

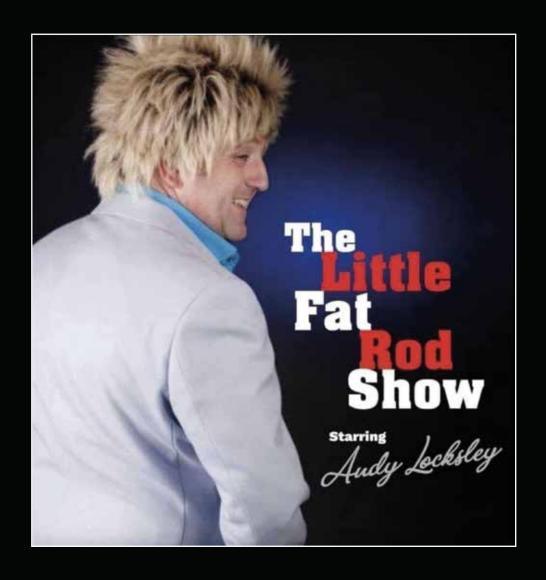
COLOUR DRENCHING
The latest interiors trend

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Photo credit: David Fisher/Shutters

# JODIE COMER

One-woman winning machine celebrates her latest award





# GREAT BRITISH PUB FOOD TRADITIONAL PUB EVENTS & ENTERTAINMENT



# GREAT BRITISH PUB FOOD TRADITIONAL PUB EVENTS & ENTERTAINMENT



# Editor's notes...

Hello and welcome to this month's edition of VISIONMaldonBurnham.

As we enter the heart of summer, July brings forth a special milestone for many families in our community. Summer is a time of transition and excitement as our little ones embark on a new chapter in their educational journey - the leap from preschool to primary school.

As a father currently going through this, I marvel at how quickly the years have flown by and reflect on the wonderful memories created during this time.

Nik Allen, Editor In particular, I want to highlight the efforts of our local preschools and primary schools in ensuring a smooth and successful transition for our young learners.

It is heartening to see that our local educators understand the importance of building strong foundations for our children from the very beginning. They recognise that a supportive and nurturing environment during this critical transition phase can make a world of difference in shaping a child's educational journey.

Investing time and effort in ensuring our children settle in well and have the best possible start demonstrates the commitment of our educational institutions. Such collaborative efforts between nurseries and primary schools lay a solid foundation for our children's academic, social and emotional development.

I hope everyone enjoys their summer holidays before the new school term.

Mik Allen

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Vision Magazine Essex

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

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# MARTIN TYLER'S fantastic finish

elebrating both the career and the caressing tones of Martin Tyler, one of the most revered and celebrated football commentators of the modern era, who has left Sky Sports after 33 years of service.

"Manchester City are still alive here... Balotelli... AGUERROOOOO! I swear you'll never see anything like this again. So, watch it. Drink it in."

Martin Tyler's almost indelible words that accompanied Manchester City's first Premier League title in 2011/12 came more than two decades into his service as lead commentator for Sky Sports, the leading UK broadcaster of the English top-flight since its inception in 1992.

To link the Chester-born wordsmith with the pioneering, game-changing nature of Rupert Murdoch's pay TV revolution is an appropriate fit. Both supported each other in the growth of a football product that, rightfully, was to present our domestic league as the very best in the world.

That piece of iconic commentary came on a day when the blue half of Manchester scored two injury-time goals against QPR to wrestle the title away from their city rivals United. Many regard it as being right up there with the sport's other legendary narratives – from Kenneth Wolstenholme's "They think it's all over... it is now" in the 1966 World Cup Final, to Brian Moore's "It's up for grabs now" as Arsenal won the league title with virtually the last kick of the 1988/89 season at Anfield.

Indeed, that spine-tingling commentary is held so dear by the club's fans that many have it painted on walls, or inscribed on body parts – a goal and a string of words that kicked off a football revolution that now sees Manchester City as truly the dominant side in this country.

Tyler has always seen his vocal variations matched with awards – included in these are multiple gongs for Football Supporters' Federation Commentator of the Year Award, plus the much-cherished Premier League Commentator of the Decade.

Away from the satellite giant, he has voiced for Fox SBS (Australia), was the default commentator on the FIFA video game franchise between 2005 and 2022, and has also worked at the Euros and World Cup, having started out at ITV.

While the broadcaster is associated with the very top rung of the professional game, his inherent football passion comes much further down the ladder, given he is a supporter of National League side Woking.

Upon hanging up his microphone, Tyler said: "It's been a privilege to play a small part in the broadcasting history of the greatest league in the world.

"Working alongside wonderful professionals, I thank them for their support and expertise. It's been an honour as a member of a very gifted team."

Tyler, with his mannerisms, his turn of phrase and his presence that could fill the emptiest of front rooms on a Sunday afternoon, will be a hard act to follow, yet Sky Sports commentary is in good hands as Peter Drury takes the hot seat for the new season, starting in August 2023.



# Weird and Wonderful festivals around the world

nummer is the time when crowds flock to music festivals, but did you know there are also a host of weird Oand wonderful festivals and events that take place throughout the year?

INTERNATIONAL HAIR FREEZING CONTEST: In the cold province of Yukon, Canada, the International Hair Freezing Contest takes place every February at the Takhini Hot Springs. With temperatures that reach below -30 degrees Celsius, participants dunk their heads in the hot water of the pools and then create frosty hairdos by shaping their locks as they freeze in the cold air.

BABY JUMPING FESTIVAL: Known to the locals as El Colacho, this unusual event takes place in Spain 60 days



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DUISE BRADIEY

Interior designer Louise Bradley has impeccable taste, and it's no wonder she's sought after all over the world to create stunning designs in properties that range from country houses to overseas villas. Louise started her business in 1991, and is a selfconfessed perfectionist with an eye for detail.

# CLASSIC, CONTEMPORARY BEAUTY

While her styles are striking and timeless, Louise's spaces are designed to be functional too.

Her designs typically feature neutral colours enhanced with darker tones and blacks, with plush fabrics, statement lights and carefully chosen accessories completing the look. Louise's spaces represent a new modern classic style that works in different types of homes, including more traditional homes where the property's original features become elevated with Louise's designs.

# RECREATING LOUISE BRADLEY'S LOOK

Some useful tips for recreating this look in your own home include:

- > Keep your layout simple, deciding carefully where furniture should go to help you make the most of the space you have.
- > Choose a muted colour palette that can be enhanced with darker shades to add depth.
- > Dress up the space with cushions and textiles in luxury fabrics. A rug can be a simple way to give a new look to an existing space.
- > Ornate mirrors and statement light fixtures add elegance, and can be an affordable way to dress up your interior if you're willing to shop around.

With looks that are simple yet timeless, Louise Bradley is the ultimate inspiration for contemporary décor that can work in any home.













# YOUR GUIDE TO THE DRENCHING TREND

f you love a little colour, then you're going to love colour drenching. This latest interior craze is helping people utilise their favourite shades and transform spaces

to give them a coordinated, striking finish. Check out our simple guide to colour drenching and how to nail the look in your home.

Colour drenching means taking one colour and using it in various shades throughout a space. From your walls to ceilings and even your woodwork, using the same colour in a room can be super stylish. It's a bold look - one that can make a big impression.

To achieve a colour-drenched look in your home, choose a colourthat can be applied to your walls, ceiling, doors and window frames. You can then play around with accessories in the same or similar shades to help you fill out the space.

This is a fantastic way to make the most of any statement furniture items you have. A contrasting piece or artwork can really shine in a colour-drenched room, with the space creating the perfect backdrop.

Colour drenching looks great in spaces like living rooms or dining areas. The less clutter you have, the more effective colour drenching can be. If you have a small space to work with, this can be a good way to create the illusion of a bigger room.

You can opt for light, dark or bold colours with colour drenching, helping to create a range of different effects within your home.

When it comes to colour drenching, choosing the right colour is important - you're going to be seeing a lot of it, after all.

Some of the colours that work well for colour drenching include rich shades of navy and green, pink and burgundy. White and neutral shades can also work well, especially when paired with wooden details.

You may want to avoid using pastels like yellow, green and pale blue - the room may look too light without any contrasting features.

Start with a feature wall in your chosen colour to see how it feels. If you like it and like the way the light hits the space, you can start adding to it until your room is sufficiently drenched.







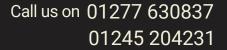




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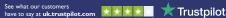


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rowing orchids can be a daunting prospect, even for the most experienced gardener. That Deing said, when cared for correctly, this beautiful bloom can last between 15 and 20 years.

Six signs that your orchid is dving

The leaves turn yellow and drop
While the shedding of leaves is a natural process for almost all plants, if new leaves start to turn yellow or drop off, this indicates that your orchid is getting too much light or water.

The leaves have brown tips

When the leaves on an orchid turn brown, this means that they are not getting enough moisture and you need to adjust your watering schedule to water your plant more frequently.

The leaves become wrinkled Wrinkled leaves are a sure sign of underwatering and, in some cases, the leaves may start to fold in on themselves.

The aerial roots dry up

If your orchid is not getting enough humidity, its aerial roots may shrivel, become dry and turn brown. If the root is dead, you will need to remove it with a sterilised cutting tool.

The leaves have black or brown spots Black or brown spots on leaves are

usually caused by sunburn from too much bright light. If this occurs, move your orchid to a more shaded spot.

6 Your orchid does not bloom
If your orchid is not blooming, then this is almost definitely owing to poor growing conditions or conditions that are not suited to your particular orchid.

# How to make your orchid live longer

- > Position your orchid in bright but indirect light
- > Water your orchid once a week with room temperature water
- > Keep them in a room where the temperature is between 18 and 29°C
- > Cut away any blooms that have died
- > When not in bloom, give your orchid a 20-20-20 fertiliser which contains 20 per cent nitrogen, 20 per cent phosphorous and 20 per cent potassium.



ALTERNATIVE USES FOR id you know that the average person uses 100 toilet rolls per year? That's more than

20,000 sheets of paper!

Rather than just throw away the empty rolls, why not put them to better use?

# **TO STORE CORDS**

Most households have a whole host of unused cords that are taking up too much space, either in a drawer or, worse, on the floor. Create a simple storage solution by folding a phone charger or other type of cord into a neat stack and then placing it inside a toilet roll tube.

### TO STORE IMPORTANT DOCUMENTS

Are you always misplacing your birth certificate or car

insurance documents? Keep important documents safe and crease-free by rolling them up and placing them inside a toilet paper tube. You can also store your child's artwork.

# TO MAKE A FIRE STARTER

Whether you have a wood-burning fire in your home. love to go camping, or like to throw impromptu barbecues, a toilet paper roll makes the process of lighting a fire much easier. Simply stuff a tube with dryer lint, wrap in newspaper and twist at the ends.



Like your music loud but don't want to have to buy an expensive speaker? Why not make your own with just a toilet roll? Start by cutting a

long, rectangular hole in the tube which is big enough to slip your phone into. Then use drawing pins as feet to stabilise the speaker.

# TO PREVENT CREASES

If your trousers tend to crease where the fabric folds over the hanger, then you can easily remedy this by cutting a slit lengthwise into two toilet rolls and then sliding them onto a hanger.

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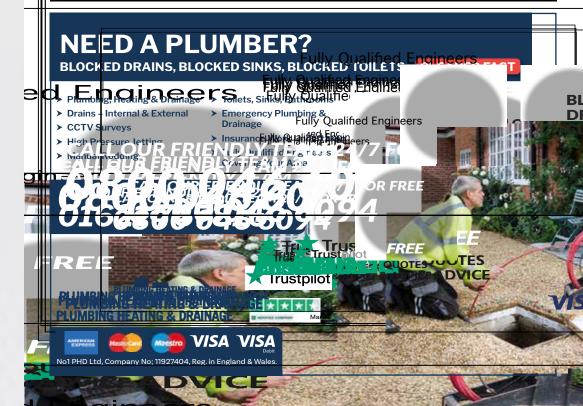
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# FROM YOUR AREA

# **Man jailed for sexual** abuse of a child



↑ Maldon man who subjected a 15-year-old girl Hto stalking, coercive control and rape has been sentenced to 14 years' imprisonment.

Thomas Thorpe-Keen (pictured above), 23, of Creasen Butt Close, appeared via video link at Chelmsford Crown Court on Friday, June 9, where he received his sentence after being found guilty of multiple sexual offences against a child.

Thorpe-Keen came to the attention of Essex Police in 2020 following concerns over his relationships with underage girls. He was given both a Sexual Risk Order and a Criminal Behaviour Order, the conditions of which he breached regularly.

It later became apparent that in 2019. Thorpe-Keen had targeted a 15-year-old girl and coerced her into a relationship, during which she was controlled and raped multiple times by him.

He was arrested in 2022 after having raped the victim and threatened to kill her.

# Scouts team up to take on charity obstacle course

↑ Scout troop from Maldon recently took part in a Amajor fundraising event in the town.

The Splash Out event took place at Promenade Park on Sunday, July 9, with residents over the age of four able to take part in a 5km outdoor obstacle course, all in aid of Farleigh Hospice.

One of the groups involved was the 1st Maldon Merlin Scouts, along with leader Kate Hoddy and assistant leader Simon Gray.

Kate said: "Farleigh Hospice is very close to my heart. Fourteen years ago, they looked after my mum in her last days, and everyone was amazing.

"Scouts are now a big part of my life, and the Scouts are always wanting new challenges and experiences.

"So what a fantastic idea to bring this all together at Splash Out and have the Scouts raise funds for Farleigh while having such a brilliant experience."

# **Mobile app wins Community Imnact Award**

Acharity app founded in Burnham-on-Crouch and designed to help support food banks nationwide has won big at the Tech4Good Awards.

BankTheFood allows users to see which items their local food bank is currently running short on. It also sends reminders to users to pick up items for the food bank when they go shopping.

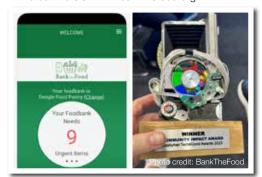
The charity was recently nominated for a Tech4Good Award, a scheme dedicated to recognising people and organisations using innovations in technology to improve the lives of others.

Despite facing tough competition from more than 60 people and groups, BankTheFood won the Community Impact Award on Thursday, June 22.

Posting on social media, the organisation said: "It's an incredible honour, especially considering the exceptional calibre of the other 60 organisations in our category.

"But this achievement truly belongs to the real heroes of our cause - the remarkable volunteers and workers at the food banks who are tirelessly transforming their communities."

Find out more at www.bankthefood.org



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# SIR JOHN WHITTINGDALE MP

Conservative MP for Maldon





∧ s Minister for Data and Digital Infrastructure, A oversee policies to enhance connectivity for households and businesses in the UK. We believe that fast and reliable connectivity should be accessible to every home and business, and we have set ambitious targets to achieve this.

Currently, 97 per cent of the country has access to superfast broadband, providing speeds of at least 30 Mb/sec for HD streaming, remote work and gaming. To keep pace with advancing technology, we are working to ensure that 85 per cent of UK premises can access gigabit-capable speeds (1,000 Mb/sec) by 2025 and to achieve nationwide gigabit coverage by 2030. The latest figures show that gigabit broadband coverage in the UK has surpassed 75 per cent, a significant increase from six per cent in 2018.

In Maldon, 97 per cent of premises have access to superfast broadband, with 57 per cent (83,000 premises) now capable of obtaining gigabit speeds. Consumers in Maldon also enjoy a choice of providers. For the remaining premises without gigabit access,

commercial providers have plans to cover the majority. In areas where connectivity is not commercially viable. the government's Project Gigabit funds providers to extend coverage. In Maldon, more than 130 premises have already been connected through the Gigabit Broadband Voucher Scheme, with vouchers planned for an additional 1,600 premises.

Affordability is a significant consideration, and competition among suppliers has helped keep prices lower compared to other countries. Additionally, the government has collaborated with suppliers to introduce social tariffs, starting at just £10 per month, which are available to people on Universal Credit and means-tested benefits. These tariffs are accessible to 99 per cent of households in the UK, with nearly five million households eligible.

Ensuring comprehensive improvement of digital infrastructure across the UK is vital as digital connectivity becomes increasingly fundamental to our daily lives. I am proud of the progress we have made in Maldon and nationwide.

# WWW.JOHNWHITTINGDALE.ORG.UK



# **Heavyweight promoter** stays true to his roots



The man who runs rings around the world's best boxers, Eddie Hearn is undoubtedly one of Brentwood's finest sporting exports, even if his activities, primarily across boxing, rarely see him break into a sweat.

Hearn, who attended the private Brentwood School before heading to Havering College in Hornchurch, is the son of Barry Hearn and therefore comes from solid boxing promoter stock. Yet over the past decade. Eddie has truly stepped out of his father's shadow.

Hearn's first foray into boxing promotion came in 2004, when he used Brentwood as the base for his first sporting event. The showcase featured a number of up-and-coming boxers, and enabled him to begin to build his reputation.

He has gone on to work with some of the biggest names in the sport, including Anthony Joshua OBE, Dillian Whyte and Kell Brook. He has also promoted numerous world champions. including Carl Froch MBE. Tony Bellew and Katie Taylor, as well as dabbling in management for poker, snooker and darts.

Hearn, who now lives in Billericay with his wife Chloe and their two daughters, is known for his flamboyant personality and an ability to promote fights in a way that generates excitement and interest from fans. He is a master of social media, using Twitter and Instagram to engage with fans and promote his fighters, both male and female.

Despite his success, Hearn is not without his critics. Some boxing fans accuse him of having too much control over the sport, and have questioned his decision to work with streaming service DAZN. This is despite the fact that the multi-million-pound deal disrupted the traditional pay-per-view model, making elite boxing more accessible to fans around the world.

The promoter's biggest fight was the heavyweight rematch between Anthony Joshua OBE and Andy Ruiz Jr. which was held in Saudi Arabia in 2019; yet more recently he brilliantly traded verbal punches with Simon Jordan on talkSPORT.

Hearn's success in boxing has given him an estimated worth of more than £100million, yet he remains fiercely loyal to his Essex roots.

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# YOUR LOCAL EVENTS



# MIDSUMMER MUSIC FESTIVAL

Parlour Café, Creeksea Place Farm, Ferry Road, Burnham-on-Crouch, CMO 8PJ Friday, July 21, and Saturday, July 22, 5pm – 11pm



Local food, a real ale tent, a cocktail bar, children's activities and a varied line-up of talented musicians can all be found at this two-night event, celebrating the 10-year anniversary of Parlour Café.

Tickets cost £10 per person. To book, please visit www.eventbrite.co.uk/e/midsummer-music-festival-tickets-510648682957

# THE ULTIMATE MJ KING OF POP MICHAEL JACKSON TRIBUTE SHOW

Burnham-on-Crouch Village Hall, Arcadia Road, Burnham-on-Crouch, CM0 8EF

Saturday, July 22, 7pm - 11pm

Take a musical tour through the late great King of Pop's songbook, with this tribute to Michael Jackson's supernova career.

Tickets cost  $\mbox{\ensuremath{\Sigma}}\mbox{20}$  per person. To find out more and book, visit www.bitly.ws/JWS9

# **FESTIVAL OF THE AIR**

Stow Maries Great War Aerodrome, Hackmans Lane, Chelmsford, CM3 6RN Sunday, July 23, 10am – 3pm

For the first time ever, the aerodrome is dedicating an entire event to aviation. With lots of stuff to do on the ground and spectacular air displays (weather permitting), there will be plenty for plane enthusiasts to see and do. Tickets cost £20 for adults and £10 for children. To book, visit www.stowmaries. org.uk/event/propwash---festival-of-the-air

# LANGFORD COUNTRY FAYRE & CLASSIC CAR SHOW

Museum of Power, Hatfield Road, Langford, Maldon, CM9 6QA Sunday, July 23, 10am – 4pm

Though the museum is currently closed for refurbishment, there's lots to enjoy at this traditional country event, including a miniature railway, live entertainment, a dog show, classic cars and more.

Tickets can be bought on site. Adult entry is  $\mathfrak{L}8$ , concessions are  $\mathfrak{L}7$ , and a child ticket is  $\mathfrak{L}4$ .

# **SKATE FOR ELLIS**

Madison Heights, Park Drive, Maldon, CM9 5JQ Saturday, July 29, 7pm – 10.30pm

This special roller skating event is part of the fundraising efforts for Ellis Wild (pictured below), a brave five-year-old boy diagnosed with stage 4 neuroblastoma.

Currently, his family is trying to raise around £270,000 to help get Ellis onto a new treatment in Rome that has had positive results so far.

Tickets will cost  $\mathfrak{L}13.95$  per person, with all of the cost going to the fundraiser. There will also be a DJ and a raffle.

To book tickets, visit www.bitly.ws/KoYM









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the location though, just relax and watch the boats and yachts go by.

The park boasts great facilities including a wellstocked fishing lake, an adventure playground and an amusement arcade. Along with our leisure pool, there is also a paddling pool for our very youngest guests.

A visit the clubhouse will round off a perfect day with tasty food and drink available, along with live music and top shows during busier periods.









CONVERSE Trainers are looking more grimy

f your Converse trainers are looking more grimy than gleaming, then you will be pleased to hear that this type of footwear is relatively easy to clean. All you need is a few simple ingredients and a little bit of elbow grease.

# WHAT YOU WILL NEED:

Baking soda | Toothpaste | Washing-up liquid | Stain remover | Water | A sponge | A nail brush and toothbrush | Cloths | Newspaper

# **HOW TO CLEAN:**

# STEP 1: Cleaning the laces

Remove the laces from your Converses and then create a cleaning solution using 50ml of washing-up liquid, 1 tbsp toothpaste, 1tbsp baking soda and 200ml of warm water. Soak the laces for two to three hours and then hang to dry.

# STEP 2: Cleaning the shoe

Stuff each shoe with newspaper and generously apply toothpaste to the shoe using a toothbrush. Leave for 15 minutes. Wash off all the toothpaste using a nail brush and warm water, then leave to dry

in a warm place. Never apply direct heat

to your Converse trainers.

# STEP 3: Removing tough stains

For any stubborn stains, apply stain remover directly to the affected area. Leave for five to 10 minutes and then wash off using a nail brush. Leave in a warm place to dry. It can be a good idea to test your stain remover on a section of the shoe that is not visible first, such as the outer edge of the tongue.

NB: You should never machine wash or dry Converse trainers as this can damage the shoes.

# How to keep white Converses white

If you have recently purchased a pair of white Converse trainers, spray them with a water and stain repellent spray before you wear them. When a stain occurs, spot clean immediately with an equal mix of warm water and washing-up liquid.

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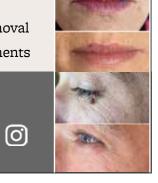
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Burnham-On-Crouch Carnival Saturday 30th September 2023

# VISION

Vision magazine are pleased to announce they are now the official media sponsors for Burnham Carnival

Over the next three months we will be supporting the carnival and keeping our readers informed of all the events and attractions being organised for the event.

A word from some of our sponsors: Kew Law - Spokesperson, Mandy Mapes "Our firm is a big believer in supporting

local events, being a Burnham resident myself and being involved in the carnival over the years it is a big deal in the town and I am really pleased we could help support the carnival this year by being one of the entertainment sponsors".

# Kew Law

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"As a business we have been involved in sponsoring

locally other events and always happy to give back and support anything local especially to Burnham and Maldon, it's our first time supporting the Burnham Carnival this year and I am really looking forward to attending on the day and being involved in sponsoring."

> You can email Lorna at burnhamcarnivalpress@gmail.com



o, not 10k in money but 10k in steps! According to a 2017 study, completing 10,000 steps a day is just as effective as doing five 30-minute workouts a week.

Here are a few more reasons why you should be clocking up some serious mileage.

# To strengthen your heart

If you walk 10,000 steps per day, you will have a larger stroke volume than someone who only walks 1,000 steps a day. Your stroke volume refers to how much blood the heart beats per minute, with a larger stroke volume being a sign of greater aerobic capacity and better heart health.

# To lose weight

Walking is a great form of aerobic exercise, especially if you walk briskly. This can help you to lose weight when combined with a healthy and balanced diet. Furthermore, you will store less fat than an inactive person and be better able to handle periods of excess, such as Christmas, without gaining too much weight.

# To stabilise your blood sugar

People who walk 10,000 steps per day will have a much lower glucose and insulin response in their blood after eating a meal than someone who is inactive. This means that you are less likely to develop type 2 diabetes in the future.

# To improve cognitive function

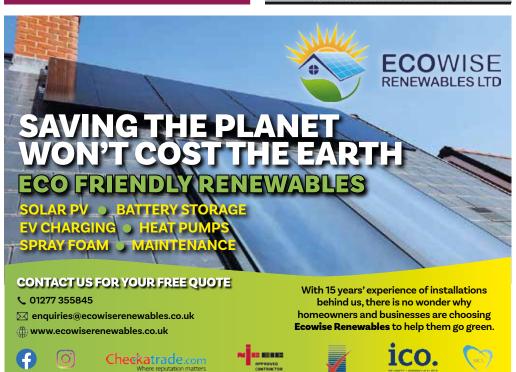
Daily moderate exercise such as walking has been shown to improve one's ability to learn new tasks, grow new brain cells and stave off cognitive decline. Aerobic exercise may also be able to stimulate new cell growth in the hippocampus, which is the part of the brain responsible for emotion and memory.

# To reintorce healthy habits

It takes time to develop new habits, but sometimes all it takes is one small commitment to act as a catalyst for change. Start with small increases to your overall step count, before gradually increasing to 10,000 steps per day.







# PETAL PERFECTION

re you planning to throw confetti at your wedding? Then you need to know about petal confetti, also known as biodegradable confetti, and how it can help make your big day both stylish and sustainable.

# WHY IS CONFETTI THROWN AT WEDDINGS?

The tradition of throwing confetti at weddings dates back to the Middle Ages, and is used to say congratulations to the happy couple and wish them a lifetime of luck and happiness.

# WHAT IS PETAL CONFETTI?

Petal confetti, as the name suggests, is confetti that is made out of real flowers rather than plastic, metal or paper. It is 100 per cent biodegradable, affordable and makes a stunning addition to any style of wedding. You can create bespoke petal confetti mixes or you can order pre-mixed bags online from companies such as Shropshire Petals and Pretty Petals. There is also a confetti field in Pershore, Worcestershire, where you can

carry out pre-wedding photoshoots and purchase petals.

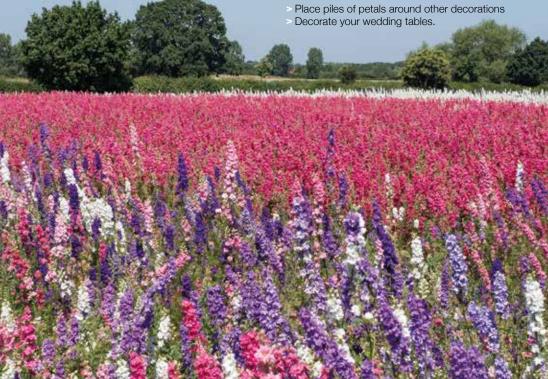
# WHAT ARE THE BEST FLOWERS FOR **PETAL CONFETTI?**

There are many different flowers to choose from for your eco-friendly wedding confetti. with some of the most popular options including delphiniums, wildflowers, roses and hydrangeas. In particular, delphinium petals make wonderful confetti as they are small and delicate. It is worth noting that delphiniums and hydrangeas are harmful to dogs, so if you have any four-legged friends attending your wedding, then rose petals and lavender make a fragrant alternative.

# OTHER WAYS TO USE PETAL CONFETTI

As well as being used for beautiful confetti, there are other ways in which you can use petals to make your big day just that bit more special:

- Create a petal aisle for the bride to walk down
- Flower girls and boys can scatter petals down



# SEATING Sith the right seating, you can transform your outdoor space into a comfortable and stylish

With the right seating, you can transform your outdoor space into a comfortable and stylish retreat, whether you've got a simple balcony or something much grander.

**GO SCANDI:** One popular style for outdoor seating is the Scandinavian look, which often features slim wooden frames. This style embraces simplicity and minimalist designs, and is perfect if you're after something timeless and understated. Pair your Scandi seating with outdoor rugs for a relaxed and laid-back vibe.

**EMBRACE INDUSTRIAL CHIC:** If you prefer a more edgy vibe, consider industrial-inspired furniture. Look for dark metal frames and sleek designs, and choose metal planters and modern outdoor lighting to complete the look. Industrial seating is ideal for those who appreciate a modern and urban atmosphere.

**OPT FOR COUNTRY HOUSE CHARM:** If you're after a touch of elegance with a country house feel, look out for rattan lounge sets or daybeds. This furniture blends into the natural landscape beautifully – particularly if you add some terracotta pots and troughs – and evokes a timeless country scene. If you want to go green, choose eco-rattan, a weather-proof rattan lookalike made from recycled plastics.

**CREATE A BEACHY PARADISE:** For a relaxing holiday resort atmosphere, choose wooden suites you can relax into. With some mood-enhancing lighting and a solar lantern, you'll be transported to a beachy paradise, wherever you are. And if you want to complete the look, why not add a fringed parasol?

**CHOOSE CAFÉ-STYLE CHIC:** Indulge in the enchanting ambiance of an outdoor café with a budget-friendly bistro set. Ideal for small spaces, these sets are available in various materials, including metal, plastic and wood. Enhance the charm by adding a couple of plants, and voila! Your space becomes the perfect spot for dining al fresco.





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Tould you like your children to start helping out around the house, but are unsure of what they should be doing? Use this guide to age-appropriate chores and create the ultimate chore calendar for your family.

AGES 2 AND 3: Most toddlers love to help their parents with chores, although their help may not actually be that helpful! Although you will be needed every step of the way, the below chores are a good place to start with this age group:

Making their bed | Picking up their toys | Helping to feed pets | Helping to wipe up spills

AGES 4 AND 5: Preschool-aged children should still be fairly motivated to help and love one-on-one time with adults. Suitable chores include:

Clearing and setting the table | Dusting | Making

their beds independently | Helping to tidy their room

AGES 6 TO 8: School-aged children are more independent and can keep track of their responsibilities. Chores you may want to entrust to them include:

Washing small plates and bowls | Helping to care for pets | Taking out the rubbish | Sweeping or mopping | Making their own breakfast or snacks | Tidying their room

AGES 9 TO 12: At this age, you can set a schedule and expectations when it comes to help in the home. Chores they are able to take on include: Helping to wash the car | Learning to load and unload the dishwasher | Cleaning the bathroom Operating the washing machine | Helping to prepare simple meals

AGES 13 TO 18: Most teenagers are capable of handling any household chore as long as they have



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# **LOVE WHERE YOU LIVE!**

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Sandpiper Gardens, a brand new development of 104 homes in Clacton-on-Sea, Essex offers the perfect opportunity to live by the sea and enjoy all the benefits of coastal living. With views over the open countryside and just a few minutes' drive from the sea, this development is the ideal



place to escape the hustle and bustle of the city and enjoy a more relaxed pace of life.

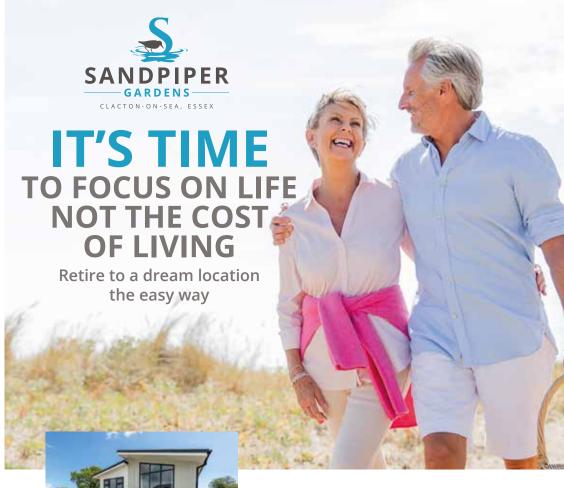
But it's not just the stunning location that makes Sandpiper Gardens so appealing. The development offers a range of amenities and opportunities that make life in Clacton-on-Sea less ordinary. From the traditional charm of the town to the contemporary amenities on offer, there really is something for everyone.



Can't wait to start your dream retirement lifestyle at Sandpiper Gardens? We have taken care of every detail to ensure a seamless transition for you. With four move-in ready and meticulously furnished homes available that cater to your needs and preferences, all you have to do is bring your personal belongings and start enjoying your new abode.

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ove Parks Week is an annual event that gives people across the country the chance to shout about their favourite green spaces. It takes place between July 28 and August 4 this year. Here are some of the best national parks the UK has to offer.

# NEW FOREST: Best for nature lovers

One of the largest areas of woodlands in southern England, the New Forest is a great park to visit all year round. In spring, head to Clayhill Heath to stroll through a sea of bluebells, and in summer, look out for forest pony foals outside Beaulieu and Brockenhurst. Later in the year, don't miss the free-roaming pigs that are let loose to scavenge acorns.

# SOUTH DOWNS: Best for long-distance walks

The newest UK national park, South Downs boasts rolling hills and stunning views down to the Weald and out to the Channel. The impressive 100-mile South Downs Way covers the entire park from Winchester Cathedral to the beach at Eastbourne, making it a must-do experience for hiking enthusiasts.

# EXMOOR: Best for isolation

One of the least visited national parks in the UK, Exmoor is the perfect place for those who want to seek solace. Offering wild moorlands, rocky ravines and breath-taking coastal cliffs, Exmoor is also home to a population of wild ponies who wander around its expansive landscape.

# DARTMOOR: Best for camping

If you fancy experiencing the freedom of wild camping, then this is the national park for you. You can just pitch up and explore Devon's wondrous moorlands - the only national park in the UK where this is permitted. Ideal for families, some of the most popular spots are Haytor and Hound Tor or, for adventure seekers, head out to the remote Fur Tor.

later plays a crucial role in our daily wellbeing. From quenching our thirst to fuelling essential bodily functions, staying hydrated is vital. **V** But many of us find it hard to drink enough water or don't know how much we need. If that's you, here are some practical ways to keep hydrated.

# **HOW MUCH IS ENOUGH?**

According to the government's Eatwell Guide, we should consume 1.5 to 2 litres of fluid per day- more if we're exercising or when the weather's hot.

Some experts say we should drink more than that, but it's a helpful starting point.

# **DOES IT HAVE TO BE WATER?**

No, it doesn't. Lower-fat milk and sugar-free drinks, including tea and coffee, all count. But caffeinated drinks can have a diuretic effect (increasing urine output), and sugar-free drinks can harm tooth enamel. So only rely on these drinks for some of your fluid intake.

# **TOP TIPS:**

- Kickstart your hydration by drinking a glass of water first thing in the morning after you've woken up.
- If you don't like plain water, try infusing it with citrus fruit slices, berries or cucumber - or opt for herbal teas.
- Carry a bottle of water around with you so you can sip water on the go, whatever you're doing.

 Make drinking water a habit throughout the day – for example, before each meal or after you've been to the loo.

. Treat yourself to a smart water bottle or one with times and measurements written on it. Alternatively, download a reminder app, or set alarms or calendar alerts on your phone, to remind yourself to drink. Choose a water bottle, cup or glass that you like – it's





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# BROAD BEANS

If you want to try to eat more seasonally, then now is the time of year to embrace the humble broad bean. They're delicious, nutritious and guaranteed to brighten up your day. Discover two of our favourite broad bean recipes below.

# TOMATO, MOZZARELLA AND BROAD BEAN SALAD YOU will need:

500g tomatoes | 150g podded broad beans | ½ tsp salt | ½ tsp caster sugar | Handful of fresh basil and chives | 1 tbsp fresh tarragon | 1 tbsp mint leaves | 3 tbsp olive oil | 2 tsp Dijon mustard | 1 lemon, zested | 1 tbsp red wine vinegar | 250g mozzarella balls | 50g toasted and chopped hazelnuts

# How to make:

- Cut the tomatoes into slices and place in a bowl.
- Add the salt and sugar and leave to marinate for 30 minutes.
- Bring a pan of water to the boil and add the broad beans.
- Boil for two minutes, drain and allow to cool.
- Remove the beans from their shells.
- Finely chop all the herbs and tip into a bowl.
- Whisk in the olive oil, mustard, lemon zest and red wine vinegar.
- Season and stir in the broad beans.
- Tip the tomatoes onto a serving platter, then top

- with the mozzarella and spoon over the broad bean salsa.
- Scatter over the toasted hazelnuts.

# BROAD BEAN DIP You will need:

300g podded broad beans 3 tbsp crème fraiche ½ a lemon 1 tbsp fresh dill Flatbreads or pitta bread to serve

FOOD

œ

DRINK

### How to make:

- Bring a pan of water to the boil.
- Add the broad beans and cook until tender.
- Drain and refresh in iced water.
- Blitz the beans, crème fraiche and a little seasoning together in a food processor.
- Tip into a bowl and squeeze in the juice of the lemon.
- Finely chop the fresh dill and stir through.
- Serve with warm bread.
- You can store this dip in a tightly sealed container for up to four days in the fridge.



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# DROP THE

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hen a bird decides to lighten its load your head, it's said to be a sign of good luck.

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The acid in bird poo begins to corrode the shiny coat that sits atop your cherished four wheels within 48 hours. This acid kicks off a rusting process, which can be difficult and expensive to fix.

The fact that birds consume a large amount of gravel in their diet means that not only do you need to be quick in removing deposits, but careful as well, or you'll find that despite being prompt in ridding your paintwork of the mess, it's left behind a horror show of scratch marks too.

Preventing the deposit of bird poo on your car is a near-impossible task, though ensuring you don't park under trees or roofed overhangs will reduce the chance of your car resembling a painter and decorator's radio.

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The best and easiest method to get rid of

the mess is simply to spray it with WD-40. This will serve to loosen the droppings. You should then use a sponge or microfibre cloth to pinch them up from the surface of the car.

Baking soda mixed with dish soap and dispensed from a spray bottle can be just as good, while preprepared over-the-counter formulas are expensive, but equally effective.

The real trick to ensuring no long-lasting marks on your vehicle where bird poo is concerned is rapid detection, so keep your eyes peeled and leap into action at the first sign of air attack.



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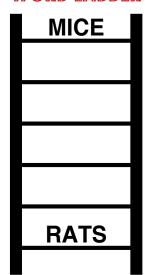
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# DID YOU KNOW?

- ► Earth isn't actually perfectly round. Earth's rotation causes the planet to bulge at the equator and flatten at the poles.
- ▶ Coral reefs are Planet Earth's largest living structure. These underwater ecosystems are made up of colonies of tiny animals called coral polyps, which build calcium carbonate skeletons that accumulate over time and form the complex structures we know as coral reefs.
- ▶The Earth's interior is not solid, but rather has a semi-solid or 'squishy' consistency owing to the extremely high temperatures and pressures.
- ▶The Earth's diameter (the distance straight through the middle) measures a massive 12,800 kilometres, which makes it the fifth largest planet in the solar system.

# 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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