

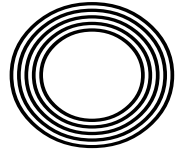


## TOP TIPS FOR TANNING SAFELY

*Celebrating 50 years  
of hip-hop music*

**CHERRY PICKED**  
The latest kitchen colour trend

**PROSECCO PAIRING**  
*Top foods to pair with your bubbles*



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# SIMON THOMAS

TV presenter named as new host of iconic show

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# Editor's notes...

AUGUST 2023



Brett Shohet, Editor

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

I recently went on my first overseas holiday in four years. It was lovely to get away from the hustle and bustle of daily working life and have a chance to relax - even if I do feel guilty stepping away from the business for a short while. However, it's important to remember to take a break every now and again and give yourself the chance to relax. After all, you'll come back to work with renewed vigour and a fresh perspective.

As previously mentioned, I purchased an established business exhibition. The event will be held in Hertfordshire in October and is sponsored by

London Stansted Airport. Preparation is going well so far, and I'd encourage anyone who is interested in getting involved to please get in touch or visit [www.bsmb.co.uk](http://www.bsmb.co.uk)

With the summer holidays upon us, now is a good chance to get out and about and support your local businesses - whether that's having lunch in a local restaurant, paying a visit to a local attraction or watching a show in a local venue. Our what's on page has a great variety of events in your local area to keep the whole family entertained, so make sure to check them out.

I hope you have a brilliant summer - and I hope the weather cooperates!

*Brett Shohet*

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# HIP-HOP... AND YOU DON'T STOP

**H**ip-hop – one of the most explosive, inventive, innovative and celebrated genres of music – celebrates its 50th anniversary in August.

In 1983, David Bowie said that hip-hop music held the only real creative musicians. That's quite a statement from someone who continues – even after his passing – to occupy an iconic aura of melodic and songwriting brilliance. "With black music," he continued, "there's a very strong social point to make. There's a means of discovery and a purpose, and for that reason, hip-hop stands itself apart from almost anything else."

At the time, the genre had only been around for a decade. Yet in the 40 years since then, it has evolved to cross over almost every divide you can imagine. It is no longer the domain of a single skin colour or a social demographic, nor is it a set of rules regarding sound, samples and BPM. Its continued growth across popular culture, from its beginnings as the sound of the streets, sees its modern purveyors streaming by the billions and selling out venues of any size.

The original 'sound of the underground' style came about via DJ Kool Herc's *Back to School Jam* in 1973 – a track credited as being the first example of a genre that sees artists speak vocals over a backing track.

Over the years, lines have been drawn between the genre and its near-acquaintance, rap. While the latter is arguably the purest form of 'rapped' poetry and music, hip-hop also embraces fashion, graffiti, dance and DJing, and envelops female performers as much as male. These influences were seen in the way Kool Herc's booming, crowd-stirring sound soon influenced Grandmaster Flash, who brought in techniques such as scratching, punch-phrasing and the backspin.

Between 1979 and 1983, disco and funk narratives came into the style, with *Rapper's Delight* by The Sugarhill Gang gaining global popularity and serving as something of a blueprint for future tracks. The genre's so-called 'golden age' between 1983 and 1997 saw artists such as Run-DMC – whose third single *Rock Box* in 1984 provided the first rap video played on MTV – De La Soul and A Tribe Called Quest build social influence and bring innovation to a sound that was rapidly diversifying.

The 1990s brought gang rivalries onto the scene, not least those involved in the infamous East versus West Coast feuds between the likes of Dr. Dre, Snoop Dogg, Wu-Tang Clan and others. The dispute led to rival sides upping the ante on each new release, culminating in the much-publicised deaths of Tupac Shakur in 1996 and The Notorious B.I.G. the following year.

The Millennium saw the rise of 'bling bling' – a term coined by Lil Wayne – with R&B-infused hooks from artists such as J-Lo, Ashanti and Mariah Carey. Kanye West, Eminem and 50 Cent were some of the last to benefit from music sales in physical form as online piracy and streaming sites led to a decline in CDs.

*The Eminem Show*, from 2002, sold 27 million copies and became the best-selling hip-hop album of all time. The fact that this was achieved by a white artist confirmed the genre's total 360 evolution.

In the modern era, and bolstered by social media, the likes of Nas, Jay-Z, Mos Def, Talib Kweli, and now Kendrick Lamar, Stormzy, Kanye West and Nicki Minaj have worked to build personality into their presentation of the music.

As hip-hop now prepares to celebrate 50 years with a variety of events, celebrations, exhibitions, competitions, and one-off shows and DJ events, it's clear that where the genre goes next will be, as ever, for the music to decide.

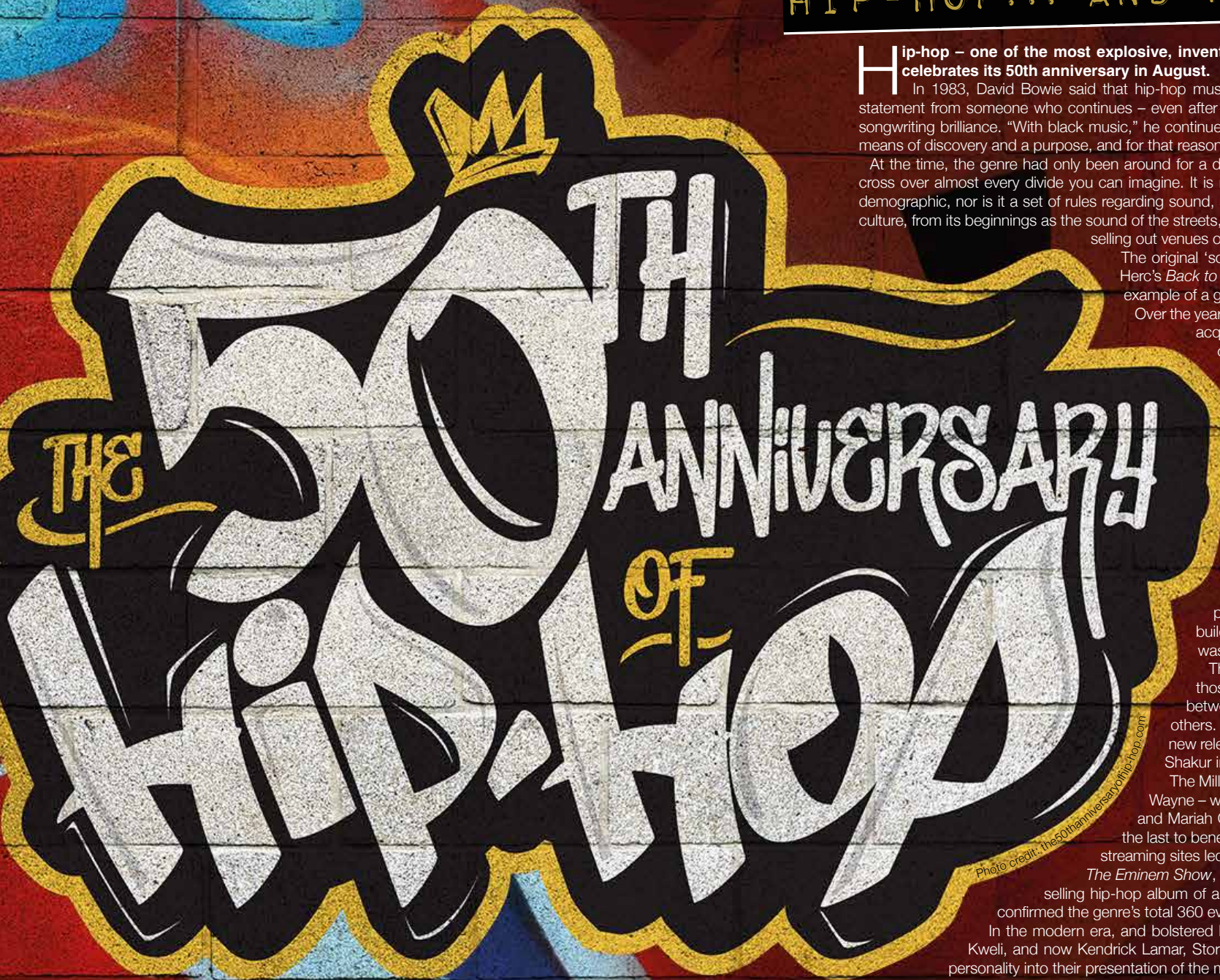


Photo credit: the50thanniversaryofhiphop.com





# Slightly sticky®

In the early 1970s, church chorister Arthur Fry was searching for a bookmark that wouldn't fall out of his hymn book or damage it. Then he remembered a not-very-sticky glue created by a colleague in the product development department at the 3M Corporation a few years before.

In 1968, Doctor Spencer Silver developed a glue that was strong enough to stick, but could be removed easily without leaving a sticky mark. You could also easily reposition it. Fry took a bit of the glue, spread it along the edge of a piece of paper, and created the perfect bookmark for himself.

Fry and Silver left 'bookmarks' around their office to communicate with their team. Co-workers started asking for them, too. A year or two later, 3M created the Post-it Note brand and launched into production with its 3x3in sticky notes. They were yellow only because that was the scrap paper the company had on hand.

At first, interest was slow. But in 1979, following a mass free giveaway campaign, the product took off. Everyone had a pad of Post-it Notes to stick on files, computers, desks and even doors.

But the brains behind the product continued their inventing, and Fry and Spencer worked for 3M their whole working lives.

The notes are now available in many shapes, sizes and colours. In 2003 came Super Sticky Notes with stronger glue. In 2019, 3M launched its Extreme Notes, which are water resistant and 100 times stronger than the originals.

The same year saw the launch of the Post-it app, which 3M claims "brings the simplicity of Post-it Notes to your smartphone, tablet and Chromebook".

3M's patent on Post-it Notes expired in 1997, but the name and the original yellow colour remain trademarked to this day – those little paper squares we love, though we never knew we needed them.



Photo credit: ciberninjas.com

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# Amazing ASPIRIN

**M**ost households have a box or two of aspirin lurking in their medicine drawer, but did you know this little white pill can be used for so many more things than just pain relief?

## TO GET RID OF DANDRUFF

One in five people suffer with dandruff, with men more likely to be affected than women. Forgo expensive shampoos and simply crush two or three aspirin and mix them into the normal amount of shampoo that you use. Apply to your scalp and leave to sit for two or three minutes before rinsing.

## TO SOFTEN HARD SKIN ON FEET

Wear your sandals with pride by softening any hard skin on your feet using the power of aspirin. Crush five tablets and mix with half a teaspoon of lemon juice and half a teaspoon of water. Mix into a paste and apply to your feet. Put on a pair of socks and leave for 10 minutes before rinsing with warm water.

## TO EXFOLIATE YOUR FACE

Aspirin is an amazing exfoliant and can be highly effective in removing dead skin cells. Crush five aspirin and mix with two teaspoons of lemon, lime or orange juice. Apply to your face, leave for a few minutes and gently scrub off.

## TO RESTORE HAIR COLOUR

If your hair colour is beginning to fade, aspirin can help to revive it. Dissolve six to eight aspirin in a glass of warm water, rub the solution through your hair and leave to set for 10-15 minutes. Alternatively, add the mixture to your shampoo.

## OTHER BEAUTY BENEFITS OF ASPIRIN:

- To treat psoriasis – crush five uncoated aspirin, mix with a quarter of a cup of warm water and apply to the skin.
- To reduce redness from stings and bites – apply a wet aspirin directly to the sting or bite.
- To treat ingrown hairs – mix two aspirin tablets with a teaspoon of warm water and apply the paste to the affected area.
- To remove sweat stains from clothes – dissolve two white aspirin in half a cup of water and apply.



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# STAINS

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Denim is designed to be durable and can cope with the rough and tumble of being out in the elements. However, what do you do if your favourite pair of jeans becomes stained?

Find out how to remove the most common stains from your jeans and other denim garments below.

## HOW TO REMOVE GRASS STAINS

1. Pre-treat the stain using laundry detergent, washing-up liquid or vinegar mixed with a small amount of warm water.
2. Scrub the liquid into the grass stain using a toothbrush or nail brush.
3. Wash the item on its usual laundry cycle.
4. Repeat all of the above again if the stain is still visible.

## HOW TO REMOVE MUD STAINS

1. If the mud stain is wet, allow to dry completely. Do not attempt to remove the mud while it is still wet as this can spread the stain further.
2. When dry, gently scrape off any excess mud with a plastic spoon or knife.
3. Gently brush the stain with a small brush or toothbrush.
4. Apply a few drops of washing-up liquid to the stain and rub in using your fingers.
5. Add a drop of water to the stain and briskly rub with a brush on both sides of the fabric.
6. Wash the garment, following the care guidelines on the tag.
7. Repeat steps 4 to 7 for really stubborn stains.

## HOW TO REMOVE WINE STAINS

1. As soon as possible, pour a small amount of white vinegar onto a clean cloth and gently blot the area. Do not rub as this may set the stain further.
2. For bigger wine stains, soak the denim overnight in a solution of one part vinegar and one part water.
3. Rinse with cold water and then wash on your usual washing cycle.

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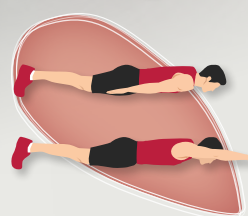
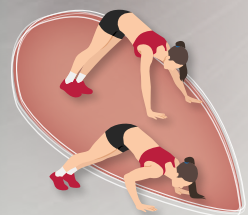
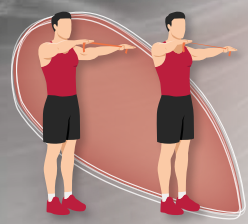
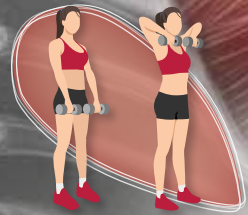


FASHION





# Sculpted SHOULDERS



The shoulder joint is notoriously unstable, so if you want to avoid injury and enjoy good posture, you need to take the time to strengthen this area of your body. Add these exercises to your workout routine once or twice a week.

## 1. UPRIGHT ROW

Start with your feet under your hips and your legs straight | Hold a dumbbell in each hand, with your palms facing towards your body and the weights touching your quads | Pull your elbows up and out wide to lift the dumbbells to your chest | Lower the dumbbells to return to the starting position | Complete 15 reps

## 2. BANDED PULL-APARTS

Start by standing with your feet shoulder-width apart | Holding a resistance band with both hands, extend your arms straight in front of your body and raise them to shoulder height | Make sure that your palms are facing the floor | Engage your core and pull your fists apart past your shoulders | Slowly return to the starting position | Complete 10 reps

## 3. INVERTED PUSH-UP

Start in an upside-down V position with your feet flat on the floor, your hands pressed onto the floor and your hips in the air | Bend your elbows out wide to the sides so that your head touches the floor | Press through your hands to return to the starting position | Complete 10 reps

## 4. REVERSE SNOW ANGEL

Start by lying face down on a mat with your legs extended straight, your forehead resting on a folded towel and your arms by your sides | Keeping your arms straight and your palms facing the floor, bring your arms out to the side in a wide arc and overhead | Reverse the movement to return to the starting position | Complete 15 reps.

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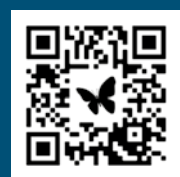


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# How to TAN safely

Many of us love spending time in the sun to achieve a golden glow. The sun can also boost our vitamin D levels and help us stay healthy. But it's important to remember that tanning can damage your skin, so follow these tips to stay safe while you sunbathe.

- 1 Avoid sunbeds.** These emit harmful UVA rays that can increase your risk of skin cancer, and can also cause your skin to age prematurely.
- 2 Choose the right sun cream.** Make sure to look for products labelled 'broad spectrum' to make sure you are protected from both UVA and UVB rays.
- 3 Watch the clock.** Research suggests that after a few hours, your body won't produce more melanin, the pigment responsible for tanning; you'll just be exposing your skin to UV damage. It's worth noting this time can vary from person to person, so better to be on the safe side and make sure you're not spending too much time in the sun.
- 4 Spend time in the shade.** This reduces your sunburn risk and helps prolong the life of your tan.
- 5 Cover up.** Wear protective clothing, especially if certain areas of your body are prone to sunburn.
- 6 Eat sun-friendly foods.** Foods rich in lycopene, such as red or orange fruits and vegetables like tomatoes, can boost your skin's natural sun protection.
- 7 Don't mix fake tan with SPF products.** This can cause the SPF to break down, reducing its effectiveness.
- 8 Be cautious during peak sun hours.** Take extra precautions between 10am and 4pm. Regularly reapply sun cream every two hours, even if you're not swimming.
- 9 Choose the right aftersun.** Look for products that hydrate and soothe your skin and avoid products that contain alcohol, as these can irritate your skin and could make your tan fade more quickly.

Remember, while you might feel that you look good with a tan, healthy skin is your top priority. So if you can't resist sunbathing, follow these tips to enhance and prolong your tan while minimising the risks.



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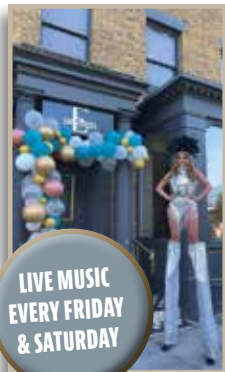
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FOOD & DRINK

# Amazing APRICOTS

SEASONAL, FRAGRANT AND OH SO DELICIOUS, DISCOVER THREE SIMPLE APRICOT RECIPES

## WHITE SANGRIA

**You will need:** 1 apricot, chopped | 1 nectarine, chopped | 1 orange, peeled and chopped | 3-4 strawberries, sliced | 1 tsp caster sugar | Pinch of ground cinnamon | 325ml Spanish white wine such as white Rioja | 50ml triple sec | 150ml ginger ale

**How to make:** Place the fruit in a bowl and sprinkle over the sugar and cinnamon | Mix, cover and place in the fridge for 1 hour | Tip into a large jug and pour in the wine and triple sec | Add the ginger ale and a large handful of ice | Stir and serve in tall glasses with ice

## CHICKEN WITH GINGER AND APRICOTS

**You will need:** 4 chicken thighs (skin on and bone in) | ½ tsp ground ginger | 10g fresh root ginger, peeled and finely chopped | 100ml dry white wine | 1½ tbsp white balsamic vinegar | 1 tbsp runny honey | 4 large ripe apricots, halved | 2 sprigs of fresh rosemary

**How to make:** Preheat the oven to 210°C/190°C fan/gas mark 6½ | Season the chicken with salt and pepper and sprinkle the skin with ground ginger | Heat extra virgin olive oil in a large frying pan, brown the chicken on both sides and then lay it to one side | Pour off any excess oil from the pan and gently fry the fresh ginger for 2-3 mins | Add the wine, then the vinegar and honey | Cook until the sauce starts to thicken | Add the apricots and rosemary | Return the chicken to the pan, skin side up | Transfer the pan to the oven, uncovered, and roast for 35 minutes | Serve with steamed white rice or crispy smashed potatoes

## POACHED APRICOTS WITH MASCARPONE

**You will need:** 75g golden caster sugar | Zest of ½ orange | 6 dried apricots | 6 apricots, halved | 5 drops of orange flower water | 100ml mascarpone | ½ vanilla pod, seeds scraped out

**How to make:** Place 50g sugar and 150ml water in a pan with the orange zest and bring to a slow boil | Add the dried apricots, cook for 3 mins, and add the fresh apricots | Cook for 10 mins | Turn off the heat and add the flower water. Leave for 1 hour at room temperature | Whisk the mascarpone with the remaining sugar and vanilla | Serve over the apricots.

Photo credit: joyousapron.com, taste.com.au, thegoodwebguide.co.uk



Do you love a glass or two of Prosecco?

Fancy knowing what snacks you should eat alongside this popular Italian beverage?

Discover these top five perfect Prosecco pairings that promise to tantalise your tastebuds and stop the bubbles from going straight to your head.

#### HOW TO PAIR PROSECCO

Although most people tend to enjoy Prosecco on its own, it is actually a fantastic pairing wine, which boasts crisp and refreshing flavours that go well with everything from sweet treats to salty snacks. As a general rule, high acidity and dry Proseccos pair well with rich and creamy desserts, and sweeter ones such as rosé Prosecco are best enjoyed with savoury foods.

**POLPETTE:** Highly popular in Italy, polpetta is a type of meatball that is usually made from pork, beef or a combination of both. Small and delicious, this is the perfect snack to pair with a glass of Prosecco.

**BRUSCHETTA:** You have probably already heard of bruschetta as it often features in the antipasti section of an Italian restaurant's menu. So simple, yet oh so delicious, this toasted bread is rubbed with garlic before being topped with olive oil, tomatoes, basil and even more garlic.

**SALADS:** While a salad may not be the first dish that springs to mind when you think of Prosecco, the fairly low alcohol content of this popular beverage makes it ideal for pairing with a light and fresh dish. For best results, match Prosecco with spinach, strawberries and goat cheese. It can also work well with a classic chicken Caesar salad.

**MILD CHEESES:** If you love cheese almost as much as you love wine, then you will be pleased to hear that there are many mild cheeses that make the perfect accompaniment to Prosecco. Try a glass with a slice of creamy mozzarella, ricotta or burrata.

**DESSERTS:** When it comes to Prosecco and sweet dishes, opt for crème brûlée or cheesecake with dry Prosecco, or a fresh fruit tart or fruit salad with sweeter varieties.



*pairing*



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SCAN ME



# CHERRY ON TOP KITCHENS!

**L**ike to stay one step ahead of the latest kitchen design trends? Summer 2023 sees the arrival of an abundance of vibrant kitchens adorned with the deep reddish-pink shade of cherry. Here's how to incorporate this bold look in your kitchen.

## COMBINE CHERRY CABINETS WITH WHITE ACCENTS

If you want to completely overhaul your kitchen, then opting for cherry cabinets provides a bold take on this look. To stop the space from looking too dark, add stainless steel appliances and white accents such as white granite countertops.

## INSTALL CHERRY WOOD FLOORING

If you don't want to change the colour of your cabinets, another high-impact way to add cherry to your kitchen is by installing cherry wood flooring. Providing a pop of vibrancy underneath your feet, try to keep the rest of your kitchen bright to keep the space looking fresh.

## OPT FOR A CHERRY SPLASHBACK

If you want to use this colour sparingly to see if you like it, then why not try adding a cherry-coloured splashback to your kitchen? Providing the perfect way to embrace this trend without going all out, high-gloss cherry splashbacks are bang on trend this summer.

## CHOOSE SHAKER-STYLE DESIGN

If you would like to try a new kitchen style in this pivotal room in your home, then the popular shaker style lends itself well to the cherry trend. Known for its clean lines, understated elegance and classic style, cherry shaker cabinets suit both traditional and contemporary homes alike.

## PICK CHERRY APPLIANCES

Another simple way to incorporate cherry into your kitchen without breaking the bank, cherry appliances such as a kettle and toaster can add a pop of colour without being too overpowering. Alternatively, if you have a little more cash to splash, a cherry-coloured cooker or fridge-freezer provides a more show-stopping look.

Photo credit: Magnet via Idealhome.co.uk/jpg, oziesplash.com.au, jinteriordesign.com

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# DIY POCKET PILLOW



HOME & DIY

A pocket pillow makes the perfect storage space for a wide range of household items such as remote controls, newspapers and magazines, books, toys and so much more. Plus, it is great for cuddling!

### WHAT YOU NEED:

A pillow insert – these are available in a wide range of sizes | Three types of fabric – one for the front, one for the back and one for the pocket | A pair of scissors | An acrylic ruler | An iron | Sewing machine (optional)

### HOW TO MAKE:

#### Step 1: Cut your fabric

The amount of fabric that you need will be dependent upon the size of your pillow.

> **For your front piece:** Cut the fabric 2.5cm bigger than your pillow insert on all four sides.

> **For your front pocket piece:** Decide how tall you want your pocket to be and then cut double the length. The width should be the same as your front piece of fabric.

> **For the back pieces:** Each piece of fabric needs to be the same width as the front and the length needs to be about half the height plus 7-8cms so that the envelope will overlap the back.

#### Step 2: Fold, press and stitch the fabric

> Fold the bottom edge of one of the back pieces over 6mm and press.

> Fold the edge another 6mm and press again. Topstitch to create a finished edge and repeat for the second back piece.

> Fold the pocket piece in half for enhanced durability, press the folded edge down and topstitch along the top edge either by hand or using a sewing machine.

> Press the front piece and lay it facing up. Then, lay the pocket piece facing upright on top of the front piece with the bottom edges aligned.

> Next, lay one of the back pieces face down on top of the front piece with the raw edges lined up at the top.

> Place the other back piece face down on top with the raw edges lined up at the bottom and pin all the way round.

> Sew all around the pillow with a 12mm seam allowance.

> Cut the corners off at an angle and, if you intend to wash the cover, sew the edges with a zig-zag stitch to prevent fraying.

> Turn the pillow cover right side out, lay the cover flat and press the seams.

> Place the pillow insert into the cover and adjust so that it is nice and square.

Now all that is left to do is fill your pillow pocket!



Photo credit: Milly and Pip Gifts and Cards via notonthehighstreet.com





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watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

– that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on 0808 301 9551 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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Veere Grenney started his interior design company back in 1996, and since then has continued to feature on the list of leading interior designers, not just in the UK, but in the world. His style introduces traditional details to contemporary spaces, creating individual looks that are anything but dull.

### ABOUT VEERE GRENNY'S MAGICAL STYLE

Interiors expert Dara Caponigro (creative director of F. Schumacher & Co, former editor in chief of *Veranda* and editor at *ELLE Decor*) perfectly pins down Grenney's style: "He knows when to pull out the stops and when to show quiet restraint, creating interiors that are, at once, serene and exciting, and never forgetting that rooms should be comfortable and livable."

Wall art is a key feature of many of Grenney's interiors, alongside classic fabrics and interesting colour palettes that help bring together classic and modern details. Above all, the spaces he creates are comfortable and practical, which clients can enjoy for years to come.

### HOW TO RECREATE VEERE GRENNY'S UNIQUE STYLING IN YOUR HOME

While Grenney's style is unique, it can help provide the perfect inspiration for your own home. Some of the ways you can adapt Grenney's look include:

- Look for some vintage pieces to upcycle and restore – it's surprising what paint or new upholstery can do to transform your space.
- Create a tonal look using different shades of the same colour to add depth and interest – ideal if a clashing colour scheme isn't for you.
- Embrace wall art to help reflect your personality while adding some unique finishing touches to your room. Find different pieces you love that you will enjoy for years to come.
- Look for non-traditional furniture styles and mix and match your pieces – it's a great way to gradually build up your furniture collection over time.

With a wonderful portfolio to spark inspiration, Veere Grenney Associates is a modern design house full of ideas you can incorporate into your own interiors.

Photo credit: David Oliver via veeregrenney.com, @veere\_grenney via Instagram



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LOOKING AT SIMON THOMAS'S IMPRESSIVE RISE FROM THE *BLUE PETER* STUDIO TO THE SKY SPORTS HOTSEAT

In the modern era of 24/7 television, our sports presenters are as much icons and celebrities as the sports stars they lyrically wax over. Yet in the case of Simon Thomas, successor to the iconic Jeff Stelling on Sky Sports' showpiece results show, *Gillette Soccer Saturday*, the new man in the hotseat is happy to let the scorelines do the talking.

The youthful-looking 50-year-old has been announced as the main man to showcase the weekly results frenzy on Sky Sports. A dynamic and demanding position, he'll need to convey all of recently retired Stelling's multitasking zest and zeal, while managing the maddening behaviour of a penal of pumped-up pundits.

Yet Thomas comes from an environment that offered a rather more serene take on live-TV pressure. Born in Norwich and educated at the University of Birmingham, his career in broadcasting began at the BBC where he worked as a *Blue Peter* presenter from 1999 to 2005. Unforgettable to many in their formative years, his warm and engaging manner won the hearts of the nation.

"*Blue Peter* was an incredible foundation for me," he begins. "The show taught me how to handle the pressure of live TV while always watching what I said and how I said it. You have to constantly monitor language and approach, so that was a steep and valuable learning curve for me.

"Switching to sports broadcasting," he explains, "was the chance to be a bit looser and more expressive. I wouldn't say the job is easier, just different."

Regardless, Thomas's rise has been impressive, so much so that he is backed across the board to step into the giant shoes left behind by the legendary Stelling – a significant undertaking that only someone with Thomas's proven track record and likeability could handle.

The journalist is undoubtedly up to the challenge – he has also presented BBC *Proms in the Park*, covered for (another ex-*Blue Peter* face) Matt Baker MBE on Radio 3, worked on the *This Morning* show, and bravely raised awareness for treatment of blood cancer following the sad death of his first wife, Gemma, in November 2017.

By that time, Thomas was already highly regarded at Sky Sports, where he was able to play out a love for football, and his beloved Norwich City Football Club. "As a presenter, you try to keep your allegiances hidden... unless you're Jeff Stelling, in which case everyone watching knows you support Hartlepool United.

"I'll keep my own bias a bit quieter... for the first few shots, at least."

Thomas admits he may feel the pressure in the opening exchanges of his new role. Not only is the drive for reporting at its most intense on a Saturday afternoon, but he'll likely have to find a substitute for Stelling's unparalleled love of quick wit and high-bar humour, not to mention his predecessor's vast football knowledge

"I want to create my own legacy rather than just follow Jeff's, and it's nice to have some incredible football people on the panel who will help me navigate a route through the mass of results.

"It has always been a privilege to work for Sky and this is a dream. All I need now is for Norwich to get back to the Premier League and it'll be the perfect match-up."







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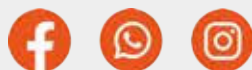
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BEFORE

AFTER

# FROM YOUR AREA



LOCAL NEWS

## Permission granted for 100-bedroom hotel



Photo credit: Higgins Group

A Travelodge application for a 100-bedroom hotel in Loughton was granted permission last month.

The five-storey development at 1 Langston Road will include 165 car parking spaces, all of which will have active electric vehicle charging points.

The application had received objections from Loughton Residents' Association over concerns about increased traffic, as well as from Loughton Town Council (LTC).

A spokesperson for LTC previously stated: "The committee believed the height of the proposal was excessive, creating a huge negative impact on the area's appearance. Members further opposed the unnecessary high-level signage."

At an Area Planning Sub-Committee South meeting on July 19, Epping Forest District Council (EFDC) approved the plans.

It stated: "Concerns raised in consultations around the capacity of the junction have been fully addressed. The proposal does not result in material impact on the level of road traffic nor the function of the junction. Officers therefore conclude that the proposal will bring welcome new investment into the location with a positive impact on the commercial offer and on the visitor economy."

Travelodge and EFDC have been contacted for comment.

The decision comes as a result of a host of widespread issues last winter.

As reported in **VISION**Loughton February 2023 edition, residents throughout the district complained about their bins piling up and attracting rats and foxes.

Councillor Raymond Balcombe, Epping Forest District Council's (EFDC) contracts portfolio holder, said: "Waste collection has been under the spotlight since the problems experienced by residents last year. It is one of the most important services we provide. The level of missed collections was unacceptable."

"The creation of our own wholly owned company will put day-to-day management and control of the service back into the hands of the council."

EFDC's plan to take full management control includes a council-owned operating company, buying or leasing and maintaining its own vehicles, and building a new operations hub to support the vehicle fleet and crews.

## Man faces charge of causing death by dangerous driving

A man has appeared in court nearly two years after being involved in a fatal collision in Loughton.

Karen Bailey, 53, died following the incident in Grosvenor Drive on August 20, 2021.

Christopher Delarue, 63, of Longcroft Rise, Loughton, has been charged with causing death by dangerous driving and causing death by careless driving while unfit through drugs.

Delarue appeared at Colchester Magistrates' Court on Tuesday, July 11.

He was released on bail until the next hearing, to be held at Chelmsford Crown Court on Tuesday, August 1, as **VISION**Loughton went to print.



Photo credit: Google Maps

## Council-owned company created for waste collection

A council-owned company is to be created for the collection of household waste and recycling in Loughton and the Epping Forest district.



## DAME ELEANOR LAING MP

Conservative MP for Epping Forest



It's a wonderful time of year when local communities come together to share the glorious weather and each other's company, and to raise money for good causes. The Epping Town Show is always a great occasion. An array of local charities, organisations and businesses all came to showcase their amazing work, while we were all treated to an excellent show of regional talent. Performances from the Epping Forest Band and the Epping Forest Pipe Band ensured that everyone had the chance to enjoy my favourite Scottish music.



The Town Show was not the only example of community bonding. Theydon Bois' annual Donkey Derby is always an exciting and fantastic occasion for everyone to enjoy, and this year was no different. The annual Donkey Derby has an entertainment value that would rival the Epsom Derby, and a great deal of thanks must go to the local Scouts and stallholders, who all helped unite the local community and raise a fantastic amount of money for charities and good causes.



Both the Donkey Derby and the Epping Town Show are highlights of my year and both are fantastic opportunities to witness communities meeting and showing, through their togetherness, the good that can be achieved.



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Our next free social café with chair yoga and live entertainment takes place from 2pm to 4pm on Thursday, August 10, at Loughton Club, 8 Station Road, IG10 4NX.

They're open to anyone who would like to socialise and are dementia friendly for people with varying degrees of memory issues and those who love and care for them. They're activity based with singing, word games, puzzles, bingo and more, with free light refreshments. No booking required. Call 01992 842642 for further information.

Our Community Surplus Hub runs from 11.30am to 1pm every Tuesday at the Loughton Club.

Our message is to treat and support people humanely, with dignity and respect.

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# Castle ruins offer a glimpse into our medieval past



LOCAL FEATURE



Here we explore the heritage of Hadleigh Castle, whose influence lives on some 800 years after its construction.

Hadleigh Castle is a picturesque ruin and historic fortification that overlooks the Thames Estuary.

Castles are often built as statements of wealth, ability and power, and Hadleigh Castle's construction in the 13th century was no different. Its builder, the Earl of Kent Hubert de Burgh, was effectively the ruler of England during King Henry III's childhood and he built the castle as a statement of his power.

Sadly, he died soon after its construction, and the castle was subsequently claimed by King Edward II and his son, King Edward III.

The castle's appeal is in its ability to provide a vivid snapshot of medieval England's military and architectural prowess. It is testament to the remarkable history of the region, serving as a tourist destination and an important archaeological site.

The castle's architecture reflects the military advancements of the time, with a combination of concentric and bailey design elements. The inner and outer baileys were encircled by a curtain wall, which was further strengthened with a series of round towers. The primary entrance to the castle was through a fortified gatehouse. The living quarters and great hall within the castle were adorned with elegant architectural features, reflecting the opulence and power of its royal inhabitants.

Over the centuries, Hadleigh Castle witnessed several pivotal moments in English history, including the rise and fall of dynasties and the turmoil of civil wars, such as the Hundred Years' War.

Despite its deterioration, Hadleigh Castle has maintained a strong cultural and historical significance. Its ruins have often been of great interest to artists, including John Constable, who captured its haunting beauty in a collection of paintings.

Meanwhile, archaeological excavations have revealed insights into the daily life of castle residents and visitors, as well as military operations.

Today, Hadleigh Castle, managed by English Heritage, is well worth a visit, with regular guided tours, educational programmes, walking and cycling trails, and wildlife events.



**HERALDRY – WHAT'S IT ALL ABOUT?**  
Copped Hall, Epping, CM16 5HS  
Thursday, August 17, 10.30am – 4.30pm

There is no need to book; just drop in during the times above and allow about 30 minutes for the activity.

The electro day festival is calling in at Lee Valley Showground with its biggest line-up to date. Headliners Cuttin' Headz and The Martinez Brothers will preside over a slate of house, disco, techno and more, all surrounded by the pretty waterways and forests of this natural beauty spot.

Purchase tickets from [www.timeout.com/london/music/eastern-electrics-3](http://www.timeout.com/london/music/eastern-electrics-3)

This popular musical festival will feature a selection of live performers across five unique stages during the day, before turning up the tempo as the sun sets.

Tickets start at £45 and can be purchased from [www.designmynight.com/london/whats-on/festival/maiden-voyage-festival-2023](http://www.designmynight.com/london/whats-on/festival/maiden-voyage-festival-2023)



Since early times, there seems to have existed an innate need to use symbols to distinguish individuals. In Europe, by the 12th century, this need was being met by a wholly new technique. What made this system – which would eventually be termed ‘heraldry’ – so popular, so necessary?

From The Heraldry Society, Clive Alexander and Bernard High endeavour to unravel some of the mystery and also take a look at the heraldry of the individuals associated with Copped Hall through the centuries.

Tickets cost £15. Purchase from [www.bitly.ws/PiSL](http://www.bitly.ws/PiSL)

Led by Mike Rumble, this walk combs open fields and the cool of the woodland between Epping and Thornwood.

This guided walk is free to attend as part of Epping Forest Heritage Trust's work to encourage people to get to know Epping Forest, get inspired and enjoy the forest responsibly.

To book your space for the free event, please visit [www.bitly.ws/PiUq](http://www.bitly.ws/PiUq)





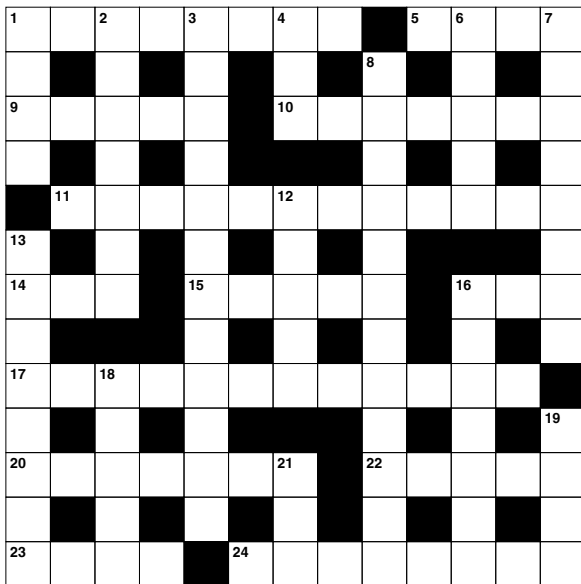
# PUZZLES & TRIVIA

## ACROSS

1. Dawn (8)
5. Whip (4)
9. Obtain information from various sources (5)
10. Exposes; shows (7)
11. Clothing such as a vest (12)
14. Tear (3)
15. Aqualung (5)
16. Argument against something (3)
17. Person's physical state (12)
20. Strife (7)
22. Possessed (5)
23. Utters (4)
24. Gauges (8)

## DOWN

1. Gear wheels (4)
2. Clear mess away (5,2)
3. Discussion (12)
4. Belonging to us (3)
6. Alert (5)
7. Suffering from indecision (8)
8. Unnecessarily careful (12)
12. Haggard (5)
13. Goes before (8)
16. Singer (7)
18. Beastly (5)
19. Chances of winning (4)
21. Expected at a certain time (3)



## DID YOU KNOW?

- Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans – about six feet.
- The mammals can run as fast as 35mph over short distances.
- Giraffes are already extinct in at least seven countries in Africa.
- Giraffe spots are like human fingerprints; no two giraffes have the same.
- Their tongues are a bluish-purple colour and are between 45 and 50cm long.
- Giraffes are very social animals and roam around in groups. These groups, called towers, typically have around 15 members led by an adult male. The other members are females and young males.
- In the wild, giraffes live for around 25 years.

## SUDOKU

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TRAVEL



## HOW TO FIT

# MORE

## IN YOUR SUITCASE

**D**o you struggle to fit all your holiday essentials into your suitcase? Then these space-saving tips are just what you need!

**SHORTLIST YOUR CLOTHES:** Before you even start packing, you should gather your clothes together and determine what you actually need. Try to be as ruthless as possible and, if in doubt, leave it at home. Also look for versatile garments that can be dressed up or down for maximum usage.

**ROLL YOUR CLOTHES:** This is a very effective space-saving techniques. Rather than folding your clothes and placing them in your suitcase, roll them instead. Plus, rolled clothes tend to wrinkle less than folded ones. Place larger items at the bottom of the suitcase and smaller rolled clothing at the top.

**PLACE ITEMS INSIDE YOUR SHOES:** Shoes can take up a lot of space in your suitcase, so it can be

a good idea to stuff them with smaller items such as jewellery, ties and underwear to maximise space. You should also pack your shoes on their sides rather than on their soles.

**USE TRAVEL SPACE BAGS:** Space-saving travel bags, also known as compression bags, are perfect for shrinking bulkier items of clothing, such as jumpers and jackets, into a more compact unit. These are also designed to keep your clothes wrinkle-free. Garment folders are a good idea if you are taking delicate items which are prone to creasing, such as silk dresses or linen suits, and toiletry bags are perfect for makeup and travel-sized toiletries.

**THE BUNDLE PACKING METHOD:** The bundle packing method is an effective packing strategy that involves filling a small pouch with soft items like socks and underwear and then wrapping larger clothing items around the pouch to form a bundle.



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# Lollylicious!

V  
KIDS

If you have children, you will know only too well how quickly a freezer full of ice lollies empties during the summer holidays. Fortunately, you don't have to keep running to the shop for more, as these homemade lollies are guaranteed to go down a treat.

**Orange and Carrot Ice Lollies** (makes 6, vegan)

**You will need:**

5 large carrots | Juice of 3 large oranges and the zest of 1  
 1 satsuma, peeled and chopped

**How to make:**

Finely grate the carrots and place them in the middle of a clean tea towel | Gather up the towel and squeeze the carrot juice into a jug | Add the juice of the oranges and top with a little water if needed until you have 360ml liquid | Stir in the zest and satsuma pieces | Carefully pour into lolly moulds and freeze overnight

**Ice Lolly Pens** (makes 6, vegetarian)

**You will need:**

50ml sugar-free blackcurrant cordial | 50ml sugar-free orange cordial | Red and orange natural food colouring  
 50g blueberries | 50g chopped strawberries | A handful of halved red grapes

**How to make:**

Pour each cordial into a separate jug and add 5 tsp of the corresponding food colouring into each one | Stir 100ml of water into each | Place a few blueberries, strawberries and grape halves into 6 lolly moulds | Top up 3 moulds with blackcurrant cordial and 3 with orange cordial | Freeze for at least 4 hours | Remove the lollies from the moulds and pour extra food colouring into a small dish | Dip the lollies into the colouring and use them to draw on clean paper, licking as you go

**Strawberry Milk Pops** (makes 12)

**You will need:**

400g ripe strawberries | 200ml semi-skimmed milk | 405g can of light condensed milk

**How to make:**

Place the strawberries in a food processor or blender and blitz until smooth | Add the milk and condensed milk and blitz again to combine | Pour the mixture into 12 moulds | Freeze for a minimum of 4 hours until solid

To make the above quantities, use lolly moulds sized at 16x15x10cm, or you can use moulds you already have but adjust accordingly.





# ITEMS ~~NOT~~ TO STORE IN THE SHED

Can't find a place for something in your home or garden? Stick it in the shed! If you find yourself saying this often, you ought to know that there are some items that you should never store in a shed. Discover them all below.

❗ **CANNED FOODS:** If you like to stockpile canned or tinned foods, then you should know that it is not safe to store these in your shed. Any container that is made from metal can be subject to rust, which can lead to holes and spoiling of the contents.

❗ **PAINTS AND GLUES:** Although many people store unused paint and glue in their shed, this is not a good idea. In extreme temperatures, the components of both these liquids can start to break down. Furthermore, if they freeze, they will become lumpy and unusable.

❗ **CLOTHING AND BEDDING:** If you do not have much storage space in your home, you may be tempted to store out-of-season clothes, bedding and spare towels in your shed. However, this is not recommended as they are highly likely to be exposed to insects and moths that can damage the fabrics, and they will probably end up with a nasty musty smell.

❗ **FLAMMABLE SUBSTANCES:** You should not store flammable substances such as gasoline, acetone, diesel, lighter fluid and barbecue lighter blocks in your garden shed as these pose a fire risk. Highly flammable liquids should be kept in a well-ventilated spot that is not attached to your main living area, such as in a flammable liquid locker or purpose-built storage unit.

❗ **RUBBER TYRES:** Rubber tyres should not be stored in your shed as these need a controlled climate to stay in optimal condition. Sheds can become very hot and humid in the summer and very cold in the winter, both of which can have an adverse effect on rubber.



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**A**re you looking to drive customer engagement? Turn one-time buyers into loyal customers? If the answer is yes, then you need to know about omnichannel marketing.

#### WHAT IS OMNICHANNEL MARKETING?

Omnichannel marketing is a cross-channel content strategy that includes both traditional and digital forms of marketing. Designed to deliver a seamless customer journey, all channels need to work together to create a unified experience.

#### EXAMPLES OF OMNICHANNEL MARKETING ARE:

- ▶ A customer receives an SMS message about a sale or promotion when shopping in store.
- ▶ A customer receives a shopping basket abandonment email after browsing a website and adding an item to their basket.
- ▶ A customer receives retargeting ads for abandoned basket items they have added in an app.
- ▶ A customer receives a discount code via email after not completing a purchase on a website.

#### WHAT ARE THE BENEFITS OF OMNICHANNEL MARKETING?

There are multiple benefits to omnichannel

marketing, including: Greater reach | Enhanced customer satisfaction | Boost in sales | Increased customer engagement | A more personalised customer experience | Enhanced customer loyalty | Improved brand recognition and recall

#### HOW TO IMPLEMENT AN OMNICHANNEL MARKETING STRATEGY:

**Data collection and analysis:** In order to implement an omnichannel marketing strategy, you need to make sure you have collated sufficient data about your target audience. Once you have this data, you then need to translate it into actionable insights.

**Map the customer journey:** It is crucial that you create customer journey maps before launching an omnichannel strategy, as this will enable you to create targeted campaigns that are more likely to result in sales.

**Test and optimise:** The secret to any successful marketing campaign is in testing and optimising. Allowing you to see what works and what doesn't, and how to adjust accordingly, there are several testing tools that you can utilise, such as Omnicore and HubSpot and Kissmetrics' A/B Testing.



# CLASSIC CARS SUSTAINABLE FUEL

A leading supplier of bespoke fuels has launched a new sustainable petrol using biofuel made with agricultural waste, which is aimed at classic cars.

Classic car owners are sticklers for tradition, yet the pressure of the electric vehicle (EV) revolution has inspired even this staunch demographic to look for ways to make their motors more masterful in the modern era – without ripping out the very fabric of what makes a vehicle so special.

In short, engine specialist Coryton has come up with a way of reducing the need for classic car owners to modify their retro roadster, by creating a fuel alternative that offers greener driving and a low carbon footprint.

SUSTAIN Classic is a plant-based petrol with three fuel types – Super 33, Super 80 and Racing 50. Super 80, the fuel with the highest

sustainable content, is said to lower greenhouse gas releases by a minimum of 65 per cent compared to fossil-based fuels.

The biofuel is manufactured using agricultural waste – such as crop residues, straw and other by-products – to produce a fuel that creates significantly less atmospheric pollution.

The formula isn't cheap, though, with the lowest pricing of the three fuel types coming in at £3.80 a litre.

However, each meets European compliance standard EN228, as well as containing premium additives that clean and protect the car's engine.

The fuel offers a healthy and competitive alternative to typical EV refits for classic retro roadsters, which often come with a hefty conversion price of around £6,000.

David Richardson, business development director for Coryton, said: "Each kilogram of CO<sub>2</sub> we avoid is a win. The pressure is on motorists to make sensible and meaningful changes, but it doesn't mean we have to throw away the essence of what makes these classic cars so iconic."

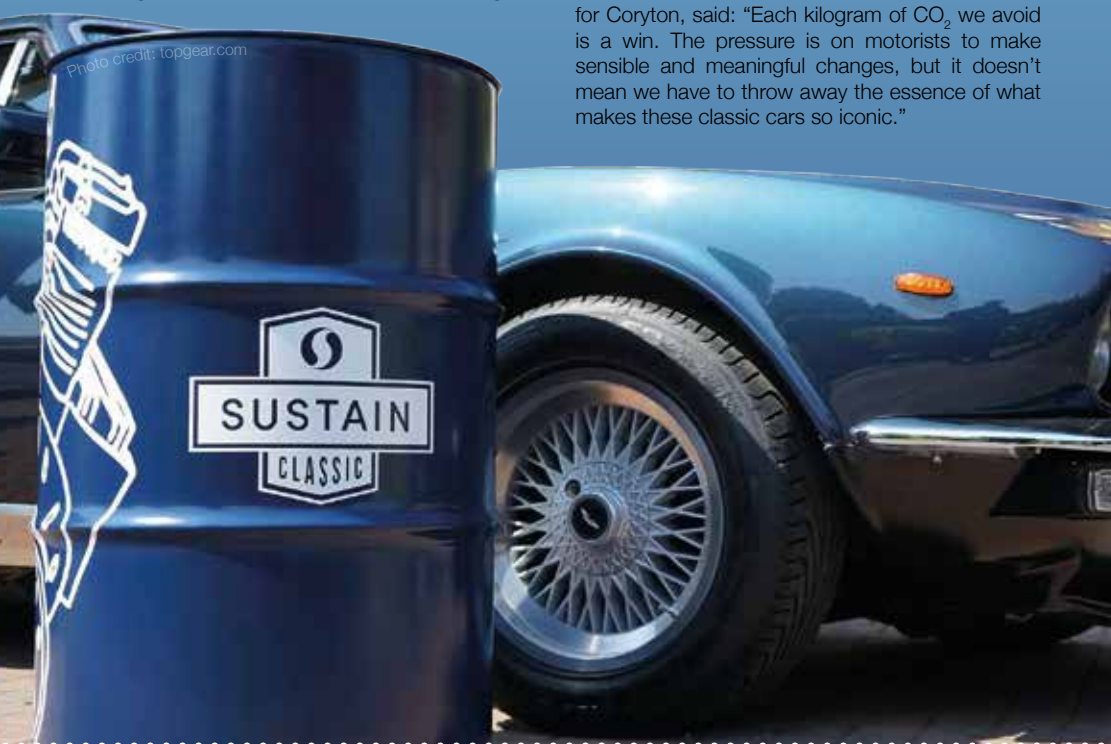


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# Sundae Driving

*The history of the ice cream van*

With its eye-catching graphics and classic serving window, who can resist the charm of an ice cream van? As it tootles along in the sun to a jangly version of *O Sole Mio*, it's a mouth-watering sight. But did you know these iconic vehicles, now seen across the globe, were actually invented in Britain?

In the 1850s, Carlo Gatti, a Swiss-born Londoner, brought the delights of ice cream to the masses. As well as setting up an ice cream restaurant, he launched a fleet of hand-pushed carts with ice-filled containers to keep the ice cream cold.

In the 1920s, ice cream tricycles were introduced so sellers could move around more quickly. And as technology improved, vendors sold their wares from converted vehicles with basic refrigeration units inside.

But it was in the 1960s that things really changed.

In 1962, Bryan Whitby, a refrigeration engineer from Crewe, developed his idea to run ice cream machines directly from a van's engine. This made the vans much lighter and allowed them to be built in a distinctive shape, making it easier for vendors to navigate narrow streets.

He launched into production with his friend, Colin Morrison, and their vans quickly gained popularity. Over the years, several new designs have been launched, and the vans are now exported to more than 60 countries.

Bryan Whitby died in 2016, but the company, Whitby Morrison, is now run by his son, Stuart, and two grandsons.

Moving on into 2021, Whitby Morrison launched the ePower ice cream van to provide a green energy solution for ice cream sellers. As the vans are solar-powered, operational costs are lower and the vehicle is better for the environment. So, let's hope all this tempts more people to take up the trade, as the number of ice cream vans on British streets is sadly declining.

Photo credit: whitbymorrison.com







# WREXHAM RED DRAGONS RISING AGAIN

HOW A CELEBRITY TAKEOVER HAS BREATHED FIRE INTO THE WORLD'S THIRD OLDEST PROFESSIONAL FOOTBALL CLUB

Although Wrexham AFC were founded in 1864, have won the Welsh Cup a record 23 times, and famously knocked holders Arsenal out of the FA Cup in 1992 – one of the biggest giant-killing victories in the history of the competition – nothing could prepare them for November 2020.

For that was when Hollywood came to town, as Canadian-American actor Ryan Reynolds and American actor Rob McElhenney bought the club. At first, it seemed to be the actions of millionaires playing out a celebrity whim; yet what has materialised since has been heart-warming and gut-wrenching in equal measure, reviving the fortunes of a forlorn team and town.

No sooner was the takeover of the club complete than streaming services Disney+, FX and Hulu agreed a docuseries. *Welcome to Wrexham* was designed to follow the club's fortunes on and off the field, a world away from the glossy excesses of similar fly-on-the-wall series involving Manchester City and Tottenham Hotspur.

With the club languishing in the fifth tier of

English football, the hope was that the new influx of exposure, revenue and players – not to mention the impetus of a truly global fanbase – would drive success and promotion back to the Football League. However, it wasn't that straightforward.

A failed promotion campaign in 2021/22, despite the club finishing second in the table, was compounded by defeat to Bromley at Wembley in the FA Trophy Final.

Yet last season, the team regrouped, clocking up a record 111 points to win the National League title, a campaign during which they also reached the FA Cup fourth round.

This season will see them back in the Football League for the first time since 2008, with owners who have made a truly spiritual connection to the fans, the town and, of course, the team.

With further investment, Wrexham are already favourites to take the League Two this coming season.

You can't help but wonder just how far the dragon's fire can reach.

Photo credit: Craig Cowie/Huw Evans/Shutterstock



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