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DANI DYER

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March 2019

CONTENTS

- 6 RED NOSE DAY
- 8 HISTORY
- 11 LOCAL NEWS
- 25 HOME & DIY
- 31 PETS
- 32 DANI DYER
- 37 GARDENING
- 40 FASHION
- 43 HEALTH & FITNESS
- 49 SPORTS
- 52 BUSINESS & FINANCE
- 55 TRAVEL
- 57 WHAT'S ON
- 58 THE **VISION** LISTINGS
- 62 PUZZLES
- 63 LOCAL TRADES & SERVICES

Editor's notes...



William Taylor, Editor

Hello and welcome to this month's edition of **VISION** Woodbridge. We really were so lucky to get that little burst of warm weather in late February. It was a stark contrast from what we

experienced exactly one year beforehand when the dreaded Beast from the East left us all snowed in.

I remember it was back then that I was really beginning to make my first tentative steps towards launching **VISION**, and one of the very first jobs was to walk around the streets of Woodbridge with a notepad and a pencil, jotting down which areas I wanted to distribute to.

That had been the first winter Abbie and I had spent living in our new home, and I remember looking out of the window at my garden, rather forlorn at the soggy quagmire that only months beforehand had been freshly laid turf.

As we moved into March I decided to take hold of things with the garden and started digging out borders and planning which shrubs and trees I wanted to put in. A year on, it's a lot more pleasant looking out the back window.

With spring now upon us, I'm sure that you too will be starting to think about what you will do with your garden for this coming year. Don't forget to check out our listings at the back of this magazine for lots of useful trades and services that can help with those jobs.

Will



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“The charity’s work stretches well beyond putting a lump of foam on the end of your nozzle”

Photo credit: Jonathan Hordle/REX/Shutterstock

£1 BILLION

RAISED OVER THE LAST 30 YEARS

You think you nose quite a lot about Red Nose Day? Here’s a potted history of a modern fundraising institution.

The 1980s were a dark, crusty, sometimes snuffly period where noses were concerned. Despite being accompanied by the radiant Princess Diana, Prince Charles’s hooter was seemingly on the front of every newspaper, Barbara Streisand’s snorter was helping her to the top of the charts, and even the striking coal miners found themselves at the septum of nostril-led nastiness... ‘What do you do if the government gets up your nose? Picket.’

But then, in 1988, something changed. Richard Curtis – for so long sticking his finger up the schnozzle of the establishment courtesy of his iconic *Blackadder* character – paired up with occasional funnyman Lenny Henry to start a new fundraising concept that had comedy at its heart.

It was called Comic Relief. It invited celebrities to challenge, entertain and host; it offered schoolkids and community leaders the chance to get their creative juices flowing; it implored TV watchers to dig deep for the less fortunate in society; and rallied around TV editors to free up screen time and resources for a total tee-hee takeover.

It’s now a project that runs every two years, with merchandise, one-off specials (such as *Comic Relief does The Apprentice*) and outward-bound pursuits (notably this year it’s a wealth of celebrities, including Jade Thirlwall and Leigh-Anne Pinnoch from Little Mix, *Strictly* judge Shirley Ballas, former MP Ed Balls, and TV presenters Dan Walker, Anita Rani and Alexander Armstrong, climbing the 19,000ft peak of Mount Kilimanjaro). There’s also a showpiece event at Wembley Arena, with 2019 welcoming heavyweights from the comedy world: Jimmy Carr, Rob Beckett, John Bishop, Romesh Ranganathan, Alan Carr and others.

And let’s not forget the noses themselves – 11 new stonkers such as Sir Schnoz III, The Abominable Snoseman and Hairy Nostroll, all of which can be brought to life with augmented reality on your smartphone through the Red Nose Day app.

Since Red Nose Day 2017, nearly 15 million people across the UK and some of the world’s poorest communities have been helped, and an estimated two-and-a-half million of those are children and vulnerable adults.

While the project uses Red Nose Day as its centrepiece – and in the past 30 years has raised over £1billion for charitable causes – the charity’s work stretches well beyond putting a lump of foam on the end of your nozzle. Right now, the organisers are reaching out to anyone who wants to get involved ahead of the big day on March 15. A mobile phone Red Nose Day giving page is a simple and hassle-free platform for raising funds – past that it’s just a case of how far your imagination will take you in dressing up, performing, baking, physical challenges, parties, apple-bobbing... anything goes for the red nose.

From raising £15million in its first year, to a record high of £108million in 2011, the growth in Red Nose Day’s popularity has been Pinocchio-esque. Can it reach new heights – or is it lengths – this year?

With your help, perhaps.

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HISTORY

NO MORE THE



Look at the history of April fools, and how to get one over on your friends or family. April 1 – April Fool’s Day. It’s one date on the calendar the practical jokers all come out in force for, and avoiding the traps can be tricky.

The provenance of April Fool’s Day – it’s not really a day as you only have until noon to construct your web of deceit – is sketchy to say the least, but some believe it originates in 16th Century France. Previously, the ‘New Year’ began on April 1, but once the Gregorian calendar was introduced, that annual event went back to January 1.

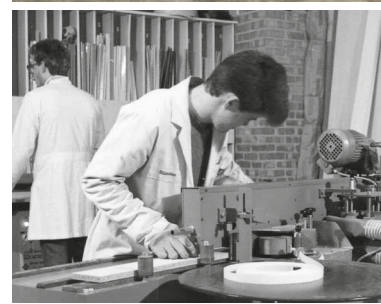
This calendar change was met with some resistance, leading those who took up the change to mock and play tricks on people who didn’t, thus referring to them as ‘April Fools’.

The first recorded reference to the day was in 1686 when the writer John Aubrey called it ‘Fooles Holy Day’; and 12 years later, newsletter printer Ichnobod Dawks wrote: “Yesterday being the first of April, several persons were sent to the tower ditch to see the lions washed.”

That particular prank continued into the 18th and 19th centuries where those easily-led were invited to view this supposed annual ceremony... only to find that they been sent on a fool’s errand.

Since the invention of the TV, the BBC have tested out a number of ‘ideas’ on the nation, including their famous spaghetti plants – which was so successful, viewers wanted to know where they could obtain one of their own – and ‘Smell-o-Vision’, where smells were to be broadcast alongside programmes.

For a simple prank of your own this year, buy a packet of a sandwich biscuits, such as Oreos or custard creams, and replace the filling with toothpaste. Offer them around your friends, family, or even work colleagues and wait for their reaction.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Neil McQuoid

Skier triumphs at English Alpine Championships

Woodbridge School pupil Honor Bartlett was delighted to be crowned the best skier for her age in England after a triumphant week at the English Alpine Championships in Bormio, Italy.

The 13-year-old is one of the top young skiers in Britain, and reached the podium at the event where Dave Ryding, a World Cup alpine ski racer, began his career, one of the biggest in the annual calendar.

And final-day gold in the showpiece slalom on Stella Alpina piste saw Honor complete a superb set of race wins across super-G and giant slalom disciplines.

She said: "I'm delighted, it's a really nice way to end the week.

"I've felt good on the skis the whole time – I wasn't expecting the giant slalom to go so well or for my performances to be this good in general.

"I'm so happy to win the overall title in my second year in this age group. I always love coming to Bormio."

Snowsport England is the national governing body for skiing and snowboarding in England, aiming to inspire as many people as possible to try snow sports.

Find out more about Snowsport England's affiliated clubs, athletes, competitions, coaching and campaigns at www.snowsportengland.org.uk



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Planning permission granted for Jetty Lane project

Plans for a Woodbridge community youth and arts centre have been unanimously approved.

The decision about Jetty Lane was made by Suffolk Coastal District Council on February 21.

Project manager Cordelia Richman said: "I'm thrilled, especially because it was a unanimous decision by the planning committee.

"Several of the members of the committee made some really lovely statements about us and it was quite a ringing endorsement."

Following the news, Cordelia has received lots of messages of support from members of the public.

She explained: "I've received dozens of emails saying how thrilled they are for us.

"We know there are some people who objected to our application and while we're sorry about that we do know that we're going to do our utmost to be good neighbours and allay their fears."

As part of the plans there will be two halls and

some meeting rooms available for hire, a large kitchen attached to one of the halls and eight studios for emerging artists.

There may also be some small rooms which can be used for mentoring or one-to-one activities.

Just42, a local children's charity, will be based at the centre and has offices there.

There will also be a limited number of office facilities available for commercial rent, which will enable the centre to be run to a high standard and subsidise charges for community activities.

Cordelia added: "It's been a real team effort among the directors to get to this point and we feel we've come a long way since early 2017 when Caroline Page had the foresight and drive to fight to rebuild a new centre after the youth centre on the site was demolished. Caroline is a really inspiring chairman and leader for us."

To contact Jetty Lane, email info@jettylane.com

The Voice contestant misses out on semi-final



A singer from Woodbridge failed to get through to the semi-finals of *The Voice UK*.

Connie Lamb performed *2002* by Anne-Marie during the knock-out rounds.

Coach Jennifer Hudson chose fellow contestant Moya to go through to the semi-finals.

At the time of writing, Connie was still in with a chance of appearing in the semi-finals.

The public will be able to give a lifeline to a singer by voting via the app.

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Diverse golf day set to raise money for Hearing Dogs



A local business has announced its inaugural charity golf day, which promises to be just as fun for complete beginners as it is for seasoned golfers.

The Hearing Care Centre, which has a clinic in Woodbridge, will be holding the event on July 17 at Seckford Golf Club.

All proceeds from the event will go towards Hearing Dogs for Deaf People.

Beginning at around 1pm, golfers will enjoy 18 holes of golf, while those who are new to golf will receive three hours of tuition with a PGA golf professional.

The two groups will re-join at the clubhouse to enjoy a BBQ dinner and conclude with the official awards ceremony. There will also be some fantastic prizes which all attendees will have a chance of winning during the event.

The Hearing Care Centre is an award-winning family-run hearing care company which has 26 clinics across East Anglia.

Entry for the event is £50 per person and includes the golf, BBQ, snacks and a donation to the charity. Golfers wishing to enter the tournament itself must enter in teams of four players.

Tickets and further information can be found at www.hearingcarecentre.co.uk/golf or by calling 01473 230330.

Community to benefit from new development

Residents in Woodbridge will soon be able to benefit from a new development.

As part of the Community Infrastructure Levy (CIL), over £118,000 has been allocated towards the pre-construction of a new youth, arts and community centre in Woodbridge.

Framlingham Medical Practice has also been given £122,400 towards an expansion.

In a joint statement, councillor Tony Fryatt, Suffolk Coastal's cabinet member for planning, and councillor David Ritchie, Waveney's cabinet member for planning, said: "We are committed to supporting

the development of new homes and jobs in east Suffolk whilst safeguarding the local environment and infrastructure.

"The Community Infrastructure Levy helps us to develop the infrastructure needed to support our communities, improve the well-being of local people and ensure that the community fully benefits from developments."

CIL is non-negotiable and any funds not spent are banked for future infrastructure projects to support development in the district.

Homeware store wins national award

A Woodbridge store triumphed at the Housewares Innovation Awards recently.

Woodbridge Kitchen Company, on The Thoroughfare, was awarded for Britain's Best Window Display at the ceremony held at Birmingham's National Conference Centre on February 4.

It was also highly commended in Britain's Best Independent Cookshop category.

Paul Venediger, co-owner of the Woodbridge Kitchen Company, said: "We were over the moon to win the award. It's absolutely fantastic and a real feather in our cap."

Despite not winning Britain's Best Independent Cookshop category, this is the award that they are most proud of.

Paul explained: "We had nominated ourselves for Britain's Best Window Display and had been nominated by someone else for Britain's Best Independent Cookshop."

"The one that is more flattering for us is the highly commended."

Woodbridge Kitchen Company beat some big names at the awards.

Paul said: "It's validation that what we're doing is stimulating people."

"To win an award is a great pat on the back for us."



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LOCAL NEWS

Tide Mill reopens after a busy winter



Woodbridge Tide Mill Living Museum officially reopens on the weekend of March 29-31.

For the first time this winter the mill opened occasionally for milling demonstrations which have proved very popular.

New head miller Dan Tarrant-Willis came up with the idea of these demonstrations as he was milling to satisfy the mill's flour customers and thought 'why not let people watch'.

On 27 occasions he opened the mill to let visitors see it in action. A mild winter helped attract numerous new visitors during this normally quiet time.

As well as continuing with a full schedule of wheel turnings and milling demos, the mill is planning several other new developments to raise its profile and

generate more visitors.

The team is also keen to encourage people to support the mill by becoming Friends of The Tide Mill. These include working closely with the Long Shed and Woodbridge Museum to attract footfall, holding more events at the mill, continuing to support local events, as well as offering the mill for event hire.

Chairman of Trustees John Carrington said: "Dan's initiative has highlighted the popularity of seeing the mill in action and the opportunity we have to review our traditional closed season.

"The mill costs around £5,000 per month to run and this doesn't cover the funds we have to put aside for significant periodic maintenance. So we need to give visitors what they want".

New role for Ufford Park team member

A Woodbridge hotel has created a new role to improve restaurant standards as they strive towards achieving gold status in the Quality in Tourism Awards.

Keith Hannah has assumed the role as The Park Restaurant food and beverage manager as he celebrates his 20th year of working for Ufford Park Hotel, Golf and Spa.

Formerly conference and banqueting operations manager, Keith's new role involves supporting the current Park Restaurant and Bar staff to enhance their customer service offering even further by providing regular training and mentoring.

Managing director Tarnia Robertson said: "Keith is a much-loved and loyal member of the team and a familiar face for regular guests and visitors, so I am very excited for him to be assuming this role.

"His experience, extremely high standards and passion for the hotel made him the ideal candidate

for this new position.

"Keith also shares my vision for excellence and I'm really looking forward to seeing how he puts his own stamp on The Park Bar and Restaurant."

Keith originally joined Ufford Park as a porter in 1999 and has since worked his way up in various areas of the business, including HR and conferencing.

Keith said: "In my previous position I was responsible for managing a team of 41. Now, one of the advantages of this new role is my team is smaller so I can give them more personal attention to help them develop in their roles. For example, I have developed bitesize training sessions to enable the team to fit regular, consistent training into their week.

"I care about Tarnia's goal to achieve Quality of Tourism Gold and my training programme will ensure that the bar and restaurant team play a major part in achieving this.

"So far I'm absolutely loving it."

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News from
Dr Andy Sievewright
Headteacher of Farlingaye High School




with BT at Adastral Park, Martlesham Heath.

All 300 of our Year 9 students participated by working within 22 microcompanies for the six weeks, developing businesses with their own structures, strategies and a brand to sell cars to a global market.

They earned "money" from completing a range of group based and individual tasks and used the financial rewards to buy resources and use banks to further their businesses.

Alongside this event, teams had to make money for charity to emphasise the need to think about their wider, corporate responsibility.

Through a variety of activities, students raised over £2,400 to be donated to Barnardo's.

Elsewhere, our students are hard at work rehearsing for the Upper School Production in April.

This year they are performing *Fiddler on the Roof* at Seckford Theatre, from April 1 – April 4.

We are looking forward to the show, which will no doubt prove to be as spectacular as always, with students taking major roles both on stage and off, and providing all the live music.

Tickets are available from www.ticketsource.co.uk/farlingaye

It would be lovely for us to welcome visitors from throughout the community to see the students perform.

This term has started well, with a range of activities and events filling January.

As members of PASCH, we were particularly delighted to host a German masterclass, delivered by Silke Mentchen of the University of Cambridge.

The session was attended by more than 60 students from eight schools.

An eclectic mix of activities gave the students fantastic opportunities. It has been a great experience to be part of such a far-reaching and influential network.

In February, we held our 20th annual Enterprise Day

Woodpeckers climb the table

A great run of form has seen the Woodpeckers climb to second in the table, at the time of writing.

Recent wins included 8-2 at Hadleigh United, 4-0 at Gorleston and 1-0 at home to Norwich United.

Upcoming fixtures at Notcutts Park include:

- > April 6 — Ely City, 3pm
- > April 12 — Framlingham Town, 7.45pm

Come long and support your local team.



Photo credit: Paul Leeson



News from
Councillor Geoff Holdcroft
District & Town Councillor for Woodbridge

Dealing with planning applications is probably the most contentious aspect of any district councillor's role whether they sit on the planning committee, as I do, or not. The Jetty Lane Project application that was granted by the council last month illustrates this issue very clearly.



Ever since becoming a district councillor 10 years ago, I have supported two of the organisations, Just42 and 1st Woodbridge Scouts, who have come together with others to seek to build a purpose-built community, youth and arts centre on the land in The Avenue previously occupied by the Youth Centre.

Like every other planning application, the decision is down to balancing the good that comes from the building against the harm that is caused. As a councillor for Woodbridge I was able to give voice to the concerns of those residents who had objected questioning both planning and highways officers as well as the applicant about its impact. The applicants were very clear about the benefits of the project to community life including how it would be funded without recourse to public funds so at the end of the debate I was pleased to propose its acceptance and the application was granted unanimously.

Bookshop shortlisted for regional award

A Woodbridge bookshop has been shortlisted in The British Book Awards 2019.

Woodbridge Emporium, on The Thoroughfare, will appear under the Independent Bookshop of the Year category.

Owner Jules Button is delighted to have been shortlisted.

She said: "It's incredible. To be shortlisted after only being open for two years is quite an achievement."

"What has helped us is that we're quite diverse."

"We have tried to go in kicking and screaming and be a part of the community."

Staff at the shop have received lots of positive praise from the public.

Jules continued: "The response has been fantastic."

"We've had so many wonderful comments and fantastic emails."

"We wouldn't have known how they felt had we not have been shortlisted."

As well as owning the bookshop, Jules is also a tea smith.

Customers often go into the shop for a book and leave with some tea as well.

Jules believes "the two complement each other".

Last year, staff at Woodbridge Emporium took on an Icelandic tradition of giving children a free book to open on Christmas Eve.

This year, they are hoping to repeat the tradition, as well as giving books to children in hospital.

Jules said: "Of course I want to win but I'm hoping the exposure will help us to get sponsorship for this Christmas."

"This year I'd like to give books to all the children in hospital on Christmas Eve."

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New obstacle course and mud run launched

A new event is coming to Wantisden Hall, near Woodbridge, this June.

The makers of the Whole Hog and Boss Hog have launched the Piglet, Junior Hog – an entry level version of the popular obstacle courses and mud runs that have been part of the Suffolk calendar for over 10 years.

The event will be aimed at those who want to take part with their children, or those who would like to run a shorter route and help to support East Anglia's Children's Hospices (EACH).

The event will take place on June 9 where there will be two courses for runners.

One course will be over two kilometres and feature at least 10 obstacles. Children aged eight to 11 can take part, provided each is accompanied by a participating adult.

The other will be over four kilometres and feature at least 20 obstacles. It will be open to anyone aged 12 and over.

Louisa Smart, EACH Suffolk community fundraiser, said: "Having been a charity partner of the Whole Hog for the last two years, we're delighted the organisers' support is going a step further this year.

"Families who come along to this are guaranteed of a muddy, fun-filled day out, with obstacles such as cargo nets, tunnels, rivers and monkey bars likely to feature."

Runners will set off in waves at 9.30am, 10am, 10.30am, 11am and 11.30am.

Tickets range in price from £12.50 to £17.50.

Everyone will receive a medal at the end and there will be food and refreshments available.

For more information, visit www.each.org.uk/piglet

M & S to close despite 'heartfelt protests'

A popular shop in Felixstowe has confirmed it will be closing next month.

Marks & Spencer, in Hamilton Road, will have its final day of trading on Saturday, April 27.

Staff at the store will either be redeployed or offered redeployments to other M&S stores before redundancy is considered.

Councillor Geoff Holdcroft, Suffolk Coastal District Council's deputy leader and cabinet member with responsibility for economic development, said: "I am bitterly disappointed to hear that Marks & Spencer intends to go ahead with its plan to close its store

in Hamilton Road, Felixstowe, from the end of April.

"Despite saying it was consulting with people over the proposal, this appears to have been a done deal from the beginning, as Marks & Spencer has blatantly ignored the heartfelt protests of local people, who have campaigned vigorously to keep this shop open.

"What is particularly disappointing is that Marks & Spencer has chosen to discount the strong business case that we have made for the shop to remain open in some form, based on the predicted continued growth of Felixstowe's economy. We are committed to maintaining a vibrant High Street in Felixstowe."



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HOME & DIY

Colourful KITCHENS

The kitchen is the heart of the family home, and yet because it is an entirely practical space, cabinets and counters often have a uniform feel, leaving little room for embellishments or personal touches. But that doesn't mean you can't brighten up your kitchen, you just need to know how.

ADD A SPLASH OF COLOUR

Turn something mundane – such as a row of hanging utensils – into a feature by painting the wall behind them, or simply choose a statement wall to paint in your favourite hue.

CHOOSE BRIGHT ACCESSORIES

A bright red kettle or mint green fridge is a great way to perk up your cooking space, particularly if you're mired in a sea of oak.

AS ABOVE, SO BELOW

Kill two birds with one stone and cover up those chilly kitchen tiles with a vibrant rug (select one with durable fibre to sustain spills), or if that's not your style, paint the ceiling instead.

LIGHT IT UP

Get yourself a gorgeous pendant light, or vintage lamps with coloured cords and exposed bulbs; or even just some colour-changing fairy lights.

GET EDGY

Sideboards, door frames and windowsills are the perfect way to add colour when your choices are limited.

COLOURFUL CROCKERY

Dishes, serving plates and even cooking utensils are a brilliant way to bring the colour – just try to stick to similar shades to stop it from feeling messy and chaotic.

TILES FOR MILES

Fill in small spaces between units with hand-painted tiles for a unique and quirky feel.

BECOME THE ATTRACTION

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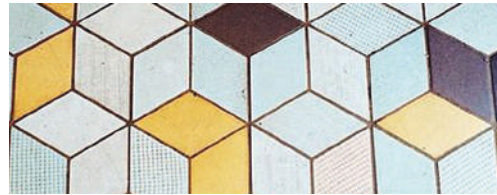


HOME & DIY



From kitchen flooring to bathroom walling, tiles can transform a room from dull to decadent. And this year sees the emergence of tiles featuring in every room in the house; from being used as a feature wall, to a chimney breast, even as a headboard in the bedroom.

Let's check out this year's top trends.



Patterned Tiles

Moving away from last year's preference for monochrome and neutral greys, 2019 sees bright and bold patterned tiles dominating the showrooms. Tribal patterns are bang on trend and work well in primal shapes and rich, earthy colours.



As well as individual patterned tiles, creating your own patterns using a selection of tiles will also be popular and allows homeowners to put their own stamp on their interiors.

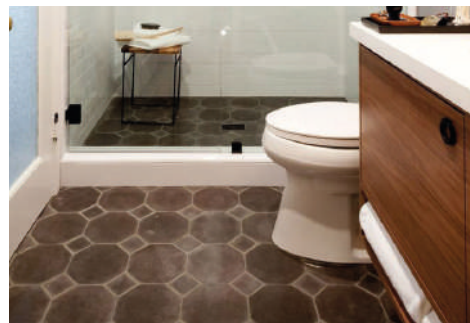
Artisan Tiles

Homemade style tiles are ideal for use in period properties or for those wanting to create more character in a modern home. Use this trend in your kitchen to create a more rustic feel or in the bedroom for a relaxed, sensual vibe. Vintage patterns are a popular choice and are ideal for lovers of all things retro.



Geometric Tiles

By introducing different shaped tiles into your home, you can maximise or minimise space depending what you want from a particular room. Geometric tiles can be used in a small bathroom to make the space appear bigger and hexagonal tiles work brilliantly on the floor to create a unique focal point.



Textured Tiles

3D tiles are set to be massive this year, especially with those wanting a more futuristic feeling in their home. Use sparingly as a feature in the chosen room and team with a neutral décor to avoid overcomplicating the overall look. Alternatively, sculpted surface or embossed tiles can completely transform a space.

Photo credit: www.lifemountain.co.uk and bocadidoboo.com



HOME & DIY

PANTONE COLOUR OF THE YEAR

Living Coral



Living Coral has been chosen as the Pantone Colour of 2019; but how can this cheery tone be incorporated into the home, and what mood does it create?

So, it's that time of the year when one team of boffins, situated in the otherwise nondescript town Carlstadt, New Jersey, begin a global influencing campaign that affects our lives more than we might imagine.

Yes, the Pantone Colour Institute has chosen Living Coral (16-1546) as shade tone to represent 2019. It's said it conveys a calm feeling of warmth, with its marine qualities offering freshness, invigoration and femininity.

Executive director at the institute, Leatrice Eiseman, had this to say about the panel's selection: "Colour is an equalising lens through which we experience our natural and digital realities, and this is particularly true for Living Coral.

"With consumers craving human interaction and social connection, the humanising and heartening qualities displayed by the convivial Living Coral hit a responsive chord."

With our oceans and wildlife under constant threat of pollution, and a hot topic of discussion that will play itself out across the year, it is perhaps fitting that this colour has been chosen.

And in terms of how this choice will influence our daily lives? Consider everything from interior furnishings, phone designs, wallpapers, nail varnishes and, especially, the fashion market, whose job it is to be continually responsive to emerging trends.

And for those who think this year's tone is perhaps a bit, well, pink, consider Pantone's final observation: "Living Coral is evocative of how coral reefs provide shelter to a diverse kaleidoscope of colour."

So, basically, if you don't like it, just use it as a base for other colours.

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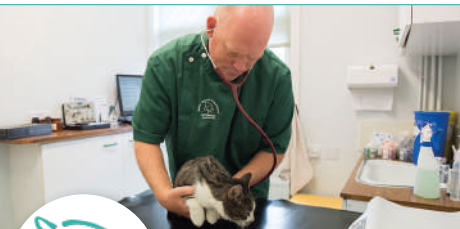
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PETS



PICK A PET TO match your personality

Choosing the right pet to suit your lifestyle is vital. You don't want to be impulse buying a snake if you plan to start a family in the next couple of years.

How much space do you have?

If you live in a small flat with little outdoor space, then a dog is pretty much out of the question. Instead opt for a smaller pet such as a hamster which only requires a small cage. Be warned, they are not afraid to bite. Or for something a bit different, sea monkeys only require a clean, salt water-filled container to thrive.

Why do you want a pet?

If you want companionship, then a cat or a smaller breed of dog is the best option.

Or if you are looking for a family pet, pick a friendly dog such as a Labrador or Cocker Spaniel. Or for a smaller option, rats make great pets for kids as they are, contrary to belief, clean, intelligent and love human contact.

Do you travel often?

It goes without saying that if you travel a lot you need to pick a pet that is happy to be left alone for long periods of time or who can be easily cared for by others. The African Pygmy hedgehog, a domestic variety, is quiet and prefers its own company so makes the ideal pet for someone who works away or long hours.

How active are you?

If you are an avid runner you need a dog who can keep up with you such as a Dalmatian or Greyhound.

However, if you prefer the indoors, you are more suited to a pet such as a domestic bird or a selection of tropical fish.



Dani in Demand

As father/daughter partnerships go, this one is pretty unique – they both have the same name, for starters... kind of.

Danny and Dani Dyer have constructed between them a rather old-school assault on the senses, with the latter even looking to usurp her West Ham-supporting dad in terms of column inches and social media followers.

While Danny Dyer has evolved from terrace casual chav to Queen Vic landlord, Mick Carter's daughter, Dani, the diminutive model, has ascended slowly into the public's consciousness. And it was last year's appearance on *Love Island* that saw the Essex starlet gain equal footing alongside her illustrious father.

Along the way, the 22-year-old has become regarded as one of the leading faces for Generation Z, and has found herself a spokesperson for modern feminism.

"I don't like to take all that stuff too seriously, but I am on the side of the girls, certainly," she says. "I've always grown up with very strong role models, and I feel I have inherited that for myself. Gender doesn't really come into it – it's about who you are and what you do with it."

Speaking about her winning stint on *Love Island* – during which time she met and fell for fellow contestant Jack Fincham – Dani admits it was a positive learning experience.

She said: "Relationships in the villa are probably always going to be perfect because you're in a surreal situation. That's all you have, each other. There is nothing outside to affect that. You come out of the villa and then have to re-learn about each other."

Sure enough, she and boyfriend Jack have had their fair share of ups and downs, but embracing her father's dogged spirit has, thus far, ensured the couple have moved mountains in terms of surviving a permanently high-profile existence. That time in the spotlight was lengthened further by reality spin-off *Jack and Dani: Life After Love Island*.

Speaking of mountains, her next challenge is exactly that... climbing Mount Kilimanjaro for Sport Relief. "I'm not going to lie – I am bricking it," she says. "All I know is that it's a really big mountain and it takes ages to climb. I've never climbed anything before."

To follow, Dani has a book release set for April. Her self-improvement guide *What Would Dani do?: My Guide to Living Your Best Life* is an optimistic, positive slab of advice and experience. There's also the maintaining of her record-breaking clothing range – her collection for In The Style drove half a million visitors on its day of launch, with over 70 per cent of stock sold in just 24 hours. Add in a constant demand for media work, and Dani's worth has never been greater.

She said: "It's lovely to be appreciated and have the responsibility. Actually, I'm scared of my followers – I don't know what to do with them. It's been overwhelming, having people being kind and supportive... and I will make sure I am kind and supportive back."



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GARDENING

It can become all too easy to rely on pesticides and nasty chemicals to treat our garden and deal with any unwanted pests, but surely there must be an alternative that is better for us, our garden and the environment?

Mulching beverages

Rather than buying expensive pesticides which can cause more harm than good, why not try mulching beverages instead.

Simply save up any used ground coffee or tea leaves and sprinkle around you garden or add to your compost heap. This will not only deter insects from eating your produce but also enrich the soil in your garden.

Copper control

Slugs can be a real nuisance in the garden; munching on flowers, plants and vegetables alike. Luckily there is a common household object that can easily deter them from your prized plants.

Copper coins. Slugs just hate to crawl over copper so a border of pennies around the soil of your seedlings can protect them from these hungry creatures.

Homemade deterrent spray

The problem with many pesticides is that they kill all insects in their proximity, even the beneficial ones. It is better for your garden to simply deter pests from the crops they will destroy rather than eliminate all bugs from your garden completely.

Make a DIY natural spray yourself by soaking chilli peppers and garlic in oil and water, leave for a few days to stew and then spray the offending insects.

Feed your lawn with stale beer

How many times after a party have you been left with a selection of half empty beer bottles dotted around your home? Rather than throw the stale beer away, pour it onto any brown spots that have appeared on your lawn. The fermented sugars in the beer will act as a natural feed for your grass.



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GARDENING

GOOD Scents

HOW TO DESIGN YOUR VERY OWN AROMATHERAPY GARDEN

The word aromatherapy may evoke luxurious but pricey massages, decadent bath oils, and tiny bottles of precious elixir, but in reality it's very easy to plant and grow your own aromatic herbs and plants, creating a space that is fresh, fragrant and inexpensive.

To decide what vegetation suits your needs, think about the space you have and what kind of fragrances will bring you the most pleasure. If you have an abundance of land you can create a colourful carpet of plants and flowers, offering a wealth of therapeutic properties. Basil, mint, rosemary, chamomile, lemon balm and thyme are all herbs that will thrive given enough room. You can also include fragrant shrubs like lilac, rose and mock orange, along with vines such as honeysuckle, jasmine and wisteria, which are great for generating different layers of scent and colour.

For those who have less space, it is still easy

to grow a wealth of perfumed plants in a window box. Just choose a spot which receives at least six hours of sunlight a day, keep them well watered and regularly pruned, and select plants which have similar needs in terms of water and sunlight. Great options for your window box include basil, lavender, rosemary, mint, jasmine, oregano and rose.

Once your plants are flourishing all you need to decide is what to do with them. The easy answer is 'nothing', for even a stroll through a garden fragrant with honeysuckle and rose, or a gentle waft of jasmine through the window, can be soothing in itself. Herbs like rosemary and basil of course are great to use when cooking; chamomile and mint can be steeped in hot water as tea, while lavender is ideal for a relaxing bath.

By the end of summer it is possible to have a veritable apothecary on your doorstep, which can be harvested and dried to enjoy when the cold sets in.





MEN'S

Fashion Trends SS19



With a combination of classic and rule-breaking trends, this season's offerings are anything but boring. If you are guilty of living in the standard dude combo of dark jeans, white tee and branded hoodie, then why not dare to be different this year and embrace one of the below fashion-forward styles?

STATEMENT SWEATERS

Forget slogan T-shirts, this spring it's all about the statement sweater. In particular, cartoon-like images and messages preaching positivity and unity in the face of adversity will be popular and have dominated the catwalks.

DAD JEANS

Say goodbye to intricate designs and embellished denim and embrace a simpler look. Dad jeans are medium or light wash and come in either a straight leg or a boot cut. Team with neutral blazer for a smarter look or with a vibrant shirt to stand out from the crowd.

CLASHING COLOURS & PATTERNS

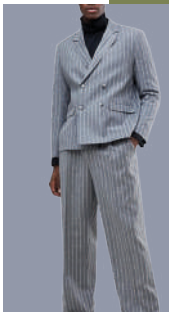
If you think bold and bright as the weather improves then you can't go far wrong. Everyone from Dolce & Gabbana to Valentino to Donatella were showcasing their new neons and clashing imagery on the runway.

SHORT SHORTS

When we say short, we mean super-short. If you would struggle to bend over without flashing the flesh, then you've got it right. Not for the bashful, this trend would probably work best for weekend beach break or impromptu BBQ. Team with whiter than white sneakers (another SS19 trend) for a casual vibe.

SLACK SUITS

As the weather gets warmer, it can be a struggle to look sharp in a suit without feeling like you are melting. The solution? This year's trend for baggy and relaxed style suits. Look out for styles in lightweight materials for an ever more laidback look.



FASHION ADVERTORIAL

Shop local this spring!

Shoppers are being urged to "keep it local" this Spring, with Woodbridge's central retail area continuing to offer a wide array of high-end shops and boutiques.

One set of retailers most actively pushing this message is the Parkside Shops group, which incorporates Holly Blue Boutique and Ninni Noo Boutique (both on Thoroughfare), and the newly opened Carbon Male menswear shop on Quay Street.

Owner of Holly Blue Boutique, Sue Risby, believes it is important that independent stores continue to be supported.

She said: "We're fortunate enough to have lots of fantastic independently owned shops in the town, offering something to suit everyone's taste."

"At Holly Blue and Ninni Noo we stock a fantastic range of ladies fashion and footwear - all very different from the mainstream retailers, and all at

very affordable prices. We also aim to provide a great shopping experience."

Also joining the group is Carbon Male, owned by Carl Bowen.

Carl's Quay Street-based store originally opened as a barber shop and proved to be hugely successful, but he's now decided to branch out into men's fashion too.

He said: "We've managed to incorporate both to cater for the fashion conscious man."

"The shop now has a barbers chair as well as a wide range of designer brands for customers to choose from."

"It's absolutely ideal for anyone who wants a hair cut and a new pair of jeans!"

Above all, though, the message is clear - this Spring, head into your local town and support the local businesses.

You might also grab yourself a bargain!

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Constant CRAVINGS

Is your fast-food addiction getting you down? Here are some great tips to help transform the foods you crave, from horribly bad for you to healthy.

EAT PROTEIN WITH EVERY MEAL

If you find yourself starting off the day with a big bowl of porridge, assuming this hearty, healthy meal will fend off hunger pangs, think again. It is protein that helps you feel fuller for longer. So add a handful of nuts and seeds to your bowl, or choose eggs instead, in order to avoid that 11am sugar slump.

DRINK MORE WATER

Quite often we can mistake dehydration for hunger, so next time you feel those pangs, have a glass of water and wait five minutes before reaching for the snacks.

LISTEN TO YOUR BODY

Forcing yourself to eat a salad in December is never going to end well, so try to be aware of what your body is craving. In the summer, choose fruit over ice cream while in winter months make yourself some satisfying soups and stews, in preference to stodgy chips and pies.

MAKE SMART SWAPS

Craving a bag of crisps? Try having a handful of plain nuts instead. Desperate for a slice of cake? Make a big box of date protein balls. With both of these alternatives, you'll be amazed at how much more satisfied and energised you feel. Remember, when it comes to change it is many small steps that make the distance.

CHECK YOUR MOTIVE

Quite often, snacking is done out of sheer boredom over an actual need for food. If you think you might be doing this, find some handy distractions such as a crossword puzzle, or better still, a brisk walk.

PLAN AS MUCH AS POSSIBLE

It's well known that entering a supermarket when you're hungry always ends in disaster, so do as much planning as possible. Whether this means preparing a whole week of lunchtime meals to take to work in advance, or simply stocking your cupboards with healthier treats, foresight is your friend.





Mark beats diabetes with SEVEN-STONE WEIGHT-LOSS

A super-slimmer is targeting Ben Nevis this summer, having lost nearly seven-stone and beating diabetes with his local Slimming World.

Mark Calvert, 49, from Sutton Heath decided to join his local Slimming World group after "feeling like a prisoner in his own body".

In less than seven months with the Woodbridge-based group, Mr Calvert has managed to lose 6st 7.5lbs and is now only a stone off his target weight.

"The greatest thing is that I have my health back,"

said Mark. "I'm happy, free and living life to the full."

Off his medication and with his diabetes in remission, Mark has been able to buy clothes off the peg for the first time in decades.

He added: "Through Food Optimising I have continued to eat familiar favourites which include curry, chilli con carne and a full cooked breakfast, but all just made a much healthier 'Slimming World way'.

"I strongly encourage anyone who is thinking about losing weight to join Slimming World."



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When is Pain OK?

We've all felt that ache after a strenuous workout, but when does it become something to worry about, asks *Julie Foster?*

Muscle soreness is a side effect of the stress put on muscles when you exercise.

It usually begins within six-to-eight hours after a new activity or a change in activity and can last up to 24-48 hours after the exercise.

All people are at risk for muscle soreness, even professional athletes. The good news is that normal muscle soreness is a sign that you're getting stronger and is nothing to be alarmed about.

During exercise, you stress your muscles and the fibres begin to break down. As the fibres repair themselves, they become larger and stronger. This means that your muscles will be better prepared next time you work out.

The best way to relieve harmless post exercise muscle soreness is to perform some gentle exercises, like walking or light stretching.

Mild to moderate muscle soreness is common and usually harmless. However, if the pain you're experiencing prevents you from carrying out daily activities associated with living or working, then it is wise to see the surgery nurse or GP.

If the pain begins during the exercise, then it should be seen as a signal from your body to stop the activity before serious joint or muscle damage occurs.

If concerned see your practice nurse or GP. A trained exercise coach will be able to give you alternatives suited to your specific needs.



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ADVERTORIAL

Extra support for children's mental health

Mental health issues amongst children are becoming an increasing concern, with more reports of anxiety, depression and self-harm. Despite this, access to services on the NHS carry a waiting list of four to six months, leaving families desperate for help.

Moira Green, founder of NLP4Kids, has been working with schools to use Neuro-Linguistic Programming to help conquer many of these issues.

She said: "Poor mental health in children and has increased. We read articles about children who've harmed or killed themselves.

"We believe that prevention is the key and are working to bring workshops and one-to-one sessions into schools, teaching techniques to enable the mind to deal more effectively with wellbeing and mental health issues."

Neuro-Linguistic Programming has been around for decades, but Moira feels it is a more important tool than ever before.

"I recently worked with a young lady who had been unable to attend school assembly due to her anxiety," she added. "It was even impacting on family life. Both mother and daughter were desperate for help."

The hypnotherapist who is CHANGING LIVES

An army veteran and former police officer has gone on to become one of the world's leading hypnotherapists following his own PTSD ordeal.

Karl Smith, from Wickham Market, founded the UK Hypnosis academy not long after a freak car accident that nearly claimed his life in August 2006.

"I was hit by a drink driver outside my home," he explained. "It was an awful time for me and took me a long time to recover – not just physically, but mentally too.

"I tried lots of different techniques, from counselling to CBT (cognitive behavioural therapy), but none of this worked.

"I was in the police at the time, and it wasn't until another officer showed me hypnotherapy that I was finally able to move forward with my life."

Practicing from his headquarters on the Base Business Park at Bentwaters, Karl is able to help people with a wide range of issues, including anxiety, childbirth and weight loss.

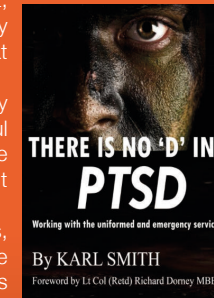
His work takes him all around the world and he includes Hollywood A-Listers amongst his clientele.

He added: "This isn't just a business for me – it's something I truly am passionate about. Without hypnotherapy I really don't know where I'd be today.

"I've been lucky enough to work with some extraordinary people and have truly helped them to turn their lives around.

"I really just want to help people."

Speaking from his own experience, Karl has published a book (pictured), "There Is No 'D' In PTSD", which is now available on Amazon.



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Gordon BANKS

Photo credit: Colorsport/REX/Shutterstock

AN ORIGINAL ENGLAND ICON

The passing of Gordon Banks in the middle of February offered the nation a chance of reflect and admire arguably the most iconic keeper the England football team has ever had.

Across two World Cups the Sheffield-born stopper wrote his name into Three Lions folklore – first, repelling West Germany at Wembley in 1966 as Sir Alf Ramsey’s men lifted the Jules Rimet Trophy; then four years later, in Mexico, making a seemingly impossible save to thwart the great Pele.

In truth, England’s World Cup win on July 30, 1966, was built around 10 other footballers, and as for the best save ever, it’s doubtful... and these are facts the impossibly modest Banks reminded people of regularly in what is half a century since.

His humility was only one part of his character. Banks was a dominant, strapping, resilient, battling keeper from an altogether different era, where footballers were everyday folk, and retirement often led to opening a pub rather than going after the much-vaunted ‘media work’.

He starred for Leicester City at the time of England’s greatest game, and despite surprisingly being allowed to leave the Foxes little more than a year after that Wembley win, went on to make almost 200 appearances for Stoke City, prolonging his international career until the age of 35.

His retirement from the game was ultimately forced on him after a car crash in October 1972. He lost the sight in his right eye, and with it, the ability to perform fully as a keeper, despite stints thereafter in the US and Ireland.

Although he took up coaching and management roles, his experiences were never going to match those as a player and he left the game, returning later as an ambassador for Stoke City and regular member of the Pools Panel.

Banks passed peacefully away in his sleep on February 12, 2019.

FALLING

with style

Be it careening down cascading waterfalls or leaping into rapids from a helicopter, Tao Berman has consistently pushed the boundaries when it comes to extreme sports.

When it comes to white water, there's extreme... and then there's Tao Berman. The Washington State native, who turns 40 this year, made his name as one of the most fearless kayakers known to the sport, capable of descending near-vertical waterfalls and performing incredible stunts.

"I never had the objective of doing the extreme stunts," he admits. "As I progressed I was just constantly looking for new ways to push against my abilities, and as I got better at it I needed to take greater and greater risks to push my skill set to continue to get better."

This is the man who, as a 15-year-old amateur kayaker, was already starting to "run waterfalls and things of that nature". In 1997, Berman ran an 83ft descent on the El Tomata River in Mexico; by 1999, at age 19, he'd conquered the Upper Johnston Falls in Banff National Forest – all 98 feet of its thundering vertical drop – and landed a coveted place in the Guinness Book of World Records.

At the turn of the decade, however, Berman decided to hang up his paddle and retire from the world of extreme kayaking, having "accomplished every goal" he had set for himself.

"When I first got into it, I was pushing and progressing into the extreme end of the sport and after setting several world records in the extreme end, including the highest waterfall ever kayaked, I then got into freestyle kayaking," he explains. "After being ranked number one in the world, by winning the three world championships, I was looking for a new challenge so I got into extreme racing – which is racing down white water for a time – and after doing a couple of undefeated seasons doing that, there wasn't much left in the sport to excite me."



Photo credit: Richard Hallman/Red Bull Content Pool

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Giving IT BACK

THE WORLD'S MOST GENEROUS BILLIONAIRES

1 Bill Gates (\$35billion)

The world's most prolific giver, 63-year-old Gates regularly donates to healthcare, education and IT sectors, as well as generously supporting developing world projects, particularly in attempting to eradicate poverty in Africa. And at the end of November he gave £727,000 to Dundee University to help male contraceptive research.



2 Warren Buffet (\$31billion)

Warren Buffet's contributions towards healthcare, education, AIDS prevention and sanitation in underprivileged areas make the business brain the world's second biggest philanthropist.



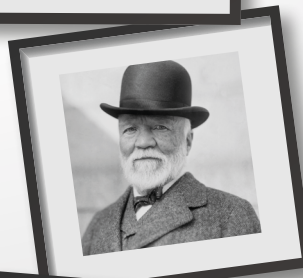
3 Li Ka-shing (\$10billion)

Education and healthcare are subjects close to Li Ka-shing's heart, with the 90-year-old Hong Kong business magnate the owner of a portfolio that includes transportation, real estate, financial services, retail, energy and utilities.



4 Andrew Carnegie (\$10billion)

Peace through education is a concept that was particularly dear to the long deceased industrialist Andrew Carnegie, whose legacy of business trumps even Gates's, and saw him give away his entire fortune (closer to \$100billion if factoring in inflation) to charitable causes across the globe.



5 Azim Premji (\$8billion)

The software entrepreneur is a passionate and loyal supporter of education and healthcare projects and has so far given away over half his estimated £15billion fortune.

The Giving Pledge

A number of billionaires, including our very own Sir Richard Branson, are part of an exclusive club put together by Bill Gates, who have all signed up to giving more than half their fortune away.

Others involved in the pledge include Vladimir Potanin, a Russian mining oligarch, tech entrepreneur Elon Musk, Facebook founder Mark Zuckerberg, and Hasso Plattner, another software genius, from Germany. Over 180 individuals have now pledged to hand over more than \$500billion in total. As Virgin chief Branson stated: "Stuff really is not what brings happiness. Family, friends, good health and the satisfaction that comes from making a positive difference are what really matter."



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TRAVEL

VOLUNTOURISM

According to a recent survey, 84 per cent of millennials said they would like to travel abroad for a volunteering holiday. Brought on by a combination of wanting to truly experience a new culture and the desire to break free from the confines of excessive consumerism; voluntourism has never been more popular.

Gain a new perspective on life

Sometimes we can all get stuck in a rut, professionally and personally. Volunteering will open your eyes to the problems and difficulties that people less fortunate than yourselves face daily. You will come home with a fresh and positive outlook on life.

Experience full cultural immersion

You may think that you explore the local culture when you go abroad but do you really? Most volunteering holidays require you to stay with a host family; eating their home-cooked meals, taking part in their day to day lives and learning about their traditions.

Making a difference

When choosing a volunteering holiday, don't be afraid to ask questions about sustainability and the impact your work will have on the local community.

Learn a language

Worried about the language barrier? Don't be. The easiest and most effective way to learn a new language is to be surrounded by local people whose English may be limited. Forced out of your comfort zone, you will be surprised at how quickly you pick up common words and phrases.

Opportunities available

If you are an animal lover, why not volunteer to help the monkeys in South Africa or the orangutans in the Borneo Jungle? Alternatively, you could sign up for the rebuilding programme in Nepal if you don't mind getting your hands dirty. And for those who want to give something back to the younger generation, volunteering as a teaching assistant in Kerala would be ideal.



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WHAT'S ON

in your area



WHAT'S ON

**The Woodbridge Orchestral Society's
programme of light classical music**

**Woodbridge Methodist Church,
St John's Street, Woodbridge, IP12 1ED
April 1, 7.30pm**

Woodbridge Orchestral Society presents a programme of light classical music at Woodbridge Methodist Church.

Tickets are £7, which includes light refreshments. For tickets, call Helen Lewis 01394 411232 or Anne Stevenson 01394 385728, or buy on the door. Proceeds will go towards the work of the church.

Quiz Night

**Seckford Golf Club, Seckford Hall Road,
Great Bealings, Woodbridge, IP13 6NT
April 3, 6.30pm – 10.30pm**

Join Inspire Suffolk for another charity quiz night with popular quizmaster Simon Jay at Seckford Golf Club to raise much-needed funds for local young people in Suffolk.

The evening kicks off with a delicious buffet meal, followed by an entertaining quiz with Simon Jay all included in the £15 ticket price.

The price includes a delicious meal beforehand, or £60 for a team of four.

To book, visit www.inspiresuffolk.org.uk



Birding at Blakeney Point

**The Community Hall, Station Road,
Woodbridge, IP12 4AU, IP12 4AU
April 4, 7.30pm – 10pm**

Blakeney Point in Norfolk is best known for its seals, but it's also a fantastic place for watching birds.

RSPB Woodbridge Local Group has invited experienced birder Paul Laurie to come along to the Community Hall to give an illustrated talk about what birdlife you might be able to find there during the year, as well as a bit about the history of the Point and its geography.

This event is open to everyone, so just come along and pay on the day.

Entry is £4 for adults and £1.50 for under 16s. Group members pay £3 for adults and members under 16 go free.



Highlands Care Home quiz evening

**Fitzgerald Road, Woodbridge, IP12 1EN
April 5, 7pm**

Come and join us for our Highlands Quiz evening taking place on April 5 at 7pm.

There will be tables of four costing £5 per person.

There will be refreshments and a raffle. Bring your own wine or beer.

Contact Ruth for more information on 01394 382125.

Talk by Mia Philips

**Woodbridge Library, New Street, Woodbridge,
IP12 1DT**

April 13, 1.15am – 11.45am

Mia Philips shares the work of Sydney Banks and other non-dual teachers whose work uncovers a radical approach to Wellbeing and Resilience.

Syd's work, most commonly referred to as The Three Principles, describes the foundations behind our human experience and the way to innate emotional wellbeing, which is never lost but can be over looked.

Please come along and join our informal conversation and begin your journey to Peace, Wellbeing and Resilience.

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PUZZLES & TRIVIA

PUZZLES

Answers can be found on the Contents Page 4

ACROSS

- 1. After the beginning of (4)
- 3. Allocated (8)
- 9. Mythical being (7)
- 10. Gaped (anag) (5)
- 11. Style of blues (6-6)
- 13. Embody (6)
- 15. Measure of heaviness (6)
- 17. Unhappy (12)
- 20. Imitative of the past (5)
- 21. Organic nutrient (7)
- 22. Moving at speed (8)
- 23. Sums together (4)

DOWN

- 1. Sit on eggs (of a bird) (8)
- 2. Ballroom dance (5)
- 4. Narrow drinking tubes (6)
- 5. Enhancements (12)
- 6. Pesterer constantly (7)
- 7. Fathers (4)
- 8. Adequate (12)
- 12. School pupils (8)
- 14. Artist (7)
- 16. Not level (6)

1		2			3	4		5		6		7
				8								
9								10				
11												
												12
13		14				15						
					16							
	17										18	
19												
20					21							
22											23	

- 18. Shy (5)
- 19. Curved shape (4)

DID YOU KNOW?

- ▶ The largest bone in the body is the femur
- ▶ Your nose and ears will continue to grow for your entire life
- ▶ Over 700 strains of bacteria have been detected in the human mouth
- ▶ More than 10 muscles are working at the same time when walking
- ▶ Like finger prints, tongues also have their own unique print
- ▶ The average speed of a sneeze is around 100mph
- ▶ Fingernails grow around twice as fast as toenails
- ▶ Your skull is made up of 22 bones

SUDOKU

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



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