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Editor's notes...

JUNE 2022



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** Manningtree Mistley. I would be very surprised if the Queen's Platinum Jubilee has passed you by, but if it has, not to worry as our edition has some great content honouring the contribution that Her Majesty has made to our community.

Whether you are a fan of the royal family or not, there should be a level of respect accorded to an individual who has shown durability, resilience and a seemingly infinite capacity to serve, fulfilling her original statement in 1947: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

Not only is this jubilee month a good opportunity for us to say thanks for the Queen's service, but also to reaffirm the bonds that tie us as a local community. By the time you have read this hopefully you will have attended events, festivals, lunches and other celebrations with friends, family and neighbours, and I hope that these events remind us of all that unites us going forward. We are going through a tough period with more difficulty to come, but if the pandemic, and the jubilee demonstrated anything, it was that in our most challenging times, we still have the capacity to love, learn, celebrate and cherish what is important.

Have a great month in life and business!

Sean Purcell

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

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

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Lexden School

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.

Children can start with us in Nursery aged 3 years.



The Enhanced Provision is staffed by Teachers of the Deaf, teaching assistants who are specifically trained to work with deaf pupils, and a midday assistant. All of these sign to a minimum of BSL 1, most to BSL 2.

Our signing choir is open to children across the school so they can sign too!



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
Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS
01206 573519
uhi@lexden.essex.sch.uk



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SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon’s is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn’t enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors’ money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don’t fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

His commitment to Tesla and SpaceX only came about because he’d sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, ‘speculate to accumulate’ has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

SP KED?

HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?
The most common illegal drugs to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

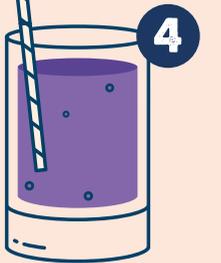
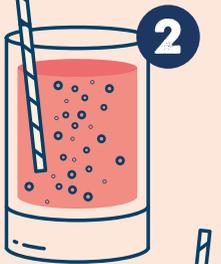
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

HOW TO PREVENT YOUR DRINK BEING SPIKED

- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



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GUIDE TO CLEANING PAINTED WALLS



There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.

HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.



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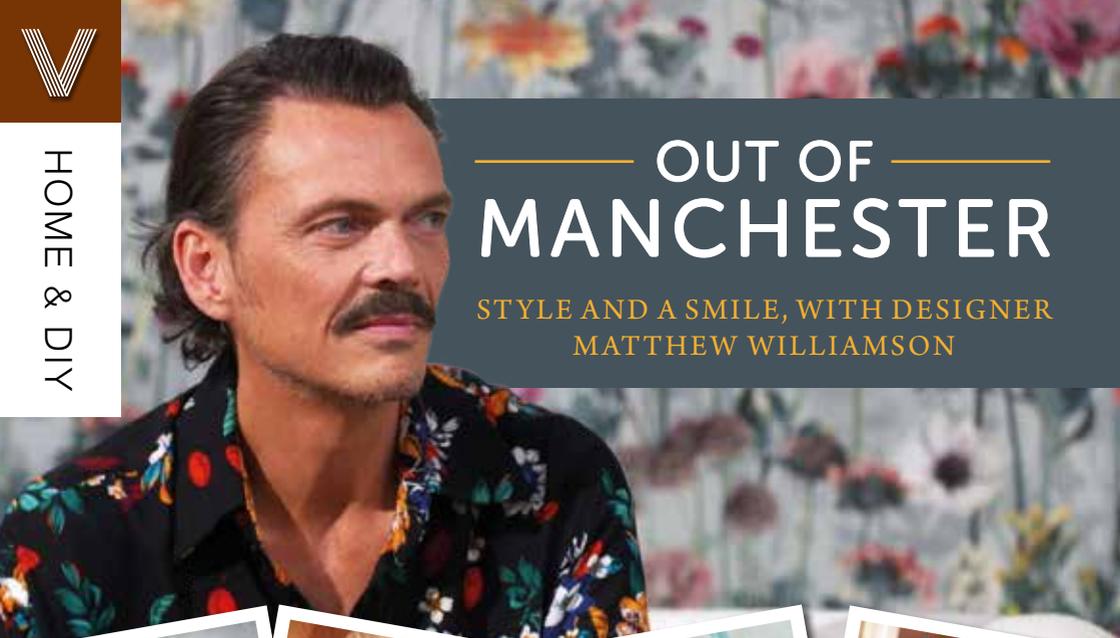
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HOME & DIY

OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com

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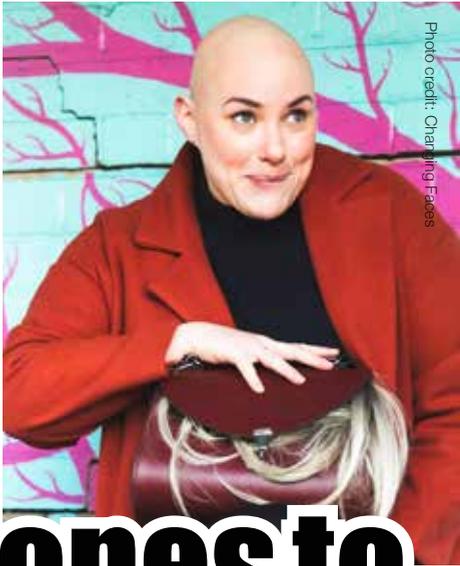


Photo credit: Changing Faces

Resident hopes to empower those with alopecia

A Manningtree resident has been encouraging people to be more understanding as part of the Stop the Stare campaign during Face Equality Week, which ran from May 16 to May 20.

Laura Mathias (pictured above), 31, a campaigner with visible difference and disfigurement charity Changing Faces, has been suffering with alopecia, an autoimmune condition which has caused her to lose her hair, since she was 13.

The campaign comes after research from Changing Faces found that 43 per cent of people with visible difference, such as a permanent scar, mark or condition, have experienced hostile behaviour when out in public.

Laura said: "I was so embarrassed as my hair loss progressed that I stopped going to school. In fact, I stopped leaving the house altogether. I couldn't face how different I looked and completely withdrew for around six months.

"Putting on a wig didn't stop me from feeling different, but it allowed me to pretend I was the same as everyone else. As a teenager, I kept my bald head a secret, avoiding any situations which would mean I had to 'out' myself or tell someone I wore a wig."

Laura now embraces the opportunity to see her condition as empowering, and wants to be an inspiration to others who have gone through similar circumstances.

She said: "I've realised that if I start embracing myself for who I am, then I don't have to wear a wig in situations I don't want to. I don't have to wear it to hide my alopecia at all. I can choose to wear whatever wig as and when I want to, but know I am beautiful without it too."

"Now, I share regular selfies of my bald head on social media, hoping I can be an inspiration to someone feeling how I did just a year ago."

To find out more, visit www.changingfaces.org.uk

Boutique confirms opening of new location



The owners of a popular Colchester-based boutique have confirmed that they will be opening their second shop in Manningtree.

Having opened their first Frippery shop in Colchester back in 2008, Claire Oakley and Kim Wade have now revealed that they will be bringing their wide range of clothing, jewellery and homeware to Manningtree.

The business posted a statement on its social media page to confirm the news, which read: "We are so happy to announce that we are opening another Frippery boutique in Manningtree this summer. We're busy getting the shop ready and can't wait to open our doors soon!"

The pair also recently revealed that the shop has been nominated in the Best Women's Fashion category in the upcoming Muddy Stilettos Awards. Winners will be announced on June 21.

To keep up to date with news from the shop, search 'Frippery boutique' on Facebook.

Resident receives MBE for community services

A Manningtree resident has been awarded an MBE in the Queen's Birthday Honours 2022.

Melissa Dark was awarded the honour for her services to the community, police and the voluntary sector through her work as the City of London Police's casualty bureau manager and disaster victim identification (DVI) coordinator.

Melissa said: "I was really shocked when I found out I was to be awarded an MBE, and receiving it in the year of the Queen's Platinum Jubilee makes it even more special.

"I feel so honoured to receive this award and I want to say thank you to all of the incredible people that I have worked with over the course of my career in policing."

Melissa joined the City of London Police in 2010 but is now seconded as the national casualty bureau

manager. She works for the City of London Police one day a week as the DVI and major enquiry system coordinator where she is responsible, among other things, for running casualty bureaus in the wake of major incidents.

City of London Police Commissioner Angela McLaren said: "Melissa is an asset to the City of London Police and a shining example of someone who puts victims, and their loved ones, at the heart of everything she does."

Group launches to help others with condition

A woman from Manningtree has opened up about her 16-year struggle with a debilitating neurological condition.

Lisa Taylor (pictured below), who has set up a support group for people with fibromyalgia, first started having symptoms in 2006.

The disease is a long-term neurological condition that has more than 200 symptoms – the main ones being widespread pain, hypersensitivity, muscle spasms and brain fog – and there is currently no cure.

Speaking to **VISION**ManningtreeMistley, Lisa said: "I started having symptoms in 2006 and never really recovered. I had to cope with a slow and steady decline and a final diagnosis in 2013.

"My three children were all worried about me and it felt stressful being needed when I couldn't look after myself, but they were wonderful in accepting cancelled plans. It helped us all to appreciate each other."

Despite her struggles, Lisa said she is delighted to be able to help others through the support group.

She said: "To be one of a small team running this group is a real gift for me. No matter how I feel, I know I will find a safe, positive space in our group."

To learn more about the support group, email Lisa at fibrowarriorscolchester@hotmail.com





Kids club receives generous £2,000 donation

A kids club in Mistley has received a £2,000 donation from a social enterprise which has supported 30 Essex-based charities and community groups.

Mistley Kids Club, based at Furze Hill Village Hall, welcomes children between the ages of four and 16 (18 for children with additional needs) and is completely inclusive, catering for children of all abilities.

The kids club was one of the beneficiaries of Colchester-based Provide Community's most recent initiative, where it asked more than 1,000 staff to nominate local causes in need of donations.

Provide Community's Council of Governors then took many hours of consideration to whittle down the

list to the 30 chosen charities.

Mark Heasman, group chief executive director of Provide, said: "As a social enterprise, supporting the hard work of local charities and investing in the communities we serve is core to our mission.

"It is an important reminder that our organisation's values of care and compassion are best reflected through our colleagues."

Nicola Yarnell (pictured above right), chair of the Council of Governors, said: "Being an employee-owned community interest company enables us to go above and beyond our normal health and social care role, and seeing the impact of that is truly heartening."

Warning to residents after thieves spotted

Concerns have been raised after a local gardener has reported that two men in a white van have been roaming around targeting people in Mistley and its surrounding areas.

Steve West, 58, became the latest victim when his ladder was stolen from his garden in Manningtree while he was working just a few houses down on the same road.

Mr West posted what happened on social media when he noticed that similar events had taken place

around Mistley and Lawford.

He wrote: "I had my ladder stolen yesterday literally outside a house I was working on in Central Maltings, only a few doors down from where I live.

"I've been told it's people with the same motor vehicle as previous thefts in Manningtree and Mistley.

"Any information would be very welcome."

If you have any information that could help, call the non-emergency number 101. If a crime is in progress, call 999.



THE BRITISH GOVERNMENT IS ACCELERATING THE ROLL-OUT OF 5G TECHNOLOGY... COMING TO A BUS SHELTER NEAR YOU

Take a look at your mobile phone and, if you're in one of the UK's bigger towns or cities at the time, you may see the 5G symbol in the top-right corner (providing you have an up-to-date 5G-enabled phone, that is). This form of telecommunication technology that, at its peak, is 100 times faster than 4G, its rapidly ageing brother, has the capability to completely transform our interconnectivity.

The issue with 5G is that while speeds are seriously impressive, range is not. This is down to the use of millimetre waves, which are a lot shorter than the wavelengths 4G uses.

As a result, the government has been rapidly releasing licences whereby buildings and facilities can be equipped with kit that will boost 5G connectivity.

The good news is that these 'cell sites' can be put up easily and, in most cases, you won't even

know they're there. From streetlights to signposts, bus shelters to CCTV poles, the government has slashed the red tape associated with the roll-out of the project. This is good news for us all – meaning easier installation, quicker connecting of new areas and faster speeds.

In simple usage terms – messaging, checking football scores and so on – you may not notice much difference, but for tasks that used to take hours, such as downloading a HD movie to your phone, the difference is astonishing. A recent survey by Uswitch found that Haul Fryn, a road in Swansea, South Wales, had the fastest download speed of anywhere in the country – 882Mbps, meaning a two-hour HD movie could be downloaded in just 47 seconds.

For years, the internet has meant the world is at our fingertips. With accelerated roll-out of 5G technology, it now feels even closer than that.





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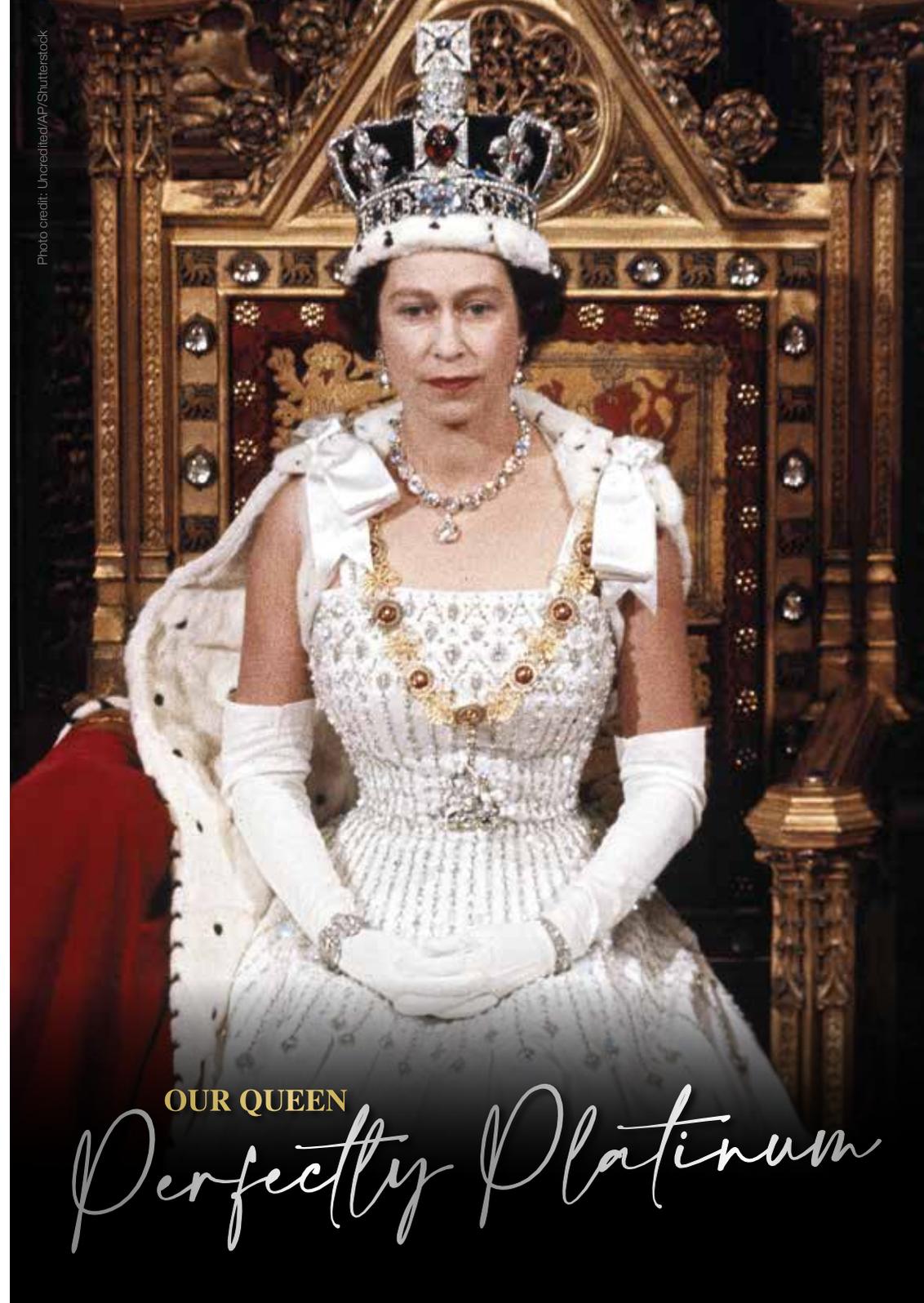


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OUR QUEEN

Perfectly Platinum

CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.





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Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.



GARDENING



Robust Rosemary

A hardy herb that will grow with abandon once established, rosemary has a long history of culinary, aromatic and medicinal uses.

WHAT ARE THE HEALTH BENEFITS OF ROSEMARY?

- > A rich source of antioxidants and anti-inflammatory compounds
- > Improves digestion and helps to treat indigestion
- > Enhances memory and concentration
- > Relieves stress and anxiety
- > Protects against cancer
- > Contains carnosic acid which can protect the brain
- > May be able to help prevent Alzheimer's.

HOW TO USE ROSEMARY IN THE KITCHEN

Rosemary salt

To create a rosemary-infused salt, fill a cup with rosemary leaves pulled from the stem and place in a bowl with 3 cups of salt. Stir together, cover and leave to sit for 2-3 weeks.

Rosemary oil

To make rosemary-infused oil, pour 2 cups of olive oil into a small pan and allow to simmer. Remove from the heat and add 3-4 dry sprigs of rosemary. Pour into a sterilised jar and cover with a lid.

Rosemary sugar syrup

Rosemary sugar syrup can be drizzled over cakes, yogurt or fresh fruit for a sweet and fragrant twist. Bring 1 cup of water to the boil and add 2 cups of sugar and 3-4 sprigs of rosemary. Once the sugar has dissolved, remove from the heat and take out the rosemary. Pour into a sterilised jar.

Rosemary lemonade

To make refreshing rosemary lemonade, simply bring 2½ cups of sugar to a boil, remove from the heat and add 9 sprigs of rosemary. Leave to steep for 30 minutes and strain. Add ½ cup of fresh lemon juice and 4 cups of cold water. Chill and serve over ice on its own or with your favourite gin.

Rosemary butter

Soften a stick of butter (but don't melt it) and blend with rosemary leaves that have been removed from the stem and diced into small pieces. Slather on crackers, bread, meat or fish.




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Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

THE PREMISE

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

WHEN CASHBACK CREDIT CARDS WORK

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is

going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

WHEN CASHBACK CREDIT CARDS DON'T WORK

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.



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CAN YOU manage?

WHAT YOU NEED TO KNOW ABOUT HIRING A PROPERTY MANAGEMENT COMPANY

Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

make you less aware of what's going on with your property.

Why hire a property management company?

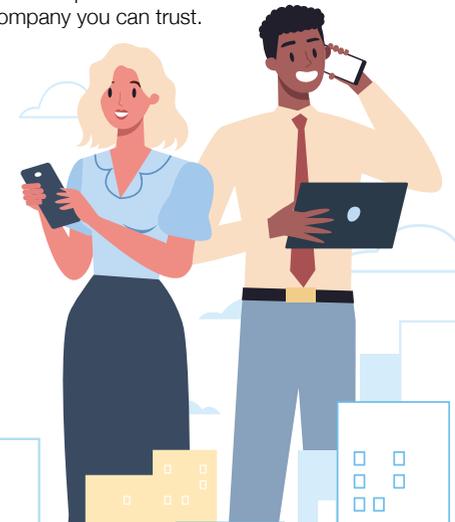
Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.

Pros of hiring a property management company:

- > Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- > Property management companies will source and vet tenants, taking the responsibility off you.
- > Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

Cons of hiring a property management company:

- > You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- > As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.
- > Using a property management company could



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MOTORING



CLEAN YOUR CAR like a pro

THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH

Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.

you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.

Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.

Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.

Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,





Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.

Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.

Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.

Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer. A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.

Bakewell, Derbyshire

Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.



Windsor Castle



Castle Combe



St Nectan's Glen



Chatsworth House



HAND OF WAD

DIEGO MARADONA'S ICONIC HAND OF GOD SHIRT SELLS AT AUCTION

When England midfielder Steve Hodge swapped shirts with Argentina double-goalscorer Diego Maradona at the end of the World Cup quarter-final at the Estadio Azteca in Mexico in 1986, he was derided by fans, sections of the press and even his own teammates.

The Argentine wizard had just knocked the Three Lions out of the World Cup with a Jekyll and Hyde display of sporting brilliance and brazen opportunism – one of the best goals ever scored at a World Cup, coming minutes after the Hand of God goal that we've all seen replayed hundreds of times.

In swapping shirts, to some, Hodge crossed the line.

Wind forward three-and-a-half decades, and Hodge has the last laugh, after that prized number 10 shirt recently sold at auction for more than £7.1million.

Perhaps one of the most iconic items of sporting memorabilia – the value of which soared after Maradona's death in November 2020 – the shirt made almost twice its guide price, and was sold to someone from Abu Dhabi with links to Manchester City.

The Sotheby's auction process had all the usual twists and turns befitting of Maradona's life. In the lead-up to its sale, the infamous star's family insisted that the shirt was a fake, supposing that the striker swapped shirts at half-time during the game on June 22, 1986, and that Hodge was in fact in possession of the shirt worn in the first half.

In addition, a late plea materialised from an Argentinian delegation for the shirt to be returned to South America. The group failed with its own bid as the auction price rocketed, though the request remains to display the shirt in Buenos Aires in October, for what would have been Maradona's 62nd birthday.

The sale price mirrors the previous record for any sports memorabilia – the original autographed manuscript of the Olympic Manifesto from 1892, sold by Sotheby's in December 2019.



Photo credit: Shutterstock, Amer Ghazali/Shutterstock

A star in the making



THE BEST WAY TO START OFF – AND STICK TO – A REWARDS CHART WITH YOUR KIDS

Most parents have tried to use rewards charts – you know, that large piece of card or app-based drive towards making your children nicer to be around... and your home a tidier place. The reason many charts fail is because, while the concept is great, the complications, complexities and conversations surrounding what tasks have or haven't been done, and to what standard, make managing charts more of a chore than the jobs listed on them.

While rewards charts are available in plentiful supply from shops and online, it's sometimes more fun to make one up yourself – you can then tailor it to your own family, working in hobbies, treats and experiences unique to you.

Six ways to ensure you can make a rewards chart stick!

- 1 KEEP TASKS SIMPLE**
 Ensuring jobs are straightforward and achievable will mean kids maintain focus when they need to.
- 2 UPDATE AFTER EVERY TASK**
 If possible, apply stars every time your little ones complete a challenge. This direct and very visual reward mechanism will keep them striving for more.
- 3 KEEP REWARDS REGULAR AND TANGIBLE**
 Using quick-fire rewards – rather than offering to contribute small additions to a bigger project – means kids will remain engaged and interested.
- 4 RESTART EVERY WEEK**
 Make every week a clean slate, where both completed and unfulfilled tasks are wiped away, meaning a new set of challenges – and rewards – awaits.
- 5 ENCOURAGE TEAMWORK**
 If you have more than one child, pool tasks so that they become responsible for and beneficiaries of each other's successes.
- 6 MOVE ON EVENTUALLY**
 While the rewards chart is a great way to motivate kids, it may lose its appeal over time, so progress the ideas behind it to tasks that offer greater responsibility and bigger rewards for your youngsters.

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

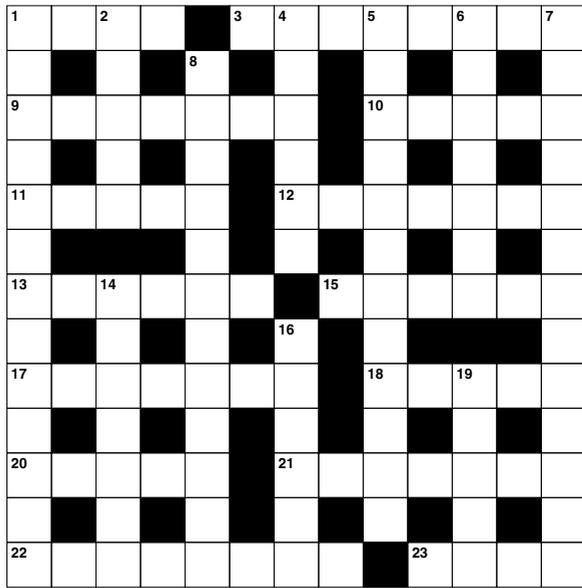
- 1. Eurasian crow (4)
- 3. Excessively emotional (6,2)
- 9. Time off (7)
- 10. Sudden movement (5)
- 11. Steer (anag) (5)
- 12. Wicked look that causes harm (4,3)
- 13. Possessing (6)
- 15. Wind instrument (6)
- 17. More sugary (7)
- 18. Freight (5)
- 20. Deduce or conclude (5)
- 21. Currents of air (7)
- 22. Disregarding oneself (8)
- 23. Depend on (4)

DOWN

- 1. Connections or associations (13)
- 2. Willow twig (5)
- 4. Complied with a command (6)
- 5. Children's toy (12)
- 6. Medieval cell (7)
- 7. Affectedly (13)
- 8. Occult (12)

- 14. Necessary (7)
- 16. Eats grass (6)

- 19. Verse (5)



DID YOU KNOW?

- ▶ There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.
- ▶ Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.
- ▶ Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.
- ▶ The Antarctic blue whale is the largest animal on the planet.
- ▶ Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

SUDOKU

7	5							2
		6		5				
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6			9					
1		8				9		4
					3			8
2	4		7					
				3		4		
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The LONGEST WORDS that exist

What would be the longest word you can think of right now? Perhaps it could be [Llanfairpwllgwyngyllgogerychwyrndrobwllantysiliogogoch](#) – the village on the Isle of Anglesey? At 58 letters, it's actually the second-longest place name in the world after New Zealand's [TaumatawhakatangiHangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu](#) of a whopping 85 letters, which translates to 'St Mary's Church in the Hollow of the White Hazel Near to the Rapid Whirlpool of Llantysilio of the Red Cave'.

- Eighty-five letters is a lot for one word, so what are the other longest words that exist?
 - [Pneumonoultramicroscopicsilicovolcanoconiosis](#) (45 letters)
This is a type of lung disease caused by inhaling quartz dust or silica.
 - [Hippopotomonstrosesquippedaliophobia](#) (36 letters)
Of course, the word for a fear of long words would be long.
 - [Supercalifragilisticexpialidocious](#) (34 letters)
While it may have been a word invented for the film *Mary Poppins*, it does appear in the dictionary. As the title character says, it's a word to say when you have nothing else to say.
 - [Pseudopseudohypoparathyroidism](#) (30 letters)
A mild form of pseudohypoparathyroidism, a genetic disorder in which the body fails to respond to the parathyroid hormone.
 - [Floccinaucinihilipilification](#) (29 letters)
This means the estimation of something having no value or being worthless.
 - [Antidisestablishmentarianism](#) (28 letters)
This word was once used to describe opposition to the disestablishment of the Church of England, but now refers to the opposition to withdrawing government support for a religion or church.
 - [Honoricabilitudinitatibus](#) (27 letters)
Seen in Shakespeare's *Love's Labour's Lost*, this means 'the state of being able to achieve honours'.
 - [Thyroparathyroidectomy](#) (22 letters)
The name for the process of removing the thyroid and parathyroid glands.
 - [Incomprehensibilities](#) (21 letters)
A word that you might actually be able to use, this means something that is difficult to understand or comprehend.
- With so many of the longest words irrelevant to daily conversation, we think we'll stick with the shorter words.

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