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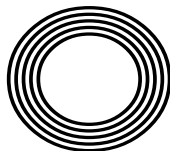
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A tribute to the iconic actress
JUNE BROWN OBE

Denise
VAN OUTEN

The actress and presenter marking 25 years on our screens



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MAY 2022

Editor's notes...



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** ManningtreeMistley. As I write this, I am struck by the saying 'time flies'. Our business comprises three **VISION** titles - Frinton-on-Sea, Woodbridge, and our latest magazine, ManningtreeMistley, which is celebrating hitting the grand age of one this month!

In life, we can often get caught in the day to day, putting our heads down and keeping going. The problem with this is that we often lose sight of the progress we have made, and never appreciate how far we have come and what we now have.

Gratitude is a powerful tool as whilst we practice it, our brain cannot focus on the negative, and therefore we are given a valuable shot of good chemicals, helping us to be better and do better.

So as we are approaching the mid-point of the year, I want to encourage you to spend time being grateful for all that you have, and all that you do.

To help, I will go first: I am grateful for the businesses that choose to advertise with us, the team that writes our articles and local news, the distributors that deliver your magazine, and last but not least, to all of you for reading **VISION** every month and helping to make this the best job I could have.

Sean Purcell

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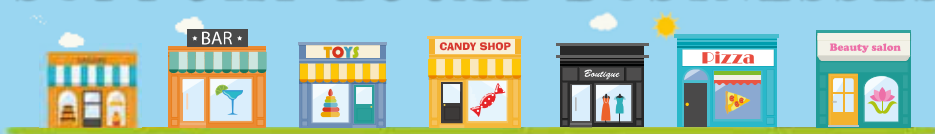
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CONTRIBUTORS | Tabatha Fabray, Holly Bullen, Bryn Holmes

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

All pages are recyclable

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with Enhanced Provision for Hearing-Impaired Pupils



The school has an 18-place Enhanced Provision catering for deaf children with EHCPs from across the whole of North East Essex.

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A Total Communication approach is used, meaning we use speech, sign, gesture and other visual ways of communicating according to the needs of the individual child. Children have access to regular BSL instruction and Speech and Language Therapy as required.

We can offer support to parents in dealing with any issues that arise in raising a deaf child.

Children wear radio aids in class to give them the best access to the teacher's voice and all mainstream classrooms have sound field systems which enhance the quality of sound.

Children have opportunities to work with a Teacher of the Deaf on a daily basis.

What OFSTED says:

"For pupils in the hearing impaired unit, individual needs are precisely met. Adults provide a language rich environment so pupils build their vocabulary and reading skills. Work demonstrates good progress and pride in their learning." (2018 report)

Contact Kate Purcell

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uhi@lexden.essex.sch.uk



Golden BROWN

BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way."

'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'

"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."



Long live THE QUEEN

On February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service.

So, what is the secret to her success and her longevity? Let's take a closer look.

REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.

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HOME DÉCOR TRENDS 2022



HOME & DIY



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.

ARTIFICIAL GREEN WALL: Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.

VELVET FURNISHINGS: If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.

AUTHENTIC DESIGNS: Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.

ROYALCORE: Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.

SOFTER SHAPES: Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.

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Colourwashing

THE INTERIOR DECOR TREND YOU NEED TO TRY

Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

WHAT IS COLOURWASHING?

Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

WHAT YOU NEED TO DO A COLOURWASH

To create a colourwash at home, you will need:

- > Two types of paint, a lighter and a darker shade – one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.
- > A transparent water-based glaze. You could also use water.
- > A roller or brush to apply your base colour.

- > Either a sponge or a soft brush to paint the wash.

HOW TO DO A COLOURWASH

- > After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.
- > Mix the colourwash using four parts glaze to one part paint.
- > Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.
- > Leave to dry, and apply a second coat if desired.

This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.

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HOME & DIY

Bleach is cheap, cheerful and it does the job. However, it is not designed to be a multipurpose cleaner for your home and there are certain things that it should never be used on.

✗ **WOODEN SURFACES:** As a general rule, bleach should not be used to clean wooden surfaces or floors as it can alter the wood's natural finish. Furthermore, it is not very effective at removing mould from wood-based materials such as wallboard, ceiling tiles and wall studs as these are all porous materials.

✗ **MOST METALS:** Bleach contains ingredients that serve as oxidants during the cleaning process, so metals like stainless steel, copper and chrome can become corroded or discoloured when exposed to it. You should also never use bleach to try to remove rust as it can make it more resistant and harder to remove.

✗ **STONE COUNTERTOPS:** Stone is another porous material and can therefore also be damaged by the application of bleach, even when diluted. If you have granite, marble or quartz countertops in your home, clean these surfaces with a simple water and liquid dish soap solution.

✗ **FRESH PRODUCE:** Although bleach is used in commercial food production, you should not use it at home to sanitise fresh foods such as fruits and vegetables. Instead, to remove any germs or bacteria, simply rinse the produce under cold water for 1-2 minutes.

✗ **DRAINS:** While many people pour bleach down their drains to clean and banish odours, this is not recommended as the chemicals in chlorine bleach can kill the beneficial bacteria that the septic system needs to break down solid waste.

Never mix bleach with other chemicals and cleaners, including ammonia, rubbing alcohol and vinegar.

This can result in toxic fumes being released into your home which can cause a host of issues, including severe coughing, internal organ damage and even death.





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Planting A PALM TREE

A huge trend this summer, palm trees make a great addition to any garden. Although most palm trees need warmer climates, there are some that are suitable for planting outdoors in the UK.

CHOOSING A PALM TREE: You need to choose a hardier variety of palm tree if you want it to be able to survive the cold and frost. There are three types of palms that have a track record of growing well in the UK. These are Chusan Palm (*Trachycarpus*), Dwarf Fan Palm (*Chamaerops*) and Needle Palm (*Rhapidophyllum*).

PLANTING A PALM TREE: You can plant palm trees at any time of the year, although during spring or early summer is best as this will give your palm five or six months to grow strong before the first frost. Palm trees love a sunny position so are perfect for patio pots or for areas in your garden that get ample sunlight.

TO PLANT IN THE GROUND:

> Dig a hole twice as wide and a few

inches deeper than the root ball.

- > Add a handful of slow-release palm fertiliser to the centre of the hole.
- > Remove the root ball from its container and carefully straighten out any coiled roots.
- > Place the top of the root ball in the hole and fill with one-half soil and one-half rotted manure or compost.
- > Make sure that the palm trunk is not deeper than it was in its original container and that the roots are not at all exposed.
- > Water the palm tree – aim for between 10 and 20 per cent of the original container size. The soil should be wet, not soggy.
- > Apply a six-inch layer of mulch over the root zone.
- > Water again.

CARING FOR A PALM TREE:

- > Water your newly planted palm daily for the first two months.
- > After three or four months, apply a slow-release fertiliser for palms.
- > Wrap the trunk in the winter with water pipe insulation or heat tape.



Photo credit: palmoecentre.co.uk



GARDENING



LOCAL NEWS

from your neighbourhood

KNOW YOUR *knotweed*

Two little words that spark fear in the hearts of homeowners across the UK – Japanese knotweed. Known for its ability to spread rapidly, this destructive weed sets down strong roots that can cause havoc with the foundations of your property.

How to identify Japanese knotweed in your garden

Japanese knotweed has several distinctive characteristics that can help you identify it in your garden, including:

Zig zag stems | Lush green-coloured leaves | Heart or shovel-shaped leaves with a flat base | Bamboo-style stems | Red-tinged shoots | Often found in dense clumps | In July, look out for creamy white flowers | Between September and November, it will leave brown stems once the leaves have died back

How to stop Japanese knotweed from spreading

Although it is not illegal to have Japanese knotweed in your garden, you are required to take steps to stop it becoming a problem in neighbouring gardens.

Spray with chemicals

If you choose to tackle Japanese knotweed yourself, you need to make sure you are using the right chemicals to carry out the job efficiently and safely. Look for a glyphosate-based product such as Roundup Tree Stump Weedkiller that has a label recommendation for controlling Japanese knotweed. It typically takes three years to treat Japanese knotweed using this method.

Bury it

You are legally allowed to bury Japanese knotweed at the site as long as you bury it at a depth of at least five metres, cover the plant remains with a material that does not allow the plant to grow through it (known as a root barrier) and do not bury any other waste with it. CuTex Copper Root Barrier is ideal, functioning as both a physical and a chemical barrier.

Seek professional help

The Royal Institution of Chartered Surveyors has worked with the Property Care Association to establish a trade body for Japanese knotweed specialists in the UK, where you can find a register of vetted consultants and contractors. Find out more at www.property-care.org



Café owner retires after serving for 16 years

A Manningtree coffee shop owner is stepping back from the day-to-day running of her café after 16 years of serving the community.

Sally Hughes (pictured left), 66, owner of the Café Rio Manningtree, is set to retire and is leaving the business in the hands of her daughter and son-in-law, Hannah and James (pictured right with Sally).

Speaking to **VISION**ManningtreeMistley, Hannah said: "Mum had owned the café for 16 years before choosing to retire. She has always enjoyed interacting

with customers, and she will still continue doing that.

"The physical part of the job was part of her decision to retire and enjoy some well-deserved time off.

"It has been like a family business with my brother and I both working there in the past and my Uncle Ian still working there now. It felt like the right thing to do, carrying on the family business. So myself and my husband James purchased the business from Mum."

The Café Rio is located at 23 Manningtree High Street.

Cash grants available for organisations in area

Applications for grants from the Tending Community Fund are now open to local community organisations in the Manningtree area.

These cash grants can be used to help groups launch new initiatives, with capital and revenue projects also allowed to participate.

A focus will be given to schemes that tackle issues such as unemployment, social education, the environment, education and health.

The community fund has a total pot of £356,000 up for grabs. Any applications for £25,000 or more will only be considered for exceptional circumstances.

To apply, go to www.tendingdc.gov.uk/council/news-pr/news-listing/applications-open-tending-community-fund





SIR BERNARD JENKIN MP



Member of Parliament for Harwich and North Essex



Readers of **VISION**ManningtreeMistley may be aware of National Grid's East Anglia GREEN proposals to build a high-voltage pylon route from Norwich to Tilbury. These are intended to connect North Sea windfarms to London.

In recent days, I have begun to receive more correspondence from concerned residents as further details of the proposals emerge. Most worryingly, the route cuts across the Dedham Vale Area of Outstanding Natural Beauty (AONB).

I have been working against this plan for well over a year now. I have convened a group of East Anglian MPs, which I chair. This group is called OffSET (the Off-Shore Electricity Grid Task Force). Our objective is to persuade the government to adopt a strategic approach to electricity transition grid planning in the east of England, and to replace the need for pylons across the countryside with

an offshore ring main which would serve both the new nuclear power stations and the increasing number of offshore wind turbines in the region.

There should be no new overhead transmission cables through the Dedham Vale AONB, or any area that is earmarked to be included in the AONB. This would preclude the possibility of the current proposals. One alternative is 'undergrounding', but this would push up the cost very substantially and begins to make the offshore ring main a much more attractive proposal. What we cannot have is cheap and cheerful patchwork solutions. We need a much more long-term, environmentally friendly solution. We have explained to the government and National Grid that the policy they are pursuing at the moment is likely to lead to protracted delays and increased costs because the present proposals will be contested in the courts.

Queen's jubilee coins released

Tendring District Council (TDC) has released a special set of commemorative coins for residents, including those in Manningtree, to mark the Queen's Platinum Jubilee.

Each of the limited coins costs just £1 and bears the crest of TDC.

Commemorative coins for jubilees are a time-honoured tradition, with many of a certain age able to remember the 25-pence piece for the Silver Jubilee in 1977 (pictured).

Also newly available are event packs to help organise events for the special occasion.

Chairman of TDC, Jeff Bray, said: "We hope these commemorative coins will be an affordable keepsake for generations to come, marking this historic year.

"Meanwhile, these event packs will allow communities to mark the occasion, and it would be fantastic to see street parties, picnics in local parks and other events held throughout the year to celebrate.

"Don't forget to share details of your jubilee events with us."

The coins are available at TDC's leisure centres in Clacton, Dovercourt and Walton-on-the-Naze, as well as Clacton Town Hall.

To apply for an event pack, visit www.tendringdc.gov.uk/leisure/events-entertainment/queens-platinum-jubilee



Photo credit: Mr Barndor

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LOCAL NEWS

from your neighbourhood

Parish councils plan for Platinum Jubilee



The parish councils of Mistley and Lawford have teamed up for a massive party to celebrate the Queen's Platinum Jubilee in June.

As part of events taking place across the country to celebrate 70 years of the reign of Queen Elizabeth II, A Right Royal Party in the Park promises to be a memorable event for all, taking place from 3pm to 10pm on Friday, June 3, at the Welcome Home Field on New Road in Mistley.

Entry is free and the event will feature live music, local food stalls, bars, children's entertainment and a fireworks display.

The event was made possible with funding from the Arts Council England's Let's Create Jubilee Fund, which has supported thousands of events in small towns and villages across the country. The party is also being sponsored by local businesses.

To find out more, visit www.facebook.com/MMLPartyInThePark or alternatively follow @mmlplatinumjubileeparty on Instagram. Parking will be provided for disabled visitors only.

Businesses benefit from free support packages

Businesses across mid and North Essex, including Mistley, are being encouraged to apply for a set of free support packages.

Designed to help small- and medium-sized companies grow, and offering advice on a range of issues, the programme has been funded by the North Essex Economic Board (NEEB).

NEEB is a partnership of Braintree, Maldon, Tendring and Uttlesford District Councils, as well as Colchester Borough, Chelmsford City and Essex County Councils all working together for the benefit of the local economy.

Councillor Tom Cunningham, chairman of NEEB, said: "If you own or run a small- or medium-sized business in mid or North Essex, then this support is

here to help you.

"There is a programme for everyone, whether you need help with finances, growing your business or upping your digital skills. Firms like these are the cornerstone of our regional economy, which is why we are playing our part to help them.

"This support, worth more than £600,000 in total, is fully funded and will allow your business to grow."

To find out more or to sign up, visit www.tendringdc.gov.uk/north-essex-economic-board

District council elects new chairman

Following its annual meeting, Tendring District Council (TDC) has elected a new chairman and vice-chairman.

At the meeting, which took place on April 26, the full council voted for councillor Peter Harris (pictured left) to be the new chairman.

The chairman's role is to preside over TDC full council meetings and to represent them and the district at events throughout Tendring, including in Mistley.

Cllr Harris has been a vice-chairman of the council for the past year, and replaces the outgoing chairman, councillor Jeff Bray.

Cllr Harris said: "I am humbled and grateful for this honour bestowed upon me.

"My focus for the year will be recognition and promotion of our fantastic volunteers who do wonderful work, in particular road and water safety, alongside those charities that are close to my heart."

The new chairman's chosen charities will be the Royal National Lifeboat Institution and various veterans' charities, including the Royal British Legion, UK Homes 4 Heroes and the Veterans' Breakfast Club. He is joined by newly elected vice-chairman, councillor Val Guglielmi (pictured right).

Outgoing chairman Cllr Bray thanked the members of TDC for their support throughout his time in office, during which he raised £30,000 for good causes.



Photo credit: Tazzy Pro Photography



Residents host protest against sewage discharge

A group of women from Mistley have stepped up to combat the level of sewage in rivers and coasts.

Mermaids Against Sewage, a group of residents passionate about the environment and wild swimming, are campaigning for national water companies to tackle this problem.

On April 23, the group held a peaceful protest, marching from White Bridge at Cattawade to Manningtree beach, to raise awareness of their cause.

One member of the group, Anna Helm-Baxter, from Mistley, said the day was a huge success in helping to inform residents about the issue.

She said: "The group was set up for those who want to take a role to ensure less sewage pollution.

"The march helped to raise awareness. It was a day of really educating people about the issue."

Anna also expressed how the group's love for wild swimming helps shape their mission.

She said: "It's so addictive; it comes with such a sense of camaraderie and personal accomplishment and its good for mental health. People increasing their connection to nature is so important."

Anna added that the group, which has previously given an assembly at Brooklands Primary School in Manningtree, is hoping to give more talks at schools in the local area.

To find out more, visit the group's Facebook page at www.facebook.com/MermaidsAgainstSewage





SPORT



SCOOTER

loopy

THE INAUGURAL E-SCOOTER WORLD CHAMPIONSHIP HITS UK SHORES

It seems you can barely step outside your house or place of work before being confronted by an e-scooter tearing its way past with almost reckless abandon.

While streets and, more worryingly, pavements are awash with e-scooters, there is also a growing abundance of them on racetracks around the UK.

Indeed, their popularity has given rise to the formation of the international eSkootr Championship, with the UK given the honour of kicking off this inaugural battery-powered procession in May.

And while many of the riders we witness on a day-to-day basis adorn themselves with work bags, shopping and, in some cases, passengers, the competitors embarking on a six-location world championship campaign are driving forward for landmark success. The scooter, designed by motorsport technology firm YCOM, boasts inflatable tyres, a 1.5kilowatt hour battery and a carbon fibre chassis.

While competition is the name of the game where e-scooters are concerned, the organisers also recognise the need for education, stating that they intend to accelerate micromobility culture and technology in forward-thinking global cities, working closely with city officials and local governments to outline the benefits of a rapidly changing mobility landscape.

Their challenge, in the UK at least, is that privately owned e-scooters are illegal unless ridden on private land. Only those hired from approved leasers are allowed on roads. However, the pressure is mounting on the government given rapidly accelerating purchase numbers – in 2021, there were an estimated one million privately owned scooters.

The 30 professional competitors taking part in the 2022 championship have their sights on different goals. After the UK race on May 13 and 14, they travel to Switzerland, France, Italy, Spain and USA – a six-race set-up performed on S1-X vehicles primed to hit speeds of more than 100kmph. All those riders require is bravery... and a lot of it.



Photo credit: official e-scooter

BRITAIN'S GREATEST SPORTING MOMENTS...



SPORT



CHAMPIONS LEAGUE FINAL 1999

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S MANCHESTER UNITED'S LATE LATE SHOW AT CAMP NOU IN THE 1999 CHAMPIONS LEAGUE FINAL

The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when super-sub Ole Gunnar SolSKjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as SolSKjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.



WATCH OUT(EN) *Denise is about*

CELEBRATING THE STAR QUALITY OF DENISE VAN OUTEN, WHO MARKS 25 YEARS ON OUR SCREENS

Denise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.



WEIGHTS

you can make at home

Are you ready to get in shape for summer? Don't sweat it out at an overpriced and overcrowded gym. Instead, make your own weights from common household items and get the guns you've always dreamed of.



DIY DUMBBELLS

Used to carry out weightlifting exercises, including bicep curls and shoulder raises, you can make your own dumbbells using:

Water bottles | Canned foods | Jarred foods | Milk gallon bottles | Laundry detergent

If using empty containers, you can add sand or water. If new to lifting, start with smaller amounts and gradually work up.



DIY SANDBAGS

Great for squats, it is super simple to make your own sandbag that you can use in your home or garden whenever you want.

> Choose a liner of your preferred size – you can use actual sandbags that are designed for floods, rubbish bags or zipped freezer bags as long as they are triple-lined.

> Fill with sand, pea gravel, wood pellets or rubber mulch.

> Place your full bags in an outer bag such as a gym bag.



DIY BARBELLS

One of the most popular forms of weight training, you can make a DIY barbell with just a few items from around your home, including:

> A metal pole, such as from a mop or broom, without the head.

> Plastic gallon containers filled with water, sand or pea gravel.

> Tie a sock either side of the containers to stop them from moving about when lifting.



DIY KETTLEBELLS

Kettlebells are all-in-one total body conditioning tools that are easy to use. Make your own using:

A ball filled with concrete | Laundry detergent | Paint cans



DIY ANKLE WEIGHTS

Tone your legs or help recover from an injury using these homemade ankle weights:

> Fill a sock with sand until you have the desired weight.

> Lay the sock flat to level the sand, fold over the opening and duct tape it closed.

> Tie each end with one shoelace and tie securely around your ankle.



Sun, Sea and Sand

THE SECRET TO BETTER HEALTH?

When the sun's out, there's one place we all want to go – the beach. A trip to the beach gives us those feel-good vibes, reminding us of holidays and childhood outings. But did you know that a visit to the beach can give you a health boost? Discover some of the health benefits of a trip to the beach.

burner. It's harder to walk on sand than on concrete or other surfaces, so you'll burn energy as you move. You could even try running on the sand for an even bigger workout.

It helps you get your dose of vitamin D
Vitamin D is known for boosting your immune system and maintaining strong teeth and bones. And one of the best ways to get it is from the sun. A trip to the beach on a sunny day can help you get a dose of vitamin D that can do wonders for your health.

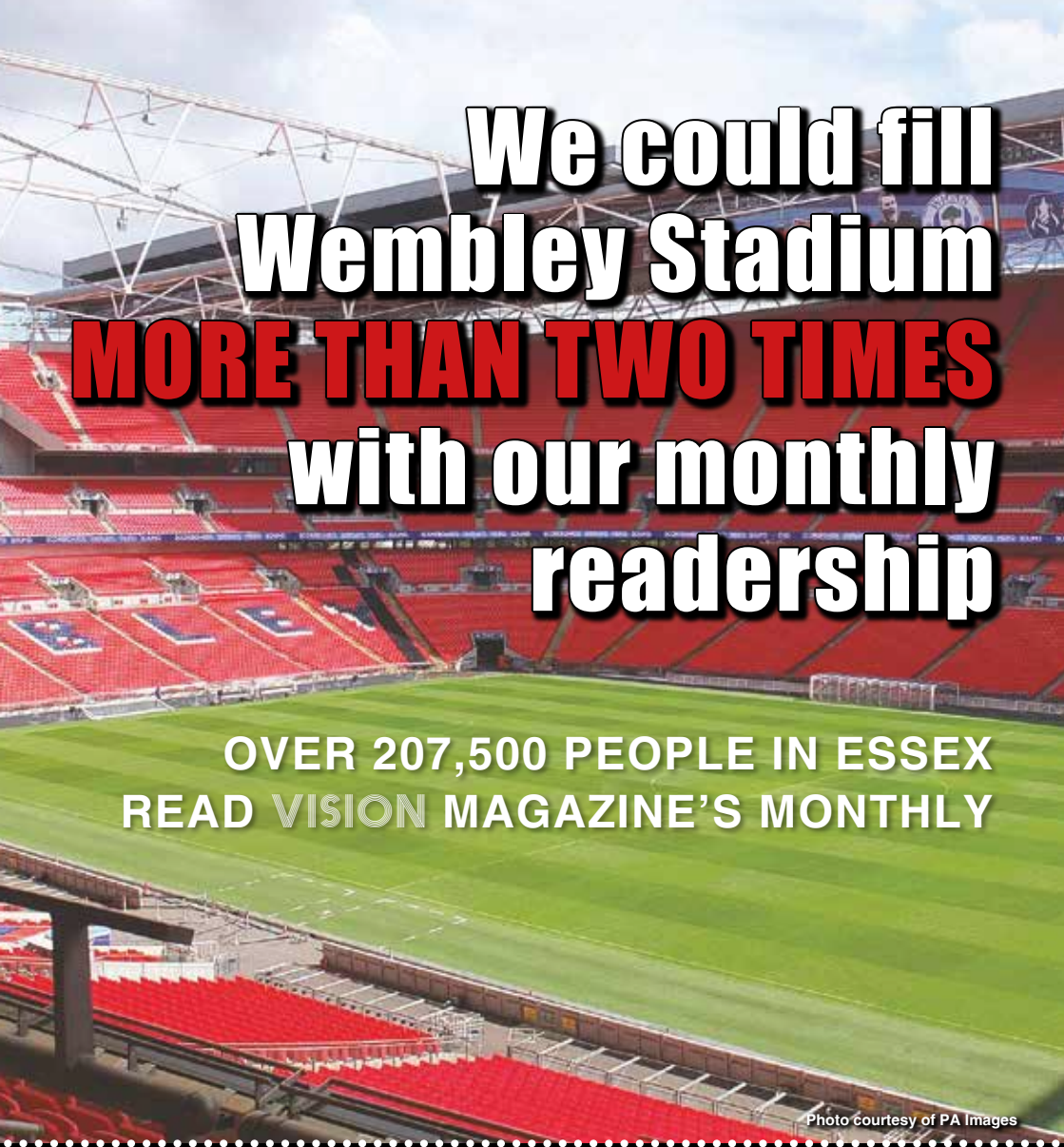
If you're feeling brave, jump in the sea and enjoy a swim. A lot of people find this invigorating and great for their health. The seawater can also help alleviate symptoms of arthritis and even skin conditions like eczema and psoriasis.

Sunlight is good for your sleep
Getting outdoors during the day is good for regulating your serotonin levels. This can help you sleep easier, enabling you to get into a sleep pattern to make sure you get the rest you need. Spending time outdoors is also good for your mental health, helping to reduce depression and other conditions.

The sea air could help you relax
Breathing in the sea air could be just what you need to help you relax. The negative ions have a calming effect, helping to ease stress and boost your mood. The sea air has also been said to help reduce the symptoms of asthma, improve allergies and alleviate respiratory problems.

Walking on the sand is great for fitness
Taking a walk on sand can be a big calorie

Next time you're feeling down and in need of a quick pick-me-up, head to your nearest beach and take advantage of this natural health booster.



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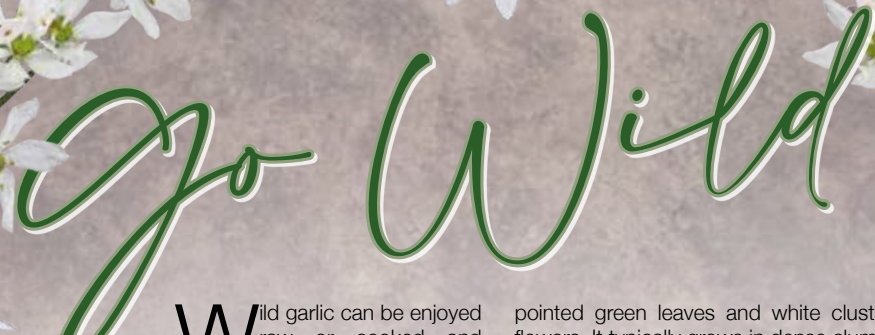
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Go Wild



FOOD & DRINK

Wild garlic can be enjoyed raw or cooked and has one of the longest seasons of all wild plants. The ideal vegetable for first-time foragers, this milder variety of garlic can be added to a whole host of dishes.

WHAT DOES WILD GARLIC TASTE LIKE?

All parts of the wild garlic plant are safe to eat, including the bulb, leaves and flowers. Wild garlic is less pungent than standard garlic cloves, delivering a sweeter and more delicate taste. If you pick a wild garlic leaf and gently squeeze it, you will instantly be met with the distinctive garlicky aroma.

WHERE TO FIND WILD GARLIC

Wild garlic grows in damp woodlands and forests across the UK and throughout Europe and is often found near rivers or streams where the ground is damp. Wild garlic is recognisable by its long and

pointed green leaves and white clustered flowers. It typically grows in dense clumps.

WHEN IS WILD GARLIC IN SEASON?

Wild garlic leaves appear in March and are best picked when young. These leaves are delicious added to soups, sauces and pesto. From April to June, the flowers start to emerge and these make a great addition to salads and sandwiches.

WHAT TO DO WITH WILD GARLIC

Wild garlic pesto | Wild garlic and nettle soup | Wild garlic butter | Wild garlic chicken kiev | Wild garlic and watercress tart | Baked new potatoes with wilted wild garlic

HOW TO STORE WILD GARLIC

Wild garlic can be stored in an airtight container in the fridge for 1-2 days. If you want to keep your wild garlic fresh for longer, place the stems in a glass of water and place in the fridge. Wild garlic is suitable for freezing. Simply wash and dry, and then place in a freezer bag and freeze.



POTATO MILK

THE NEW VEGAN AND
DAIRY-FREE ALTERNATIVE

Potato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

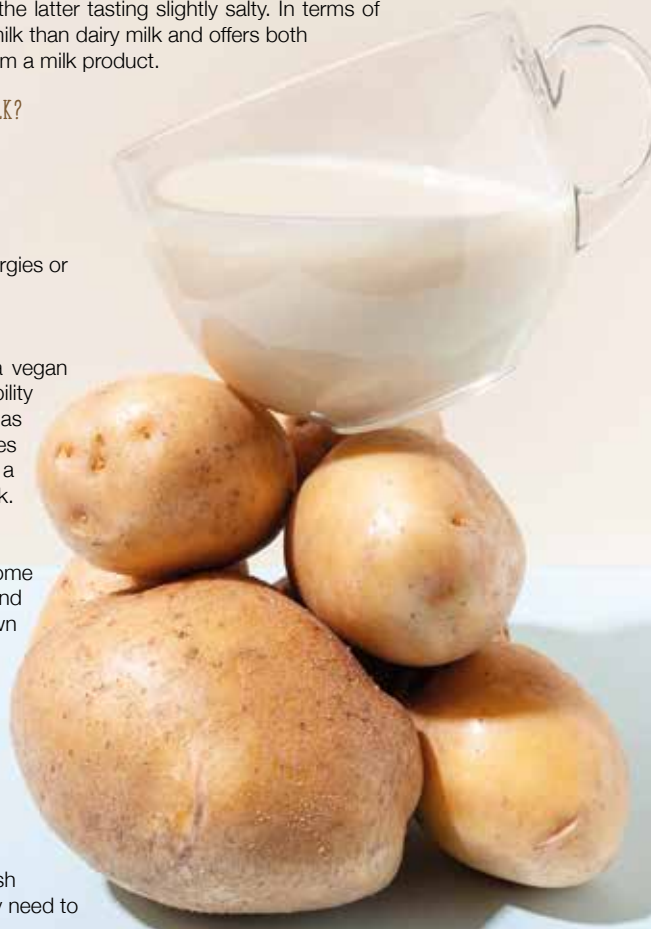
WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsps of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.



Flip OFF

A summer footwear essential for many, you may be surprised to learn just how bad this flimsy footwear can be for your overall foot health.

falling off, which could lead to dangerous driving. It is, however, illegal to ride a motorcycle while wearing flip flops.

RISK OF SPRAINS: Although flip flops are fine for the occasional trip to the beach, when worn all day, they can cause your feet to start to turn towards the middle of your body instead of staying straight. This can put you at a much greater risk of spraining your ankle.

EXPOSURE TO SHARP OBJECTS: Flip flops are not known for their sturdiness, and as they become worn down, you may find your feet on the receiving end of a sharp nail or piece of glass.

LACK OF SUPPORT: Flip flops provide a distinct lack of arch support, which can cause your plantar (the band of tissue in the arch of your foot) to start to pull. This can lead to a painful condition called plantar fasciitis, which may need a combination of physical therapy, anti-inflammatory medications and possibly even cortisol injections to treat.

Footwear styles that are healthier AND more stylish than flip flops: Sandals | Espadrilles | Woven slip-ons | Boat shoes | Penny loafers.

TWISTING OF TOES: As the name suggests, flip flops tend to be floppy, meaning you will often have to curl your toes down to stop them flying off while you walk. Over time, this can mean the toes stay fixed in this curled position, causing an affliction called hammertoe.

COULD CAUSE DANGEROUS DRIVING: Although there is no law in the UK that explicitly bans wearing flip flops while driving, it does put you at higher risk of an accident. Their lightweight design makes them prone to





Penny FOR YOUR THOUGHTS

HOW THE SIMPLE PENNY BLACK STAMP KICKSTARTED A SOCIAL REVOLUTION IN THE UK

In 2022, the Penny Black is one of the most sought-after stamps philatelists seek out. Not just expensive, it also represents a cornerstone in the world of collecting; it's something of a rite of passage to own one.

Yet for all its perceived collectable and material worth today – the first Penny Black stamp was recently listed by Sotheby's with a possible sale price of up to £6million, although it failed to sell – the name itself reveals very simple beginnings.

The stamp, impeccable in its design and rich in simplicity, and bearing the image of Queen Victoria in profile, was a communication revolution upon its launch on May 6, 1840.

Quite simply, it enabled anyone to send a letter weighing up to half an ounce to any destination in the country, for just one penny.

It opened up a platform for people in all locations and of all social classes to be able to connect with

one another – previously, the idea of sending a letter was complex and expensive, with the recipient required to pay to receive mail.

This dawning of social communication was brought about by Robert Wallace, an MP who led a commission on postal reform, and was brought to life by Sir Rowland Hill in the form of prepaid postage. As well as enabling all levels of society to communicate with each other, it led to a huge boom in business and commerciality.

In total, 68 million of these stamps were used – that's a considerable number given that the entire UK population in 1840 was around a quarter of that figure.

These days, our postal system is complex, convoluted and extremely competitive. While the Penny Black had simplicity at its heart, it also represents the kind of revolution that modern postal service providers will never be able to replicate.



DEATH TRAP

THE DANGERS POSED BY LOOSE OBJECTS IN YOUR CAR

We all know the dangers represented by cars and, as responsible drivers, invest time and effort in protecting the occupants of our cars from the dangers of the road. Yet what if there were a collection of hazards inside our vehicles – things that account for more than 15,000 injuries every year?

What we're talking about here is the threat posed by everyday items within a car. From a metal tissue box on the back shelf to dashboard air fresheners, from tablets and devices right the way through to cans of drink and snacks. The point is, when a collision occurs, it's not just the things on the outside of the vehicle that can cause harm.

A string of recent awareness campaigns has been designed to make motorists more aware of the risks when our vehicles are decorated with possessions. Securing items or, better still, putting

them away in door or back-of-seat pockets, or the glove compartment, ensures that if impact occurs, those possessions won't come hurtling through the air towards you.

Think carefully about luggage storage, make sure floor mats are secured in the correct positions, and do your best to keep pets secured and still.

Furthermore, if you think the threat of being hit by a loose or unsecured object in your car only comes about in the event of a road traffic accident, think again. Anything from sharp cornering to speed bumps may dislodge an item and send it on a path towards you or your passengers.

In the modern era, cars are more and more becoming extensions of our home. While that gives us the chance to adorn them with small items and luxuries, it's always smart to keep a close eye on the potential danger they might pose.



ENJOY A *healthier* HOLIDAY

Hotels are a place to go to enjoy luxury, comfort and relaxation. But one hotel in Costa Rica is taking things to the next level with a completely holistic experience.

The Hacienda AltaGracia describes itself as “an escape for those seeking total wellbeing and unbridled adventure”.

You’ll find the hotel in the Talamanca Mountains in Costa Rica, a truly tranquil spot that lets guests take things at their own pace and helps them recharge, reconnect and expand their horizons.

WHAT BENEFITS DOES IT OFFER

A stay at Hacienda AltaGracia is tailored to you, and is inclusive of all meals and non-alcoholic drinks. Throughout your stay, you’ll be able to enjoy a range of adventure, wellness and cultural activities, helping you truly focus on your wellbeing.

WHAT TO EXPECT AT THE HOTEL

On arrival, guests are given a virtual health coaching consultation, resulting in a tailored plan to aid each individual’s stay.

The hotel offers many different activities, including jungle hikes, botanical yoga, horse riding, trips to the bird observatory, river baths, and much more. Your visit is altered to suit you and also includes a range of dining experiences.

WHY YOU SHOULD VISIT

The hotel has already won a place on *Condé Nast Traveller’s* top 50 resorts in the world and is attracting attention for its unique approach and wide range of experiences.

If you’re looking to get away from it all and focus on getting your life back on track, then this could be the hotel for you.

Photo credit: aubergresorts.com, thetimes.co.uk



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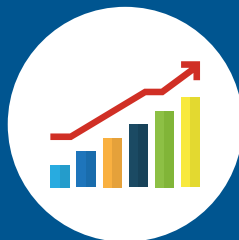
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BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

Choose a cryptocurrency trading programme

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

Pick crypto to invest in

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.

Select your strategy

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

Consider automated crypto trading

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

Our top trading tips for beginners

- Start with a small investment
- Choose a secure wallet to keep your digital assets safe
- Research the market thoroughly first
- Set stop-loss levels and stick to them
- Don't be afraid to diversify your portfolio
- Do not let your emotions dictate your decisions.



BUSINESS & PROPERTY



PICTURE *Perfect*



Getting your home ready for those seller snaps

You shouldn't judge a book by its cover, but that's exactly what happens when potential buyers explore a house for sale. Those seller images have become increasingly important for putting your home in the best light and generating interest in your property.

Take a look at these tips to get your home ready for those all-important photos:

- > Put away all clutter. If it doesn't need to be there, get rid of it.
- > Clear the worktops and put accessories away; it will help to create a more spacious look.
- > Add flowers and other decorative features to give a more homely feel.
- > Make sure windows and other glass surfaces are fully wiped and dust-free.
- > Hide away unsightly items like bins.
- > Curate your toiletries so they don't appear cluttered – put out your most premium products.
- > Fold any towels neatly, and don't leave wet towels lying around.
- > Make sure curtains are properly hemmed and dust-free.
- > Make all beds and change your bedding regularly.
- > Put away all your shoes and clothes.
- > Create an ambience with a lit fire and candles.
- > Make the front of your house more appealing by keeping the lawn mowed and bins out of sight.
- > Give your garden a once-over to remove any debris.
- > Put the toilet lid down – nobody wants to look inside someone's toilet.
- > Finally, get into the habit of regular cleaning to keep your home dust-free and sparkling.

These easy tips will help your home look its best in seller photos, and will hopefully inspire someone else to make memories there.



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Has Rolls-Royce built the fastest electric aircraft?

The world needs some drastic changes to help combat the effects of global warming. Vehicle manufacturers are working hard to develop electric models that provide great performance, as well as being energy efficient.

While perhaps better known for manufacturing cars, Rolls-Royce also produces aircraft parts. It has recently announced that it has created the fastest all-electric aircraft, reaching a maximum speed of more than 387mph. But has Rolls-Royce truly succeeded with its bold claim? And what will this mean for an energy-efficient future?

Spirit of Innovation

Rolls-Royce has been testing its latest project, an all-electric aircraft known as the Spirit of Innovation. During the tests, the aircraft was able to reach a speed of 345mph over a distance of three kilometres, which it believes has broken the record for the fastest electric aeroplane. It's a part of the Accelerating the Electrification of Flight project, which is being partially funded by the Aerospace Technology Institute, in partnership with the Department for Business, Energy and Industrial

Strategy and Innovate UK. The data has been sent to officials for verification.

Rolls-Royce: Making 'jet zero' a reality?

Spirit of Innovation comes just as world leaders pledged to reduce the impact of global warming at COP26. In a recent press release, Warren East, CEO of Rolls-Royce, said: "Following the world's focus on the need for action at COP26, this is another milestone that will help make 'jet zero' a reality and supports our ambitions to deliver the technology breakthroughs society needs to decarbonise transport across air, land and sea."

Using innovations such as electric aircraft, this could soon become a reality.

What's next?

Rolls-Royce has a long history of breaking records, and it will no doubt seek to improve upon the Spirit of Innovation. As the company looks set to become net zero by 2050, there could be some exciting times ahead in the world of electric vehicle development.



Photo credit: Rolls-Royce



TECHNOLOGY

KINETIC SAND

KINETIC SAND IS SOFT, MOULDABLE, PROVIDES HOURS OF FUN FOR YOUNG CHILDREN, AND – YOU’LL BE PLEASED TO HEAR – IS SUPER EASY TO MAKE AT HOME

WHAT IS KINETIC SAND?

Kinetic sand is essentially sand that has had other ingredients added to it to create a soft and crumbly consistency, like beach sand, but is also able to hold its shape. Easy to clean and store, kinetic sand should last for several years and is great for child development and sensory play.

HOW TO MAKE YOUR OWN KINETIC SAND

YOU WILL NEED:

2½ cups of fine sand such as play sand (available in a variety of different colours) or decorators sand |
1½ cups of cornstarch | ½ cup of oil such as cooking, baby or mineral | An airtight container with a lid

HOW TO MAKE:

Pour the sand into your chosen container | Mix in the cornstarch | Slowly pour in the oil and mix well | Continue to mix until there are no oily or dry spots in the mixture | Start to play.

HOW TO STORE KINETIC SAND

Although kinetic sand does not dry out, you should keep it clean and dust-free in a resealable bag or an airtight plastic container. When kept like this, it should last for between three and five years.

IS KINETIC SAND SAFE?

Kinetic sand is non-toxic but is not intended for consumption. Any child under the age of three should be supervised when playing with kinetic sand.

KINETIC SAND ACTIVITIES

- > Dig for fossils with small dinosaur toys
- > Use Play-Doh tools to roll out and cut shapes
- > Make ice cream with scoops and spoons
- > Hunt for buried treasure using plastic coins and gems
- > Build a Mr Potato Head out of kinetic sand
- > Practise writing letters and numbers in the sand.

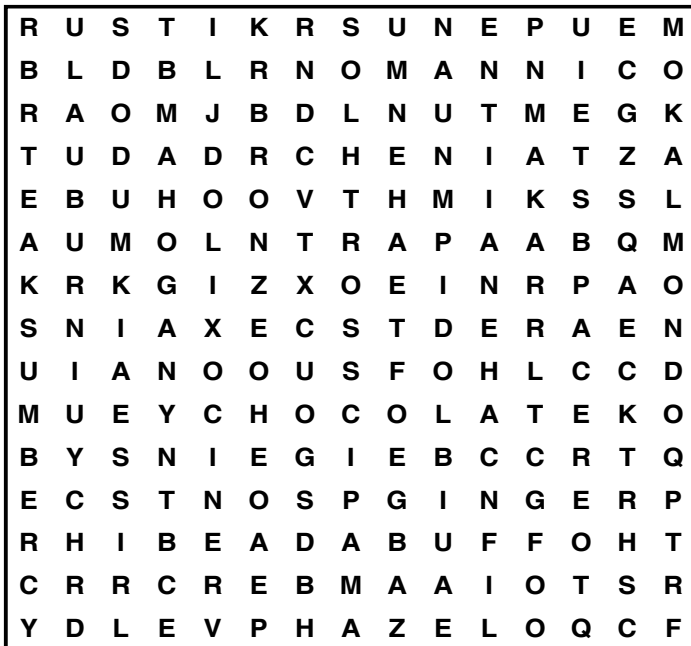


The image is a business card for GH Heating Services Ltd. At the top, there are three logos: OFTEC (a green triangle with a white flame), a central logo with a blue and orange flame inside a shield, and a 'safe' logo (a yellow triangle with the word 'safe' in black and 'REGISTERED' in small letters below it). Below these logos, the text 'GH HEATING' is written in large, bold, orange letters, with 'SERVICES LTD' in smaller blue letters underneath. Below that, 'DOMESTIC & COMMERCIAL' is written in orange. The company name 'GH Heating Services LTD' is prominently displayed in large, bold, orange letters. Underneath the name, 'Colchester, Essex' is written in orange. The services offered, 'Repairs • Servicing • Installation', are listed in white text on a dark blue background. A large, stylized flame graphic in blue and orange is positioned behind the text. The bottom section of the card, also on a dark blue background, contains the text 'Highly qualified and experienced in plumbing and heating for both domestic and commercial' in white. At the very bottom, the contact details '01206 230857 • 07869 818968' and 'info@ghheatingservicesltd.co.uk' are provided in white.



PUZZLES & TRIVIA

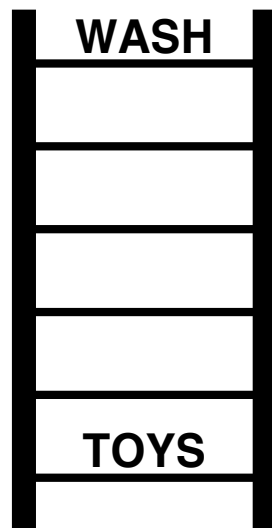
- ▶ ALMOND
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- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ COCOA
- ▶ GINGER
- ▶ HAZEL
- ▶ MAHOGANY
- ▶ NUTMEG
- ▶ RUST
- ▶ SAND
- ▶ SEPIA
- ▶ SIENNA
- ▶ TEAK
- ▶ UMBER



DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

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.

The history of BANK HOLIDAYS

Who doesn't love a bank holiday? They offer the chance to sit back and relax and spend time with family and friends, and this year, many Brits will enjoy an extra day off to celebrate The Queen's Platinum Jubilee. But how did bank holidays first come about?

England, Wales and Ireland. These holidays were: Easter Monday, Whit Monday, the first Monday in August and Boxing Day.

Meanwhile, Scotland had New Year's Day, Good Friday, the first Monday in May, the first Monday in August and Christmas Day.

THE BANK OF ENGLAND AND THE EXCHEQUER STARTED THE TREND

Before public bank holidays were made official, the Bank of England and the Exchequer were known for taking holidays to celebrate Christian festivals and royal events. In fact, they were believed to have taken around 40 days off each year. Unfortunately, this was cut down to just 18 days in 1830 and then down to just four in 1834.

THE BANK HOLIDAYS ACT IN 1871

In 1871, the Bank Holidays Act was drafted by banker and politician John Lubbock, the first Baron of Avebury. This was when the first official bank holidays became law in

ADDITIONAL CHANGES TO BANK HOLIDAYS

In the 1971 Act, New Year's Day, Good Friday and Christmas Day became bank holidays in England, Wales and Northern Ireland.

The 1971 Act also made January 2 and Boxing Day a bank holiday in Scotland only.

In 1978, the government made the first Monday in May a bank holiday in England, Wales and Northern Ireland.

A Northern Ireland only bank holiday to mark the anniversary of the Battle of the Boyne was introduced in 1926 and falls on July 12.

In 1965, the first Monday in August bank holiday was changed to the Monday following the last weekend in August in a bid to increase trade. Scotland was exempt from this.



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