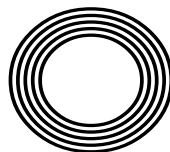


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HOW COVID-19
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MAYA JAMA

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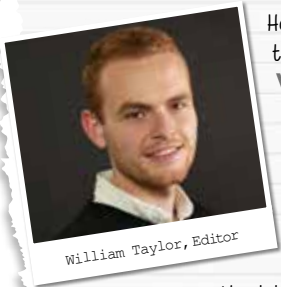
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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

Editor's notes...



William Taylor, Editor

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

It's hard to believe that, at the time of writing, many local gyms and leisure centres have been reopened for more than a month. Only very

recently did my five-a-side football group start up again, which for me was most welcome.

On a personal level, this was something I missed greatly during lockdown; not only did it provide a genuine motivation to get out and keep fit, but now I've come to realise it also gave me a much-needed weekly boost to my mental health and well-being.

In all fairness, lockdown did actually help with my overall fitness. Being told that you can only leave the house to exercise does make going for a run all of a sudden sound very appealing. Indeed, I managed to surprise myself by losing two stone. But something was missing. That combination of meeting up with a group of like-minded individuals, having something to look forward to and an element of competitiveness really does make a difference. Looking forwards now, it's exciting times here at **VISION** HQ, as we are gradually beginning to expand our coverage beyond Woodbridge and Melton.

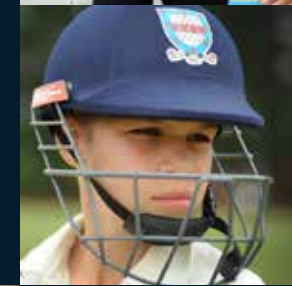
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Photo credit: James Gourley/ITV/Shutterstock

Kate's RETURN

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

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

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

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

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

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

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

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

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

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

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



Plenty of TWENTIES

HOW THE OLD £20 NOTE WILL BE RECYCLED

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

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

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

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

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

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

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

Photo credit: www.britishtimes.co.uk, © Bank of England [2015]



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Council backs surgery bid to build separate consultation room

Little St John's surgery has been given the go-ahead to build an isolated consultation room, thought to be the first of its kind in the area.

The Woodbridge surgery applied for planning permission from East Suffolk Council in June and, after the town council supported the scheme, it has now formally been approved by the district council planners.

The build would be small, with only a new room added to keep consultations safe during these times, but it will also mean the loss of some parking spaces for patients to use.

The point of the room is to minimise interaction between patients and staff to prevent the spread of

coronavirus.

Patients will use an exterior door to enter the new consultation room directly.

Doctors will be able to access the new room from the inside of the existing building and be able to put on or remove protective equipment as they pass between the two sections.

The idea came about after surgery staff evaluated their options in the event of a second wave or another future pandemic. There are fears of a second wave in the winter.

The new consultation room will mean the surgery can remain open for patients who need emergency appointments.



Rotary Club inspired by Sir Tom to raise money



Photo credit: Abbie Woodhouse

Members of Woodbridge Rotary Club raised money for brain injury charity, Headway Suffolk, by successfully competing in their own personal marathons on July 25 and 26. More than £1,100 has been raised so far.

The club was inspired by Captain Sir Tom Moore, the 100-year-old war veteran, who raised £32million for the NHS by walking 100 laps around his garden, as well as other individuals inspiring good.

Club members have raised funds via sponsorship or inviting donations for Headway Suffolk, which provides rehabilitation for people with a neurological condition caused by an accident or disease and offering families, friends and carers respite, support and advice.

David Crane, communications and marketing officer at Headway Suffolk, said: "It's fantastic to see so many Rotary members getting involved with fun and fitness-improving activities and enjoying the beautiful Suffolk landscape.

"We are very grateful for the support of Woodbridge Rotary Club and its members at a time when we've had to postpone or cancel fundraising events because of COVID-19. This is invaluable in helping us to continue our services for the local community who need our support."

The activities members chose ranged from walking 26 miles or walking 26 times around the garden to reading aloud 26 scenes from Shakespeare's plays.

For more information or to donate, please visit woodbridgerotary.org.uk/marathon

New eco-friendly salon comes to town

A new eco-friendly hair salon has opened in Woodbridge.

The Quay Street Collective (QSC) provides cuts, colours, smoothing services and bespoke treatments sustainably and ethically.

Clients can expect detailed and personalised

consultations with stylists who will introduce services and tailor them to individuals' needs.

Using Davines' vegan and naturally derived products, the QSC can offer luxury hair treatments and services responsibly. A salon of the future and part of the Green Salon Collective, the QSC reduces waste and recycles wherever possible, including hair.

Services are charged by the hour following consultation.

New clients can benefit from a discounted rate for their first service – quote 'VISION AUG' when you book to receive 30 per cent off.

Call 01394 386960 for bookings and enquiries. Closed Wednesdays and Sundays.

Seamstress is one of country's top mask makers

A former Woodbridge mayor who set up an online business to help with the shortage of scrubs for the NHS has been recognised as one of the top 30 mask makers in the UK.

Clare Perkins founded Silk Rose – Sew Suffolk earlier this year. Now, Make it British, which promotes British manufacturing, has included the company in its Top 30 British-made face coverings list.

Clare first started making face covers for friends and family, and then word got out and Woodbridge Town Council got in touch to ask for 85 masks.

Speaking to **VISION**Woodbridge, Claire said: "I am overwhelmed by the response. It shows what strange times we are living in that so many people have ordered them. More than 500 alone from my Etsy shop."

Before the pandemic, Clare was teaching 14- to 17-year-olds to sew, but these lessons have now been put on hold.

Talking about how she copes with the high demand, she said: "I can get about four or five done in an hour but it is hard on my back and hands, so I need to take breaks to walk around. I probably sew for five to six hours a day.

"I think people like the personal touch. People seem to love that it is a local business."

Visit www.etsy.com/uk/shop/silkrosesewsuffolk to purchase a mask.



Photo credit: Clare Perkins



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News from
Councillor Caroline Page
The County Councillor for Woodbridge

One of the things about the recent lockdown is that children and parents have spent much more time together than they normally would. Some parents would argue too much time (as would their children).

Of course, for home-schoolers it was business as usual, but for everyone else it probably came as rather a shock.

Parents were given an insight into the complexities of modern education that maybe they had not realised, and were surprised by both the range of subjects and the different names and methods for subjects they thought they knew. How are you on fronted adverbials? Children are expected to be experts before they leave primary school. After a few weeks I heard a couple of careworn mothers declare that a million pounds a year was about the right amount to pay a teacher. And I'm sure many teachers agree.

Parental multitasking was another problem: social media has been full of hilarious clips where

official meetings have been interrupted by a small person's demands for milk, or teddy, or a push on the swing. I was in an online meeting where a colleague was multitasking: home-schooling her children off camera while simultaneously grilling an officer politely but remorselessly on screen. And at one point she turned sideways and hissed "Ethelred the Unready" out of the side of her mouth.

On the other hand, it may well have surprised children of all ages to see that their parents actually worked while they were at school. It's not something you necessarily believe.

In many ways it must have been nice to have so much unexpected family time, but I can't help feeling sorry for turbulent teens and protective parents trapped by COVID-19 together in the house.

Let us hope they can now enjoy a bit of time apart.

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Police investigate after dogs go missing

Dog owners are being warned to be vigilant after a number of chalk markings were found outside people's homes, which are being linked to the disappearances of beloved pets.

The chalk markings are believed to be left by thieves to determine which dogs are worth stealing, according to members of the Woodbridge Community Group.

A Woodbridge resident posted a warning on social media, saying: "Please be aware of two guys in a white van cruising the area, knocking on doors and asking for jobs, some chalk markings appearing on walls near or on houses. Now they have switched to a black car."

Dogs have mainly been stolen from kennels but are also taken from homes with easy access to the garden.

Suffolk Constabulary have issued a statement, warning pet owners to be vigilant. They said: "Organised crime groups are actively targeting addresses, with working breeds tending to be those that are favoured by criminals."

"The loss of any pet can be devastating to owners, with the added trauma of not knowing what sort of conditions the dog is being subjected to. We would advise dog owners to review security of any outdoor kennels."

Anyone with information, including on any previous incidents, is asked to contact police by calling 101 or by reporting online at www.suffolk.police.uk/contact-us/report-something

Photo credit: Woodbridge Community Group on Facebook



News from

Councillor Geoff Holdcroft

Town Councillor for Woodbridge Riverside

With staycations very much the holiday of necessity this summer, Woodbridge has seen its fair share of visitors from near and far, with all the self-catering holiday accommodation in the area apparently fully booked for August and well into September.

Of course, while these visitors are very welcome, they also present a challenge to keeping everyone safe, which is why Woodbridge Town Council has been putting out signs and marking the road to remind us all to keep our social distance and always to wear a face covering in our shops. I know it isn't pleasant, especially in the warmer weather, but hopefully it will keep us and our families safer.

One of the challenges the council faced at the beginning of the month was when to open the children's play areas. We were getting conflicting advice, especially from our insurers, but we took the decision to open them as the physical and mental well-being of our young people outweighed the risks. However, it means that parents and guardians need to keep a watchful eye on the younger children to play responsibly and follow all the health guidelines we have posted at the playgrounds as well as to set a good example of social distancing.

Finally, just a reminder that the work of the council's Emergency Response Group continues; if you need help, just call 01394 383599 or email emergency@woodbridge-suffolk.gov.uk



Photo credit: Chairman Barry

Shipping containers used as activity space

Jetty Lane is using recycled shipping containers for its Activity Spaces while waiting for the £3million construction of the Youth and Arts Centre.

The Activity Spaces were built by Urban Space Management to celebrate the Queen's Silver Jubilee and donated by Eric Reynolds, founding director of Urban Space Management and Trinity Buoy Wharf.

Woodbridge county councillor Caroline Page, one of the leaders of the charity project, said: "It was special because it was made almost entirely out of recycled materials.

The Spaces themselves were originally two classrooms on the pier and are constructed from four

20ft shipping containers.

Cllr Page said: "We are principally asking for donations of paving slabs and paint in order to bring the centres up to scratch inside and outside. An offer of carpeting wouldn't harm either.

"The JL building was required to fulfil unmet need after the previous longstanding Woodbridge Youth and Community Centre was demolished by Suffolk County Council three years ago.

"However, of course the need didn't go away – as Woodbridge has become more expensive, and infill building has occurred, there has been less available accommodation for community groups."

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HOME & DIY

MOOD

for thought

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

WHAT IS A MOOD BOARD?

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

STEP ONE: CONSTRUCT YOUR MOOD BOARD

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

STEP TWO: COLLECT IMAGES

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

STEP THREE: GATHER ACTUAL SAMPLES

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

STEP FOUR: ARRANGE YOUR BOARD

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

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

Photo credit: www.temza.co.uk



DESK DESIGNS FOR SMALL SPACES

Working from home is not without its challenges, with distractions seemingly coming from everywhere and the work/life line becoming severely blurred. Fortunately, we have your desk space covered, thanks to the super space savers below, so that's one less thing you have to worry about.

TRANSFORM A CORNER

If you have an open-plan kitchen or living room, you are in the advantageous position of being able to convert a spare corner into a secluded and compact home office space. Focus on creating an area that complements your existing interior design and make sure you add as much storage space as possible.

OPT FOR AN ALCOVE

Alcoves in the home are very seldom used, and even though they are small, with a bit of imagination you can convert this wasted space into your own working retreat. If you can't fit in a

desk, why not instead mount a work surface and a light fitting to the wall?

GO TEMPORARY

If you really do not have any spare space that can be purely dedicated to working from home, you can still create a designated working area. Simply choose a room that offers you some solitude and add a fold-down workspace. An ottoman is a great investment, doubling up as seating and storage.

CONVERT YOUR SHED

If you are planning to work from home in the long term, you may want to consider converting your shed or perhaps even your loft into a spacious working area. Think of this as an investment and remind yourself of all the money you are saving on commuting.

PLUMP FOR THE RIGHT OFFICE CHAIR

Make sure you treat yourself to a proper office chair that offers back support, helps you to concentrate and instantly puts you in work mode.



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FOUR winning wine bottle CRAFTS



HOME & DIY

Whether you favour a dry white, a robust red or a fruity rosé, as a wine lover you will no doubt have one or two, or five, empty bottles taking up valuable space in your recycling bin each week.

So why not use these bottles to create something beautiful?

ART DECO VASES

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

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

BIRD FEEDER

What could be better than sitting in your garden listening to the sweet song of the surrounding birds?

All you need is an empty wine bottle, a few pieces of wood, a hose clamp and some acrylic paint in your preferred colour to create this stunning garden feature.

MINIATURE PLANTER

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

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

CHEESE BOARD

To make this craft, you will first need to flatten your wine bottle. This involves using a kiln – you can find a simple tutorial for this online.

You can then add your preferred decorative touches.



HOME & DIY

ABSTRACT INTERIORS



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

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

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

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

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

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

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

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





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5 alternative uses for

HAIRSPRAY

A can of hairspray is just one of those beauty essentials that you always seem to have in the cupboard. Fortunately, even if you aren't trying to create a firm hold hairstyle, there are many other uses for it.

TO PROLONG THE LIFE OF CUT FLOWERS

If you have been gifted a bouquet of flowers but are worried about them wilting sooner than you would like, simply spray the underside of the cut stems with hairspray. This will help seal in the moisture and keep your flowers fresh for longer.

TO TIGHTEN SCREWS

Loose screws can be incredibly annoying, and tightening them is just another household task that you could do without. Fortunately, you can keep your screws more secure with just a few sprays of hairspray once every month or so.

TO KEEP CURTAINS CLEAN

If you are fed up with seeing dust all over your curtains but can't cope with having to take them down to thoroughly clean them, all you need to do is spray hairspray from top to bottom and enjoy dust-free curtains for longer.

TO REMOVE PET HAIR

As much as you love your cat or dog, pet hair can be an absolute nightmare to remove from furniture and clothing. However, by simply spraying hairspray on a towel and then rubbing it on the affected areas, you will find it much easier to pick up the hair.

TO REMOVE INK OR HAIR DYE

Ink stains are notoriously difficult to remove, yet hairspray can handle it. Just spray directly onto the stain and gently blot. The same process can be used to remove hair dye from clothing – simply spray and blot away.



HOME & DIY





Four CLEANFLUENCERS

to follow on Instagram



Photo credit: Facebook

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

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

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

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

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



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ANOTHER BIG BITE

The latest Apple innovations were unveiled at the start of the summer, and in light of a global trend to eliminate infection, there was good news for handwashers...

In launching 13 exciting technological innovations across iPhone, Mac, iPad and Watch, Apple has proved itself capable of upping the ante again, even when its boffins have been locked down. Here are some of our favourites:

macOS Big Sur
A big update that powers Safari like never before, with customisable start page and backgrounds, faster speeds and better extensions.

iOS14
The new operating system brings a raft of improvements, including grouping of apps in folder categories and the ability to open a small part of an app to fulfil a specific task, such as purchasing a coffee or paying for your Deliveroo delivery.

Apple Pencil
This neat tool means a message written on your iPad can be converted automatically into typed text.

Cycling directions
Getting from A to B on your bike has been made

easier with an enhanced map tool that takes into account road traffic and other obstacles not conducive to an efficient cycling experience, such as steps. Your Deliveroo man will be grateful.

Handwashing wonder
An upgrade to Apple Watch means it can detect when a user is washing his or her hands and will start a 20-second countdown timer. Stop scrubbing early and you'll be prompted to keep washing – patronising, but useful.

Sleep tracking
The Watch also provides better sleep tracking after many called into question the accuracy of this being done on the iPhone. It does, however, mean you need to sleep with your watch on.

TvOS
HomeKit-enabled video cameras can now broadcast alongside programmes you are watching. That means you can still watch Gordon Ramsay on screen while an image appears of Gordon Ramsay at your front, presumably delivering your Deliveroo dinner.

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KIDS



BACK TO SCHOOL

after lockdown

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

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

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

Get back into a bedtime routine

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

Openly discuss concerns

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

Share your own feelings

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

Ask the school for help

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



Maya Jama MAKING WAVES

WHY MAYA JAMA NO LONGER HAS A FACE FOR RADIO

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

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

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

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

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

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

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

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

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

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

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

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

”



AUGUST BIRTH FLOWER OF THE MONTH:

Gladiolus

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

WHAT DOES THE GLADIOLUS SYMBOLISE?

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

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

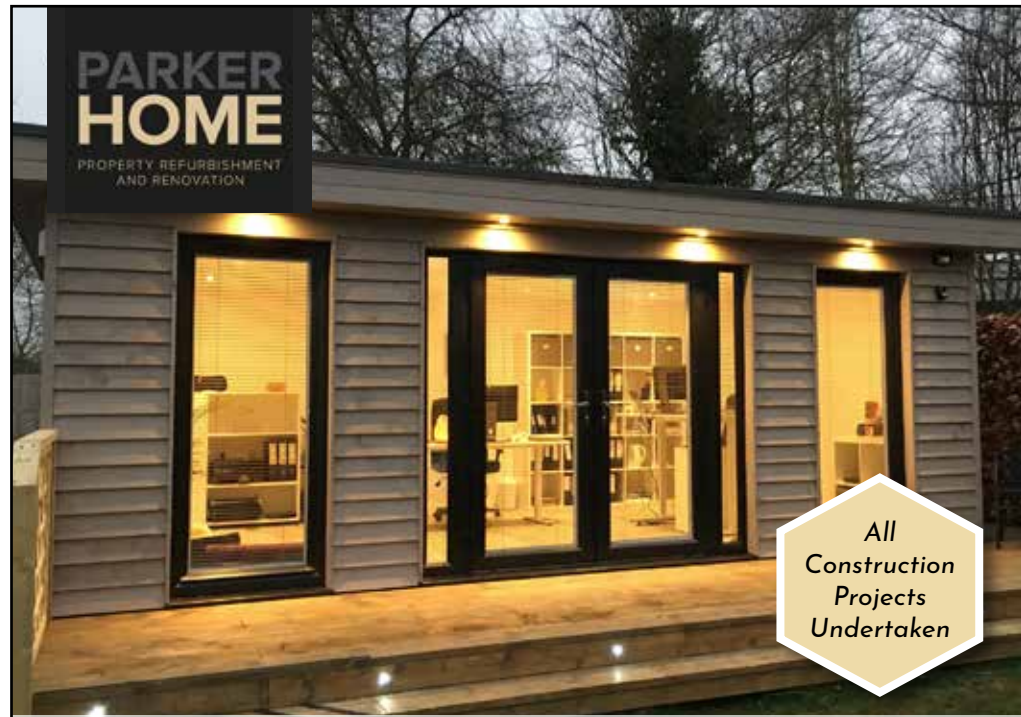
If you were born in August, you are said to be an intellectual who will do whatever it takes to succeed in life. You thrive in leadership roles at work and, like your flower, you are known for your strength and integrity.

HOW DO I GROW GLADIOLI IN MY GARDEN?

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

DO GLADIOLI GROW BACK EACH YEAR?

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



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CREATE YOUR OWN

GARDENING

With many of us spending a lot more time in the garden than usual, what better time to decide to produce your own compost?

Did you know that composting is the most environmentally friendly way to deal with kitchen and garden waste? Plus, it will dramatically improve the quality of your soil, so what are you waiting for?

WHERE SHOULD I START COMPOSTING?

You have two options when it comes to composting: you can use a compost bin, or you can choose an open compost heap. A bin will allow you to make compost more quickly, but both options will result in compost eventually.

When choosing the site for your compost, you need to ensure that it is not subjected to extreme temperatures or excessive moisture. Opt for a shady area of the garden that provides good drainage.

HOW TO CHOOSE COMPOSTING MATERIALS

As a general rule, your compost should be made up of a 50/50 mix of green and brown materials.

Green materials include:

Vegetable peelings | Used teabags | Dead flowers and houseplants | Grass cuttings | Nettles

Brown materials include:

Eggshells | Newspapers (not glossy magazines) | Toilet roll tubes | Shredded plain paper | Dry leaves and small twigs | Young wood garden prunings

WHAT ARE THE BENEFITS OF COMPOSTING?

Composting enriches your soil, suppresses plant diseases and pests, reduces the need for chemical fertilisers, encourages the production of good bacteria and fungi and helps to lower your carbon footprint.

ARE THERE ANY DRAWBACKS TO COMPOSTING?

There are a few downsides to home composting, namely that it requires quite a lot of effort on your part to see the right results. You also need to commit to creating quite a lot of compost if you want to fertilise your entire garden.





HORTICULTURE HEROES:

Carol Klein

Carol Klein is a true gardener of the soil – a presenter, author, columnist and former teacher still going strong at 75 but who could comfortably pass as someone two decades younger... it must be all that fresh air.

A tour de force in gardener terms, Carol has lived and worked through various horticultural revolutions, presented for 20 years on *Gardener's World*, as well as fronted a number of other BBC series such as *Life in a Cottage Garden*.

The Manchester-born gardener simply loves being outdoors.

"It's always such a breath of fresh air," she says, "and I'm just lucky I've had a career that's afforded me that privilege."

Colour is a big part of what stimulates the horticulturalist, with the plant or flower guiding ideas, rather than her shaping it to what she wants.

"I think we have to let everything flourish in the way that is most natural," she says. "Sure, you're going to have to cut back and tidy up, but for the most part you have to let your garden express itself; so if that means a few rough edges or loose beds, then let the garden have that... let it breathe. It will be all the better for it in the long run."

Klein is also a big advocate of growing your own produce, something that feeds into the ethos of the garden having its own life and its own bounty.

"The fact that the garden can produce so much beauty, yet something that fuels and nourishes us too, is incredible," she says. "It is such a versatile thing that we always need to appreciate and respect."

Her advice for converting your gardening space into something that might fill gaps in your weekly supermarket shop is to only grow what you like eating.

"We sometimes end up sowing a vast array of seeds out of curiosity. While that can be fun, there is ultimately most satisfaction in growing something that's simple, but done well. Who'd have thought a small carrot could be so satisfying?"

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SPOTLIGHT ON AUBERGINES

For some reason many people, even those who are confident in the kitchen, are afraid to use aubergines. Whether it's because they don't understand how to prepare them, are worried about them becoming too greasy or simply because they don't know what meals to make with them, we can help.

WHAT IS AN AUBERGINE AND WHAT DOES IT TASTE LIKE?

For those who are completely unfamiliar with this fruit (yes, it is technically a fruit although it is used as a vegetable), the aubergine is recognisable by its deep purple colour and bulbous shape. Available in many different varieties, aubergines are known for their mild, smoky flavour and their ability to act as a sponge to any flavours they are cooked with.

HOW TO STORE AND PREPARE AUBERGINES

Aubergines are fairly perishable, so you need to store them appropriately. Place them whole in a plastic bag in the fridge and they will last for a few days. Traditionally, aubergines were quite bitter so chefs would salt them before cooking, but this is no longer necessary unless you are planning to pan-fry to reduce the amount of oil they absorb.

DIFFERENT WAYS TO COOK AUBERGINES

Aubergines are incredibly versatile, and you can cook them in a number of ways:

Baked whole | Diced up and fried | Coated in flour and deep fried | Sliced thinly and grilled | Cooked whole on the BBQ | Diced and stewed in water, great way to thicken sauces

POPULAR AUBERGINE DISHES

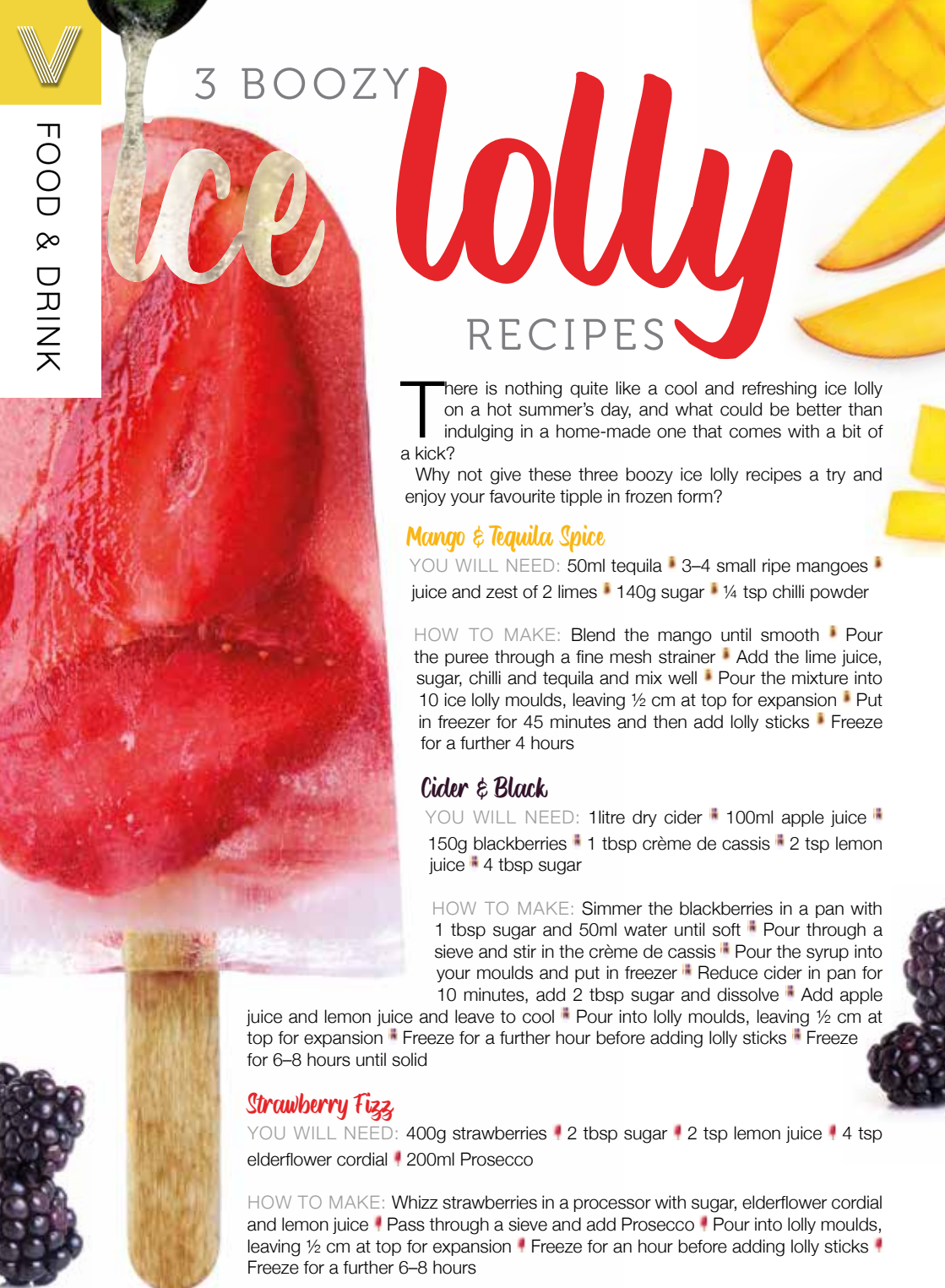
Greek moussaka | Ratatouille | Baba ganoush | Aubergine parmigiana
Aubergine and chickpea curry | Smoky aubergine dip

WHAT ARE THE HEALTH BENEFITS OF AUBERGINES?

Aubergines are rich in antioxidants as well as being an excellent source of dietary fibre. They also contain several B vitamins and potassium and are low in calories, making them a great choice for those trying to lose weight.



FOOD & DRINK



3 BOOZY

Ice lolly

RECIPES

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

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

Mango & Tequila Spice

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

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

Cider & Black

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

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

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

Strawberry Fizz

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

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

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Don't fear KEFIR

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

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

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

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

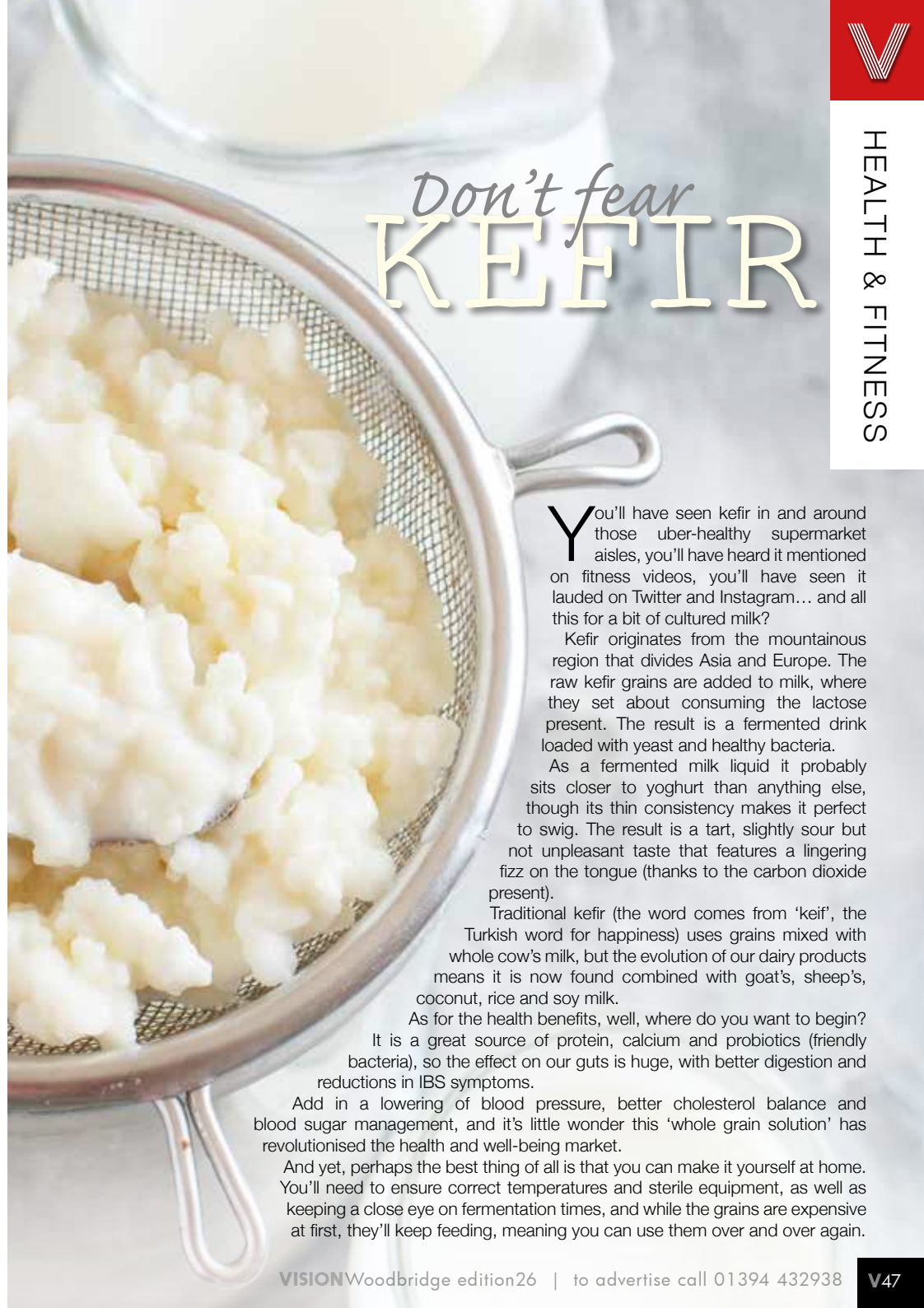
As for the health benefits, well, where do you want to begin? It is a great source of protein, calcium and probiotics (friendly bacteria), so the effect on our guts is huge, with better digestion and reductions in IBS symptoms.

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

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



HEALTH & FITNESS





Pleats

FOR ALL OCCASIONS

Pleats are officially back in style for summer/autumn 2020 and we couldn't be any more excited about this surprising resurgence. Flattering, versatile and offering a sexy yet understated vibe, you can wear a pleated skirt anywhere, as long as you know how.

How to wear the pleated skirt:

Whether you are invited to a party, are heading for a picnic in the park or have an important meeting at work, you can find the perfect pleated skirt outfit combo for you.

Daytime chic – Team a pastel-coloured midi pleated skirt with a striped blazer and ankle boots for a smart yet effortless look that will work just as well for lunch with the ladies as it will for a presentation with the boss.

Evening glam – Opt for a black satin pleated skirt that cinches you in at the waste and gives you killer curves and team it with a cropped top and a pair of stiletto heels for an instant vampish vibe.

Casual cool – Who says you can't wear a skirt for a stroll in the woods? The trick to toning down the pleated skirt is to add a simple fitted tee, an oversized denim jacket and a pair of fresh white trainers.

Choosing the right pleat for your shape:

Regular pleat – Depending on where the skirt is pleated, you can choose to emphasise your hips, waistline or bottom, making this pleat ideal for most body types.

Box pleat – Best for those with narrow hips and slender waists.

Kick pleat – Normally found on shorter skirts, this style is ideal for apple body shapes.

Inverted pleat – Most often worn at knee length, the inverted pleat is best suited to pear-shaped women.

Knife pleat – Another mini style; if you don't mind showing off your legs.

Accordion pleat – Full and feminine, this style suits everyone.

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How to
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THE WAY TO DEAL WITH SPOTS LIKE A SKINCARE PRO

When it comes to skincare problems, there is no one-size-fits-all method for tackling them as the causes can be anything from hormones to our diets, and even the weather.

A stubborn reality of angry pustules is that picking or popping them will go against every natural instinct you have, while reaching for your foundation risks irritating them further.

There is also the assumption that the way to tackle oily skin is to dry it out by bombarding it with all manner of potions and harsh exfoliators. However, when irritated, your epidermis will only put up more barriers to defend itself, leading to further blocked pores and more spots. Instead, see your acne as something more aligned with eczema and take a gentler approach.

Not surprisingly, a cleansing routine is very important, but it should only be twice a day and with products that are soothing but which also contain salicylic acid to gently remove dead skin and excess sebum. Once or twice a week you may want to treat your skin to a good-quality charcoal mask to deep clean your pores, or even a very gentle scrub.

Occasionally, you might find yourself dealing with sebaceous cysts which are hard, sore bumps buried deep under your skin. A good daily routine will help keep these at bay, but you can also apply a warm compress to help open the pore.

Moisturising is actually a vital part of rebuilding your skin's natural barrier, so invest in a lotion designed for oily skin and use it religiously. The same goes for sunscreen, which should be worn daily to protect against UV damage and further irritation.

While there is no quick fix, good habits will help you control your complexion, rather than your complexion controlling you.



BRITAIN'S BREXIT BOOM

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

1. TURNING TO TECH

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

2. MEDICAL MASTERY

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

3. FISHING

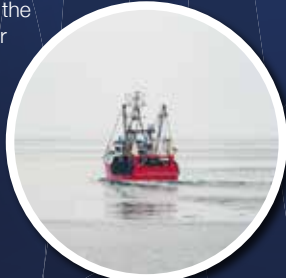
UK fishermen have long bemoaned the EU's Common Fisheries Policy for the restrictions it has caused, even around our own shores.

While the complexities of the industry are plentiful and the protecting of fish stocks is important, our hardworking seafarers appear certain to profit from Brexit as Brussels' stranglehold on how our coasts operate is removed.

4. AGRICULTURE

While our binning of the Common Agricultural Policy (CAP) – which has been in place since 1973 – has so far produced more questions than answers for our farmers, the government is optimistic that substantial improvements can be made for land workers who currently see 70 per cent of the UK geography under agricultural management.

Shedding the 'direct payment' aspect of the CAP where land prices were pushed up, causing a barrier for young farmers to get into the industry, could stimulate innovative and inventive UK farming, the like of which we've not seen in centuries.



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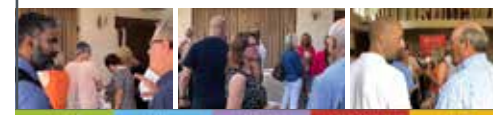
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HOW CLEAN IS CLEAN ENOUGH?

We have never been more conscious of the risk that viruses and bacteria pose, with homeowners and businesses cleaning more thoroughly than ever. But could we actually be making things worse? We spoke to a local fogging company to find out more.

Hygiene has never been more important, and it has taken a viral outbreak worldwide to put this at the forefront of the way people go about their day to day lives.

The government has enforced extreme measures to contain the outbreak of COVID-19 by initiating lockdowns nationwide, as well as promoting the use of face masks in public places and encouraging homeowners and businesses alike to take extra measures to ensure the spaces we inhabit are kept to the highest levels of cleanliness.

Yet, despite the very best intentions, it is quite possible that we could be making matters worse by spreading viral particles across surfaces, rather than properly eliminating them.

Harry Wilkins, the director of Ipswich-based

fogging company, Viroklean, said that it is important that we ensure we are using cleaning methods that eliminate harmful pathogens.

He said: "If one were to instruct a professional cleaning company to perform a deep clean on an area/site, they would remove germs on surfaces or objects by using soap or detergent and water.

"This process does not necessarily kill germs, in fact it even has the potential to spread them further.

"You should couple this with Viroklean's decontamination service. Areas will have drastically reduced any risk of spreading infection. Our process kills 99.99% of all pathogens, eliminating any viruses, bacteria, yeasts and fungi."

Having witnessed the economic fallout of the last lockdown, Harry is anxious to ensure households

and businesses are taking all the right precautions to avoid any such circumstance playing out for a second time.

"Quite frankly it has crippled a huge amount of businesses," he added. "The majority being locally owned, independent businesses.

"We feel that local businesses can do so much more to give our government something to consider when the second wave of the virus hits.

"We want to help prevent and reduce the risk of a second lockdown which will end a lot of businesses. By businesses such as salons, gyms and restaurants decontaminating on regular basis they will reduce the spread of infection and ultimately do their part to keep their community functioning safely."

Although many businesses are going to great lengths to ensure the cleanliness of their premises, there is also a huge amount of importance in being seen to take extra steps to reduce the risk of the spread of infection.

Many customers are still very nervous about venturing out from the comparable safety of their

own home, however, if their favourite shop or restaurant is making it clear that they are going over and above with all things hygiene, it will make them feel a lot safer and encourage them to visit more often.

Harry said: "Viroklean provide certification and plaques that they can show to customers proving they have had their premises decontaminated to reduce any risk.

"I think now is the perfect time for businesses to step up their game in terms of hygiene and Viroklean are here to help them achieve higher standards."

The regularity of decontamination depends hugely on the amount of touch points a site may have. For example, a home will need decontaminating fairly infrequently, however somewhere like a gym with a high number of touchpoints should be fogged daily.

Viroklean operates a 24/7 service to minimise disruption to homes and businesses with emergency call outs also available.

For more information visit:

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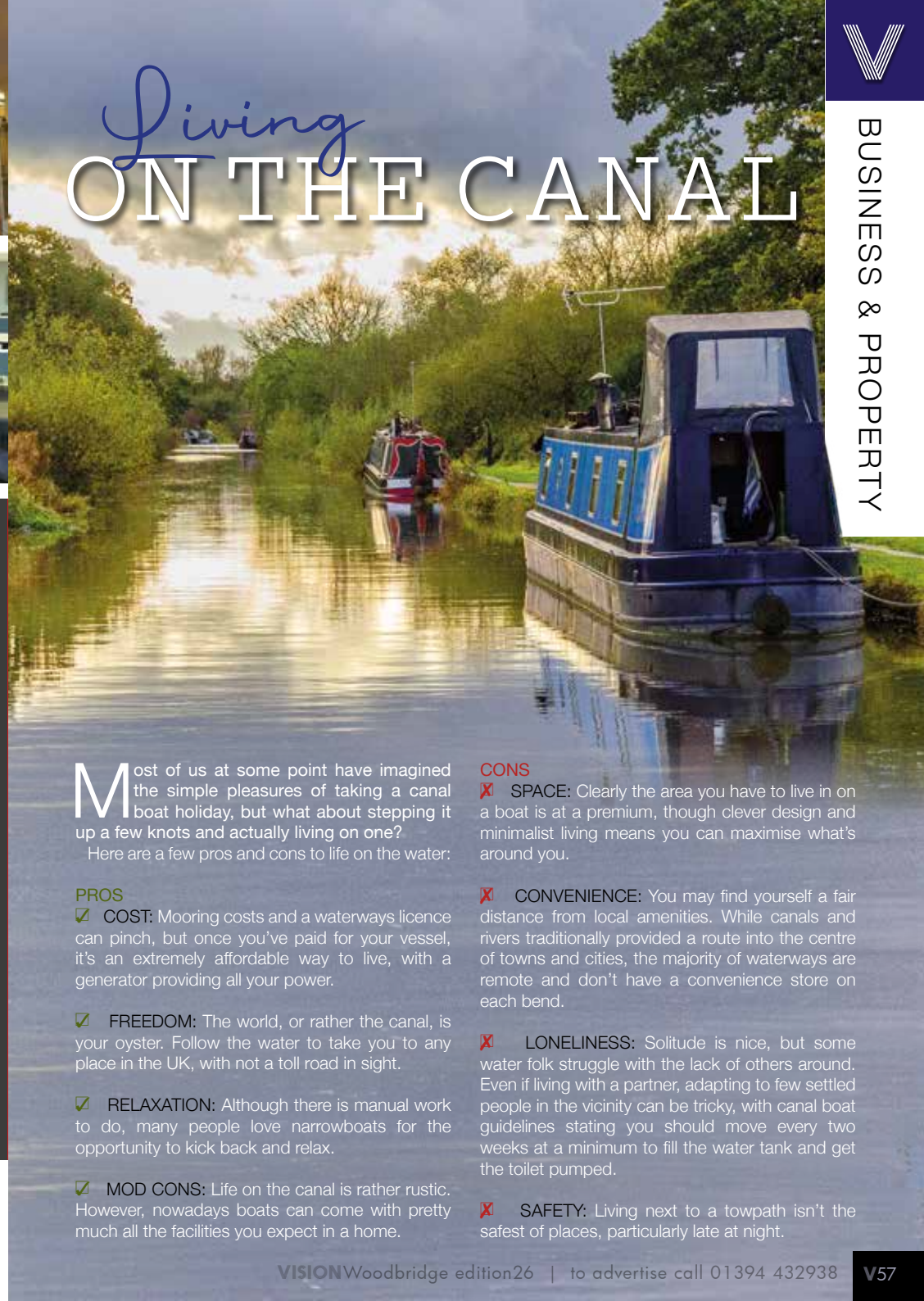
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Living ON THE CANAL



BUSINESS & PROPERTY



Most of us at some point have imagined the simple pleasures of taking a canal boat holiday, but what about stepping it up a few knots and actually living on one?

Here are a few pros and cons to life on the water:

PROS

- ✓ **COST:** Mooring costs and a waterways licence can pinch, but once you've paid for your vessel, it's an extremely affordable way to live, with a generator providing all your power.
- ✓ **FREEDOM:** The world, or rather the canal, is your oyster. Follow the water to take you to any place in the UK, with not a toll road in sight.
- ✓ **RELAXATION:** Although there is manual work to do, many people love narrowboats for the opportunity to kick back and relax.
- ✓ **MOD CONS:** Life on the canal is rather rustic. However, nowadays boats can come with pretty much all the facilities you expect in a home.

CONS

- ✗ **SPACE:** Clearly the area you have to live in on a boat is at a premium, though clever design and minimalist living means you can maximise what's around you.
- ✗ **CONVENIENCE:** You may find yourself a fair distance from local amenities. While canals and rivers traditionally provided a route into the centre of towns and cities, the majority of waterways are remote and don't have a convenience store on each bend.
- ✗ **LONELINESS:** Solitude is nice, but some water folk struggle with the lack of others around. Even if living with a partner, adapting to few settled people in the vicinity can be tricky, with canal boat guidelines stating you should move every two weeks at a minimum to fill the water tank and get the toilet pumped.
- ✗ **SAFETY:** Living next to a towpath isn't the safest of places, particularly late at night.

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Tranquility on the River Deben

One of the most alluring things about buying a home in Woodbridge, is the opportunity to live by the river. But could you live *on* it?

With stunning views across the River Deben, and up towards the Tide Mill, it's easy to see why life on one of Woodbridge's famous houseboats is so appealing.

Many barges and canal boats can be seen in the town's historic marina, and one has just gone onto the market for £125,000.

Local estate agents G&K Estates describe it as "luxury living on the river" and more akin to an apartment than what you might expect.

The barge, named "Fertile", would make an ideal first-time purchase for someone wanting to establish themselves in Woodbridge, or perhaps someone looking for a tranquil holiday retreat.

As registered on the historic register at Greenwich, Fertile is a Swim-Head Stumpy Thames sailing barge, of significant historic interest. Originally, she was built in 1936 as a steel swim-headed lighter and then converted to a swim-headed, stumpy-rigged spritsail barge by the previous owner in 1996.

Fertile is a very well appointed, warm and comfortable vessel, that has gone through a

whole inventory of recent upgrades and structural improvements to transform her into a very attractive home.

The barge possesses an open plan living space with new wood burner, stylish kitchen, shower room with WC and utility area

There is a principle bedroom with a range of fitted wardrobes and vanity unit, second bedroom and third room, with plans to turn into a bespoke quality walk-in shower room. There is a gas fired boiler and large sun bathing deck area.

Fertile is 72-feet long, has an 18-foot beam and is in excellent mechanical and structural condition. She even comes with a 10ft dinghy.

Positioned on a prime mooring under licence, in a highly desirable location, this has to be the answer to luxury living on the river. Due to her location, she is close to many shops, restaurants, cafes, coffee shops, pubs and cinema.

The railway station is merely a few paces away, with connections to London Liverpool Street and Norwich, via Ipswich.

This property is currently being marketed by **G&K Estates**. For more information, call them on:

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How Do Businesses Bounce Back Post-Pandemic?

There is no doubt that the Coronavirus pandemic has divided businesses. Those with strong digital infrastructure and online presence were able to make swift decisions and switch their business to remote working quickly, while those in industries such as high street-based retail, hospitality and tourism have been exposed. Businesses who have strict cash control measures were also able to sidestep some of the pitfalls that their lesser counterparts fell into.

This really is a great time to look at your business and fix the flaws that have hampered you during the pandemic but also to seek growth opportunities. Either may need you to look at your financial and cash position, as you consider purchasing equipment that will make your business sustainable or implementing a strong marketing campaign to get you back to market.

Avoid becoming a cashflow casualty by shying away from your financial position.

Cashflow, if it is not monitored, can quickly drain away and leave you with a drip, rather than a river. Unfortunately, for many business start-ups cashflow can quickly be neglected and by the time there is a problem, it is already too late.

Monitor it closely and ensure that you have sufficient working capital within your business to cover your outgoings. Monitoring comes from up to date bookwork (showing



your 'actual' figures) and we also recommend a 12-week rolling Cashflow Forecast, which is a great easy way to ensure you know what is due to be paid/when and what income you need to cover this.

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IT'S SPORT...



SPORT



Photo credit: Paul Greenwood/BPI/Shutterstock



...but not as we know it

HOW COVID-19 HAS CHANGED OUR CONSUMPTION OF SPORT

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

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

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

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

are following suit to get seasons finished and tournaments played.

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

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



Bid farewell TO THE COVID MOT

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

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


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

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

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

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

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



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PUZZLES & TRIVIA

PUZZLES

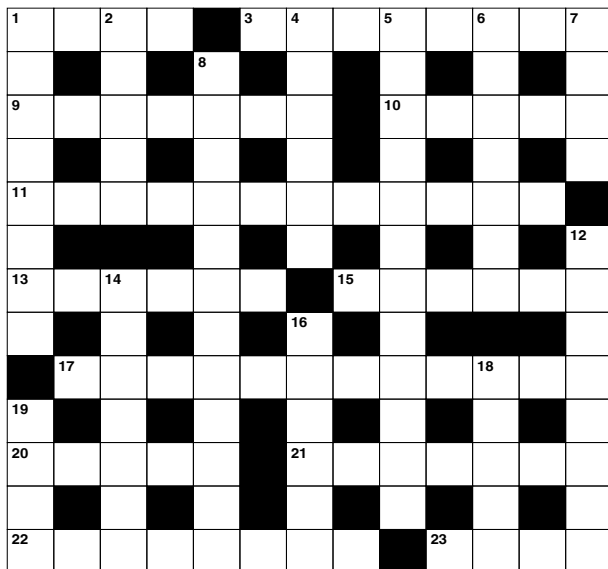
Answers can be found on the Contents Page 4

ACROSS

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

DOWN

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



16. Royal chair (6)

19. Pinnacle (4)

18. Spoken for (5)

DID YOU KNOW?

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

SUDOKU

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

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FOR PEACE OF MIND

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