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VISION StanmoreEdgware | Edition 1 | May 2016

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Editor's notes...



Hello and welcome to the first issue of **VISION Stanmore & Edgware**.

It's brought to you by the same company which publishes the popular **MyNews** magazines.

To improve our circulation we made the decision to merge our **MyStanmoreNews** and **MyEdgwareNews** magazines to create what you have in front of you now.

It means we can continue to provide local readers in HA7 and 8 with interesting articles covering the whole spectrum of what's going on in the world.

We really think **VISION Stanmore and Edgware** has something for everyone and the future for the publication looks very exciting with some big name interviews lined up.

The idea has proved extremely popular with local advertisers and it's their support which makes this all possible.

In this month's edition we give you top tips on how to spring clean those make up bags, and bring that colour back into your garden after a cold winter, with some eye-catching hanging baskets.

In other news, the Queen celebrated her 90th Birthday and Prince William and Kate Middleton headed over to India. This has been covered by **VISION's** very own Charles Rae, a previous journalist for *The Sun* who travelled with Princess Diana worldwide.

We'd love to know what you think of the magazine so please don't hesitate to get in touch and give us your feedback. Thank you for reading.

Until next month, take care,
Misha

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ISSUE 11

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HAPPY BIRTHDAY YOUR MAJESTY

The Queen has shown that she really is a reigning champion as she celebrated her 90th birthday.

But there was no rest for the Monarch as she conducted engagements on her actual birthday, April 21, including a walkabout in Windsor.

She then lit the principal beacon at Windsor Castle – the first of 564 birthday beacons that officially marked the beginning of the celebrations.

The Queen will then attended a private birthday party at Windsor Castle, hosted by Prince Charles.

But events to celebrate the fact that she will be the first reigning Monarch to reach 90, run throughout April, May and June.

Ant and Dec hosted an equestrian spectacular at Windsor Castle in May with a weekend of celebrations in June to follow, culminating in the sold-out Patron's Lunch, a spectacular street party for 10,000 in The Mall costing £150 per head, two days after Prince Philip's 95th birthday – another landmark occasion.

Although long haul trips are now a thing of the past for the Queen, very little else has changed in her working life.

Last year the Queen carried out more engagements than the Duke and Duchess of Cambridge and Prince Harry combined, making 341 visits in the UK and abroad.

William, Kate and Harry managed only 292 between them while Philip clocked up 217 home engagements and 33 abroad.

Although Buckingham Palace will not comment on whether the Queen will go

abroad this year, saying the second half of 2016 is still "in the planning stage", her domestic diary looks as busy as ever.

As well as 90th birthday events there will be a number of high profile engagements across the UK including Holyrood week when the Queen will carry out a series of engagements at other key royal events include the State Opening of Parliament which the Queen still sees as one of the highlights of her constitutional duties despite placing enormous strain on her.

Her Majesty is required to wear the 3lb Imperial State Crown for an hour while reading her speech. Prince Charles now accompanies his mother, having taken over an increasing amount of her duties including investitures, but the idea of standing in for her on such major state occasions is still met with incredulity behind palace gates.

The only concessions to her age at the ceremony are that the Queen avoids walking down too many steep steps in full regalia while her dais has been lowered to ease the pressure on her knees when bending down to confer honours at investitures cut back from 90 to 60 minutes.



Photo Credits: PA Images

UNITED FRONT

PRINCE TREADS IN HIS MOTHER'S FOOTSTEPS

Written by Charles Rae

Look at this picture. It is one of the most iconic snaps ever taken but can you spot what is missing?

...Give yourselves a pat on the back if your answer is Prince Charles.

I was in India, covering the royal tour in February 1992 when Princess Diana sat on a brick bench in front of the world's greatest monument to love - the dramatic Taj Mahal in Agra.

But 1200 miles away in Bangalore was the man who should have been sitting with her, the Prince of Wales, who preferred to address a conference instead of being

with his wife.

Prince Charles had visited India as a single man of 32 in 1980. Sitting on the very same stone bench in front of the Taj Mahal, he had vowed to return one day with the woman he loved.

But it was a promise he broke.

This resulted in the iconic image of the Princess of Wales sat alone on the very same bench which many critics hailed as symbolic of cracks in the couple's marriage.

At that time, there had been strong rumours that the one time fairy tale royal marriage was in trouble. This picture made it clear in no uncertain terms that the couple were

having serious problems - highlighted a few days later in Jaipur at a Polo match where Diana presented prizes to the winning team - captained by her husband.

As he moved in to kiss her, the Princess deliberately moved her head and Charles missed. Just a nine months later, the then Prime Minister John Major announced that the couple were separating.

But back to that day at Agra, the Princess clearly knew that her being photographed alone would send a massive message back to the UK. There was an entourage - mainly Indian dignitaries - accompanying the Princess, but we in the press pack wanted all of them out of the way.

One photographer even jokingly asked her: "Can we have just you in front of the Taj Mahal, without the rest of the family?"

In fact when one newsman asked her how she was feeling, Diana replied that she found the visit to the Taj Mahal "very healing."

The enigmatic words confused us all but despite our pleas, the Princess refused to elaborate.

Last month this picture made headlines once again - 24 years after it was taken.

Her son Prince William is on an official tour with his wife Kate. William will be standing and sitting next to Kate in front of the Taj Mahal. This time the picture will signify their

unity - just as Diana's picture signified her loneliness.

The visit is taking place at the request of the British Government and is the first time either William or Kate have been to the country.

As well as India, The Duke and Duchess of Cambridge - who are leaving Prince George and Princess Charlotte behind - are also visiting the secretive kingdom of Bhutan.

It's a whistle-stop week-long tour starting in Mumbai on April 10 and finishing with a visit to the Taj Mahal on April 16.

Nestled between India and China, Bhutan has been ranked as the happiest country in all of Asia and the eighth happiest country in the world.

Its hereditary Monarchy has been in power since 1907 but the country became a Parliamentary Democracy after elections in 2008.

It has a population of 770,000, a life expectancy of 68 and the currency is the Bhutanese ngultrum.

The capital Thimphu does not have any traffic lights, with police directing traffic instead.

The Duke and Duchess will be hosted by Dragon King Jigme Khesar Namgyel Wangchuk - who became king in 2006 - and his wife Queen Jetsun Pema.

The couple have just celebrated the arrival of their baby boy who was born in the grounds of their Lingkana Palace on February 5.



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Make your own Cider

There are few things more English than a glass of scrumpy. In fact cider consumption in England can be traced back to 1066 and the Norman Conquest.

If you have a surplus of apples, or access to windfalls, then why not try making your own. Cider making can be very easy – simpler than brewing beer.

A variety of cider making kits are available from brewing stores and on the internet. Or, if you are handy, you can make it using items you have around the home. Here are some simple tips.

- Source your apples, and don't skimp on the quantity. About 20 lbs of apples will produce 4.5 litres. You can use any type of apples as long as they are ripe, although the experts recommend trying to use a variety of apples, some sweet and some acidic.

- Juice the apples. Some people use a juicer, others take an old school approach. If you want to try a more traditional method, pulp them first, simply by cutting them in pieces and placing them in a bucket and mashing them with a piece of wood. Then run the mashed pulp put through a wooden press. If you are handy, you can make your own press. There are lots of examples on the internet which have been made

with some old timber, a car jack and some muslin cloth. You can also purchase one.

- Once you have your juice/pulp put it into a storage bucket which has been cleaned with food grade sterilizer.

- Add a sodium metabisulphite tablet such as Campden to kill any nasties such as moulds or bacteria in your liquid.

- Wait 24 hours and add brewing yeast to get the fermentation process going.

- After a week or so, your mixture should have changed and sugar will have turned into alcohol. If your mixture tastes very sharp, you can add calcium carbonate to neutralise the acids in your cider. Add the calcium carbonate in stages as it will cause the mixture to fizz.

- Leave your cider for a few weeks. It will clear as the yeast settles and then be ready for bottling. It is recommended you prime the bottles by adding just over half a teaspoon of sugar to each. Use bottles designed to stand pressure such as bottles made for sparkling wine. Seal your bottles with corks and champagne wire cages. You can use beer bottles with crown corks, but this needs a special tool.

Drink on its own, or serve with food. The National Association for Cider Making has a number of recipes on its website of dishes which are ideal with cider.



FOOD & DRINK

That's the spirit

the humble G & T is back

It was once considered seriously out of fashion and the sole preserve of senior members of the Royal Family or your elderly aunt at Christmas.

But the late Queen Mother's favourite tipple, the gin and tonic, is well and truly back in style.

Sales of the juniper-flavoured spirit are skyrocketing and slick cocktail bars across the country have elevated making the humble G & T to an art form.

It's not surprising that gin is so popular, with its complex and slightly bitter taste, it is the perfect refreshing drink on a warm day.

In years gone by, a G & T served in any pub was a simple affair — standard gin, standard tonic served with ice in a high-ball glass. Nowadays ask for a gin and tonic in some city bars and you will be offered an array of gins (many made by the small "independent artisanal distillers"), a selection of tonics and a range of garnishes to choose from.

Some serve G & Ts with hand-chipped ice (it melts more slowly than your bog standard ice cube apparently) and in a copa de balon (a balloon-shaped wine glass rather like an oversized goblet) to enhance the aroma of the botanicals in gin.

Garnishes on offer include apple, grapes, rose petals and cracked black pepper.

It's all a far cry from England in the 1700s when gin was served neat in quarts or pints and was considered the scourge of the working classes. It was labelled "Mother's Ruin" because it caused women to turn their backs on their maternal duties and opt for a life of dereliction.

Things became rather more civilised in the early 1800s when British soldiers based in India began mixing their daily ration of quinine, which they were given to prevent malaria, with gin, water and sugar. A classic was born.

Spanish style G & T

The Spanish take their G & Ts very seriously and are now the biggest gin drinkers on the planet, per capita.

Ingredients:

- A 50ml serve of good quality gin
- 200 ml of good quality tonic (many bars favour Fever Tree)
- Add something fruity or botanical. Citrus fruits such as lemon, lime, pink grapefruit or orange are popular as are berries (choose from grapes, raspberries, juniper) or herbs and spices (coriander, mint, cardamom, cinnamon or parsley)
- Take a copa de balon or the biggest wine glass in your cupboard and fill it with a fair portion of ice (five to ten cubes). Add your garnish and then pour your gin over the top followed by your tonic.

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TAKE A WALK ON THE WILD SIDE

with chef Valentine Warner



Photo Credit Jake Gavin

Some celebrity chefs like to spend their time in Michelin star kitchens experimenting with exotic ingredients and cutting edge technology.

But Valentine Warner, most recognisable from his BBC show *What to Eat Now* from 2008 and regular stints on cooking programmes such as *Saturday Kitchen*, is not your average “celebrity chef”.

As a great lover of wild Britain and its countryside, Val (as he likes to be called) prefers nothing more than just cooking with fresh fish or a wild animal, or something plucked straight from the great outdoors.

He said: “I cook every day. I grew up in rural Dorset and my father was passionate about nature. I think this is where I get my love for the countryside. I was of the notion that everything was edible or inedible. So there isn’t much I disliked and I was forever putting things in my mouth and chewing at things.”

Coming from two good cooks - both his mother and father provided meals for his family - Val’s destiny was written for him early on.

Street food

His passion for food comes from turning something simple into something spectacular, which he calls “food from poverty” or “eating on the side of the road”. This perception of food extends throughout his life, where even on holiday he opts for eating from street vendors, rather than top rated restaurants so he can get a feel for the flavours and tastes of the area.

“*I much prefer food that’s charcoal cooked and I just follow my nose. It’s all about the senses for me*” Val added.

One question Val reluctant to answer is what his favourite food is. Unlike most, food for this green-fingered cook is all about mood, location and circumstance. But with all this in mind, fish or shellfish would be his produce of choice for the mere reason that he finds the underwater world a mysterious place and, of course, loves fishing.

Learning to fish, cook and shoot from a young age led Val to a real appreciation for fresh fish, seafood and shellfish. The experience is as exhilarating as the food itself for the chef and allows him to relax, turn off his phone and recuperate.

One thing of which the fisherman is certain is that being healthy is not necessarily about eating certain foods, but instead having everything in moderation.

He said: “I would describe myself as a healthy person. I walk as often as I possibly can and if I am somewhere safe enough to swim, I’ll swim and I’ll happily climb a mountain too. But at the same time, I don’t follow a strict diet, I eat absolutely everything and there’s a lot of preciousness out there which I am not really into.

“For me, being healthy is not living by any food rules, but eating a bit of everything and let your mood guide you.”



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INGREDIENTS

200g Chocolate, preferably good quality dark chocolate with 70 per cent cocoa solids | 150g butter (unsalted is best)
 1 tbsp of golden syrup | 100g maltesers | 100g hazelnuts | 100g pecans | One crunchie bar or snickers (optional)

METHOD

This is the easiest cake you'll ever come across. There's no baking involved and you can tuck in after about an hour and a half of cooling. It's not for the faint-hearted, weight conscious or if you have an aversion to chocolate!

1. Break the chocolate into small pieces and put it in a heatproof bowl with the butter
2. Place the heatproof bowl on a saucepan of gently boiling water, be careful not to let the water touch the bowl and leave to melt, stirring occasionally
3. Mash your maltesers and any other chocolate you may be using, you can chop it up, or place in some cling film and cover with a tea towel and pound with a rolling pin to break into small pieces
4. Chop up your nuts into rough chunks; you want to be able to get surprises when you tuck in
5. Pour the syrup into the melted chocolate and butter and then mix in the dry ingredients
6. Once well mixed, spoon into a loaf tin, mould or tray bake tin and pop in the fridge for an hour or two. If you have longer, overnight is best and the taste is better

When you are ready to serve, turn the mould out onto a flat surface and cut into equal squares. Put in an air tight container in the fridge and they should keep for up to a week.



THE GREAT BREXIT DEBATE

On Thursday, June 23 the UK heads to the polls to vote whether to stay in or leave the European Union. It's a momentous decision which will define a generation and one which has split the Government.

The Prime Minister David Cameron is arguing to stay in and the current Mayor of London Boris Johnson says we should leave.

It's not just political parties experiencing in-fighting over the decision. We spoke with three generations of the Francis family from Watford in Hertfordshire who had opposing views.

But first let's look at five points from sections of both the in and out campaigns.

THE REMAIN CAMPAIGN ARGUES THAT:

- We are better off in the EU.
- Europe is our biggest trade partner.
- An estimated 3.5 million jobs are linked to the EU and would be at risk if we left.
- Immigration isn't all one way traffic with UK citizens looking to move abroad potentially affected and restricted by change.*

*According to the Stronger In website.

THE LEAVE CAMPAIGN SAY THAT THE UK WOULD HAVE:

- Freedom to make stronger trade deals with other nations.
- Freedom to spend UK resources to the advantage of our citizens.
- Freedom to control our national borders.
- Freedom to restore Britain's special legal system.*

*According to the Better Off Out website.

FAMILY VALUES

The Francis family described themselves as a very 'typically' British family. We spoke with Grandfather Michael, his son Alan and Michelle who is Alan's daughter to get their views on the referendum.

Michael, 68, a retired bank manager, said: "One thing I know from my four decades working in the financial

industry is that it fears nothing more than uncertainty. A vote to leave the EU would strike fear into the UK money markets for a good few years until the fallout has settled.

"I also think that in terms of our position in the World we're no longer the power we once were and being a part of the EU helps us negotiate with the USA and other trade partners. I will be voting to remain in the EU."

Alan, 45, a businessman, said: "I want out. Europe dictates to us. How can we be told what to do and how to run our own country by people who sit in faceless offices in Brussels?"

"The remain campaign is based around fear of change while the leave argument is one which I believe is more accurate and forward thinking. This idea that everyone will stop trading with us because if we leave the EU is crazy,

"We are one of the top six economies in the World. Do you really think that big foreign companies will look at us and think, 'they're out of the EU, and we can't do business with them anymore?' Of course not.

"Immigration is also a major concern. When people say there's no more room they're being realists not racists.

"Also I thought that President Barrack Obama was out of line when he made his comments about leaving being bad for Britain. Could you imagine a British prime Minister telling the USA what to do? No chance."

Michelle, 23, who is a stay at home with two young children said: "My partner and I have talked about this a lot. It's a decision that I feel we are making not just for our future but for that of our children.

"It's a once in a generation vote and I'm leaning towards a remain vote. Neither side have totally convinced me as a lot of their arguments are based on guesses or predictions.

"What's swinging it for me to vote to stay in is that I feel our national security would be safer as part of a bigger block of countries. But the most important thing for me is the economy. A vote to remain seems to be my best option although I must admit to seeing the whole thing as a waste of time and energy compared to more pressing and socially damaging issues like housing shortages in the UK."

The debates will keep raging up until the 23rd June then perhaps for a while after.

Either way it will be a very interesting period in our nation's history.

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Council promise valuable mental health service will be saved

Harrow Council had decided to save a mental health service, which benefits Stanmore and Edgware residents, as council leader said it is “valuable resource to our community”.

Cllr David Perry, leader of Harrow Council, announced an innovative model for a raft of new mental health services at The Bridge that will keep the centre open for years to come and create a beacon of mental health.

The council outlined its voluntary sector and community partnership model following a consultation and weeks of work to devise a cost-effective option that protects the council-owned centre.

Service users who united to create the “Save The Bridge Campaign” applauded the decision to keep the centre open. Campaigners pledged to work hand-in-hand with the council to create a lasting and high-quality service for Harrow.

Louise Mitchell, The Bridge service user and campaigner

said: “I feel total relief. I’ve been going to The Bridge every day for 18 years – it gives me a reason to get up in the morning, gives me a place to go and gives me the support I need to stay well. The Bridge is like a home from home.”

Cllr Perry added: “I have been humbled by the dignified, passionate and steadfast campaign to save The Bridge. Their extraordinary creativity and belief will now help us co-design a brilliant service in this mental health centre. The Bridge is a valuable resource to our community.”

Coming to the end of its previous tendered contract, The Bridge had been one of a multitude of Harrow Council services proposed for closure in cutbacks prompted by the withdrawal of tens of millions of pounds of government funding.

Council officers devised the new model following an extensive consultation with service providers and service users at The Bridge. They will now form a “steering group” to develop the community approach.



Family's fight against disease continues to go strong

A courageous Stanmore family have raised more than £115,000 in their fight against a fatal genetic disease that their four year old son has been diagnosed with.

Shiv Thakrar's proud parents Sejal and Manoj received the devastating news in April last year that their son has Duchenne Muscular Dystrophy (DMD) which is a rapidly progressive muscle wasting disease.

Shiv looks like any other boy his age; but his condition means that he is getting weaker by the day. In his early teens he will lose the ability walk, by his late teens he will start to suffer respiratory

The family immediately adopted a positive attitude and set up a campaign called Smile with Shiv which they have linked with the national charity Muscular Dystrophy UK. The campaign has since gone from strength to strength

and thanks to help throughout the community the project has raised more than £115,000 with that figure continuing to rise.

Smile with Shiv aims to raise awareness of DMD and funds for vital research which is currently being carried out in a bid to find an effective treatment and cure.

Speaking to **VISION**, Sejal and Manoj reiterated that they would do all they can to save their son. They said: "We want to make sure Shiv is the first generation of boys who survive this condition and we will do all it takes to ensure that happens."

For more information about the Smile with Shiv campaign and upcoming events, visit their Facebook Page Smile with Shiv or their website www.smilewithshiv.org

to have lots of fun and raise awareness for local projects.

Organisers aim to raise money for local causes including St John's Church bells which have rung out across Stanmore for almost 400 years and are now in need of some urgent work. They are also trying to raise money towards the creation of a raised sensory bed in Bernays Gardens.

To make this the best Stanmore Fete so far, organisers are calling on members of our community to get involved and invite them to take part in the organisation of the fete.

If you'd like to be involved in the event and especially if you would like a stall do contact Lynne Kaye on 07721 020828 or email them at enquiries@stanmorefete.co.uk

Stalls are £25 including a table and chairs

Organisers prepare for summer fete

Organisers of the Stanmore Fete are inviting residents to join them for the event. The fete, which takes place on Sunday June 12 from noon to 4pm on Church House Field, Old Church Lane, is one of the highlights in the town's calendar.

There will be craft stalls, food stalls, games, entertainment in association with Stanmore Stagecoach and our now famous dog show in association with Blythwood Vets.

The aim of the event is to bring the community together and celebrate all things positive about the neighbourhood,

MP blasts A&E claims as "utterly rubbish"



Bob Blackman, the MP for Harrow East, has queried figures being used to claim that only one in four patients are waiting longer than four hours to be seen at A&Es under the London North West Healthcare NHS Trust.

Official figures provided by the Department for Health show that, during January 2016, 89 per cent of patients were seen within four hours. Furthermore, this year to date, the figure is 89.4 per cent for patients were seen within four hours, which is vastly different than the figure of 74.6 per cent claimed by Harrow West MP, Gareth Thomas.

Commenting, Bob Blackman said, "Claims that one in four people are waiting longer than four hours are utter rubbish. The official figures show that nearly 90 per cent of patients are being seen within the target number of hours and that our hospitals are doing exceptional work in maintaining that figure.

"Of course, services are always under strain in our hospitals, and January is especially known for being an extremely busy time as the bad weather aggravates colds and chronic illnesses and leads to more people visiting A&Es.

"However, to suggest that all of the extra funding and support provided is not having an impact is simply incorrect. The performance figures show that our local hospitals are now some of the best in London."

MP welcomes new funding for local schools

Bob Blackman, MP for Harrow East, has welcomed an announcement today that four of our local schools are to receive a share of a £435million fund to help improve and expand their facilities.

Park High School, St Bernadette's Primary School, Krishna Avanti Primary School and Canons High School will all receive funds from the Condition Improvement Fund (CIF) 2016 to 2017, announced today by the government, which will go towards 1,276 projects for 1,030 academies and sixth-form colleges.

Mr Blackman said: "Harrow is home to some truly excellent schools and I am extremely pleased that these schools are being supported in their aspirations to expand and provide the best possible education for their pupils. We have a growing population locally and there is a strain on school places, so it is vital that the schools we do have are able to expand and improve their facilities as needed.

"I know this news will be extremely welcome to parents locally and I congratulate the schools and their teachers for their success."

In addition to this funding for the expansion of good and outstanding academies and colleges, the government is also making over £200million capital funding available to support the expansion of special education needs provision and the creation of new special schools.

Technology developed for NASA



A new item of equipment is transforming the rehabilitation and recovery of patients at the Royal National Orthopaedic Hospital (RNOH) by using technology originally developed for NASA.

The Stanmore hospital use precise unweighting technology, the AlterG Anti-Gravity Treadmill, which allows

therapists to push rehabilitation and training further than ever before.

It is the perfect solution for patients looking to regain mobility, develop strength and fitness, and increase range of motion and natural movement – all while minimising stress on injuries.

The treadmill reduces gravity's impact by selecting any weight between 20 per cent and 100 per cent of the patient's body weight by one per cent increments. This starts the patient loading naturally, using muscles that would otherwise be minimally and ineffectively loaded.

It can be used for physiotherapy following an injury or surgery on a lower extremity (hip, knee, ankle or foot); rehab after total joint replacement; gait training and strengthening for neurological patients; strengthening and conditioning in a fall-safe environment for older patients; weight-loss programs and injury prevention during sport specific conditioning and fitness improvement programs

Holly Doyle, specialist physiotherapist at the RNOH, said: "We are delighted to have the AlterG treadmill here, it provides us with the ability to rehabilitate our patients at an earlier stage and with less pain and deliver functional rehabilitation."



Local GB Olympic hopeful is going for gold

A nearby sports centre has sponsored a local Olympic Team GB hopeful and Commonwealth Games finalist. Everyone Active has sponsored local Olympic Team GB hopeful Nathan Fox. The Commonwealth Games triple jump finalist regularly uses Harrow Leisure Centre and Vale Farm Sports Centre for his training.

Both centres are operated by Everyone Active in partnership with Harrow Council and Brent Council respectively.

The 12 month partnership, which commences on April 1, will provide Nathan with £5,000 funding to help him towards his training and his goal of reaching the 2016 Rio Olympics.

Nathan said: "It's not easy to fund the training I need to be doing to get me to Rio. The cost of the travel on top of the training itself and time away, which means I am unable to work, puts a lot of pressure on my time that should be spent in training."

"The sponsorship money from Everyone Active will be a huge help as it will fund my training in Orlando allowing me to focus completely on the training itself so I hope it will

help me to qualify for Rio."

As well as the sponsorship money Nathan will be granted free access to all of the Everyone Active centres for his training.

He added: "Having free access to the Everyone Active centres is a huge help for my training. I regularly use the strength gym to help with my power and I also practice on the outdoor track at Everyone Active's Westcroft Leisure Centre in Sutton."

Everyone Active south east regional director Duncan Jefford said: "We are very proud to sponsor Nathan, he is a hugely promising and talented young athlete and we are delighted to be able to support him on his journey to Rio."

"We wish Nathan the best of luck with his upcoming training and with the Olympic qualifications and look forward to working with him and supporting him further through his very promising career."

To find out more information about Harrow Leisure Centre and Vale Farm Sports Centre please visit www.everyoneactive.com

Society group look ahead to an exciting summer



President of local group Stanmore Society, Tony Raymond, has given his thoughts on the arrival of **VISION** and the latest goings on in Stanmore.

He said: "We welcome the new **VISION** and I am sure it will provide as much, if not more, local interests as the superseded **MyStanmoreNews**."

"Wood Lane Farm which is the upper end of Stanmore Country Park, has now opened its Car Park. This will be opened at 10am each morning and close at 8.30pm in summer months, and at 4.30pm when the evenings draw in."

"The views from the vantage point (there is seating there also) are across London as far as the North Downs on a clear day. It is well worth a visit. A thank you to the Hindu temple which is in Wood Lane and is alongside the park. They have volunteers for the opening and closing, plus the other volunteers for the park, the project guided by Steve Bolsover of Harrow Nature Conservation Forum."

"Our Stanmore Garden Fete this year will celebrate the Queen's official Birthday. It will move from the Recreation Ground off Stanmore Hill to the field behind Church House in Old Church Lane, next to the Bernays Garden which will not be used unless the number of stalls and children's attractions exceed our expectations. The Bernays Garden is now blossoming under the tender care of the Bernays Garden Community Group - well done to those volunteers."

"The major attraction for some years seems to be the dog show organised by Blythwood Vets in Stanmore Hill and they will be with us again this year. The date is Sunday, June 12 and will run from noon to 4pm. You will know when the fete starts - St. John's Church will ring the bells to open and close it. May I make a plea for volunteers for this day, and donations for the Tombola and Raffle will be welcome. Just contact Lynne on either 07721 020828 or email on enquiries@stanmorefete.co.uk

"For Society Membership please contact Audrey on 07947 423215".

London breaks ground as first ever Muslim mayor is elected



Labour's Sadiq Khan has been elected as the first ever Muslim Mayor of London after comfortably beating Conservative candidate Zac Goldsmith.

Navin Shah (Labour) also retained his position as London Assembly member for Brent and Harrow.

Sadiq Khan's election marks the end of eight years of Tory rule at City Hall and makes the 45-year-old London's third elected mayor.

Khan pledged in his manifesto that half of new housing construction in London should be affordable to people on average incomes as well as a policy of freezing transport fares for four years.

His opposite number, Zac Goldsmith, was highly criticised for what many considered a racist campaign and personal attack on Khan.

In the end Khan's popularity shone through and he ended up beating Zac Goldsmith by 1,310,143 votes to 994,614.

Join your local walking football session now

Walking Football, a slow-paced version of the beautiful game aimed at the over 50s, has arrived in the local area with Stanmore and Edgware residents urged to sign up.

Walking Football is designed to help people keep an active lifestyle regardless of their ability, age and gender, as well as getting individuals back playing football who had to stop due to injuries.

As the name suggests, Walking Football is non-contact and anyone that sprints, runs or jogs while the ball is in play will be penalised with a free-kick awarded to the other team.

Recreational Football Development Officer for Middlesex FA, Andy Perren said: "Participants that attend comment on how beneficial they have found the sessions, not only from an exercise point of view but also the social aspect where they have met new friends and meet up outside of the sessions."

"The sessions are run by a qualified coach and include skills development and instruction tailored to meet each individual's needs"

A full list of all the daytime and evening sessions Middlesex FA run can be viewed online at www.middlesexfa.com/players/walking-football

For more information on Walking Football, please contact Andy Perren on 0208 515 1911 or email andrew.perren@middlesexfa.com



Football club secure league title in stunning style

An incredible April saw six wins out of six in the league to secure the Division 1 title with three games remaining. Understandably winning the Spartan South Midlands League's Team of The Month, the run started with a 3-1 win over New Bradwell before thumping Hillingdon 7-2 away. A clinical display saw Harpenden edged out in a 3-1 win.

Even finishing up on the losing side in the Division 1 Cup Final against Crawley Green could not stop the momentum of the Wares as they dug out a 1-0 win at Hatfield Town before going back to the same venue the week after to comfortably beat Codicote 5-0.

The last home game of the season saw bumper crowd of 229 come down for the celebrations which started with a guard of honour from the visitors, Arlesley Town Reserves, before the Wares ran out 3-1 winners to spark a party when presented with the Division 1 Trophy.

Despite all this, the Wares have just two games left to complete their season, both away games

Next season will see the Wares in the Premier Division of the Spartan South Midlands league and with SJP now looking like a superb ground, why not come down?

Edgware's Ladies team are now training on Friday evenings, between 7.30-9pm at Silver Jubilee Park, Townsend Lane, NW9 7NE. New players are welcome. Volunteers and Sponsors are also being sought for the team. Manager Chris Walker can be contacted on 07833 603472 or emailed at ladies@edgwaretownfc.co.uk

The team can also be found on Twitter as @EdgwareTownLFC or on Facebook as Edgwaretown Ladiesfc

It's an exciting time for Edgware Town FC, so why not come down and be part of the fun?. You can also keep online at www.edgwaretownfc.co.uk or by following us on Twitter and Facebook.

Shooting for success

In a move designed to maximise the potential in the area, Edgware Town Ladies have moved their training session to 7.30pm to 9pm on Friday evenings.

The sessions are being held at Edgware Town's home ground of Silver Jubilee Park, Townsend Lane, Kingsbury, NW9 7NE. As the team continue to build for next season they will be training every week.

The team are very appreciative of Rob Morris of the stadium management's help in arranging this move.

As the training will be on a 3G pitch, metal studs are not permitted, but trainers, astros or moulded boots are.

Team manager Chris Walker invites all those interested to come down. He said: "There is massive potential in

the area, and with Women's and Girls football growing so rapidly in recent times, we are calling out to everyone. Perhaps you have played before, are looking to get back into the game, or haven't played before and fancy having a try, or even looking to get fit, or fancy a challenge in helping a new club move onwards and upwards."

In keeping with the league age requirements, players must be 16 years old and over.

The club is also seeking volunteers who would be willing to help out within various roles with the team. The team are also looking for sponsors.

All interested parties can get more information from Chris Walker on 07833 603472, email him at ladies@edgwaretownfc.co.uk or visit the website www.edgwaretownfc.co.uk



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BUSINESS & FINANCE

In recent months the UK government have announced measures that will harm the profits for buy to let (BTL) landlords. Charterwells accountants are active in helping small buy to let investors understand these changes and to minimise their impact.

Over the next few years most small BTL landlords may see rental profits fall and taxes increase due to:

- Mortgage interest relief being capped at the basic rate of 20%, which will be phased in over the next few years
- This may have a more profound impact as lenders will be looking to raise interest rates over the coming years also
- Abolishment of the wear and tear allowance
- An extra 3% increase in stamp duty tax, which applies for BTL property purchases

The groups most at risk are the small investors who have large mortgages. Also, since the relaxation of pension rules, there are more older BTL investors who have recently invested in property. They use rental profits as top up to their pension and in many cases to help make ends meet.

So what can be done to reduce the harm on your Cash Flow?

A knee jerk reaction by many small investors is to consider a transfer of properties into a new company. These are due to the attractions of paying corporation tax, creating a director's loan account and having control over the level of dividends to declare and pay out.

However, the transfer process into a company can prove to be very costly due to stamp duty tax, capital gains tax, mortgage redemption fees, legal fees, plus an ongoing increase in accountancy fees. Over the longer

term it may also restrict the pool of lenders you can apply to for remortgaging.

Setting up a company may work if you are looking to start building a portfolio as it avoids these high transfer costs.

We are currently helping current and new clients, by looking at their current position/long term plans and are tailoring a solution for them.

Key areas to consider:

So assuming you own BTL properties in your personal name. We can forecast and plan for the impact of these changes, so there are no unexpected drops to your cash flow.

Other key areas to consider are:

- Gifting a share of the property portfolio to a spouse/partner or family member
- Spending money wisely to improve the property, as it will attract a higher quality tenant, increase rent and decrease void periods
- The tax savings by switching lenders and reducing your mortgage interest cost
- The natural and expected increases in rent over the next few years
- Planning for inheritance tax

Looking at the long term outlook for London and the South East, most pundits will agree that our population is set to increase, so properties will remain in demand due to a shortage in the housing stock.

So it looks highly likely that the long term property price increases will outweigh the reductions in rental profits in the short term. Fingers crossed!

For further help email us at enquiries@charterwells.co.uk or call 0208 816 8589.

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Take note

Business advice from Richard Branson

Virgin boss Richard Branson is one of the nation's best known businessmen with a reputation for thinking outside the box and embracing technology.

This is of course a man who runs his own subscription television service and is blazing a trail in commercial lunar travel.

So it is a surprise that his key business tip, revealed in his new book *The Virgin Way*, is decidedly low tech.

Branson urges all those in business to do two things: listen carefully and always write ideas and observations down.

When Branson was a teenage entrepreneur working on his own magazine (he left school at 16 after an uninspiring academic career to start *Student*) he began capturing his thoughts in hard-backed lined notepads.

It's a habit which has lasted more than four decades. In that time he has filled hundreds of notepads, the contents of which have proved useful when negotiating deals and developing bright ideas.

"My now infamous and utterly low-tech notebook is one of the most powerful tools I have in my bag of business tricks," he writes.

He continues: "Listening is a wonderful skill, but given that the average human brain tends to store a very small percentage of what, at the time, may seem like insignificant statements and ideals, those books fill in a lot of what otherwise would be blank spaces in my memory bank."

His employees know full well how diligent Branson is with his notebook. If they refer back to a prior meeting or plan they know they have to get their facts right as Branson has a note of all their dealings.

Outsiders who have attempted to rewrite history with Branson have quickly learned it's hard to pull the wool over his eyes – his notepads have been used in lawsuits against British Airways, G-Tech, T-Mobile



Photo Credits: PA Images

and the UK Department for Transport.

And it seems Branson is not the only entrepreneur with a note-keeping habit. He recalls how when he delivered a speech in Greece 20 years ago one person stood out. The young man asked about 50 per cent of all the questions at the business seminar.

"He was clearly an excellent listener and given my 'thing' about it, I was equally impressed by his ferocious note-taking," Branson writes.

So who was this young upstart and did he make his name in business? Well his name was Stelios Haji-Ioannou, who went on to found easyJet.

"I like to use this story as a light-hearted example of the incredible benefits that can accrue from listening intently and taking notes," says Branson.

In a nutshell Branson believes: life is too short to waste time on people or projects that don't excite you; and never stop learning or listening.

OTHER TIPS FROM BRANSON

People aren't born lucky, good fortune happens to those who put themselves out there and pursue their dreams.

Don't text or use your iPad during meetings. It's rude.

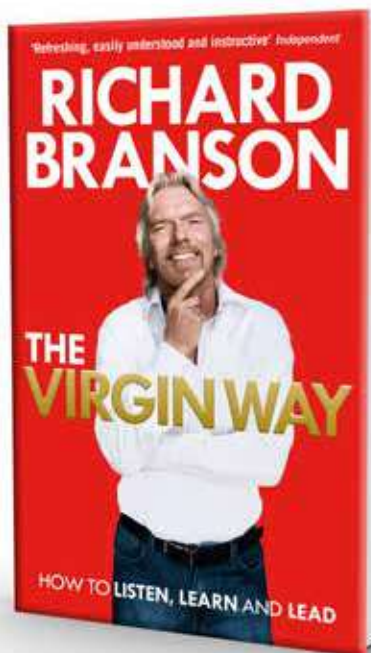
Listen to what people say – and note what hasn't been said. What they fail to mention may be just as important as what they do say.

Be clear when communicating your views – you either like it or you don't, avoid double negatives and maybes

Have fun. If you aren't passionate about it, don't do it.

Be suspicious of formal focus groups. People tend to say what they think you want to hear in this environment.

If you have a business visit staff on their home turf the office to see how things really work.



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Why Business MOT is necessary?

Case Study on Ash Logistics Ltd, Watford

WHY BUSINESS MOT?

Ash Logistics Ltd is a Watford based family business for UK nationwide deliveries and storage service. TJ Business Solutions Ltd ("TJBS") has been working with Ash Logistics since 2007, carrying out regular Business MOTs, supporting their growth in different areas and arranging funding for the business. Following are views from Ash Logistics owner/MD Ashley Walsh on reasons and benefits of Business MOT

Ashley recommends using Business MOT – every company has to always know where they are and regular external reviews give neutral views.

Hindsight is often found useless but to review the previous decisions is useful knowledge, to avoid repeating any possible mistakes.

Looking forward, make a business plan and then review its results require the knowledge about the company today.

Every business should be growing, forecasting where to be in 3-5 years. You'd be looking for sales growth, new markets, acquiring other businesses, searching for loans or investors or to grow out from the business and sell it. For all these options the justification for Business MOT is the need to know where your business is today.

Risk management should cover general economic risks, industry risks, the business risks of the company and financial risks, all assessed in Business MOT. Risk management is too often ignored, found less important because "the risks don't hit our company"

Growth requires funding and to know how much money is needed and what types of funding are best to the business are the basics, defined in Business MOT. Current financial position, cashflow and costs of the current funding used are all reviewed in Business MOT.

Ash Logistics operations started in 2004 as one vehicle-one man service, the industry professional Ashley behind the wheel. Ash Logistics Ltd was incorporated in 2005 and when



TJBS co-operation started in 2007, Ash Logistics had 2 vans and 4 subcontractor vehicles.

The Business MOTs provided Ashley with the knowledge of the market changes and Ash Logistics position in the market. The need for change appeared and original ad-hoc / short notice deliveries were enhanced to cover also contract based business, diversifying risks and increasing predictable company revenues.

In 2012 Ash Logistics leased a warehouse, with office space, offering short and long term storage space to the clients.

The business itself has grown to 12 vehicles with own drivers and total number of staff today is 15. With the network of subcontractors, Ash Logistics has tens of various vehicles, to serve the steadily growing client base.

Ashley says the successful growth has required regular Business MOTs. Therefore, the co-operation with TJBS and their regular Business MOTs continues today.

If you need experienced, truly reliable and client service oriented delivery and storage service, contact Ash Logistics (info@ashlogistics.co.uk) and if you need Business MOT, contact TJ Business Solutions Ltd (jarmokesanto@tjbsolutions.com)

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When it comes to property, we all know what we like. For a property to sell, each buyer will have an idea of what they are looking for, and while you may not be able to change the size or layout of a house, there are a number of things you can control to increase its attraction to potential buyers.

EXTERIOR

First impressions really do matter. When looking for a property, the first thing someone will see is its outside appearance, making a decision at that moment as to whether or not it looks appealing.

Landscaping is one cost-effective way to increase your properties interest, value and overall appearance at a first glance. From potted plants to sweeping the path, taking some interest in the front of the house can impress from a first glance.

Buying inexpensive garden furniture can give the garden a lift, demonstrating its potential to be a space for entertaining. An empty, overgrown piece of land gives the appearance of buyers having a lot to do once they move in, so it is important to keep grass cut and the area looking presentable.

INTERIOR

When buying a home, viewers want to imagine your house as their new home, and for them to do this, the property must appear liveable, exciting and customisable.

A major overhaul is costly in terms of both time and

money, and with no guarantee you will benefit from a large scale renovation, here are some ideas to enhance overall presentation.

Keep paint colours neutral. A bright colour may discourage potential buyers, whereas a neutral colour allows the buyer to imagine the way in which they would customise it to suit their own preferences.

Quick fixes are important. For a minimal cost, you can fix an issue which could hinder a sale. A broken tile or stained carpet may not cost much to repair and could change the overall appearance of the property's condition. Have modern, bright lights to avoid a dingy appearance.

Keep it clean. A spotless house is the best way to impress a viewer. Ensuring the house smells pleasant and no mess is left lying around during viewings is crucial in attracting buyers.

Clear the clutter and make it spacious. A study of 250 estate agents showed that two thirds of sellers who de-cluttered before viewings received a higher offer than expected, with an average of £4,811 more. Putting unnecessary items in storage allows viewers to picture their belongings in the property whilst keeping rooms themed and making sure the purpose of each room is evident. Strategically placing mirrors as well as removing downstairs doors can also give the illusion of more space.

Simply giving your house a little extra attention before viewings can make a huge difference, and goes to show that you don't have to spend thousands to give your house the lift it needs to sell. All you need to know is where to start.



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SOFA so good



HOME & DIY



£579 Mimi three-seat sofa in powder blue
from Swoon Editions

With its gently sculpted frame and softly rounded edges, the Mimi three-seater is a modern take on a mid-century design. It's upholstered in wool fabric, and available in three different shades of grey as well as powder blue.



£499 Rufus two seater
from Made.com

There's nothing mellow about this yellow two-seater from Made.com. It's a striking retro piece with curved arm rests for comfort.



£895 1958 Two seater sofa
from Oliver Bonas

Upholstered with Designers Guild fabric and handcrafted in Beeston, Nottinghamshire, the 1958 style will bring a vintage feel to any room. To give the cushions a cosy, sumptuous feel, without losing their shape, the designers have used a foam core, covered with a layer of soft, duck feather.

£895 Jaxson three-seater sofa
from Swoon Editions

Create a suave 60s-style living room with the smooth-tailored look of the Jaxson three-seater. The vibrant burnt orange colour will inject warmth into any room.



Bright ideas

Pendant lights give any space a modern feel and can be hung to brighten a specific task area – such as a kitchen island or desk – or in a cluster for dramatic effect. They come in a variety of colours, shapes and sizes. Here are some of **VISION'S** favourites.



Mellow yellow

To create a bold, industrial look, opt for the Jackson Pendant Light in yellow. The inside of the shade has a high gloss finish – giving even the lowest wattage bulbs an illuminating effect. It comes with a matching yellow cord and ceiling rose. Available from www.made.com for £59 each.



Rainbow effect

Add a splash of colour to a room with the minimalistic Kartell Fly ceiling light. Designed by Ferruccio Laviani, this ceiling light also features an adjustable cord so that it can easily be adapted to suit your room height. Available in 12 different colours. Use a single shade to inject colour to a space, or opt for several (as pictured above) in a range of colours to make a bold statement. Available from www.design55online.co.uk for £145.35 each.

Heavy metal

Tom Dixon's iconic Copper Shade is created by exploding a thin layer of pure metal onto the internal surface of a polycarbonate globe. The production process may be complicated but the result is simple – the shade throws a cosy, warm metallic glow over any room. When hung as a single pendant it creates a brilliant focal point. When hung in multiples, the result is stunning. But be warned the design classic doesn't come cheap with prices starting at £255. For more details visit www.rume.co.uk.



See red

This Diana suspension lamp has a fresh colourful swing arm fixture, ideal to suit a home office or kitchen. This versatile light has an extendable arm which can be adjusted into different positions. Its structure is made out of brass and the lampshade in aluminum. Available from www.delightfull.eu. Price on application.



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Something that we all look for in a home, is plenty of space and the ability to add our own personal touch. However, these sometimes don't come hand in hand, as you come to the realisation that adding your beloved furniture has left your home shockingly less spacious than you'd originally thought.

There are a number of ways to make the most of the space you do have, and tricks to make the home appear even more spacious, and we're here to show you how.

Remove Clutter

De-cluttering and removing unnecessary furniture will have a huge impact on the overall appearance and instantly make any room appear larger.

Bring in natural light and utilise artificial lighting

A bright room can trick the eye into thinking a room is larger than it actually is, and reflect light colours throughout the

room. Recessed LED lights provide even, bright lighting throughout the day.

Remove bulky window coverings

Replacing cumbersome curtains with space-saving blinds will not only allow natural light in, but bring a simple, spacious look. Colour co-ordinate with your room to fit your style and create the atmosphere you are aiming for.

Use Mirrors

Introducing mirrors to decorate will not use any space, but visually double the size of an area. These inexpensive additions to any room are a cost-effective way to make the most of a small space, and give it a more sizeable appearance.

With these simple steps, you will not only create the feeling of a larger space, but also bring a modern appearance to your home.





SUSANNA BREAKS FREE FROM DAYBREAK AND MARRIED LIFE?

It is the question that everybody wants to know the answer to: "What is it really like working with Piers Morgan." And who better to give that answer than vivacious Good Morning Britain presenter Susanna Reid, 45. She and the ex loudmouth editor of the Daily Mirror have been together on the Breakfast TV sofa for some months now - and the result has seen a dramatic upturn in viewing figures.

Piers joined the Good Morning Britain team permanently last November.

He and Susanna co-host Monday to Wednesday. Then on a Thursday she shares with Ben Shephard and takes Fridays off.

But it is Susanna and Piers' on-screen chemistry which has helped to turn around some disappointing ratings - over the past year there has been a five per cent increase in viewing figures and the programme gets peak audiences of more than a million.

She says she does not allow Piers to embarrass her - no matter how hard he tries.

Susanna said: "I describe him as a mini tornado. The chairs start spinning, the papers go everywhere, interviewees never know what's going to happen to them."

Photo Credits: PA Images

But she has learned a little from him.

"He always gives his interviews a bit of an edge. He takes them by the collar and shakes them until nuggets of headline fall out. We could all learn from that."

She launched Good Morning Britain (successor to the disappointing Daybreak) in April 2014, having been poached from BBC Breakfast, where she was voted the show's most popular presenter ever, after 21 years at the corporation.

She says she tries to calm Piers down.

"I calm down his excesses. We have a lot of respect for each other. People make a big deal about our banter. I don't flirt with Piers, but we are playful and antagonistic and it works.

The opportunity to move to ITV arrived at the right time, she says. She still feels great affection for the BBC and once said that the BBC runs through her like a stick of rock, but points out, 'If someone asks you to launch a new programme, you know that these opportunities rarely come up. The fact that it was 15 minutes from my home was a factor, but it wasn't the only factor.

“
I describe him as a
mini tornado
”

She sets her alarm for 3.20.a.m. and is in the studio by 3.45 after a 15-minute drive from her home in London. It is a lot less gruelling than her last two years at the BBC when it moved to Salford in Manchester.

She commuted to Salford three times a week. She made a point of coming home to pick up her children from school and cook dinner, so she'd commute to Salford the night before, sleep in a hotel, record the show, then catch the train back at midday.

However, it was during this period that her relationship with Dominic Cotton, her partner of 16 years and the father of her three sons - Sam, 13, Finn, 12 and Jack, ten - ended, leading to speculation that the long hours away had taken its toll.

It was also claimed as a case of the 'curse of Strictly'.

She is one of a number of celebrities - including Natasha Kaplinsky and Denise Van Outen - whose relationships ended after they appeared on the show.



Photo Credits: Featureflash
Photo Agency/Shutterstock.com



WOODEN FURNITURE

for an eco-home

Wooden furniture is the ideal addition to any home, especially for those looking to create a modern interior design while bringing an eco-friendly touch, and some colour into the home. Less time-consuming than redecorating, bringing new furnishings into the house can bring character to the bleakest of rooms.

Wood brings a feeling of comfort into the home, adding a certain charm to any style of house, be it modern or not. Traditionally, wooden furniture is thought of as outdated, but this could not be further from the truth. With lighter coloured woods such as maple, pine and ash, or darker shades such as rosewood or walnut, there are endless possibilities, and ways to introduce wooden furniture into the home, no matter what your style or colour preferences.

Solid wood is not only eco-friendly but often more sturdy and long-lasting when it comes to furniture. Blending functionality and unique texture, the only downside of solid wood furniture can sometimes be the cost.

If solid wood is not for you, brilliant quality man-made 'wood appearance' furniture is easily available nowadays, much of which you would never be able to tell apart from real wood.

To create a stand-out statement, a custom-made wooden piece of furniture will bring a unique difference to the usual home, whilst something as simple as a wooden dining table can bring a sense of individuality to the room.

So, with no better time to bring some warmth into your home than in the colder months, why not use this opportunity to introduce some new wooden additions into the home?



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CUSHIONS

You've heard of recycling; well now it's time to get upcycling. Ever wondered how you can update your bedroom or living room on a budget? Well there are lots of people turning their unwanted clothes and fabrics into brand new items to spruce up their home and won't cost more than a few pence.

DIY has been all the rage for the past few years, with more and more people taking a leap of faith and painting their own homes, building their own flat pack furniture and even doing a bit of wallpapering. More recently, with the likes of TV shows such as Channel 4's *Kirstie Allsop's Handmade Britain* and *The Restoration Man*, people are now finding cheaper and more innovative ways of updating the décor at home.

Do

It

Y

yourself

Here's a couple to get you started:

CUSHION COVERS

1. Find an old t-shirt, shirt or jumper and turn it inside out
2. If you have a square cushion cover to hand, place it in the middle of the shirt, t-shirt or jumper leaving at least a 2cm gap around the edge
3. If you don't have a cushion cover to use as a template, use a ruler to mark out a square and put pins in place to guide you where to cut. Remember to leave the 2cm gap around the perimeter
4. Cut the fabric into a square, ensuring the gap remains around the outside of the cushion cover. Ensure you cut through both layers so that you have enough material to make the entire cushion cover
5. If you are using a t-shirt or jumper, use a ruler to mark out about 8-10 dots, 1inch apart across one end (the open end). Using your scissors, you should then make 2cm deep cuts at every 1inch point.
6. Sew up the fabric around three sides of the square, leaving 2cm of material around the edge. If you are using a shirt with buttons, sew up all four sides as the buttons will act as an opening to stuff with a cushion insert.
7. If you are using a jumper or t-shirt, the fourth side which has all the slits in it is where the cushion insert goes. Once stuffed, tie up all the slits so it looks like an array of knots
8. Now you have a new cushion!



...and *spruce* up your
furniture with a lick of *paint*

CHEST OF DRAWERS

Spruce up your old dressing table or chest of drawers with a lick of paint and some wallpaper scraps. You can also use this technique to restore old furniture you might find at a flea market or car boot sale.

1. The first thing to do is prep your furniture. Use a primer to ensure stains and old paint doesn't bleed through the new paint
2. For furniture it's best to use a gloss or satin finish as it has complete coverage and make sure you pick a paint in the same finish
3. If you have a colour scheme in your room, pick out one or two colours which compliment your furniture
4. Once you have decided on your colour scheme, paint one colour, let it dry before painting the second. This will ensure a clean finish
5. Paint the drawers the loudest of the two colours and the frame and handles or knobs the subtler colour. If you are using more than two colours, paint a pattern on the bottom half of your drawers or chest to jazz up any tired room and create a feature
6. The easiest pattern is to go for stripes or chevrons. Mark your pattern out with masking tape to avoid mistakes and also this comes off wood and concrete easily without removing paintwork or stains with it
7. Leave your furniture to dry for at least three hours, where possible, overnight, before replacing all your items inside the drawers and on the shelves
8. For the extra bit of luxury, line your drawers with some old wrapping paper or wallpaper.

For more ideas visit www.visionmag.co.uk



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These Linear blue gloss wall tiles are from Tile Mountain. A simple but sleek ceramic tile available in 13 colours, Linear helps provide any room with a modern and contemporary feel. Priced at £17 per sqm. For more information visit www.tilemountain.co.uk.

Tiling your own bathroom can seem daunting and indeed if you are planning on an entire refit you may prefer to call in a professional.

But if you are simply updating a small space, such as the area around a sink, or focusing on a wall, doing the work yourself is a feasible option provided you take your time, work methodically and prep properly.

The most important thing is to ensure you are working on an even surface. If you are tiling walls ensure they are perfectly smooth and free of dirt or deposits. You may even consider re-skimming them or replastering.

The next step is to set out your tiles carefully. Rush this step and the result will be amateurish.

Start by making a gauge from a length of timber. Lay some tiles on the floor with spacers in between and put the timber next to them.

Measure and mark a point halfway up the wall above the highest floor or skirting board level as a starting point. With the measuring gauge positioned against this mark, mark downwards to show where each course of tiles will fall. If the space left at the bottom is less than half a tile high, adjust the starting point by half a tile.

Next create a horizontal gauge using a timber batten. Measure and mark a horizontal line across the wall at the level of the bottom of the lowest row of whole tiles. Lightly fix the batten to the wall using a spirit level.

Measure and mark the centre point of the horizontal batten and use the measuring gauge horizontally to mark the position of the last whole tile close to the end of the wall. Mark this point on the batten. The aim is to start tiling in the middle along your timber batten and end at each side with a part tile. If when you reach a corner, the last tile is less than half a tile wide, it's best to reposition the starting point.

Use a spirit level to mark a vertical line up from the position of the last tile. Fix another straight batten vertically along this line.

When ready, apply the adhesive. Different types of adhesives are available, ready mixed ones, which are less hassle but more expensive, and powdered adhesives which dry quickly and don't slip.

Apply small sections of adhesive at a time using a spreader - do not spread more tile adhesive on the wall than you can use in a few minutes, as it will set and then need removing. Place the tile in position and press firmly ensuring it lines up with the next tile. Use tile spacers. When it comes to cutting tiles make sure you use the right tool for the job.

Once your adhesive is completely dry, start grouting. Use a grouting float to force grout into the spaces between the tiles then use the float to remove excess grout. A damp sponge may be helpful with this.

When dry, polish the tiles to get rid of any fine cloudy residue.



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Spring Clean your Make-Up Bag

Make-up items have a shelf life but many of us try to hold onto products for as long as we possibly can. By using old make-up on our faces daily, can spread bacteria and could cause a variety of skin problems. Try and rotate your make-up with these handy tips:

Eyeliners

Bacteria can be transferred to the eye from the tips of liquid liners and Kohl pencils. If you regularly sharpen pencil liners, that will extend the shelf life. Change every two years.

Cream Blusher

Cream based make-up can allow bacteria and germs to fester because of the high content of water. Swap to a powder blusher to extend the shelf life and avoid using the same brush for both foundation and blusher. Replace annually.

Brushes and Sponges

Sponges unfortunately trap germs and bacteria in their pores. It's even worse when used with a cream or moist cosmetic like foundation and blushers as they can promote bacteria growth. Definitely use separate applicators for each item, to stop spreading the bacteria from one item to another. Brushes can be easily cleaned with

baby shampoo twice a week or a gentle face wash. Replace sponges as soon as you see them deteriorate.

Mascara

Be extra vigilant when it comes to mascara as it goes in and out of your eye and the pot regularly. It's also moist and can fester bacteria. If you don't replace your mascara regularly, at least once every two months, you could end up with sties.

Foundation

Bacteria and germs are easily transferred from foundation as most are water-based. Smells will be a tell tell sign of anything that's going off and if the texture appears to separating. Avoid storing this item in wet areas such as bathrooms or on the windowsill. Change your foundation twice year, at least!

Get the look: FLORALS AND PASTELS

Spring is fast approaching and there are a few styles that are here to stay every season - it's all about florals, pastels and light colours.

The SS16 look looks on the UK high street are sporting pastel pleats, floaty materials and a romantic feel. This year, flower power has grown up and heritage prints are all the rage. Pretty patterns are subtle and can work easily for work wear and the weekend. There's

something for all shapes and sizes and gone are the garish and immature flowers and sugary pastels are here to stay.

Candy colours were a thing of 2014, but they are back, loud and proud, but with a sophisticated edge. You'll find candy tones on peplum tops, wedding wear and smart outfits this spring and makes for an ultra-feminine look.



Bomber jacket
New Look £29.99

This light blue bomber jacket is perfect to put over a white tee and jeans for the day, or flung over a light coloured dress for the evening.



White Ditsy Floral Dress
New Look £17.99

This versatile spring/summer number will keep you on trend and cool due its lightweight fabric and floaty feel. Team with white canvas shoes by day and with a leather jacket and sandals by night.



Powder Blue Jumpsuit
Miss Selfridge £45

Perfect for work, a wedding and an evening with the girls. This powder blue jumpsuit is right on trend with its pastel tone and feminine tailoring and ruffle attachment. Team with a white or cream blazer for a posh daytime do, or with heels and bomber for the perfect evening wear.



Floral Sleeveless Crop Top
Miss Selfridge £35

Sky blue floral top in a silky fabric. Perfect for a spring or summer wedding, teamed with a white or cream pleated skirt, tailored ankle grazers or city shorts.



Pink Metal Handle Bag
New Look £18.99

Girls love a good bag and this one is perfect and a bargain at under £20. The pastel peach colour will go nicely with light and dark colours and will make a statement being such a bold design. The cute handle is to die for.



Classic Hi-Top Trainers
Primark £10

White hi-top plimsolls are a staple for spring and will take you all the way to autumn. Team with jeans and a bomber for the perfect daytime look, and with a playsuit and leather jacket for a casual smart evening outfit. Comfortable and a steal at just a tenner.

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Hang in there add some colour to your outdoor space

A hanging basket overflowing with colourful blooms is a great way to brighten any outside area especially an ugly wall or dreary fence.

And not only do hanging baskets make a bold statement, they are easy to look after.

The best time to start thinking about creating your summer hanging baskets is in April or May.

Start by choosing the basket. There are plenty of options available from wire ones (which need to be lined), wicker ones (which are lined but may require drainage holes) to plastic ones.

If your basket needs lining, then you can buy readymade cardboard liners and fibrous materials for this purpose. Aim to cover the inside with about half an inch of material and then half fill the basket with compost. You can use any brand of multipurpose compost but may like to add some water-retaining gel and slow release fertiliser to give your plants an extra boost.

Once your basket is half full, it is time add the plants – dig a small crater for the plant first – being careful to protect the roots. Then add compost around the plant. Many people use plug plants in their baskets as they are most cost effective. You will

probably need about 10 plug plants for a 12 inch basket, or about 14 plants for a 14 inch basket spread around the edges and centre.

When deciding what to plant, think about how the colours will work together. Busy Lizzies, Lobelias and Petunias are popular choices. Trailing varieties of Fuchsia, Geranium and Verbena are great around the edges of the basket as are foliage plants such as Nepeta or Helicrysum.

Once you have planted your baskets, the next step is to ensure they stay moist – but don't go soggy.

They will need to be protected until the frosts have passed (usually sometime between mid-May or the end of May). If you don't have this sort of space available, hanging baskets can be placed in a sheltered position outdoors during the day and brought under cover at night until the risk of frost has passed.

Water well and keep indoors in a conservatory or greenhouse until the frosts have passed. Then you can hang them outdoors. Your baskets will need regular watering – and at the height of summer will need to be watered every day. Also consider using liquid fertiliser intermittently to keep them healthy.



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KIDS



Animal magic

enjoy junk modelling with your children





Keeping your little ones occupied on a rainy day can be a challenge. But even the most mundane household items can be transformed into colourful creations. So why not raid the contents your of recycling bin and try your hand at junk modelling? Egg cartoons and cardboard rolls are the most versatile. All you need is a pair of scissors (if they're sharp make sure you supervise your little ones with them), paint, glue, a marker pen and a little imagination. You can also add felt, fabric or googly eyes for extra impact.

With a little handwork the humble loo roll can become:

- > **AN OCTOPUS** – simply cut one end of the roll into strips, up to about half way, to create the tentacles. Paint, and add eyes.
- > **AN OWL** – Paint a cardboard toilet roll and once it's dry fold down the top half of the roll and then the second half so that the two flaps meet in the middle (see the main picture above). Either draw on eyes, a beak and wings or stick them on with coloured paper.
- > **A PENGUIN** – paint your roll black and when it's dry, stick a piece of white, oval-shaped paper on the front. Then add black wings, yellow or orange feet, beak, and eyes.
- > **A RABBIT** – paint your roll and two ice lolly sticks or pieces of cardboard for the ears. When it is all dry add the ears and decorate the face.

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No. Hearing loss usually occurs very slowly over time and you do not notice what you do not hear. Often others will notice that you are not hearing at your best before you do. The only way to know if you have changes to your hearing is to have it professionally checked. Find out the status of your hearing health so that you can be proactive in managing any social embarrassment and to ensure that you always present yourself at your best.

Why should I have my hearing checked?

As with eyes and teeth, routine hearing checks play an important role in keeping your hearing health on top form. Unmanaged hearing loss can cause problems with relationships both socially and at work. Hearing loss is also associated with an increased risk of life limiting conditions such as tinnitus, depression, anxiety and dementia. Hearing health is essential for brain health – a mild hearing loss doubles your risk of developing dementia.

One in 6 people have some degree of hearing loss and if you are in your 50's you have almost a 1 in 2 chance of having a mild hearing loss. You are never too young to start checking your hearing. Book your free hearing health check today!



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Look after yourself – you're worth it!



Feed your FACE

Healthy eating tips for great skin

When it comes to skincare the old adage you are what you eat rings true.

A balanced diet high in fruit and vegetables is crucial to feed your skin the vital nutrients it needs to help it stay soft and spot-free.

Experts recommend eating a minimum of five portions of fruit and veg a day to protect skin from the cellular damage caused by free radicals caused by pollution, smoking and sun exposure.



PUMPKIN

Most people associate pumpkins with Halloween, but for healthy skin include them in your diet year round.

Pumpkins are a great source of beta-carotene which the body converts into vitamin A which aids skin cell growth. They are also a good source of the anti-oxidant vitamin C, E and zinc (which helps cell growth and fights acne). As well as eating flesh of the pumpkin itself, try pumpkin seeds (experts claim they can also help raise libido).



AVOCADO

Avocados are a super food for the skin they are packed with carotenoids, and vitamins E and C – which all help protect against the damage of free radicals. One particular carotenoid found in avocados, lutein, helps promote skin elasticity. Avocados also contain polyunsaturated fatty acids which guard skin from sun damage and monounsaturated fatty acids, which keep the top layer of skin moist.



STRAWBERRIES

Vitamin C is great for the skin as it fights free radicals, which break down cells and lead to fine lines, and inflammation. The good news is strawberries are packed with the stuff. They have more vitamin C per serving than oranges or grapefruit.

OLIVE OIL

Not only is olive oil a tasty addition to salads or cooking, it's good for the skin. Why? Olive oil is high in monounsaturated fatty acids, which keep the skin moist. The antioxidant polyphenols in olive oil could also quench damaging free radicals. So opt to cook with olive oil ahead of sunflower or peanut oil.



GREEN TEA

For those wanting great skin green tea is the beverage of choice. It contains polyphenols which help tackle acne and may slow down the development of some signs of ageing. Scientists also believe green tea can play a role in mitigating sun damage by neutralising free radicals that help UV rays cause damage.



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HAY FEVER

During Hay Fever season, the eyes are bothered by the same irritants that cause you to sneeze and have a runny nose known as allergens. This affects the eyes by causing RED, ITCHY and WATERY eyes and SWOLLEN EYELIDS. This can cause serious discomfort for your eyes.

Eye drops are specifically used to target the symptoms of hay fever for your eyes but you may still need to take tablets and nasal sprays to alleviate other symptoms such as sneezing and a runny nose.

There are two main drops that you can use for the eyes. If you know which pollen triggers your allergy, you can take a group of drops known as "mast cell stabilisers" ahead of the period to prevent you from suffering during the main pollen season. If you are actually experiencing the symptoms of red, itchy and watery eyes then it is best to use an antihistamine directly to target the presenting symptoms.

A natural way to relieve the uncomfortable symptoms is to also place cold water compresses over the eyes for 30 seconds.

These tips can help make things a little more bearable during the spring and summer however knowing which pollen triggers your allergy can help you to take measures to reduce symptoms. You can look at a pollen calendar to be prepared and review the pollen forecast daily.

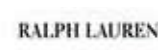
If you are taking drops correctly and still have a problem with your eyes, make an appointment with your optometrist to investigate things further.



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THE CONCEPT OF PERIODONTITIS

Periodontitis is essentially gum disease that occurs in susceptible individuals. It affects about 10% of the adult population but it can start in your teenage years. Susceptible patients develop the disease because their immune system over-reacts to the presence of plaque at the gum margin and especially between the teeth.

The following are examples of different methods that can be used to keep your teeth clean.

TOOTH BRUSHING

The recommended technique for tooth brushing is where the bristles of the brush are kept at a 45° angle to the gums and small strokes used in circular motion to clean the teeth.

A 2-minute brushing time, twice a day, is essential for optimum cleaning. You should divide the time equally; for example: one minute for teeth in the upper jaw and one minute in the lower jaw.

Studies show that electric toothbrushes (eg. those with a two-minute timer) have slightly more advantages over manual toothbrushes in keeping your teeth clean.



FLOSSING

Flossing removes food particles and plaque in places where a toothbrush cannot reach easily, e.g. between your teeth and under the gum line. It is recommended to floss daily.

To floss effectively, slide the floss in the gap between the teeth making sure you gently go beneath the gum line. Then follow the

curves of your teeth on one side of this gap before repeating the same action on the surface of the adjacent tooth.

SUPERFLOSS

Certain areas are difficult to clean with floss, so superfloss is recommended instead. They are particularly useful under bridges and in patients wearing orthodontic braces & wires. It also has a fuzzy, tufted segment that helps remove plaque and food particles as you floss. It is used in the same way as regular floss.

INTERDENTAL BRUSHING

This is useful for patients with gaps between their teeth that are too wide to floss. The brushes come in various sizes and are manufactured by many companies.

The Interdental brushes should be used by pushing gently back and forth between the teeth and the gumline. The Interdental brush should never be forced into the space between the teeth as this can cause trauma to the teeth and gum.

MOUTHWASH

These are antiseptic solutions used for rinsing the mouth and freshening breath. The mouthwash aids other oral hygiene measures but cannot be used to replace any of the above methods of cleaning teeth. Mouthwashes are also ineffective at cleaning under the gums. They should not be used after brushing your teeth, as this rinses out the toothpaste.

DENTURE CLEANING

If you wear dentures, it is important you keep them clean. The following are some of the important points; ask your dentist for further advice.

- Brush your dentures twice daily using soft brush
- Do not wear dentures to bed at night
- Remove dentures out of your mouth after every meal, rinse your mouth with water/mouthwash and rinse your dentures under water

DOES ZERO TOLERANCE = ZERO SENSE?

Drivers debate stricter enforcement of motorway speeding laws

Motorists have reacted to the news that speeding laws on motorways across England have become a lot stricter.

In the past a degree of tolerance was applied to people breaking the speed limit but now Police forces across the country are using more and more speed cameras to prosecute drivers going over the limit.

In some recent cases people who have been clocked doing 74 MPH have received a fine and penalty points on their licence.

According to website www.motoringresearch.com nearly half of all cars, motorbikes and vans broke the 70 mph limit on motorways in 2015. The research found that 80 mph was the default speed for many of these drivers.

We spoke with two drivers with polar opposite views about the subject.

Dan Higgins, 42, a delivery driver from Apsley, in Hertfordshire, said: "The limit of 70 MPH was set back in the mid sixties (December 1965) and is out of date because cars and roads are safer now."

"The limits need to be reviewed again as all they are at the moment is a way for police forces to raise money by fining people. I've six points on my licence and I'm by no means a fast and reckless driver. It's my livelihood, like millions of others in the country and this zero tolerance approach being rolled out smacks of money grabbing by the authorities."

"How can you justify fining someone for doing 75 MPH on a motorway that's totally empty at 5am in the morning when driving conditions are perfect?"

Steve Hamilton-Jones, 56, of Radlett, feels very differently. He said: "In my work as a solicitor I've seen cases where speeding has had catastrophic and indeed deadly results."

"The *Top Gear* brigade would have no speed limits if they got their way. The laws are there for a very good reason and of course if they are broken then people should face the consequences."

For more information about speed limits visit: www.gov.uk/speed-limits



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Is chronic pain ruining your life?

In 2009 the Chief Medical Officer for England reported that "each year over five million people in the United Kingdom develop chronic pain, but only two-thirds will recover. Much more needs to be done to improve outcomes for patients." An estimated 11% of adults and 8% of children suffer severe pain, representing 7.8m people in the UK.

This situation causes immense problems not only for the people enduring chronic pain but also for the people close to them. These problems can range from financial struggles to having an extremely limited life as well as causing emotional problems.

So if there was one thing that you could do that is effective and free what would it be? The answer is become informed about the true nature of pain. Research has suggested that by having accurate knowledge of how chronic pain works and how it is not a reflection on injury can have a positive effect. Pain is complex and is not just about the things that you would normally associate with it but more to do with what having pain means to you as a unique individual.

I have started a new Facebook page which is aimed at offering accurate and researched information about



chronic pain. The intention of doing this is to help those suffering with chronic pain to become informed and in doing so help relieve themselves.

The facebook page is called The Chronic Pain Page and is hosted by me, Christine Black and will feature research from leaders in the field of chronic pain research. The aim is to support people with chronic pain to gain positive changes through accurate and up to date information.

I look forward to you LIKING my page. 

Christine Black is a qualified nurse and cognitive hypnotherapist and is owner of The Changing Room in Bushey. www.the-changing-room.com

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ACCESS DENIED FOR STALKERS

The Home Office is drawing up proposals to hit stalkers with protection orders and counselling under new plans to protect victims targeted by strangers on the internet.

Proposals being drawn up by the Home Office would ban stalkers from contacting victims as soon as a crime is reported and before the case gets to court.

Singer Lily Allen has said she became a 'hermit' after being stalked by an obsessed stranger for seven years.

The 30-year-old pop star was harassed by Alex Gray, who bombarded her with abusive letters and tweets before breaking into her flat as she and her two young children slept.

She said Gray had also threatened to stab her in the face and believes he spent nights lurking in her garden.

The stalker was convicted of burglary and harassment last month at Harrow Crown Court.

The singer also claimed that she was made to feel like a 'nuisance' rather than a victim by police investigating the case.

Another high profile victim was EastEnders Samantha Womack, who was left scared in her own home after a stalker travelled 93 miles to declare his love for her.

The 43-year-old actress discovered Peter Rombough, 22, outside her family's property in the early hours of September 3, 2014.

He pleaded guilty in December last year to stalking and was given an eight-week prison sentence.

Samantha, who plays Ronnie Mitchell in the soap said: "He's a total stranger but I'm concerned about his well-being and do hope he is okay and needs to seek some help."

Figures show stalking crimes have shot up by over 30 per cent since 2012 including many cases which occur on social networks like Twitter and Facebook.

More than half of all stalking victims do not know the perpetrator, government research shows.

Officials said the proposals aim to stop stalkers before their obsessions get out of control.

Theresa May said: "While it is encouraging that prosecutions under the legislation the previous government introduced in 2012

are increasing, I am concerned that there may still be a gap between the time when the offending behaviour begins and the time when a prosecution can be commenced where we could be doing more to deter the perpetrator from their obsession."

A spokeswoman for the Suzy Lamplugh Trust, which manages the National Stalking Hotline, said: "A stalking protection order may be especially helpful for victims who are being stalked by someone they have not had a relationship with.

"It is important that police and prosecutors receive training on how to use stalking legislation effectively."

The consultation comes after a number of high-profile online stalking cases, including women's rights campaigner Caroline Criado-Perez who received death threats after her campaign to put a woman on the £10 banknote.

One of the messages read: "I will find you, and [you] don't want to know what I will do when I will do ... Kill yourself. Before I do."



Photo Credits: Featureflash
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from SHEEP FIELDS to AUGUSTA



DANNY WILLETT REFLECTS ON HIS FAMOUS MASTERS WIN

It is the moment that has become almost as famous as the victory itself, but when 2016 Masters winner Danny Willett removed his white top to reveal a green polo shirt underneath, it gave an indicator of how the 28-year-old from Sheffield had rated his chances of winning the green jacket later that day. The world number 12 would surely not have selected a green number from his wardrobe on that Sunday morning had he expected to finish the day wearing the famous green jacket, becoming the first Brit to win the Masters since Nick Faldo in 1996 and claiming the first major of his career. It is just the latest twist in a remarkable story that very nearly saw the Liverpool supporter miss playing the Masters all together. Prior to the tournament he confirmed he wouldn't fly out unless his wife, Nicole, had given birth beforehand.

"If he fancies coming out early on, it would be great, but if not, I won't be playing," Willett said in March.

Fortunately Zachariah James Willett arrived on March 29, via a C-section, and the proud father was able to jet out to the USA six days later to take part before capping an unforgettable week by coming from behind to win the Masters. You couldn't make it up.

Most startling of all was the cool and calculated manner in which Willett went about his business while last year's winner, Jordan Spieth, lost his cool. Augusta can either be the making or the breaking of you. The iron-willed American had birdied four holes in a row to reach the turn with a five-shot lead and was the overwhelming favourite to follow in the footsteps of Jack Nicklaus, Faldo and Tiger Woods by clinching back-to-back wins at Augusta. But his round unravelled spectacularly at the tenth and put Willett in the unlikely position of driver's seat, one he'd never experienced at a major. He had just four European Tour wins, the most recent of which was the Dubai Desert

Classic in February, to call on from the memory bank of experience.

But the Yorkshireman, who studied in the USA at Jacksonville State University for two years before turning pro in 2008, handled the pressure with the manner of someone for whom winning majors was second nature. He was completely unnerved. It was like he was having a round at his local club in Lindrick.

That nerveless, unflustered approach to the biggest eight holes of his life can be put, in part, down to the influence of his father Steve, a vicar by trade.

"When I came home a good day wasn't about whether I'd shot 65 but whether I was all right," Willett said of his youth. "You see these parents force the game down the throats of their kids and it's so destructive. I've been to a few sports psychologists but the best one I know is my dad."

Family is a recurring trend with Willett, it's the making of a thoroughly decent bloke. As the drama unfolded on the final Sunday in Augusta his older brother Peter - a teacher, like their mother Elisabet - emerged as a social media star with his alternative commentary on Twitter. He was trending for a while. Peter has more than 22,000 followers on the back of insight such as: "Speechless. I once punched that kid in the head for hurting my pet rat. Now look. #bbcgolf #TheMasters".

Willett's circuitous route to the top is best seen through the prism of him practising in a field full of sheep as a youngster. "We used to go to Anglesey to play a par three course in the middle of a sheep field," he told the Daily Telegraph earlier this year. "You skip it forward 17 years and you've got an invite to the Masters. It's just a bit crazy really."



Photo Credits: Octopus Books



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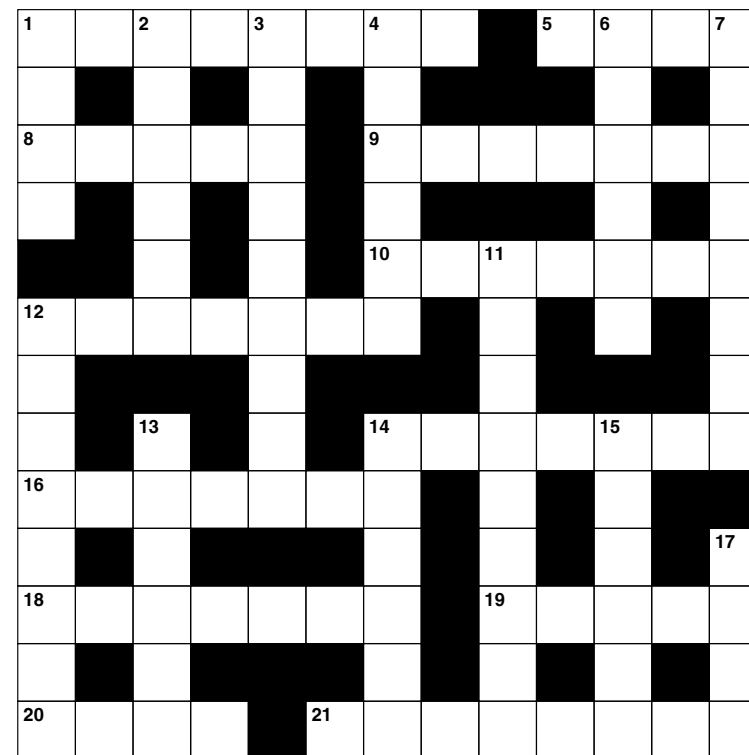
PUZZLES & TRIVIA

ACROSS

1. Eg from Italy or Spain (8)
5. Not as much (4)
8. Opposite of outer (5)
9. Subdivision (7)
10. Burst violently (7)
12. Type of conference (7)
14. Ennoble (7)
16. Involved; intricate (7)
18. Easily broken (7)
19. Giggle (5)
20. Large town (4)
21. Publicly recommend (8)

DOWN

1. Live (anag) (4)
2. Without pattern (6)
3. Employees (9)
4. Reply (6)
6. The boss at a newspaper (6)
7. Prison term (8)
11. Case (9)
12. Stated clearly (8)
13. Effect; force (6)
14. Surpass (6)
15. Emotional shock (6)
17. Protective foot covering (4)



DID YOU KNOW?

1. The all-time fastest Playmobil figure was issued in 2015. It was of Martin Luther complete with quill pen and German Bible.
2. Smoky bacon Pringles, prawn cocktail Walkers and McCoy's BBQ crisps are all suitable for vegetarians.



3. Fartplan is Danish for the word timetable.
4. In Japan you can buy sweet potato flavoured KitKats. (They also come in green tea, wasabi and pumpkin pudding).

SUDOKU

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



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