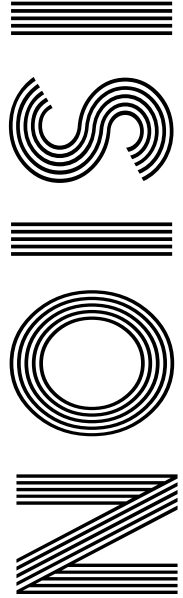


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Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**Rayleigh.

I hope you are all keeping well. As the world starts to open up again for business, don't forget that face mask.

I must say, when my family and I have ventured out into shopping areas, I've been intrigued by the approaches of various businesses to enforcing COVID-19 regulations.

Companies, leisure spaces and retail outlets of all sizes have come up with practical, innovative and smart ways of adapting what they offer, while still being as accessible as they possibly can. In many ways these act as a metaphor for all of us - each doing what's necessary, all pulling in the same direction to ensure we have no second wave of coronavirus over the winter.

My own adaptations have been more on a parental level over these past two months as my family has expanded... think nappies, Sudocrem and 3am feeds.

As many of you know, working from home more requires a lot of structure and balance between work time and play time, and having your own space is crucial. Happily, **VISION** continues to thrive with our **VISION**ChelmsfordBeaulieu edition, the second of three new launches, meaning that despite the uncertainty we have had to live through recently, 2020 could yet be a good year.

I truly, profoundly hope the light is there at the end of the tunnel for you too.

Nik



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Vision Magazine Essex

FOUNDER | Nik Allen CREATIVE DIRECTOR | Misha Mistry

CO-ORDINATORS | Rebecka Fryer, Amy Pollard

CONTRIBUTORS | Tabatha Fabray, Dean Shaw

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

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Kate's RETURN

How the UK has rallied behind Kate Garraway and stricken husband Derek Draper

Kate Garraway has lived a very public life – she has been on our screens for more than three decades having first appeared on regional ITV news back in 1989. Being such a recognisable face means that when tragedy strikes, that same, visible presence is played out to the gaze of tens of millions of people.

Yet while such intrusion is often unwelcome, by the broadcaster and journalist's recent admission, the empathy, warmth and support that has come her way in light of husband Derek Draper's illness has helped her through the very toughest of life experiences.

Derek was struck down with coronavirus at the end of March. He was admitted to intensive care and spent a concerted period battling the illness. While many overcome symptoms quickly, in the first week in July, Kate revealed her husband had been close to death on six separate occasions owing to his organs failing. She also said that a doctor in charge of Derek said the former political advisor was as ill as anyone he had treated in more than 35 years on the front line of medicine.

At the start of June, Derek was deemed COVID-free but remained in intensive care. While many overcome the disease in a couple of weeks before entering a gradual phase of recovery, for others the intensity of the illness is much more profound and can go on for months, as has been the case with Derek.

'One of the wonderful things is that they've changed medical practices, they have changed pathways because of Derek'

Regardless, the positive news of his slow improvement encouraged Kate to return to *Good Morning Britain* on Monday, July 13. At the end of an emotional few hours in front of the cameras, during which she was admirably supported by co-host Ben Shephard, she tweeted: "Thank you for all the messages – much like you I thoroughly enjoyed it, especially the hair chat. And I'm looking forward to tomorrow. #katesback"

Kate and Derek married in September 2005. They have two children together – Darcey, 14, and Billy, 10. None of the family has been able to visit him in hospital, so weak was he, and so great was the risk of further infection.

"His lungs are starting to recover – his kidneys are doing better, his liver, but they don't know how much better he can get," Kate said, adding that although her husband was slightly overweight when he contracted the illness, they were unsure as to why he was so badly affected by it.

"I think what's happened is at every stage they've been learning," she told viewers. "One of the wonderful things is that they've changed medical practices, they have changed pathways because of Derek. I keep telling him on Facetime he should be very pleased about that."

Kate's willingness to open up about her own experiences is certain to have elevated further the love and affection she already holds from a nation also still battling the fallout from the pandemic. "This isn't about me, or Derek," she said. "This is about all of us getting through these times together, and we will..."



Plenty of TWENTIES

HOW THE OLD £20 NOTE WILL BE RECYCLED

The new £20 polymer note is gradually creeping its way into our pockets, and it says a lot that for a society edging its way towards cashless operations that we're still thrilled to see the shiny, shimmering beauty of these works of art... even if the time they spend in our hands is all too brief.

As the old £20 notes are worked out of circulation, it's interesting to see what becomes of them.

Firstly, the bad news – anyone hoping to dive head first into a pool of cash in a back room at the Bank of England is to be disappointed.

That said, prior to 1990, all notes were incinerated at the building itself, with the heat being used to warm its corridors. By 1995, operations went off-site, though again the energy created went to good use as homes felt the benefit of perhaps the most expensive heating system ever.

At the turn of the millennium, and with the process of seeing currency going up in smoke starting to be frowned upon given society's desire to push forward with rather more eco-friendly approaches, the Bank of England started to explore alternative methods.

As a result, notes began to be recycled using a soil composting treatment. The technique adopts a similar process to the way food waste is handled, with the resulting mix being used in agriculture operations, such as on farms.

So the next time you find yourself in the country, gazing across freshly ploughed fields, consider just how rich that soil may be.

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HOME & DIY

MOOD for thought



Creating a physical mood board may seem a little old-fashioned when you have the likes of Pinterest allowing you to collate all of your interior design inspirations at the touch of a button. That being said, there is nothing quite like the feel of fabric and the touch of textures to get your creative juices flowing.

WHAT IS A MOOD BOARD?

A mood board is a collection of items that offer you inspiration for your next design project within your home. The purpose of the board is to help you choose which specific items and styles you want included in your design.

STEP ONE: CONSTRUCT YOUR MOOD BOARD

Although you can make a mood board from any material, your best bet is to use reusable cork or foam board as you can then easily pin your samples on to it.

STEP TWO: COLLECT IMAGES

Look through interior design magazines to help cement your vision for your design and to gain insights into trending interior design styles.

STEP THREE: GATHER ACTUAL SAMPLES

Collecting samples of your preferred materials is vital if you want to really get an idea of how the space will look and feel. Look for fabric swatches, carpet samples, tile samples and paint colours, all of which will act as a guide for both the texture and colour of your newly decorated space.

STEP FOUR: ARRANGE YOUR BOARD

You want to arrange your mood board so it is simple to see the correlation between colours, styles and textures. It can also be useful to sort samples in relation to each other, such as a carpet sample next to a sofa fabric sample.

TOP TIP: Only include items you truly love to avoid an overcrowded board that pulls you in different design directions.

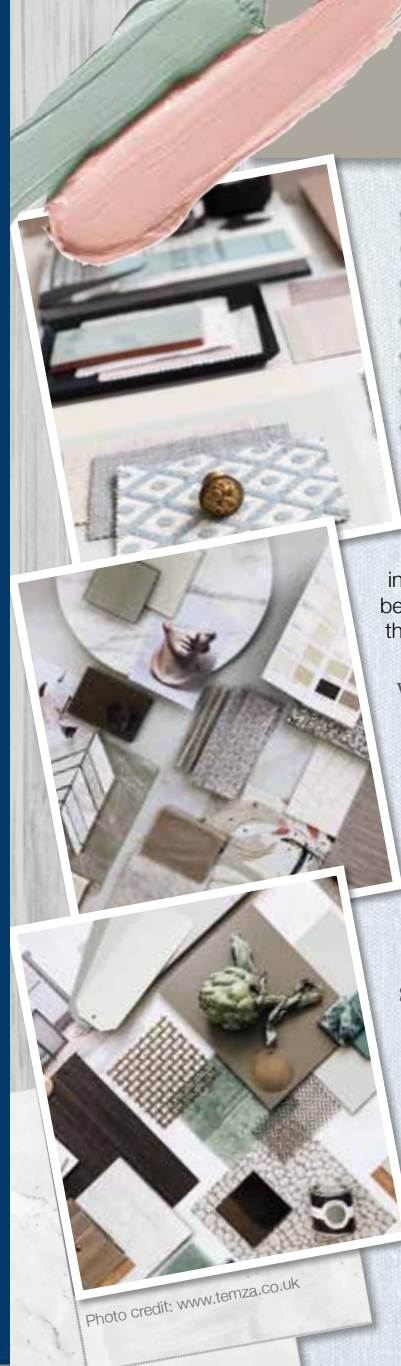


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Four CLEANFLUENCERS

to follow on Instagram

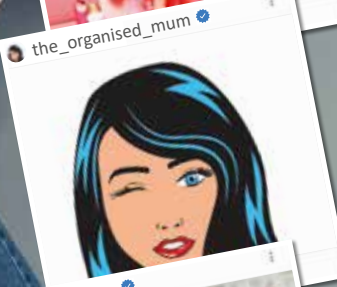


Photo credit: Facebook

While some people have used lockdown as an excuse to completely transform their homes, clearing out cupboards and casting out clutter, others might need a little bit more encouragement before donning their yellow gloves and starting to scrub.

LYNSEY QUEEN OF CLEAN @lynsey_queenofclean
If you favour a more natural way of cleaning your home then this is the Instagrammer for you. Educating her 192k followers on how to use store cupboard staples to remove stubborn stains and eliminate odours, Lynsey also tests out cleaning products, so you don't have to. Don't miss "Cleaning Tip Tuesday".

THE ORGANISED MUM @the_organised_mum
For those who hate housework and want to get it done as quickly as possible, Gemma Bray, aka The Organised Mum, is the ideal Instagrammer. Coining the phrase TOMM (The Organised Mum Method), this lady believes that life is for living, not for housework. She splits household tasks into three groups – daily jobs, daily specific tasks and Friday focus – and each chunk of chores is never more than 30 minutes long.

STYLE SISTERS @styleisters
If you are wanting to inject a little bit of glamour into your home, then the Style Sisters can help you. Most famous for overhauling the wardrobes of the likes of Amanda Holden and Millie Mackintosh, sisters Gemma and Charlotte have now turned their attention to helping their followers detox, organise and restyle their homes and wardrobes. Be sure to check out their space-saving tips.

CLEAN MAMA @cleanmama
Clean Mama, aka Becky, has been keeping a little corner of the internet clean since 2009 with her simple routines that promise to eliminate working-week household chaos. With tips on organising and decluttering your home, as well as her signature cleaning schedule, you will never again have to dedicate your entire weekend to housework.



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FOUR *winning* *wine bottle* CRAFTS

Whether you favour a dry white, a robust red or a fruity rosé, as a wine lover you will no doubt have one or two, or five, empty bottles taking up valuable space in your recycling bin each week. So why not use these bottles to create something beautiful?

ART DECO VASES
All you need for this super-quick craft is a few bottles, white spray paint and three different colours of acrylic craft or chalk paint.

- Start by spray painting the bottles white; you will need to do this three times for full coverage.
- Next paint the top of each bottle in one of your chosen colours, adding vertical brush strokes around the neck.
- Finally paint around the base, adding vertical strokes up the sides.
- Leave to dry.

BIRD FEEDER
What could be better than sitting in your garden listening to the sweet song of the surrounding birds? All you need is an empty wine bottle, a few pieces of wood, a hose clamp and some acrylic paint in your preferred colour to create this stunning garden feature.

MINIATURE PLANTER
Unfortunately, you can't use a regular wine bottle for this project, but it is so impressive that we decided to include it anyway.

- Purchase a wine bottle planter.
- Fill the planter with soil.
- Arrange a selection of succulents.
- Leave for 2-3 days without water to allow roots to heal.

CHEESE BOARD
To make this craft, you will first need to flatten your wine bottle. This involves using a kiln – you can find a simple tutorial for this online. You can then add your preferred decorative touches.



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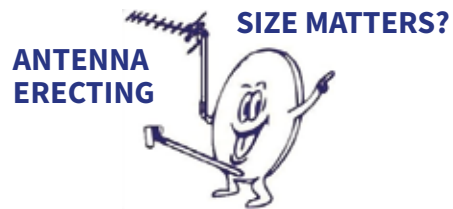


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ABSTRACT INTERIORS



HOME & DIY



TAKE YOUR CUES FROM THE ABSTRACT EXPRESSIONISTS FOR A LOOK THAT IS BOTH CHEERY AND MODERN

There are a multitude of reasons to invite abstract art into your living space – after all, you'll be hard pushed to tour London's art galleries with all the freedom of old.

Where art is concerned, colour, texture and design are known to lift spirits, provoke creativity and stir interaction, so with that in mind you may as well surrender and let a little weirdness into your home.

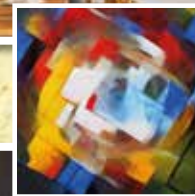
For the likes of Jackson Pollock and Mark Rothko, abstract expressionism was a way to defy the confines of post-war time life in 1940s New York through an art form which was deeply personal, spiritual and often unfathomable to anyone but the artist. Similarly, getting a little abstract with your décor can be a great form of escapism and personal expression, and, of course, to your guests you will come across as profoundly arty and cool.

If your current colour scheme feels a little neutral, adding a bold print – be it a throw, cushion or framed picture – is a great way to apply a little abstract flair.

If patterns aren't your thing, consider livening up your lounge with block colours – perhaps a Rothko-inspired wall of two shades or a brightly coloured velvet sofa (citrus hues are particularly hot right now).

The beauty of this trend is that it requires no ambitious makeovers, and can be achieved with the addition of a few key pieces. Let a simple geometric print or a statement piece of furniture become the star of an otherwise forgettable room. Alternatively, dedicate an entire space to retro hues, bold designs and metallic highlights.

Either way, the invigorating energy of the abstract movement is bound to fill your heart and your home with joy.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Paedophile jailed after arranging to sexually abuse a child

A paedophile who tried to arrange to sexually abuse a child in Rayleigh has been jailed.
Keith Banks was sentenced at Basildon Crown Court on July 15 and was jailed for six years with a further eight years on extended licence.
Banks had arranged the meeting with the child while he was waiting to be deported from Australia to the UK, having already served time in prison there for child sex offences.
He arrived back in the UK on October 16 and was put on the Sex Offenders Register and issued with a Sexual Harm Prevention Order (SHPO). However he continued to try to make the arrangements with the child.
This led the 62-year-old, of London, to travel to Down Hall Road, Rayleigh, on November 1 to attempt

to abuse the child.
When Banks arrived in Rayleigh he was arrested.
He was later charged with trying to arrange or facilitate the commission of a child sex offence and breaching a SHPO.
He admitted these charges at Basildon Crown Court on December 3 before being sentenced last month.
At no point was a child in danger of being abused.
Investigating officer, PC Adam Colbear, said: "A number of agencies were involved in securing this conviction and sentencing and I want to thank everyone involved. It's excellent partnership working like this which means no sexual predator can feel impervious to law enforcement, even if they're in a different country."

New plans for Dairy Crest site set to be considered



Property developers have submitted fresh plans for a new 26-home development on the site of a former dairy in Rayleigh.
Earlier this year Open Architectures saw its original plan for 36 flats rejected by Rochford District Council (RDC) as there were concerns about the traffic it would cause.
The new plans for the former Dairy Crest site off High Street have been reduced in size and are set to be considered by RDC this month.

MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS

Let's reopen the front counter at Rayleigh Nick. As we gradually begin to emerge from the lockdown, I am receiving representations from constituents on issues not directly related to COVID-19, including about the possibility of reopening the front counter at Rayleigh Police Station – something I have been campaigning in favour of for some time, including during the 2019 General Election. Rochford District Council recently unanimously passed a motion calling for this to happen as well, as follows:

"That this council fully supports the campaign and calls on the police fire and crime commissioner and chief constable to reopen the public/front desk at Rayleigh Police Station and for beat officers to hold regular bi-weekly meetings for the public to attend at key venues in the district."

As your Member of Parliament, I recently wrote to Roger Hirst, our proactive police, fire and crime commissioner (PFCC), arguing strongly that the current system of trying to contact people inside the Police Station by using the yellow phone on the wall to ring through to a switchboard in Chelmsford (which often drops the call anyway) does not work well. In order to improve communication between the local police and the public they serve, it would be far better if people could walk in to use the front counter and raise issues face to face.

At the time of writing this article, I am waiting to hear back from Mr Hirst (and, indeed, the chief constable), but I will continue to campaign on this matter – because I believe it is important that our police make themselves as accessible as possible to the public they serve.

Museum Friend celebrates birthday



A Rayleigh Town Museum Friend celebrated his 80th birthday recently and wanted to mark the occasion with a special event.

Geoffrey Negus, who lives in New Zealand, visited Rayleigh a few years ago and presented his father's Arctic Star World War 2 medal to the museum.

As this year also marks the 80th anniversary of the Battle of Britain, Geoffrey wanted to arrange something to commemorate Rayleigh during this time, so he asked Mike Davies, chairman of Rayleigh Town Museum, to arrange a wreath to commemorate the children of Rayleigh.

This was arranged, with thanks to the Rayleigh Royal British Legion Social Club and the Rayleigh Royal Naval Association, to present the wreath on Sunday, July 19, on Geoffrey's birthday, specifically with two people who were children in Rayleigh in 1940 and two children who are at school in Rayleigh today in attendance.

The wreath was made by Courts, the florists of Rayleigh.

The words on the card as suggested by Geoffrey read: "In memory of the Rayleigh children born during the Battle of Britain. Also to remember all Rayleigh children who were born or lived throughout these early dramatic years of their lives never to be forgotten.

"God bless them all from a fellow survivor."



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News from THE ROTARY CLUB

Rayleigh Mill

The Rotary year runs from July 1 until June 30 with the presidency lasting just one year. The handover is normally an enjoyable, formal event with family members and friends enjoying a meal, speeches, award giving and the introduction of the incoming officers.

This year, owing to the ongoing restrictions of the COVID-19 pandemic, the event was somewhat different, with the participants taking part via Zoom.

The new officers are: president, rotarian Dr Geoff Kittle; senior vice-president, John Cuthbertson; and junior vice-president, Alan Buxton.

Although the COVID-19 lockdown has curtailed many of our fundraising and social activities, there has been one notable success story: the collection of unwanted bicycles for recycling to Africa.

The previous article regarding these collections in **VISION**Rayleigh reported that the immediate past president, Jackie Wellman, had collected approximately 90 bicycles to deliver to the charity Re-Cycle in Colchester for refurbishment and shipping to rural communities in Africa.

Offers of bicycles have, however, continued to pour in and Jackie, together with willing helpers Sertac Yilmaz and Alan Buxton and the use of vans donated



by Steve Gale of Steve's Self Drive, has managed two more collections.

The result was that the club has now delivered a total of 160 bikes that will make huge differences to the lives of the recipients by reducing the time spent in collecting water, getting to school and getting to places of work when they previously had to walk.

Jackie Wellman currently has offers of more bicycles and, if justified, will conduct another collection.

If you have a bike that you want to donate, please get in touch with the Rotary Club of Rayleigh Mill at president@rayleighmillrotary.org.uk

Church weathering the storm of COVID-19

The COVID-19 storm has, of course, had an impact upon many charities, and The Friends of Holy Trinity in Rayleigh is no exception.

Events have been cancelled and so it will be unable to make its usual gift of £20,000 to the parish church for ongoing preservation work. However, throughout lockdown, it has been planning its annual Open Gardens Trail.

Twelve gardens in and around Rayleigh will be opening their gates to visitors between August 29 and August 31. Days and times will vary from garden to garden, but the general hours will be 10am to 5pm.

A spokesperson from The Friends of Holy Trinity said: "Much time and effort has been given to many gardens during the past few months.

"The Friends appreciates the support of garden owners and 'trailers' who will allow them to continue their fundraising work during these challenging times."

Tickets, including a map and garden descriptions, cost £5 and allow one-person entry to gardens on any combination of opening days.

Measures require the charity to take contact details, so tickets are being sold online for credit or debit card payments at www.parishofrayleigh.org.uk/friends

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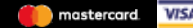
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ANY JOB TAKEN ON, BIG OR SMALL

Canine agility centre uses pandemic paws to fundraise



A canine training company in Rayleigh has raised vital funds for an animal shelter by hosting a virtual 5K competition.

Rayleigh Canine Agility raised just over £1,000 for Acres Way Boarding and Rehoming Centre.

The canine agility centre, run by Joanne Livermore, decided to make the most of the quiet period during lockdown to arrange a 5K where runners were asked to complete the distance with their four-legged friends.

In total, 10 people and dogs took part, with an entry fee and sponsorships helping to raise a total of £1,058.

A trophy was on offer to the winners as Kelly and Otto completed the distance in 29 minutes.

Speaking to **VISION**Rayleigh, Joanne said: "Due to lockdown we were unable to compete at agility with our dogs and it was hard to maintain our fitness levels of us and our dogs.

"So, some of us decided during lockdown that we needed to shift the extra weight and get fit again and while doing so we could raise money for Acres Way.

"I am extremely happy we raised so much as I never expected to raise that amount. I'd initially thought £300 would be good and then as everyone started sending their sponsorship money over it was just amazing to see the amount growing.

"I've never organised anything like this before, so I'm delighted with how well it went. I may look to make it an annual event and hope if I do, more people will get involved next year."

Police appeal after two incidents within hours

Police are appealing for information after two incidents in Rayleigh within hours of each other.

Essex Police were called to the first incident at around 4.20pm on Wednesday, July 8, with reports that a 14-year-old boy had been assaulted while walking in King George V Playing Field.

The victim suffered a cut to his lip, bruising and damage to his teeth. The suspects, described as being aged in their 20s, left in a silver van.

A few hours later police received reports at around 8.10pm that a group of people had been threatened outside Bogaz restaurant in High Road

One of the suspects pulled out a knife before leaving the scene.

Essex Police said: "There were no reported injuries.

"We have arrested two men on suspicion of affray and assault in relation to these incidents. They have since been released on bail until August 3.

"We would like to hear from anyone with information or footage.

"Please call Rayleigh police station on 101 quoting crime references 42/100965/20 and 42/101069/20."

You can also report information by visiting www.essex.police.uk or by calling Crimestoppers anonymously on 0800 555 111.

Windmill weddings return with one out of this world

Rayleigh Windmill launched back into action with its first civil ceremony after the pandemic, and it was out of this world.

The small ceremony, which was originally due to take place earlier in the year, had a *Star Wars* theme.

The *Star Wars* theme was the bride's idea because of her husband's love of the *Star Wars* series.

Dominique (Princess Leia) and Matt (Han Solo) said: "Nobody could have predicted what the year 2020 would bring.

"The service we received from Rochford District Council was amazing. Having a small ceremony made it less stressful and we were able to spend quality time talking to our guests.

"When the ceremony was finished, we were then free to take photos in the gardens, which we had all to ourselves. It's such a quaint building and it still looked just as magical as I remembered."



Maya Jama

MAKING WAVES

WHY MAYA JAMA NO LONGER HAS A FACE FOR RADIO

When Maya Jama announced at the end of last summer that her four-year romance with rapper Stormzy had come to an end, it brought to a conclusion a relationship during which the careers and statuses of both stars had elevated to levels previously unimaginable.

She, the model, fashion designer and presenter whose opportunities now encompass both broadcasting and retail in equal measures; he, the urban musician whose impact on the charts was, if anything, topped by his accidental appointment as a political campaigner, notably for the rights and career opportunities of black youngsters in inner-city areas.

When the announcement came that the pair had separated so as to “focus on their careers”, there were the usual Twitter-led sniggers and sneers, declaring that this much overused excuse was just a front for troubled termination of a previously happy partnership. However, on this occasion, and considering the professional pathways both have taken since, we may well take the statement at face value.

Certainly, from Maya’s perspective, she is someone who has cultivated a clutch of positive headlines throughout her time in the spotlight, during which she rarely passes up an opportunity to extend her reach. While she’s sexy, confident and unafraid of controversy, the bigger part of who she is involves taking risks – her breakthrough came soon after she moved to London from Bristol aged just 16 in order to set up her own YouTube channel alongside landing a gig as a presenter for JumpOff.TV.

MTV spotted her talent and she became host of MTV Base show *The Wrap-Up*, before moving on to *MTV Essentials* and *MTV News*.

Next, finding herself in the gaze of sports directors, she fronted Copa90’s 2014 World Cup coverage, before being invited to host Radio 1’s weekend morning shows.

TV projects for Channel 4 and Channel 5 have followed, but her status has been elevated mainly by her engagement across social media – not least her 1.6 million Instagram followers. She regularly opens up to her wealth of supporters about topics including mental health, fitness, relationships and minority rights.

Yet fans of her Radio 1 shows were stunned in June this year when she chose not to renew her DJing contract – instead she can be found co-presenting the Saturday night BBC1 show *Peter Crouch: Save Our Summer*.

And from wowing admirers with a revealing Brit Awards dress to Kurt Geiger fashion campaigns that leave even less to the imagination, it seems Maya’s future is certainly being mapped out with style in mind.

“For me it’s always been about grabbing as many opportunities as I can,” she says. “I don’t want people to get bored of my face but, at the same time, I do want to challenge myself, and have fun along the way.”

Sure enough, Maya’s appeal is widespread and showing little sign of abating. “I want to do this for myself, but I want to do it for all the other teenagers sat at home dreaming of big things. That was me... and if I can do it, then anyone else can too.”

“
For me it's always
been about grabbing
as many opportunities
as I can. I don't want
people to get bored of
my face but, at the
same time, I do want
to challenge myself, and
have fun along the way.”

”



GARDENING

AUGUST BIRTH FLOWER OF THE MONTH:

Gladiolus

If you were born in August, your birth flower is the bold and beautiful gladiolus. Instantly recognisable by its long, skinny shape and vivid colours, this flower symbolises strength of character. Easy to grow and wonderful to cut, gladiolus should be a go-to flower for beginner and expert gardeners alike.

WHAT DOES THE GLADIOLUS SYMBOLISE?

Gladiolus is the Latin word for "little sword". Greek warriors would wear this flower in battle to protect themselves from harm and death. The flower has long been associated with strength of character, remembrance and sincerity, as well as infatuation. Nowadays, the gladiolus is commonly given on fortieth wedding anniversaries.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If you were born in August, you are said to be an intellectual who will do whatever it takes to succeed in life. You thrive in leadership roles at work and, like your flower, you are known for your strength and integrity.

HOW DO I GROW GLADIOLI IN MY GARDEN?

This flower flourishes in rich but well-drained soil, but if you have another soil type such as clay in your garden, it can be planted in a pot. Gladioli need plenty of water if you want them to flower well, so it is advisable to dig a trench and add plenty of well-rotted manure. It is a good idea to purchase plenty of gladiolus bulbs and to plant 10-15 every couple of weeks to enjoy a succession of flowers throughout the summer and autumn.

DO GLADIOLI GROW BACK EACH YEAR?

Gladiolus bulbs are not hardy enough to survive the cold winter months. Therefore, you should dig them up and store them ready to be replanted in the spring.



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PET Sounds



How our pets communicate with each other, and what it is they say

While the very fabric of our society is built on the way we communicate, scientists have always been rather less certain when it comes to the animals we share our lives with. What is clear is that cats and dogs have methods of conversing with each other which, while not breaking into full conversation, does imply a heightened sense of intelligence and social awareness compared to the likes of hamsters, rabbits and goldfish.

While the trademark meow and bark sounds do not convey definitive messages as do the words we use as humans, the vocalisations are known to reference and communicate such things as pain, fear, relief, satisfaction and, of course, aggression.

In other actions – from rubbing noses to wagging tails and lifting paws – there are unspoken gestures that pattern emotions, while any snuggling up together, grooming or even lying near to each other implies obvious comfort and contentment.

It's also worth keeping an eye on a pet's ear position, where surprise, alertness, curiosity and danger can be detected by position and angle.

Perhaps, however, the most advanced form of communication between animals of the same species comes as pheromones. Evolved over thousands of years, these odourless and colourless secretions are the most calming method of letting another animal know they are not under threat.

As for our other household pets, hamsters have scent glands and the ability to detect a friend by the odour of its breath, while rabbits use smell and physical cues. Finally, bird call notes and song can be a tremendously effective method of conveying anything from danger to an alert to food, perhaps a mating call or just a nod to others that they are present and have survived the night.



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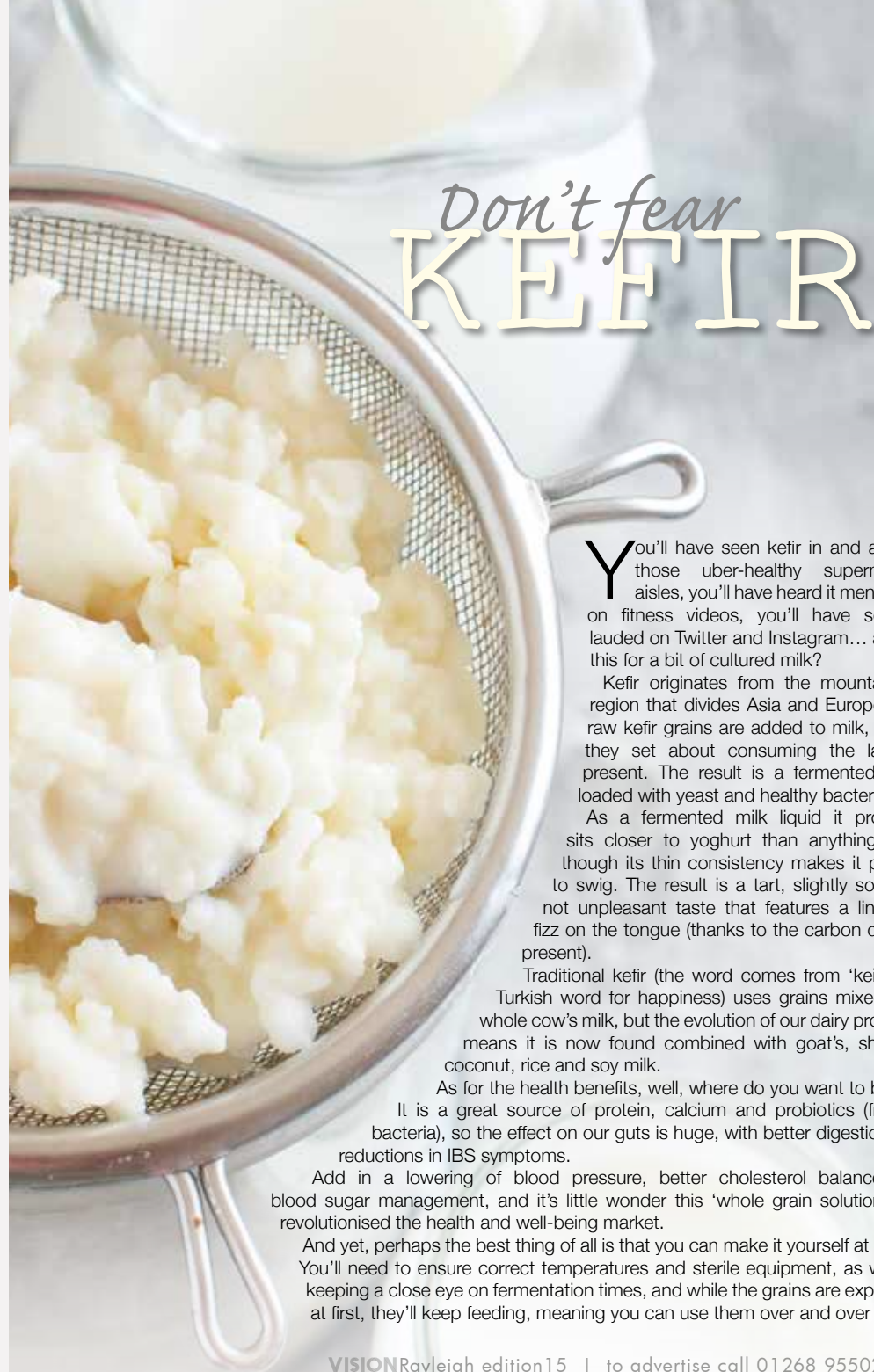
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Don't fear KEFIR

You'll have seen kefir in and around those uber-healthy supermarket aisles, you'll have heard it mentioned on fitness videos, you'll have seen it lauded on Twitter and Instagram... and all this for a bit of cultured milk?

Kefir originates from the mountainous region that divides Asia and Europe. The raw kefir grains are added to milk, where they set about consuming the lactose present. The result is a fermented drink loaded with yeast and healthy bacteria.

As a fermented milk liquid it probably sits closer to yoghurt than anything else, though its thin consistency makes it perfect to swig. The result is a tart, slightly sour but not unpleasant taste that features a lingering fizz on the tongue (thanks to the carbon dioxide present).

Traditional kefir (the word comes from 'keif', the Turkish word for happiness) uses grains mixed with whole cow's milk, but the evolution of our dairy products means it is now found combined with goat's, sheep's, coconut, rice and soy milk.

As for the health benefits, well, where do you want to begin? It is a great source of protein, calcium and probiotics (friendly bacteria), so the effect on our guts is huge, with better digestion and reductions in IBS symptoms.

Add in a lowering of blood pressure, better cholesterol balance and blood sugar management, and it's little wonder this 'whole grain solution' has revolutionised the health and well-being market.

And yet, perhaps the best thing of all is that you can make it yourself at home. You'll need to ensure correct temperatures and sterile equipment, as well as keeping a close eye on fermentation times, and while the grains are expensive at first, they'll keep feeding, meaning you can use them over and over again.



KIDS

BACK TO SCHOOL after lockdown

If your children have been at home since lockdown began, the thought of sending them back to school in September will most likely bring about feelings of anxiety, fear and, let's be honest, a little bit of relief.

You have all been in your own little family bubble for so long that adjusting to a school routine will be a challenge for everyone involved.

Fortunately, there are steps you can take to help your kids mentally prepare for this big step.

Openly discuss concerns

Taking the time to talk to your child, in an age-appropriate way, about any worries or concerns they have about going back to school can help to alleviate their fears and reduce any stress that they may be struggling with.

Share your own feelings

It can be a good idea to let your child know that they are not alone when it comes to worries about the "new normal". Be open and honest about your emotions and encourage your child to share theirs.

Ask the school for help

Do not be scared to ask your child's school for help if you are concerned that your child will struggle on their first day, or even during their first few weeks back. They may be able to offer additional support during the initial transition period and be able to check on your child throughout the day.

Get back into a bedtime routine

The importance of ensuring your child is getting enough sleep should never be underestimated, both physically and mentally. In the weeks ahead of their first day back, gradually start getting your child to bed earlier each night so that they wake up fresh and rested on the big day.



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If you need an updo for a formal occasion, then the chic chignon should be your go-to hairstyle. It's classic, elegant and even has a bit of a vintage feel to it; just perfect for oozing glamour and sophistication.

HOW TO ACHIEVE THIS LOOK

- Step 1:** Part your hair and then section off the front portion.
- Step 2:** Create a firm ponytail with the rest of your hair.
- Step 3:** Tighten the ponytail and check that the strands above it lie flat and smooth.
- Step 4:** Backcomb the ponytail, strand by strand, for added volume.
- Step 5:** Spritz with a light- to medium-hold hairspray.
- Step 6:** Lightly comb the top of your hair to smooth any flyaway strands.
- Step 7:** Make a simple loop out of your ponytail, using a clear elastic band to hold in place.
- Step 8:** Loosely wrap the free-hanging end of hair around the base of your ponytail.
- Step 9:** Fan out the end of the wrap and arrange it to cover the base of the looped ponytail.

- Step 10:** Pin in place securely.
- Step 11:** Divide your front section of hair into two sections.
- Step 12:** Tease the hair from the roots and lightly comb through to smooth.
- Step 13:** Bring one section to the chignon and cover its base with it. Pin to secure.
- Step 14:** Wrap the hanging strands loosely around the chignon a few times and pin.
- Step 15:** Repeat with the other section.
- Step 16:** Optional – gently loosen the hair above the chignon for a slightly messier look.

TOP TIP: Remember that a chignon should always be low, sitting at the nape of the neck or at the back of your head.



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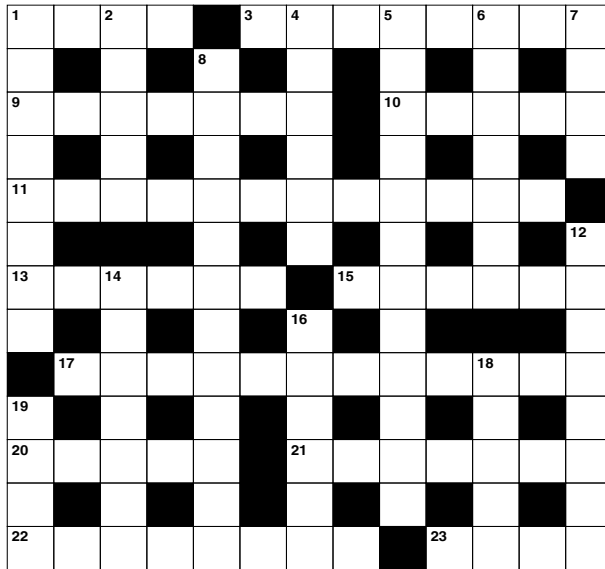
Answers can be found on the Contents Page 4

ACROSS

1. Make fun of (4)
3. Consecrate (8)
9. Behave well (7)
10. Of the nose (5)
11. Contradictory (12)
13. Consent to receive (6)
15. Person to whom a lease is granted (6)
17. Showing total commitment (12)
20. Ancient measure of length (5)
21. Waterproof fabric (7)
22. Stretched out (8)
23. Solely (4)

DOWN

1. State of the USA (8)
2. Comedian (5)
4. Real (6)
5. Significant (12)
6. Disparaging remarks (7)
7. Ivy League university (4)
8. Worldly (12)
12. Inclination (8)
14. Live together (7)



16. Royal chair (6)
18. Spoken for (5)

19. Pinnacle (4)

DID YOU KNOW?

- ▶ Sound travels around four and a half times faster in water than it does in the air
- ▶ In winter, bowhead whales sing for almost 24 hours a day to attract mates
- ▶ Walrus mothers and calves recognise each other by their voices
- ▶ The underwater noise from ships is doubling every decade
- ▶ Common dolphins are usually seen in large groups of up to 1,000
- ▶ A basking shark can be up to 11 metres long
- ▶ Jellyfish have been around longer than dinosaurs and have survived five mass extinctions
- ▶ Dolphins sleep with one eye open

SUDOKU

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				2		5		6
	9		1				8	
7					9			8
		9		7		3		
8			3					5
	3				1		7	
6		5		9				
		2			3			

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Cool AS A CUCUMBER

FIVE FOODS TO DEFEAT THE HEAT THIS SUMMER...

Most of us seem to spend the whole winter yearning for the summer, but when it arrives we are always poorly equipped to deal with the sudden increase in temperature. Not any more. Keep reading to discover five not-so-obvious food choices that will help you beat the heat.

- 1. CHILLI PEPPERS**
No, we are not completely crazy. Eating a meal that contains chilli peppers will trick your body into thinking that it is hotter than it actually is, resulting in immediate sweating. And when you sweat, your body starts to cool down.
- 2. SPINACH**
Fresh spinach is available all year round and has the unique ability to be able to balance out your blood pressure which in turn will help you to feel cooler.
- 3. A BOWL OF SOUP**
In the same way that chilli peppers work, a bowl of hot soup will force your body into cooling itself down. A great option if you are not a fan of spicy food but need a quick way to relieve the heat.
- 4. FENUGREEK TEA**
Fenugreek is a natural detoxifier and will help your body to get rid of any excess fluid. For best results drink it hot, but if you cannot manage this, simply chill in the fridge for an hour before consuming.
- 5. TURMERIC**
Turmeric has a number of health benefits including boosting your immunity and being a great source of antioxidants. However, not many people know that it can also naturally cool the body. If you don't fancy a curry, add this spice to a couscous salad or enjoy a glass of "golden milk".

FOODS TO AVOID:

- > Carb-rich foods such as rice or grains
- > Foods that are high in protein, such as meat

FOOD & DRINK

3 BOOZY

Ice lolly

RECIPES

There is nothing quite like a cool and refreshing ice lolly on a hot summer's day, and what could be better than indulging in a home-made one that comes with a bit of a kick?

Why not give these three boozy ice lolly recipes a try and enjoy your favourite tippie in frozen form?

Mango & Tequila Spice

YOU WILL NEED: 50ml tequila ■ 3-4 small ripe mangoes ■ juice and zest of 2 limes ■ 140g sugar ■ ¼ tsp chilli powder

HOW TO MAKE: Blend the mango until smooth ■ Pour the puree through a fine mesh strainer ■ Add the lime juice, sugar, chilli and tequila and mix well ■ Pour the mixture into 10 ice lolly moulds, leaving ½ cm at top for expansion ■ Put in freezer for 45 minutes and then add lolly sticks ■ Freeze for a further 4 hours

Cider & Black

YOU WILL NEED: 1litre dry cider ■ 100ml apple juice ■ 150g blackberries ■ 1 tbsp crème de cassis ■ 2 tsp lemon juice ■ 4 tbsp sugar

HOW TO MAKE: Simmer the blackberries in a pan with 1 tbsp sugar and 50ml water until soft ■ Pour through a sieve and stir in the crème de cassis ■ Pour the syrup into your moulds and put in freezer ■ Reduce cider in pan for 10 minutes, add 2 tbsp sugar and dissolve ■ Add apple

juice and lemon juice and leave to cool ■ Pour into lolly moulds, leaving ½ cm at top for expansion ■ Freeze for a further hour before adding lolly sticks ■ Freeze for 6-8 hours until solid

Strawberry Fizz

YOU WILL NEED: 400g strawberries ■ 2 tbsp sugar ■ 2 tsp lemon juice ■ 4 tsp elderflower cordial ■ 200ml Prosecco

HOW TO MAKE: Whizz strawberries in a processor with sugar, elderflower cordial and lemon juice ■ Pass through a sieve and add Prosecco ■ Pour into lolly moulds, leaving ½ cm at top for expansion ■ Freeze for an hour before adding lolly sticks ■ Freeze for a further 6-8 hours

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BRITAIN'S BREXIT BOOM

While it's too early to gauge the effects Brexit has had on the country, experts believe our departure from the EU will soon show a positive impact on a number of business types:

1. TURNING TO TECH

The tech sector has always been particularly strong in this country, and with freer conditions, the retention of skilled entrepreneurs plus the bouncebackability of the UK from what might be a COVID-19 global economic downturn, our digital boffins are expected to flourish in making up ground on global heavyweights China and the US.

2. MEDICAL MASTERY

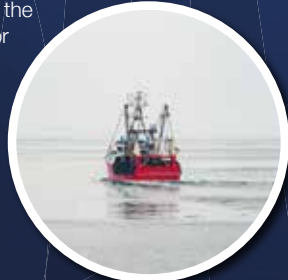
The EU has frequently held back medical advancements and new technologies amid a flurry of admin and red tape. Its slow-moving approach has meant non-member countries have been able to steal a march on new medical developments, but this is expected to change now the UK has matters back under its own control. Combined with the world's finest health service, companies here in the 'life sciences' sector are expected to boom.

3. FISHING

UK fishermen have long bemoaned the EU's Common Fisheries Policy for the restrictions it has caused, even around our own shores. While the complexities of the industry are plentiful and the protecting of fish stocks is important, our hardworking seafarers appear certain to profit from Brexit as Brussels' stranglehold on how our coasts operate is removed.

4. AGRICULTURE

While our binning of the Common Agricultural Policy (CAP) – which has been in place since 1973 – has so far produced more questions than answers for our farmers, the government is optimistic that substantial improvements can be made for land workers who currently see 70 per cent of the UK geography under agricultural management. Shedding the 'direct payment' aspect of the CAP where land prices were pushed up, causing a barrier for young farmers to get into the industry, could stimulate innovative and inventive UK farming, the like of which we've not seen in centuries.



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Bid farewell TO THE COVID MOT

THE CORONAVIRUS MOT HOLIDAY'S FINAL DAYS... OR ARE THEY?

August 1 has never been a particularly notable date in the diaries of car mechanics, though COVID-19's six-month MOT extension made it significant in 2020 like in no past year.

Depending on when you are reading this, you may well consider the moment to have passed. That 'moment' was essentially a six-month extension to the date of your car's MOT throughout the time the pandemic caused complete shutdown in the UK.

The logic when this unusual measure was announced back in April, when COVID-19 was really taking hold in the UK, was that the public should not be encouraged to venture out in their motors, neither for servicing nor for leisurely drives. Now, with coronavirus under control and various social restrictions eased, it's the right time

to lift these measures, as well as stimulating the economy again... car mechanics included.

The criteria was that any car due to have an MOT after March 31 would automatically have an additional six months added to its certificate. Naturally, in coming out of lockdown, that concession has been relaxed, so any cars with MOTs in August or thereafter will have to play by the old rules – get it MOT'd or stay off the roads.

That seems cut and dried, but perhaps it's not. For those of us not quite as up to speed as we should be with mechanical matters, it could be you've accidentally missed the date of your MOT. If this is the case, and it was actually due between April and the end of July, you will now have an additional six months from the listed date to get things checked, but this time, make sure you do.



MOTORING



BACK TO nature?

FOUR TOURIST SPOTS YOU REALLY SHOULDN'T VISIT IF YOU CARE ABOUT THE NATURAL WORLD



Our passion for exploring, adventuring and seeing the world has never been so great, which makes the travel limitations of the coronavirus all the more frustrating.

On the plus side, though, our lack of movement this year will undoubtedly aid the green shoots of recovery – or at least halt the destruction – for a host of popular destinations gradually being destroyed by our wanderlust.

Fjaðrárgljúfur Canyon, Iceland
Made famous by a Justin Bieber pop video and ranging, panoramic shots in *Game of Thrones*, the spectacular canyon has become a hotspot, with tourists desperate to trace the steps of their high-profile heroes. However, with an estimated 750,000 people visiting in 2019, pathways and access routes have deteriorated fast, leading local authorities to impose temporary bans.

Komodo Islands, Indonesia
Curiosity about the Komodo dragon, the largest living lizard, has attracted tourists and poachers alike to the island, which in 2019 led to it being shut to tourists. Still home to 1,800 of the reptiles, numbers had started to fall alarmingly, leading to desperate measures having to be implemented.

Machu Picchu, Peru
The world-renowned village had a 2,500/day limit set by UNESCO around a decade ago, but tourist numbers are expected to be treble that. With pathways and walls under threat, tourists run the risk, literally, of eroding the very history under their feet.

Galapagos Islands
Perhaps the go-to destination for over-tourism, the Ecuadorian government has recently taken strict measures to limit visitor numbers for fear that the habitats of the estimated 9,000 species present on the island and in surrounding waters are severely under threat.
While Sir David Attenborough's intentions were to celebrate a place that inspired Darwin's theory of evolution, no less, ease of travel (COVID-19 notwithstanding) has actually threatened the very species he was celebrating.



IT'S SPORT...



Photo credit: Paul Greenwood/BPI/Shutterstock



...but not as we know it

HOW COVID-19 HAS CHANGED OUR CONSUMPTION OF SPORT

The elation many of us felt at the restart of Premier League football was soon replaced by a sort of bewilderment at a peculiar, slightly perverse, reconstructed version of the game.

Turn on the television to catch a Premier League game and, in many ways, it feels as if we are watching our favourite stars operate in something of a parallel universe – a contact sport played with social distancing (at least as far as goal celebrations are meant to go), drinks breaks, countless subs (all huge distances from one another) and, most crucially of all, zero fans in attendance.

Our broadcasters' move to dub in fake crowd sound has largely been deemed a success, and with studio-based expert summarisers every bit as pointed and punchy as before, this 'new normal' is at least watchable... but it's still very strange.

Of course, as a first phase of life post-COVID-19, it is the best we can do, and other sports

are following suit to get seasons finished and tournaments played.

As reported cases continue to decrease, the expectation is that full-contact sport (for us mere mortals as well as for the Premier League millionaires who, let's face it, are only back playing because of sponsor revenue) may return around September. The government knows it needs to stimulate grassroots and amateur sport, as well as open up the pathways to people attending events again – thousands of businesses, clubs and societies rely on it, and for those who do survive, it may take up to five years to fully recover from the effects of the 2020 coronavirus pandemic.

Yet as far as seeing capacity crowds at our sports arenas goes, we still appear some distance away, with few confident enough to stick their necks out in stating we may see everyday folk back in stadiums before Christmas.

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