

HOW TO  
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BUBBLE  
TEA

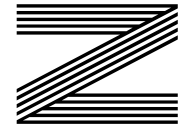
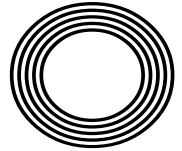
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*Remembering jockey*  
LESTER PIGGOTT

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*Sue*  
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# Editor's notes...

JULY 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**Loughton. Last month, we celebrated the Queen's Platinum Jubilee, and it was amazing to see people coming together to celebrate this momentous occasion. After the difficult time we've gone through over the past couple of years, this was a chance to recognise how far we've come since we first went into lockdown. Though many things have changed since then, our love for a party certainly hasn't, and I enjoyed attending a couple of street parties in my local area.

It was great to watch the concert at Buckingham Palace; it was truly a spectacular evening and reminded me how proud we should be of our country.

When I've been out and about recently, I couldn't help but notice that many of our local businesses have been quiet, so I'd like to once again appeal to our readers to support them. I heard a statistic recently that said when you spend money in your community, it circulates five times in the local area. So your money not only has the potential to help one business, but it can also make a positive difference across the whole community.

The weather is improving and summer is finally here. So make sure you take advantage of the longer, warmer evenings - let's get out and about with friends and family.

*Brett Shohet*

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

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# A RACE *for the* TAPE

## CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.





# Full of PRIDE

## CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



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# Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

While this may be one of the more cute-sounding skin conditions, strawberry legs can be more than a little annoying, especially when you are getting ready to bare your pins for summer.

### WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

- A dotted or pitted appearance on the skin of your legs
- The darkening of open pores on your legs
- The appearance of brown or black spots after shaving

### WHAT CAUSES STRAWBERRY LEGS?

- **Shaving:** If you shave with an old or dull razor or you fail to use shaving cream, this can sometimes result in ingrown hairs which can lead to strawberry legs. Razor burn can also cause this condition.
- **Clogged pores:** The skin on your legs contains thousands of pores and these can become clogged with bacteria, dead skin and other debris. Known as open comedones, when the oil inside the pores is exposed to air, it oxidises and turns black.
- **Folliculitis:** Caused by shaving, waxing or other hair removal techniques, folliculitis occurs when a hair follicle becomes inflamed. This leaves the follicle open and more at risk of exposure to bacteria.
- **Very dry skin:** Although dry skin does not directly cause strawberry legs, it can make you more susceptible to irritation after shaving, which can cause razor burn or folliculitis.

### HOW TO TREAT STRAWBERRY LEGS

Depending on the cause and the severity, you can choose to treat strawberry legs at home or you can seek professional help.

**Home remedies:** Shave in the direction of hair growth with a moisturising shaving cream | Use an epilator to avoid traumatising the skin | Moisturise the skin on your legs daily | Dry brush the skin daily | Use a body wash that contains salicylic or glycolic acid.

**Professional treatments:** Electrolysis | Laser therapy.



BEAUTY







# HOW TO REMOVE sun cream FROM CLOTHES



Sun cream is a summer essential, helping to protect your skin from the harmful rays. However, do you know how to protect your clothes from sun cream stains? Find out how below.

**STEP 1: REMOVE ANY EXCESS CREAM**  
Start by scraping off any excess sun cream from the item of clothing. This can be done with a dry cloth or your fingers if you do not have anything else to hand.

**STEP 2: RINSE UNDER WARM WATER**  
Rinse the garment under warm water to remove further residue from the stain. Do this for between 10 and 15 seconds.

**STEP 3: POUR WASHING LIQUID DIRECTLY ONTO THE STAIN**  
Look for a washing liquid that specifically offers stain removal aimed at these types of stains, such as Persil Small and Mighty Bio, which is designed to tackle grease and oil stains.

**STEP 4: LOAD INTO YOUR MACHINE**  
Place your garment in your washing machine with

other similar items and add your usual laundry detergent to the drum.

**STEP 5: WASH YOUR GARMENT**  
Wash your items on the usual cycle but use the hottest wash temperature indicated by the instructions on the garment's fabric care label.

**STEP 6: DRY YOUR GARMENT**  
Remove the garment from the washing machine and allow to air dry outside for optimal results.

**TOP TIPS FOR GETTING SUN CREAM STAINS OUT OF WHITE CLOTHING:**  
➤ After washing, hang your item out to dry in the sun, which can naturally bleach your clothing and banish sun cream stains.  
➤ For stubborn stains, squirt a little lemon juice onto the affected area before drying on the washing line.  
➤ Apply a chemical bleaching agent that is diluted with water to the stain. Always make sure you do this in a well-ventilated area and ensure pets and children are kept out of the way.



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IT'S GOOD TO

# talk



Talking therapies are becoming increasingly popular in the UK as people seek out alternatives to mental health medication. There are several different types of talking therapies available, most of which are covered by the NHS.

### Who can benefit from talking therapies?

While anyone who feels like they need someone to speak to can benefit from talking therapies, some specific issues that can be dealt with are: Mental health problems | Low self-esteem | Traumatic past events | Bereavement | Redundancy | Relationship problems.

### What are the different types of talking therapies?

#### Cognitive behavioural therapy (CBT)

CBT involves looking at how your thoughts and beliefs affect your feelings and behaviours. This type of therapy tends to be short term, between six and 12 sessions, and often involves tasks or practising the skills you have learnt.

**Good for:** Depression | Anxiety | Obsessive compulsive disorder | Eating disorders | Post-traumatic stress | Schizophrenia

#### Dialectical behavioural therapy (DBT)

DBT is an adapted form of CBT that is designed to help people who experience intense emotions by

helping you to cope with stress.

**Good for:** Borderline personality disorder | Addiction | Depression | Self-harm/suicidal thoughts | Eating disorders

#### Psychodynamic therapy

Psychodynamic therapy explores how your childhood and unconscious mind influence your current feelings and behaviours. This therapy involves talking freely about what is on your mind and understanding your past relationships.

**Good for:** Depression | Anxiety | Post-traumatic stress | Eating disorders | Long-term physical health problems | Addictions

#### Humanistic therapy

Humanistic therapy involves exploring your entire self rather than just a specific problem. It is designed to help people grow and become their true self.

**Good for:** Obsessive compulsive disorder | Post-traumatic stress | Personality disorders | Anxiety | depression

#### How to find a therapist

Your GP or another health professional may be able to refer you to a qualified therapist or you can self-refer if you live in England. It is worth noting that there are often long waiting lists for NHS therapists.

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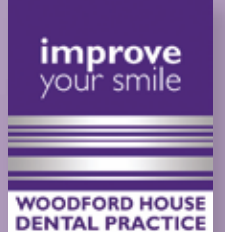


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# NATURAL SUNBURN REMEDIES

According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

### BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

### COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

### ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

### CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

### WHAT NOT TO PUT ON SUNBURNT SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.





# Bubble BONANZA

**B**ubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

### WHAT IS BUBBLE TEA?

Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

### WHY IS IT CALLED BUBBLE TEA?

It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

### WHAT DOES BUBBLE TEA TASTE LIKE?

There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy

consistency that is somewhere between jelly and chewing gum.

### HOW TO MAKE BUBBLE TEA

#### You will need:

Tea | Milk | Tapioca pearls | Honey or agave

#### How to make:

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

### POPULAR BUBBLE TEA FLAVOURS

Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.



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# BEGINNER'S GUIDE TO COOKING WITH *banana leaves*



**W**e are literally going bananas for banana leaves. Beautiful to look at, fun to use and easy to cook with, once you've finished reading the below, you'll wonder why you didn't take advantage of these cheap and plentiful cooking aids before.

#### HOW TO PREPARE BANANA LEAVES FOR COOKING

- > Gently wash the leaves and then cut off the thick spine.
- > Pass over an open flame quickly until the leaf turns bright green and glossy. This will soften the leaves for folding. Make sure to wear heat-resistant gloves when doing this and keep any flammable items out the way.
- > Place on a chopping board and cut to the desired size.

#### TO STEAM FISH

A banana leaf makes a fragrant and convenient steaming packet that will ensure your preferred fish is both succulent and tasty. Wrap the leaf around any kind of firm-fleshed fish, such as halibut or snapper, and then simply add your favourite herbs and spices as well as some form of moisture, such as broth, wine or lemon juice. Secure with toothpicks. You can also use banana leaves to steam rice and meat.

#### TO GRILL VEGGIES

If your vegetables always stick to the grill, then a banana leaf provides the perfect solution. Just place the leaf on the grill first and then arrange your vegetables on top of it. This method will also add a mellow, smoky-sweet flavour to your vegetables. Also great for grilling prawns and other shellfish.

#### TO SERVE SUSTAINABLY

Banana leaves aren't just for cooking with; they also make great biodegradable serving platters, place settings and even linens for formal tables. Banana leaf boats make pretty bowls for rice, salads and desserts.

#### TOP TIPS

- > Although not toxic, banana leaves are hard to digest, so you should not eat them.
- > Banana leaves are porous, so if you are baking, place the leaf packets in a pan to catch leaking juices.
- > Banana leaves freeze really well. Blanch first and then wrap in greaseproof paper and place in freezer bags.



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## THE CHERISHED KITCHEN IMPLEMENTS OF THE COUNTRY'S BEST CHEFS

While a good workman doesn't blame his tools, for those who specialise in the wonder of food, the perfect kitchen implement can transport an everyday dish into a work of culinary completeness.

We have collated the must-have cooking utensils and items for a selection of the UK's leading chefs, and in some cases, the results were surprising.

**JAMIE OLIVER:** Globally famous chef and restaurateur. "An empty jam jar: super cheap and super useful, for anything from salad dressings and salsas to storing pulses and spices."

**YOTAM OTTOLENGHI:** Respected food columnist and chef. "For years I struggled with all sorts of mashers, then I found the Masterclass potato ricer. It fits in a drawer, it's easy to handle and clean, and creates a mega-smooth mash. I now use it for mashing all my root veg."

**CLARE SMYTH:** Michelin-decorated female chef and previous winner of the Chef of the Year award. "My Big Green Egg barbecue. You can put whatever you like on it, pull down the lid and leave it for hours without having to do anything at all. Good food made with ease and no stress."

**TOM KERRIDGE:** Owner of award-winning The Hand and Flowers pub. "My Homer Simpson bottle opener, a present from my personal assistant, Zabrina. Each time I open a bottle, it goes, 'Mmmmm, beer'."

**JAMES COCHRAN:** Winner of Great British Menu 2018. "It has to be my Braun J300 Juicer. I've been making amazing juices every morning to ensure I'm full of energy for the day."

**MARWA ALKHALAF:** Co-owner of Michelin restaurant, Nutshell. "Rubber spatulas of all shapes and sizes. They don't scratch and ensure that every last bit is scraped up. When you are working with precise recipes, especially with pastries, it's crucial every gram is accounted for."

Photo credit: amazon.co.uk, claresmyth.com, biggreenegg.com, actionfiguresitalia.it, @cochran\_ja @Twitter, greatbritishchefs.com





# ISLAND HOPPING

## BY DESIGN

Greece's design aesthetics have typically been regarded in the sense of the ancients – the coming together of the Doric, Ionic and Corinthian orders in an appreciation of the classical architecture found in towering columns, stone temples and buildings.

While the template was set by others many thousands of years ago, the classic but cool elements of design from modern style contemporaries is leading a whole new generation of fans to flock to the Greek islands.

Take **Milos**, for instance – an island whose fishing heritage has led to the creation of a proliferation of single-storey lodges made of stone and decorated with local materials with, typically, a white or grey palette.

Then there is the **Athens Riviera**, a more populous and money-motivated area, where nearby forests have provoked a string of seaside spaces that rely more on timber and versatile fabrics, such as woven leather, particularly those with weather-resistant capabilities.

In **Syros**, the island vibe leads to artistic flair dressed in a veil of sustainability and self-

preservation. A two-hour ferry ride from Athens transports people to a neoclassical paradise that offers echoes of Capri, without the unnecessary excess.

And what about **Antiparos**? Although a stylish idyll first made popular by the English poet Lord Byron, there remains a rustic, simple charm to the architecture on show, with stone walls, wicker frames, rattan furnishings and a mass of driftwood.

In **Santorini**, this volcanic isle does everything at sharp angles. Like much of the Amalfi Coast, buildings overlap and overhang, yet the dazzling white brightness of apartments disguises very well their angular elements. Medieval hilltop towns feel a world away from the seaside cafés and restaurants, but there is a cleanness to both that makes the island so special.

Finally **Mykonos**, which has discovered a recent surge in popularity, enveloping everyone from entrepreneurs to indie bands. The vibe is totally relaxed, however, on an island inspired by cubic architecture, and with a mood that combines sharp lines with stylish poolside pads.

Photo credit: ivelaine/shutterstock.com

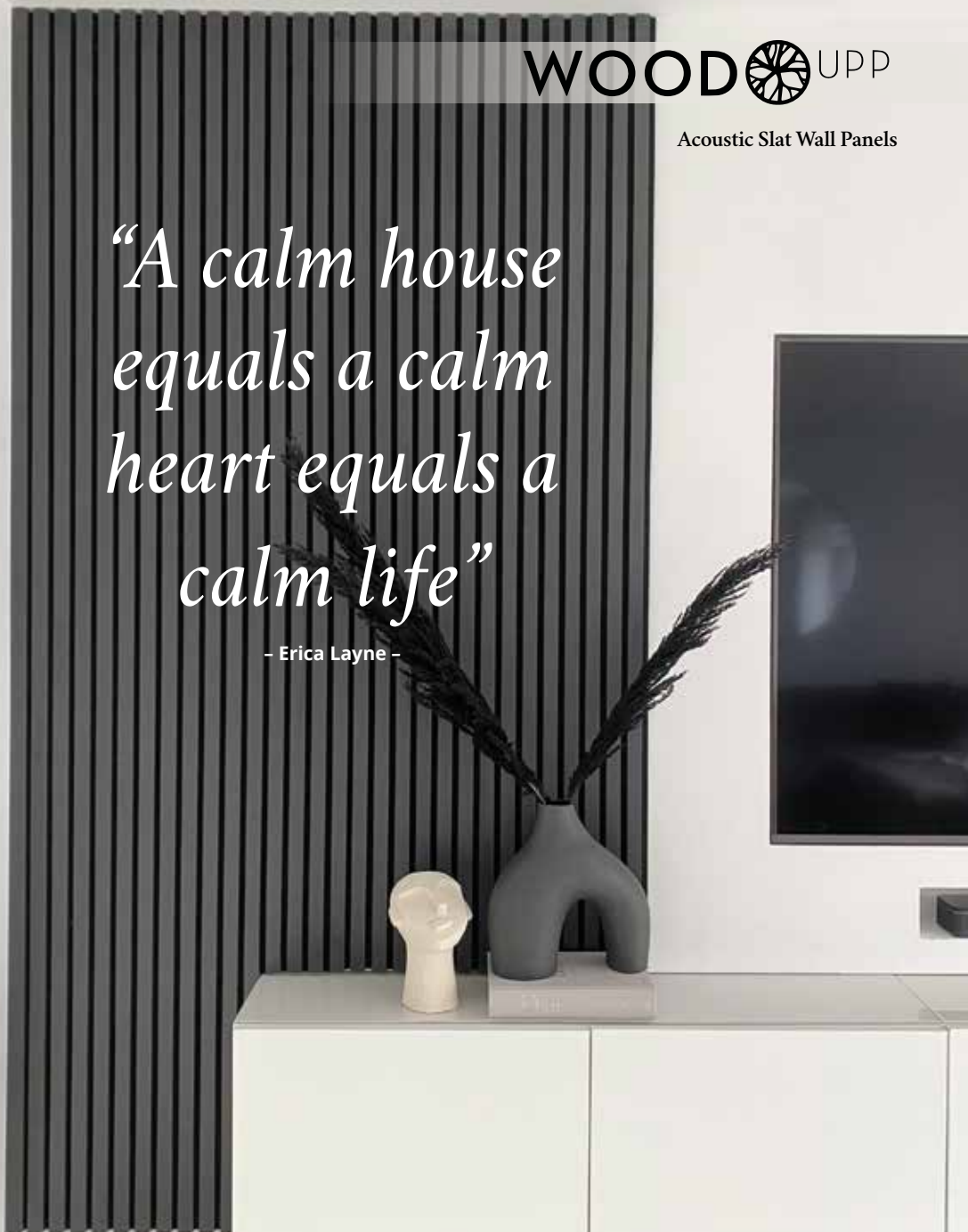


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# ART THERAPY

*with Rebecca Sicardi*

**WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND**

**W**e can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought.

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."







HOME & DIY



# DESIGNING A *small bathroom*

Your bathroom is an essential room in your home – you'll use it multiple times a day. But many people think that a small bathroom has limited potential, making it difficult to create a modern and stylish space.

The good news is that even a modest bathroom can be beautiful with the right design. Take a look at our tips for creating a stylish, functional bathroom, even when you're working with a small space.

**CREATE ZONES:** You can make a space look larger by creating defined bathroom zones. Tiling or panelling your sink area, a block colour above the toilet and a contrasting floor can create the illusion of space. It will also make your bathroom look slick and modern.

**FREE UP YOUR FLOOR SPACE:** A freestanding bath, towel rail and wall-hung vanity units can leave you with more visible flooring, making your bathroom look much bigger. Get clever with shelving instead of opting for storage units. You can build shelving into your shower, or make the most of some wall space to store all of your essentials.

**LET THERE BE LIGHT:** Keep your space light to help it look bigger. Light shades on the walls, glass shower doors and a large mirror will help keep your room nice and bright.

**USE THE LITTLE TOUCHES TO ADD STYLE:** There are a lot of stylish touches you can add to a small bathroom to help it ooze style and class. Matte black or brushed gold hardware looks beautiful, while plants and wall art can also make your bathroom feel more inviting.

A small bathroom can still be mighty. Consider the options above to make the most of the space you have and ensure your bathroom is lovable and livable.



Photo credit: arazilivine.com/Pinterest, loverenovate.co.uk/Pinterest

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HOME & DIY



## COME OVER TO THE DARK SIDE

**W**hile black might not be the first colour that comes to mind for a baby's room, this gender-neutral shade is becoming increasingly popular in the nurseries of the rich and famous. Here are some suggestions for decorating with black.

**USE BLACK AS AN ACCENT:** If you are not ready to paint an entire wall black, then why not try adding some black accents to your nursery? You could add a black toy storage box, a black wicker basket, or mix and match black accessories with animal print.

**GO FOR GOLD:** If you are looking to create a glamorous room for you and your baby to spend time in together, then a black and white nursery room with a few touches of gold is the way to go. Opt for black walls, a combination of black and white furniture, and some well-placed gold accessories.

**MIX AND MATCH PATTERNS:** Stick to just black and white as your colour scheme of choice and then add depth and visual interest by mixing and matching whimsical graphic patterns. Think a black and white striped rug, black and white spotty blankets, and black and white patterned wallpaper.

**ADD WARMTH WITH WOOD:** To design an earthy, natural-looking nursery, paint a dominating wall in black to give the space a sense of drama and definition and then add warm woods and rich textures to create feelings of comfort.

**PAINT THE CEILING BLACK:** For an ultra-modern nursery, set black against white by painting all the walls white and the ceiling black. Providing stark contrast, you can then add your choice of accessories either in a pop of colour, such as yellow or orange, or continue the monochrome theme.

Photo credit: [www.nurserydesignstudio.com](http://www.nurserydesignstudio.com), @winterdaisy/Instagram, Tealychuck/Instagram, StyledByNinaJ/Instagram







Photo credit: dunelm.com, www.yourhomestyle.uk

HOW TO CREATE YOUR OWN

# abstract cushion

Could your cushions do with a makeover? High street cushion covers can be expensive and a little generic, so why not design your own? We love this simple yet bold abstract cushion design that anyone can create at home with just a few craft essentials and a little artistic flair.

- YOU WILL NEED:**
- One cotton cushion cover | An abstract face template (you can find these online) | A pencil
  - A piece of cardboard the same size as your cushion cover | Black fabric paint
  - Thin paintbrush | Iron-on foil in your choice of colour | An iron | A tea towel



**HOW TO MAKE:**

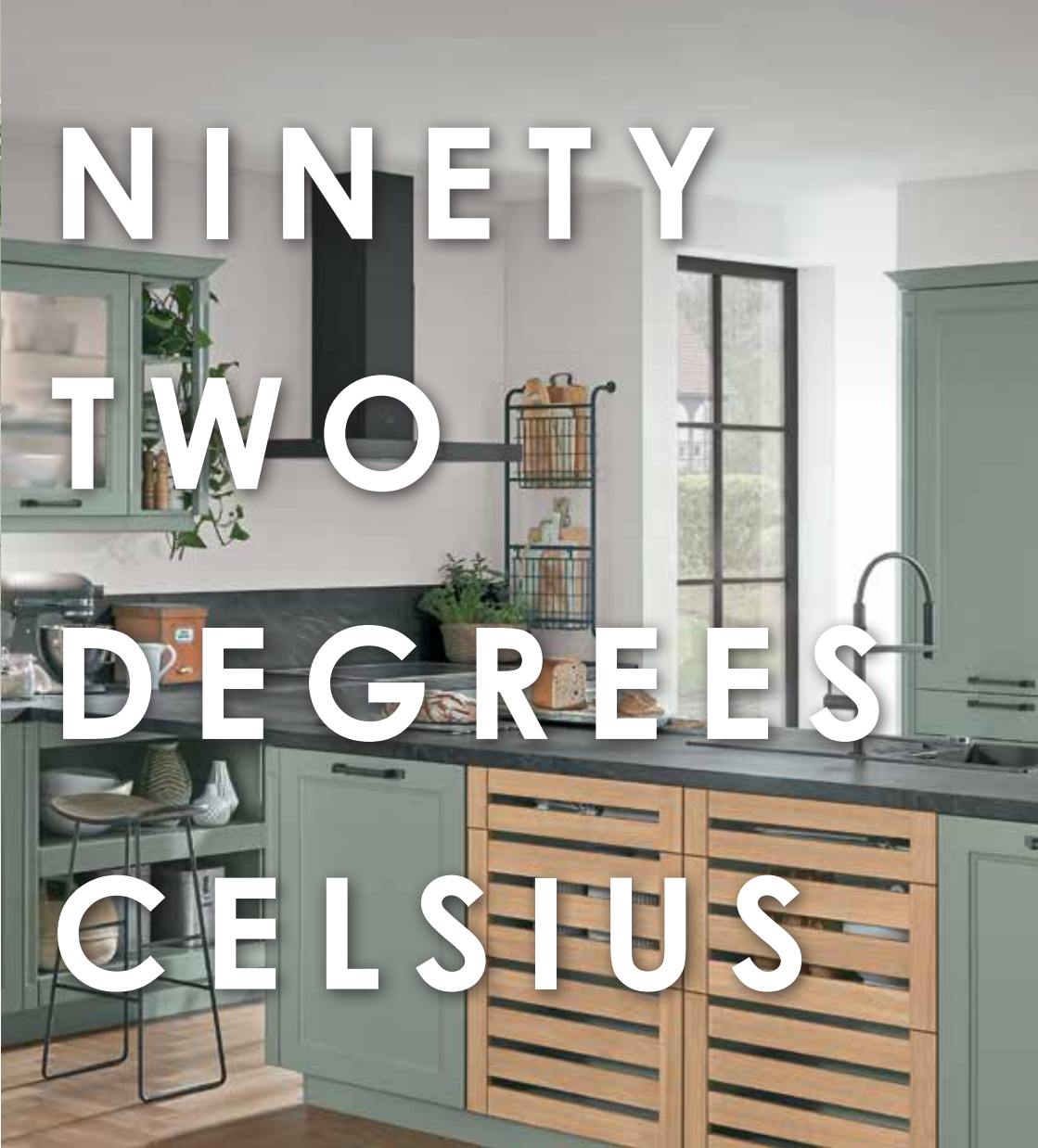
**STEP 1: Print out the face template**  
Print out your chosen face template onto a piece of plain white paper and carefully cut out the different parts of the face. Alternatively, if you are feeling

artistic, you could draw your own abstract face design and use this instead.

**STEP 2: Draw around the template**  
Position the template pieces onto the front of your cushion cover and draw around each one using a pencil. Take your time with this step as accuracy is key.

**STEP 3: Paint the face design**  
Place the piece of cardboard inside your cushion cover – this will stop your paint bleeding through to the back of the cushion. Using a thin paintbrush and the black fabric paint, carefully paint the face design and then allow to dry fully.

**STEP 4: Create the lip design**  
Use the template to cut out a pair of lips from the iron-on foil. Set your iron to a cool setting with the steam off and then place the lips onto the cushion cover. Lay a tea towel on top of the lips and then gently iron until the foil has bonded with the fabric. Remove the tea towel and allow to cool before peeling off the top carrier layer of foil.



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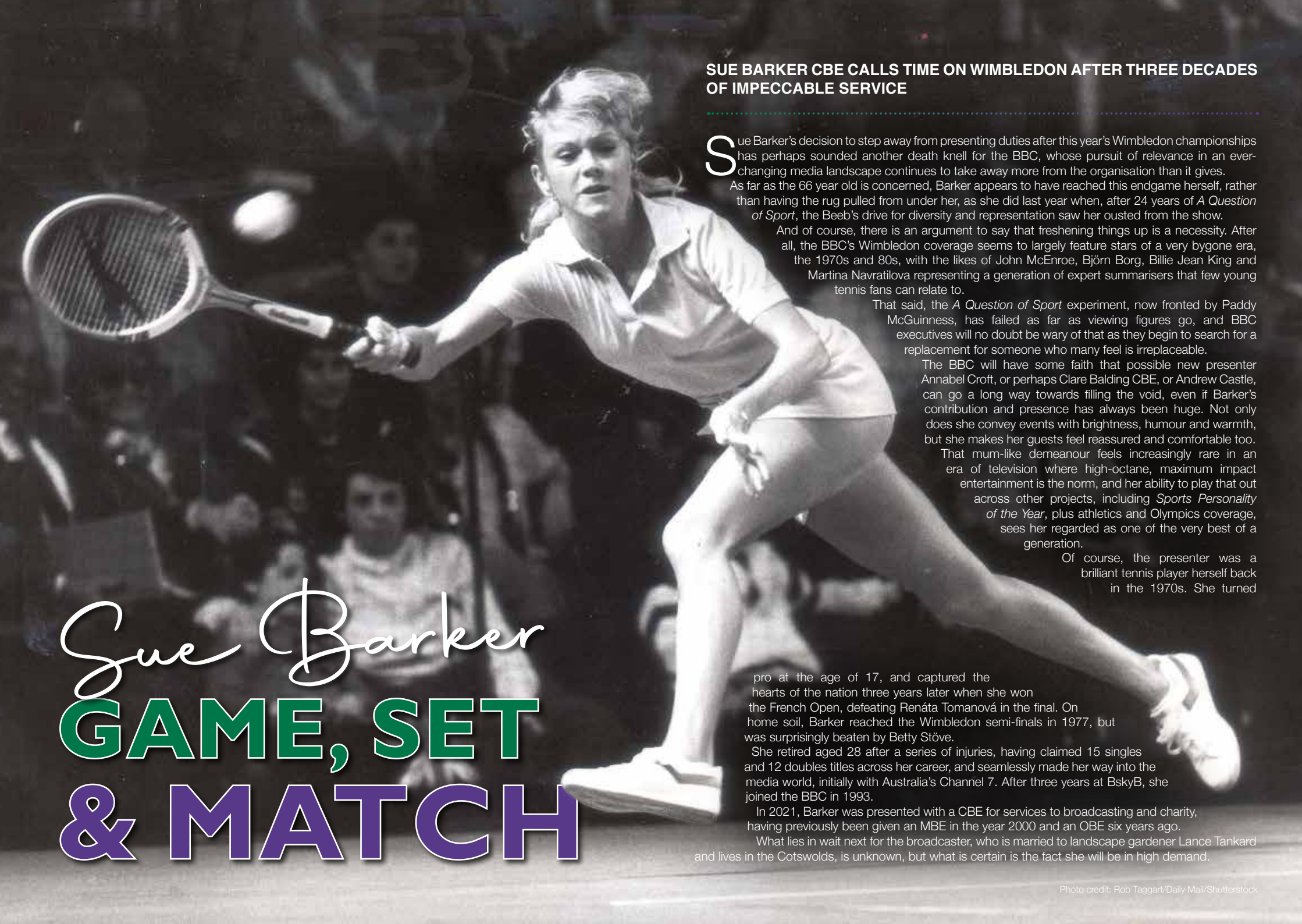
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## SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

# Sue Barker GAME, SET & MATCH



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## School works with art company to create mural

Pupils at a Loughton school have helped to create a mural as part of an arts initiative.

The *Cat in the Hat* mural at Thomas Willingale School and Nursery is part of the Re-Energising the Arts in Schools initiative organised by the Harlow Education Consortium (HEC) partnership of schools around the theme of resilience and environment.

The idea was to link local artists and arts organisations with schools to provide a range of opportunities for pupils to inspire them to develop their own creative interests and skills.

The initiative involves 21 HEC schools, more than 1,000 pupils aged four to 16, and 10 individual artists/arts organisations with total funding of £20,000 from a range of sources, including the Arts Council, Harlow Cultural Leaders Group and HEC itself.

Thomas Willingale School worked with MurWalls, a

local street art company, to create the mural.

Headteacher Teresa Phillips said: "As a school, we expect our children to be resilient and fluent readers.

"MurWalls connected us with the Dr Seuss brand, as what better way to achieve our aim than using the Dr Seuss books and quotes?"

"Dr Seuss actively encourages children to be resilient and have high aspirations. The books let children know that being a good reader enables you to go far in life."

Children then helped to create the mural. The younger pupils were able to throw paint-filled balloons, while the older children learned street art spray-painting techniques.

The school hopes to raise further funding to develop the outside space where the mural is located to create a sensory story garden that promotes resilience and a love of reading.





Photo credit: Everything Local News for Dame Eleanor Laing MP

# MP joins in church's anniversary celebrations

Dame Eleanor Laing, MP for Epping Forest (pictured right), joined the community at St Mary's Church, Loughton, as part of its 150th anniversary celebrations. St Mary's has been at the centre of Loughton High Road since 1872 and is a welcoming community hub. Over the last 15 years, the building has been developed to enable the church to welcome more people. Dame Eleanor MP said: "St Mary's, given its location in Loughton High Road, really is at the heart of the community, but its message and place in Loughton

stretch much further than just the High Road. "My congratulations to everyone involved with the church and my best wishes for the next 150 years." Vicar Reverend Malcolm Macdonald (pictured left) said: "It is amazing to celebrate 150 years of St Mary's at the heart of Loughton. As a church family, we have always loved Loughton. We exist to share the good news of Jesus with our community." The church held a celebratory cream tea party on Saturday, June 4, and three open church services on Sunday, June 12.

# New town mayor and deputy mayor announced

Councillor Barbara Cohen (pictured centre) has been announced as the new Mayor of Loughton. She replaces outgoing mayor, councillor Rose Brookes, under whom she previously served as deputy mayor. Mayor Cohen thanked councillors for the honour of becoming mayor and added that it had been a pleasure and a delight to serve as cllr Brookes' deputy, acknowledging her great personality and wholesome approach to "getting things done". Mayor Cohen intends to represent all the people of Loughton and attend as many events as she can. Mayor Cohen also congratulated councillor Michael Stubbings on his appointment as deputy mayor.




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## Council marks Jubilee with beacon lighting

LOCAL NEWS



Photo credit: Loughton Town Council

Loughton Town Council held a beacon lighting ceremony on Thursday, June 2, as part of the Queen's Platinum Jubilee celebrations.

The beacon was lit at Hillyfields Open Space, and was one of thousands being lit in the UK and the Commonwealth.

Mark Squire, Loughton town clerk, said: "We are proud to be part of this momentous celebration. It is only appropriate that this unique milestone in history is marked with beacons and music.

"We are honoured to be part of this special event for Her Majesty The Queen's 70th year as our monarch and head of the Commonwealth on her Platinum Jubilee."

Speaking before the event, Bruno Peek LVO OBE OPR, pageantmaster of the Queen's Platinum Jubilee beacons, said: "Building on a long tradition of lighting beacons to mark significant royal celebrations, thousands of beacons will be lit across the UK and the Commonwealth. They will enable local communities to join together to pay tribute to Her Majesty as part of the official programme of events."

## District and town councillor celebrates 40 years in office

Loughton district and town councillor has celebrated 40 years of continuous service at Epping Forest District Council.

Councillor Stephen Murray was first elected in 1982 and was re-elected in the local elections in May this year, making 2022 his 40th year in office.

Fellow members of Loughton Town Council decided to celebrate the occasion by sharing a cake together.

Cllr Murray previously reflected on his tenure: "I have always represented a Loughton ward – Loughton Broadway from 1982 to 1998 and Loughton Roding from 1998 to 2022. I was a Loughton Labour councillor from 1982 to 2003, and an Independent councillor from 2003 to 2022, having been elected in 10 district

council elections and six parish council elections.

"During the last 40 years, there have been numerous campaigns and issues, some more successful than others, including the enforced closure of Epping Forest High School, Loughton County High School and Buckhurst Hill County High School in 1988/89.

"As an individual councillor, these issues and campaigns have been important, but for me the highlight of the last 40 years has always been the individual casework, the home visits, and dealing with the individual issues and concerns raised by local residents."

## Two hospitalised after motorcycle crashes into car

A man and a woman are in a serious condition in hospital after a motorcycle crashed into a parked car in Loughton.

Police were called to Deepdene Road shortly before 1.20pm on Friday, June 10. A helicopter emergency medical crew also attended the scene and provided treatment.

The rider of the motorcycle, a man in his 40s, and the passenger, a woman in her 30s, were taken to hospital, where at the time of writing they remained in a serious condition.

Essex Police are now appealing for any witnesses to come forward, as well as those who may have footage of it, so they can try to piece together what happened.

A spokesperson for Essex Police said: "We need anyone who saw anything or has any dashcam or doorbell footage from the area to contact us.

"If you have any information, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm.

"Please quote crime reference 486 of 10 June.

"You can also call us on 101 or contact Crimestoppers anonymously on 0800 555 111."



Photo credit: Google Maps



News from

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LOCAL NEWS



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This is why we exist, to unconditionally support people in their time of need without judging. Most people get back on their feet with just a kind helping hand.

We are offering free groceries, clothes and essentials, without assessment or referral, to anyone who needs it.

Our Loughton Community Surplus Hub runs every Tuesday from 11.30am to 1pm at The Loughton Club, 8 Station Road, IG10 4NX.

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## Family pays tribute to man

The family of a "devoted family man" who died following a collision in Loughton, as reported in **VISION**Loughton June 22 edition, have recently paid tribute to him.

Mark Tuthill (pictured right), 47, a refuse collector, was involved in a collision with a black Mercedes S350 in Alderton Hill, Loughton, shortly after 2.25pm on March 10 as he crossed the road.

He sustained a broken leg and was taken to hospital for treatment. Following surgery, he was released from hospital, but sadly died on April 20. Police have been investigating to establish if there is a link between the collision and Mark's death.

Mark's family described him as "a very devoted family man who loved spending time with his sister, nephew and nieces". They spoke of how Mark "adored his mum".

They added: "Mark will always be loved and greatly missed by everyone who knew him." Officers continue to appeal for witnesses to the collision.

A 62-year-old man from Chingford is helping police with their enquires into an offence of causing death by careless driving.

Police are particularly keen to speak with the driver of a silver Mercedes GLA who was driving behind the bin lorry in Alderton Hill at the time of the collision.

If you have any information or CCTV, dashcam or other footage in relation to this incident, please get in contact by submitting a report online at [www.essex.police.uk](http://www.essex.police.uk) or calling 101.



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# CRAZY COMPANIONS



FROM GIANT SPIDERS TO PYGMY HEDGEHOGS, HERE ARE SOME OF THE THE CRAZY PETS KEPT IN BRITAIN

### TARANTULA

The very notion of having a pet tarantula crawling about the place as you sit down for your evening meal seems totally perplexing, yet while many of us view these incredible arachnids as dangerous, many tarantulas offer a bite that's little worse than a bee sting.

Naturally, you'd rather avoid that if possible, but that shouldn't rule out having a Chilean Rose, Mexican Redleg or Costa Rican tarantula as a pet.

### SUGAR GLIDER

This possum offers affection (once it gets to know you), inquisitiveness, a tail that's as long as its body and an ability to glide through the air with almost Tarzan-like abandon.

One slight downside is it's strictly nocturnal, meaning if you really want to bond with one, you'll be staying up late.

### GIANT AFRICAN LAND SNAIL

Who would have thought owning a snail implied you were living on the edge? It is indeed the case, though, given that the giant African land snail is illegal in many parts of the US for the destruction it can cause to agriculture.

We're a bit more relaxed in the UK, though it is against the law to release them into the wild; and contrary to the marketing, they're not really so 'giant' after all, coming in at around 15cm long (which is still impressive as molluscs go).

### CHINCHILLA

A bit like a squirrel on steroids, the chinchilla is an adorable member of the rodent family and rarely puts a paw out of place, though does require a fair bit of maintenance.

### AFRICAN PYGMY HEDGEHOG

Anyone who has spotted a hedgehog going about its nightly duties will know that – horrific waistcoat of lethal-looking spikes aside – they are one of our cutest garden visitors. The pygmy (or four-toed) hedgehog is a smaller version more suited to life as a pet, and their popularity in the UK is soaring.







GARDENING



# TOM MASSEY

HORTICULTURAL HERO

## THE CONTEMPORARY GARDENER WHOSE PATH IS WELL DEFINED

In a post-COVID era where we appreciate the benefit of outside space in ways we have probably never done before, the appeal of young, energetic, stylish gardeners has never been so great. With that in mind, it's easy to see why Tom Massey has found himself riding a wave of popularity.

The London College of Garden Design graduate is best known as presenter of *Your Garden Made Perfect*, a show that uses virtual reality and the ideas of rival garden gurus to shape horticultural solutions for frustrated homeowners.

The success of the show has led Massey into fronting a variety of other projects, from hosting parts of the Royal Horticultural Show to being asked to design and install a moveable orchard near the Olympic Park. He also works privately for a number of clients.

"I think people are really starting to appreciate the flexibility of their gardens in a way they have never done before," he says. "There is so much technology that we can bring into our outside spaces, from lighting to entertainment systems to eco-friendly heating solutions, meaning longer nights outdoors rather than always having to migrate inside."

"Gardens have always been peaceful, restorative places, but making them social spaces too is a new trend that is great to see."

When designing gardens for private clients, Massey likes to combine lawned areas with statement architecture, often guiding the eye through the space, as if going on a journey. From wildflowers to wrought iron, his contemporary ideas are striking a chord with a new generation of homeowner.

He explains: "In the past, gardens had to be soft, flowing, purely natural spaces. While that's great for nature, it's not so practical for people."

"In my opinion, we should give ourselves the freedom to live in our gardens, using materials and ideas that are attractive and offer us the opportunity to relax."



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# To bee OR NOT TO BEE



THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

**W**hen it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

## APPEARANCE

Bumblebees are bigger, have a puffer, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

## NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground.

They have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

## JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

## STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

## HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



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GARDENING

# SHADE *seekers*

Is your garden more shady than sunny? While it can be a struggle to create a blooming outdoor space with limited sunlight, it can be done. Discover below five pretty plants that thrive in the shade.

**STINKING IRIS:** Although this may not be the most pleasant-sounding plant, stinking iris can actually make a very beautiful addition to a shady garden, especially in autumn, when its large seedpods split open to reveal orange-red seeds. Plant in full shade for best results.

**WOOD SPURGE:** There are many different varieties of spurge, but our favourite has to be *Euphorbia amygdaloides* var. *robbiae*. From late spring, this pretty plant bears lime-green flowers above dark green leaves. Plant in dry, shady spots such as underneath trees or along woodland borders.

**SNOWDROPS:** Snowdrops appear at the end of winter and bloom beautifully for weeks until your spring bulbs start to flourish. Delicate and dainty, snowdrops thrive in full shade and particularly in heavy, moist soils.

**BELLFLOWER:** If you are looking for a plant that will attract bees and other pollinators to your garden, then bellflower is a great choice. Ideal for growing at the back of a border, this attractive plant displays clusters of purple-blue bell-shaped flowers from summer through until autumn.

**FOXGLOVE:** As a woodland plant, foxgloves thrive in dappled or partial shade, so they do require a little bit of sun. There are many different varieties to choose from, with colours including bright pink, purple and peach.

- OUR TOP TIPS FOR GROWING IN THE SHADE:**
- > Improve the soil with lots of organic matter before planting
  - > When planting under trees, remove any dry, impoverished soil between the large roots
  - > Apply weathered wood ash from a bonfire or log burner to increase the potash in the soil
  - > Mulch the whole area after planting with garden compost or composted bark chippings.





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*Iain McDonald, Non-Executive Director, BooHoo Group Plc & THG Plc*

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# HIKE CAR *high-fives*

TRAVEL

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

Being taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

**INSURANCE INSANITY:** Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

**THE POWER OF THE HOUR:** Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the rental

centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

**THE FUEL RULE:** It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

**BOOK IN ADVANCE:** As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

**THE AIRPORT AGGRO:** As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.







# Lady THRILLER

## THE LEGEND OF THE DARING LADY GODIVA

If you thought public displays of nudity were a risky manoeuvre in 2022, then consider the furore kicked up way back in 1040 when Lady Godiva went parading through the streets of Coventry wearing nothing but her birthday suit.

Not only was this plucky nude undertaking the bold move on horseback, but the subject also turned out, no less, to be the wife of the Earl of Mercia, the man responsible for putting in place an oppressive taxation policy in the city.

In fairness, Lady Godiva had given her husband fair warning of the brazen task she was about to undertake. Legend states that she made repeated pleas to the Earl, though they fell on deaf ears.

In preparation for her jaunt through the cobbled streets, Godiva did issue a proclamation that all persons should stay indoors and shut their windows.

There is said to have been just one person who disobeyed the lady's wishes, a tailor ever afterwards known as Peeping Tom, whose legend is arguably now even greater than her own.

The people of Coventry still, to this day, celebrate Lady Godiva's attempt to create a better life for residents – the Lady Godiva Clock, in the main shopping thoroughfare, displays her ride through the town, and also features Tom's voyeuristic actions from an upper window.

She is also featured in a permanent exhibition at the city's Herbert Art Gallery & Museum.

It's unclear as to whether this brave lady's efforts were successful, with different versions of the story passed down over the course of the past millennium.

What is accepted, however, is that Lady Godiva died in September 1067... fully clothed.

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Sarah decided to go for the Advanced Rent Option (ARO) and used the upfront funds to pay off a previous, more expensive personal loan – a great way of deploying sleeping capital and putting it to work.

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# Calling all SHOPPING ADDICTS

In a recent study, London has been named the second best city for shopping in the world, with an overall shopping score of 8/10. The results come just days after the capital was crowned the third most popular city on the planet.

## HOW DID THE STUDY SCORE EACH CITY?

The study analysed cities all around the world based on the number of shopping locations, number of fashion shops within one mile, number of shopping malls within one mile, number of boutiques within one mile, and number of designer boutiques in the city.

## HOW DID LONDON FARE?

London ranked in second place due to gaining the second highest number of shopping locations (1,221) and its number of boutique stores within one mile (102). The researchers were particularly impressed by London's variety, saying: "London is one of the fashion capitals of the world,

and its place as one of the world's most ideal cities for shopping is well established."

The study also revealed that London has a whopping 19 Rolex retailers.

## WHO TOOK THE TOP SPOT?

Tokyo was crowned the number one shopping city in the world, with an overall shopping score of 9/10, boasting an impressive 1,970 shopping locations and 240 shopping malls and fashion shops within one mile. Paris took the third spot, with Sydney, New York and Boston also ranking strongly.

## WHO CAME OUT WORST?

Vienna was named the worst city to shop in the world, with just 267 locations. Munich scored nearly as badly, with only 15 shopping malls and six boutique stores within a one-mile radius of the city centre.

## BEST SHOPPING DESTINATIONS IN LONDON:

Oxford Street | Regent Street | Knightsbridge | Bond Street | Mayfair | Westfield | Carnaby Street | Covent Garden.

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BEFORE



AFTER

# How to deal with...



BUSINESS & PROPERTY

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

could result in you losing your home or being disconnected from a service.

### Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

### Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at [www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

### Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes
- Court fines

### Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

### Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at [www.stepchange.org](http://www.stepchange.org) to find out more.







# Property done properly

## THE BEST PROPERTY BLOGS AND WEBSITES TO FOLLOW

What would we do without the insight of the experts who power our online blogs? For years, we survived on a flat and rather biased supply of TV and print media, but with the internet came inspiration and insight that wasn't bogged down with advertiser messages.

As a result, we now have a relative smorgasbord of incredible blogs, for those at any axis of the property market. Check out some of our suggestions:

### Homes & Property: [www.standard.co.uk/homesandproperty](http://www.standard.co.uk/homesandproperty)

The *Evening Standard's* guide stands apart as one of the most comprehensive pieces of property intelligence on the market. An outstanding resource for professionals and enthusiasts alike, it doesn't just focus on the London market, and combines celebrity nods to both areas and interiors.

### Boomin: [www.boomin.com](http://www.boomin.com)

Blogging and social presence are the name of the game with Boomin, which offers a site that's split into various property categories – from videos to news, buying to letting, selling to renting, home design to mortgages, and more.

### Houzz: [www.houzz.co.uk](http://www.houzz.co.uk)

Detail is the name of the game with Houzz, with

endless inspiration on offer for interior design devotees. While useful for sourcing professionals to take care of jobs in the home, Houzz also showcases homewares and furniture, with expert advice and guidance at every turn.

### Property Week: [www.propertyweek.com](http://www.propertyweek.com)

Authority at your fingertips, Property Week covers topics around property investment and both commercial and residential real estate. It also features analysis and in-depth reporting on the biggest issues facing the industry.

### LandlordZONE: [www.landlordzone.co.uk](http://www.landlordzone.co.uk)

Finally, as the title suggests, LandlordZONE is a dedicated blog for homeowners who rent out their abodes, highlighting both opportunities and threats at play in a frequently changing market.

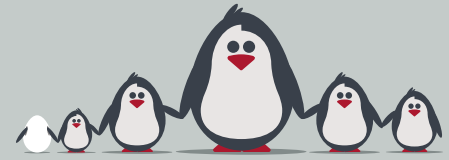
### Zoopla Discover: [www.zoopla.co.uk/discover](http://www.zoopla.co.uk/discover)

If you're looking for something rather more UK-centric, Zoopla is the way forward. Catering for buyers, sellers, tenants and landlords, the property portal has invested big time in education, courses and tools that will make you a smarter player on the market.



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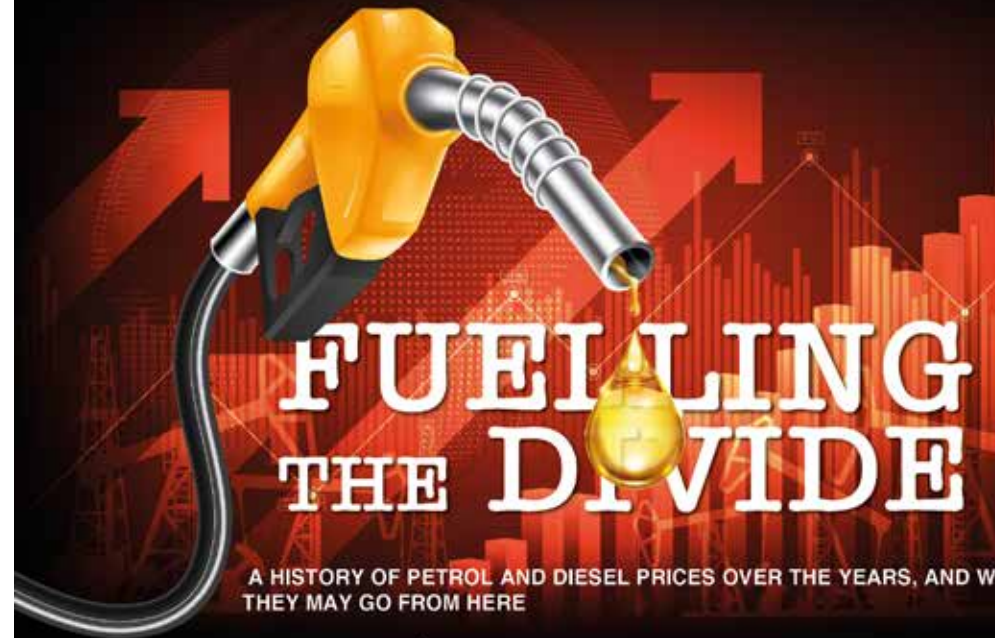
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MOTORING



# FUELLING THE DIVIDE

A HISTORY OF PETROL AND DIESEL PRICES OVER THE YEARS, AND WHERE THEY MAY GO FROM HERE

The devastation caused by the conflict in Ukraine has affected no one more than those immediately impacted by the war; and while it feels churlish perhaps to complain about the price of fuel at the pumps, it's not unreasonable to highlight the extraordinary increase in the price of filling up, and the very real impact it's having on home shores.

The current cost-of-living crisis is about much more than fuel, but the extent to which we rely on the ability to transport both ourselves and our goods around the UK means that even small fluctuations in petrol and diesel can have an onward effect across all retail and service sectors.

It's not just the war either – there is a multitude of other global factors contributing to an increase in logistics and refining costs.

Going forward, the threat of a full EU ban on Russian energy imports could see the cost of fuel climb even higher above the record prices we've seen – around £1.83/litre for petrol and £1.88/litre for diesel.

Even as recently as 2017, filling up at the pump was more than 30 per cent cheaper, and back in 2005, the amount we spend today would have got us twice as far down the road.

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3 years ago (Jun 2019)	£1.27/litre
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7 months ago (Dec 2021)	£1.45/litre
4 months ago (Mar 2022)	£1.67/litre

### DIESEL PRICES OVER TIME

15 years ago (Jun 2007)	97p/litre
10 years ago (Jun 2012)	£1.37/litre
5 years ago (Jun 2017)	£1.16/litre
3 years ago (Jun 2019)	£1.31/litre
1 year ago (Jun 2021)	£1.32/litre
7 months ago (Dec 2021)	£1.49/litre
4 months ago (Mar 2022)	£1.78/litre



# Just JAKE

## JAKE DANIELS BECOMES THE UK'S FIRST OPENLY GAY FOOTBALLER IN THREE DECADES

They say young footballers go about their craft with a sense of fearlessness, and that's certainly the case where Blackpool forward Jake Daniels is concerned.

The 17-year-old, who signed pro terms with the Championship club in 2022, is yet to make a league appearance for the Seaside, though he has singlehandedly cultivated more column inches than any of his vastly more experienced teammates by coming out as the English Football League's only gay footballer.

For many years, conjecture over the possible treatment of gay footballers – in an environment where terrace banter very often crosses the line between acceptable and not – has clearly led to a huge number of gay footballers afraid to fly their true colours.

That's what makes Jake's revelation all the more brave – namely that someone right at the start of his football career has the confidence and honesty to nail his LGBT colours to the mast and declare, as would Gloria Gaynor, "I am what I am".

He said: "I can't really put a date on it, but I was probably five or six years old when I knew I was gay, so it's been a long time that I have been living with the lie."

"Now is the right time to speak. I feel like I am ready to tell people my story. I want people to know the real me."

"I have been thinking for a long time about how I want to do it, when I want to do it. I know now is the time. I am ready to be myself, be free and be confident with it all."

The UK's first openly gay footballer since Justin Fashanu way back in 1990, Jake is correct in his assertion that attitudes and values have changed. And while the late Fashanu was derided for his honesty and bravery, the fact Jake Daniels has been roundly praised shows just how far society has come since then.

Photo credit: Paul Dennis/TGS Photo/Shutterstock



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WORDLADDER: FOOT, SOOT, SHOT, SHOP, SHIP, SHIN





# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

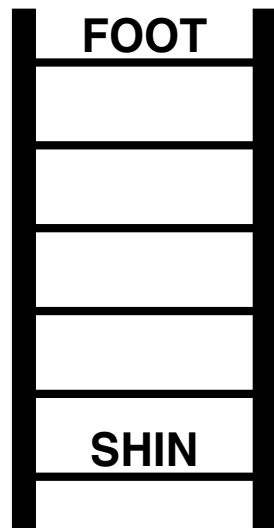
- ▶ ALUMINIUM
- ▶ BERYLLIUM
- ▶ CAESIUM
- ▶ CALCIUM
- ▶ CARBON
- ▶ COBALT
- ▶ GOLD
- ▶ IRON
- ▶ LEAD
- ▶ LITHIUM
- ▶ MERCURY
- ▶ NICKEL
- ▶ OXYGEN
- ▶ POTASSIUM
- ▶ RADIUM
- ▶ RUBIDIUM
- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC

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

## DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

## WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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