

**TIPS  
FOR  
CURLY  
HAIR**

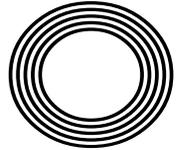
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# Editor's notes...

APRIL 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. Have you noticed anything different about this month's magazine? Here at **VISION**, we've taken one step further in our commitment to the environment by changing our printing process so that our magazines are now 100 per cent recyclable. This is the result of hard work over several months, but it's worth it to know we are doing our bit for the environment.

We know many of our readers like to keep their **VISION** magazines - we even know of some who have a collection going back to the first edition - but if you do decide to throw it away, you can now put the whole magazine in the recycling bin without having to remove the cover first.

On the cover of this month's magazine is Phillip Schofield, who celebrated his 60th birthday at the beginning of April and also marks an impressive 40 years in the spotlight this year. From his first turn on Children's BBC's *The Broom Cupboard* to starring on the ever-popular *This Morning*, he's endeared his way into the nation's hearts and homes.

It would be remiss of me not to mention the current situation in Ukraine. Many of us, horrified by what we are witnessing, are keen to help. Whether it's offering your time, money or donations, I encourage you all to help those in need in whatever way you can.

*Brett Shohet*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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



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# SEWING THE SEEDS OF SUCCESS



Photo credit: BBC and Comic Relief



## FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

“I love what I do, and while it’s great to have a

career in the media, that’s never what I set out to achieve,” he says. “What I wanted, from day one, was to be successful, and I’m not going to give that up until my body tells me it’s time to.”

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: “It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special.

“It validates everything I have put into the sport.”

And while Daley is a public figure with a hugely marketable profile – “I don’t really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job” – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

“There is a huge toll on your private life in a sport such as this, but I try my best to balance things,” says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: “If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country.

“To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don’t really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you.

“It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward.”



# STORM CHAOS

**STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING**

Storm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email [nameourstorms@metoffice.gov.uk](mailto:nameourstorms@metoffice.gov.uk) with your own cute (or totally terrifying) choice.

Photo credit: Dimitris Legakis/Ahena Pictures/Shutterstock

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BEAUTY

# TAME THE CURLS

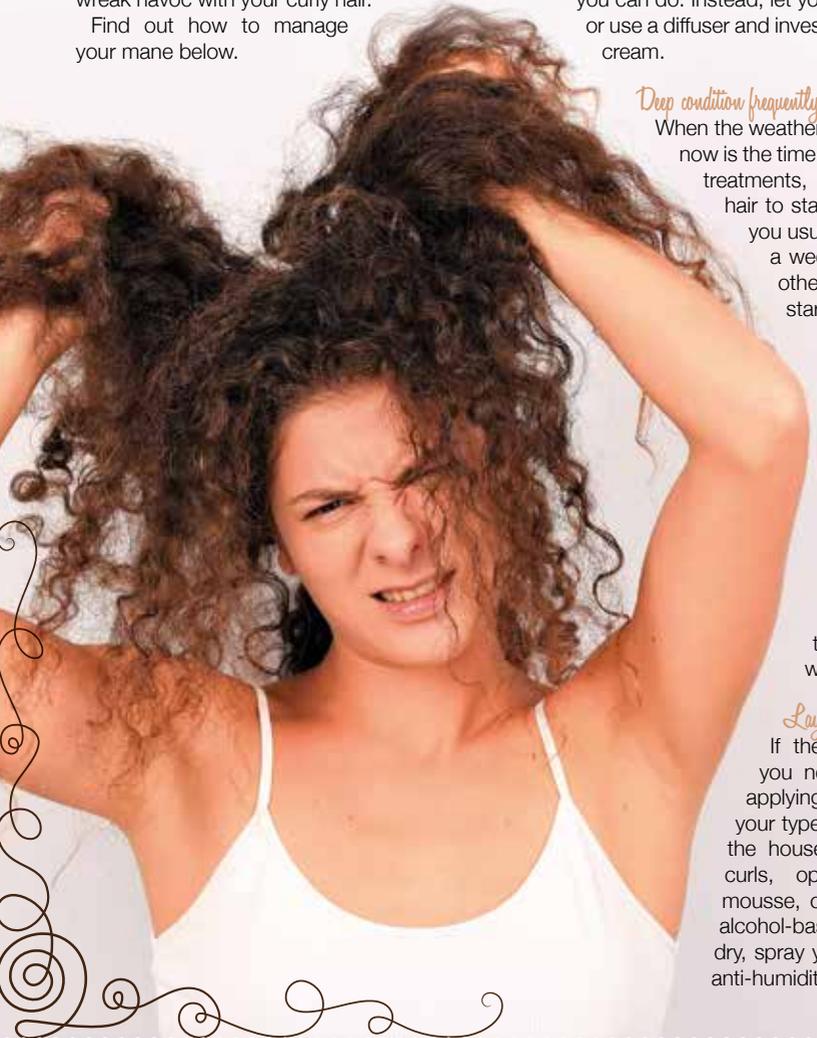
**D**oes your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy? As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair. Find out how to manage your mane below.

*Avoid hair-styling tools*  
Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

*Deep condition frequently*  
When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

*Try the pineapple trick*  
If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.

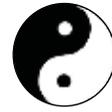
*Layer up products*  
If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.





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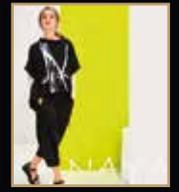




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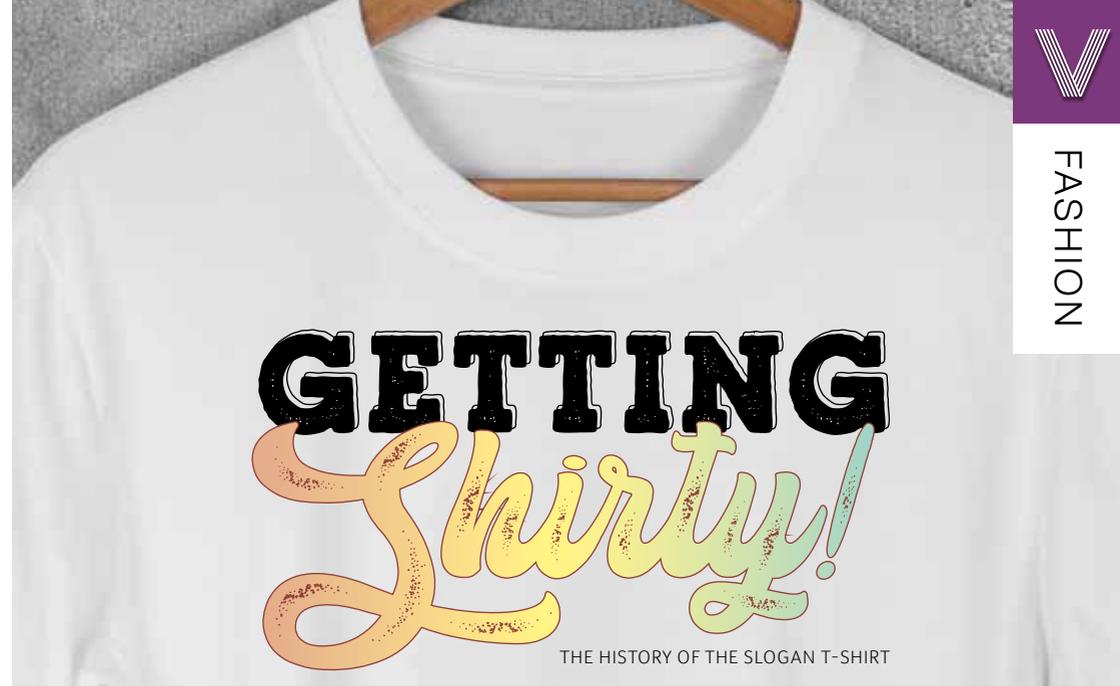
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# GETTING Shirty!

THE HISTORY OF THE SLOGAN T-SHIRT

Since the first slogan t-shirts were worn in the 1950s, our desire to shout messages – without the use of a megaphone – has never relented.

Across political statements, pop culture (think Frankie Says Relax), Fila and Champion leisurewear, the slogan t-shirt has become a fashion icon that goes beyond visual appeal. It is used to express opinion, reference popular culture, and has accelerated campaigns, initiatives and product sales for its ability to unite people with similar perspectives.

The popularity of the casual t-shirt came to prominence some 70 years ago, prompted by a young Marlon Brando in the film *A Streetcar Named Desire*.

In the years that followed, innovations in print technology saw everyone from Disney to Andy Warhol decorate the fronts of our chests with a desire to make statements.

By the 1970s, and led by designer Katherine Hamnett, the slogan t-shirt was being adapted for more political purposes.

She said: “It seemed as if democracy was slipping through our fingers. The slogan t-shirt was something to give you a voice... something to believe in that you could wear on your chest that could be read from 200 yards away.”

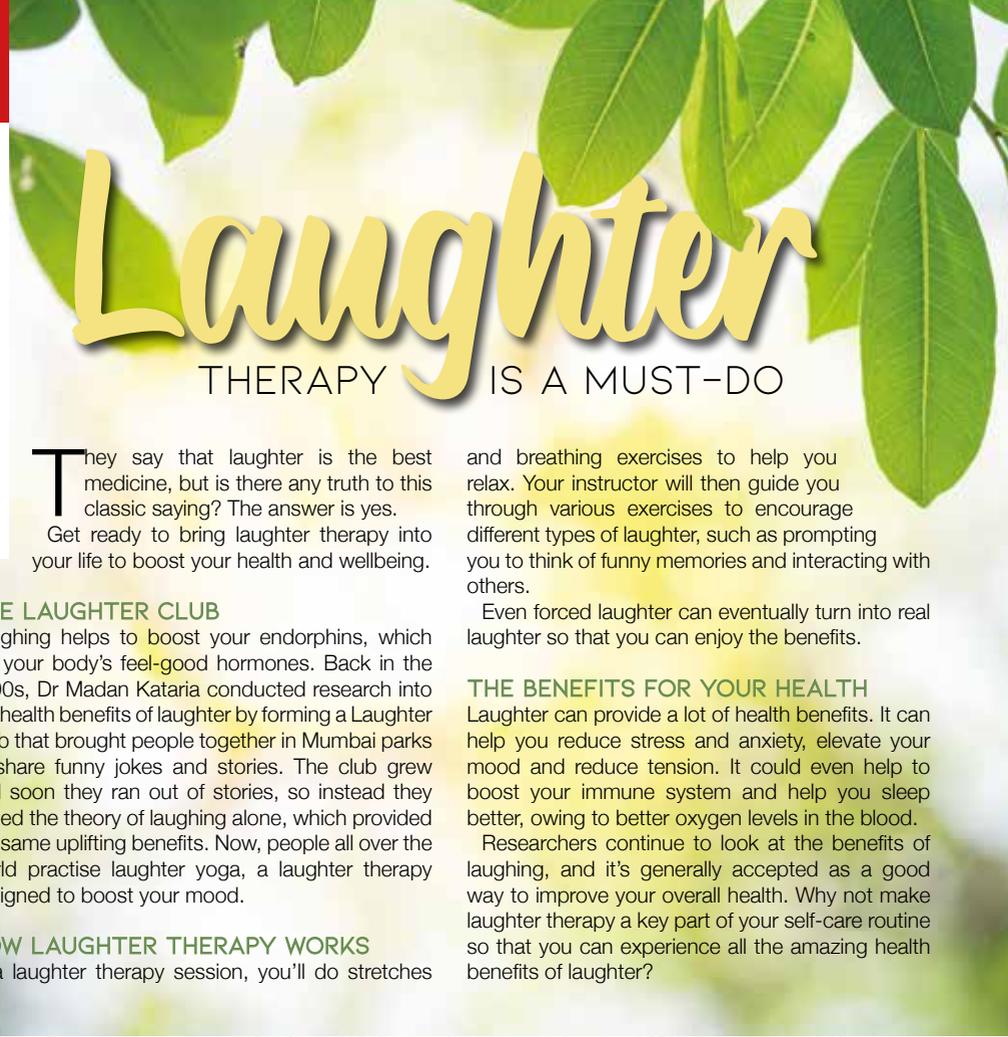
In recent years, the visual t-shirt has become as much a reference to being fashionable as it is an indicator towards a political or social movement. From Nike to Hugo Boss, French Connection to Fortnite, the signifier of a brand or product is a nod to our own preferences.

And yet, in these challenging social times, the expectation is of a return to stronger statements around gender, Brexit, diversity and general politics.

Whatever the message, the slogan t-shirt is here to stay.



Photo credit: ASOS.com



# Laughter

THERAPY IS A MUST-DO

They say that laughter is the best medicine, but is there any truth to this classic saying? The answer is yes. Get ready to bring laughter therapy into your life to boost your health and wellbeing.

### THE LAUGHTER CLUB

Laughing helps to boost your endorphins, which are your body's feel-good hormones. Back in the 1990s, Dr Madan Kataria conducted research into the health benefits of laughter by forming a Laughter Club that brought people together in Mumbai parks to share funny jokes and stories. The club grew and soon they ran out of stories, so instead they tested the theory of laughing alone, which provided the same uplifting benefits. Now, people all over the world practise laughter yoga, a laughter therapy designed to boost your mood.

### HOW LAUGHTER THERAPY WORKS

In a laughter therapy session, you'll do stretches

and breathing exercises to help you relax. Your instructor will then guide you through various exercises to encourage different types of laughter, such as prompting you to think of funny memories and interacting with others.

Even forced laughter can eventually turn into real laughter so that you can enjoy the benefits.

### THE BENEFITS FOR YOUR HEALTH

Laughter can provide a lot of health benefits. It can help you reduce stress and anxiety, elevate your mood and reduce tension. It could even help to boost your immune system and help you sleep better, owing to better oxygen levels in the blood.

Researchers continue to look at the benefits of laughing, and it's generally accepted as a good way to improve your overall health. Why not make laughter therapy a key part of your self-care routine so that you can experience all the amazing health benefits of laughter?



BEFORE



AFTER

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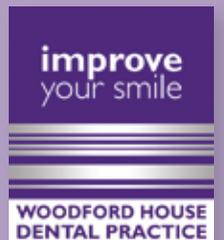
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# Natural MENOPAUSE MANAGEMENT



## A NATURAL APPROACH TO MANAGING THE MENOPAUSE

Whether you don't want to take hormone replacement therapy (HRT), you can't for medical reasons or you want to supplement this prescription treatment, there are natural ways that can help you to manage the menopause.

### EAT A HEALTHY DIET

Women's bone density reduces during menopause so it is essential that you eat a diet rich in calcium to keep your bones healthy and strong. Reducing your sugar intake and eating low GI foods can help to reduce mood swings, while eating healthy fats can help increase the healthy bacteria in your gut which can diminish after menopause.

### REDUCE ALCOHOL INTAKE

Some women find that alcohol exacerbates their symptoms, especially hot flushes. Alcohol can also increase your risk of developing osteoporosis, heart disease and some types of cancer. Plus, it is high in calories, which is not ideal if you are experiencing weight gain as a result of the menopause.

### PARTAKE IN REGULAR EXERCISE

Important for both your cardiovascular and bone

health, as well as reducing feelings of stress and anxiety, it is more beneficial to exercise gently and regularly than it is to go all out once in a while. Both yoga and swimming are great options for women undergoing the menopause.

### COGNITIVE BEHAVIOURAL THERAPY (CBT)

If you are suffering with low moods and/or anxiety as a result of the menopause, CBT can help you work through these emotions. There is also some evidence that suggests CBT can help to control hot flushes.

### TRY HERBS AND SUPPLEMENTS

There are several herbs and supplements that are said to help manage menopause symptoms, including:

- > Black cohosh – to alleviate night sweats and hot flushes
- > Red clover – to slow down bone loss and alleviate hot flushes
- > Dong quai tea – to ease pelvic pain and regulate oestrogen levels
- > Valerian root – to treat joint pain, aid sleep and reduce hot flushes.



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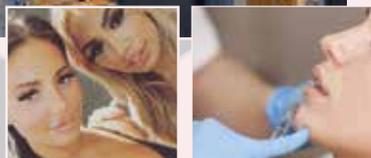
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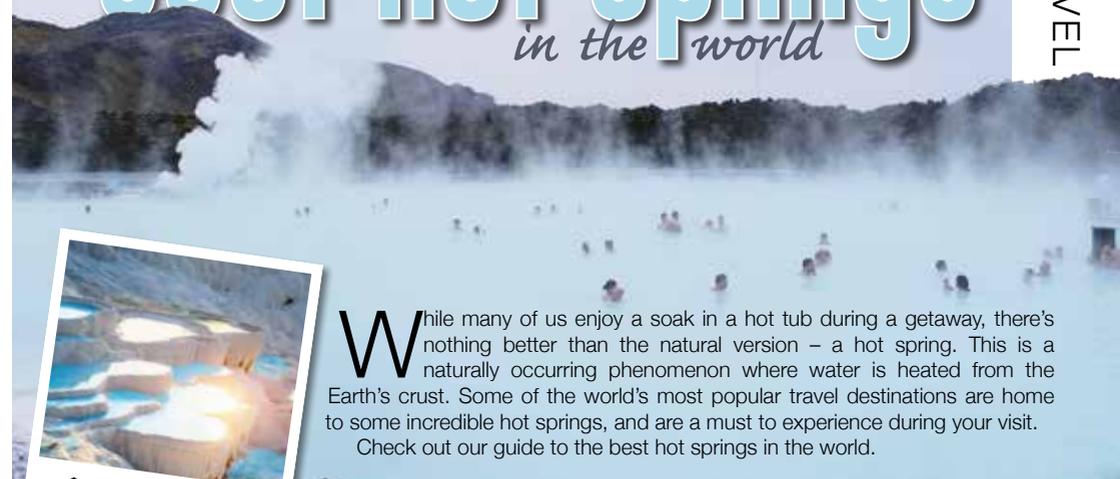
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TRAVEL

# Guide to the best hot springs in the world



While many of us enjoy a soak in a hot tub during a getaway, there's nothing better than the natural version – a hot spring. This is a naturally occurring phenomenon where water is heated from the Earth's crust. Some of the world's most popular travel destinations are home to some incredible hot springs, and are a must to experience during your visit. Check out our guide to the best hot springs in the world.



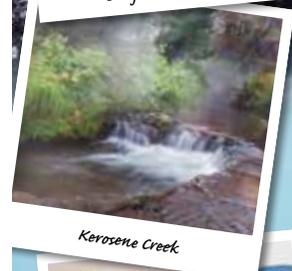
Pamukkale Thermal Pools

**blue Lagoon geothermal spa, iceland:** One of the most famous hot springs in the world, more than 4,000 people visit Blue Lagoon every day. The beautiful blue water, alongside the idyllic mountain scenery, provides the perfect spot for relaxation. With 38°C temperatures and an on-site spa, a visit to Iceland isn't complete without a visit to Blue Lagoon.



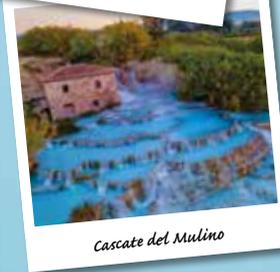
Banjar Hot Springs

**pamukkale thermal pools, turkey:** Pamukkale Natural Park is a UNESCO World Heritage Site and home to a dozen thermal springs. It's a picture-perfect setting with beautiful blue water set against white limestone – ideal for relaxing in the Turkish sun. The Egyptian Queen Cleopatra is known to have visited the Pamukkale pools.



Kerosene Creek

**banjar hot springs, bali:** The Banjar Hot Springs provide a stunning setting across two levels and offer complete relaxation. There is even a family pool, providing something for everyone in this wonderful part of Indonesia.



Cascade del Mulino

**kerosene creek, new zealand:** New Zealand provides so many amazing experiences, and Kerosene Creek doesn't disappoint. Set deep within the Rotorua forest, spending time relaxing in this striking hot spring is an experience you won't forget.

**cascade del mulino, italy:** One of Tuscany's most popular spots, the Cascade del Mulino is open 24 hours a day, allowing guests to experience its beauty at all times of the day and night. The limestone pools are magnificent, and it's a great place to unwind after a day exploring the sights of Tuscany.

With incredible hot springs located all over the world, will you visit one on your next adventure?

Photo credit: Unsplash under Creative Commons/efr-sheldon



FOOD & DRINK



# 2022 FOOD festivals in the UK

**D**o you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

### PUB IN THE PARK

**All over the UK, May 12-September 18**  
Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at [pubintheparkuk.com](http://pubintheparkuk.com)

### BIGFOOT Buckinghamshire, June 17-19

A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gipsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at [bigfootfestival.co.uk](http://bigfootfestival.co.uk)

### THE BIG FESTIVAL The Cotswolds, August 26-28

Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at [thebigfestival.com](http://thebigfestival.com)

### MEATOPIA Tobacco Dock, London, September 2-4

One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at [meatopia.co.uk](http://meatopia.co.uk)



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**HOW TO COOK PERFECT ROAST BEEF**

**FOOD & DRINK**

**HOW TO MAKE:**

- > Preheat the oven to 240°C/475°F/gas 9 and take your topside of beef out of the fridge and let it come to room temperature.
- > Chop your chosen vegetables and layer on the bottom of your roasting tray, drizzled in oil.
- > Oil and season the beef, before placing it on top of the vegetables.
- > Place the tray in the oven, then turn the heat down immediately to 200°C/400°F/gas 6 and cook for an hour for medium beef. If you prefer it medium-rare, take it out 5 to 10 minutes earlier. For well done, leave it in for another 10 to 15 minutes.
- > Baste the joint halfway through and add water to the veg as necessary.
- > When cooked, place the joint on a chopping board to rest for 15 minutes.
- > Use the juices and vegetables to make gravy.

**WHAT YOU NEED:**

- > 1.5kg topside of beef
- > Selection of vegetables such as carrots, garlic cloves, onions, celery, etc
- > Olive oil





# PAINT BY NUMBERS



$10\text{M} \times 2.5\text{M} = 5\text{M}^2$

## HOW TO CALCULATE HOW MUCH PAINT YOU NEED WHEN DECORATING

Painting is one of the easiest DIY jobs you can do around the house. There's not much skill involved, materials are cheap, and it's easy to do once you get the time.

But one thing that frustrates DIY painters is not knowing how much paint is enough for their project. This leads to repeat visits to the decorating supplier, delays to your job, and frustration.

We're here to help you work out how much paint you need for your next project. Take a look at this simple guide for our top tips.

**MEASURE YOUR SPACE:** Knowing your figures will make the process of buying paint much simpler. Multiply the height and width of your walls to give you a square metre measurement to work with.

**CONSIDER HOW MANY COATS YOU NEED:** The number of coats you will need will depend on the type of paint you use. Some paints may only need one coat, but the majority will need two or three coats to achieve the desired look.

**MAKE YOUR CALCULATION:** Your paint tin should tell you how much coverage per square

metre it provides. Divide the square metre number for your space by the suggested coverage amount on the tin, to work out how many tins you'll need.

For example: If you're painting a wall that's 10mx2m (20m<sup>2</sup>), and a 5-litre tin of paint covers 10m<sup>2</sup>, you'll need two tins of paint. Et voilà, it's that simple.

**SOME QUICK AND HANDY TIPS:** These tips can provide you with a rough guide for calculating paint for different spaces:

- > 1 litre of paint will cover a feature wall (approx 2.5m<sup>2</sup>)
  - > 2.5 litres of paint will paint an entire small room (approx 2mx2m)
  - > 5 litres of paint will paint an entire medium room (approx 4mx4m)
- This is for two coats of paint, for a standard wall height of 2.4m.

Knowing how much paint you need will help you get started on your projects, help you save money, and avoid the frustration of having too little or too much paint.

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- Erica Layne -



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# NICK OF TIME

## NICK KNOWLES CELEBRATES 30 YEARS ON OUR SCREENS

When Nick Knowles said an emotional farewell to his *DIY SOS* show at the end of 2021, it brought the curtain down on an impressive period of renovating, refreshing and reviving people's living spaces.

It's a shame the 59 year old's tenure ended in such acrimonious fashion – the presenter was unceremoniously binned after appearing in an advert for Shreddies. In mimicking his role in *DIY SOS*, he had broken a BBC contract rule, and the axe fell. Comedian Rhod Gilbert replaced Knowles, who has since not been short of offers for new work. So it appears that life – and home improvements – continue.

Knowles got his break in television back in the early 1990s as a reporter on nightly news show *Coast to Coast*, which aired on TVS, the precursor to ITV Meridian.

From 1994, he presented a motorcycle programme called *Ridge Riders* for eight years, before the BBC saw Knowles' potential and

matched him up with Lowri Turner for a new-launch DIY show that would ride on the coattails of the hugely successful *Changing Rooms*.

The format of *DIY SOS* was fast-paced and usually leant on solving property issues for those in need of help, rather than people simply wanting a change of decor.

The success of *DIY SOS* led Knowles into daytime shows such as *Real Rescues*, *Wildest Dreams* and *Last Choir Standing*. However, it was becoming a game show host, notably through the lottery programme, that shaped the charismatic Southall-born frontman. *Who Dares Wins*, *Secret Fortune*, *Perfection* and *Break the Safe* guided him to star presenter status, and the inevitable *I'm A Celebrity* invitation. He subsequently finished sixth in the 2018 show, which was won by Harty Redknapp.

As for what comes next, Knowles's *Heritage Rescue* show on Quest looks at historic buildings in need of restoration – proof that there's always another DIY project lurking just around the corner.

Photo credit: Jake Morley/BAPTA/Shutterstock



HOME & DIY



# WALK-IN SHOWER vs



# WET ROOM



**W**alk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

### WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

### WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

### WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

### WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

### WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.



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# SODA CRYSTALS



HOME & DIY

**C**heap and versatile, soda crystals can be used for so much more than just softening water or cleaning your washing machine. A powerhouse of a product, soda crystals will fast become your go-to cleaner for many common household tasks.

**1. TO UNBLOCK THE SINK** – If your plugholes become clogged with food waste, debris and grease, you are likely to experience unpleasant odours and slow-draining water. Rectify this by pouring one cup of soda crystals directly down the plughole, followed by a kettle of boiled water.

**2. TO CLEAN YOUR EXTRACTOR FILTER FAN** – If your extractor fan is covered in grease, this can be easily remedied with soda crystals. Create a strong solution using one cup of soda crystals and one pint of water, pour into a bowl, and let your filter soak for 10-15 minutes. Scrub any leftover residue using a sponge and then rinse.

**3. TO REMOVE ALGAE FROM PATIO OR DECKING** – Over the winter, your outdoor patio or decking may have succumbed to algae and moss. To get it looking new again, create a regular solution of soda crystals using ½ cup of crystals and one pint of water and pour over the surface. Leave to sit for an hour, scrub with a firm bristle brush and rinse with a hose.

**4. TO RESTORE CARPETS AND RUGS** – Soda crystals are the perfect cleaning solution for dull and faded carpets or rugs. All you need to do is sprinkle an even layer of soda crystals over the area and leave for a few minutes. Then apply your normal carpet cleaner to finish.

**5. TO SOFTEN TOWELS** – Crunchy towels are the worst, but fortunately, this problem can be easily solved by soaking them in a regular solution of soda crystals – mix ½ cup of soda crystals and one pint of warm water. Leave for one hour then rinse.





# 3 REMOVAL REMEDIES FOR BLACK MOULD

**B**lack mould is a common, yet nasty, household problem that no homeowner likes to face. However, there are remedies that promise to eradicate all signs of this troublesome tarnish.

**BAKING SODA:** If you want a natural remedy to remove black mould from your home, then a little baking soda is all you need. Used for generations to banish black mould, baking soda has a pH level of around 8-8.1, which is too high to allow mould to thrive.

**HOW TO MAKE AND APPLY A BAKING SODA SOLUTION:**

Add ¼ tsp of baking soda to 2 cups of water | Pour into a spray bottle | Liberally spray the affected area and scrub thoroughly with a brush | Rinse with cold water | Treat again to prevent the mould from returning.

**VINEGAR:** Another natural remedy, vinegar is acidic, with a pH of around 2.5, which means it can attack the structure of mould and actively break it down.

**HOW TO APPLY VINEGAR:**

Pour undiluted vinegar into a spray bottle | Spray directly onto the affected area | Leave for 15 minutes | Spray again and wait a further 15 minutes | Wipe clean with a damp rag.

**BLEACH:** Known for its ability to kill practically everything in its path, bleach is a powerful cleaner that can effectively get rid of black mould on non-porous surfaces such as tiles and sinks. The only problem with using bleach is that you need to be aware of the bleach fumes. Make sure you wear rubber gloves and a faceguard before you start cleaning.

**HOW TO MAKE AND APPLY A BLEACH SOLUTION:**

Mix one part bleach with four parts water | Pour onto the affected area and gently scrub with a damp cloth | Once finished, dry the area with a soft cloth.

**OUR TOP TIPS FOR PREVENTING BLACK MOULD:** Invest in a dehumidifier | Keep kitchens and bathrooms well ventilated | Tackle leaks as soon as they appear | Spread out towels and shower curtains to dry.



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# OUT OF THE BROOM CUPBOARD... *and onto centre stage*

## CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning*'s steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dying his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.

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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## School opens new forest-themed library

A Loughton school library designed by pupils opened last month after undergoing refurbishment.

The previous library at Staples Road Primary School was “dated and uninspiring”, so a competition was held, asking children to design a forest-themed library.

Children then joined a reading competition to earn a golden ticket for the grand opening of the new library.

Headteacher Mr Mallender, dressed as Willy Wonka, officially opened the library, while deputy headteacher, Claire Dawson, and assistant headteacher, Mr Johnson, dressed as Oompa Loompas (all pictured above), went from class to class rounding up the ticket winners.

A spokesperson for the school said: “We are so

proud of our lovely new library and the children absolutely love it. They are excited to visit the library and this is what we wanted from the start: a space within our school where children can lose themselves in a book and develop a lifelong love of reading.”

One of the school’s governors said: “Our local primary school, which has been plagued by floods over the last two years, has finally opened its new library. Being situated on the edge of Epping Forest in Loughton, the teachers and pupils have been keen to bring the forest ‘in’ and have created a beautiful space to encourage a love of literacy and learning. It’s been a real labour of love and we’ve had amazing support from our local independent bookshop.”



Photo credit: Qualis

# Plans submitted for homes on garden nursery site

Plans have been submitted for 37 new homes on the site of a former garden nursery in Loughton. Qualis Commercial is proposing to build 37 new homes on the former Epping Forest District Council nursery site on Pylles Lane, which has stood empty for several years.

The plans include eight four-bedroom houses, 10 three-bedroom houses, two two-bedroom houses,

five one-bedroom apartments and 12 two-bedroom apartments. Qualis says its development will "integrate with the scale of the surrounding area and be considerate of the adjacent Millennium Remembrance Grove area". It added: "The development will deliver quality houses and apartments with individual car parking spaces, along with parking for visitors."

# Easy access allotments officially opened

Easy access allotments on Lower Queen's Road in Buckhurst Hill have officially opened. Raised beds made out of timber sleepers, which are suitable for use by wheelchair users, have been installed as part of the Easy-Access Zone Project, created by Buckhurst Hill Leisure Gardens (BHLG). BHLG chairman, Tim Ward, said: "Our ultimate ambition is to eventually build a number of these zones across all five allotment sites in Buckhurst Hill." BHLG voluntarily manages the five sites on behalf of Buckhurst Hill Parish Council. The work has been funded by a grant from Essex County Council's Community Initiative Fund and Buckhurst Hill Parish Council, plus a donation from Waitrose and money from allotment fundraising activities. Loughton-based landscape company, Specialist Garden, carried out the work.



Photo credit: Everything Local News

Parish council chairman, councillor Ken Williamson (pictured far right), said: "I hope that whoever uses it gets so much enjoyment out of it because it's something really worthwhile. "The benefits are the ease of access and being out in the open air. It's good for everybody's mental health, which is the issue everyone is talking about at the moment."

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## Easy access allotments officially opened

LOCAL NEWS



Photo credit: Epping Forest District Council

Epping Forest District Council (EFDC) is pleased to announce that a number of Loughton car parks have received the prestigious Park Mark award.

The Safer Parking Scheme award recognises car parks with measures in place that actively deter crime and the fear of crime, with Park Marks awarded to facilities that pass a rigorous risk assessment.

The assessments include management and maintenance of the facility, and ensuring that there are appropriate levels of surveillance, lighting, signage and cleanliness. These criteria are known to reduce the opportunities for crime and create a safer environment for motorists and their vehicles.

The car parks in Loughton recognised with the award are Vere Road Car Park North and South, Burton Road, Burton Road South, Oakwood Hill, Traps Hill, The Drive, Smarts Lane, High Beech, and Sainsbury's Old Station Road.

Councillor Sam Kane, portfolio holder for customer and partnerships at EFDC (pictured), said: "EFDC is proud to support the Safer Parking Scheme for safer, brighter and cleaner car parks. Ensuring safety of people and their vehicles in our car parks is our priority and we are pleased to provide a safe and welcoming environment for all customers."

## Successful by-election candidate announced

The successful candidate for the Buckhurst Hill Parish Council by-election has been announced.

Conservative candidate Alan Weinberg will now represent the Buckhurst Hill West Ward after achieving a 42-vote majority.

Mr Weinberg polled 447 votes, followed by Buckhurst Hill Residents' Association's Anthony Young with 405 votes.

The two candidates battled it out in the by-election last month following the resignation of Green Party candidate, Sarah Goodfellow.

New councillor Alan Weinberg told **VISION**Loughton: "I'm very pleased I won; I've been out of politics from 2018 until now.

"I moved from Redbridge to Buckhurst Hill and I hope to be able to continue the work from Redbridge and to be able to help residents with their concerns."

## Woman fulfils dream of becoming police officer

Loughton has welcomed its newest police officer. PC Sarah Scully (pictured below) has wanted to be a police officer since the age of 17 and has now achieved her goal of joining the thousands of officers protecting and serving the people of Essex.

PC Scully, who will be based in Loughton, said: "This is a huge deal to me. When I was younger, I was in public services and, for whatever reason, becoming a police officer didn't happen. Now, years later, it's so important that I've been able to achieve it. I'm pretty impressed with myself."

PC Scully decided to take the leap to become a police officer thanks to her best friend.

She explained: "My best friend works in the Metropolitan Police Service and she inspired me to apply to become a police officer. She told me I just need to take the leap and do it. When it comes to exams and learning about the different powers and offences, she's been so helpful."

The steps to becoming a qualified police officer can be challenging. PC Scully, who left college at 19, said the exams have been the most difficult part of her training.

She continued: "I hadn't done any type of formal exam since leaving college. That's been the biggest challenge for me because it's been back to school learning mode. But we've had a really good mix of tutors at the college. They've been so good at helping us and making sure we all know what we're talking about and what we're doing."

She added: "If you're considering joining, just go for it. It's a great feeling to be able to help people."

If you think you could protect and serve the people of Essex, visit [bit.ly/3NhS22c](http://bit.ly/3NhS22c) for more information.



Photo credit: Essex Police



News from

# THE ROTARY CLUB

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LOCAL NEWS

We've had some great news, as we've been awarded grant funding of £3,500 from Loughton Town Council for the vital service we provide for the local community. We're so grateful for its continued support.

Please support our past president, Pesh Kapasiawala, and our Ukraine Fundraising Appeal.

Pesh said: "I'm distraught with what's happening to the people in Ukraine. I've decided to run the Brighton Marathon to raise funds for the Disasters Emergency Committee. In addition to gift aid, online business networking club, Screen Pop, will match any funds

raised, more than doubling your donation."

To donate, visit [www.stewardship.org.uk/pages/Pesh\\_FundraisingForUkraine](http://www.stewardship.org.uk/pages/Pesh_FundraisingForUkraine)

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## Chairman speaks on Ukraine

The chairman of Epping Forest District Council (EFDC), councillor Helen Kane (pictured), has sent a message of solidarity to the people of Ukraine following the Russian invasion.

Cllr Kane said: "My thoughts go out to everyone affected by the utterly heartbreaking scenes we are seeing in Ukraine, following the country's invasion by Russia.

"I'd like to thank everyone locally who is doing what they can to provide support and rallying behind the people of Ukraine, letting them know they are not alone.

"There are a number of options locally and nationally for us to provide support and ensure it can benefit those directly affected by the ongoing conflict.

"I would like to thank those who have already brought donations for Ukraine to the Civic Offices and the volunteers who have given their time in order to make this possible.

"Please join me in offering prayers and condolences to the people of Ukraine at this terrible time."

More information on how residents can help is available on the EFDC website at [www.eppingforestdc.gov.uk/community/ukraine-crisis-how-you-can-help](http://www.eppingforestdc.gov.uk/community/ukraine-crisis-how-you-can-help)

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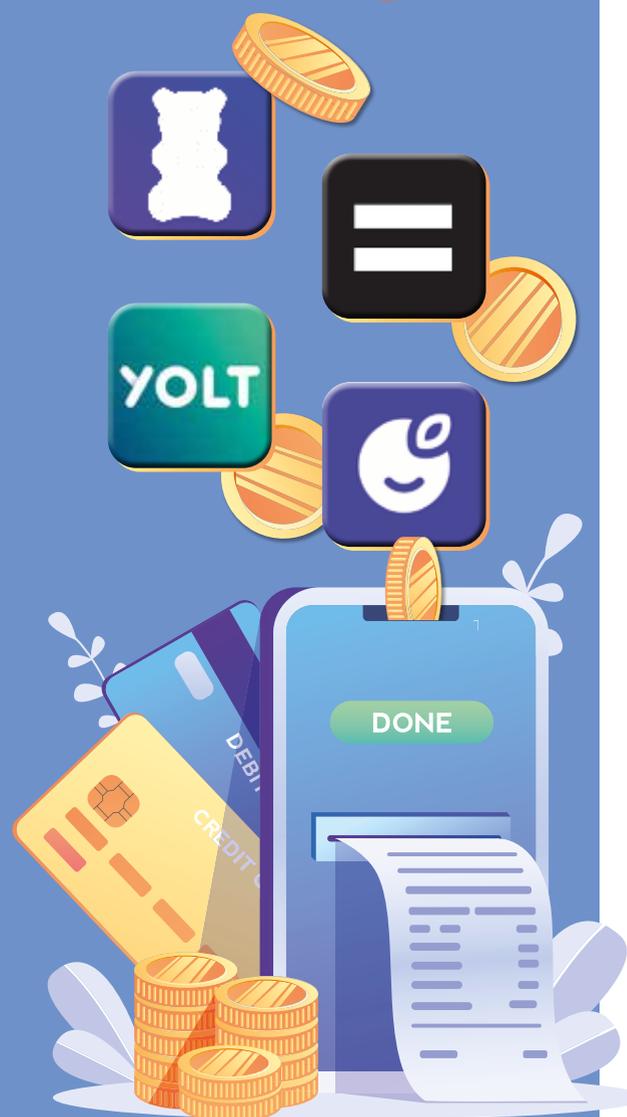
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# CASH WISE



We're living in an uncertain era prompted by a pandemic, lockdowns and insecurity for the future. The result of all this is, more than ever before, a desire in people to take greater responsibility for their own actions – across health, employment and, of course, finances.

So while we can't be totally sure of what's to come, we can at least organise our money and budget according to what's laid out in front of us, and that has made cash management apps really popular. Here is a selection of some of the best on the market:

**EMMA (free or £59.99 for enhanced annual subscription)**

Emma assesses all spending, including loan and credit card repayments, and works out a full schedule of income and expenditure so that you can restrict or extend depending on where you are at certain points of the month.

Handily, it integrates with the likes of Boots, B&Q and Gousto to offer cashback initiatives. However, the constant pushing to upgrade to the paid product can become annoying.

**MONEY DASHBOARD (free)**

This app operates in much the same way as Emma, but plots graphical representations to take a deeper dive into personal finances.

**YOLT (free)**

This app comes with a prepaid debit card as well as a set of money management tools. This gives greater control and enables a 360-degree solution for consumer spending that is reported directly back into the app, meaning no money will mysteriously go missing.

**PLUM (free or up to £3 per month for premium)**

An app for savers, this tool is great for those who want to know, on a month-by-month basis, how much they can afford to put to one side.

Premium options even offer opportunities by which money can be invested directly from the app.



TECHNOLOGY

# Dolly's INTERIORS

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## Welcome to Dolly's Interiors!

Previously based in Station Road, North Chingford, over a year ago we relocated to The Crate Business Park, Loughton and have not looked back!

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Established in 1987, with 35 years on the High Street, we decided to streamline our business,

open slightly less hours in our new showroom and approach things a little differently whilst retaining our loyal customer base. We take great pride in our reputation for quality and excellent customer service. Our aim is to help bring your ideal home to life, keeping up with the latest interior trends and technology.

We continue to offer our unique Measure and Design service with sample books and products being brought along to your home or business for you to see in situ.

Our friendly staff are always happy to help. Do come and visit us in the Showroom or, if you are needing some inspiration, check our website [dollysinteriors.co.uk](http://dollysinteriors.co.uk) and Instagram @Dollys\_Interiors



## AS SEEN ON DREAM HOME MAKEOVERS

Here are some images taken from our recently completed project when we worked with the lovely Sophie Robinson and her team, at a property in Chingford, for her Channel 5 "Dream Home Makeovers" show.



To book a Measure & Design consultation call us on 020 8523 9600 or email us with your requirements at: [sales@dollysinteriors.co.uk](mailto:sales@dollysinteriors.co.uk)

We service East London, Essex and surrounding areas.

# Reaching for REPTILES

THE REPTILES THAT MAKE GREAT PETS... AND THOSE THAT DON'T

The lure of sharing time and space with reptiles links us back to a rugged and prehistoric past – after all, these creatures date right the way back to when dinosaurs were roaming the planet.

An acquired taste, certainly, reptiles can be great pets, are largely self-sufficient, and act as a constant source of wonder for kids and adults alike.



### Bearded dragons

A dragon by name, but in truth more of a lizard, this gentle creature isn't the most sociable of its kind, but enjoys being handled nonetheless. They have a varied diet, including vegetables, crickets and worms, and can live for more than a decade.



### Leopard geckos

Leopard geckos can live twice as long as the bearded dragon and are nocturnal, so will stress if not allowed time to relax in dark spaces. You'll need to ensure they have cover in their terrarium, and keeping two males together is a strict no-no as they are known to fight.



### Box turtles

Box turtles may look cute, but they are a lifelong commitment and can live for more than 40 years. This pet is not suitable for kids – despite their sluggish demeanour, the turtle has complex care requirements, can suffer from anxiety, and requires cleaning out each week.

### Chameleons

We know chameleons are ever-changing, ever-evolving creatures, and that extends right the way through to liking different temperatures at different times of the day, so as maintenance goes, they require more than most.

Factor in a need for good ventilation and natural sunlight, and a preference for living in trees, and it all points to this being a tricky reptile to maintain unless you can ensure plenty of foliage and a clean, non-toxic surrounding.



# CONTAIN YOURSELF

Five ways to master container gardening, for maximum effect



**C**ontainer gardening is pretty much what it sounds like – the display of plants, flowers and herbs in containers.

Gardening this way offers variety, flexibility and a great deal more control than placing plants in flowerbeds or around borders. To get it right, you need to abide by a few simple rules.

### ONE:

*Location location location*

The ability for your plants to flourish will almost certainly depend on location. Around six hours of sunlight a day and a south-facing position will offer them the best chance to make something of themselves.

### TWO:

*Choose your container wisely*

While containers come in all shapes and sizes and cater for various budgets, the golden rule is to allow adequate room for your plants to grow, and to ensure there is adequate drainage in the bottom.

### THREE:

*Heavily soiled*

You can pick up a bag of high-nutrient, moisture-retaining, airy soil at the garden centre for less than the price of a glass of wine, and it will be considerably better for your plants than standard garden soil.

### FOUR:

*Water lovely plant*

Try to water plants every morning to allow them to flourish during the day. Watering in strong sunlight runs the risk of leaves being singed. Positioning containers next to a natural water source will help as well.

### FIVE:

*Feed greed*

Adding nutrients, slow-release fertilisers and liquid feed to your watering can – or even directly to the container – will give your soil and your plant a perfect boost each day, as well as helping it to fend off any nasties.



Photo credit: idealhome.co.uk



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We believe in the people within our organization and those of the organisations we work with. We always act professionally and with respect, fairness and courtesy. We believe in the work we do, and the teamwork and collaboration it takes to achieve excellent standards. We believe in being better in continually developing our skills, processes, environment and relationships to enhance our delivery and improve the service we provide.



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# Create your own OUTDOOR KITCHEN

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space.

Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends.

Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends.

Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

**MEASURE YOUR SPACE:** You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

**FIND THE RIGHT APPLIANCES:** Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

**GET YOUR CONNECTIONS IN PLACE:** You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

**BUILD A SHELTER TO COVER ALL WEATHER:** A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

**MAKE SURE YOU'VE GOT ENOUGH STORAGE:** Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.



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This year, Her Royal Highness, Queen Elizabeth II, will celebrate her Platinum Jubilee, marking 70 years of service on the throne and cementing her as Britain's longest-serving monarch.

After reigning for so long, the Queen has had a wonderful and interesting life. But how much do you know about the Queen? Here are some facts you may not have heard before.

**THE QUEEN HAS TWO BIRTHDAYS**

I'm sure we'd all love two birthdays, especially if only one adds another year to our age. The Queen has two birthdays: April 21 – the day she was born – and her 'official' birthday, which takes place on the second Saturday in June with a celebration known as Trooping the Colour. This is so that her birthday can be celebrated when the weather is better.

**THE QUEEN SUPPORTS ARSENAL**

Whoever knew Her Majesty is a Gunner?

**THE QUEEN DOESN'T NEED A PASSPORT...**

British passports might be issued in her name, but the Queen herself doesn't need a passport. She's never needed a passport to travel, but has visited more than 100 countries.

**...OR A DRIVING LICENCE**

The Queen is the only person in the UK who doesn't

need a licence to drive. She continues to drive at 95 years old.

**THE QUEEN LIVES AT WINDSOR CASTLE**

Windsor Castle is one of 26 royal residences and also has the title of being the largest castle in Britain.

**THE QUEEN OWNS STRANGE PETS**

The Queen is famous for owning corgis, but she also owns an elephant, two giant turtles, a jaguar and some sloths. They were all gifts from overseas and live at London Zoo.

**THE QUEEN'S NICKNAME IS 'LILIBET'**

Which is the name Prince Harry and Meghan Markle chose for their first daughter – Lilibet Diana Mountbatten-Windsor.

And there you have it. Now you know a bit more about Her Majesty ahead of her Platinum Jubilee.

Photo credit: Alesia Pendermonico/Shutterstock.com



HISTORY

# TITANIC'S WATERY

*Grave Remains*

**SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED**

**A**pril 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York.

It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists. And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.



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# BRUCE KING

*on why people buy*



What shall we buy?

**In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.**

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

*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](http://bruceking.co.uk)

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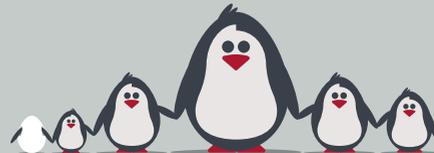
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BUSINESS & PROPERTY

# How to choose an ESTATE AGENT

If you are looking to sell your home, the right estate agent is worth their weight in gold. However, how do you weed out the weak from the wonderful?

- > What would they do if your property was not selling as quickly as you would like or at the price you expected?
- > Do they carry out viewings at weekends?

## COMPILE A SHORTLIST

Don't just decide upon the first estate agent that you see or the one that puts the most leaflets through your door. Instead, compile a shortlist using recommendations from family and friends, online reviews and testimonials. You should also look for an estate agent that has experience selling properties similar to yours.

## CHECK THEIR PERFORMANCE

Once you have your shortlist, invite each estate agent round to your home to discuss their offerings and to conduct a valuation. This is the perfect opportunity to find out more about how they operate. You may want to ask:

- > How quickly do they sell homes?
- > Are they a member of an accredited independent ombudsman service?

## FIND OUT THE FEE

You need to know what percentage of the sale price each estate agent would take upon completion. Currently, the average estate agent fee in the UK is 1.18 per cent for a sole agency agreement. Going with a sole agency usually means a lower fee, but this does mean that you only have one agency marketing your property. Remember these fees are negotiable.

## HIGH STREET VS ONLINE-ONLY AGENT

Online-only estate agents such as Purplebricks make up only five per cent of the overall property market, yet they are increasing in popularity. These typically have a fixed fee that needs to be paid up front, rather than the 'no sale no fee' commission charged by high-street companies.

Photo credit: Neil Lang/Shutterstock.com



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MOTORING



# MAGNIFICENT MOTORS

## THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

All we need now are the drivers...

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BRITAIN'S GREATEST SPORTING MOMENTS...

# THE GREAT *Dame*

Each month, we look at one of the most significant events in British sporting history. This month, it's Dame Kelly Holmes DBE and her double Olympic gold

SPORT

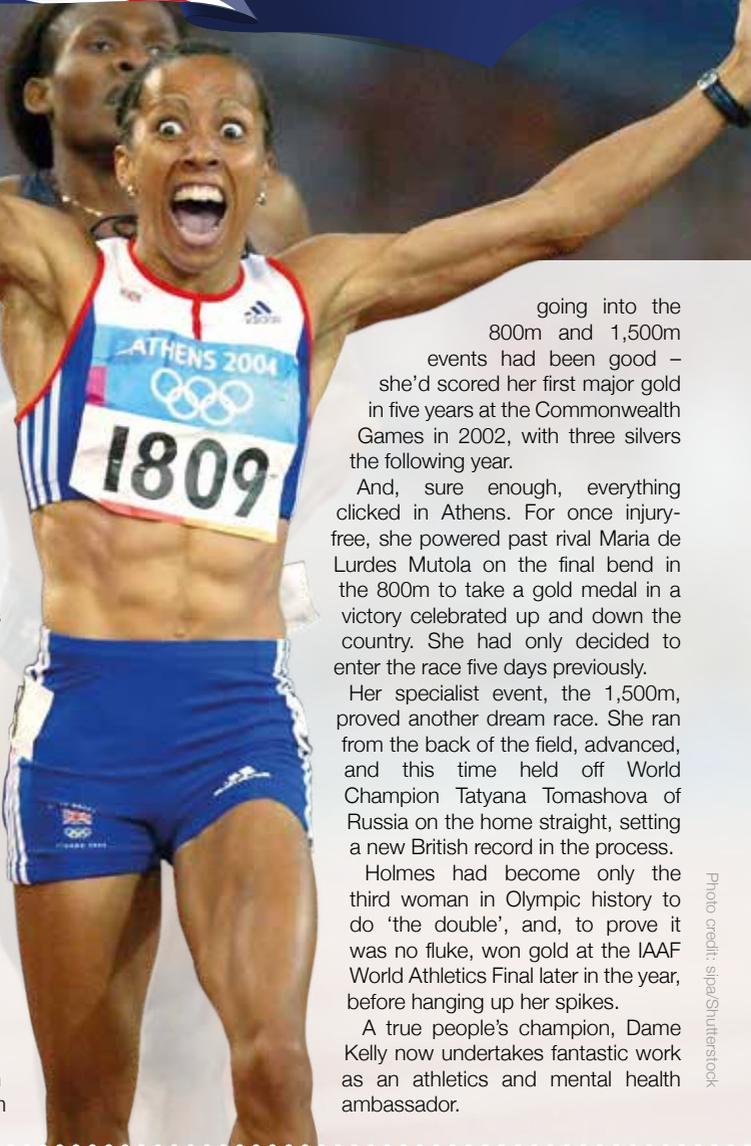
It's possible to strive for so long for something that you imagine it may never arrive, and that's certainly true in the case of Dame Kelly Holmes DBE.

An athlete who turned professional in 1993, she initially enjoyed a number of successes, including winning the 1,500m title at the Commonwealth Games in 1994.

Injuries – notably stress fractures – marred the years that followed, and while interspersing her time on the sidelines with silver and bronze medals, Holmes believed she may never return to gold medal contention.

"It was always silvers and bronzes," she says. "I was proud to be picking up World Championship medals, and of course my first Olympic medal – the 800m bronze in Sydney in 2000 – was wonderful. But I was never close enough to think I could move myself up."

At the Athens Olympics in 2004, Holmes, by then 34, was in the heyday of her career. Her form



going into the 800m and 1,500m events had been good – she'd scored her first major gold in five years at the Commonwealth Games in 2002, with three silvers the following year.

And, sure enough, everything clicked in Athens. For once injury-free, she powered past rival Maria de Lurdes Mutola on the final bend in the 800m to take a gold medal in a victory celebrated up and down the country. She had only decided to enter the race five days previously.

Her specialist event, the 1,500m, proved another dream race. She ran from the back of the field, advanced, and this time held off World Champion Tatyana Tomashova of Russia on the home straight, setting a new British record in the process.

Holmes had become only the third woman in Olympic history to do 'the double', and, to prove it was no fluke, won gold at the IAAF World Athletics Final later in the year, before hanging up her spikes.

A true people's champion, Dame Kelly now undertakes fantastic work as an athletics and mental health ambassador.

Photo credit: sipa/Shutterstock

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ACROSS: 1. DESIGN, 4. ACETIC, 9. STIMULI, 10. GASEOUS, 11. REMIT, 12. EGYPT, 14. ABHOR, 15. SIGHT, 17. FALSE, 18. SANDALS, 20. EARLIER, 21. RELISH, 22. CONGER  
DOWN: 1. DESIRE, 2. SWIMMING, 3. GAUNT, 5. COASTER, 6. TRIO, 7. CORSET, 8. LIGHTHOUSE, 13. YIELDING, 14. ATTAINS, 15. SISTER, 16. HEARER, 17. FORGO, 19. NULL



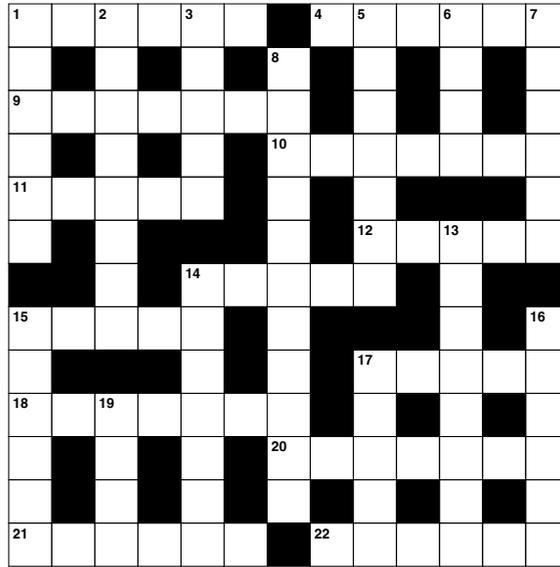
# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

## ACROSS

- 1. Creative act (6)
- 4. Pertaining to vinegar (6)
- 9. Nerve impulses (7)
- 10. Not solid or liquid (7)
- 11. Send money in payment (5)
- 12. Country in North East Africa (5)
- 14. Loathe (5)
- 15. Sense of seeing (5)
- 17. Wrong (5)
- 18. Light shoes (7)
- 20. Prior (7)
- 21. Enjoy greatly (6)
- 22. Large eel (6)



## DOWN

- 1. Wish for (6)
- 2. Propelling the body through water (8)
- 3. Haggard (5)
- 5. Small mat (7)
- 6. A group of three (4)
- 7. Form-fitting garment (6)
- 8. Sea beacons (11)
- 13. Giving way under pressure (8)

- 14. Reaches (7)
- 15. Female sibling (6)
- 16. Listener (6)
- 17. Refrain from (5)
- 19. Invalid (4)

## DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

## SUDOKU

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

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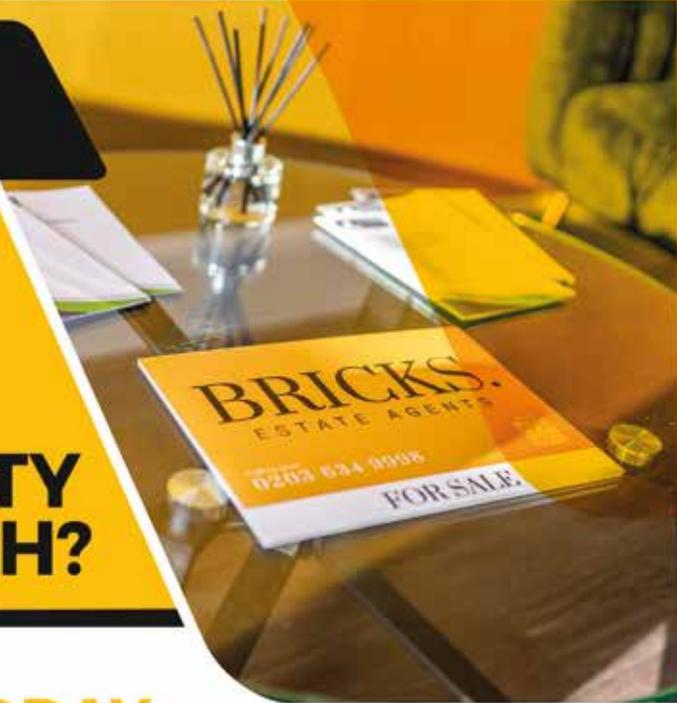
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