

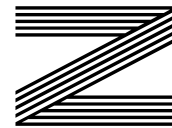
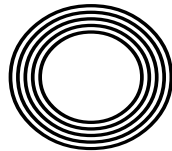


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AUGUST 2023

# Editor's notes...



Nik Allen, Editor

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

Over the last few years, women's football has made enormous strides, breaking barriers and gaining recognition on a global scale.

I'm currently enjoying watching the Women's World Cup, which has evolved into a competition of immense significance as it showcases the exceptional talent, dedication and passion of female footballers from around the world. Gone are the days when women's football was relegated to the shadows; today, it stands proudly in the spotlight, drawing millions of fans and leaving an indelible impact on the sporting landscape.

One striking development that exemplifies the progress of women's football is the France Football advertisement that embraces the potential of artificial intelligence (AI). This innovative advert uses AI to seamlessly blend the men's and women's game, highlighting the similarities in skill, intensity and excitement that both genders bring to the pitch. If you haven't yet watched the advert, I suggest you do.

By employing AI technology, the France Football advert effectively breaks down outdated stereotypes and misconceptions about women's football, proving that gender is no barrier to playing at the highest level. It serves as a powerful statement, celebrating the game's universality and reinforcing the message that talent knows no gender.

*Nik Allen*

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# HIP-HOP... AND YOU DON'T STOP

**H**ip-hop – one of the most explosive, inventive, innovative and celebrated genres of music – celebrates its 50th anniversary in August.

In 1983, David Bowie said that hip-hop music held the only real creative musicians. That's quite a statement from someone who continues – even after his passing – to occupy an iconic aura of melodic and songwriting brilliance. "With black music," he continued, "there's a very strong social point to make. There's a means of discovery and a purpose, and for that reason, hip-hop stands itself apart from almost anything else."

At the time, the genre had only been around for a decade. Yet in the 40 years since then, it has evolved to cross over almost every divide you can imagine. It is no longer the domain of a single skin colour or a social demographic, nor is it a set of rules regarding sound, samples and BPM. Its continued growth across popular culture, from its beginnings as the sound of the streets, sees its modern purveyors streaming by the billions and selling out venues of any size.

The original 'sound of the underground' style came about via DJ Kool Herc's *Back to School Jam* in 1973 – a track credited as being the first example of a genre that sees artists speak vocals over a backing track.

Over the years, lines have been drawn between the genre and its near-acquaintance, rap. While the latter is arguably the purest form of 'rapped' poetry and music, hip-hop also embraces fashion, graffiti, dance and DJing, and envelops female performers as much as male. These influences were seen in the way Kool Herc's booming, crowd-stirring sound soon influenced Grandmaster Flash, who brought in techniques such as scratching, punch-phrasing and the backspin.

Between 1979 and 1983, disco and funk narratives came into the style, with *Rapper's Delight* by The Sugarhill Gang gaining global popularity and serving as something of a blueprint for future tracks. The genre's so-called 'golden age' between 1983 and 1997 saw artists such as Run-DMC – whose third single *Rock Box* in 1984 provided the first rap video played on MTV – De La Soul and A Tribe Called Quest build social influence and bring innovation to a sound that was rapidly diversifying.

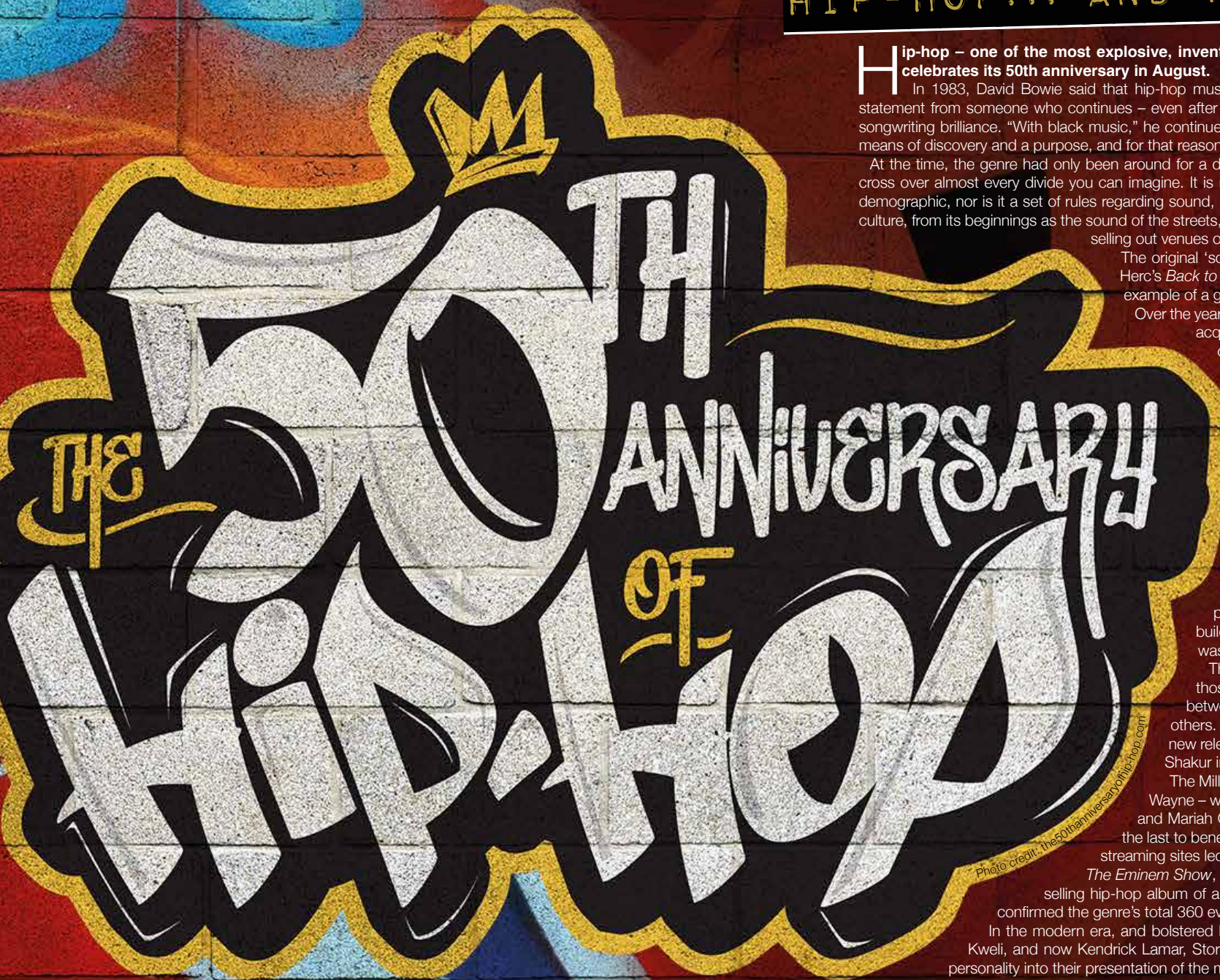
The 1990s brought gang rivalries onto the scene, not least those involved in the infamous East versus West Coast feuds between the likes of Dr. Dre, Snoop Dogg, Wu-Tang Clan and others. The dispute led to rival sides upping the ante on each new release, culminating in the much-publicised deaths of Tupac Shakur in 1996 and The Notorious B.I.G. the following year.

The Millennium saw the rise of 'bling bling' – a term coined by Lil Wayne – with R&B-infused hooks from artists such as J-Lo, Ashanti and Mariah Carey. Kanye West, Eminem and 50 Cent were some of the last to benefit from music sales in physical form as online piracy and streaming sites led to a decline in CDs.

*The Eminem Show*, from 2002, sold 27 million copies and became the best-selling hip-hop album of all time. The fact that this was achieved by a white artist confirmed the genre's total 360 evolution.

In the modern era, and bolstered by social media, the likes of Nas, Jay-Z, Mos Def, Talib Kweli, and now Kendrick Lamar, Stormzy, Kanye West and Nicki Minaj have worked to build personality into their presentation of the music.

As hip-hop now prepares to celebrate 50 years with a variety of events, celebrations, exhibitions, competitions, and one-off shows and DJ events, it's clear that where the genre goes next will be, as ever, for the music to decide.







# Slightly sticky®

In the early 1970s, church chorister Arthur Fry was searching for a bookmark that wouldn't fall out of his hymn book or damage it. Then he remembered a not-very-sticky glue created by a colleague in the product development department at the 3M Corporation a few years before.

In 1968, Doctor Spencer Silver developed a glue that was strong enough to stick, but could be removed easily without leaving a sticky mark. You could also easily reposition it. Fry took a bit of the glue, spread it along the edge of a piece of paper, and created the perfect bookmark for himself.

Fry and Silver left 'bookmarks' around their office to communicate with their team. Co-workers started asking for them, too. A year or two later, 3M created the Post-it Note brand and launched into production with its 3x3in sticky notes. They were yellow only because that was the scrap paper the company had on hand.

At first, interest was slow. But in 1979, following a mass free giveaway campaign, the product took off. Everyone had a pad of Post-it Notes to stick on files, computers, desks and even doors.

But the brains behind the product continued their inventing, and Fry and Spencer worked for 3M their whole working lives.

The notes are now available in many shapes, sizes and colours. In 2003 came Super Sticky Notes with stronger glue. In 2019, 3M launched its Extreme Notes, which are water resistant and 100 times stronger than the originals.

The same year saw the launch of the Post-it app, which 3M claims "brings the simplicity of Post-it Notes to your smartphone, tablet and Chromebook".

3M's patent on Post-it Notes expired in 1997, but the name and the original yellow colour remain trademarked to this day – those little paper squares we love, though we never knew we needed them.



Photo credit: cibemijas.com



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# DIY POCKET PILLOW

A pocket pillow makes the perfect storage space for a wide range of household items such as remote controls, newspapers and magazines, books, toys and so much more. Plus, it is great for cuddling!

### WHAT YOU NEED:

A pillow insert – these are available in a wide range of sizes | Three types of fabric – one for the front, one for the back and one for the pocket | A pair of scissors | An acrylic ruler | An iron | Sewing machine (optional)

### HOW TO MAKE:

#### Step 1: Cut your fabric

The amount of fabric that you need will be dependent upon the size of your pillow.

- > **For your front piece:** Cut the fabric 2.5cm bigger than your pillow insert on all four sides.
- > **For your front pocket piece:** Decide how tall you want your pocket to be and then cut double the length. The width should be the same as your front piece of fabric.
- > **For the back pieces:** Each piece of fabric needs to be the same width as the front and the length needs to be about half the height plus 7-8cms so that the envelope will overlap the back.

#### Step 2: Fold, press and stitch the fabric

- > Fold the bottom edge of one of the back pieces over 6mm and press.
- > Fold the edge another 6mm and press again. Topstitch to create a finished edge and repeat for the second back piece.
- > Fold the pocket piece in half for enhanced durability, press the folded edge down and topstitch along the top edge either by hand or using a sewing machine.
- > Press the front piece and lay it facing up. Then, lay the pocket piece facing upright on top of the front piece with the bottom edges aligned.
  - > Next, lay one of the back pieces face down on top of the front piece with the raw edges lined up at the top.
  - > Place the other back piece face down on top with the raw edges lined up at the bottom and pin all the way round.
  - > Sew all around the pillow with a 12mm seam allowance.
  - > Cut the corners off at an angle and, if you intend to wash the cover, sew the edges with a zig-zag stitch to prevent fraying.
  - > Turn the pillow cover right side out, lay the cover flat and press the seams.
  - > Place the pillow insert into the cover and adjust so that it is nice and square.

Now all that is left to do is fill your pillow pocket!



Photo credit: Milly and Pip Gifts and Cards via notonthehighstreet.com



# CHERRY ON TOP KITCHENS!

Like to stay one step ahead of the latest kitchen design trends? Summer 2023 sees the arrival of an abundance of vibrant kitchens adorned with the deep reddish-pink shade of cherry. Here's how to incorporate this bold look in your kitchen.

## COMBINE CHERRY CABINETS WITH WHITE ACCENTS

If you want to completely overhaul your kitchen, then opting for cherry cabinets provides a bold take on this look. To stop the space from looking too dark, add stainless steel appliances and white accents such as white granite countertops.

## INSTALL CHERRY WOOD FLOORING

If you don't want to change the colour of your cabinets, another high-impact way to add cherry to your kitchen is by installing cherry wood flooring. Providing a pop of vibrancy underneath your feet, try to keep the rest of your kitchen bright to keep the space looking fresh.

## OPT FOR A CHERRY SPLASHBACK

If you want to use this colour sparingly to see if you like it, then why not try adding a cherry-coloured splashback to your kitchen? Providing the perfect way to embrace this trend without going all out, high-gloss cherry splashbacks are bang on trend this summer.

## CHOOSE SHAKER-STYLE DESIGN

If you would like to try a new kitchen style in this pivotal room in your home, then the popular shaker style lends itself well to the cherry trend. Known for its clean lines, understated elegance and classic style, cherry shaker cabinets suit both traditional and contemporary homes alike.

## PICK CHERRY APPLIANCES

Another simple way to incorporate cherry into your kitchen without breaking the bank, cherry appliances such as a kettle and toaster can add a pop of colour without being too overpowering. Alternatively, if you have a little more cash to splash, a cherry-coloured cooker or fridge-freezer provides a more show-stopping look.

Photo credit: Magnet via Idealhome.co.uk; jgg, oziesplash.com.au, jinteriordesign.com



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*"Highly recommend Glenn he has done a fantastic job on my hallway and office flooring. He is experienced, knowledgeable, a perfectionist and worked so hard! Thank you"*



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HISTORY



With its eye-catching graphics and classic serving window, who can resist the charm of an ice cream van? As it tootles along in the sun to a jangly version of *O Sole Mio*, it's a mouth-watering sight. But did you know these iconic vehicles, now seen across the globe, were actually invented in Britain?

In the 1850s, Carlo Gatti, a Swiss-born Londoner, brought the delights of ice cream to the masses. As well as setting up an ice cream restaurant, he launched a fleet of hand-pushed carts with ice-filled containers to keep the ice cream cold.

In the 1920s, ice cream tricycles were introduced so sellers could move around more quickly. And as technology improved, vendors sold their wares from converted vehicles with basic refrigeration units inside.

But it was in the 1960s that things really changed.

In 1962, Bryan Whitby, a refrigeration engineer from Crewe, developed his idea to run ice cream machines directly from a van's engine. This made the vans much lighter and allowed them to be built in a distinctive shape, making it easier for vendors to navigate narrow streets.

He launched into production with his friend, Colin Morrison, and their vans quickly gained popularity. Over the years, several new designs have been launched, and the vans are now exported to more than 60 countries.

Bryan Whitby died in 2016, but the company, Whitby Morrison, is now run by his son, Stuart, and two grandsons.

Moving on into 2021, Whitby Morrison launched the ePower ice cream van to provide a green energy solution for ice cream sellers. As the vans are solar-powered, operational costs are lower and the vehicle is better for the environment. So, let's hope all this tempts more people to take up the trade, as the number of ice cream vans on British streets is sadly declining.

Photo credit: whitbymorrison.com







# FROM YOUR AREA

## Plans to tackle district's 'profound' housing need



Photo credit: Divine Ideas

An application seeking to combat the “profound” need for additional housing in Wickford was submitted last month.

Applicant DPV Consult Limited has sought permission from Basildon Council for the demolition of all existing buildings and structures at 200 London Road and the erection of up to 65 residential dwellings.

Its planning statement reads: “The need for additional housing generally in Basildon is profound.

“If this scheme is not permitted, then there is no evidence of any realistic prospect of these needs being met elsewhere in the Basildon area.”

Of the potential 65 dwellings, 25 per cent will be accommodated on undeveloped greenfield land.

## Man sentenced after breaching behaviour order

A man from Rayleigh has received a prison sentence after breaking his Criminal Behaviour Order (CBO).

Stefan Jaworski, 41, had been issued with a CBO after being connected with thefts from Marks & Spencer in Rayleigh and Sainsbury's in Rochford.

Between June 19, 2023, and July 10, 2023, multiple breaches of this order were reported to Essex Police.

Jaworski was arrested on suspicion of five counts of theft from a shop and six counts of breach of a CBO.

Appearing at Southend Magistrates' Court on July 12, he was sentenced to 12 months' imprisonment for the theft from a shop offence, to run concurrently with a 22-month prison recall.

Inspector David Kealy, from the Castle Point & Rochford Community Policing Team, said: “This robust

approach has kept not only the local businesses safe, but also the wider public, preventing many offences that would otherwise have been committed.”

## Schizophrenia patient given knife shortly before death

An inquest has finished following the death of a 56-year-old woman at a mental health unit in Wickford.

The inquest at Essex Coroner's Court from July 5 to 14 concluded that the absence of a specific risk assessment concerning access to knives may have contributed significantly to the death of Marion Michel.

Marion had paranoid schizophrenia and was detained at Brockfield House, a secure mental health inpatient unit in Wickford which is managed by Essex Partnership University NHS Foundation Trust (EPUT).

At 11.15am on March 4, 2022, Marion requested a knife to prepare her lunch. Staff issued one but did not carry out any follow-up when it was not returned. Staff found Marion unresponsive in her bathroom at 12pm, having inflicted fatal injuries.

The jury did not record a conclusion of suicide as Marion's intention at the time was not clear.

A spokesperson for EPUT said: “Our thoughts and condolences remain with Marion's family.

“Our mental health services support patients through every step of their treatment, recovery and transition into the community. The death of anyone in our care is devastating.

“Following this tragic incident, we took immediate action to strengthen risk assessments for patients who prepare their own meals and to review procedures to ensure emergencies on the ward are responded to as quickly as possible.”



Photo credit: Jacqueline Seifert



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# MARK FRANCOIS MP

Conservative MP Rayleigh and Wickford



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Iain McCoo  
Branch Director



At the end of November last year, I published my Roadworks (Regulation) Bill, the essence of which is aimed at trying to bolster the regulation of roadworks and thus curtail the seemingly endless increase of roadworks in England and help 'Can the Cones'.

Following the publication of the bill, I was able to secure a meeting with the Roads Minister, Richard Holden MP (pictured left). During the discussion, I was delighted that the Minister endorsed the 'Can the Cones' campaign, stating: "Mark Francois has hit the nail on the head with his campaign to 'Can the Cones'. Delays to roadworks and the disruption this causes are unacceptable. I welcome the proposals contained in Mark's Roadworks Bill to increase fines on roadworks that run over time and for greater cooperation between authorities."

Since that time, progress with the 'Can the Cones' campaign has continued to motor on, most notably at Transport Questions in the House of Commons on July 13, where the Roads Minister said: "I would like

to thank my Rt Hon friend for his excellent work in this area and continued work alongside his colleagues in Southend, Chelmsford and elsewhere in Essex.

"I am particularly delighted to see that he has managed to persuade Essex County Council to move ahead with the Lane rental scheme. His regulatory reform suggestions are currently being considered by the department. I hope to be able to update the House later in the year because the progress that he has suggested is directly feeding into government's general policy."

In summary, I know from the many emails I receive about this issue that my constituents are heartily sick and tired of the amount of roadworks they have had to endure in recent years.

Thus, as their constituency MP, I have tried to tackle this longstanding issue head on. Rest assured that I will continue to press ministers on the matter, to at least try to reduce the burden of roadworks on our daily lives.

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# Castle ruins offer a glimpse into our medieval past

Here we explore the heritage of Hadleigh Castle, whose influence lives on some 800 years after its construction.

Hadleigh Castle is a picturesque ruin and historic fortification that overlooks the Thames Estuary.

Castles are often built as statements of wealth, ability and power, and Hadleigh Castle's construction in the 13th century was no different. Its builder, the Earl of Kent Hubert de Burgh, was effectively the ruler of England during King Henry III's childhood and he built the castle as a statement of his power.

Sadly, he died soon after its construction, and the castle was subsequently claimed by King Edward II and his son, King Edward III.

The castle's appeal is in its ability to provide a vivid snapshot of medieval England's military and architectural prowess. It is testament to the remarkable history of the region, serving as a tourist destination and an important archaeological site.

The castle's architecture reflects the military advancements of the time, with a combination of concentric and bailey design elements. The inner and outer baileys were encircled by a curtain wall, which was further strengthened with a series of round towers. The primary entrance to the castle was through a fortified gatehouse. The living quarters and great hall within the castle were adorned with elegant architectural features, reflecting the opulence and power of its royal inhabitants.

Over the centuries, Hadleigh Castle witnessed several pivotal moments in English history, including the rise and fall of dynasties and the turmoil of civil wars, such as the Hundred Years' War.

Despite its deterioration, Hadleigh Castle has maintained a strong cultural and historical significance. Its ruins have often been of great interest to artists, including John Constable, who captured its haunting beauty in a collection of paintings.

Meanwhile, archaeological excavations have revealed insights into the daily life of castle residents and visitors, as well as military operations.

Today, Hadleigh Castle, managed by English Heritage, is well worth a visit, with regular guided tours, educational programmes, walking and cycling trails, and wildlife events.



GLOW WORM · BAXI · VAILLANT · POTTERTON · WORCESTER · IDEAL · BIASA · FEROLLI · MAIN

- BAXI - VAILLANT - POTTERTON - WORCESTER - IDEAL - BIASA - FEROLLI - MAIN - GLOW WORM - BAXI - VAILLANT -

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# YOUR LOCAL EVENTS

## SUMMER FUN IN THE PARK

Wickford Memorial Park, Rettendon View, Wickford, SS11 8JE  
Wednesday, August 16, and  
Wednesday, August 23, 2pm – 4pm



Photo credit: Moji Entertainers

Professional Essex-based children's entertainment company, Moji Entertainer, will be hosting fun, family-friendly events at Wickford Memorial Park.

The event is free and no booking is required.

## RAYLEIGH MOUNT COMMUNITY PICNIC

Rayleigh Mount, Rayleigh, SS6 7EW  
Friday, August 18, 11.30am – 3.30pm

The community is invited to come together to celebrate 100 years of Rayleigh Mount being gifted to the nation. Discover the stories behind this fascinating archaeological site and enjoy games and activities for all the family. Picnics are welcome.

No booking is needed for this free event.

## COMMUNITY SHOWCASE

High Street, Wickford, SS12 9AZ  
Saturday, August 19, 11am – 4pm

Locals can enjoy a day of free entertainment and fun in Wickford High Street.

Visitors can enjoy a unique opportunity to find out about a wide range of activities available in the town across all age groups and interests. Local groups will be performing or creating displays throughout the day.

With free face painting, roaming street entertainment, the Wickford Wander Trail, great shopping and cafés

and free parking, plus music and compering from DJ AJ, there will be something for everyone.

## CARPENTERS-THEMED CHOIR WORKSHOP WITH ANDREW SMALL

The Sweyne Park School,  
Sir Walter Raleigh Drive, Rayleigh, SS6 9BZ  
Sunday, August 20, 1pm – 4pm

Come and learn a beautiful Carpenters song in three-part harmony with award-winning choir director Andrew Small.

A rendition will be recorded and filmed professionally to be turned into an "awesome music video".

Tickets cost can be purchased from [www.eventbrite.co.uk/e/rayleigh-carpenters-themed-choir-workshop-with-andrew-small-tickets-660969235777](http://www.eventbrite.co.uk/e/rayleigh-carpenters-themed-choir-workshop-with-andrew-small-tickets-660969235777)

## COCKTAILS & SOUL SUMMER BASH

The Spread Eagle, 93 High St, Rayleigh, SS6 7EJ  
Sunday, August 27, 2pm – 8pm

A host of special guest DJs will be playing old school Sunday soulful tunes at the Spread Eagle.

Wristbands cost £10 each or can be purchased on the door for £15. Tickets can be purchased in advance by visiting [www.bitly.ws/PjiU](http://www.bitly.ws/PjiU)

## WICKFORD TOWN CARNIVAL

High Street, Wickford, SS12 9AZ  
Saturday, September 9, from 12pm

The annual Wickford Town Carnival returns.

The High Street is set to be transformed with an array of floats parading through the town, and amusement park rides are also expected to be on offer.

Find out more at [www.wickfordtowncarnival.uk](http://www.wickfordtowncarnival.uk)



Photo credit: M'z Photography

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# SOCCER SATURDAY

LOOKING AT SIMON THOMAS'S IMPRESSIVE RISE FROM THE *BLUE PETER* STUDIO TO THE SKY SPORTS HOTSEAT

In the modern era of 24/7 television, our sports presenters are as much icons and celebrities as the sports stars they lyrically wax over. Yet in the case of Simon Thomas, successor to the iconic Jeff Stelling on Sky Sports' showpiece results show, *Gillette Soccer Saturday*, the new man in the hotseat is happy to let the scorelines do the talking.

The youthful-looking 50-year-old has been announced as the main man to showcase the weekly results frenzy on Sky Sports. A dynamic and demanding position, he'll need to convey all of recently retired Stelling's multitasking zest and zeal, while managing the maddening behaviour of a panel of pumped-up pundits.

Yet Thomas comes from an environment that offered a rather more serene take on live-TV pressure. Born in Norwich and educated at the University of Birmingham, his career in broadcasting began at the BBC where he worked as a *Blue Peter* presenter from 1999 to 2005. Unforgettable to many in their formative years, his warm and engaging manner won the hearts of the nation.

"*Blue Peter* was an incredible foundation for me," he begins. "The show taught me how to handle the pressure of live TV while always watching what I said and how I said it. You have to constantly monitor language and approach, so that was a steep and valuable learning curve for me.

"Switching to sports broadcasting," he explains, "was the chance to be a bit looser and more expressive. I wouldn't say the job is easier, just different."

Regardless, Thomas's rise has been impressive, so much so that he is backed across the board to step into the giant shoes left behind by the legendary Stelling – a significant undertaking that only someone with Thomas's proven track record and likeability could handle.

The journalist is undoubtedly up to the challenge – he has also presented BBC *Proms in the Park*, covered for (another ex-*Blue Peter* face) Matt Baker MBE on Radio 3, worked on the *This Morning* show, and bravely raised awareness for treatment of blood cancer following the sad death of his first wife, Gemma, in November 2017.

By that time, Thomas was already highly regarded at Sky Sports, where he was able to play out a love for football, and his beloved Norwich City Football Club. "As a presenter, you try to keep your allegiances hidden... unless you're Jeff Stelling, in which case everyone watching knows you support Hartlepool United.

"I'll keep my own bias a bit quieter... for the first few shots, at least."

Thomas admits he may feel the pressure in the opening exchanges of his new role. Not only is the drive for reporting at its most intense on a Saturday afternoon, but he'll likely have to find a substitute for Stelling's unparalleled love of quick wit and high-bar humour, not to mention his predecessor's vast football knowledge

"I want to create my own legacy rather than just follow Jeff's, and it's nice to have some incredible football people on the panel who will help me navigate a route through the mass of results.

"It has always been a privilege to work for Sky and this is a dream. All I need now is for Norwich to get back to the Premier League and it'll be the perfect match-up."







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# PUZZLES & TRIVIA



PUZZLES

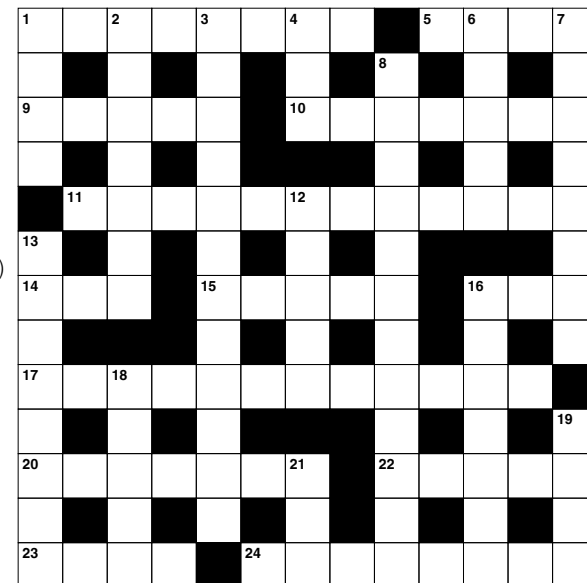
Answers: see end of The VISION Listings

## ACROSS

1. Dawn (8)
5. Whip (4)
9. Obtain information from various sources (5)
10. Exposes; shows (7)
11. Clothing such as a vest (12)
14. Tear (3)
15. Aqualung (5)
16. Argument against something (3)
17. Person's physical state (12)
20. Strife (7)
22. Possessed (5)
23. Utters (4)
24. Gauges (8)

## DOWN

1. Gear wheels (4)
2. Clear mess away (5,2)
3. Discussion (12)
4. Belonging to us (3)
6. Alert (5)
7. Suffering from indecision (8)
8. Unnecessarily careful (12)
12. Haggard (5)



13. Goes before (8)

16. Singer (7)

18. Beastly (5)

19. Chances of winning (4)

21. Expected at a certain time (3)

## DID YOU KNOW?

- Giraffes are the tallest mammals on Earth. Their legs alone are taller than many humans – about six feet.
- Giraffes can run as fast as 35mph over short distances.
- Giraffes are already extinct in at least seven countries in Africa.
- Giraffe spots are like human fingerprints; no two giraffes have the same.
- Giraffe tongues are a bluish-purple colour and are between 45 and 50cm long.
- Giraffes are very social animals and roam around in groups. These groups, called towers, typically have around 15 members led by an adult male. The other members are females and young males.
- In the wild, giraffes live for around 25 years.

## SUDOKU

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





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# Time for WALKIES!

Do you know how often you should be walking your dog? While many dog owners assume that one or two walks per day is sufficient, different breeds actually require different amounts of physical exercise.

#### Breeds that need 30+ minutes of walking per day:

Bichon Frisé | Yorkshire Terrier | Miniature Dachshund | King Charles Spaniel | Chihuahua | Maltese | Papillon | Pekingese | Pomeranian | Miniature Pinscher

#### Breeds that need 1+ hour of walking per day:

Lhasa Apso | Shih Tzu | English Bulldog | Shetland Sheepdog | Miniature/Toy Poodle | Miniature Schnauzer | Cocker Spaniel | Cairn Terrier | Pug | Whippet | West Highland Terrier | Tibetan Terrier | Dogue de Bordeaux | Basset Hound | Saint Bernard | Bull Terrier | Border Terrier | Staffordshire Bull Terrier

#### Breeds that need 2+ hours of walking per day:

Siberian Husky | Golden Retriever | Samoyed | Alaskan Malamute | Border Collie | Boxer | Dalmatian | English Springer Spaniel | German Shepherd |

Labrador Retriever | Weimaraner

#### Other factors to consider

In much the same way as you would not expect a toddler to be able to walk long distances, you should not overtire a puppy by making it walk too far or for too long. Likewise, as dogs get older, their stamina and ability to exercise decreases, so they do not need to be walked for as long.

If your dog has a health problem, then it can be a good idea to talk to your vet about how long your pet needs to walk each day.

#### Top tips for walking your dog:

1. Always bring fresh water for your dog
2. Vary your route so that you and your dog do not become bored
3. Pay attention to the weather, as extreme heat and cold can be dangerous for your dog
4. Ask before approaching other dogs
5. Let your dog sniff around
6. Don't forget to always carry doggy poo bags around with you.



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## A WILL WRITER'S WORDS OF WISDOM

### WORRYING PROBLEMS

If a married couple dies together, and where there is no Will, the eldest is deemed to have died first, so only the family members of the surviving spouse will inherit

Unless it has a Contemplation of Marriage clause, marriage or re-marriage invalidates a Will, requiring a new arrangement

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if

you die with no surviving traceable relatives

Without a Will, even grandparents have NO automatic Legal Guardianship of their orphaned grandchildren

A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

### PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse remarries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will:

documentary evidence, eg Decree Absolute, is sufficient

The estates of current or retired members of the Armed Forces, fire police and ambulance services, and most rescue organisations are entitled to exemption from Inheritance Tax if they die on active service, or if their later death was caused by an injury or disease that was received or aggravated while they were on active service

A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees

There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or registered civil partner

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# ITEMS ~~NOT~~ TO STORE IN THE SHED

Can't find a place for something in your home or garden? Stick it in the shed! If you find yourself saying this often, you ought to know that there are some items that you should never store in a shed. Discover them all below.

❗ **CANNED FOODS:** If you like to stockpile canned or tinned foods, then you should know that it is not safe to store these in your shed. Any container that is made from metal can be subject to rust, which can lead to holes and spoiling of the contents.

❗ **PAINTS AND GLUES:** Although many people store unused paint and glue in their shed, this is not a good idea. In extreme temperatures, the components of both these liquids can start to break down. Furthermore, if they freeze, they will become lumpy and unusable.

❗ **CLOTHING AND BEDDING:** If you do not have much storage space in your home, you may be tempted to store out-of-season clothes, bedding and spare towels in your shed. However, this is not recommended as they are highly likely to be exposed to insects and moths that can damage the fabrics, and they will probably end up with a nasty musty smell.

❗ **FLAMMABLE SUBSTANCES:** You should not store flammable substances such as gasoline, acetone, diesel, lighter fluid and barbecue lighter blocks in your garden shed as these pose a fire risk. Highly flammable liquids should be kept in a well-ventilated spot that is not attached to your main living area, such as in a flammable liquid locker or purpose-built storage unit.

❗ **RUBBER TYRES:** Rubber tyres should not be stored in your shed as these need a controlled climate to stay in optimal condition. Sheds can become very hot and humid in the summer and very cold in the winter, both of which can have an adverse effect on rubber.



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## RESEARCH YOUR REVIVAL

Decide on what you want to include in your garden – perhaps an eye-catching water feature, a rustic path, a flamboyant array of flowerbeds, or a children's play area. The first step is to write and sketch your flora and fauna phoenix from the flames.

## SUN SORCERY

When planning areas, consider at what times of the day you'll be using the garden most, and where the sun rises and sets. Maximising light and warmth will increase your enjoyment of your outdoor space.

## CROP, DON'T CHOP

Trees and bushes in an overgrown garden can make it seem as though nature has reclaimed the space, yet once you start trimming back these dominant growers, you'll find a garden that has space, light and a feeling of openness.

## GRASS IS GREAT

Don't be afraid of employing a large grass area – it is practical and beautiful, and even the roughest of overgrown expanses can be brought back to life with some lawn seed and a dedicated period of watering.

Also consider sowing wildflowers around the sides of the grass area for a magnificent mini meadow.

## PERFECT PATHS

Garden paths are not just practical; they look great too, and will help to guide the eye better than anything you can plant.

Breathing new life into a garden path by jetwashing, adding a layer of stones or even tiling will rejuvenate your garden. And if it lies directly next to grass, use an edging tool for an even sharper look.

## BE BOLD

Finally, be brave. There are few things in a garden that won't grow back, so you can afford to be bold when making changes or cutting things back.





**D**o you love a glass or two of Prosecco?

Fancy knowing what snacks you should eat alongside this popular Italian beverage?

Discover these top five perfect Prosecco pairings that promise to tantalise your tastebuds and stop the bubbles from going straight to your head.

#### HOW TO PAIR PROSECCO

Although most people tend to enjoy Prosecco on its own, it is actually a fantastic pairing wine, which boasts crisp and refreshing flavours that go well with everything from sweet treats to salty snacks. As a general rule, high acidity and dry Proseccos pair well with rich and creamy desserts, and sweeter ones such as rosé Prosecco are best enjoyed with savoury foods.

**POLPETTE:** Highly popular in Italy, polpetta is a type of meatball that is usually made from pork, beef or a combination of both. Small and delicious, this is the perfect snack to pair with a glass of Prosecco.

**BRUSCHETTA:** You have probably already heard of bruschetta as it often features in the antipasti section of an Italian restaurant's menu. So simple, yet oh so delicious, this toasted bread is rubbed with garlic before being topped with olive oil, tomatoes, basil and even more garlic.

**SALADS:** While a salad may not be the first dish that springs to mind when you think of Prosecco, the fairly low alcohol content of this popular beverage makes it ideal for pairing with a light and fresh dish. For best results, match Prosecco with spinach, strawberries and goat cheese. It can also work well with a classic chicken Caesar salad.

**MILD CHEESES:** If you love cheese almost as much as you love wine, then you will be pleased to hear that there are many mild cheeses that make the perfect accompaniment to Prosecco. Try a glass with a slice of creamy mozzarella, ricotta or burrata.

**DESSERTS:** When it comes to Prosecco and sweet dishes, opt for crème brûlée or cheesecake with dry Prosecco, or a fresh fruit tart or fruit salad with sweeter varieties.



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TRAVEL



HOW TO FIT

**MORE**

IN YOUR SUITCASE

**D**o you struggle to fit all your holiday essentials into your suitcase? Then these space-saving tips are just what you need!

**SHORTLIST YOUR CLOTHES:** Before you even start packing, you should gather your clothes together and determine what you actually need. Try to be as ruthless as possible and, if in doubt, leave it at home. Also look for versatile garments that can be dressed up or down for maximum usage.

**ROLL YOUR CLOTHES:** This is a very effective space-saving techniques. Rather than folding your clothes and placing them in your suitcase, roll them instead. Plus, rolled clothes tend to wrinkle less than folded ones. Place larger items at the bottom of the suitcase and smaller rolled clothing at the top.

**PLACE ITEMS INSIDE YOUR SHOES:** Shoes can take up a lot of space in your suitcase, so it can be

a good idea to stuff them with smaller items such as jewellery, ties and underwear to maximise space. You should also pack your shoes on their sides rather than on their soles.

**USE TRAVEL SPACE BAGS:** Space-saving travel bags, also known as compression bags, are perfect for shrinking bulkier items of clothing, such as jumpers and jackets, into a more compact unit. These are also designed to keep your clothes wrinkle-free. Garment folders are a good idea if you are taking delicate items which are prone to creasing, such as silk dresses or linen suits, and toiletry bags are perfect for makeup and travel-sized toiletries.

**THE BUNDLE PACKING METHOD:** The bundle packing method is an effective packing strategy that involves filling a small pouch with soft items like socks and underwear and then wrapping larger clothing items around the pouch to form a bundle.





## Are you suffering from varicose veins?

**At Nuffield Health Brentwood Hospital our experienced general surgeons can treat all types of varicose veins through a range of non-invasive treatments.**

### What are the treatment options for vein disease?

There are a number of treatments for varicose veins, but only surgery can fully remove problem veins. Don't worry, having a vein removed won't affect the circulation of blood, as it will flow through other veins instead. The valves that often cause the problems are in the two large veins that run along the length of your leg, just under the skin.

You can temporarily reduce the appearance of varicose veins if you wear support stockings and elevate your legs when resting. However, the following treatments are more effective, as they close off varicose veins, so that they no longer carry blood. These treatments are suitable for some types of varicose vein problems, but not all. Your consultant will discuss the most suitable treatment for you.

### Sclerotherapy foam treatment

The injection treatment (or sclerotherapy) involves injecting a chemical into the vein to close it completely, so that it no longer carries blood. This treatment can only be used on smaller veins. Although it can improve the appearance of your legs, they may still ache. After the injection, you'll have to wear support stockings for three to six weeks.

### Endovenous laser treatment

A thin tube (a laser thread) is inserted into the vein through a small cut. The laser probe heats the vein from the inside, causing it to close. This is done with a local anaesthetic, which means the area to be treated is numbed so you won't feel any pain. It takes about forty-five minutes to an hour for this treatment on one leg. After the treatment, you will stay in the outpatient department for one to two hours and you will wear a support bandage for seven to ten days afterwards.

### Radiofrequency ablation

A thin tube is inserted into the vein above or below the knee. The tube delivers radiofrequency energy to the vein wall causing it to collapse and seal shut. Once the vein is closed off, other healthy veins take over. There may be some bruising and you will need to wear support stockings for seven to ten days afterwards. You can generally have these treatments as an outpatient.

### Are there any risks with varicose vein surgery?

As with all operations, varicose vein surgery has a risk of complications. Be sure to discuss any concerns you might have about these risks with your surgeon.

For any enquiries, to book an initial consultation or to request more information, please contact our dedicated hospital enquiry team at Nuffield Health Brentwood Hospital on 01268 955 035  
Website: [www.nuffieldhealth.com/hospitals/brentwood](http://www.nuffieldhealth.com/hospitals/brentwood)



## Don't put your life on hold

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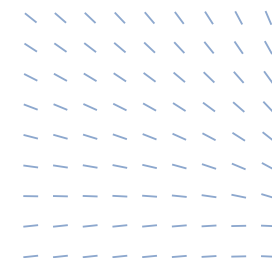


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## How to TAN safely

Many of us love spending time in the sun to achieve a golden glow. The sun can also boost our vitamin D levels and help us stay healthy. But it's important to remember that tanning can damage your skin, so follow these tips to stay safe while you sunbathe.

- 1 Avoid sunbeds.** These emit harmful UVA rays that can increase your risk of skin cancer, and can also cause your skin to age prematurely.
- 2 Choose the right sun cream.** Make sure to look for products labelled 'broad spectrum' to make sure you are protected from both UVA and UVB rays.
- 3 Watch the clock.** Research suggests that after a few hours, your body won't produce more melanin, the pigment responsible for tanning; you'll just be exposing your skin to UV damage. It's worth noting this time can vary from person to person, so better to be on the safe side and make sure you're not spending too much time in the sun.
- 4 Spend time in the shade.** This reduces your sunburn risk and helps prolong the life of your tan.
- 5 Cover up.** Wear protective clothing, especially if certain areas of your body are prone to sunburn.
- 6 Eat sun-friendly foods.** Foods rich in lycopene, such as red or orange fruits and vegetables like tomatoes, can boost your skin's natural sun protection.
- 7 Don't mix fake tan with SPF products.** This can cause the SPF to break down, reducing its effectiveness.
- 8 Be cautious during peak sun hours.** Take extra precautions between 10am and 4pm. Regularly reapply sun cream every two hours, even if you're not swimming.
- 9 Choose the right aftersun.** Look for products that hydrate and soothe your skin and avoid products that contain alcohol, as these can irritate your skin and could make your tan fade more quickly.

Remember, while you might feel that you look good with a tan, healthy skin is your top priority. So if you can't resist sunbathing, follow these tips to enhance and prolong your tan while minimising the risks.



HEALTH & FITNESS





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- 1<sup>st</sup> - Woodbridge
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- 2<sup>nd</sup> - Norwich
- 3<sup>rd</sup> - Antiques in the heart of London
- 3<sup>rd</sup> - Bicester
- 5<sup>th</sup> - Deben cruise with lunch
- 5<sup>th</sup> - Guide Dogs Training Centre
- 6<sup>th</sup> - Canterbury
- 6<sup>th</sup> - Herne Bay
- 6<sup>th</sup> - Mississippi Paddle Boat, Broads Cruise
- 7<sup>th</sup> - Bardfield Vineyard & Blake House
- 7<sup>th</sup> - Wisley Flower Show

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- 8<sup>th</sup> - London Wetland Centre
- 10<sup>th</sup> - Detling Antiques
- 10<sup>th</sup> - Hampton Court Flower Show
- 10<sup>th</sup> - Kew Gardens
- 11<sup>th</sup> - Epping on market day
- 11<sup>th</sup> - The Painters Trail
- 12<sup>th</sup> - Faversham
- 12<sup>th</sup> - Whitstable
- 13<sup>th</sup> - Brighton
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- 14<sup>th</sup> - Ramsgate
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- 16<sup>th</sup> - Duxford Battle of Britain Air Show
- 16<sup>th</sup> - Rushden Lakes shopping centre
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- 17<sup>th</sup> - Thames Cruise with afternoon tea
- 18<sup>th</sup> - Essex Countryside & lunch
- 19<sup>th</sup> - Bedford cruise with cream tea
- 20<sup>th</sup> - Mystery Tour

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- 23<sup>rd</sup> - Bury St Edmunds
- 23<sup>rd</sup> - Camden Market & Regents Canal
- 24<sup>th</sup> - Essex Autumn Shopping Fair
- 25<sup>th</sup> - Windsor town & Castle
- 26<sup>th</sup> - Polhill Garden Centre
- 27<sup>th</sup> - Bluewater
- 27<sup>th</sup> - Eastbourne
- 28<sup>th</sup> - Deben Cruise with pub lunch
- 29<sup>th</sup> - Hastings & Rye
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## CLASSIC CARS SUSTAINABLE FUEL

A leading supplier of bespoke fuels has launched a new sustainable petrol using biofuel made with agricultural waste, which is aimed at classic cars.

Classic car owners are sticklers for tradition, yet the pressure of the electric vehicle (EV) revolution has inspired even this staunch demographic to look for ways to make their motors more masterful in the modern era – without ripping out the very fabric of what makes a vehicle so special.

In short, engine specialist Coryton has come up with a way of reducing the need for classic car owners to modify their retro roadster, by creating a fuel alternative that offers greener driving and a low carbon footprint.

SUSTAIN Classic is a plant-based petrol with three fuel types – Super 33, Super 80 and Racing 50. Super 80, the fuel with the highest

sustainable content, is said to lower greenhouse gas releases by a minimum of 65 per cent compared to fossil-based fuels.

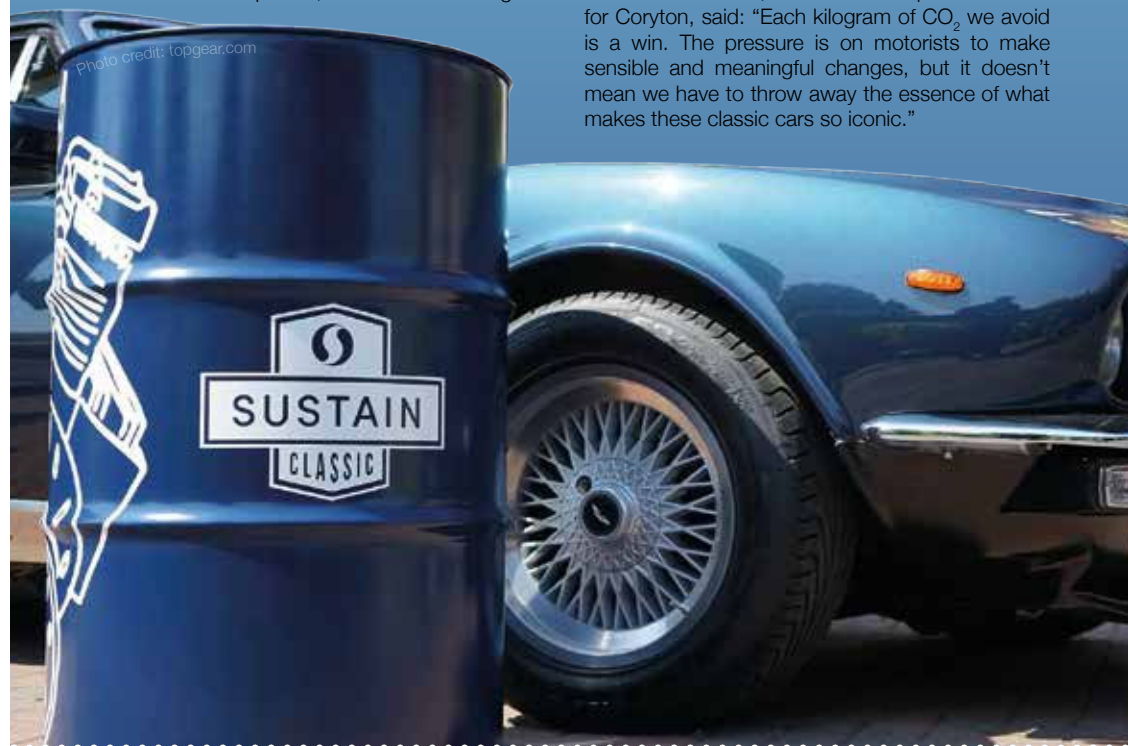
The biofuel is manufactured using agricultural waste – such as crop residues, straw and other by-products – to produce a fuel that creates significantly less atmospheric pollution.

The formula isn't cheap, though, with the lowest pricing of the three fuel types coming in at £3.80 a litre.

However, each meets European compliance standard EN228, as well as containing premium additives that clean and protect the car's engine.

The fuel offers a healthy and competitive alternative to typical EV refits for classic retro roadsters, which often come with a hefty conversion price of around £6,000.

David Richardson, business development director for Coryton, said: "Each kilogram of CO<sub>2</sub> we avoid is a win. The pressure is on motorists to make sensible and meaningful changes, but it doesn't mean we have to throw away the essence of what makes these classic cars so iconic."







SPORT



# WREXHAM RED DRAGONS RISING AGAIN

## HOW A CELEBRITY TAKEOVER HAS BREATHED FIRE INTO THE WORLD'S THIRD OLDEST PROFESSIONAL FOOTBALL CLUB

Although Wrexham AFC were founded in 1864, have won the Welsh Cup a record 23 times, and famously knocked holders Arsenal out of the FA Cup in 1992 – one of the biggest giant-killing victories in the history of the competition – nothing could prepare them for November 2020.

For that was when Hollywood came to town, as Canadian-American actor Ryan Reynolds and American actor Rob McElhenney bought the club. At first, it seemed to be the actions of millionaires playing out a celebrity whim; yet what has materialised since has been heart-warming and gut-wrenching in equal measure, reviving the fortunes of a forlorn team and town.

No sooner was the takeover of the club complete than streaming services Disney+, FX and Hulu agreed a docuseries. *Welcome to Wrexham* was designed to follow the club's fortunes on and off the field, a world away from the glossy excesses of similar fly-on-the-wall series involving Manchester City and Tottenham Hotspur.

With the club languishing in the fifth tier of

English football, the hope was that the new influx of exposure, revenue and players – not to mention the impetus of a truly global fanbase – would drive success and promotion back to the Football League. However, it wasn't that straightforward.

A failed promotion campaign in 2021/22, despite the club finishing second in the table, was compounded by defeat to Bromley at Wembley in the FA Trophy Final.

Yet last season, the team regrouped, clocking up a record 111 points to win the National League title, a campaign during which they also reached the FA Cup fourth round.

This season will see them back in the Football League for the first time since 2008, with owners who have made a truly spiritual connection to the fans, the town and, of course, the team.

With further investment, Wrexham are already favourites to take the League Two this coming season.

You can't help but wonder just how far the dragon's fire can reach.

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