

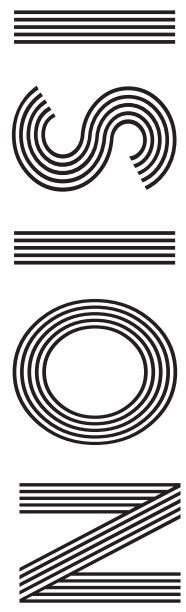
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US President has tea with the Queen

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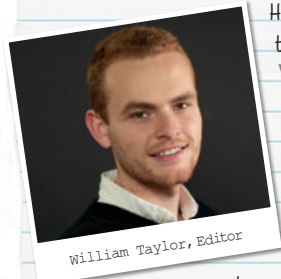
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Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. We certainly picked our time to launch our first edition. On the weekend that we began distributing **VISION** Woodbridge,

temperatures soared to a sizzling 36 degrees so I'd like to give special mention to our wonderful team of distributors who lathered on the Factor 50 and ensured we got the magazines out there.

I'd also like to give a mention to those of you who took time to write in with your feedback on our first edition. I was truly overwhelmed with the response.

I have to say, I did chuckle when one lady commented: "To be truthful, I thought, how many Woodbridge mags do we need? However, I write to say: if every other edition is as interesting and informative, I will definitely be bothering to read yours."

Keep the feedback coming, whether it be by email or through our various social media channels. It's very useful to know what you, the people of Woodbridge, think. Furthermore, if you want to comment on anything that's happening in the town, your words may even make it into print.

I hope you enjoy edition two just as much as the first.

Will

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It's surprising Donald Trump didn't venture around the UK in an armoured tank given the amount of vitriol that laid in wait around every corner during the US President's visit in the middle of July.

Yet a quaff of thick hair and an even thicker skin accompanied the bolshie and intentionally controversial leader, whose three-day working visit to the UK followed a NATO summit in Brussels, and preceded equally spicy talks with Russia President Vladimir Putin in Finland. Love him or loathe him, the 72-year-old doesn't do things in short measures.

Whether linking hands with Prime Minister Theresa May or haplessly failing to follow royal convention with the Queen at Windsor Castle, Trump revelled in the pomp and the protests.

He is in fact the 13th US president that Her Majesty has met during her reign, and the exchange was said to be cordial... so cordial in fact that HRH – on behalf of the government – laid out an invitation for a full state visit in April of next year, immediately after the conclusion of the Brexit process (whether or not we have struck a deal with the EU). That visit will include a military guard of honour and carriage ride up the Mall to Buckingham Palace... and perhaps a few thousand expletive-ridden placards too.

Trump divides opinion like no one else before him. Recently, his policy of keeping migrant children in cages at the US border appears brutal, yet his praise for our Prime Minister, and stories of his mother Mary Anne's praise for Her Majesty and 'tell it like it is' approach appeal wholeheartedly to those tired of 'suit and shoes' politics.

While those who hosted him in July were welcoming, others refused to engage. There was no meeting at all with the American citizen who has joined our Royal Family, Meghan Markle (who isn't quiet in her dislike of the president); nor was there a visit by Mr Trump to the new US Embassy south of the river (after he criticised the move from Grosvenor Square).

In addition, he was not invited to address both Houses of Parliament – an honour that has been accorded to previous US presidents – because of opposition from John Bercow, the Commons speaker.

But progress was made at Chequers where bilateral talks with Theresa May went well, and it appears the personal relationship between the two may have gone up a degree or two in warmth, despite a very obvious frosty chill continuing to linger just below the surface.

Trump concluded proceedings in Scotland where he played a round of golf with Prince Andrew at Turnberry, the course he owns. Business and pleasure – par for the course.

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Trump's TEMPESTUOUS TRIP



LOCAL NEWS

from your neighbourhood



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Spectacular display garden celebrates Notcutts' history

A special ribbon cutting event has been held at Notcutts Garden Centre in Woodbridge to celebrate the opening of a new display garden, designed to inspire local gardeners with creative planting ideas.

Caroline Notcutt, vice-chairman and great-granddaughter of Notcutts founder Roger Crompton Notcutt, officially opened the display garden on Thursday, July 12.

Caroline was joined by the Mayor of Woodbridge councillor David Mortimer, local dignitaries, customers and the Notcutts team.

The Notcutts Garden is a permanent display at the Woodbridge Garden Centre, with ideas and inspiration for brightening borders or designing gardens from scratch.

The garden celebrates Notcutts' long history and heritage in Woodbridge, with the focal point being an original 1920s well, which was used originally to

pump water into the glasshouses.

Over 300 plants of 30 different varieties feature in the garden which took just over three weeks to complete.

Darren Brooks, general manager at Notcutts Woodbridge, said: "The Notcutts Garden is a fantastic addition to our garden centre, celebrating our historical well and creating a calming space for customers to enjoy and feel inspired. Thank you to all who joined us for our special garden opening event."

"The garden celebrates the best of what we do at Notcutts – with over 120 years' experience and 50 Gold medals won at RHS Chelsea Flower Show, we're pleased to bring our expertise in planting and garden design to our customers in Woodbridge."

The Notcutts Garden is free to visit all year round at Notcutts on Ipswich Road, Woodbridge.

For more information about Notcutts Woodbridge, call 01394 445400 or visit notcutts.co.uk



News from
Councillor Geoff Holdcroft
District & Town Councillor for Woodbridge

I hope you all enjoyed reading the first edition of **VISION** Woodbridge; I certainly did.

Although it's summer the work of the council never stops but it normally slows down. However this year is an exception with two public consultations currently under way.

First, the Local Government Boundary Commission for England published their draft proposals for the warding of new East Suffolk Council on July 3. Locally the proposal is for a Woodbridge Ward comprised of the whole of the town plus Martlesham North represented by two councillors and a Melton Ward represented by one councillor. You have until August 27 to give your views.

Secondly, a draft Local Plan is out for consultation. The Local Plan sets out a strategy for delivering growth

in the district, identifying where development should be located and how it should be delivered up to 2036. It identifies sites for housing, employment and other land uses through 'site allocations'. You have until September 14 to respond.

Finally, I am looking forward to Maritime Woodbridge on September 8 and 9. The two-day event celebrates the town's maritime and riverside heritage from Anglo-Saxon times to the present day. There will be so much to do this year, after a two-year break, with a great mix of things to see and do including music, exhibitions, lectures, talks, boats and even battles to keep everyone entertained and enthralled. I am very pleased that Suffolk Coastal District Council, Woodbridge Town Council and their main sponsor, Park Properties, are all able to support the festival.

Nursery raises hundreds at event

A nursery in Woodbridge held an event to celebrate its anniversary and to raise funds to help a child.

Melton Day Nursery celebrated 10 years of Cannon ownership and put on an event which was also to fundraise to help renovate a bathroom to make it safe and accessible for Sophia Lofthouse.

Sophia was diagnosed with a brain stem tumour in December 2017. She had several surgeries and now has dysphagia which means that she struggles to swallow and is classed as 'at risk' of choking. She also has a feeding pump for 19 hours of the day as she is unable to safely swallow food and eat enough to sustain her ability to grow.

Christina Lofthouse, Sophia's mother, said: "Our bathroom is incredibly small and our toilet is next door in a separate room which makes it very difficult for Sophia to relearn and gain her independence.

"We cannot get in the toilet with her and her equipment and shut the door so she has no privacy.

"There's no space if you had an emergency and needed to get her out and on the floor."

Nicola Cannon, nursery owner, said: "We aimed to raise £500 to start initial building work to make her bathroom wider and more accessible. We raised

£893 thanks to local people and businesses making amazing donations and contributions."

PlumbMate in Ipswich also generously donated all of the bathroom pieces that Sophia would need.

The family are extremely grateful for all the support they have received from the nursery.

Christina said: "I cannot express how incredibly grateful we are to Nicola, David and Melton Day Nursery for everything they have done for our precious little girl and PlumbMate too."



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Rotary Club raises thousands of pounds at charity Golf Day



The Rotary Club of Woodbridge raised thousands of pounds for charities at their Golf Day recently.

The event was held at Woodbridge Golf Club on July 10.

Around 100 golfers took part and raised over £6,000 for chosen charities EACH and Fresh Start - New Beginnings.

EACH is a local charity supporting families and caring for children and young people with life-threatening conditions.

Fresh Start - New Beginnings provides a therapeutic service for children and young people up to the age of 21 who have reported being sexually abused and to offer support for their families.

A spokesperson from the Rotary Club of Woodbridge said: "We would like to thank the golf club staff and captain for the wonderfully prepared course and lovely lunch."

local team. Refreshments are available. Admission prices are £6 adults, £4 concessions and children under 16 are free. Season tickets are also available. Check www.woodbridgetownfc.com for up to date information.

New scheme launched to reward volunteers

Community leisure centre operators Places Leisure have announced that they've joined a scheme to reward local volunteers.

The scheme, called Time Credits, will reward volunteers who work with local projects and charities in Woodbridge and Felixstowe.

All credits which are earned can be redeemed on a variety of gym, pool and sport-based activities at eight of Places Leisure's centres throughout Suffolk and Norfolk.

The local centres that are participating include Brackenbury Sports Centre, Deben Leisure Centre, Felixstowe Leisure Centre and Leiston Leisure Centre.

The scheme so far has reported fantastic results with 63 per cent of participants feeling less lonely or isolated, 66 per cent feeling more confident, 69 per cent feeling more positive about their future and 79 per cent reporting an improvement in their quality of life.

To find out more about Time Credits visit www.timecredits.com or pop down to the leisure centres.

Support the Woodpeckers this season

After a fantastic 2017-18 season which saw the Woodpeckers win both the Thurlow Nunn Division One title and the Suffolk Senior Cup on a memorable night at Portman Road, attention now turns to the new season with the first team facing the new challenge of life a step higher in the Thurlow Nunn Premier Division.

- Early fixtures are:
- > August 18, 3pm Norwich United v Woodbridge (league)
 - > August 21, 7.45pm Clacton v Woodbridge (league)
 - > August 25, 3pm Woodbridge v Newmarket (league). This game may change depending on the FA Cup result.
 - > September 8, 3pm Thetford v Woodbridge (league)
 - > September 15, 3pm Woodbridge v Ely City (league)
- Get along to Notcutts Park and support your





Raising the rafters on new RSPCA kennels

Just over a month since its start on site and Project Winston, the £420,000+ building project at the RSPCA Animal Centre at Martlesham, is continuing pace, with both the new support unit and isolation kennels reaching the roofing stage.

Project Winston will allow the RSPCA Animal Centre to continue its work in rehabilitating and rehoming all sorts of animals, especially dogs, from the local area. Led by local contractor R G Carter, the build will replace six of the animal centre's oldest dog kennels with up-to-date facilities, as well as building a new support block to include toilets, shower, office, staff room and a cattery sluice room.

Jean Short, honorary chairman of the branch, said: "As half the new kennels will be bigger than normal, to provide better accommodation for larger dogs, we've named the rebuild after Winston, a sweet Newfoundland dog who came into the centre as a

cruelty case. He finally found his forever home so we put his name to a project that will help many more dogs find the thing they want most – a loving forever home."

The branch is a separately registered charity and, despite already raising over £300,000 for Project Winston, is looking to raise the remaining funds through collections, a sponsorship scheme and asking supporters to organise fundraising events. There is more information on the branch website - www.ipswich-rspca.org.uk

The animal centre is still rehoming animals, but to keep everyone safe during the build, an "appointment only" scheme is in operation. Visitors wanting to use our shop or drop off donations do not need an appointment, but anyone wanting to look at any of the animals on site needs to call 0300 999 7321 to book an appointment.

Why one man went to work in a dress

Unless your workplace is air-conditioned, the recent heat wave may have left you pining for cooler climes. So should employers show flexibility when the mercury rises? Gotelee, which has an office in Woodbridge, can help your organisation.

The question has previously made national news when one worker highlighted the apparent inequality between male and female dress codes. When Joey Barge from Buckinghamshire was sent home for wearing smart shorts to work, he returned wearing a bright pink dress in protest. This prompted his bosses into a rethink. Soon after, staff were informed that men were permitted to wear three-quarter length shorts in black, navy or beige only.

In the same week, the TUC urged firms to allow

workers to temporarily ditch their suits and wear cooler attire, as well as allowing comfortable clothes.

Unions are also calling for a new law forcing employers to send home workers if the mercury hits 86F, or 80F for those doing strenuous work.

How can our employment law lawyers help? While most employers have a grasp of their key responsibilities, there are many areas of the law that are much less straightforward. When grievances and disputes with staff happen, they take priority, regardless of the distraction this may cause you, and, if you don't handle them correctly, there's a real risk that you will end up in the Employment Tribunal.

To find out more, call Andrew West on 01473 298102 or email andrew.west@gotelee.co.uk



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Hearing company holds dog walk to raise money

Award-winning, family-run business The Hearing Care Centre has announced its annual dog walk to raise money for Hearing Dogs for Deaf People.

The event will take place on September 22 at 9.30am, beginning with breakfast at Brandeston Village Hall followed by a 4.5-mile walk. Tickets for the event are £10 per person.

The dog walk is one of many events that the hearing

company is holding this year to fulfil its pledge to raise £20,000 for Hearing Dogs for Deaf People by the end of 2018, marking the 20th anniversary as a company.

At the moment, the charity has over 900 working hearing dog partnerships across the UK.

For tickets, visit www.hearingcarecentre.co.uk/dogwalk, call 01473 230330 or go to the branch on Upper Brook Street in Ipswich.

It's party time as Emma's Florist turns 15

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Emma's Florist is throwing a party to celebrate its 15th birthday and you're invited.

On September 15 an event will be held at Trinity Park with activities throughout the afternoon.

Emma Felgate, owner, said: "We'll have hot food, glitter tattoos and a bouncy castle. It's about raising a little money for charity, saying thank you to the community for supporting my florist for all these years and giving people and families a positive and fun event to enjoy. Everyone is welcome."

Emma is hoping to catch the last of the British sunshine, but with indoor activities planned too, it'll be a fun day, no matter what.

Emma continued: "It's a big anniversary for us, so let's make it a party to remember and celebrate our wonderful local community."

Part of the money raised will go to Volunteering Matters, a charity dedicated to helping people find ways to participate in their local communities. Come and get your face painted, win a prize in the raffle and enjoy slime and bubbles. Parking is free on the day and the event runs from 11am-4pm. It's only a pound to get in, which you can pay on the day or book via eventbrite.co.uk

Emma's Florist provides cut flowers for any occasion. Phone 01473 272747 or email emma.emmasflorist@gmail.com to arrange a bouquet for someone special.

BUG OFF

HOW TO BEST PEST-PROOF YOUR HOME

It's silly season when it comes to all manner of midges, moths and mayflies making homelife hell at this time of the year.

With the warm spring encouraging creatures and critters to reproduce like there's no tomorrow (and in the case of the mayfly, there really is no tomorrow), we can quickly find ourselves awash with truly biblical quantities of house guests.

But despair not, for here are a few tips to help you take back control:

MOTHS... These seemingly innocent-looking flappers will go through your wardrobe quicker than Jeff Banks. Save your clothes by using flypaper and fish oil for a homemade moth trap, and apply vinegar and water solution around doors to kill off any remainder.

ANTS... Vinegar is again your friend where ants come sniffing food remains. Mix with essential oil and spray around baseboards and kitchen entry points, also laying lemon peel on window ledges and other access points.

MOSQUITOES... Mossies flourish around standing water when temperatures increase, so keep an eye on pools, puddles and trays where these can gather and reproduce. If you're too late, washing up liquid and, curiously, beer, are two big pulls for their insects, whereby you can lure them into a toxic and, you would suspect, rather pleasant death.

If you're looking for a slightly more all-encompassing critter-proof solution, then repair damaged roof tiles, fill cracks with roofing cement and clean out air vents. Also check roof overhangs for nests, keep windows and doors shut when possible and inspect beds, pillows and mattresses for bugs, vacuuming regularly.

In the garden, be wary of shrubbery and vegetation, store wood elevated and away from house walls, and keep compost containers sealed.

As Michael Barrymore once said: "A hotspot is not a good spot." So check places where heat gets trapped; while leaving food out is an open invitation to dine, these creatures are really not the greatest of dinner party guests.



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Back to THE FUTURE

Want some kitsch for your kitchen? Or a little 1950s flair for your front room? Well here's how to turn your home into a retro paradise.

Pick an old-school colour scheme

The retro colour palate ought to feel somewhat familiar thanks to the abundance of flashback photo filters on our smartphones. The tone is always slightly muted, and when choosing this style for your home you can never have too much of a good thing. So go big with minty greens, bubble gum pinks, muted red and buttercream yellows.

Get some retro gadgetry

If you believe modern technology works great but looks terrible, you will definitely appreciate modern gadgets that have a vintage exterior. Think digital radios which appear analogue, leather record players with a USB port for exporting your LPs and high-tech fridges concealed in a 1950s-style shell.

Scour the vintage shops

Having the odd piece of vintage furniture will

make the whole look feel authentic. So seek out Perspex lampshades, retro cocktail cabinets and an original dinette. Or, if you're feeling really flush, invest in an original Eames fibreglass chair.

Buy branded signs

One thing they got right in America's formative days of consumer marketing is branding. From the classic Coca Cola sign to the Cadillac motif and every diner logo ever, a small slice of Americana makes a big statement.

Add whimsical touches

No retro look is complete without a little dash of kitsch, though you may want to steer clear of anything too tacky (no home needs a 2ft high Betty Boop figurine). So think along more subtle lines... a diner-style napkin dispenser, for example, vintage glass perfume bottles or crocheted blankets.





HOME & DIY

WALL FLOWER

HOMEMADE STENCIL ART FOR EVERY AND ANY WALL

Our desire for home interiors to be unique, bespoke and personal has made popular a number of crafts in recent years, with few as accessible and impressive as stencil art. In envisaging a pattern, creating a template and getting busy with some perfectly matched paint, you can transform weary old walls in no time.

Here is our easy step-by-step guide:

1. Select a design

The internet has given us inspirational access to the widest range of designs, so find a pattern that works for you and that matches your existing interiors. For instance, if your look is contemporary, look for something uncomplicated and clean; if you're more art nouveau, consider swirls and flower-based ideas.

2. Plan your wall

Know before you purchase materials the wall you're using, the positioning of the stencil (and a repeated pattern, if that's what you have in mind) and ensure you're keeping an eye on symmetry and centring.

3. Buy your supplies

Take a trip to your art shop, view their pre-made stencil designs, then conclude that yours will look better. Purchase either card or thick plastic sheets, along with required paints (fit-for-purpose stencil paint exists) and some decorating tape.

4. Copy and cut

Trace your design onto the sheet and care and carefully cut to create your main template.

5. Doing the dab

Now fix the stencil to the wall ensuring it is in position and straight (use a spirit level), then begin rolling paint through the sheet and onto the wall in a horizontal motion (this will help prevent drips).

6. Repeat and wait

Move across your wall replicating your pattern, then wait 24 hours for it to dry.

7. Sit back and savour

Toast your stunning stencil art efforts.




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GARDENING

These days, a large garden with an abundance of trees, plants, a vegetable plot and perhaps even a small area for herbs is a luxury few of us have. Our outside spaces have become gradually smaller, with little room to cultivate, and if you've not put roots down metaphorically, it's unlikely you'll want to invest in physical ones either. Consider then, pots: versatile, inexpensive and able to add colour and charm to even the most barren of landscapes.

When choosing which type of containers you would like, first consider your space. If you just have a window box or modest balcony, smaller plastic or tin planters work best. Plastic pots may be cheap, but they can be painted assorted colours and hung from walls, stacked along sills or placed on benches. If you have an entirely concrete space, choose larger vases made of clay, either plain or painted. These will bring

life to the dank corners and transform a brutalist set of stairs into a picturesque path.

It can be tempting to assemble an assortment of different pots and containers, but this can start to look messy, so it's wise to choose a theme. Even a garden which already has an assortment of things growing can be enhanced and pulled together with some strategically-placed vessels.

Similarly, you don't want to throw any old seeds in and hope for the best. Consider which colours work best together and try to pick flowers of equal heights. Poppies and dahlias complement one another magnificently, as do tulips and peonies.

If you want an instant English country garden, you could simply buy pre-planted pots. This may be a more expensive option, but the joy of pots is that if you move to a new house, you can take your portable paradise with you.





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TRAVEL



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FRIDAY 4pm - Shop 'til you drop

Get stuck in to some Danish design on Strøget, one of Europe's longest pedestrian shopping streets. Illums Bolighus is a delectable design emporium, and Royal Copenhagen is the flagship of the Danish brand which has been making porcelain since 1775. Lego, Hay House and Georg Jensen also have flagships here.

3pm - Go for a ride

Spend an afternoon in Tivoli Gardens, the park that inspired Walt Disney, and one of the oldest amusement parks in the world. At night, thousands of coloured lights create a fairy-tale atmosphere that is completely unique. Have your dinner in one of the many restaurants in Tivoli.

7pm - Dine like a king

Noma on the Christianshavn flank of Inderhavnen, at Strandgade 93, has regularly been voted the world's best restaurant so make sure you reserve. Adhering to the New Nordic philosophy of seasonal eating, some of the produce is even grown in the back garden.

10pm - Get crafty

Carlsberg may still be the biggest factory in town, but microbreweries are the future. Olsnedkeren is a charming spot in the working-class neighbourhood of Norrebro; or for a swanky pint head to Mikkeller & Friends, which has 40 taps of revolving craft ales.

SATURDAY 10am - Museum hopping

For those who love the classics, head to the National Gallery or discover the history behind the world famous brewery Carlsberg at Visit Carlsberg. Or for something more cutting edge, head to the city's historical meatpacking district, Kodbyen, which has the industrial V1 Gallery.

SUNDAY 10am - Soak up the culture

Yes, you may be hungover, but let Hans Christian Andersen guide you through the old city centre, or jump on the classic live-guided canal tours through the waterways of Copenhagen to really blow away the cobwebs.

1pm - Street feast

For lunch try Papirøen (Paper Island) for the city's first and only genuine street food market.

12 noon - Eat like a Dane

Finish up with a traditional lunch at Nyhavn, the city's iconic heritage harbour with quaint townhouses and old schooners. Think open-faced sandwiches, cured fish and a local beer. Skål.



Photo credit: irisphoto1, trabantos / Shutterstock.com



ROBBIE

IS BACK ON THE BALL

He's had his ups and downs over the years, but after a stirring performance at the World Cup opening ceremony and another typically charismatic display at the seventh Soccer Aid event – not to mention rumours of him landing one of the hottest jobs on British television – it looks like Robbie Williams is back for good.

When it was announced that Robbie Williams would be taking centre pitch at the 2018 World Cup opening ceremony in Moscow, there were few raised eyebrows. For while the ex-Take That star is unanimously adored in the UK, it's fair to say that cheeky chappy's antics might not be so well-received abroad – particularly when factoring in his 2016 *Party Like a Russian* single was said to offend many a Russian native who called it “crude stereotyping”.

And yet, the charming 44-year-old rocked the stadium like it was 1998, belting out hits *Let Me Entertain You* and *Feel* before wowing a global audience of over a billion as he crooned hit song *Angels* with Russian operatic singer Aida Garifullina. And when Williams (rather unceremoniously) flipped his middle finger to millions of viewers during his encore of *Rock DJ*, it was swiftly written off as another of his naughty schoolboy pranks, with the general consensus being that it's great to have Robbie back.

Not that the Stoke-on-Trent lad has been out in the pop wilderness per se, more that he hasn't been quite so ubiquitous as he was at the height of his fame when Robbie mania seemed to grip the nation. And quite rightly too, for he was undoubtedly the star that defined a generation, selling millions of records, winning a total of 18 Brit Awards and even landing a spot in the Guinness Book of Records when, on announcing his World Tour for 2006, 1.6 million tickets were sold in one day.

Soon however, the cracks began to show, as the pressure of being so idolised drove him to alcoholism, substance abuse and bouts of depression. And when he moved to Los Angeles just over a decade ago for a fresh start, it looked like it might be the last we saw of our tormented troubadour. But in America, Williams would find not just mental rejuvenation, but also love, with US actress Ayda Field. The couple married in 2010 and share two children, Theodora Rose, five, and Charlton Valentine, three.

In Ayda, Williams appears to have found the perfect match. She seems to share his oddball sense of humour, while also offering enough stability and love to keep his demons at bay. In fact, the pair make such a terrific team that they will be joining *The X Factor* panel as judges when it returns to our screens later this year.

What we can expect from this new era of the larger-than-life superstar remains to be seen, but love him or loathe him, the British celeb circuit is a lot less entertaining without Robbie Williams.




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Tears to Treat YOUR TROUBLES

Herbal teas have been used for centuries to cure a whole host of ailments and health complaints; but only recently has the British public begun to really embrace the tea market and suddenly tea is the trendy beverage du jour.

GREEN TEA: HELPS ACNE SUFFERERS
 This powerful herbal tea is loaded with antioxidants and flavonoids which help fight off free radicals that can damage the healthy cells in your body. Its anti-inflammatory properties help battle against spots as well as protecting against heart disease.

TURMERIC TEA: RELIEVES JOINT PAIN
 Currently hailed as a wonder spice, turmeric tea (also known as 'golden milk') offers a wide range of physical health benefits including easing pain of the joints, lowering cholesterol, boosting immune function and preventing Alzheimer's disease.

GINGER TEA: EASES NAUSEA
 Most popular with pregnant women experiencing morning sickness, ginger tea contains lots of disease-fighting antioxidants as well as being used as a cure for nausea. It can also be used to prevent stomach ulcers and relieve constipation.

ECHINACEA TEA: HELPS TO FIGHT OFF FLU
 Summer colds can be just as troublesome as their winter counterparts and nobody wants to be tucked in bed sneezing when it's sunny outside. A cup of echinacea tea each day can help reduce your chances of developing a cold and shorten the duration of it if you are already inflicted.
 The strong, floral taste may take some getting used to though.

CHAMOMILE TEA: CALMS MIND AND BODY
 Most commonly known for its calming effects, chamomile tea contains flavonoids that actively bind to the benzodiazepine receptors in your brain resulting in a mild tranquiliser effect. Ideal for insomniacs and those who find it hard to switch off.
 This herb is also known to ease menstrual cramps, target inflammation and reduce the symptoms of migraines.

FOOD & DRINK





Fruit Cocktails



In a world of experimentation, cross-breeding of fruits and vegetables was inevitable and thankfully it has resulted in some weird and wonderful creations that will brighten up your meal times.

Blood Limes

If you like blood oranges, then blood limes are definitely for you. A hybrid of an Ellendale mandarin and a red finger lime, they are less bitter and more sweet than their standard counterparts. Best for making marmalades, preserves or sauces, blood limes also work well as a vivid garnish on an otherwise run of the mill salad.



Plumcots

Plumcots are the innovative creation of nursery owner Luther Burbank and combine the sweet apricot with the tart plum to create a perfectly balanced fruit. Originally 75 per cent plum and 25 per cent apricot, this fabulous hybrid was first produced over a century ago but proved too difficult to grow at the time. Today we enjoy a more advanced hybrid known as the pluot.



Cucamelons

Possibly our favourite hybrid; the cucamelon is similar in appearance to a tiny watermelon but tastes like a cucumber with a hint of sourness. Also known as the Mexican sour gherkin cucumber, we recommend pickling this fruit with dill and mint leaves or simply adding it to a salad cut in half as you would a tomato.



Kalettes

Brussels sprouts – you either love them or you hate them. That is why British agricultural experts have spent the last 15 years working on a tastier sprout by cross-breeding it with the ever-popular kale. Both these sprouting vegetables are part of the Brassica family, which makes them ideal for producing a hybrid. The end result is a nuttier, sweeter version of the sprout that also looks more appealing to eat.



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THE NINE-MONTH STITCH

Why spend a fortune on maternity clothes that you're only going to wear for a few months, when you can make small adjustments to your current wardrobe? And to make it even easier, we've included both easy stitch and quick fix solutions.

TROUSERS/JEANS

During pregnancy, most women find that their legs stay roughly the same while their hips and tummy grow. For this reason, the only thing that needs to be adjusted on your trousers or jeans is the waistband.

Quick fix: Take a hair elastic, wrap it around the button on your jeans three times before looping the other end through the corresponding hole. Wrap around the button one last time.

Easy stitch: Rip down the seam three to four inches on either side of the waistband. Fold one side in a couple of inches to create a triangle shape. Now pin a piece of thick elastic in the space and sew.

TOPS/T-SHIRTS

After the first few months, your belly is going to peek out of from underneath your top, so you will need to find a little more coverage.

Quick fix: The easiest solution is simply to create a belly band which you can wear underneath your regular tops. You can either buy one or make your own by cutting the top off of an old stretchy vest. This band can then cover the space between your shirt and your jeans.

Easy stitch: Take an oversized T-shirt and ruche the sides with elastic by turning the shirt inside out and using a stretch stitch to sew elastic up the side seam, from near the hem to just below the bustline.

DRESS

Now is the time to embrace your inner bohemian with floaty, oversized dresses.

Quick fix: There's zero stitching required to create your very own voluminous dress. All you need is two yards of stretchy fabric to drape around you. Now cut out arm holes and tie together with a belt above your bump.



Eye Creams...
ARE THEY REALLY NECESSARY?

The world of beauty and skincare is awash with products for both women and men, all of which are apparently essential for beautiful, youthful looking skin. But are all these must-have, latest scientific developments in skincare really needed or are they simply a way for beauty brands to make more money? Do you really need a separate eye cream to your normal face one? Here is some helpful information to help you make your mind up...

EYE CREAMS ARE SPECIFICALLY DESIGNED FOR MORE FRAGILE SKIN

The skin around your eyes is thinner and more fragile than the skin on the rest of your face. It is also more prone to showing signs of fatigue, therefore its needs are different to that of your facial skin tissue. Eye creams tend to be thicker than regular face moisturisers and contain more oil to combat dryness without irritating this delicate skin area.

AVOID THE DREADED CROW'S FEET

Fine lines and wrinkles can often start to appear around your eyes as you get older; a combination of sun damage, lifestyle choices and the fact that you produce less collagen as you age. A good quality eye cream will contain active ingredients such as vitamin C, peptides and retinol to boost collagen production.

EYE SERUMS?

A recent development in the skincare market, eye serums, like facial serums, are designed to penetrate deeper and contain more nutrients than a cream. Ideally, they should be used for treating dark circles and heavy eye bags rather than fine lines and wrinkles.

SQUINTING AND RUBBING CAN LEAD TO PUFFY EYES AND DARK CIRCLES

Men are prone to bags around the eyes and dark circles, often due to burning the candle at both ends. The best eye creams for this should contain caffeine and MSM which are known to reduce swelling.



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GETTING A HANDLE ON Hiccups



HEALTH & FITNESS

Although not life threatening and definitely not a health problem to lose any sleep over, hiccups can be inconvenient, embarrassing and downright annoying.

WHY DO WE GET HICCUPS?

You may not know this but all mammals hiccup. However, it is most common in humans and babies in particular are more prone to this affliction than adults. Hiccups occur when the air you breathe in hits your voice box too quickly causing your vocal cords to suddenly close. Shock, stress, alcohol, smoking, overeating or feelings of nervousness and excitement can all lead to a case of the dreaded hiccups.

GETTING RID OF YOUR HICCUPS

Although there are no fool proof ways to cure a bad case of the hiccups there are many tried and tested methods that are known to help:

- > Hold your breath for as long as you can
- > Ask a friend to scare you/make you jump
- > Breathe deeply into a paper bag

- > Gargle with ice cold water
- > Try to drink from the far side of the glass
- > Bite down on a lemon

HOW TO AVOID HICCUPS

- > Do not eat too quickly
- > Avoid chewing gum as this causes you to swallow air
- > Try to limit your alcohol and fizzy drink intake
- > Do not eat or drink something very cold straight after consuming anything hot

If none of the above works, do not worry. Most episodes of the hiccups only last a few minutes and will naturally stop on their own. Although it is worth noting that the longest case of the hiccups lasted an epic 68 years. Charles Osborne of Iowa, USA started hiccupping in 1922 and, unable to find a cure, continued to suffer until 1990. He was estimated to have hiccupped 430 million times.





Cannabliss

Some are calling for its legalisation in the UK, but just how effective is medical marijuana? And do the pros really outweigh the cons?

When Home Secretary Sajid Javid intervened to allow the cannabis oil treatment of a severely epileptic 12-year-old whose medication had been confiscated by Customs officers back in June, it put the argument of whether medical marijuana ought to be legalised back on the table.

Certainly Charlotte Caldwell, the mother of the boy in question, thinks it should be, and her voice is backed by sufferers (or their friends) of conditions that marijuana is known to treat - from helping to control epileptic seizures, slowing

Alzheimer's, easing the pain of multiple sclerosis cells from spreading. Even former Health Secretary Jeremy Hunt has called for cannabis oil to be made freely available on the NHS, but the topic remains contentious, with concerns that legalisation may just usher in a whole new health crisis as patients become addicted to the substance.

So what are the pros? Cannabis is currently classified as a Class B drug in the UK and carries a prison sentence of up to five years for possession. Advocates for legalisation argue that making it legally available would not only benefit the war on drugs, but it would also create a billion-pound industry that is fully taxable.

Also, with concerns that street weed is dangerous in being laced with other substances such as PCP (which can cause psychosis, extreme anxiety and seizures), it would surely be advantageous to know that a safer option was available.

Having said that, there is also the risk that people who have never before tried the drug could become hooked, while also sending out a message that substance experimentation is suddenly okay.

The big question is, will legalisation create a nation of healthy go-getters or an army of stoners?



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BUSINESS & FINANCE



Til Death DO US PART

While it may be curtains for you, make sure it isn't for those you leave behind.

Let's have a conversation about death. After all, there's nothing to be afraid of – the chances are you won't even know anything about it, and depending on what you believe, you may well be back on planet Earth as someone else, or perhaps a soaring eagle or a stoat or something.

While we shouldn't fear 'the end', what should terrify each and every one of us is leaving our loved ones dealing with a financial hole or dispute as well as the woes of bereavement. Here are three things every adult should put in place for the sake of those close to them:

GET LIFE INSURANCE... If you're contributing in any way to the upkeep of others (in rent, in paying a mortgage, in childcare or simply providing food), it's essential you take out life insurance so that supply line continues long after you've gone. From as little as £5 per month, there is no reason not to.

As will any insurance policy, however, it is your responsibility to make sure you keep details updated, so inform your provider informed of any changes in health and lifestyle (positive and negative).

MAKE A WILL... While it's nice to think family will behave amicably when you've departed, this isn't always the case, and making a will offers clear, honest and specific instructions as to how your estate is divided. It can also help with minimising inheritance tax.

BE ORGANISED... The more information you leave for those around you, the less they will have to deal with at an already difficult time. A simple protected folder of key life documents (bank account and mortgage information, house deeds, birth certificates, passport, other policies, funeral ideas) will save them time, money and help keep emotions in check.



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BACK to SCHOOL Checklist

You know your child will be returning to school in September. It's the same every year. But somehow, it's suddenly the week before term starts and you are nowhere near ready.

Make this year stress-free with our handy Back to School checklist.

school most of the below will be supplied for them by their school, however your child will still have homework assignments to complete so the below will still be needed for home use:

- | | |
|--|--|
| <input type="checkbox"/> Set of pencils | <input type="checkbox"/> Handwriting pen |
| <input type="checkbox"/> Eraser | <input type="checkbox"/> Sharpener |
| <input type="checkbox"/> Ruler | <input type="checkbox"/> Pencil case |
| <input type="checkbox"/> Colouring pencils | |

Uniform

- | | |
|--|---|
| <input type="checkbox"/> 3-4 x polo shirts/blouses | <input type="checkbox"/> 5 x socks |
| <input type="checkbox"/> 2 x jumpers/cardigans | <input type="checkbox"/> 1 x school shoes |
| <input type="checkbox"/> 2 x trousers/shorts/skirts | <input type="checkbox"/> 1 x welly boots |
| <input type="checkbox"/> 1 x waterproof jacket | <input type="checkbox"/> Hat/scarf/gloves |
| <input type="checkbox"/> Blazer and tie for secondary school | |

PE Kit

- | | |
|---|---|
| <input type="checkbox"/> 1 x gym bag | <input type="checkbox"/> 2 x T-shirts |
| <input type="checkbox"/> 1 x gym shoes/plimsolls | <input type="checkbox"/> 1 x pair of shorts |
| <input type="checkbox"/> Several pairs of socks | |
| <input type="checkbox"/> Swimming kit if your child has school swimming lessons | |

Secondary school children may need the below additional items:

- | | |
|---|------------------------------------|
| <input type="checkbox"/> Trainers/football boots | <input type="checkbox"/> Shin pads |
| <input type="checkbox"/> Items for specific sports such as a leotard, rugby top etc | |

Stationery

Whilst your child is still at nursery, infant and primary

Once your child/children have started secondary school their stationery requirements will increase slightly; the below items will be needed for their new learning environment:

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Calculator | <input type="checkbox"/> 30cm ruler |
| <input type="checkbox"/> Geometry set | <input type="checkbox"/> USB sticks |
| <input type="checkbox"/> Fountain pen | <input type="checkbox"/> Ring binders |
| <input type="checkbox"/> Correction fluid if permitted by the school | |

Other Miscellaneous Essentials

- | | |
|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Lunch box | <input type="checkbox"/> School bag |
| <input type="checkbox"/> Snack box | <input type="checkbox"/> Book bag |
| <input type="checkbox"/> Drink bottle | |

And above all else **DO NOT** forget to label everything clearly; make no mistake your child will leave their belongings behind on more than one occasion.

For this you will need:

- | |
|--|
| <input type="checkbox"/> Name labels |
| <input type="checkbox"/> Fabric pen or Sharpie |



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BEFORE THEY WERE FAMOUS

the women



SPORT

The life of a professional sportsperson is full of glory and fan adulation – but for many of those who went on to make a name for themselves under bright stadium lights and in front of roaring crowds, there were far more menial jobs to be done along the way.

Kelly Holmes DBE

Double gold medal winner Kelly Holmes has become a national treasure with her amazing running prowess and strong work ethic. Brought up on a council estate in Kent by her mother, Kelly's life is truly a story of hard work and determination over adversity. Her road to success was not straightforward and she previously worked in a sweet shop and as a nursing assistant for the disabled before joining the army aged 18.

Jayne Torvill OBE

Instantly recognisable as one half of the famous duo Torvill and Dean, who revolutionised the sport of ice dancing with their gold medal win at the 1984 Winter Olympics, Jayne Torvill has continued to wow us as a judge on *Dancing on Ice*. But what most people don't know is that this passionate woman once worked as an insurance clerk at Norwich Union; she probably won't want to check our policies now.

Nicola Adams

Now an Olympic boxing gold medallist and recently named as the most influential LGBT person in Britain, you would never imagine that Nicola Adams once worked as an extra on several soap operas including *Coronation Street*, *Emmerdale* and *EastEnders* and prior to funding into women's boxing was made, she also had a stint as a builder; perfect training for building up those famous muscles.

Mary Peters DBE

Over her career Mary Peters set 25 British records, won gold in the 1972 Summer Olympics in the pentathlon and represented Northern Ireland at every Commonwealth Games from 1958-1974. She was and still is an inspiration to the people of Northern Ireland; bringing them together in a troubled time with strong leadership skills that she acquired as head girl of her school and later as a teacher.

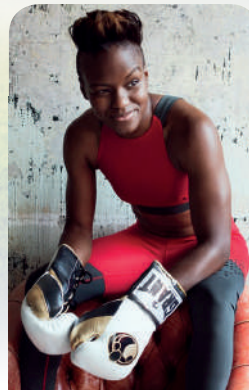
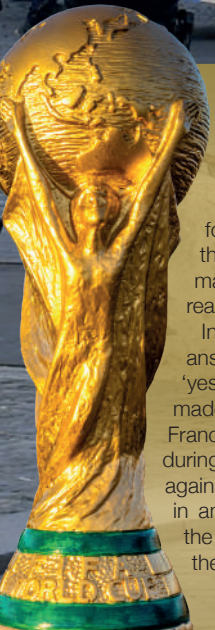


Photo credit: www.laureus.com, Valerie Phillips for the Guardian, alchaeon.com

LES CHAMPIONS DU MONDE!



SPORT



Don't worry – it's not just you. Many of us were thinking the same thing when watching the World Cup final, just as we were for the 1998 tournament, and during the Euros in the year 2000 for that matter too... namely: "France – are they really any better than us?"

In the immediate short-term, the answer, of course, is a resounding 'yes', despite the huge advancements made by Gareth Southgate's troops. France coasted through a World Cup during which – barring a funny five minutes against Argentina – they never appeared in any real danger. Over the duration of the tournament, they came from behind, they dominated midfield, they kept

clean sheets and they bombarded teams with the sort of relentless goalscoring prowess that the likes of Platini, Trezeguet, Ginola and Cantona would have endorsed.

By the time the French arrived at the World Cup final on July 15, many felt they already had one hand on the trophy. Croatia was a spent force having already endured three ventures into extra-time en route to Moscow, and Didier Deschamps' goalscorers provided a fitting reflection of how France's dominance has been acquired. There was Kylian Mbappé, the ruthless goalscorer, Antoine Griezmann, the nippy playmaker, and Paul Pogba, the big-money midfield muscle. With a Mario Mandžukić own goal setting Les Bleus on their way, the probable soon became the inevitable, and not even a Hugo Lloris howler to reduce the arrears to 4-2 (adding to Ivan Perišić's

opener for Croatia) could spoil the French party.

As fans danced and cavorted on the Champs-Élysées long into the night, they knew this was actually one of their country's less complicated triumphs in a World Cup where Germany, Spain, Brazil and Argentina faltered badly. Even their dispiriting goalless draw against Denmark didn't matter – they'd already qualified for the group stage having seen off Australia and Peru.

Once past Argentina in the second round, Uruguay's stubbornness proved no match in the quarter-final; and when Belgium were defeated by a solitary Samuel Umtiti goal, we all knew how the ending would come about.

Amid a World Cup of VAR (including a penalty award in the final itself which, while not the most controversial of the tournament, was defining in restoring France's lead), ludicrous Neymar

antics, a favourable side of the draw and a love affair with Russia that no one expected, few can say the eventual winners were undeserving after negotiating a path that was by no means simple... even if they made it look that way.

So while the credit goes to the French, the optimism sits with England. After all, compare the sets of players and there are real similarities – for our glorious Golden Boot winner Harry Kane, look at (an inferior) Olivier Giroud; for Raheem Sterling consider the aforementioned Griezmann; for Raphael Varane compare Harry Maguire. On the whole, we compare with the World Champs – they're just a bit, well, better... for now.

So while the French have matched expectations, we've bettered them – and that all bodes well for our prospects at the Euros in two years' time. Allez les Lions.

Photo Credit: ERIC FEFERBER/GOO/EP/AF/REX/SHUTTERSTOCK & HUG SHUTTERSTOCK.COM

WHAT'S ON

in your area

Gin Festival
Turks Head, Low Road,
Woodbridge, IP13 6JG
August 26, noon – 10pm

Enjoy a choice of 25 interesting gins and garnishes at our bar in the garden. There will be spicy street food on the BBQ and DJ Dave Freeland will be spinning relaxing Sunday afternoon tunes.

Of course, there will be a great choice of wine, beer, ice cold lager and soft drinks from the bar.

Active Lives Singing Group
Woodbridge Library, New Street,
Woodbridge, IP12 4DE
August 31, 10.30am – 12.30pm



Feel your spirits lift and find a new confidence in singing. Learn some new songs, learn harmonies to songs you know, improve your breathing, your circulation and have some fun.

Take some time out to relax and make music with others. The cost per session is £3.50. For more information call Julie Stokes on 01473 345350 or visit www.activlives.org.uk

Open Day and Dog Show
RSPCA Animal Centre, 2 Mill Lane,
Martlesham, IP12 4PD
September 2, 11.30am – 3.30pm

Our popular annual Open Day & Dog Show is back and will provide a fun-packed day for your family.

Come along to enjoy great food, music, bouncy castle and crafts stalls, and don't forget to bring along your dog too for a chance at winning in our dog show.

The entrance fee is only £1 per adult and 50p for children under the age of 14.

Free entry for dogs, of course.

Parking available at Martlesham Community Centre and disabled parking available at RSPCA rehoming centre.

Maritime Woodbridge 2018
Woodbridge Waterfront
September 8 – September 9

Every other year Maritime Woodbridge celebrates Woodbridge's maritime and riverside heritage from Anglo-Saxon times to the present day. The event is organised by and for the community.

A central feature is that it is free (and fun) for visitors, but underpinned by the heritage we all share, and which still influences the town today.

For more information, visit www.maritimewoodbridge.org

The Woodbridge Shuck 2018
Tide Mill Way, Woodbridge, IP12 1BY
September 22 – September 23



The main arena is at Whisstocks Quayside where freshly cooked seafood meals will be available, along with a variety of stalls, music and children's entertainment.

Throughout the town, participating restaurants and pubs will also be serving dishes using locally caught and grown fish and shellfish, including River Deben oysters and mussels.

For more information, visit www.woodbridgeshuck.co.uk

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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

1. Writing fluids (4)
3. Approximate (8)
9. Capital of Georgia (US state) (7)
10. Factual evidence (5)
11. Sends through the mail (5)
12. At a greater distance (7)
13. Repulsive (6)
15. Husky (6)
17. Redecorate (7)
18. Loft (5)
20. With a forward motion (5)
21. Eg anger or love (7)
22. Commonplace (8)
23. ____ verca: cosmetics ingredient (4)

DOWN

1. Not proper (13)
2. Ovens (5)
4. Large sticks (6)
5. Imitator (12)
6. One more (7)
7. Fizz (13)
8. Modestly (12)

1		2			3	4		5		6		7
					8							
9									10			
11							12					
13		14						15				
17									18		19	
20							21					
22											23	

14. Get better (7)

19. Rotate (5)

16. Greek goddess (6)

DID YOU KNOW

► Tennis was originally played with bare hands. Players would hit a small ball over the net with their hand.

► Netball was included in the Commonwealth Games programme for the first time in 1998. England won the bronze medal.

► The Ryder Cup was played for the first time in 1921 between the men's professionals of Great Britain and the USA. It was won by Great Britain.

► Bowling was first played with nine pins in the USA but it was outlawed due to being associated with drinking and gambling. Somebody added a 10th pin to keep the sport going.

► The first basketball game took place in 1892 where the court was half the size of today's NBA court.

SUDOKU

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



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