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Editor's notes...

JUNE 2022



Nik Allen, Editor

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

Isn't it strange how a bit of sun can lift the spirits?

We seem to be entering the throes of summer now and for the first time in more than two years we are able to go out, restriction-free, and enjoy ourselves.

Of course, we do this against a backdrop of political unrest, economic uncertainty and conflict in various parts of the world. The year 2022 has brought about countless challenges and tests so far - just when we thought we'd arrested the biggest spectre of them all: COVID-19.

The truth is that the current ills around us will be there throughout the next few months and beyond, but my encouragement to you is to embrace the things that are within our control.

Not since the winter of 2019 have we been able to fully throw ourselves into visiting new places, socialising with friends and going about our personal projects in a manner that now seems exhilarating and limitless.

With longer days and - hopefully - warmer weather, now is the time to spend some time in your local pub garden, plan a day out with friends, and perhaps organise a barbecue or two.

So let's try to fully embrace the good elements in our lives and make the most of every opportunity that comes our way.

Nik Allen

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SPECULATE TO ACCUMULATE

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

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

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

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

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

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

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

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

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

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

HAVE YOU BEEN

SP KED?

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

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

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

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

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

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

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

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

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

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

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

HOW TO PREVENT YOUR DRINK BEING SPIKED

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



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Complying with the Government COVID Guidelines

Are you suffering with Back Pain or Lower Back Related Pain? Even doctors are now getting frustrated!

Ten's of thousands have found an effective and natural solution. We're here to help, Chiropractic Treatment can help with your Back Pain.

Many people are suffering from chronic conditions causing spinal pain that affects their quality of life and day to day activities. In many cases the doctors are investing in testing and treating the symptoms however, the condition keeps reoccurring and that creates frustration with the patients (*and the Doctors*). It is time to get to know the accurate diagnosis and natural treatment offered by Life Chiropractic that have helped thousands of people put their back problems behind them.

Back pain, stiffness, pain in your legs, pain in your shoulders, neck pain. If these symptoms sound familiar to you most probably you are one of the thousands of people in the UK who suffers from chronic back problems. Apart from physical symptoms of back or neck pain there are social and mental effects – due to the continued pain and uncomfortable feeling many back pain sufferers avoid work and social activities which in time could lead to depression.

Treatment options if you're suffering from back pain.

Often the treatment options concentrate on reducing or managing the symptoms and may have its own side effects. As the doctors get more frustrated with resolving the spinal complaints following long waiting times, many people give up hope and stop searching for a solution, accepting sadly, the physical, social and mental effects as their destiny.

For those who are still searching for a solution aiming to leave the pain and the discomfort behind I would like to introduce the diagnostic and treatment modalities used by us here at Life Chiropractic Clinics, the largest group of chiropractors in Essex, with more than twenty years experience and over thirty Chiropractors, Massage therapists and rehabilitation specialists.

The Doctors here at Life Chiropractic support the patients from the initial consultation and throughout the treatment with face to face appointments.

They are always happy to answer questions and monitor that the treatment is actually achieving what we set out to do which is to get you better. We can confidently say that the secret for the success of our treatment is the close contact and the continued support that patients receive.

“So if your body and quality of life is important for you then you will want to come and see what we do” says Tom.

We say to all the people who suffer from back problems – don't give up, we have a treatment for you. It's better to treat it now than let it get worse.



Judy Pritchard



I first went to the Chiropractor with a very painful back and having pain running down my right leg. I was unable to climb stairs without being in pain. I contacted Life Chiropractic Clinic and was assigned a chiropractor. They sat with me to take a history and to ascertain the possible reasons for my pain. After x-rays were done a plan of action was set and my treatment began.

From the very first treatment my relief was phenomenal! They manipulated my back and neck and the relief I felt was amazing! I left the clinic that night with tears in my eyes because I could walk down the stairs without the excruciating pain I was in at the beginning.

I cant express how much taking that first step has changed my life!

If there is anything that you should pay attention to in reading this, it would be to say that if you are having pain with your back, your neck, your joints, issues with walking, range of motion, things affecting your mobility, contact the team at Life Chiropractic Clinics. You owe it to yourself and the ones you love to feel better! They will do their very best for you! Definitely give them a try..you won't regret it!

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GUIDE TO CLEANING PAINTED WALLS



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

HOW TO CLEAN PAINTED WALLS

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

HOW TO CLEAN PAINTED KITCHEN WALLS

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

HOW TO SPOT CLEAN PAINTED WALLS

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

HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

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

WHAT NOT TO USE

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



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HOME & DIY

A GUIDE TO HELP YOU DECIDE WHEN YOU SHOULDN'T USE YOUR VACUUM WHEN CLEANING

Some people love vacuuming; others can't stand it. Either way, there is no denying how quickly it can clean up your home.

However, did you know that there are some items that you should never Hoover up?

PIECES OF GLASS

If you have smashed a glass, then you may reach for your vacuum cleaner to quickly clear the area. However, large pieces of glass can puncture the bag, get stuck in the hose and damage the interior. Instead, use a dustpan and brush for the large pieces and a damp cloth to pick up small shards. Be sure to wear gloves to protect your hands.

FINE DUST

Have you recently renovated your home? If yes, then your furniture is probably covered in dust particles. Sadly, you should not Hoover these up as sanding residue and other tiny particles will clog the filters and cause your Hoover to spit dust back into the air.

WET FOOD

Wet food, or anything wet or moist, should not be cleaned up with a vacuum cleaner. This includes soggy cereal, dog food and even small spills. Instead, use some kitchen towels or a tea towel.

SMALL METAL ITEMS

Small metal items such as paper clips and coins can easily become stuck in the rotating part of your vacuum cleaner and stop it from working properly. They can also sometimes break off plastic pieces from the interior of your appliance.

MAKE-UP

Dropped an eyeshadow palette on the carpet? Or some foundation? Although you may be tempted to use your Hoover, this is not a good idea. Firstly, the vacuum brush could smear the make-up further into the carpet, and secondly, if you do manage to successfully clean it up, it is highly likely to melt once inside the appliance.





OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER MATTHEW WILLIAMSON



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

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

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

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

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

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

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

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

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

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



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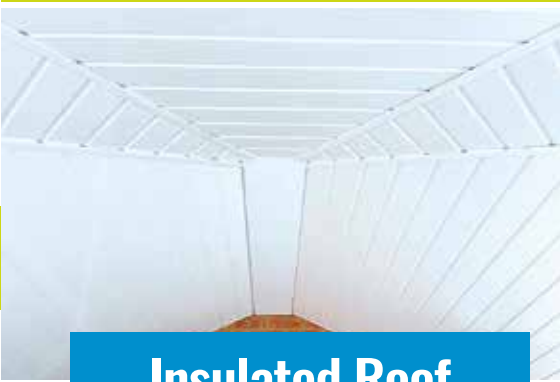


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LOCAL NEWS

from your neighbourhood



LOCAL NEWS RAYLEIGH



Artist supports charity

A world-famous contemporary artist has shown his support for a local charity art initiative by donating one of his limited edition works to Rayleigh Art Trail.

Christian Hook (pictured above) gifted a limited edition print of his 2014 painting, *La Nostalgia De Londres* (pictured above right), to the popular local event, which takes place from May 29 to June 12.

Rayleigh Art Trail is an initiative in association with Head 2 Toe, a charity that supports those with lower limb differences through community art projects.

Klaire Harvey founded Head 2 Toe in 2019 after realising her daughter Elsie's (pictured above with Christian) lower limb difference was more severe than first thought.

The art trail provides an opportunity for artists to showcase and sell their work and gives residents a chance to immerse themselves in culture while supporting a good cause.

A spokesperson for Head 2 Toe said: "You often hear that you shouldn't meet your idols because they're sure to disappoint you. This put me off contacting my favourite artist, Christian Hook.

"When I was reaching out for charity support, I spent weeks stalling, assuming I wouldn't get a reply, but finally I pressed send. I never expected the reply I received, offering to send something to help."

To find out more about Rayleigh Art Trail search 'The Rayleigh Art and Craft Community' on Facebook.

Mill Hall given Asset of Community Value status

Rochford District Council (RDC) has recognised Mill Hall in Rayleigh as an Asset of Community Value (ACV), which identifies a building believed to be important to social wellbeing.

The nomination to recognise Mill Hall, submitted by the Save Mill Hall community group, highlighted the range of activities that took place at the Mill Arts and Events Centre when it was open, following controversial plans to redevelop the site.

Councillor Simon Wootton, Leader of RDC, said: "We fully understand how important the range of events and activities that were previously held at Mill Hall are to local people. That is why, as part of the council's Asset Delivery Programme, we are committed to ensuring this site will continue to provide a community facility."





LOCAL NEWS RAYLEIGH

MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford

Inflation has just reached nine per cent. This is the highest rate of inflation in the UK for many years, yet this is not just a challenge for us here at home. Across the developed world, inflation has been rising fast over the last year.

There are several reasons for this international spike in inflation. First, the COVID-19 pandemic has had a major knock-on effect on international trade, depressing worldwide growth and disrupting international supply chains. This has now fed through directly to what consumers have to pay.

Second, the war in Ukraine. As the world began to recover from the pandemic and the demand for energy increased accordingly, the price of major sources of energy was already beginning to rise. The Russian invasion of Ukraine has only served to exacerbate the price of energy worldwide. The effect of the war on agricultural production and exports of key commodities, like wheat and vegetable oil, has served to push up food prices too.

Nevertheless, to help families meet their food

and energy bills, the government has brought in a £22billion package of direct support, including increasing the National Living Wage to £9.50 an hour, reducing the Universal Credit taper rate, offering a cut of £150 a year on council tax bills for families with properties in Bands A to D, and increasing the National Insurance threshold in the Budget to £12,570 (the same as for income tax). Nonetheless, I know from my constituency surgeries and my email inbox that some of my constituents are finding dealing with the cost of living increasingly tough, so I hope that the government will be looking at further measures.

In summary, no single government can control the world price of oil or gas. Yet I believe it is still important to show solidarity with Ukraine, even if it has short-term consequences for the price of energy and for the supply of some key foodstuffs. Nonetheless, we need to look after our own people back home as well.

Just as **VISION**RayleighWickford went to print, the Chancellor announced a further £10billion programme of support, including more than £1,000 for families on the lowest incomes.



Photo credit: Google Maps

Recycling centre trials system

Rayleigh Recycling Centre is trialling a new booking system for visitors.

The change has been put in place from Monday, June 6, in order to manage waiting times and improve the overall customer experience, as well as to help reduce congestion in the area, following feedback from residents.

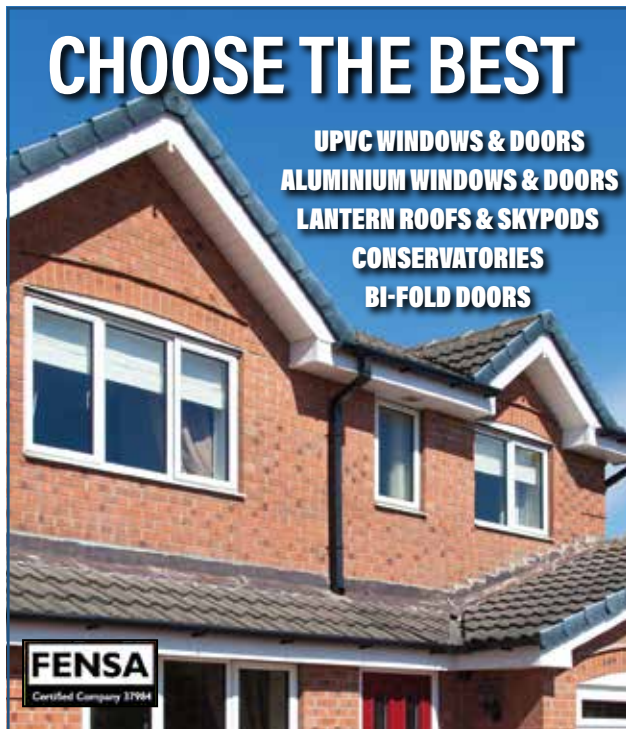
Bookings will close two days in advance and the booking system does not apply to Blue Badge holders.

Residents can book their slots in advance at www.loveessex.org/news-and-ideas/recycling-centre-bookings

For full details and FAQs on the changes at the centre, please visit www.loveessex.org

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LOCAL NEWS

from your neighbourhood



Photo credit: Philip Stalham Photography

Station ticket office could shut under new plans

Wickford Station ticket office could shut under plans for mass closures of more than 1,000 ticket offices across the network.

The National Union of Rail, Maritime and Transport Workers (RMT) last month revealed that the government has amended its guidance relating to changes to ticket office opening hours, which it says has cleared the way for train companies to cut or close ticket offices at rail stations across the country.

It has raised concerns over the loss of jobs and the potential impact of closures on passenger safety.

RMT argues that passenger safety should be a main concern for the industry; as if people do not feel comfortable using the services, a decline in users would be expected.

Mick Lynch, RMT general secretary, said: "The rail industry has made no secret of its goal of closing ticket offices, and the floodgates have now been opened for an annihilation of ticket offices across the network.

"Ticket office staff not only enhance the passenger experience, but they also ensure our railways are safe, secure and accessible. Wholesale ticket office closures would be disastrous for passengers and leave our railway deserted. Disabled and elderly passengers will be particularly affected.

"This once more proves that the government's 'levelling up' agenda is a sham and that England's rail is being downgraded, driving unnecessary social tensions between Britain's nations and demonstrating that a political choice has been made to downgrade England's rail users compared to Wales and Scotland.

"Make no mistake, RMT is ready to use all means at its disposal to fight any attacks on ticket offices; we will be launching a widespread public and political campaign to protect ticket offices and our station staff members' jobs."

Greater Anglia, which is responsible for Wickford Station, has been contacted for comment.

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Meat thief banned from town centre for a year



A thief who stole meat from a supermarket in Wickford has been given a Community Protection Warning and told by police he must not return to the town for one year.

Essex Police officers, who were patrolling the town centre on May 12, responded to the incident quickly and detained the man after he was found hiding in a bush along the tracks at Wickford Train Station.

A spokesperson for Essex Police said: "The Billericay and Wickford Community Policing Team were contacted today [May 12] on the Wickford Town link radio system alerting them to a theft of meat in the Co-op.

"Officers, who were patrolling Wickford at the time, arrived within one minute. A male made off from them but was detained shortly afterwards hiding in a bush in Wickford Train Station, along the train tracks.

"As well as being dealt with for the theft, the male, from Harold Wood, has been given a Community Protection Warning not to return to Wickford. This condition will apply for one year."

Driver banned after driving at 80mph in 30mph zone

A driver who travelled through Wickford at 80mph in a residential 30mph area has been disqualified from driving for 15 months.

Safer Essex Roads Partnership (SERP) revealed that the driver was also required to take an extended driving test, fined £400 and made to pay £145 in costs and a victim surcharge of £40.

A witness captured the Audi driver on camera in Radwinter Avenue, Wickford, travelling at more than double the legal speed limit, and submitted the footage to the SERP Extra Eyes team, who investigated.

Nicola Foster, chairman of SERP, said: "I was shocked watching this footage as the outcome could

have been very different. The driver chose to drive at 80mph in a residential road and passed an island where children would choose to cross as a safe place, while also passing other cars which might hide people waiting to cross or crossing.

"Hopefully in a year's time when the driver can take the extended test to regain their licence, they might possibly reflect on how lucky they were that day that there was no permanently life-changing outcome for themselves or anyone else."

Conservatives keep control of council after local elections

The Conservative Party will continue to run Basildon Borough Council, after the elections on May 5 saw them win all three seats in Wickford.

A third of council seats were up for election, including the wards represented by Conservative leader Andrew Baggott, Labour leader Jack Ferguson and Independent group leader Kerry Smith.

Jack Ferguson lost his seat in the Pitsea North West ward to Conservative Sam Gascoyne.

In Wickford Castledon, Conservative candidate Alex Myers came out on top with 52 per cent of the votes, a total of 1,030. In Wickford North, Conservative Peter Holliman received 1,224 votes, a 42 per cent majority. In Wickford Park, Conservative candidate George Jeffery (pictured below) won with 874 votes, 48 per cent of the votes.

After the results, cllr Jeffery said: "I would like to thank my constituents for giving me the opportunity to continue to serve Wickford Park. As ever, I am contactable on email and mobile, if you need my assistance. Email George.Jeffery@members.Basildon.gov.uk or call 07570 282997."

Across the board, turnout for the election was low at 21 per cent. Wickford residents' attendance was slightly above average, with 31 per cent in Wickford Castledon, 28 per cent in Wickford North and 25 per cent in Wickford Park.

For a breakdown of the results, please visit www.bit.ly/3NNh5tr





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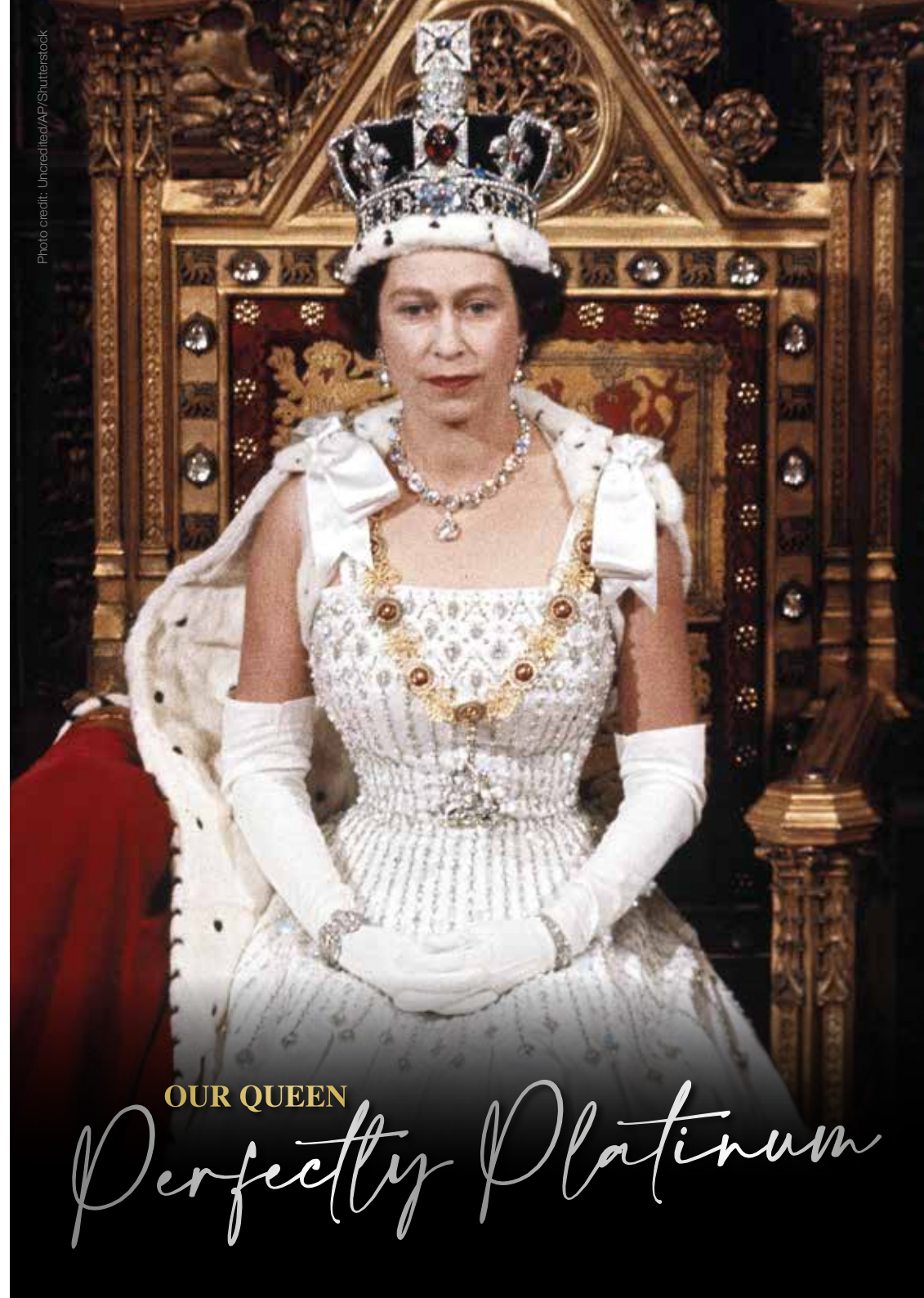
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OUR QUEEN

Perfectly Platinum

CELEBRATING THE QUEEN'S PLATINUM JUBILEE

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

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

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

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

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

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

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

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

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

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

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



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

Always carry out a pre-wash

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

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

Do not leave to dry naturally

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

Use multiple buckets

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

Avoid extreme heat and direct sunlight

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

Invest in a wash mitt

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



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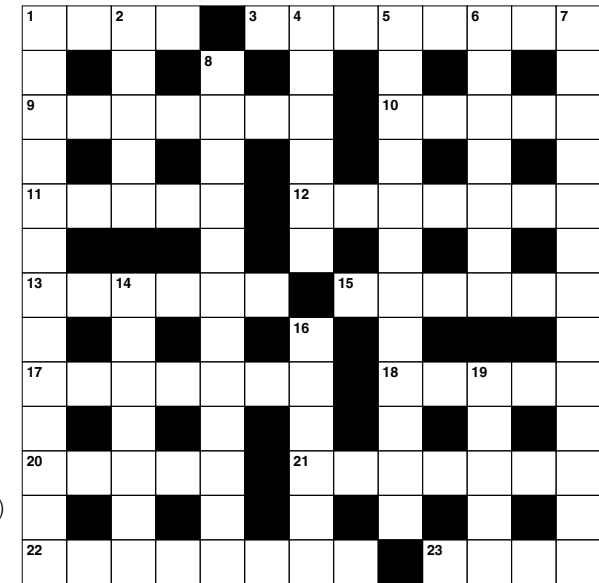
Answers: see end of The VISION Listings

ACROSS

- Eurasian crow (4)
- Excessively emotional (6,2)
- Time off (7)
- Sudden movement (5)
- Steer (anag) (5)
- Wicked look that causes harm (4,3)
- Possessing (6)
- Wind instrument (6)
- More sugary (7)
- Freight (5)
- Deduce or conclude (5)
- Currents of air (7)
- Disregarding oneself (8)
- Depend on (4)

DOWN

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



- Necessary (7)
- Eats grass (6)

19. Verse (5)

DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

SUDOKU

7	5						2	
		6		5				
					4		8	1
6			9					
1		8				9		4
					3			8
2	4		7					
				3		4		
	6						9	3



SPORT



Photo credit: Charles Knight/Shutterstock

BRITAIN'S GREATEST SPORTING MOMENTS...

BORG AND MCENROE

Each month we look at one of the most significant events in British sporting history. This month, it's the epic encounter between Björn Borg and John McEnroe at Wimbledon on July 5, 1980.

The Championships at Wimbledon have provided countless dramatic sporting memories over the years, and none more special than when British heroes of the ilk of Ann Jones and Andy Murray have lifted the coveted trophy.

Yet perhaps the most remarkable encounter – certainly for sheer blood, guts, aggression and an unrelenting desire for victory – came in 1980 when a Swede faced an American.

Björn Borg had long been painted as the iceman, a Scandinavian purveyor of perfect tennis who was clinical and elegant in his despatching of opponents. John McEnroe, meanwhile, was the sweaty, unkempt brat of the game, with a confrontational,

aggressive game and a temperament to match.

That they collided so spectacularly on that sunny Saturday afternoon on July 5 will go down in SW19 folklore. McEnroe gained the upper hand by winning the opening exchange 6-1, before Borg fought back with 7-5 and 6-3 sets, giving him a 2-1 lead.

Looking to close out the match in the fourth set, Borg had five Championship points in an epic that went well past any reasonably expected distance. Finally, in the 34th game of the set, McEnroe broke the reigning champion – who was looking to win a fifth successive title – and took it 18-16.

Even in the deciding set, the duelling athletes made it to 6-6, though this time Borg broke McEnroe's steely serve, and his resolve, to take the set 8-6, and with it the Wimbledon title.

The epic was recently relived in a 2017 biopic, *Borg vs McEnroe*, starring Shia LaBeouf and Sverrir Gudnason.

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AS THE WEATHER HEATS UP, MAKE SURE YOU DO YOUR BIT FOR LOCAL WILDLIFE



GARDENING

The temperature is hotting up, and while most of us welcome these sunnier days, the same isn't always true for our community critters. The good news is that there are a lot of things you can do for wildlife in the hot weather to help keep them safe from the sun.

Fill up your feeder: Birds can find it tough to find food when the ground is dry and worms are scarce. Keep your bird feeder topped up and put out some fruit, such as apples and soaked raisins, for animals on the ground.

Provide fresh water: Spells without rain can mean that a lot of natural water sources have dried up for your garden visitors. Putting out some fresh water will help thirsty animals and insects. Keep it shallow and put some rocks in there to help insects get out if they fall in.

Create shaded spots: Animals may struggle to find shade on a hot day, but you can help by putting logs, large rocks or wooden planks around your garden to help create shade.

Put in a bird bath: A bird bath is a great way for birds to keep clean and cool. You can buy them at garden centres and other retailers, or you could make your own as a fun DIY project.

Keep your pond topped up: Remember to keep an eye on your pond and top it up if needed. This will help any fish that you have, as well as other visitors who use your pond as a water source.

These simple steps will make a big difference to your local wildlife.



Create your own outdoor CINEMA

There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

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

GET YOUR KIT SET UP

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

CREATE A COMFY SETUP

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

GET YOUR SNACKS READY

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

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

Photo credit: ideahome.co.uk, ao.com, cinemathire.co.uk



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PETS

HOW TO SET UP A FRESHWATER FISH TANK



Thinking about adding an aquarium to your home? Bringing beautiful colours and life to your surroundings, as well as a whole host of health benefits, discover how to set up a freshwater fish tank for maximum wow factor.

1. CHOOSE AN AQUARIUM

Think about the amount of space you have, the type of fish you want to get and your budget. Large aquariums are more stable and require less work to maintain, whereas smaller ones need more attention. Wide aquariums are ideal for active fish such as danios, and narrow ones are better suited to less active fish such as angelfish and gouramis.

2. PICK THE RIGHT SPOT

When it comes to where to place your new aquarium, you need a spot where you spend a lot of time so that you can get as much enjoyment from it as possible. Avoid windows that receive direct sunlight and areas near exterior doors which can be too cold.

3. ADD DECORATIONS

Obviously, gravel and water are essential for your freshwater tank, but there are lots of other decorative features that you can add. Some of the most popular additions include live and artificial plants, rockwork, sunken ships, castles and figures. Taller plants and décor items should be placed at the back to hide filter tubes and cords, with smaller items at the front. You can also add background material to hide hoses and add visual depth to your display.

4. USE A TEST KIT

Test kits are recommended for new aquariums as nitrite and ammonia levels can rise and become hazardous. You can buy these online or at most aquatic centres.

BEST FISH FOR BEGINNERS:

Danio | Guppy | Platy | Tetra
 Avoid mollies as these fish are prone to disease and hard to keep alive for beginners.



A star in the making



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

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

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

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

- 

KEEP TASKS SIMPLE
Ensuring jobs are straightforward and achievable will mean kids maintain focus when they need to.
- 

UPDATE AFTER EVERY TASK
If possible, apply stars every time your little ones complete a challenge. This direct and very visual reward mechanism will keep them striving for more.
- 

KEEP REWARDS REGULAR AND TANGIBLE
Using quick-fire rewards – rather than offering to contribute small additions to a bigger project – means kids will remain engaged and interested.
- 

RESTART EVERY WEEK
Make every week a clean slate, where both completed and unfulfilled tasks are wiped away, meaning a new set of challenges – and rewards – awaits.
- 

ENCOURAGE TEAMWORK
If you have more than one child, pool tasks so that they become responsible for and beneficiaries of each other's successes.
- 

MOVE ON EVENTUALLY
While the rewards chart is a great way to motivate kids, it may lose its appeal over time, so progress the ideas behind it to tasks that offer greater responsibility and bigger rewards for your youngsters.

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ALL ABOARD FOR 5G

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

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

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

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

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

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

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

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



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Robust

Rosemary



FOOD & DRINK

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

WHAT ARE THE HEALTH BENEFITS OF ROSEMARY?

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

HOW TO USE ROSEMARY IN THE KITCHEN

Rosemary salt

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

Rosemary oil

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

Rosemary sugar syrup

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

Rosemary lemonade

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

Rosemary butter

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





5 DISTURBING FACTS ABOUT *drowning*

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.



2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.



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KNOW YOUR BITES

Most of the time, insect bites are more irksome than perilous, but that doesn't mean you shouldn't try to identify what has bitten you. It's always better to be safe than sorry.

Bedbugs | Danger rating: 2/5

Bedbugs leave a small bite mark on the skin that can be red and very itchy. They are often found on areas of the body not covered by clothing, such as hands, neck and feet. In rare cases, someone may experience a serious allergic reaction to a bedbug bite.

Bees/Wasps | Danger rating: 3/5

Bee stings result in a red skin bump that has a white circle around it. You are also likely to experience swelling, itching and some pain. With a wasp sting, a raised welt will appear around the site and you may feel itching, burning and a sharp pain. A severe allergic reaction to a bee or wasp sting can be life-threatening.

Fleas | Danger rating: 1/5

Flea bites are instantly recognisable by an itchy welt on the skin which is surrounded by a red halo. These are often found in clusters on the ankles and legs.

Mosquitos | Danger rating: 2/5

Mosquitos leave a raised, itchy, pink skin bump. You may find you have multiple bites in the same area. In rare cases, someone may experience a serious allergic reaction.

Spiders | Danger rating: 4/5

Most spider bites cause minor symptoms, such as red skin, swelling and pain at the site. However, some spiders found in the UK are venomous and their bites can cause nausea, vomiting, dizziness and/or sweating. Spider bites can also become infected or cause a severe reaction in some cases that requires immediate medical care.

Ticks | Danger rating: 3/5

If you are bitten by a tick, you may notice a red bite, a rash, itching and burning. Around two per cent of tick bites cause Lyme disease, which can result in fever, fatigue and rashes.



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BEAUTY

5 NATURAL ALTERNATIVES TO deodorant

If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.



Witch hazel

Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.
Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.



Baking soda

Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.



Lemon juice

Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.



Apple cider vinegar

This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsp with 1 tbsp of water and apply under your arms using a clean cloth.



Coconut oil

Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.

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