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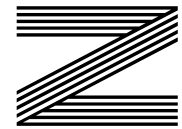
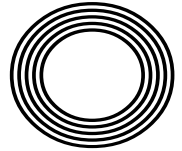
**FIVE  
TIPS FOR  
HIRING  
A CAR**

*Remembering jockey*  
**LESTER PIGGOTT**

**NATURAL REMEDIES**  
to treat sunburn this summer

*Sue*  
**BARKER CBE**

Presenter announces Wimbledon retirement after 30 years



**FREE**

Photo credit: BBC



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# Editor's notes...

JULY 2022



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** Manningtree Mistley. I write this after the pomp and pageantry of the Queen's Platinum Jubilee, and still with the sounds of regal fanfare, tradition and celebration ringing in my ears.

For all the conjecture about the Royal Family and their relevance to our lives in 2022, a four-day weekend of celebrations I felt was a fitting tribute to a wonderful lady, Queen Elizabeth II.

And yet, what inspired and delighted me most weren't the big events at Buckingham Palace and St Paul's Cathedral. I was instead charmed by the plethora of street parties held in every corner of the country.

It dawned on me how much I had missed these community get-togethers, where streets were cordoned off, children played until sunset and neighbours took real time to catch up.

We'd seen this indomitable spirit in those days of lockdown, where people rallied together, but the Jubilee weekend saw that notion played out in celebration rather than fear.

Finally, after missing out for two years, we could revel in what really matters - the people around us and the streets on which we live. It's proof, if it was ever needed, that big things come from small actions.

*Sean Purcell*

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CONTRIBUTORS | Tabatha Fabray, Dean Shaw

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Contact Kate Purcell

Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS

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# A RACE *for the* TAPE

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

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

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

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

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

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

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

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

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

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

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

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



# Full of PRIDE

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

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

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

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

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

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

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

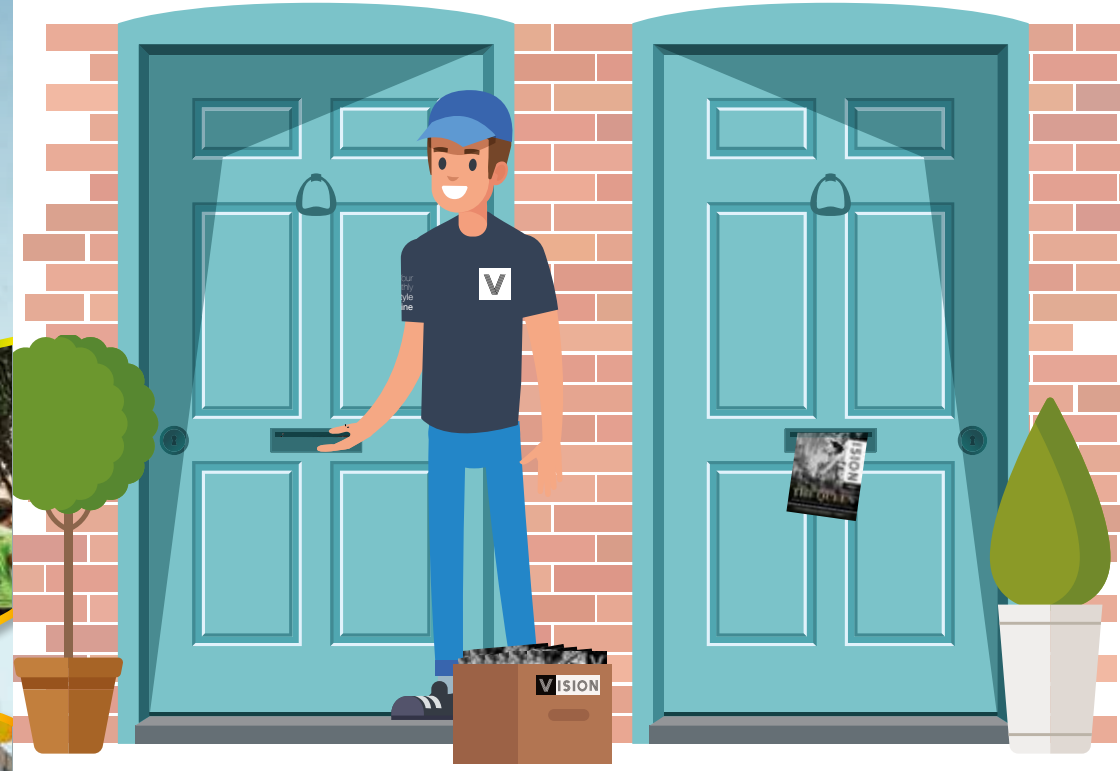
These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.

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# ART THERAPY

*with Rebecca Sicardi*

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

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

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

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

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

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

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

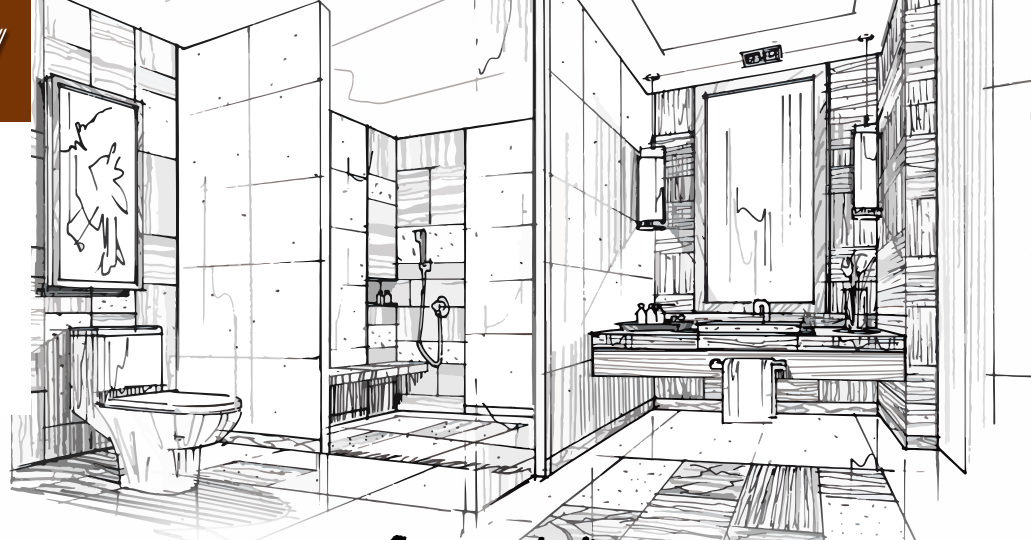
As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling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

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



HOME & DIY

Photo credit: rebeccasicardi.com



# DESIGNING A small bathroom

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

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

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

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

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

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

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



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

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# ISLAND HOPPING

## BY DESIGN



HOME & DIY

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

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

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

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

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

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

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

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

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

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# HIRE CAR *high-fives*

CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

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

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

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

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

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

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

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



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Earth Festival



## Climate awareness festival attracts huge crowds

Huge crowds attended a festival in Manningtree that aimed to raise awareness of climate change. Manningtree Earth Festival, organised by Practical Actions for Climate and the Environment (PACE), took place in the town centre on June 26.

Hundreds of people turned up for the event, where speeches, live music, games and workshops inspired the attendees to live more sustainably.

Entertainment on the main stage came from YouTube duo Mel & Marcel (pictured bottom left) and

musician Elly Tree. Mayor of Manningtree Michelle Taylor (pictured top right) gave a speech on how the town council is helping the environment.

John Hall, chairman of PACE, said: "We now have less than three years to turn around global warming to ensure it doesn't reach the irreversible tipping point of 1.5°C, a figure which will see catastrophic consequences for us all.

"To avoid this, we all need to start reducing our personal carbon footprint straight away."

## Football club pays tribute to former players

Manningtree football club has paid tribute to two former players who recently passed away.

Brantham Athletic FC are mourning the loss of former goalkeeper Mick Smith and former manager Paul Dyer.

In a statement released last month, the club

said: "Previous players have rushed to offer their condolences while calling Mick a great man and character with a love for Dire Straits and Status Quo.

"Paul 'Sammy' Dyer is described as a larger-than-life character whose football knowledge was second to none. He was a legend among other local clubs too."



# SIR BERNARD JENKIN MP



Member of Parliament for Harwich and North Essex

I often respond to constituents about building concerns, not least because I know from my inbox how heavily these issues weigh on residents' minds. But I spend less time writing about why it is so important to stop unnecessary or unsuitable development.

Proponents of these plans sometimes label opposition to new builds as NIMBYism, but there are also overarching reasons why we must be more thoughtful in development.

Biodiversity is one of the cornerstones of the global effort to combat climate change. Often, we think of the destruction of rainforests as the obvious example of habitat loss, but it is by no means the only area of concern.

The UK is leading ambitious calls to protect nature at a UN meeting on biodiversity alongside 46 other countries. The plan, 30by30, aims to protect at least 30 per cent of land and ocean by 2030. This will help restore ecosystems, drive species population recovery and halt extinctions by 2050. This builds on the COP26

Glasgow Leaders' Declaration on Forests and Land Use, a commitment by 140 leaders to halt and reverse forest loss and land degradation by 2030.

Retaining balance in nature and mitigating humanity's impact is paramount to the fight against climate change. Maintaining ecosystems allows them to remove carbon from the atmosphere and store it. Mangroves, seagrass beds and salt marshes are significant carbon sinks that store at least 10 times more carbon than continental forests. But they can be diminished by coastal urbanisation. There used to be much more seagrass around Essex coasts and we should be aiming to restore it.

A loss of marine biodiversity also has far-reaching economic implications. More than half of global GDP – \$44trillion – is linked to biodiversity and supports the livelihoods of some of the remotest communities on the planet. This is why the international community must take urgent action to address the emergency facing our planet.

Our coastal protections exist for a reason, and they should be strengthened wherever possible.



Photo credit: Manningtree Town Council

## Community toy box vandalised

Vandals have caused outrage after they damaged a much-loved community toy box.

The wooden toy box was installed at Manningtree beach in February to provide children with toys to enjoy while they visit the beach.

One of the top slats was broken by the vandals, exposing screws and nails.

Manningtree Town Council (MTC) provided an update on the incident on its social media page.

It said: "We are deeply disappointed to discover the toy library has been damaged.

"Vandalism to council property will not be tolerated. If you know who has damaged the toy library, please let us know so that appropriate action can be taken."

MTC can be contacted by calling 07824 860252 or emailing clerk@manningtreetowncouncil.org.uk

MTC has since arranged for the box to be repaired and has also updated the toys available.



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# LOCAL NEWS

*from your neighbourhood*



## Plans for historic chapel

Planners are expected to decide this month on a proposal to convert a 19th-century Mistley church into a house.

Tendring District Council has received an application to turn Mistley Chapel, in Chapel Cut, into a two-bedroom house. They were expected to make a decision on July 13, as **VISION**ManningtreeMistley went to print.

Agent Navigate Planning said: "Working closely with the applicants, who hope to make this their permanent home, we have sought an innovative approach to resolving a solution for adapting the previous chapel to a modern dwelling of the highest quality.

"We have also endeavoured to retain key aspects of the existing building through a careful consideration of architectural detailing and physical intervention.

"To reflect the historic composition and hierarchy of existing building forms, each is to have a distinct design treatment, with the majority of building intervention concentrated at the rear element."

The planning statement said: "Concerns were raised with regards possible disruption during construction, in terms of noise and parking, which could be easily addressed by conditions around working hours and a construction environment management plan, were officers minded to grant permission."

## Police launch investigation after alleged attack

Police are investigating after a disabled man was allegedly assaulted in Mistley.

A 60-year-old man was at his girlfriend's house in Stour View Avenue at around 12.15pm on June 16 when a man forced his way inside and knocked him to the ground.

The victim claimed the offender then beat him, leaving him with multiple cuts and bruises.

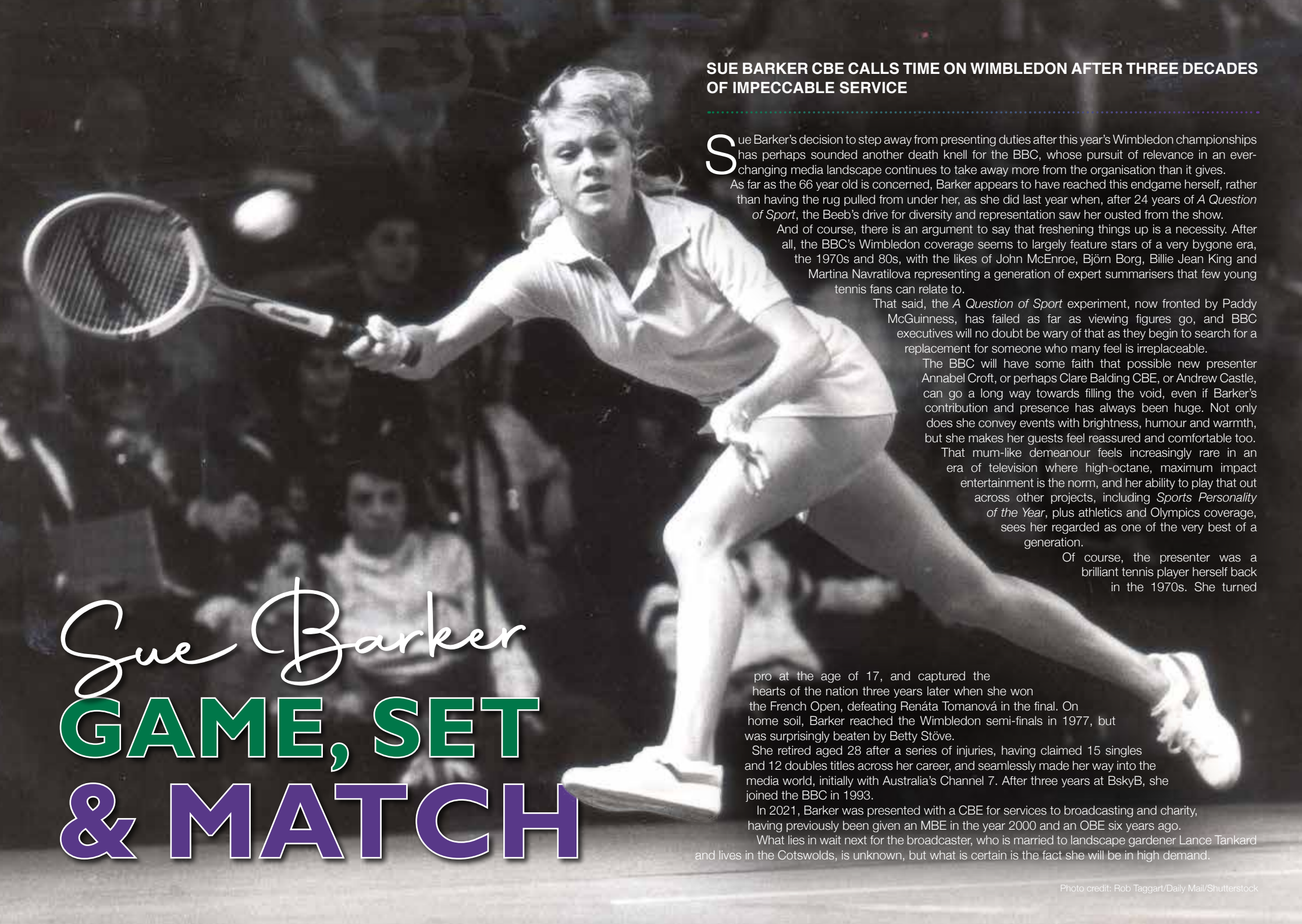
Essex Police told **VISION**ManningtreeMistley on

June 26 that they are still appealing for witnesses and anyone with information about the incident to come forward.

A spokesperson for Essex Police said: "Our enquiries are ongoing, and we are appealing for anyone with information to get in touch.

"If you have any information, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk)

"Please quote crime reference 42/156698/22."



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

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

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

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

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

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

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

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

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

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

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

# Sue Barker GAME, SET & MATCH

# To bee OR NOT TO BEE



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

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

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

## APPEARANCE

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

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

## NESTS

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

Bumblebees will create homes underground.

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

## JOB

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

## STING

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

## HIBERNATION

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



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# HOW TO REMOVE sun cream FROM CLOTHES



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

#### STEP 1: REMOVE ANY EXCESS CREAM

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

#### STEP 2: RINSE UNDER WARM WATER

Rinse the garment under warm water to remove further residue from the stain. Do this for between 10 and 15 seconds.

#### STEP 3: POUR WASHING LIQUID DIRECTLY ONTO THE STAIN

Look for a washing liquid that specifically offers stain removal aimed at these types of stains, such as Persil Small and Mighty Bio, which is designed to tackle grease and oil stains.

#### STEP 4: LOAD INTO YOUR MACHINE

Place your garment in your washing machine with

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

#### STEP 5: WASH YOUR GARMENT

Wash your items on the usual cycle but use the hottest wash temperature indicated by the instructions on the garment's fabric care label.

#### STEP 6: DRY YOUR GARMENT

Remove the garment from the washing machine and allow to air dry outside for optimal results.

#### TOP TIPS FOR GETTING SUN CREAM STAINS OUT OF WHITE CLOTHING:

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

# Strawberry LEGS: SYMPTOMS, CAUSES AND TREATMENTS

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

#### WHAT ARE THE SYMPTOMS OF STRAWBERRY LEGS?

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

#### WHAT CAUSES STRAWBERRY LEGS?

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

#### HOW TO TREAT STRAWBERRY LEGS

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

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

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



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## NATURAL SUNBURN REMEDIES



HEALTH & FITNESS

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

### BAKING SODA AND OATMEAL

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

### COCONUT OIL

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

### ALOE VERA

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

### CHAMOMILE TEA

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

### WHAT NOT TO PUT ON SUNBURNT SKIN:

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



IT'S GOOD TO

# talk



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

### Who can benefit from talking therapies?

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

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

#### Cognitive behavioural therapy (CBT)

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

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

#### Dialectical behavioural therapy (DBT)

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

helping you to cope with stress.

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

#### Psychodynamic therapy

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

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

#### Humanistic therapy

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

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

#### How to find a therapist

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



# Bubble: BONANZA

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

consistency that is somewhere between jelly and chewing gum.

### WHAT IS BUBBLE TEA?

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

### WHY IS IT CALLED BUBBLE TEA?

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

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

### WHAT DOES BUBBLE TEA TASTE LIKE?

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

### HOW TO MAKE BUBBLE TEA

#### You will need:

Tea | Milk | Tapioca pearls | Honey or agave

#### How to make:

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

### POPULAR BUBBLE TEA FLAVOURS

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







# Property done properly

## THE BEST PROPERTY BLOGS AND WEBSITES TO FOLLOW

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

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

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

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

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

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

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

Detail is the name of the game with Houzz, with

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

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

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

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

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

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

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



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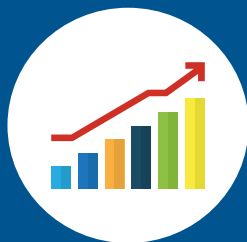


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# How to deal with...

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

## Step 1: Make a list

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

## Step 2: Prioritise your debts

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

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

These debts need to be paid back first as they

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

## Step 3: Work out a budget

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

## Step 4: Communicate with your creditors

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

## Step 5: Get independent advice

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



BUSINESS & PROPERTY



# AN APPLE A DAY

## THE CHILD PROTECTION SYSTEMS RELEASED BY APPLE

Apple's advancements designed to protect the welfare of children using its hardware are coming into play, although the tech giant has held off activating a third iCloud-based system until next year.

In the meantime, content on devices being used by children will be screened in two ways, should parents choose to turn on the notifications function.

If activated, when an attempt is made to load a page that contains an inappropriate image, a warning note will appear, asking the user if they wish to proceed and view the photo. The note will suggest they consult a responsible adult for advice. This set up effectively eliminates the risk of children accidentally viewing content they would rather not.

A similar message will also appear if the child is apparently attempting to intentionally search for and view a topic or image that it is imagined might cause offence to minors. The system will then direct the user to expert public services for help and advice. Both systems are currently in use in the US, and they are significant innovations, because they represent the fact that rather than employing a Big Brother approach, Apple recognises that most families would rather police themselves and their own actions, given the opportunity.

A further system, originally announced in 2021 and now put on hold until 2023 at least, involves the scanning of photos uploaded to iCloud, with the aim of finding 'known' child abuse photos.

While the corporation is keen to move forward with this third innovation, it has agreed to take further advice on the feature before proceeding.

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# PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

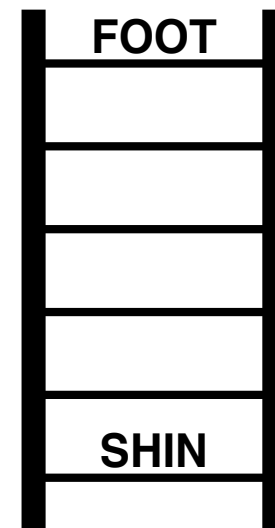
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- ▶ IRON
- ▶ LEAD
- ▶ LITHIUM
- ▶ MERCURY
- ▶ NICKEL
- ▶ OXYGEN
- ▶ POTASSIUM
- ▶ RADIUM
- ▶ RUBIDIUM
- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC



## DID YOU KNOW?

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

## WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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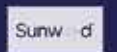


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