how can they help you get fit?

HIIT and Tabata workouts are very similar. They are based around high-intensity, short-interval training methods with minimal rest between sets. Typically lasting 20-30 minutes, they may be short, but they'll have you sweating.

Tabata is a type of HIIT workout based around eight 20-second bursts of intense exercise, with just 10 seconds of rest in between. There are generally four rounds of these eight exercises in a Tabata workout. It was developed by Dr Izumi Tabata based on these specific principles.

HIIT workouts will target muscle fibres that promote definition, boosting the testosterone production in both men and women that helps rebuild muscle fibres after exercise. Its other benefits include:
Weight loss | Increased cardiovascular endurance
Reduced body fat | Decreased blood pressure.

Tabata workouts provide a more intense HIIT workout, with benefits including:
Boosted metabolism | Increased fitness levels
Increased lean muscle mass | Raised heart rate in a short amount of time.

Creating HIIT and Tabata workouts

You can create your own HIIT or Tabata workout using just your bodyweight, or using weights and fitness machines to add variety. Some example routines include:

HIIT

- > Choose either four or five exercises that focus on one area of the body, or a full-body workout. Great examples include burpees, squat thrusts, jumping jacks and press-ups
- > Complete each exercise for 45 seconds
- > Rest for 60 seconds between each exercise
- > Repeat four or five times.

Tabata

- > Choose either eight exercises that focus on one area of the body, or a full-body workout. Examples of Tabata exercises include mountain climbers, squat jumps, crunches and reverse lunges
- > Complete each exercise for 20 seconds, allowing a 10-second rest between each exercise – this equals one round
- > Allow a one-minute rest between rounds and complete four rounds to complete your workout.

HIIT and Tabata workouts are intense, but they provide many benefits for your health and fitness. As short workouts, they're ideal for those who have a busy schedule, or those who hate spending hours at the gym.



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ENAMEL ERODER: SLEEP
Although your body needs sleep to remain in optimal condition, while you are in the land of nod, your saliva production decreases, meaning your tooth enamel is more at risk.

ENAMEL SAVIOUR: BRUSH TWICE A DAY
Always brush your teeth twice a day and ensure that one of these times is just before you hit the sack. Plus, if you do wake up in the night, moisten your mouth with a sip of water.

ENAMEL ERODER: FRUIT JUICE
Regularly drinking citrus fruit juice or fruit smoothies is hugely detrimental to your teeth's enamel, as fruit juice contains a lot of acid.

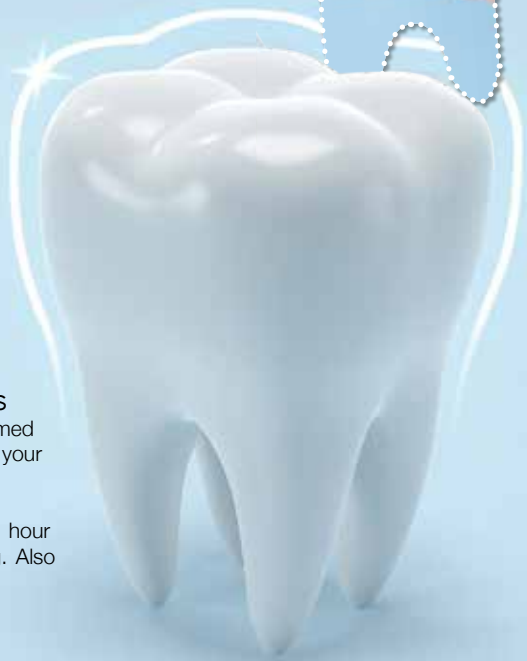
ENAMEL SAVIOUR: A STRAW
If you can't give up your favourite juices, minimise contact with your teeth by sipping them with a straw and swishing your mouth out with water immediately afterwards.

ENAMEL ERODER: SNACKING
Snacking on foods that are high in sugar and starches can increase your risk of tooth decay and damage your teeth's enamel.

ENAMEL SAVIOUR: CHEWING GUM
Chew sugar-free chewing gum between meals as this boosts your saliva production up to 10 times the normal flow and helps to strengthen your teeth.

ENAMEL ERODER: HARD-BRISTLE TOOTHBRUSHES
Brushing with hard-bristle toothbrushes that are often aimed at smokers and those with stained teeth can damage your tooth enamel.

ENAMEL SAVIOUR: SOFT-BRISTLE BRUSHES
Invest in a soft-bristle toothbrush and wait at least an hour after eating any acidic foods or drinks before brushing. Also use a fluoride toothpaste.



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TRAVEL



KEEP ON cruising

WHY EMBARKING ON A CRUISE IS THE ULTIMATE HOLIDAY

With people beginning to plan their summer holiday excursions, the idea of taking a cruise – be that across vast oceans or through a continental waterway – is likely to be one of the most popular go-to getaways in 2022. Here are six reasons why:

Value

There are getaway deals aplenty on offer. Operators are keen to catch up after two hugely disrupted years due to the COVID-19 pandemic, meaning they're pulling out all the stops to lay on huge fleets and get people back on board.

Variation

Rather than being stuck in one resort, a cruise enables travellers to see and experience multiple locations within one trip. Having been confined largely to the UK for the past two years, it's expected that holidaymakers will opt for multi-destination trips rather than staying in one place. This makes a cruise the ideal option.

Wastage

A cruise provides a holiday experience even when

travelling between destinations, so while stop-offs at cities or coastal towns may be a big attraction, when back on board, holidaymakers are treated to all manner of events, shows, attractions and facilities, meaning there's no wasted time.

Family environment

Unlike some land-based locations, cruise ships offer something for everyone, meaning a cruise is now commonly regarded as the ultimate family experience.

Comfort and luxury

Booking a cruise typically means choosing one of only a handful of operators, who run a tight ship – literally – in terms of how they present their brand and their facilities. This isn't something that's as easy to achieve when it comes to booking independent hotels or accommodation on land.

Sociable

Cruise ships offer a small environment in which people holiday in close proximity to each other. As the saying goes, a friend made at sea is a friend for life.



SORRY FOR

celery

THE UNFAIR WRAP THIS VIBRANT VEGETABLE GETS

If celery were an animal, it would be a black sheep. It's long, scrawny, feels like rubber, and resembles the world's smallest halfpipe. But worse than that, it gets labelled as the most useless of all vegetables; it's said that the exercise of eating a stick of celery actually uses up more energy than it provides in return.

However, it's not all bad. Celery is rich in vitamins – A, C and K respectively – which are good for boosting eye, bone, cartilage and even reproductive health, not to mention your immune system.

Then there are minerals such as potassium and folate, which will help you on your way to maintaining DNA health, fluid balance and muscle memory, as well as preserving nerve signals.

True, celery is an acquired taste, but its dark, rich, peppery flavour makes it a favourite for use in soups, stocks, stews, broths and more. It can add an edge to potatoes, gives a smoky aside to meats, and, of course, adds a nutty crunch to floppy salads.

Celery offers more than you think. The final proof – it's a major ingredient in everyone's favourite condiment, ketchup.

Celery and apple smoothie (serves 2)

Smoothies are an excellent way to get more veg into your diet, and this celery and apple smoothie comes packed with sweetness and has a creaminess you may not expect.

Ingredients:

- > ½ cup celery (chopped)
- > One apple (peeled and chopped)
- > 1 or 2 cups of milk
- > A pinch of sugar

How to make:

1. Puree the celery and apple together with the milk in a blender
2. Add the sugar
3. Strain before pouring into glasses.

Top tips:

- > Use a sugar-free sweetener instead of sugar
- > For a creamy texture, add a dollop of Greek yogurt, half an avocado or a frozen banana.



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The secrets to a successful STIR FRY

Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat though. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.





How To Match COLOURS IN YOUR HOME



There are endless possibilities when it comes to decorating your home. So many, in fact, that you might struggle to choose. Learning how to match colours in your home will make the process a little easier, so that you can have fun creating your chosen look. Take a look at the following tips to get started.

CONSIDER THE MOOD OF THE ROOM

What sort of space do you want to create? Do you want a warm and inviting room that's perfect for socialising, or do you want something a little cooler to create a more relaxing environment? Think about what your room will be used for and the sort of vibe you want to achieve.

LEARN TO CREATE A COLOUR SCHEME

Colour schemes can be built in several ways. They could be based around your existing furniture, for example, or you could start completely from scratch. Choosing neutral colours gives you versatility – you'll be able to mix and match your furniture and accessories, and add pops of colour as desired. This also gives you flexibility to change your colours more often.

You could also create a colour scheme around different shades of the same colour, creating a

stylish, tonal look. If you want to use two different colours, consider using a colour wheel and choosing shades on either side of your primary shade to create a complementary look. Examples include pairing yellow with orange or green, or blue with green or violet. Choosing sides on the opposite end of the spectrum, such as blue and orange, can create a different kind of complementary look. You could also use a triadic scheme to help you bring three colours into your space. This means choosing colours that are far apart from each other on the spectrum, such as red, yellow and blue.

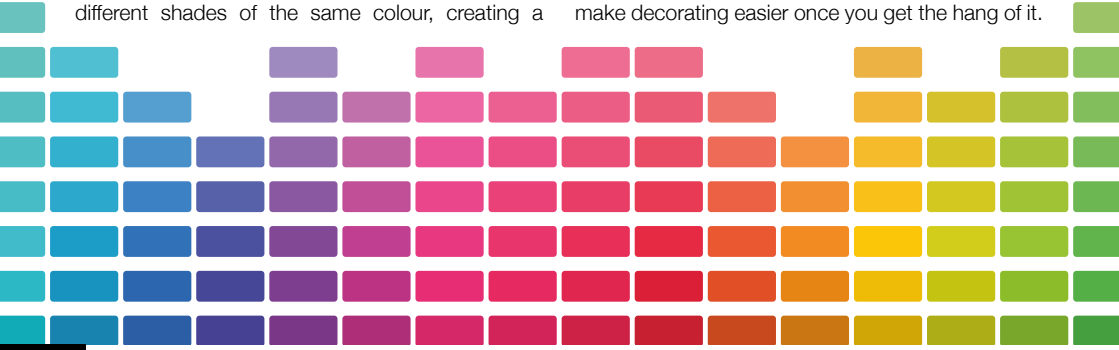
THINK ABOUT THE PRACTICALITIES

There are also practical considerations for your colour scheme. How much light does a space get? Will it be high traffic? These will help you work out what is realistic for your space.

USE TESTERS TO SEE WHAT WORKS BEST

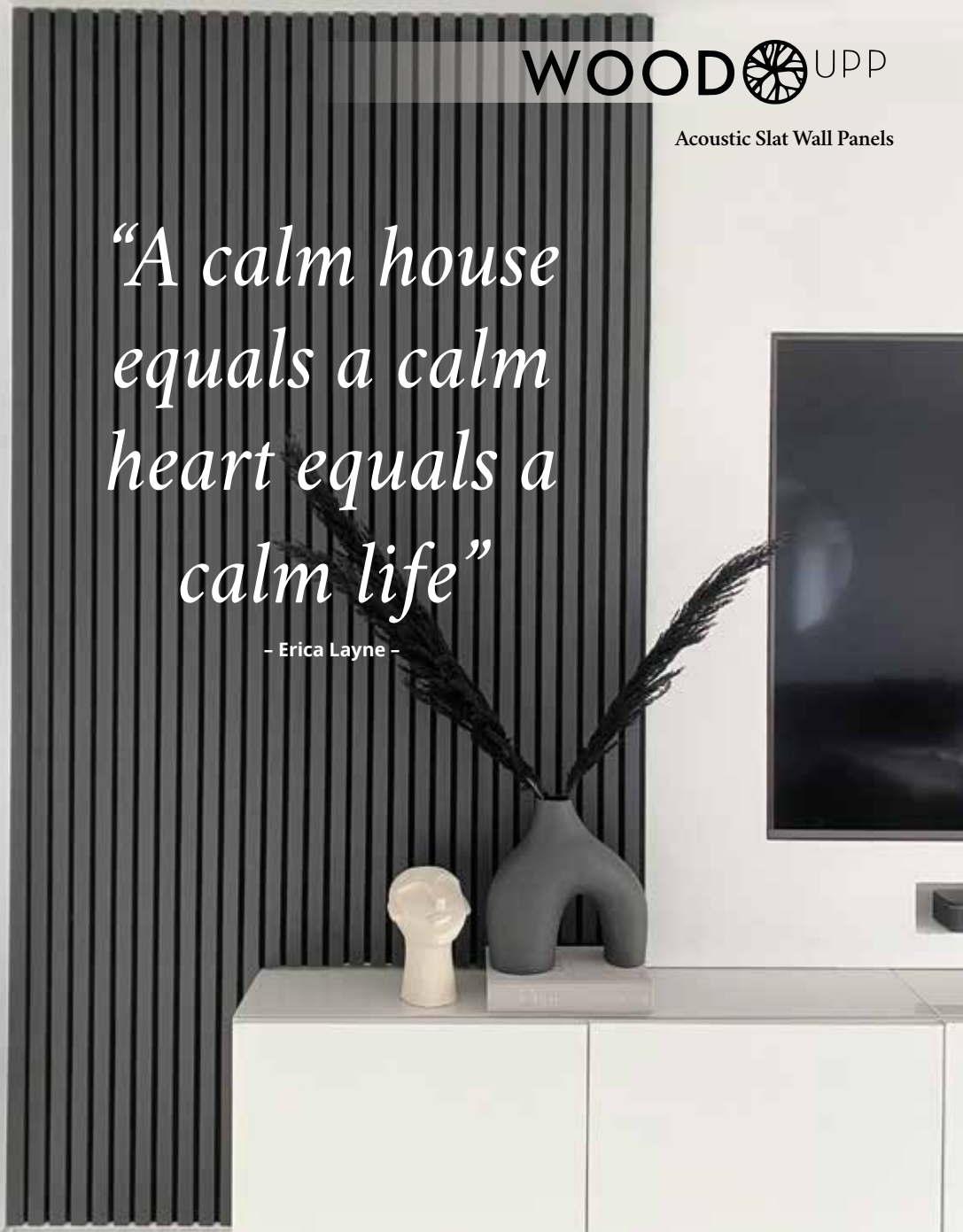
Testers are a great way to experiment with how colours will look in your home. Use testers to help you see a shade in different lighting and at different times of day to make sure you're satisfied.

Creating colour schemes takes practice, but it will make decorating easier once you get the hang of it.



"A calm house equals a calm heart equals a calm life"

- Erica Layne -



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TIPS FOR CREATING
FLAMBOYANT INTERIORS

Photo credit: Archive by Sanderson Design via elledecoracion.co.uk

Do you want your interiors to be as fun and exciting as you are? Clashing prints, bold colours and a mix of textures can all be incredibly stylish in your home. The look is British Eccentric, and it is outgoing, quirky and vibrant.

With the right styling, you can bring the British Eccentric look into your own home. Here are some top tips for creating flamboyant interiors.

GET READY TO THROW OUT THE RULE BOOK

The great thing about flamboyant interiors is that there are no rules. Your space should be as quirky and colourful as you like, creating a look that's traditional in its basics but modern in its use of colour.

Make use of patterns and bold shades and simply have fun with it.

BUILD IT UP OVER TIME

Creating a flamboyant interior can take time. Think of it as an ongoing project as you fill your space with wonderful treasures. Start with a wall colour, then



add different accessories such as vases, light shades, plants and wall art. Building up your space over time will make it more of a passion project as you design a room you truly love.

MIX AND MATCH

Don't be afraid to mix and match patterns, colours and textures. Florals are a great option, especially for wallpaper, or you could look at stripes and other bold patterns to bring new life to your decor.

EMBRACE YOUR FAVOURITE THINGS

A flamboyant, eccentric interior should reflect you and your personality. Fill it with the things that you love, such as prints, ornaments and other features that will make your home feel more like you.



SIGNS YOU NEED A NEW MATTRESS

If you're not sleeping well, you may blame it on stress, poor lifestyle choices or a health condition such as insomnia.

However, it might just be your mattress that is keeping you up at night.

1. SAGGING

All mattress types will start to sag eventually as the springs break down or the foam gets softer. However, even minor sags of one or two inches can result in insufficient support for the body.

2. INCREASE IN ALLERGIES

Over time, mattresses accumulate mould, mildew and dust mites, which can trigger allergies. If you notice you are sneezing when you get close to your bed or you feel stuffy in the morning, you may need a new mattress.

3. LASTING IMPRESSIONS

If you have a memory foam mattress, then you need to pay close attention to the impressions left behind when you get up. Although these types of mattresses are designed to remember your body shape, if your mattress has lost its ability to

bounce back, it needs replacing.

4. LUMPS AND BUMPS

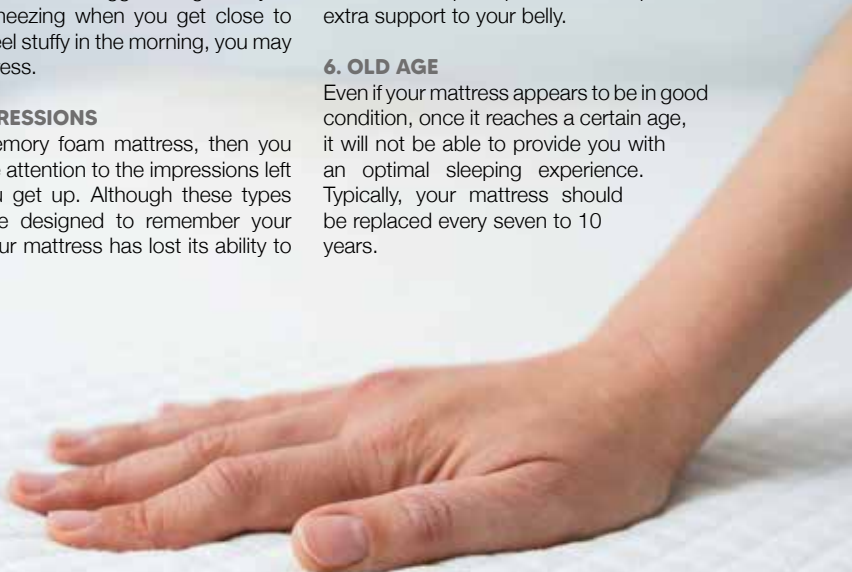
When the padding within a mattress starts to shift around, this can cause visible lumps. This uneven density can result in uncomfortable pressure points which can cause pain, discomfort and a poor night's sleep.

5. PREGNANCY

If you are expecting, it can be a good idea to invest in a new mattress that provides the extra support your changing body needs. Look for a mattress with custom support for side sleeping, which will help to prevent back pain and offer extra support to your belly.

6. OLD AGE

Even if your mattress appears to be in good condition, once it reaches a certain age, it will not be able to provide you with an optimal sleeping experience. Typically, your mattress should be replaced every seven to 10 years.



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IT'S THAT TIME... Spring cleaning

YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge.

Remember to tick each task off as you go.

KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows





Cleaning with SOAP NUTS

If you haven't heard about soap nuts until now, then you are in for a treat. Free from chemicals, 100 per cent biodegradable and vegan-friendly, these powerful nuts

are the all-natural cleaning ingredient every home needs. For 10 minutes, turn off the heat, and cover. Once cooled, strain the liquid, pour into a bottle and store in the fridge.

Soap nut multipurpose cleaner
Mix 400ml of your soap nut liquid detergent with 100ml of white vinegar and 10ml of your preferred essential oil. Pour into an empty spray bottle and use to clean all surfaces in your home.

Soap nut pesticide
Fill a spray bottle with 500ml of your soap nut liquid. Add 10 drops each of lavender, rosemary and peppermint oil. Shake well and spray directly onto your plants.

Where to buy soap nuts
You can order soap nuts online. They are also available at some health and wellness shops.

are the all-natural cleaning ingredient every home needs.

Soap nuts, also known as Indian soap berries, are the fruits of a small tree called Sapindus mukorossi. They contain a natural soap called saponin, which is released when in contact with water.

- The benefits of cleaning with soap nuts are:
- > They do not contain phosphates, parabens or sodium lauryl sulphate
 - > They are hypoallergenic and odourless
 - > They contain anti-fungal and anti-microbial properties
 - > They are 100 per cent sustainable.

How to use soap nuts in your home
Soap nut laundry detergent
Place 4-6 soap nut shells into a small muslin bag. Add your laundry and the bag to your washing machine. Wash as per fabric instructions. Keep the used shells as they can be reused up to four times.

Soap nut liquid detergent
This can be used as a base to make many cleaning products. Pour 2 litres of water and 15 soap nut shells into a pan. Boil



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STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



Steven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Money launderers jailed after 10-week trial

Two men, including one from Loughton, have been sentenced to a total of 12 years in jail following an investigation by HM Revenue and Customs (HMRC).

Jonathan Porter, 57 (pictured inset), of Loughton, and Peter Stanley, 64, of Westminster, central London, were found guilty of money laundering on February 11 after a 10-week trial at Southwark Crown Court.

Porter was sentenced to seven years in jail and Stanley was sentenced to five years and nine months in jail. Porter was also banned from being a company director for 10 years.

Porter was the director of alcohol broker, Europlus Trading Ltd, and claimed to be supplying wholesalers in Calais. He claimed French customers paid him in pounds sterling and the money was collected by cash couriers, who were overseen by Stanley.

However, the court heard that Porter and Stanley were actually collecting millions of pounds from cash and carry wholesalers around London. Between

April 2014 and June 2015, £15million in cash was deposited into Europlus' bank accounts. The money is believed to have derived from the sale of non-duty paid alcohol.

Porter laundered £15million, with Stanley delivering £7.5million of this total.

Stanley was arrested on June 11, 2015, and was found to have £41,500 in his possession. A search of the Europlus premises revealed £45,000 kept in a safe in the warehouse.

Porter was arrested on the same day. A total of £3,380 in cash was discovered in a bedside cabinet at his home, while more than £18,000 was found at Stanley's home.

The money seized is subject to a forfeiture application by HMRC, which has launched confiscation proceedings to recoup the stolen money and is also seeking a Serious Crime Prevention Order against both men.

School takes part in online politics session

LOCAL NEWS



Pupils from a Loughton primary school recently had the opportunity to attend an online session run by the Houses of Parliament.

Year 6 students from Hereward Primary School learned about the work and the role of the House of Commons and the House of Lords, the work of MPs and how laws are made. They also discussed how they could get their voices heard in future decisions made by the government.

One of the pupils, Albert, said: "We all really enjoyed the workshop. It was really engaging, and we learned a lot of important information."

Ms Baccaro, the school's spiritual, moral, social and cultural development coordinator, said: "This was an excellent opportunity for the children. I am very pleased that the children got so much out of attending this educational but fun session."

MP welcomes opening of new NHS Open Space

Health and wellbeing providers looking for flexible ways to deliver services can now use a new NHS pay-as-you-go space at Rectory Lane Health Centre in Loughton.

A total of 40 new sites, including the one in Loughton, have been added to the NHS Open Space platform, which offers a range of clinical and non-clinical rooms for use by health and wellbeing practitioners.

Dame Eleanor Laing, MP for Epping Forest, said: "I welcome this new initiative and much look forward to the benefits it will bring, not only to health and wellbeing professionals, but also to community groups and businesses."

"Previously underused space in NHS Property Services' portfolio will be put to good use, and I am delighted to hear that the proceeds of the scheme will be reinvested into the NHS."

To find out more, please visit the website at openspace.nhs.uk

Officers take down group involved in slavery and fraud

A Buckhurst Hill woman is among those to have been convicted of modern slavery and fraud offences.

Following a three-week trial at Snaresbrook Crown Court, Eva Dambrauskaite (pictured below), 21, of Palmerston Road, Buckhurst Hill, was found guilty of conspiracy to arrange or facilitate the travel of children for the purposes of exploitation, two counts of conspiracy to defraud, concealing/converting/transferring criminal property, possession of articles for use in fraud, and possession of cannabis.

Dambrauskaite belonged to a criminal gang which recruited, trained and trafficked teenage girls across the country to commit refund fraud in high street stores using fake receipts.

More than 30 victims of exploitation were identified and £500,000 in profits was seized as part of the investigation. This conviction is believed to be the first time the Modern Slavery Act has been applied to a fraud enterprise in UK law.

At a previous hearing on May 20, 2021, at the same court, Isaiah Olugosi, 38, of Lower Road, Ely, Cambridgeshire, pleaded guilty to conspiracy to arrange or facilitate the travel of children for the purposes of exploitation, two counts of conspiracy to defraud, concealing/converting/transferring criminal property, and possession of articles for use in fraud.

Holly Olugosi, 31, of Lower Road, Ely, Cambridgeshire, also pleaded guilty to conspiracy to concealing/converting/transferring criminal property.

Baran Karamagara, 22, of Lordship Lane, Tottenham, had previously pleaded guilty to conspiracy to arrange or facilitate the travel of children for the purposes of exploitation and two counts of conspiracy to defraud.

All four are due to appear for sentencing at a date yet to be confirmed.



Photo credit: Met Police

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Football club to offer summer camps

LOCAL NEWS



The Justin Edinburgh Football Academy's football camps will take place at Buckhurst Hill FC this summer.

The camps are run in association with the Justin Edinburgh 3 (JE3) Foundation, which was established following the death of Justin Edinburgh, a former Tottenham Hotspur player who died after suffering a cardiac arrest.

The first football camp – which will be for boys and girls aged five to 15 – will be held at the Roding Lane club from 10am to 3pm on May 30 to June 1. The cost is £90 for three days.

The camp is an opportunity for youngsters to learn CPR and defibrillator training and learn football with UEFA A- and B-level coaches.

Buckhurst Hill FC chairman, Simon Cornwell, said: "Everyone at Buckhurst Hill FC is delighted that we have been able to team up with the JE3 Foundation, which is doing such fantastic work training the next generations of footballers not just in improving their footballing skills, but also to teach them first aid skills."

Charlie, Justin's son and CEO of the JE3 Foundation, said: "This is a really exciting project to be a part of. We feel this partnership with Buckhurst Hill FC is going to be pivotal in creating a new generation of life-savers throughout Essex."

"I know just how much it would mean to my father to see the game he loved bringing children together to learn potentially life-saving skills."

For more details, call 07947 972477 or email justinedinburghfootballacademy@hotmail.com

Leisure centre's Swimathon aims to raise funds for charity

Loughton Leisure Centre is holding its Swimathon again this year to raise funds for charity.

The Swimathon is a chance for the public to take on a sporting challenge while raising money for two charities, Cancer Research UK and Marie Curie.

Contestants can choose from a selection of distances, including 400m, 1k, 2.5k, 5k and triple 5k.

The leisure centre will be holding the Swimathon sessions from Friday, May 6, to Sunday, May 8.

For more information, visit www.swimathon.org/enter-now

Man jailed after sending abusive anti-Semitic letters

Following a report in **VISION**Loughton January 2022 edition, a man who sent anti-Semitic letters to Lord Alan Sugar's business premises in Loughton has been sentenced to more than three years in jail.

Patrick Gomes (pictured below), 70, of Lyttelton Road, Leyton, sent three letters addressed to Lord Sugar in 2018.

Each letter contained abusive, threatening and offensive language, and was derogatory towards the Jewish faith.

While searching Gomes' home address, officers found that he had written the details of Lord Sugar's business premises in his address book. There were additional letters, all discriminatory in nature, waiting to be sent.

Analysis of one of the letters revealed Gomes' DNA and fingerprints.

At Chelmsford Crown Court on Wednesday, December 1, Gomes was found guilty of religiously aggravated harassment.

After failing to appear at court, he was arrested and remanded in custody.

On Wednesday, February 16, he was sentenced at the same court to three years and six months in jail.

Investigating officer PC Marc Arnold, of Epping Forest's Community Policing Team, said: "Throughout the investigation and despite all of the evidence against him, Gomes has denied his involvement."

"At no point has he shown remorse for his actions and I'm glad that he's now been made to answer for his crimes."

"If something like this happens to you, please report it, and if you witness it, please speak up. Racism or discrimination of any kind should never be tolerated."



News from

THE ROTARY CLUB

of Loughton, Buckhurst Hill & Chigwell



LOCAL NEWS

3Food4U had a great response to our Free Job Club launch at our Loughton Hub on February 7. We can support you with:

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to the public, whether you need food support or not. Booking is advised. Please call 01992 842642.

Donate to our fundraising page to help us treat people with dignity and respect at www.stewardship.org.uk/pages/3food4u

Our 3Food4u hubs continue on:

- > Monday, Waltham Abbey, 11.30am-1pm
- > Tuesday, Loughton, 11.30am-1pm
- > Wednesday, Chigwell Row, 5pm-6.30pm
- > Thursday, Ongar, 1pm-2.30pm
- > Friday, Waltham Abbey, 11.30am-1pm

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Firm gives £15k to forest trail

To celebrate its 70th anniversary, a Loughton-based accounting firm has donated almost £15,000 to the Golding's Hill Trail.

As part of its goal to support local communities in and around London and Essex, Haslers Chartered Accountants is marking its anniversary with one of its largest donations ever.

The investment will create a new way-marked trail in Epping Forest, starting from Golding's Hill Ponds, a former gravel pit, which is an essential habitat for pond flora and other wildlife.

The aim of this project is to create an attractive access point to Epping Forest that is car-free and focused on the needs of the community.

Haslers chair, Jon O'Shea, said that helping to fund the project was the perfect way to create a lasting legacy and improve the lives of others.

He said: "We considered hosting a big party to celebrate seven decades in business, but we quickly realised that we could do more for our community and make a bigger impact, so we have decided to help fund this exciting work."

"The businesses, organisations and people in and around Epping Forest have played an important role in the success story of Haslers, so it is only right that we give a little more back."

As well as creating a new way-marked trail, the funding provided by Haslers will improve the entrance



to this area of the forest, opening up views of the pond and creating a welcoming entrance point to encourage residents to explore their local woodland.

The City of London Corporation, which owns and manages Epping Forest, and Haslers are looking forward to launching the new gateway and trail in spring 2022.

Graeme Doshi-Smith, chairman of the City of London Corporation's Epping Forest and Commons Committee, said: "We are pleased to be working on this exciting new project with Haslers. We are keen to help local residents enjoy their nearest area of Epping Forest without the need for a car and encourage arrival on foot, by bike or using public transport."

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TECHNOLOGY

BROADBAND PAIN?



UK ADDRESSES WITH THE FASTEST (OR SLOWEST) BROADBAND SPEEDS

In recent years, our digital connectivity – boosted by the installation of fibre technology and backed with 4G and 5G mass integration – has never been better.

Rarely these days do we find ourselves bemoaning the speed at which we can connect and interact with others, and complaints about our broadband not working are increasingly rare.

And yet, there are still parts of the UK that can offer broadband efficiencies much greater than other areas. You may expect to find these dynamically digital hotspots in the major cities – London, Birmingham, Manchester, or Edinburgh.

Yet the place you need to head to for the fastest possible download of the latest movie or video game is... Haul Fryn, an innocuous-looking street in Swansea, South Wales. There, you can download a two-hour film in just 47 seconds, given a download speed of 882 megabits per second (Mbps).

Less fortunate are the residents of Wistaston Road in Crewe, whose paltry rate of just 0.24Mbps means the same movie would take more than two days to download.

The average download speed in the UK currently stands at around 80Mbps. The draw on our broadband depends on what we're doing at the time – simple social media browsing uses between 1 and 3Mbps, with video streaming and gaming using between 3 and 5Mbps. At the top end, streaming a video in high definition uses up to 7Mbps.

What is clear is that broadband speeds across the UK are experiencing a sharp increase. Almost half of UK customers are experiencing so-called 'superfast' speeds of at least 30Mbps – that figure stood at a quarter of this speed just six years ago. Although that may not come as much consolation to a group of residents in Crewe.



HISTORY



Photo credit: Shutterstock

THE WEST MURDERS

THIRTY YEARS ON FROM THE HORROR OF CROMWELL STREET

This dawning of spring marks 30 years since the investigation into the crimes committed by Fred and Rosemary West began, which would ultimately lead to justice for so many victims.

The married couple, Gloucester's most infamous residents, and owners of 25 Cromwell Street (which has since been demolished) undertook a two-decade-long campaign of abuse and murder, including killing their own daughter, Heather.

The crimes are ones that need not be repeated as another milestone anniversary ticks by, but the dawning of the investigation was vital. Not only did it serve justice and provide proper resting places for the many bodies found buried at the property, but it also finally brought an end to the couple's sickening crimes.

Police have been roundly criticised for failing to put together the pieces that constructed the Wests' gruesome puzzle. They were painfully slow to connect the disappearance of so many girls, many of whom they knew had connections to the house, and were arguably culpable in failing

to bring Fred West to justice despite a legacy of allegations and complaints.

Ultimately, Fred West's repeated attacks on his own daughter, Louise, in early 1992, finally accelerated steps to ensure justice was served. The chief perpetrator had evaded scrutiny for so long that he arguably felt he may never be caught, but the 13-year-old girl's statement to police, although later retracted, brought about a chain of events that eventually led to the couple's crimes coming to light.

Finally, in 1994, Rose and Fred West were arrested and charged with a litany of crimes, the details of which confound comprehension. Fred was charged with 12 murders, and Rose with 10 murders.

Fred evaded trial by committing suicide at Birmingham Prison on New Year's Day 1995. Rose was found guilty for all 10 murders and was sentenced to life in prison.

Rose, now 68, resides in New Hall Prison, West Yorkshire.

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STOP THE SHED

SHEDDING IS NATURAL FOR DOGS, BUT THAT DOESN'T MAKE IT ANY LESS FRUSTRATING. FORTUNATELY, THERE ARE WAYS TO MANAGE EXCESSIVE SHEDDING

BRUSH THEIR COAT: Although you may think that brushing your dog's coat would encourage more shedding, the opposite is in fact true. Regular brushing and a good grooming routine can minimise the amount of dog hair you find around your home. Bristle brushes are a great choice for all coat types.

USE A SHEDDING TOOL: Shedding tools are brushes with stainless steel tines which can be used to pull up and remove your dog's extra undercoat fur. Ideal for both year-round and seasonal shedders, shedding tools are inexpensive and highly effective.

FOCUS ON GOOD NUTRITION: Excessive shedding can be caused by undernourished fur, which is a result of a poor diet. Avoid this by ensuring your dog has healthy meals that contain all the nutrients they need.

KEEP THEM HYDRATED: Dehydrated skin can exacerbate shedding and hair loss, so make sure that your dog always has access to fresh water. This will not only keep their skin hydrated, but is also beneficial to their overall health.

BATHE THEM REGULARLY: Essential for keeping your dog clean, bathing your pooch regularly will also help remove excess hair, resulting in less shedding in your home.

OTHER REASONS WHY YOUR DOG MAY EXPERIENCE HAIR LOSS:

- > Parasites like fleas, mites or lice
- > Bacterial infections
- > Fungal infections
- > Allergies
- > Kidney disease
- > Liver conditions
- > Thyroid or adrenal issues
- > Pregnancy
- > Anxiety or stress
- > Cancer
- > Immune disease
- > Sunburn
- > Topical irritants

If you are worried that your dog's hair loss is more than just the usual shedding, book an appointment with your local vet as soon as possible.



GARDENING BLOGGERS

Whether you are a green-fingered fanatic or are new to the wonderful world of growing your own, the below gardening blogs guarantee to deliver the latest news, tips, tricks, and inspiration for your next outdoor project.

Two Thirsty Gardeners

If you have always dreamt of brewing your own booze, then this is the gardening blog for you. The brainchild of two thirsty men, Rich and Nick, who started making their own cider in 2008, Two Thirsty Gardeners offers practical advice on everything from home brewing and collecting seeds to preserving surplus fruit and veg.

The Middle-Sized Garden

As the name suggests, this popular gardening blog is aimed at people with medium-sized gardens (i.e. bigger than a courtyard but smaller than an acre). Discover easy-care plants, the best trees for privacy, how to revamp your garden on a budget, and much more.

The Frustrated Gardener

Created by Dan Cooper, garden writer, amateur photographer and blogger, The Frustrated Gardener sees him share his passion for plants, as well as the joys of gardening in London and Kent. A great blog for both amateur and advanced gardeners.

Growing Family

For those who want to introduce the joy of gardening and growing your own produce to the whole family, this home and gardening blog is all about making the most of family life, both indoors and out, and overflows with tips on gardening, exploring nature, and family days out.

The Garden Ninja

The Garden Ninja is Lee Burkhill, an award-winning garden designer, blogger and vlogger whose life mission is to get more people into gardening. Featuring articles and YouTube videos on gardening basics and garden design guides, Garden Ninja is a fun and engaging blog that can help you get the garden of your dreams, whatever your current know-how.



@twothirstygardeners

The Middle-Sized Garden

1 month · 24

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5 mins · 24

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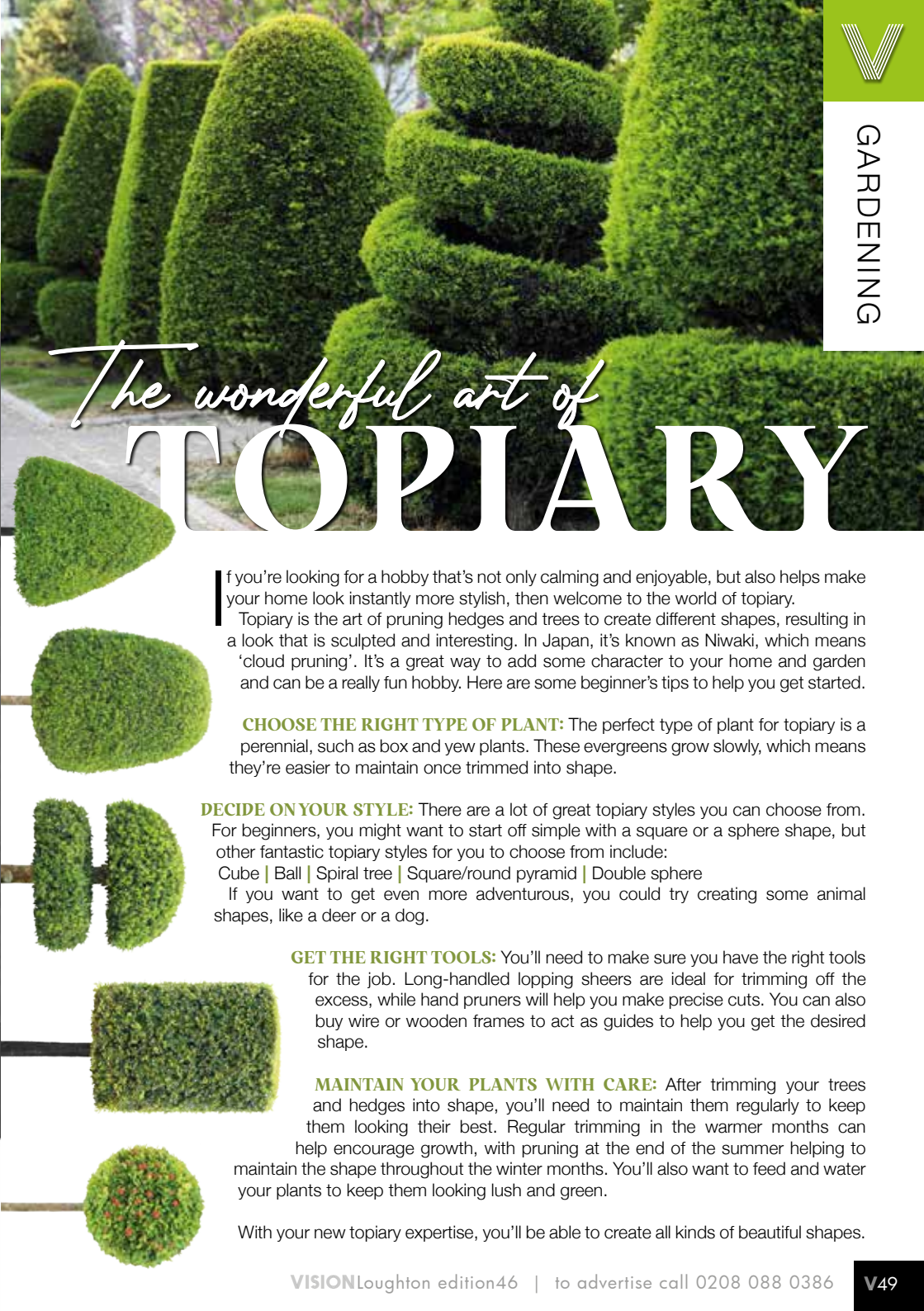
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The wonderful art of TOPIARY

If you're looking for a hobby that's not only calming and enjoyable, but also helps make your home look instantly more stylish, then welcome to the world of topiary.

Topiary is the art of pruning hedges and trees to create different shapes, resulting in a look that is sculpted and interesting. In Japan, it's known as Niwaki, which means 'cloud pruning'. It's a great way to add some character to your home and garden and can be a really fun hobby. Here are some beginner's tips to help you get started.

CHOOSE THE RIGHT TYPE OF PLANT: The perfect type of plant for topiary is a perennial, such as box and yew plants. These evergreens grow slowly, which means they're easier to maintain once trimmed into shape.

DECIDE ON YOUR STYLE: There are a lot of great topiary styles you can choose from. For beginners, you might want to start off simple with a square or a sphere shape, but other fantastic topiary styles for you to choose from include:

Cube | Ball | Spiral tree | Square/round pyramid | Double sphere

If you want to get even more adventurous, you could try creating some animal shapes, like a deer or a dog.

GET THE RIGHT TOOLS: You'll need to make sure you have the right tools for the job. Long-handled lopping sheers are ideal for trimming off the excess, while hand pruners will help you make precise cuts. You can also buy wire or wooden frames to act as guides to help you get the desired shape.

MAINTAIN YOUR PLANTS WITH CARE: After trimming your trees and hedges into shape, you'll need to maintain them regularly to keep them looking their best. Regular trimming in the warmer months can help encourage growth, with pruning at the end of the summer helping to maintain the shape throughout the winter months. You'll also want to feed and water your plants to keep them looking lush and green.

With your new topiary expertise, you'll be able to create all kinds of beautiful shapes.



Photo credit: sarahraven.com

sarah raven

WHY SARAH RAVEN'S LOVE OF BUOYANT, BOUNTIFUL FLOWERS IS A WORLD AWAY FROM HER GENTLE COMMENTARIES ON OUR GARDEN SPACES

Sarah Raven, who gardens at her Perch Hill Farm base in Robertsbridge, East Sussex, is one of a modern breed of horticulturalists whose passion, enthusiasm and energy infuses everything they do.

The fact that the 58 year old opens up her gorgeous 18th-century home to all is evidence of the passion she feels for the colours and scents of the outdoors. To that end, it's probably no surprise that she names the dahlia as her favourite flower, with its bushy, patterned perfection lighting up gardens from spring through to autumn.

Sarah, whose talents extend into cookery and writing, has presented BBC *Gardeners' World*, *Great British Garden Revival*, the series *Bees, Butterflies and Blooms*, and showcased BBC2's *Big Dreams, Small Spaces* project, where she shared her love and enthusiasm for cut flowers.

Sharing her home with writer Adam Nicolson, her two daughters and three stepsons, Sarah admits that she will always come back to flowers over

anything else in pursuit of the perfect outside space.

She said: "Flowers bring such happiness and harmony, as well as encouraging a whole array of insects, who in turn feed all our other creatures."

"I like to think so much comes from our flowers, and the more I can give back in celebrating them and teaching others how to look after and maintain them, then great."

When she's not appearing on our screens, collating material for one of her hugely successful cookbooks, or scribbling a column for the likes of *The Daily Telegraph*, *Gardens Illustrated* or *Sainsbury's Magazine*, her eponymous garden brand provides the perfect digest for others looking to replicate what is a museum-like spread of flowering finesse.

Fans can purchase everything from plants to bulbs, seeds to gardening kit, as well as booking events and courses with the premise of making both their outdoor and indoor spaces as organically awesome as possible.



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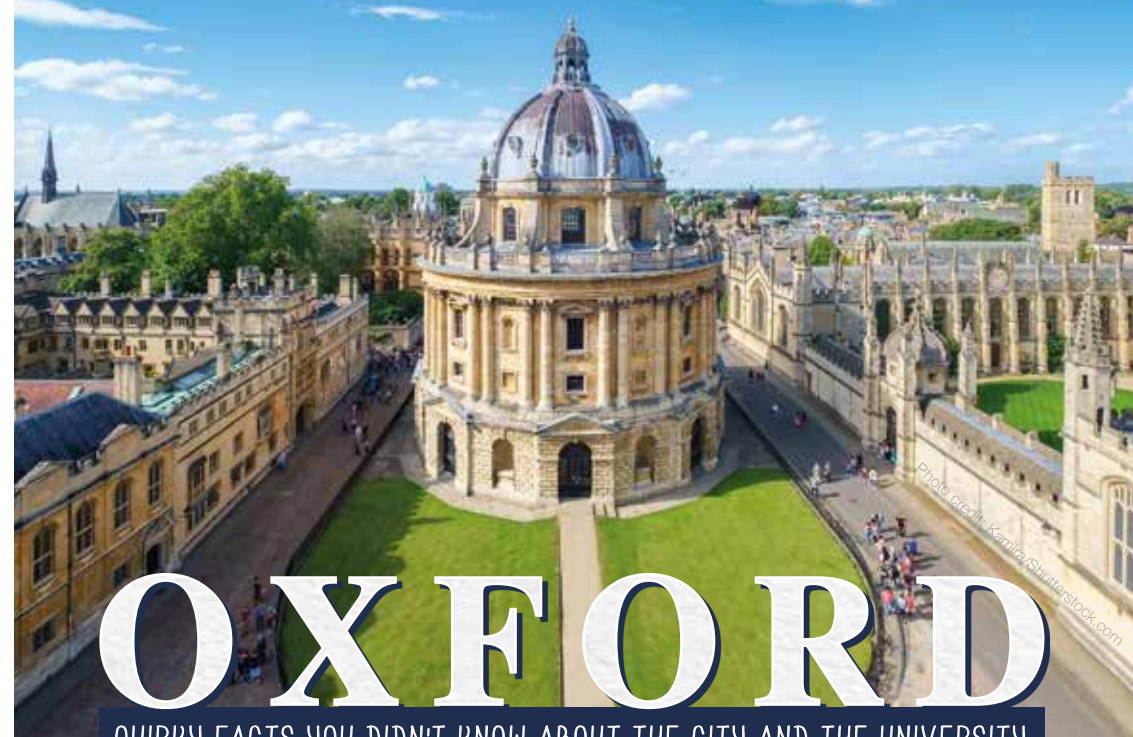
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OXFORD

QUIRKY FACTS YOU DIDN'T KNOW ABOUT THE CITY AND THE UNIVERSITY

Oxford is one of the most famous cities in the UK. Home to one of the most highly esteemed universities in the world, as well as glorious architecture and scenery, it's one of those cities everyone should experience at least once in their lives.

Here are some facts you might not know about Oxford and its famous university.

OXFORD UNIVERSITY WAS FOUNDED IN 1096: This makes it around 925 years old, and one of the oldest universities in the world.

IT'S A HUB FOR WRITERS: With more authors published per square mile than anywhere else in the world, Oxford is a great place to be a writer. Some of the most successful authors who attended the university include J.R.R. Tolkien, C.S. Lewis and Lewis Carroll.

THE LECTURERS WERE BANNED FROM MARRIAGE: Oxford University lecturers were trained to be priests and therefore upheld the value of chastity, even if they went on to other professions. That rule was overturned in 1877.

WOMEN WEREN'T ALLOWED TO STUDY AT OXFORD UNTIL 1878: Marriage wasn't the only

thing banned at Oxford – women were too. They were given permission to study in 1878, could be awarded degrees from 1920 and, finally, were allowed to study and stay at all colleges in 1974. Today, the number of male and female undergraduates is around 50/50.

FAMOUS STUDENTS: Oxford University has had some very famous students. Alumni include writer Oscar Wilde, *Harry Potter* actress Emma Watson, poets T.S. Eliot and Philip Larkin, and Professor Stephen Hawking.

WORLD'S LARGEST BOOKSHOP: Oxford is home to the world's largest bookshop. Built in 1879, Blackwells Bookshop's basement, the Norrington Room, is 10,000 square feet and has more than three miles of shelving and 150,000 books.

OXFORD ESCAPED THE BLITZ: No bombs were dropped on Oxford during the Second World War. It's believed that Hitler wanted Oxford to be the country's new capital if it was successfully conquered.

Now that you're armed with some fun Oxford facts, will you be paying this fascinating city a visit?

TACKLE THAT



Not many children like having their hair brushed, especially if they are prone to the odd tangle or two. Fortunately, we have the low-down on how to detangle your child's hair in just five simple steps.

Step 1: Start with clean and conditioned hair

Wash your child's hair with detangling shampoo and then apply conditioner. If you see any tangles at this stage, gently comb through the hair while the conditioner is still in and then rinse.

Step 2: Use a hair towel

Once you have finished washing your child's hair, quickly and gently dry it by either blotting or wrapping it in an absorbent hair towel. Avoid rubbing the hair as this can create even more tangles.

Step 3: Loosen any knots

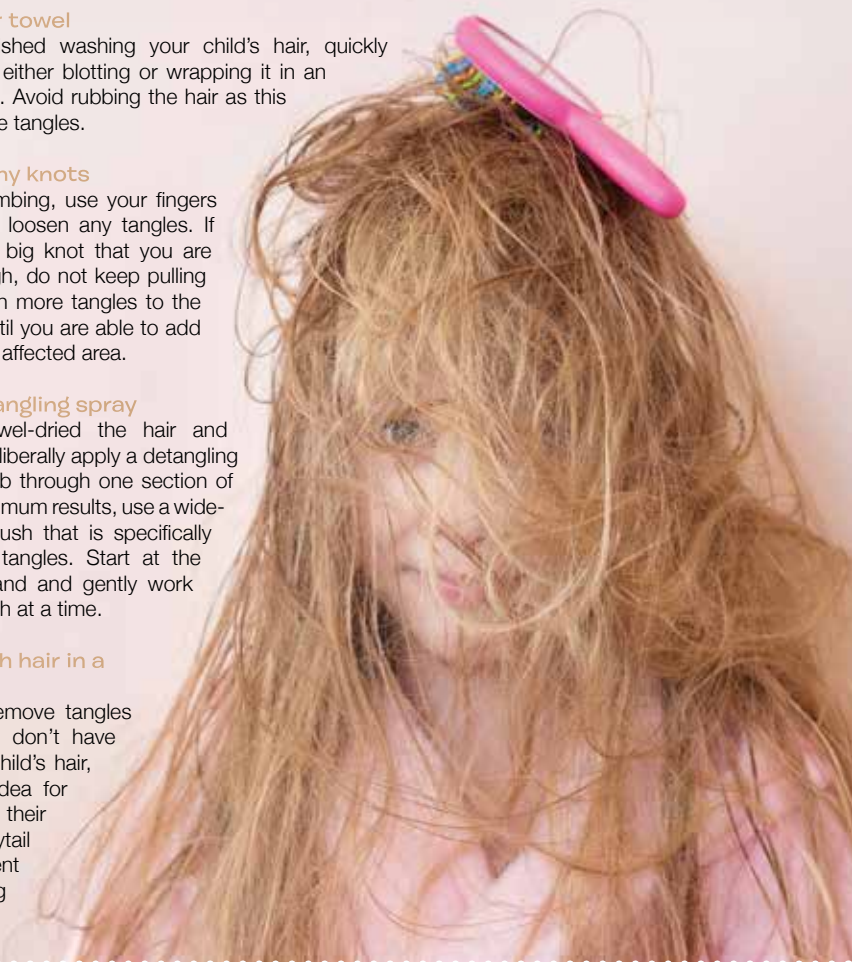
Before you start combing, use your fingers to gently break and loosen any tangles. If you come across a big knot that you are unable to pull through, do not keep pulling as this can add even more tangles to the hair. Instead, wait until you are able to add some product to the affected area.

Step 4: Try a detangling spray

After you have towel-dried the hair and loosened any knots, liberally apply a detangling spray and then comb through one section of hair at a time. For optimum results, use a wide-tooth comb or a brush that is specifically designed to tackle tangles. Start at the bottom of each strand and gently work your way up, one inch at a time.

Step 5: Sleep with hair in a ponytail

If you struggle to remove tangles in the morning and don't have time to wash your child's hair, it can be a good idea for them to sleep with their hair in a loose ponytail as this will help prevent tangles from forming overnight.



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BRUCE KING

on the intricacies of time management

TIME MANAGEMENT



In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

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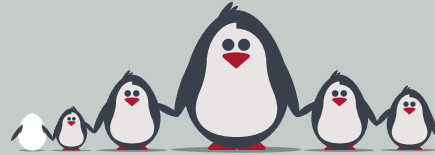
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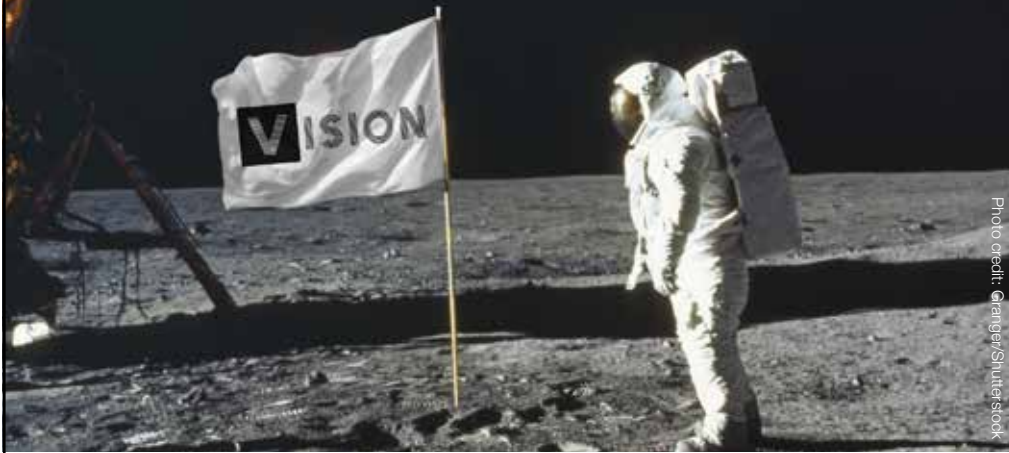


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BUSINESS & PROPERTY



When buying your home, you may have come across the terms 'freehold' and 'leasehold'. These are the two main ways of owning property in England. But what do they mean when it comes to buying your home?

WHAT IS FREEHOLD?

Buying a freehold property means buying the home in its entirety. There is no time limit on a lease, and you're free to rent out the property if you wish. You will own the home and the land it sits on.

WHAT IS LEASEHOLD?

A leasehold property, meanwhile, has a different set of terms. With a leasehold, you'll have the right to occupy a property for a set amount of time. After the leasehold period is complete, you could either extend it or consider selling your property. A lease can be applied for more than 100 years, but it's important to check how long the lease has left when buying the property.

FREEHOLD VS LEASEHOLD: WHICH SHOULD YOU CHOOSE?

It's difficult to decide whether freehold or leasehold is better for your purchase. For properties like flats and apartments in city centres, these are typically

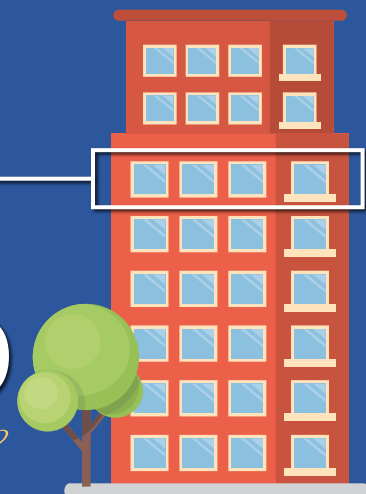
leasehold. Leasehold owners tend to be short-term buyers, or those looking for an investment property.

With a leasehold property, you may have to seek permission from the landowner before you make any changes to the property. Freeholders have free rein within planning permission limits.

The right choice will depend on your unique circumstances, but further research can help you find an option you're comfortable with to make owning your first home a reality.

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MOTORING

THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

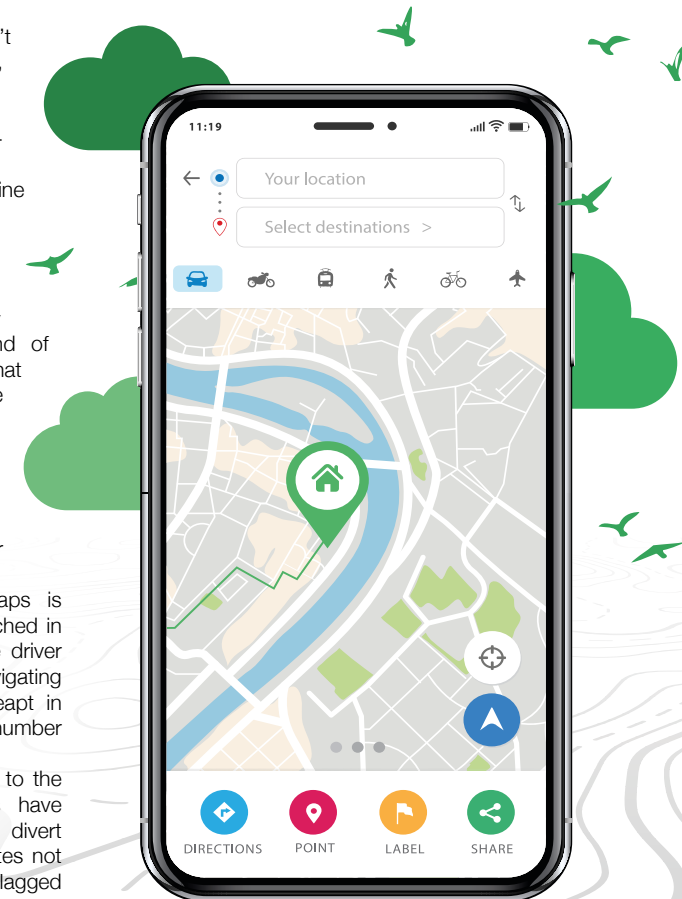
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.





SPORT



A DISAPPOINTING WINTER OLYMPICS FINALLY CAME GOOD FOR TEAM GB ON THE CURLING ICE, AS OUR WOMEN BROUGHT HOME GOLD

For all the hype and outside medal prospects, Team GB's Winter Olympics campaign came down to five women, five men and a collection of 42lb stones with handles fixed to the top.

The simplicity of the sport of curling is, at times, what makes it a source of amusement for many. However, the skill, tactical prowess and precision with which our brilliant women and men battled to Olympic gold and silver respectively provided the very best moments at Beijing 2022.

After defeating Sweden 12-11 in the semi-final, the women lived up to their 'favourites' tag by seeing off Japan in style in the final.

Led by the mercurial Eve Muirhead – who had experienced two previous semi-final defeats – the team crushed Japan 10-3 in the final on Sunday, February 20. Fellow victors Vicky Wright, Jen Dodds, Hailey Duff and Mili Smith have become first-time Olympic champions after the group

squeezed through the round-robin stage with five victories and four defeats.

That victory made up for the disappointment of the men losing their gold medal showdown with Sweden 24 hours earlier. The final had ended in a tense 4-4 draw, with the Swedes, led by the brilliant Niklas Edin, digging deep to see off a brave British effort from captain Bruce Mouat and his side.

Beijing 2022 will forever be an Olympics embroiled in scandal and controversy, with the doping scandal and extreme COVID-19 restrictions providing an uncomfortable backdrop to events, right up until the closing ceremony, in which a medal presentation featured a competitor previously suspended for taking a banned substance.

Thankfully, the feel-good factor provided by our curling teams will leave us with a positive reflection of the 2022 Winter Olympics, and hope for greater rewards in Italy in four years' time.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ BATON
- ▶ DECATHLON
- ▶ DISCUS
- ▶ FIELD
- ▶ HAMMER
- ▶ HEPTATHLON
- ▶ HIGH JUMP
- ▶ HURDLES
- ▶ JAVELIN
- ▶ LONG DISTANCE
- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
- ▶ PENTATHLON
- ▶ POLE VAULT
- ▶ RELAY
- ▶ SHOT PUT
- ▶ SPRINTS
- ▶ TRACK
- ▶ TRIPLE JUMP

Y	U	A	L	C	S	R	Q	D	L	E	I	F	X	H
B	T	F	O	N	O	H	T	A	R	A	M	T	I	O
M	L	N	N	J	S	E	O	F	Q	M	P	G	N	L
R	U	O	G	W	H	E	P	T	A	T	H	L	O	N
A	A	T	D	T	X	W	L	A	P	J	F	R	K	B
S	V	A	I	R	L	Z	A	D	U	U	L	I	T	E
T	E	B	S	A	N	X	S	M	R	O	T	S	N	R
N	L	R	T	C	A	I	P	C	N	U	P	M	F	E
I	O	S	A	K	T	C	L	G	I	Y	H	T	K	M
R	P	U	N	P	M	U	J	E	L	P	I	R	T	M
P	F	C	C	O	R	U	I	O	V	R	M	C	B	A
S	O	S	E	D	M	T	E	L	F	A	E	Y	U	H
E	V	I	E	P	Y	U	O	R	R	S	J	L	L	Y
R	K	D	N	O	L	H	T	A	C	E	D	T	A	O
K	S	U	T	N	O	L	H	T	A	T	N	E	P	Y

DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

WORD LADDER

PUSH
BIKE

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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