

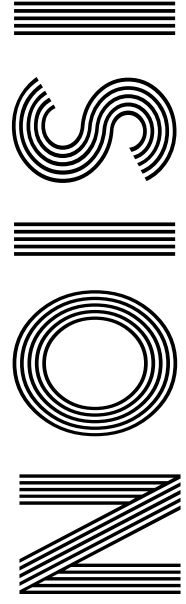


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Sir
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At the time of print all content in VISION was relevant and up to date according to COVID-19 government guidelines

Editor's notes...



Hello and welcome to this month's edition of **VISION** Rayleigh. I hope you are all keeping well in these uncertain times. Anyone who knows me will tell you I have always tried to look for the positive

in every situation, and yet the past few weeks have tested even my own strength of optimism.

Firstly, my father was hospitalised with COVID-19 - a battle I am relieved to say he won - and my business, like most small enterprises, faced some challenging times.

And yet we have weathered the storm and are back on the rise, and in something of a metaphor for this new dawn, my wife and I welcomed a new addition to our family in April when my daughter Emily was born happy, healthy and well.

I am not alone in having faced very real challenges, and yet, in adapting to the 'new normal', as they say, so many people have sensed a tremendous opportunity for reflection, and to be grateful for the lives they live.

What's more, I sense that our enforced separation from family and friends over this past couple of months will only make those relationships stronger and even more cherished in future, and perhaps that's the greatest positive of all.

Remember to keep your distance and keep washing your hands.

Hope you enjoy reading this month's **VISION**.

Nik

ACROSS: 1. CUTE, 3. HAMMERED, 9. ARRIVAL, 10. LEMUR, 11. INSTRUCTIONS, 14. MUM, 16. MODEL, 17. ALL, 18. EMPHATICALLY, 21. AUNTS, 22. ROTUNDA, 23. BLOSSOMS, 24. TEAK
 DOWN: 1. CHARISMA, 2. TERMS, 4. ALL, 5. MULTIPLICITY, 6. ROMANIA, 7. DARN, 8. OVEREMPHASIS, 12. CADET, 13. PLAY BACK, 15. MEMENTO, 19. LANCE, 20. LAMB, 22. RUM

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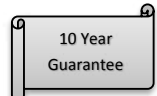
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Sliding doors





The TV doctor whose finger has been on the pulse of the nation's health needs for more than three decades.

Readers of a certain age will best associate Dr Hilary Jones with the so-called golden era of daytime TV when, in the 1990s, producers presided over formats that would cement the careers of the likes of Chris Evans, Ulrika Jonsson, Richard and Judy, Nicky Clarke, John Torode and Gino D'Acampo.

As GMTV's softly spoken, likeable and, to some, slightly lusty healthcare pro with all the answers, Dr Hilary found himself answering questions on everything from puberty to piles in front of a watching television audience of millions.

Having qualified as a medical doctor at the Royal Free Hospital in London in 1976, he spent time practising abroad before becoming a junior doctor, then GP, in Basingstoke. The charisma and calm he brought to matters of the body and mind meant it was only a matter of time before the media spotlight came his way, and he has since spent a career supplementing TV appearances with magazine columns (notably *The Sun on Sunday* pull-out *Fabulous*) and radio appearances (he is a regular on Steve Wright's mid-afternoon Radio 2 show).

"When I was first asked to appear on television, the concept of people phoning in to discuss their problems was a peculiar one, and no one was quite sure if it was an idea that would take off," he says.

"But it did, and it has spawned a huge range of regular shows that encourage people to open up about many aspects of their lives, their bodies and their minds.

"As a medical professional, it can only be a good thing to see people being honest about what's going on, although I'm always wary that we don't want to cheapen the issues as this is real life."

Dr Jones' relatability to a wide demographic has certainly come to the fore in recent weeks as he has re-emerged centre-stage as one of the leading mainstream voices offering support and advice in light of the COVID-19 outbreak.

While championing the magnificent efforts of the public in the nation's fight to stem increases in coronavirus deaths, the 66-year-old also showed his tough side in the first week of May, when he took umbrage to a minority flouting regulations.

"We've all got to be in it together. Are those who refuse to self-isolate going to wear a t-shirt to hospital saying, 'Don't treat me, I didn't participate'? I don't think so.

"People who are careless are endangering not just their own lives but also the lives of so many around them," he continued, explaining that his colleagues on the frontline of hospital care are 12 times more likely to contract the virus than ordinary members of the public.

Current issues aside, the thrice-married TV personality has carved an impressive career out of his time at medical school. He has had six books published, participated in the fifth series of *Dancing on Ice*, and even appeared on a celebrity version of *The Chase*.

"I've had a lot of fun along the way, but the nuts and bolts of what I do will always come back to helping people get well and stay well – that's what I'm really passionate about."

Calling
Dr Jones

THE *Positive*

Pandemic?

REFLECTING ON COVID-19'S SILVER LINING

While for an entire nation, the world around us has changed in ways more dramatic than we ever thought possible, there have been a couple of unexpected upsides to the terrifying global pandemic.

Firstly, we've seen society return to a much simpler way of life. Many work pressures – right down to the morning commute – have been removed, and with it, the hourly anxieties of jobs, tasks and duties lifted.

Children have enjoyed quality time with parents, and we've caught up with old friends more frequently than ever before, albeit online.

From bike rides to DIY, crafts to baking, health, relaxation and endless spurts of creativity and community spirit, the impact on us, as people, has been profound.

And yet, that is only half of the story. With our physical footprint on the environment lessened, we have seen nature reclaim great swathes of the country.

Car journeys have been minimised, meaning fewer harmful pollutants in the air (carbon dioxide levels have dropped 25 per cent); and there were 67 million fewer flights in the first three months of 2020 compared to the same period last year. Indeed, researchers at Stanford University estimated that improvements in air quality have saved the lives of 20 times the number of people killed by the virus.

Consider too that pollution levels in rivers are down – we all saw the pictures of the crystal clear canals in Venice – and even by Greta Thunberg's own admission, the Climate Crisis is "on hold".

While the positive environmental effects of coronavirus may only be temporary, perhaps the pandemic has opened our eyes to the very real impact we have on the world. And perhaps that, in turn, will ensure that while our investment in community, social distancing and hygiene is forever changed, so may we just give that little bit extra to the natural world too.



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CHESTER JONES

Celebrating two decades of the interior design and former architect

There's something very gentleman-like about the style guide offered by Chester Jones. The renowned British interior designer, who operates out of Chelsea, has become one of the UK's leading lights in working together a combination of styles.

Comfortable combining traditional and modern, his talent is in matching pieces from vastly different eras, with a bridge between the two that could lean on emotion, intellect, colour, or simply texture.

"I never want to feel I am being held back by a contrast of styles," he says. "The real talent of an interior designer is to accept a number of pieces a client already has and wants included, even if they are vastly differing."



TO ACHIEVE THE CHESTER JONES LOOK, THERE ARE, HOWEVER, A FEW STAPLES:

- | Storage... there is no reason to hide away possessions that have been kept because they are valued, but using display and hidden elements to create a stylish space that is also lived in and appreciated is key
- | Pictures, sculptures, books... these three things represent the pivotal elements
- | Elements... wooden floors and big rugs offer cleanliness and maturity, but the browns should be broken up with rounded antiques, splashes of colour and lots of light
- | Craftsmanship... curves, bends and twists are designed to work together, while also blending the harder edges of 'on show' items such as books
- | No room for the showroom... perhaps the most important consideration is that any Chester Jones interior must be lived in and loved. It is not somewhere put together for a catalogue; it is an evolving, breathing space that invites people to relax in a style that has homeliness at its heart.

Photo credit: chesterjones.com



HOME & DIY



Banish BACTERIA



Did you know that bacteria can live for several months on surfaces within your home, as well as on other areas that you may not even have considered?

Handle the hotspots

When trying to keep their houses germ-free zones, people often forget crucial spots that everyone touches, such as doorknobs and tap handles. Spray these hotspots with a disinfectant, leave for 5-10 minutes and wipe clean.

Banish bed bacteria

With many spending more time in bed than usual, it is important that you wash your bedding on a more regular basis. To completely kill all bacteria, wash your sheets and pillowcases on a hot wash and dry on an antibacterial cycle.

Focus on your feet

If you have been heading out for your daily exercise, you could be bringing unwanted germs into your home. Take off your shoes before entering and wash the soles with hot, soapy water. Cleaning your doormat is also advisable.

Tackle technology

How many times a day do you touch your phone or your tablet? Probably more than you care to admit. Cleaning your technological devices with antibacterial wipes throughout the day is crucial if you want to stop the spread of bacteria.

Clean your cleaning equipment

Cleaning equipment such as mops and cloths are often overlooked when it comes to disinfecting items in your home. However, a failure to do this can lead to you spreading germs rather than eliminating them. Wash in hot, soapy water with a few drops of bleach for added oomph.

Home in on your home desk

Did you know that your home desk could contain up to 400 times more bacteria than your toilet seat? Prevent these germs from getting transferred to your hands by consistently wiping down any surfaces you work on with a disinfectant that contains at least 70 per cent alcohol.



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Make your own

MOUTH MASK

Whether you are concerned about contributing to the supply shortage, are worried about the additional expense or perhaps you just fancy getting crafty, making your own face mask could not be simpler.

SEW OPTION

YOU WILL NEED:

2 of 10 inches x 6 inches rectangles of fabric – tightly woven cotton is recommended | 2 of 6 inches pieces of elastic or rubber bands | Sewing machine | Needle and thread

HOW TO MAKE:

Stack the two rectangles on top of each other | Fold over the long sides ¼ inch and hem | Fold the double layer of fabric over ½ inch along the short sides and stitch down | Run a piece of elastic through the wide hem on each side of the mask using a large needle | Fasten the ends tightly together in a knot | Gently pull the elastic so the knots are tucked inside the hem | Adjust to fit your face

DIY FACE MASKS SHOULD:

- ✓ Fit snugly and always be secured over the face
- ✓ Include multiple layers of fabric
- ✓ Allow you to breathe without restriction
- ✓ Be washed regularly

DIY FACE MASKS SHOULD NOT:

- ✗ Allow too much light to filter through the fabric
- ✗ Need to be adjusted continuously
- ✗ Be used as a replacement for social distancing and good hygiene practices

NO--SEW OPTION


YOU WILL NEED:

A bandana or square cotton cloth (22 inches x 22 inches) | Rubber bands or hairbands

HOW TO MAKE:

Take the fabric and fold the top and bottom into the centre | Fold the sides towards the centre and loop the rubber bands around the fabric | Tuck one end of the fabric into the other | Lift the mask to your face and loop the bands over your ears | Adjust as needed, ensuring that your nose and mouth are fully covered

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Criticism for litter louts

Litter louts in Rayleigh who have spoilt Sweyne Park have been criticised by people across the town.

Edina Zilahy got it touch with **VISION**Rayleigh and shared some pictures of the disgraceful scenes.

She said: "Let people out social distancing. Rayleigh Sweyne park once again. I met the council gentleman who empties the bins and clears up the mess.

"He is gutted that people are doing this on a weekly basis. Education starts at home. So if you do this to the park, I am wondering how your home looks like."

Edina said the situation in Sweyne Park is not a

one-off and revealed the bins are taken out of their containers and thrown everywhere.

Several other residents backed Edina's views.

One woman, who asked to remain anonymous, said: "The bins in Sweyne Park are all emptied over the floor every day – including the metal bin inserts being removed. It appears to be done by a human every day and not foxes."

Another local urged Rochford Council to act.

He said: "There should be council cameras overlooking this and then maybe it would not happen."

Appeal after man knocked unconscious

Police are appealing for witnesses after a man was knocked unconscious when he got into an argument with a group of six men on May 17.

Officers were called by the ambulance service at around 10pm after the man was assaulted. Police received information that the suspects confronted the man before chasing him and attacking him in Grove Road.

The victim, who is aged in his 30s, was taken to hospital for precautionary checks.

If you have information or footage, call Southend CID on 101 quoting incident 1364 of 17/05 or call Crimestoppers anonymously on 0800 555 111.





News from
THE ROTARY CLUB
Rayleigh Mill

During these very unusual times the Rotary Club of Rayleigh Mill has managed to continue its Monday meetings via Zoom.

As well as maintaining the spirit of the club it has enabled us to contact some members who have moved to more exotic locations and to join the meetings of clubs in places with which we have a particular association.

It has also meant that we have been able to carry on our usual business of helping the community.

During an internet meeting with Sally Bridger from Havens Hospices, she described the measures that they had taken during the pandemic, including opening additional beds at Little Havens to allow patients to be discharged from hospital and free up acute beds providing a care service to their Hospice at Home patients to deliver prescriptions and shopping, and offering advice, as well as providing their usual services for the critically ill.

The lockdown, however, has had a detrimental effect on fundraising. The club has been a staunch supporter of Havens Hospices and, in the present circumstances, decided to donate £1,000.



The club is also aware of the work of many organisations that are providing aid. The club has donated £500 to Age Concern Essex to fund its food bank and £500 to the St Vincent de Paul Organisation in Southend which is providing food parcels for the homeless.

Since members of the rotary club are attending our meetings from their homes, they decided, as individuals, to donate the cost of their meals to the local food banks.

COVID-19 sufferer helps the vulnerable



People in Rayleigh who are struggling to feed their families in the COVID-19 pandemic have been given a helping hand.

Jason Content, pastor of the Rayleigh Evangelical Church church, also leads the food bank based at the same building. After costs rocketed because of the outbreak, he completed a 30-mile bike ride indoors last month to help meet these rising costs.

Jason, who carried out the ride just two months after he was struck down with COVID-19, said he was delighted with local support and was sure it would continue.

He explained: "We've always fed about 150 people a week and now it's double that. Before we had partnerships with supermarkets that we get food from, but there's been a huge influx of people applying to us for food.

"We applied to Rayleigh Town Council for a grant to upgrade our food storage area and they denied us. We want to raise £1,000 to upgrade our food storage area so we can deal with these extra people. This is something I only see getting bigger.

"Our local community is fantastic in providing food donations; however, the food bank still requires financial support for running costs to keep its doors open."

Jason said it is critical that the food bank keeps going to feed the most vulnerable. He said: "I had COVID-19, my lungs struggled to recover and I was struggling to breathe for a few hours after the ride. But people need food."

To donate, please visit www.gofundme.com/frqt5hw-help-me-raise-money-for-the-foodbank

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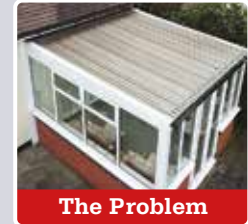
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LOCAL NEWS

In order to fight COVID-19, on March 23 the government introduced a lockdown to persuade people to stay at home and reduce the transmission of the disease. Several weeks further on, it now appears these measures are working and, fortunately, the numbers contracting the virus have fallen dramatically and, mercifully, the number of fatalities has started reducing materially as well.

Given this, the government has gradually begun lifting the lockdown, and so outdoor retailers (such as car showrooms) were allowed to reopen on June 1 and other high street shops in the middle of the month. Hopefully, if the numbers continue to go in the right direction, we can ease the restrictions further, as we move into July.

In the meantime, I have been really impressed with the strength of community spirit in and around Rayleigh and the willingness of people to help others.

The Rochford Community Hub (including Rochford District Council, the local churches plus voluntary groups such as The Megacentre and Rayleigh, Rochford and District Association for Voluntary Service) has also made a very important contribution in helping to protect the community, as of course have all our carers in the NHS and care homes and other key workers as well.

Thankfully, we are now beginning to recover from COVID-19, as part of the wider national effort to defeat the virus. However, anyone still requiring assistance from the Community Hub should call 01268 779 999.

I would also like to thank VISIONRayleigh for continuing to publish through the pandemic and for keeping residents informed during the lockdown. Thank you for supporting the community in this important way, during this extremely challenging time.

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Police officer follows father's footsteps

A police officer who grew up in Rayleigh and followed in his father's footsteps by joining Essex Police is celebrating nearly eight years with the force.

Andrew McPhilimey retired as a police constable after serving for 36 years with many departments in Essex Police. Here he is pictured in 1978 in Benfleet.

His son Alfie has managed the Rochford District Community Policing Team since January and has been an officer for almost eight years.

He said: "It feels good to work in the district I grew up in. I know it very well, having spent most of my life

here. I'm bringing my past experiences in managing two other teams to this role."

Alfie's team has had success by seizing drugs in Rayleigh, Hockley and Canewdon – with six people arrested and two others interviewed.

His team also reunited a tortoise, who was lost in Rayleigh on VE Day, with his very pleased owners.

Alfie added: "This was a great bit of work by the team and shows the variety of the job. Your reports about antisocial behaviour, speeding and drug activity are being responded to with numerous results."



Man charged after knifepoint robbery

LOCAL NEWS



A man has been charged in connection with a robbery in Rayleigh.

Police officers were called on May 14 following an attempted robbery at Hambro Parade, Rayleigh.

Ben Battle, 20, of Rayleigh, was arrested on Friday May 15 and later charged with attempted robbery and possession of a knife.

He has been remanded in custody and is next due to appear at Basildon Crown Court on Monday, June 15.

Business boosts hospital staff with bags donation



A business in Rayleigh has helped donate 2,000 care bags to front-line staff at Southend Hospital.

Makro Rayleigh joined the Gerald and Gail Ronson Family Foundation, convenience store group SPAR and several other generous donors.

The idea is the brainchild of Lisa Ronson, eldest daughter of Gerald.

Lisa said: "It's all hands to the deck during these challenging times and I was keen to ensure that our hard-pressed NHS staff have all they need while they

are at work, to keep morale and energy levels high and to demonstrate just how much everyone appreciates what they do."

Lisa, along with a team of willing volunteers, has spent the last few weeks putting together the care bags, which are filled with non-perishable items – coffees, teas, energy bars, biscuits, hand creams, lip balms, etc.

Mid and South Essex Hospitals charity director, Lucy Thomas-Clayton, explained: "It's crucial during these times that our staff have everything at their disposal. These care packages will have essentials to get them through their day or night shift – from tea and coffee to energy bars, toiletries and more.

"We are incredibly grateful to Lisa, her family and dedicated volunteers for creating these bags."

Police seize 80 cannabis plants after raid

Police seized more than 80 cannabis plants after they raided a property in the town.

Officers from the community policing team and the operational support team carried out the swoop on May 16 as part of a campaign to clamp down on drugs offences in the south of the country.

Officers found a cannabis farm with more than 80 plants within the premises as well as a substantial amount of harvested cannabis. Two people have been arrested and the matter remains under investigation.

If you have any information about drugs supply or cultivation, please call 101 or report it online at www.essex.police.uk

Alternatively, contact the Crimestoppers charity 100 per cent anonymously on 0800 555 111 or use the anonymous online form at crimestoppers-uk.org



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SOMBRE VE CELEBRATIONS

for our departed heroes



The street parties were present, Vera Lynn’s eclectic harmonies piped out of speakers, while generations paid emotional, wistful tributes to departed heroes, and yet VE celebrations this year took on a rather unusual feel.

That a nation still came together to commemorate and lay thanks on May 8, the 75th anniversary of VE Day, typified the fortitude and spirit that guided us to victory all those years ago. While we took seriously the distancing limitations of coronavirus, people across our county refused to have their tributes quelled by a modern pandemic.

Britons also encountered another challenge this year, and one that had nothing to do with the two-metre rule – millions of diaries and calendars were published with this, one of the key dates of the year, being wrong. It was as a result of the early May Bank Holiday moving back four days to mark those World War II celebrations. With the switch only being finalised in June last year, an estimated 30 million diaries and calendars were incorrectly printed.

While events this year weren’t allowed to feature mass gatherings, special events or the participation of pubs, perhaps it was fitting that on such a landmark anniversary people were offered the chance to make rather more sombre, personal tributes to those who fought for their country between 1939 and 1945. It’s a far cry from when hundreds of thousands of people marked the end of the bitter war with celebrations centred in The Mall, London, outside Buckingham Palace, as King George VI and Queen Elizabeth stood on the balcony to wave to the cheering crowds.

Missing on that day was a young Princess Elizabeth – one of the rare times that the future Queen slipped incognito to join in the revelries of her future subjects, as she and her sister, Margaret, accompanied by a 16-strong group of trusted members of the royal household, slipped out of the palace to sample first-hand the celebrations.

Recalling the event in an interview a few years ago, the Queen said: “I think it was one of the most memorable nights of my life.”

It was also memorable for one 15-year-old boy from Harrow, Ronald Thomas, who told his family how he had danced with the future Queen. For years he had trouble getting people to believe him.

This year, the Queen paid tribute to those fallen heroes, as well as referencing the profound challenges 2020 has brought, in an emotive speech, delivered in her usual impeccable style.

“Today it may seem hard that we cannot mark this special anniversary as we would wish. Instead we remember from our homes and our doorsteps.

“But our streets are not empty; they are filled with the love and the care that we have for each other.

“And when I look at our country today, and see what we are willing to do to protect and support one another, I say with pride that we are still a nation those brave soldiers, sailors and airmen would recognise and admire.”

Photo credit: Paul Marnotti/Shutterstock, Leslie Priest/Alamy/Shutterstock

The truly inspirational SIR TOM MOORE



THE STORY OF THE WAR HERO WHO WAS CERTAIN HIS DAYS OF NATIONAL DUTY WERE BEHIND HIM

When social media is bad, it can be the source of an intense amount of ill-feeling, frustration and negative conjecture; but when it's good, it is life-changing, charming and the most wonderful reflection of the human spirit.

Ultimately, as the story of the newly knighted Sir Tom Moore unfolded towards the end of April, it was shown to be the latter, and how...

Here was a former British Army Officer who performed heroics in the India and Burma campaigns of the Second World War. Retiring from combat in the 1950s to become an instructor at the Armoured Fighting Vehicle School down in Dorset, his return to civilian life only once saw him raise his head above the parapet as a guest on the late Terry Wogan's 'Marmite' celebrity wordplay game show *Blankety Blank*, and even that was some 37 years ago.

So when the then 99-year-old decided to take on 100 laps of his back garden – 10 laps per day at 25 metres per lap – to raise money for the organisation NHS Charities Together, it was one of the very simplest and yet most precious gestures the father of two had made in an impressively rewarding life.

Hoping to raise £1,000, the fundraising project soon caught the imagination of social media, and, as with all things that go viral, a simple act grew to a magnitude that someone of any age, let alone a centenarian – a landmark Sir Tom reached on April 30 – would struggle to fully comprehend.

Surging onwards and having

broken the £39million barrier by the second week in May, Sir Tom's efforts have personified the heroic spirit the nation is witnessing and applauding in wake of the COVID-19 outbreak.

And sure enough, his rewards have been a delight for several million admirers to bask in. The inspirational role model was named an honorary Colonel, was rewarded with an RAF fly-past, and enjoyed a personal greeting from Prime Minister Boris Johnson, as well as, of course, receiving the obligatory telegram from the Queen marking his 100th birthday.

Sir Tom, who contracted skin cancer aged 98, said, "Reaching 100 is quite something. Reaching 100 with such interest in me and huge generosity from the public is very overwhelming.

"People keep saying what I have done is remarkable; however, it's actually what you have done for me which is remarkable.

"Please always remember, tomorrow will be a good day."

Sir Tom's immediate 'tomorrows' may still be spent trying to answer some of the 150,000 birthday cards he has received; while he may at least be consoled that the demise of *Top of the Pops* means he doesn't have to venture to Elstree to perform his duet *You'll Never Walk Alone* with Michael Ball, after their version leapt to the top of the singles chart.

But perhaps in the greatest tribute of all, Sir Tom was awarded a knighthood, an award fast-tracked through the walls of power.

As an exemplar for ordinary people performing extraordinary things, the veteran is the first to deflect praise towards others; but in troubled times a nation needs figureheads, focal points and friendly faces in order to make our collective efforts feel real, and in Sir Tom Moore we have all that and so much more besides.



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ACROSS

- Pretty (4)
- Battered (8)
- Act of turning up (7)
- Arboreal primate (5)
- Directions (12)
- Silent (3)
- Scale representation (5)
- Be unwell (3)
- Vehemently (12)
- Female relatives (5)
- Circular hall (7)
- Comes into flower (8)
- Type of wood (4)

DOWN

- Personal magnetism (8)
- Conditions (5)
- Entirely (3)
- A large number (12)
- European country (7)
- Mend with rows of stitches (4)
- Excessive stress (12)
- Military trainee (5)
- Reproduce recorded sound (4,4)

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- Keepsake; reminder (7)
- Young sheep (4)
- Spear (5)
- Strong spirit (3)

DID YOU KNOW?

- ▶ When cranberries are ripe, they will bounce like rubber balls
- ▶ Pound cake got its name from the ingredients – you typically use a pound of flour, butter, sugar and eggs
- ▶ Fruits such as apples, pears and apricots are all part of the rose family
- ▶ Apples can float because they are made up of around 25 per cent air
- ▶ The word potato came from Spanish patata
- ▶ Bananas grow in large hanging bunches
- ▶ Grapes explode when you put them in the microwave
- ▶ A strawberry has an average of about 200 seeds and a pomegranate can contain up to 1,000 seeds

SUDOKU

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A BIRD IN the hand...

While opinion is split over the ethics of keeping birds at home, in the right conditions, with dedicated human attention and interaction, and with room around them to spread their wings – both physically and metaphorically – our feathered friends can become the most cherished pets imaginable.

Here's your guide to the most popular types of birds:

COCKATIELS

The so-called 'entry level' pet birds, cockatiels are bright, friendly and sociable. They are happy in their own company, providing they get the benefit of human interaction, and are easy to maintain.

However, the females are prolific egg layers (even without the presence of males) and may require additional dietary attention resulting from a lack of calcium.



BUDGERIGARS

Happy with other budgies or by themselves, these wise birds can whistle, chirp and repeat phrases, and love to hang out with families around mealtimes – they've even been known to watch television.

Also known as parakeets, they're happy to be handled and will live for anywhere between five and 13 years.

CANARIES

Not birds that are likely to want to be snuggled up to late at night, canaries are happy to be left alone, but will reward being looked after with a delightful chorus of song.

They are territorial and should be kept by themselves, and will live for up to 10 years.

PARROTS

From African Greys to Quakers, the re-emergence of parrots as household pets has been noted in recent years.

Their very unique characteristic of shaking and bobbing reflects a big personality which kids love, though in return they require a large amount of mental stimulation.

With African Greys, their presence can imply a long-term commitment – it's not uncommon for them to live past their 40th birthdays.



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JUNE BIRTH FLOWER OF THE MONTH:

Rose

For those born in the month of June, your birth flower is the rose. Roses are known for being the flower of love, and people born in June are said to be true romantics. Easy to grow, available in an abundance of colours and with a heavenly sweet scent, roses are a great addition to any garden.

WHAT DOES A ROSE SYMBOLISE?

Although roses are most commonly associated with love, beauty and devotion, each colour can be used to convey a different message or emotion.

The red rose means, "I love you." The pink rose symbolises happiness. White roses are used to convey innocence and purity. And a yellow rose symbolises friendship but can also be used to express jealousy.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If you were born in June, you are definitely a sucker for romance, plus you are more likely to get on well with others and adjust to new situations with ease. Style-wise, you favour a

classic and timeless look and can make elegance appear effortless.

HOW TO GROW ROSES

Roses crave sunlight, so you need to pick a spot that offers at least six hours of sun a day. Try to choose soil that is rich and well drained to ensure your flowers bloom.

The ideal time to plant roses is in early spring, and you can pick between a bare root variety or container-grown plants.

Water directly to the soil using a soaker hose or drip irrigation – do not water the foliage.

WHAT ARE THE MOST COMMON PESTS FOR ROSES?

Aphids and caterpillars are the most common pests for roses and can be removed by hand in the early stages. Alternatively, the insecticide Rose Clear is highly effective.



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SIMPLE TREE IDEAS FOR GARDENS OF ANY SIZE

We all know the majesty of trees – decorative, oxygen-giving, protecting, privacy-offering and effortlessly evolving over time; they are perhaps the friendliest of nature's plants for the variety and variance they offer to both the biggest and the smallest spaces.

That means, whether you have a sprawling field out the back of your property or a simple back yard, clever use of trees can really shape a space.

PYRUS CALLEYRANA

An upright, tear-shaped tree that is perfect for gardens that have light up above, though perhaps are restricted in terms of square footage.

The green spread casts light down and the tree will self-maintain through all seasons.

ACER GRISEUM (PAPERBARK MAPLE)

This is a tree recently voted the most beautiful for gardens, given its characterful grey trunk and a spray of leaf colours that blend and weave into any foreground. Slow-growing, it won't consume the space.

MAGNOLIA GRANDIFLORA

A tree that bows out at the top to provide the perfect cover for something you wish to hide, like a street lamp or neighbour's basketball hoop. And of course, with a spray of white flowers that emerge as the year progresses, this is a variety that takes on an evolving personality.

CRAB APPLE TREES

So often the tree of our childhoods; as kids we contemplated whether to eat the apples that dropped from the tree. In garden terms, these small and perfectly formed beauties can be used to shield street-side windows from prying passers-by.

They won't grow to any extreme height, and flower attractively too.

BONSAI TREES

Of course, if space is really at a premium but you still crave the lure of a plant that has the rigidity of bark and the personality of a tree, bonsai are the way forward. While we mainly associate them as being very small, bonsai can grow well above head height.



Photo credit: gardenershq.com



ANY GIVEN SUNDAE

Home-made sauces and ideas for superb summer treats



Let's be honest, we're all going to be spending a bit more time than we've been used to in the kitchen this summer.

While recreating that true summer vibe somewhere exotic may appear a pipe dream as things stand, that doesn't mean our limited outside space can't host a daring and dazzling array of summer treats, so here are some sauce ideas to get you going:

NUTELLA NICETIES

Perhaps the simplest sauce of them all – just melt three tablespoons of Nutella in a pan, adding a bit of water to keep the mixture moving.

When your sauce is smooth, runny and hot, add nuts, hundreds and thousands or any other textured topping and serve with ice cream or over some sliced banana pieces.

RASPBERRY SALTED CARAMEL SAUCE

This one takes a bit more effort but is well worth it. Take a cup of water and ½ cup of sugar and mix in a heated pan until it boils and the sugar turns brown.

Then add ½ cup of cream and the same quantity of raspberry purée, having first strained it to remove the seeds. Whisk, add 3 tbsp of butter, remove from the heat and add ¾ tsp of sea salt.

Use immediately for a thin sauce or refrigerate overnight for a thicker topping that's a belter on chocolate brownies.

COFFEE SALTED CARAMEL SAUCE

For a more adult twist, adjust the ingredients to create the perfect coffee sauce that's great on cakes, cookies, muffins and more. This time it's one cup of sugar, ½ cup of water (and a further ¼ cup to make your coffee), then ¾ cup of cream. Butter increases to 5 tbsp but sea salt reduces to just ¼ tsp.

Make in much the same way, adding the ¼ cup of coffee where you'd previously introduced the raspberries, with 1/4 tsp of vanilla extract which is the final touch to set the whole thing off in a smoky, dreamy, saucy complexion.



Heavenly HOME-MADE HAND CREAM

Ensure your hands are silky smooth, no matter how many times you wash or sanitise them, with this simple and nourishing DIY, non-greasy hand cream recipe.

- > Use whenever your hands feel dry or in need of a moisture boost
- > Also use on rough patches of skin on your feet, knees and elbows

YOU WILL NEED:

- > 3oz shea butter – although both avocado and mango butter are good alternatives
- > 1 tbsp sunflower oil – organic if possible
- > 10 drops of essential oils – we love eucalyptus and lemongrass, but you can use whatever you have in the cupboard

WHAT MAKES THIS HOME-MADE HAND CREAM SO EFFECTIVE?

Shea butter is the nirvana of skincare ingredients, having the ability not only to nourish your skin but also to heal it as it contains vitamins A and E. Plus, unlike coconut-oil-based moisturisers, shea butter will not leave your hands feeling greasy, just super smooth.

HOW TO MAKE:

- > Add the shea butter and sunflower oil to a small pan
- > Gently heat until melted
- > Pour into a non-reactive bowl
- > Stir in your preferred essential oils
- > Place in fridge for 30 minutes to harden
- > Whip mixture with a hand mixer for 30 seconds until cream is fluffy and doubled in size
- > Do not overwhip as the mixture will turn stiff
- > Transfer cream into a sterilised jar

Sunflower oil is known for its calming effects on the skin, making it ideal for hands that are feeling sore and irritated from frequent sanitising.

Depending on what essential oils you choose to include, you can expect to experience a whole host of benefits. We recommend lemongrass for its ability to relieve stress and combat insomnia, and eucalyptus which can help heal sores, cuts and any other abrasions owing to its germicidal qualities.



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HOW A PERSONAL STYLIST CAN HELP YOU FIND YOUR TRUE STYLE PERSONALITY

You don't have to be a celebrity to employ the services of a stylist; it is a savvy investment which will save you money long term. By learning about your true style personality, what suits your body shape and what colours work with your skin, eye and hair colour, you can avoid costly fashion mistakes.

A personal stylist will work with you to understand your style personality and how you like to express yourself through clothes.

There are six style personalities. You may find that you fall into more than one, depending on your mood and the occasion you are dressing for:

CREATIVE – Loves to dress with an artistic edge and has a quirky sense of style. She likes to push the boundaries in what she wears and will mix and match different prints and looks within an outfit.

DRAMATIC – Likes to make a statement when she walks into the room, she is eclectic in her wardrobe choices and enjoys a statement print, bold colours and accessories. She is happy to experiment with the latest trends.

ROMANTIC – Adores pretty, feminine details such as lace, embroidery and ruffles. She will put a lot of effort into her appearance and enjoys dressing up.

CLASSIC – Enjoys being neat and tidy and doesn't like to buy into the latest trends. She likes her wardrobe to be functional and timeless in style.

NATURAL – Has a casual sense of style and likes her clothes to be comfortable and breathable. She likes her style to be a good balance of relaxed and minimalistic, with low maintenance and natural fabrics.

CHIC – Very 'put together' and always looks immaculate. She enjoys a simple yet elegant style of clothing, tending to invest in her wardrobe rather than buying into current fast-fashion pieces.

Alex Standley is a Personal Stylist with 15 years' experience in the Fashion Industry. If you'd like to find out more, please visit www.luxeopardlifestyle.co.uk or get in touch at alex@luxeopardlifestyle.co.uk



Photo credit: FashionStock.com/Shutterstock.com



STAYING FIT & HEALTHY AT HOME



Looking after yourself has never been more important, yet, sadly, it has never been more difficult. Fortunately, there are several ways that you can ensure you stay fighting fit and healthy at home.

EMBRACE #HOMEWOROUTS

Missing your motivational gym classes? Fear not, social media is awash with free workouts that you can carry out from the comfort of your own home. Whether you fancy some stress-busting yoga or something a bit more hardcore, such as Peloton indoor cycling classes, there truly is a training session for everyone.

STEP UP YOUR CLEANING REGIME

Doing housework burns a lot more calories than you might think. Half an hour cleaning your windows? 150 calories. Digging up some weeds? Up to 200 calories per 30-minute session. Simply pop on some of your favourite tunes and get to work. The more effort you put in, the better the results.

FOCUS ON FEEL-GOOD FOODS

Nutrition is just as important as your activity levels if you want to stay fit and healthy at home. Try to incorporate foods that are rich in minerals like iron, zinc and selenium which will release 'happy hormones' and make you feel physically and mentally strong.

DO NOT BECOME TOO SEDENTARY

Understandably, most of us will be spending more time sitting rather than moving at the moment, but long periods of inactivity can have long-lasting effects on your body. Combat this by alternating periods of sitting with standing if you are working from home, running up and down the stairs a few times every hour and taking full advantage of your allowed outdoor exercise time each day.

OTHER FUN WAYS TO KEEP FIT IN YOUR HOME INCLUDE:

- ♥ Dancing
- ♥ Playing with your dog
- ♥ Skipping
- ♥ Playing games such as It and hide and seek with your kids



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KIDS



second skin

Why building up your baby's skin layers with creams and moisturising is so important

It's true to say the best moisturiser a baby will ever have is its own. It's called vernix and is the creamy white coating it is born with. Yet past the first couple of months, helping a baby regularly coming into contact with a variety of surfaces and air elements can really protect it going forward.

Non-soap cleanser

Traditional soap dries out skin, so following your baby's daily bath – which shouldn't exceed 10 minutes – apply a mild cleanser. Best bought from the pharmacy, these are great moisturisers.

Avoid bubble bath as it removes natural oils from the skin, while antibacterial and perfumed soaps may irritate too.

Post-bath moisturiser

When out of the bath, smear over a thick, pH-neutral moisturiser. Not only will your baby love the massaging feel, but he or she will benefit from the enriching of pores that a quality applicant can provide.

Thicker creams and ointments are more effective than lotions, and you should avoid anything that contains plant or food products.

Barrier creams

For nappy rash or eczema, the process of constant changes and reapplying of cream is really important. For each baby it's different, but barrier creams, usually containing zinc, are a great way to prevent fabrics and clothes from irritating the area further.

Try to limit the use of baby wipes, don't use talcum powder, and let the baby go nappy-free for as long as possible, as allowing air to get to any sore area is the best thing for it.

Sun protection

Any baby below the age of one should be kept out of the sun. Past that, look for a SPF above 30 and smother your little one in protection. A hat, sunshades and light clothing will suit them well, and remember to reapply cream every two hours.

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GETTING A GRIP ON OUR CONTACTLESS SPENDING

We are a society increasingly surging towards apparent glorious cashlessness – and an increase in the allowed spending limit to £45 per transaction was greeted by a record number of card payments in April.

Of course, the government's drive to limit the possible spread of coronavirus germs via the exchange of physical cash has been a defining factor in the latest spike, continuing an upward trend of contactless payments that was already up 16 per cent year on year. And yet, even before the pandemic, the ease with which we got used to the purchase of goods and services with a simple tap on a card reader means we are edging ever closer to a time when, in some situations, cash may become totally redundant.

Contactless payments offer a raft of benefits with very few downsides. There's

the time-saving element – an average of seven seconds are saved per transaction versus chip 'n' pin, and 15 seconds on cash, according to research by Barclaycard. Then there's the removal of the need to carry heavy, dirty coins, or to head to the cashpoint to withdraw notes.

There's also the convenience of having a digital record of all transactions, and even the option to pay using a phone or watch.

And yet, while the drive towards convenience suits most of us, it does not apply to everyone – there are still 1.3million people in the UK who do not have a bank account. Consumer groups have also noted the dangers of people idly 'tapping' away without any real thought about the money they are spending. And while fraud accounts for only 2.5p in every £100, the ease with which someone can spend on a stolen card is considerable.

What's certain is that as much as the powers that be may want to encourage our spending habits towards a certain way, as with most things, it is the consumers who will decide.



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PARK LIFE

PENALTY CHARGE VS PARKING CHARGE – WHEN TO PAY AND WHEN TO PLAY

The scourge of the modern motor car is arguably not the cost of petrol, the maintenance or insurance premiums – it's the fact that once we've paid out for all of those elements that keep it on the road, there's actually nowhere to park the damn thing.

But millions of motorists are paying excessive, unfair and exploitative parking charges in the belief that they have committed an offence, when in reality all that's happening is they're being presented with an invoice. Welcome to the vagaries of a penalty charge versus a parking charge.

A penalty charge is a ticket issued by your local authority – usually the police or the council. Chances are you've committed a genuine offence, such as overstaying parking or showing an invalid permit. In these instances you're banged to rights and, while appealing is a decent option in asking for leniency, in most cases the penalty stands.

A parking charge, on the other hand, is something issued by an independent parking operator – perhaps you've parked in a private car park, in a space adjoining a building, or even in a leisure park. This issuer actually has no authority to issue a ticket – all you're being given is an invitation to pay what amounts to an invoice.

Sure, it's an invoice that looks very much like a penalty charge, and intentionally so; and the wording will have you believe dire consequences will follow if you fail to pay.

The reality is that virtually no cases ever get to court, and these unscrupulous businesses profit only from those who respond. So the next time you get a parking charge, search for the issuer online and check carefully exactly what it is you have in front of you. Motorists are now getting smart to filing these charges where they belong – in the bin – and saving millions in the process.

Stay curious with journeys to come...



Dan Salmon
Owner

Now's a good time to be planning and plotting a life changing trip for future travels after isolation.

We're staying hopeful – travel will return, and when it does, we'll be ready. Allow Never A Wasted Journey to provide the help and guidance you may need to design your dream holiday, create your own private spaces and ensure your time is spent on thoughtful experiences, which can be embarked upon just as soon as it is safe to travel again.

From up-close wildlife encounters to far-flung beaches, here's just a handful of ideas that will inspire and provide something and somewhere to look forward to.



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SPORT

5. CLIMBING

In the final instalment showcasing sports set to debut or return at the now postponed Tokyo Olympics, we take a look at climbing.

Climbing's debut in Tokyo reflects our growing love for strength-based pursuits that also require precision, strategy and focus.

That the sport has, over the past two decades, accelerated itself from the most basic of human endeavours to a physical challenge enjoyed both outdoors and indoors by participants of all ages, is testament to the number of activity centres that now provide walls to scale. Many have felt it was only a matter of time before the IOC opened its doors.

A dynamic challenge, the Olympic format will be split into three disciplines – Speed, Bouldering and Lead.

In Speed, it's a straight two-competitor race to the top of a 15-metre wall, in a set-up that is expected to excite spectators most, and, for a certain generation, will undoubtedly offer echoes of an ITV *Gladiators* finale.

In Bouldering, it's a more challenging 4.5-metre wall, while in Lead, it's a case of

getting as high as possible in a set time.

Every competitor will take on all three formats, with the best overall performer being crowned Olympic champion.

As ever, the vertical walls offer handholds and footholds, as well as shapes, sizes, positive sections (slabs) and those with negative aspects (steeps or overhangs), meaning competitors will need to be at their best from the off.

Safety ropes are allowed, though the best competitors will try to limit any lost time and will be harnessing flexibility, skill and no small amount of mental decisiveness in tackling a new Olympic sport expected to thrill at every grab.

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