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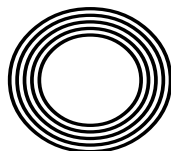
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JANUARY 2022

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** BillericayShenfield. Happy New Year 2022. That still sounds strange to me. Sometimes I forget what year we are in as the past two seem to have rolled into one long year.

Most of you, I hope, are reading this after having a well-deserved rest over Christmas (which I certainly needed). Every year, I make New Year's goals - I don't call them resolutions as it sounds wishy-washy to me. But goals/targets sound more assertive as they are made to be achieved.

My goals personally are all about making more time to relax and have some me time. With two young kids - a three year old and an 18 month old - there isn't too much time to relax after work. Since my three year old has never been a believer in a good night's sleep, 4am wake-up calls have been the norm in our house for years now, and it's catching up with me.

Business-wise, we are on a recruitment drive this year and I am looking at adding a couple more people to our team. So if you are keen to take on a new challenge, we are looking for a client relationship manager as well as more distributors to help deliver our magazines every month in your local area. Please feel free to send me an email or call for a chat if you are interested. I wish you all the very best for 2022.

*Nik Allen*

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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

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# British Sign Language

## basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

### WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

### WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

### UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:



Photo credit: british-sign.co.uk

### BASIC BSL SIGNS:

#### 'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



#### 'What is your name?'

(signed as 'name what')

To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

#### 'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

PLEASE/ THANK YOU



#### 'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

#### 'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

SORRY



FIND OUT MORE ABOUT BSL AT [WWW.BRITISH-SIGN.CO.UK](http://WWW.BRITISH-SIGN.CO.UK)



# HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

## 1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

## 2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

## 3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

## 4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

## 5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

## 6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



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# Stylishly SUSTAINABLE

Are you a conscious consumer? Check out the top sustainable homeware brands for 2022 below and spruce up your home while simultaneously limiting your impact on the environment.

Who knew spending your money could feel so good?

### AERENDE

The brainchild of Emily Mathieson, former travel writer for *The Guardian* and Condé Nast, Aerende was founded in 2016 with the aim of offering ethical and locally produced homeware items. From gorgeous candles to stunning wooden kitchenware, all Aerende products are produced in low-volume batches and are designed to improve as they age for enhanced longevity.

### AESTHETE LABEL

Launched during lockdown, this vegan lifestyle and homeware brand offers minimalistic interior design products that won't break the bank. Browse its online store and discover a selection of handmade ceramics, candles and nature-themed photographic prints.

### NOVE LIGHTING

NOVE is a British lighting company that is committed to using natural materials and traditional crafting techniques. Cork features highly in its designs, with founder Kirsty Saxon having fallen in love with this sustainable material during her many visits to Portugal. In fact, 'nove' means nine in Portuguese, as this how often you can harvest cork trees.

### MÃEMARA

If you want to help protect the ocean from landfill-bound plastic and hazardous waste, then this is the ethical homeware brand for you. Founded in 2019, Mãemara offers a wide range of stylish homeware items, such as cushions and beanbags, as well as green botanical print tote and cosmetic bags.

### RISE & FALL

A hater of fast fashion, Rise & Fall was created with the goal of making luxury shopping accessible for all. Offering its members up to 80 per cent off high-end homeware products, including bed linen, duvets and throws, £3 from every bed sheet sale goes directly to the youth homeless charity, Centrepoin.

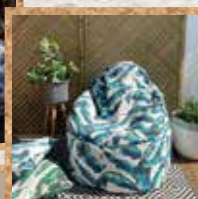
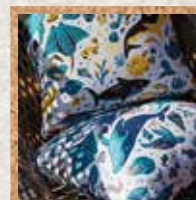
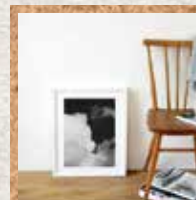


Photo credit: aerende.co.uk, aesthetelabel.com, novelighting.com, maemara.com, riseandfall.co





# Swooning

## over Kimberly

One of the most important things to know about Kimberly Duran, the face behind Swoon Worthy, is that she is 'obsessed with interiors'. And it certainly shows.

Swoon Worthy is a delightful interiors blog that features pretty pastels, quirky details, and tonnes of style. It's a mix she calls "eclectic boho glam" – a style we're completely on board with.

### Meet Kimberly Duran

Kimberly describes herself as "a design-obsessed DIYer, an award-winning UK interiors blogger, a freelance writer, a professional candle-maker, and a crazy cat lady".

Kimberly's home is filled with pink, florals, and stylish gold detailing – the modern boho girl's dream. She may describe it as "artfully arranged clutter", but if that's what clutter looks like, sign us up.

### Making your home Swoon Worthy

Kimberly's style is very accessible and versatile. You could make it work in your bathroom, kitchen, living room – anywhere that needs a touch of glam. She works to a budget, with a lot of DIY ideas you can easily recreate in your own home. To recreate her look, take a look at the following tips:

### Keep rooms light and airy

There's a recurring theme throughout Kimberly's home, and that's plenty of light. All of the rooms are painted white or in light neutrals, which creates the illusion of space. The colour comes in the accent details, which include plenty of pinks, greenery and the occasional pop of colour.

### Display all the way

A lot of decor experts will tell you to put clutter away, but when your clutter is as pretty as Kimberly's, you're going to want to display it. Choose items that fit with your colour scheme to create a stylish kitchen that looks far from messy. From your crockery to cookbooks, it all looks good laid out for everyone to see.

### A touch of gold

Something that Kimberly does very well is to use gold in her decor to add a touch of luxe and glamour – which is exactly what modern boho is all about. Gold decor is very popular and affordable at the moment; however, you can always upcycle existing pieces with gold spray paint for a budget-friendly upgrade.



Photo credit: swoonworthy.co.uk

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# The season of COSYING UP

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter.

While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months.

Check out some budget-friendly ways of giving your bedroom a winter makeover.

## CHANGE UP YOUR COLOUR SCHEME

One of the easiest ways to add a winter touch to your bedroom is to change up your colour scheme. Think grey tones or muted shades of pink and red. Cushions, curtains and ornaments can help you add some colour without going overboard with your spending.

## EMBRACE WARMING TEXTILES

Bringing in some warming textiles can make your bedroom feel much cosier. Fluffy or bouclé throws, along with cushions, are perfect for this time of year, adding that hygge touch that will also keep you warm at night.

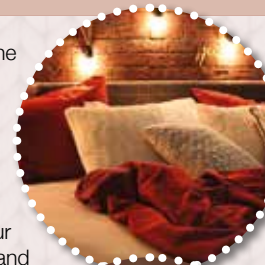
## SOFTEN YOUR LIGHTING

Some softer lighting is just what you need to hide away from those dark winter evenings. If you don't have a dimmer switch, buy dimmable smart bulbs so you can lower your lights to create a warmer tone while also saving some energy. Adding candles or fairy lights can also create a winter-friendly ambience to help you settle in at night.

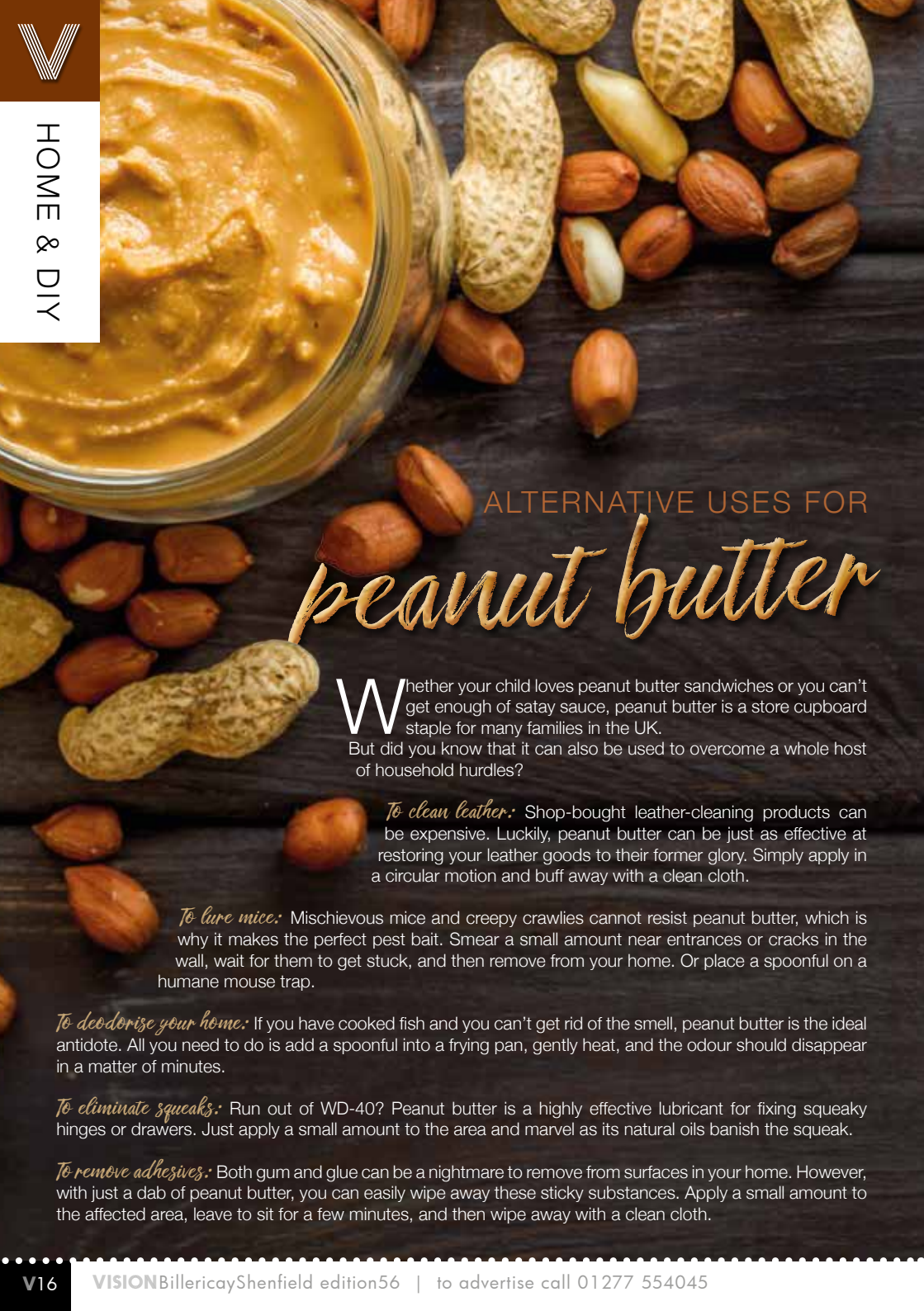
## EMBRACE WINTER FRAGRANCE

Fill your room with winter fragrance to make your bedroom even more relaxing. Popular winter fragrances include warming vanilla, amber and tobacco, while spicy cinnamon and clove will help you capture the essence of winter.

Giving your bedroom a winter makeover is the perfect way to embrace nights in and rest up. With some simple changes, your bedroom will have that cosy Scandi vibe in no time.







## ALTERNATIVE USES FOR peanut butter

**W**hether your child loves peanut butter sandwiches or you can't get enough of satay sauce, peanut butter is a store cupboard staple for many families in the UK. But did you know that it can also be used to overcome a whole host of household hurdles?

*To clean leather:* Shop-bought leather-cleaning products can be expensive. Luckily, peanut butter can be just as effective at restoring your leather goods to their former glory. Simply apply in a circular motion and buff away with a clean cloth.

*To lure mice:* Mischievous mice and creepy crawlies cannot resist peanut butter, which is why it makes the perfect pest bait. Smear a small amount near entrances or cracks in the wall, wait for them to get stuck, and then remove from your home. Or place a spoonful on a humane mouse trap.

*To deodorize your home:* If you have cooked fish and you can't get rid of the smell, peanut butter is the ideal antidote. All you need to do is add a spoonful into a frying pan, gently heat, and the odour should disappear in a matter of minutes.

*To eliminate squeaks:* Run out of WD-40? Peanut butter is a highly effective lubricant for fixing squeaky hinges or drawers. Just apply a small amount to the area and marvel as its natural oils banish the squeak.

*To remove adhesives:* Both gum and glue can be a nightmare to remove from surfaces in your home. However, with just a dab of peanut butter, you can easily wipe away these sticky substances. Apply a small amount to the affected area, leave to sit for a few minutes, and then wipe away with a clean cloth.



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Bentley Village Hall  
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**Tuesday & Thursday @ 7pm**  
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Harrison Close, Hutton CM13 1LP

**Friday @ 11.45am**  
Hutton Community Centre  
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**Friday @ 1.30pm**  
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## Update your BATHROOM on a budget



The beginning of a new year is one of the most popular times for home renovations. But don't worry if you are feeling the pinch from Christmas, as our below interior design tips promise to transform your bathroom for less.

**Paint the ceiling:** Instead of just repainting your bathroom walls in the same uninspiring shade, customise the space by adding a pop of colour to the ceiling. All you need is paint in your chosen colour, a stepladder, a roller and a brush.

Make sure you put down an old sheet first to protect your flooring, and opt for bathroom paint as this is designed to prevent mould and has a washable finish.

**Add new storage:** If your bathroom is more cluttered than calming, then why not look into some new storage solutions? Open shelving is cheap and can make your bathroom feel more spacious. Alternatively, you could repurpose an old ladder to use as a rustic towel rail.

**Replace the shower curtain:** You will be surprised at just how effective a new shower curtain can be at uplifting the overall feel of your bathroom. Incredibly cheap and with many designs to choose from, we recommend that you go bold with a bright colour or statement style.

**Renew wooden flooring:** Wooden flooring has become increasingly popular in bathrooms as homeowners embrace a more natural look. If your wooden floor is looking a little tired, a quick coat of paint or wood stain will instantly update the space. For a cosy feel, opt for a darker colour, and to open up the room, go light.

**Invest in indoor plants:** One or two well-placed houseplants will instantly transform your bathroom into an indoor oasis. From shower plants to trailing plants, a bit of greenery can turn a cold and clinical space into one that feels alive. Choose plants that don't mind a humid atmosphere, such as asparagus fern, spider plants and Chinese evergreen.



HOME & DIY

Photo credit: Future PLC/Colin Poole, Future PLC/Matthew Williams, Future PLC/Jamie Mason, Future PLC/Claudia Dilak via www.idealhome.co.uk



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# LOCAL NEWS

from your neighbourhood



LOCAL NEWS BILLERICAY



## Resident becomes first two-time indoor karting champion

A Billericay resident has won a go-karting championship for the second time and is now the first-ever two-time indoor karting champion.

Charlie Ratford, who was 14 at the time, has won the British Indoor Karting Championship (BIKC) again, making him a back-to-back champion after winning the competition two years in a row.

The finals were held at Teamsport Warrington last month and were streamed on social media, attracting more than 7,000 viewers.

Charlie dominated his category and won the grand final with nearly a five-second gap. His prize for winning is a full summer season with Total Karting Zero.

The racer represented his local indoor track, Teamsport Basildon, along with six other drivers.

Teamsport Basildon also had a second-place finish in the cadet category.

Charlie said: "I am so happy to have won it again, and to become the first two-time champion is something I never thought would happen."

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Photo credit: Nicky Hayes Photography

# Football club charity tournament for food bank

**B**illericay Town Walking Football Club (BTWFC) hosted a charity tournament in support of Billericay Food Bank last month.

The club proudly hosted the Spirit of Christmas Charity Tournament at New Lodge, with all proceeds going to the food bank.

The event, which the club hopes will become a yearly fixture, raised nearly £2,000 for the charity.

Organised by Simon Crump and Billy Sedgwick, and supported by the BTWFC committee and the 'Walking WAGS', guest walking football teams from Leyton Orient, Chelmsford, Grays, Romford and Paringdon joined five host teams for the event.

The tournament was split into four groups, with four of the five BTWFC sides progressing from the group

stage. The Snowmen were unfortunate not to progress and narrowly lost to Chelmsford in the plate semi. Santa's Helpers, The Toymakers and Santa's Elves all fell at the quarter-final stage, leaving Reindeers R Us to fly the flag for the host club.

The Reindeers' dogged resistance in the quarter-final against Leyton Orient earned them a 0-0 draw after normal time and a sudden death win on penalties.

Mayor of Basildon Borough, councillor David Dadds, attended the presentation of the trophies.

A BTWFC spokesperson said: "Thanks to the outstanding generosity of members and local businesses in donating a wide variety of prizes, BTWFC were able to arrange a successful raffle which formed the basis of the fundraising."

## Parkinson's charity seeks help from shoppers

**A** Parkinson's charity in Billericay is seeking the help of local shoppers.

The Parkinson's UK Support Group in Billericay and District has been recognised as a recipient of the local Co-op Community Fund.

When members purchase certain Co-op branded items and services, one penny from every pound spent will go to help the group provide its services.

The support group offers information and friendship to people with Parkinson's, their families, friends and the people who support them.

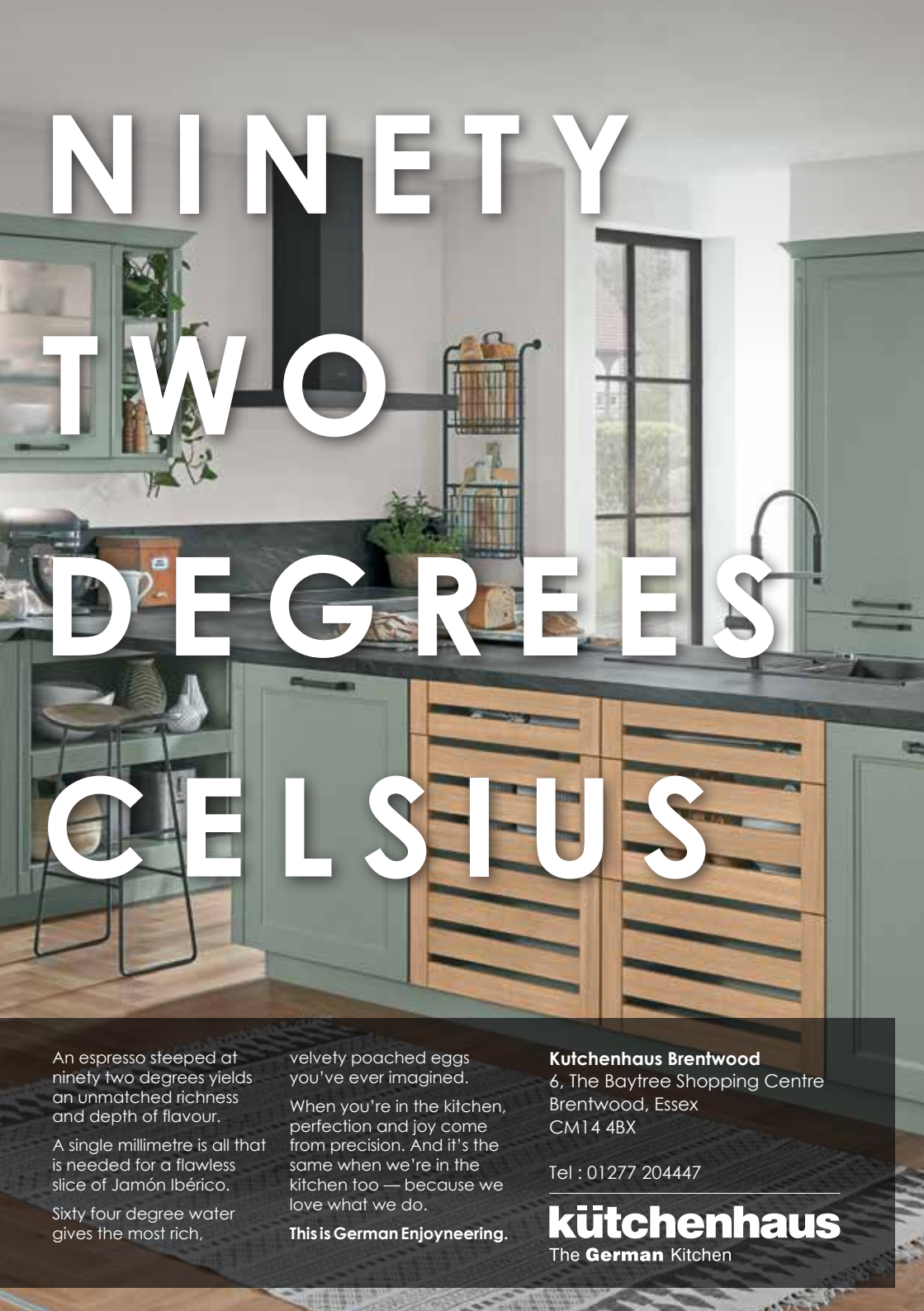
The group plans to improve existing and add new

exercise classes to encourage people to exercise, socialise and participate in activities to reduce Parkinson's symptoms and improve mental health.

Parkinson's symptoms include muscle stiffness, depression and anxiety. Research shows exercising regularly can help manage these symptoms and improve mobility.

By providing members with the opportunity to regularly exercise with others, the group's classes can provide social motivation and aid mental wellbeing.

To donate to the group, visit [membership.coop.co.uk/causes/60573](http://membership.coop.co.uk/causes/60573)



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Photo credit: GuildEsports



## Resident wins first Guild FIFA competition

A Billericay resident was crowned gaming champion at the inaugural Guild FIFA 22 Cup, presented by Subway.

Tom Sorrell, 22, was ultimately crowned champion after defeating Lewis Blampey in the final, which was broadcast on Twitch.tv and attended by a sold-out crowd at the Odeon Luxe in the West End.

The weeks-long competition concluded last month, after hundreds of competitors from across the UK and Ireland had been whittled down to the final eight.

Alongside his share of the £1,800 prize pool, Tom took home the one-of-a-kind Golden Sub trophy,

designed by master jewellery maker, Johnny Hoxton.

Tom said: "What an amazing experience to compete in front of so many people for the first time, and for Subway to provide such a delicious-looking trophy. Hopefully, this is only the start of my FIFA Esports career."

Mays Elansari, head of marketing UK and Ireland at Subway, said: "We're so excited to be part of our first-ever FIFA 22 tournament with Guild and watch the players battle it out. Our congratulations to the winner, Tom, and everyone that competed."

## Councillors approve park warden patrols

Park wardens will now be patrolling housing estates and town centres in Brentwood and across the rest of the borough in a bid to disrupt low-level drug activity and antisocial behaviour.

Basildon Council's Enforcement and Public Order Committee met on December 8 and approved a draft specification of the wardens' duties.

The areas they cover have been widened to include town centres in Wickford, Billericay, Basildon and Pitsea. They will also cover 31 estates across the borough, in addition to several parks.

Leader of Basildon Council and chairman of the Enforcement and Public Order Committee, councillor Andrew Baggott, said: "There is no place

in this borough for people who deal drugs and cause antisocial behaviour. Therefore, we have taken the decision to provide further support to the police and to empower our park wardens to undertake a range of extra duties across a wider area."

A trial to introduce park wardens began on April 1, 2021, and has so far resulted in 4,643 patrols and 4,588 reported incidents.

The team of five includes four wardens and a controller advising them from the team's base. They wear live cameras and are tracked via GPS.

They will now be undertaking a range of general community safety duties, including issuing verbal and written warnings for antisocial behaviour.

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Photo credit: Google Maps



# Nominations open for the Borough Volunteer Awards

The Basildon Borough Volunteer Awards are back for 2022 to recognise volunteers' amazing achievements.

There are eight different categories for this year's awards, which are back for 2022 having been cancelled last year owing to the ongoing pandemic.

If you know someone who deserves recognition for their outstanding volunteer work, the awards are your chance to see them get the acknowledgement they deserve.

The Mayor of Basildon, councillor David Dadds, said: "Volunteers are such a vital cog in the mechanics of our borough. They give up their time to do selfless work across Basildon."

"I'm delighted that we can put these awards on this year and shine a light on some of the amazing individuals who really deserve that light being shone on them."

"I would urge anyone who knows a deserving individual to make a nomination for an award, so I can meet them personally and thank them for their efforts to make the borough a better place to live."

The awards ceremony will take place at Basildon Sport and Leisure Club, Gardiners Way, on Thursday, March 10. The closing date for nominations is Friday, January 14.

To make a nomination, or to find out more, please visit [www.basildon.gov.uk/volunteerawards](http://www.basildon.gov.uk/volunteerawards)

## Consultation for Public Spaces Protection Order

Basildon Council has launched a consultation regarding the implementation of a borough-wide Public Spaces Protection Order (PSPO) to prohibit various types of antisocial behaviour (ASB).

A PSPO is a legal order to tackle ASB that would cover specific restricted areas within the borough, such as parks and town centres, and the breaching of the order is a criminal offence which could be subject to a fine of up to £1,000.

Under the potential PSPO, authorised council officers would have the power to take action against various activities, including alcohol and substance use, urination and defecation, and car cruising.

The purpose of the consultation is to get residents' experiences of each type of activity the PSPO would potentially prohibit, as well as to determine the level of support for each prohibition.

Leader of Basildon Council and chairman of the Public Order and Enforcement Committee, councillor Andrew Baggott, said: "A PSPO covering the borough would give us more powers to tackle the behaviour that we don't want to see in Basildon. The introduction of one is something I strongly support."

To complete the consultation, which closes on January 20, please visit [www.basildon.gov.uk/PSPOconsultation](http://www.basildon.gov.uk/PSPOconsultation)



LOCAL NEWS BILLERICAY



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Greater Anglia



## Station launches virtual tours to help disabled travellers

Train operator, Greater Anglia, is launching a series of virtual station tours – including one of Shenfield Station – to help people travel with confidence.

The tours have been designed to support journey planning, to give customers a clearer picture of stations before they travel and to reduce anxiety about how they will get around from car park to platform.

The company has created 360-degree virtual tours for 10 of its busiest stations – which is especially useful for disabled customers wanting to check the accessibility of their journey.

Tours of Shenfield, Bishop's Stortford, Broxbourne, Chelmsford, Colchester, Ipswich, Norwich, Southend Victoria and Stansted Airport will follow throughout January.

Detailed 360-degree photography has been used to

map the station, capturing all public spaces including the toilets and the waiting room.

The web-based online virtual tour offers autopilot or manual choices for navigating the station, as well as an interactive map to see the entire layout, with links to specific areas of the station.

Greater Anglia's accessibility manager, Rebecca Richardson, said: "The idea was to create a tool for customers to assist them with their journey planning and to reduce the anxiety about whether the station would create any accessibility barriers."

Neil Henderson, managing director of Virtual Tour Experts, said: "We've really enjoyed working on this project to create a number of industry firsts."

The tours can be viewed at [www.greateranglia.co.uk/virtualtours](http://www.greateranglia.co.uk/virtualtours)

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## BURGHART for BRENTWOOD



Alex Burghart MP for Brentwood and Ongar



LOCAL NEWS SHENFIELD

The new year promises to start either very well or with some gloom, as we wait for the impact of the Omicron variant to become clear. Whichever way it goes, please get your booster vaccine now.

Scientists are learning more every day about this variant. However, I must emphasise that there is one thing we already know for sure: right now, our single best defence against Omicron is vaccination. Early research from Pfizer suggests that a third dose of its vaccine neutralises the Omicron variant to levels similar to the impact of two doses against the original strain of coronavirus.

But although COVID-19 has dominated our lives, businesses and incomes for the best part of two years, we must try to look ahead to 2022 with more than a sense of foreboding.

The vaccine programme is working to protect millions of people, we have adopted and adapted our

working styles to make the most of working from home or the office, and we must try to live our lives as normally as possible.

In the last year, I have become the Minister for Skills in the Department of Education and have scaled the sharpest learning curve I can remember in the last three months.

My first job as minister has been to steer the Skills and Post-16 Education Bill through its first stages in Parliament. This bill aims to ensure we are providing the education and training to give people the skills they need to do the jobs they want to do, and to boost the economy.

It's a big bill to bring to Parliament, and I look forward to all it will do for education and training in 2022.

To find out more, visit [www.alexburghart.org.uk](http://www.alexburghart.org.uk)

## Plan to plant 10,000 trees

A scheme aiming to plant 10,000 trees at Hutton Country Park will include ideas and designs from residents.

The new woodland was launched by Thames Chase and Essex Forest Initiative in September, with the next phase due to begin in November 2022. This is to allow for residents' suggestions to be linked into the plan and to ensure that trees are available following a shortage from suppliers.

The scheme is being developed by Brentwood Borough Council Arboriculturists.

A further 30 trees will be planted around the recreation ground in Hutton following the landscaping and tree installation at King George's Playing Fields.

Councillor Maria Pearson, chair of the Environment, Enforcement and Housing Committee, said: "The focus for 2022 will be on Brentwood's woodlands and I am delighted that we will see further expansion in the new year. We are fortunate to live in such a green borough, with so many parks and open spaces, but to be able to have such a positive impact now for future

generations is a privilege.

"Together with the 150,000 trees that are being planted at Holt Farm with Lower Thames Crossing, what is being done is ambitious, but will it make a huge difference to the appearance of the area and our contribution to biodiversity, wildlife habitats and our carbon footprint."

To find out more, please visit the council's website at [www.brentwood.gov.uk](http://www.brentwood.gov.uk)



Photo credit: Google Earth





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**HOW SCIENCE HAS PRODUCED A VACCINATION THAT REQUIRES NEITHER NEEDLES, INHALERS OR PILLS**

In yet another example of modern science pushing the extremes of how we understand the human body, scientists at the University of Waterloo in Ontario have developed a tool that could eliminate the need for needles altogether.

It uses a high-pressure jet of serum that passes through an opening in the skin that is no wider than the width of a human hair.

Named Cobi and created by Cobionix, the robot first scans the entire human body to find an optimal site where the injection can be done.

While AI-based software remains in its infancy, the speed of the technology means rapid advancements are likely. What it means for the industry is an approach that, in years to come, can lean much less on the manual, fiddly and sometimes unsuccessful manner in which injections are carried out. That also means protecting healthcare workers, lowering the cost of injections, improving patient outcomes, and lessening wastage.

In addition, where the infrastructure of

something like a vaccine rollout means taking over great swathes of space in and around buildings, as we have seen across the UK where COVID-19 is concerned, a Cobi-driven operation would require a much smaller set-up. This could have profound life-saving implications for developing countries, though it's expected to be two years before Cobi is ready for commercial use.

This is not the first time an AI-led automated device has been talked about as a solution to the coronavirus outbreak. In Egypt, in a hospital just outside Cairo, a robot nurse called Cira-03, is busy conducting COVID-19 tests and passing on public information messages to patients.

Tim Lasswell, co-founder and CEO of Cobionix, said: "Cobi is a versatile robotics platform that can be rapidly deployed to complete tasks with 100 per cent autonomy."

Photo credit: waterloo.ca/COBIONIX



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#### REVIEW PROTECTION POLICIES

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#### KEEP TALKING

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# FRANKIE DETTORI

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”







# PUZZLES & TRIVIA

## PUZZLES

Answers: see end of The VISION Listings

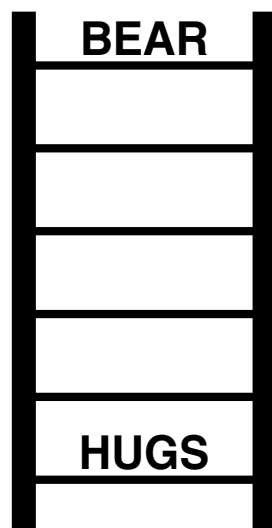
- ▶ BARN
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- ▶ FORMICARY
- ▶ FORTRESS
- ▶ HIVE
- ▶ HOLE
- ▶ HOLT
- ▶ KENNEL
- ▶ LAIR
- ▶ LODGE
- ▶ NEST
- ▶ PADDOCK
- ▶ ROOST
- ▶ SETT
- ▶ STABLE
- ▶ VESPIARY



## DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

## WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.

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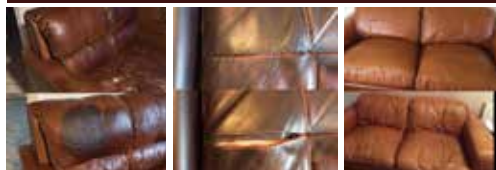
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# HOW TO PERFORM CPR ON PETS



PETS



If you own a pet, you should make it a priority to  
learn how to deliver CPR to them in the safest  
possible way.

While pets with underlying health conditions are  
unlikely to recover, if your healthy animal's heart has  
stopped, then CPR could save their life.

## HOW TO CHECK IF YOUR PET NEEDS CPR

### 1. Check their airway:

Pull their tongue forward and check to see if  
there is anything lodged in their throat. If there  
is, remove it.

### 2. Check their breathing

Look and listen to see if they are breathing.  
Can you see their chest rising and falling? Can  
you feel breath from their nostrils? If not, check  
immediately for a heartbeat.

### 3. Check their circulation

Place your hand or ear over their chest where  
the elbow meets the ribcage. Can you feel or  
hear a heartbeat? If no heartbeat is found then  
start CPR.

## HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and  
flat surface
- > Dogs that have a barrel-shaped chest can be

placed on their  
backs

- > Compress the  
chest at two per  
second at the  
widest part of their  
chest
- > For large dogs, use  
both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest  
from both sides while they are lying on their side
- > Make sure that each compression depresses  
the chest by a half to two-thirds and allow  
the chest to return to normal after each  
compression
- > After 30 compressions, extend their neck, close  
the mouth and blow down their nose
- > Give two breaths, allowing one  
second for the chest to fall
- > Check for a heartbeat  
again
- > If no heartbeat, repeat  
the process, giving 30  
compressions and two  
breaths until veterinary  
help arrives.

**TOP TIP:**  
Use the beat of the  
song *Staying Alive*  
to keep the right  
pace





# The NECESSARY NEEDLE

THE 100 YEAR ANNIVERSARY OF THE FIRST INSULIN INJECTION



LEONARD THOMPSON  
First patient to receive insulin in  
Toronto.



As humans whose interest in and ingenuity towards science has saved hundreds of millions of lives – whether by trial, error or good fortune – our ability to look around us in using plant and animal matter as a product for life-saving or life-changing medicine is truly a marvel.

A hundred years ago, one such milestone was reached when a 14-year-old boy named Leonard Thompson, who was dying of type 1 diabetes, received the first ever insulin injection.

The shot was administered by scientists Frederick Banting and Charles Best. The duo had practised under the tutorship of John Macleod at Toronto University, and were aided by another chemist, James Collip.

Over the course of the previous year, they had refined a treatment that involved extracting and purifying the hormone insulin from bovine pancreases.

Up until the point of the first insulin injection, people suffering from diabetes had no choice but to adapt to a strict low-calorie, no-carbohydrate diet, where in some cases food intake could not exceed 500 calories per day. Not only was such a diet incredibly difficult to stick to, but those who did abide by it endured low energy and strength, and in many cases a slow starvation.

The connection between pancreatic secretions and diabetes had been known for a while, but Banting, Best and co. were the first to advance the theory, and by the autumn of 1921 had succeeded in keeping alive a diabetic dog using injections of an extract made from duct-ligated pancreas prepared in saline.

Collip subsequently purified the extract for use in humans. The injection was given to Leonard Thompson, and his blood sugar immediately lowered. Subsequently, his urine cleared of sugars and other signs of the disease.

Banting and Macleod received the 1923 Nobel Prize in Physiology or Medicine for the discovery of insulin, and split their awards with Best and Collip respectively.



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**A**re your jeans feeling a tad tight after the festive season? Do you want to realise a healthier and happier you in 2022 and beyond? If yes, a personal trainer might be just what you need.

### *The motivation to succeed*

January is one of the most popular times of the year for joining a gym, yet a massive 50 per cent of new members quit or stop going within six months. The beauty of a personal trainer is that you are committed to a particular time and place, and you are much more likely to work harder with a professional motivator by your side.

### *You can learn about health and fitness*

Certified personal trainers aren't just fitness fanatics who choose to combine their passion and their job. They know about human physiology, body mechanics, exercise science, and so much more. This means that they can help you to train smarter to see the results you want.

### *A personalised plan*

As the name suggests, a personal trainer will give you a personalised health and fitness plan that is specifically tailored to your body's needs and the results you would like to see. They will take into consideration any injuries you have, as well as any body imbalances that could be affecting your progress.

### *Nutritional advice*

Weight loss is 80 per cent diet and 20 per cent exercise, so if you want to start shifting the pounds, you need to make sure you are eating the right foods to support your weight loss and your activity levels. A personal trainer will be able to advise you on proper nutrition, showing you how much protein you need and how to incorporate more fruit and veg into your diet.





# Is a bad hip stopping you from doing everyday things?

## Nuffield Health Brentwood Hospital reveals the signs you might need a new one.

What is a hip replacement? This is a procedure to remove your damaged hip joint and replace it with an artificial joint. It's used to treat hip pain, most commonly hip osteoarthritis, which is gradual wear and tear of the joint. During the procedure, the damaged joint is removed and replaced with an artificial ball and socket joint (a prosthesis). There are many different types of hip replacement and your surgeon will recommend the one that's best for you.

There are no set rules when it comes to hip replacement. While the surgery is commonly associated with older patients, in truth it's a life-changing procedure for anyone with a worn hip joint.

The following signs may indicate hip arthritis or be symptoms of other problems. The best way to accurately diagnose the state of your hip is to speak to a specialist and have an x-ray.

### 1. Hip or groin pain

Pain around the hip or groin area can be one of the major indicators that there may be an underlying problem with your hip joint. Let's look at some of the different ways it can manifest.

#### Pain when walking

If hip or groin pain is preventing you from walking normal distances for you or completing your usual daily activities, then speak to a specialist.

It's important to remember that this can be relative to you. For some, being able to comfortably stroll a short distance to the post box or local shop is enough. For others, being unable to complete a five-mile walk is unthinkable. It all depends on your lifestyle.

You may find yourself compensating with a limp, relying on a walking stick, or even needing painkillers just to cope with the pain of walking or other activities such as climbing the stairs or getting into a car.

#### Pain during exercise

Soreness or pain during or after exercise which is stopping you from being as active as you normally would, be it jogging, swimming or other physical activities, can be a sign of hip arthritis.

The pain is usually localised between your hip and knee. If the pain is lower down towards the ankle the problem might be caused by back problems.

#### Pain at night

If hip pain makes it hard to fall asleep or you find yourself waking up because of the pain caused by your movements in the night - talk to someone about it. There are a number of hip or joint-related issues that could be affecting your sleep.

### 2. Stiffness

Difficulty putting your shoes or socks on is a common sign of stiffness in your hip, especially if one foot is more difficult than the other. You may also start to feel your hip joint clicking, popping or grinding in ways which impair your normal range of movement. If this is an ongoing problem, you should speak with a specialist.

### 3. The one leg test

If you can't stand on your problem leg for longer than a minute - even with the support of a door frame or table-top for balance, then you might have a problem with your hip.

There are some other exercises you can try at home to see if you could benefit from hip pain treatment. For instance:

- Lying on your back or sitting, can you bring your knee to your chest? Assist with your hands if you need to.
- Lying on your back, can you move your leg out to the side without moving your trunk?
- Sitting on a chair, can you place your ankle on the opposite knee and let the knee drop down as far as possible?

For each test, compare both sides of your body. You may find the test easier on one side than the other, and many people notice this.

### 4. No relief from other treatments

Most hip problems can be resolved without a full hip replacement. There is a range of treatments available, including physiotherapy and medication that may better address your symptoms.

If your hip pain is not severely limiting your daily life, or you have found ongoing relief from these less invasive treatments, then it indicates a hip replacement is likely not the right option for you yet.

At Nuffield Health Brentwood Hospital our experienced team of orthopaedic surgeons are experts in lower limb procedures and provide quick access to hip replacement surgery.

## How to book a consultation at Nuffield Health Brentwood Hospital

If you are interested in hip replacement surgery or want expert advice from a professional, you will need to book a private consultation with one of our orthopaedic experts before proceeding with any treatment. To book a consultation, please contact our dedicated hospital enquiry team on:

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Online: [www.nuffieldhealth.com/hospitals/brentwood](http://www.nuffieldhealth.com/hospitals/brentwood)

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# TOO MUCH PROTEIN?

## No whey!

**D**o you know if you are getting enough protein in your diet? Essential for cell growth and repair, as well as building muscle mass, you should be getting a minimum of 10 per cent of your daily calories from protein.

### How much protein do you need?

Most adults need around 0.75g of protein per kilo of body weight per day. For the average man, this is 55g and for the average women, it is 45g. This equates to two portions of meat, fish, nuts or tofu per day. As a guide, one portion of protein should fit into the palm of your hand.

Four signs that show you are not getting enough protein in your diet:

**1. Swelling:** One of the most common signs of a protein deficiency is swelling, also known as oedema. This most commonly occurs in the abdomen, legs, feet and hands.

**2. Mood swings:** Many of the neurotransmitters in your brain are made of amino acids, which means that a lack of protein can have a detrimental effect on your mood. Low levels of dopamine and serotonin, in particular, can lead to feelings of depression and aggression.

**3. Hair, skin and nail problems:** Proteins are essential for healthy hair, skin and nails, as these are all made up of proteins such as elastin, collagen and keratin. Brittle nails, thinning hair and flaky skin are all signs of protein deficiency.

**4. Fatigue and muscle weakness:** If you are 55 or older, a lack of protein can affect the muscles responsible for posture and movement. Over time, you can lose muscle mass and find it harder to carry out everyday tasks.

### How to get more protein:

- > Snack on cheese and nuts
- > Replace cereal with eggs
- > Choose Greek yogurt – not Greek style
  - > Pick quinoa over rice or choose high-protein pasta
- > Upgrade your coffee to a latte.



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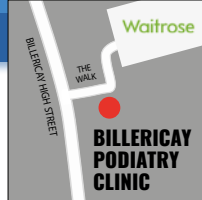
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# WHAT IS THE “WHEEL OF WELL-BEING” AND WHY ME TIME IS SO IMPORTANT?

Here we are in 2022 – let’s hope it will be a better year after all the challenges and stresses we had to face in the last two years. New year, new goals and plans, and I really hope that one of them is self-care / self-love and giving yourself ME TIME!

Some of you might be already familiar with the WHEEL OF LIFE which is a great tool to have and from time to time look at, it will help you to understand how balanced and fulfilled your life is in this moment. What about the WHEEL OF WELL-BEING? I believe it’s a number one to look at and, actually if you balance that, all other categories on your WHEEL OF LIFE will naturally improve and fall into place!

We often take our health and body for granted and abuse it in many different ways, living in our modern rushed and very demanding world, would you agree? We can be so preoccupied with the problems of everyday life, problems and taking care of other people, family, friends, virtual friends, social media etc... that we forget or pay little attention to the most important person who needs that care and love more than anyone else. It’s YOU!

When was the last time you patted yourself on the shoulder and said “Well done, I’m so proud of you! You did great! Or told yourself how much you love yourself, how amazing and beautiful you are. When did you last spend time taking care of YOU and your body, giving it all your full attention and care. I’m certain that the majority of us hardly ever do, sometimes we are even embarrassed to take our clothes off and look at ourselves in the mirror, let alone falling in love with yourself.

So, why is it so easy to show love, affection, and care for others but not yourself? Putting yourself first and occasionally being selfish are very healthy things to do. Will you agree? Loving yourself, taking

care of yourself isn’t a vanity. It is sanity!

Our body is an incredible complex machine, where thousands of parts work together to keep our body functioning at optimum level. The negative effect of emotions, especially about yourself your body, stress, lifestyle and diet can throw the body out of sync and cause ‘breaking down’. Usually it takes an enormous amount of “abuse and neglect” before manifesting signs of malfunction, your body is amazingly resilient!

Take as an example your car, if you don’t care of it problems start to occur and performance starts to suffer, you may even have to replace it. Your Body needs care too. If you don’t look after it, problems start and your performance drops, but you can’t just go to the shop and trade your body in for a new one, so it DOES make sense to treat the body you have with care and love!

What’s stopping you from doing that way? Exactly, nothing, but Yourself...

Living a healthy lifestyle and taking care of yourself and those trillions little cells in your body, that work so hard without a day off, gives your body the best possible chance to have a happy healthy life and show the world the best of you.

Put yourself on top of your TO-DO-LIST every day!

So you can function optimally and be in harmony within!



Viktoryia Rohal,  
founder of  
Viktoryia Health



“Self-care is a priority - not a luxury.  
It is giving the world the best of you  
instead of what’s left of you.”



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WELL-BEING**

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yourself in 2022!**

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## HOW TO REMOVE

*Waterproof Mascara*

As much as we love waterproof mascara and its unique ability to prevent make-up meltdowns, sometimes it's just too good at its job.

Discover below how to remove waterproof mascara with minimal fuss and maximum results.

**Step 1: SOAK A COTTON PAD WITH EYE MAKE-UP REMOVER**

The key to effective and less harmful waterproof mascara removal is in being as gentle as possible. Therefore, you want to choose soft pads that are not abrasive for your eyes. Opt for an organic cotton pad, soak in eye make-up remover and gently press to the eye.

**Step 2: SWIPE DOWNWARDS**

Wait a few seconds so that the eye make-up remover can fully saturate your eyelashes and then gently swipe downwards and away. Avoid tugging to reduce your risk of eyelash loss.

**Step 3: USE A COTTON BUD**

For stubborn mascara between your lashes, dip a cotton bud in eye make-up remover and gently clean the affected area. This will also help avoid unsightly smudges the next morning.

**Step 4: DO NOT RUB**

If you are still struggling to remove any mascara, refrain from rubbing or scrubbing as the skin around your eyes is up to 10 times thinner than on other parts of your face. Instead, repeat the above steps until you are happy with the outcome.

**Step 5: TREAT YOUR EYELASHES**

It is important that you care for your eyelashes if you want them to remain strong and healthy. Treat dry and brittle lashes to some TLC with a lash serum or mask that contains pro-keratin complex for optimum results.

**Best eye make-up removers:**

- > Maybelline Expert Eyes Moisturising Eye Makeup Remover
- > Neutrogena Gentle Oil-Free Eye Makeup Remover
- > Garnier Skin Active Micellar Cleansing Water
- > Simple Kind to Skin Eye Make-up Remover.

AN ICON,  
*AB-SOLUTELY*THE LIFE OF VIRGIL ABLOH AND THE  
LEGACY THAT LIVES ON IN HIS MEMORY

There are many musicians, artists, and even sportspeople who have had the benefit of a notable name carrying them forward at some point in their lives.

Virgil Abloh, the American fashion designer and entrepreneur, had, by his own admission, that very platform when he interned at Fendi back in 2009 and began producing t-shirts for Kanye West.

The rap star was bowled over by such an edgy, modern, confident person, whose range of talent and influence circumnavigated not just textiles and fashion, but also engineering and architecture, for which he earned a degree and a master's respectively.

While Kanye's ability to open doors sent the Illinois-born creative into fashion houses and propelled the popularity of his first company, Pyrex Vision, it was with the high-end streetwear brand, Off-White, that founder Abloh truly excelled.

Revealing his *modus operandi* – namely that any product need only represent a difference of three per cent from another – proved a nod to the devilish detail of fashion and the fact that, in many ways, there are no truly original designs anymore. To that end, in the final years of his life, he was one of the first to call an end to streetwear, insisting that vintage styles were the future in very much the same way as they were the past.

The success of Off-White led Abloh to become one of Louis Vuitton's artistic directors, and collaborations with others from Nike to the US Open to Ikea saw high-profile stars such as Serena Williams laud the talent of this beloved family man.

Sadly, Abloh was harbouring a secret that was to mean his all-too-brief flirtation with fashion would come to an end. In 2019, the designer was diagnosed with cardiac angiosarcoma, a type of cancer. He kept the diagnosis private and died on November 28, 2021, in Chicago, aged just 41. The showreel may be over for Abloh, but the catwalk music plays on.



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# Positivi-tea

FOOD & DRINK

**DO YOU LOVE HERBAL TEA BUT CAN'T FIND THE RIGHT BLEND FOR YOUR TASTES AND HEALTH NEEDS? IF YES, THE BELOW DIY TEAS ARE EXACTLY WHAT YOU NEED**






**Calming Chamomile**  
If you are looking for a tea blend that can help you unwind in the evening, then this is the perfect choice for you. All the herbs used in this tea contain both calming and soothing properties.  
**INGREDIENTS:** 2 tsp of dried chamomile | ½ tsp of dried liquorice root | 1 tsp dried ginger root.  
For a more potent insomnia remedy, switch the ginger for valerian root. Serve hot.

**Happy Hibiscus**  
If you favour a more zingy and uplifting tea blend, then hibiscus is a great herb to use. Enjoy either hot or cold in the morning or as an afternoon pick-me-up.  
**INGREDIENTS:** 2 tbsp dried hibiscus | 1 tsp mint leaves | 1 tsp lemongrass.

**Rich Chai**  
Chai tea is incredibly popular owing to its health benefits, rich taste and filling nature. To make the below tea blend, crush the spices in a mortar and blend with black tea. Add milk to finish. Perfect with breakfast.  
**INGREDIENTS:** 1 tsp dried ginger | ½ tsp peppercorns | 2 inches of cinnamon stick | 1 tsp cardamom | 1 tsp cloves | 3-5 tbsp Assam black tea.

**Chocolate Delight**  
For those who crave something sweet, this herbal chocolate blend will not disappoint. Use boiling water to brew the tea and melt the chocolate. Enjoy at any time of the day.  
**INGREDIENTS:** 1 tsp chocolate drops | 2 tbsp pure rooibos tea | 1 inch vanilla pod | ½ tsp cocoa shells.  
Add a pinch of dried mint leaves for an After Eight-tasting tea.

**Simple Two-Ingredient Tea Blends**

- Rose petals and black tea** – rich in antioxidants; may alleviate menstrual cramps.
- Lemongrass and green tea** – has anti-inflammatory properties; may relieve anxiety.
- Lavender and white tea** – can help combat insomnia and improve mood disorders.
- Cinnamon and rooibos tea** – use to balance sugar levels and prevent premature ageing.
- Mint and green tea** – has antibacterial properties; can improve digestion.





# All hail the BACON BUTTY!

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot.

With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

## HISTORY OF SANDWICHES

The sandwich is named after John Montagu, 4th Earl of Sandwich, who is said to have ordered his valet to bring him a piece of meat tucked between two pieces of bread. Today, the humble sandwich remains the UK's favourite lunch, with one in five Brits claiming to eat one every day.

## HOW DOES THE NATION LIKE THEIR BACON BUTTIES?

More than a quarter of Brits choose sliced white as their bread of choice when making a bacon butty. Coming in second is the French baguette, with wholegrain bread in third place. Somewhat surprisingly, it's mayonnaise, not ketchup, that is the nation's sauce of choice when it comes to making a bacon sandwich, with 48 per cent of Brits favouring this creamy condiment.

## HOW TO MAKE THE ULTIMATE BACON BUTTY

While everyone has their own personal preferences when it comes to making a bacon sandwich, below is our go-to recipe for creating the ultimate bacon butty.

**You will need:** A white or brown bloomer loaf or even a roll | 4 slices of smoked back bacon | Ketchup or brown sauce | Butter – ideally salted Lurpack.

**How to cook the bacon:** Always pan fry your rashers rather than bake them in the oven | Fry over a medium heat so that the fat renders down and the meat caramelises | Fry until the bacon is fairly crispy but do not let it shrink too much.

**How to make:** Gently toast one side of the bread/roll in the leftover bacon fat | Generously butter the other slice | Add the bacon | Top with either ketchup or brown sauce | Sit back, relax and enjoy.

Credit: Brazen via foodhub@wearebrazenph.com

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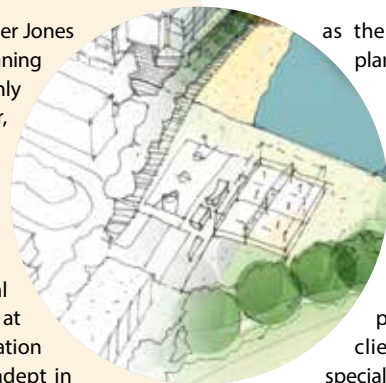


## PLANNING CONSULTANCY SERVICES CONTINUE TO GROW

Essex and London based solicitors Fisher Jones Greenwood continue to grow their planning consultancy team after appointing highly respected chartered town planner, Matthew Lang.

Matthew, a qualified town planner joins the firm with over 18 years of experience gained in a local authority role. He has experience of a wide range of cases including major residential and commercial projects. In his role at FJG he will be providing representation at meetings where required and is adept in dealing with all aspects of planning enforcement matters and certificates of lawful development (existing and proposed).

Matthew commented: "To be joining FJG at an exciting point of growth, is a move I am very excited about. I'm looking forward to working with the team to build FJG's profile both regionally and nationally



as the leading name in town planning".

Chief Operating Officer Paula Cameron added: "Town planning is a sector that aligns well with our property law services. Matthew's appointment reflects the firms continued growth plans to extend our current client offering to include specialist and non-law services".

Head of Commercial Property, Ellen said "Whilst Matthew will be primarily based in our Colchester office, he will be working nationally on a number of projects. Our current town planning team has already seen great success, so we're excited for someone with Matthew's extensive experience to join them."

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**Don't put it off.** Often it takes a life changing event to prompt someone into action, which can sometimes be too late. Many others don't consider making an LPA at all, believing that "it won't happen to me". However, planning ahead and having LPAs prepared before they are needed can stop the evitable roadblocks faced by those dealing with your financial & business matters and health & welfare choices if the worst does happen and you are not able to make decisions yourself.

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# BRUCE KING

*on getting and staying motivated*

## KNOW YOUR WHY



BUSINESS & PROPERTY

**In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.**

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

*More information:*

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)



# A WILL WRITER'S WORDS OF WISDOM

## WORRYING PROBLEMS

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

Without a Will, spouses and civil partners are NOT automatically entitled to all of the estate assets on death, and the Government could inherit your estate if you die with no surviving traceable relatives

If a couple dies simultaneously, the elder is deemed to have died first – s184 Law of Property Act 1925, leaving only the younger spouse's family to inherit

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

Without a Will, the Rules of Intestacy, ie 'The Government Will', could land the children with an IHT liability

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

Although divorce does not invalidate a Will, marriage will indeed invalidate a Will, unless a marriage clause has been embedded

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

## PEACE OF MIND SOLUTIONS

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

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

If children have special care needs, an appropriate Discretionary Trust could avoid loss of State benefits on them inheriting your estate

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

Provide in your Will for continuity of your business on your death

If you own property abroad, you should arrange a Will for your assets in that country, to avoid costly fees and much Probate delay

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

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

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

## MAKE YOUR WILL... ...IN THE COMFORT OF YOUR OWN HOME

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KIDS

## THE RISE OF

# Myopia



Myopia is one of the most common vision problems in childhood, affecting up to five per cent of pre-schoolers, nine per cent of school-aged children, and 30 per cent of adolescents. And, since the pandemic, cases in children are higher than ever before.

### WHAT IS MYOPIA?

Myopia, also known as short-sightedness, is an eye condition that causes distant objects to appear blurred. Since the pandemic began, there has been a surge in diagnoses, with an increased amount of screentime being the most likely cause.

In children, myopia typically occurs between the ages of six and 13, and it often worsens during the teenage years before stabilising in the early twenties.

### WHAT CAUSES MYOPIA?

Myopia occurs when the eyes grow slightly too long. This means that the light doesn't focus on the retina at the back of the eyes properly. It is not completely clear why this happens, but it often runs in families and has been linked to focusing on nearby objects, such as computers or books, for long periods of time during childhood.

### DOES MY CHILD HAVE MYOPIA?

There are several signs to look out for that indicate your child may be short-sighted. These include:

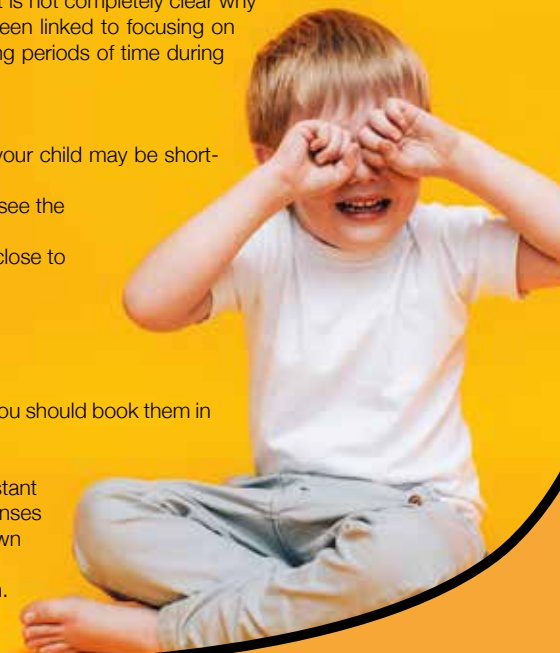
- Needing to sit at the front of the class at school to see the whiteboard
- Sitting close to the TV at home or holding a tablet close to the face
- Complaining of headaches or tired eyes
- Regularly rubbing their eyes.

### HOW TO TREAT MYOPIA

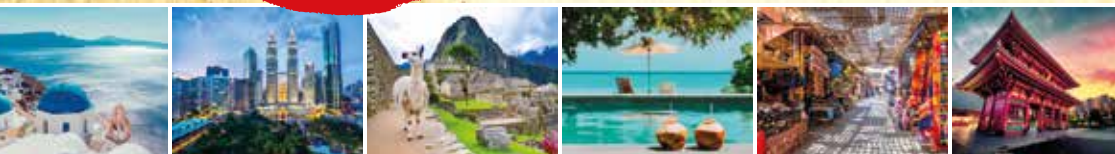
If you suspect that your child may be short-sighted, you should book them in for an eye test as soon as possible.

There are several treatments for myopia, including:

- Corrective lenses that help the eyes to focus on distant objects – in the form of either glasses or contact lenses
- Low-dose atropine eye drops – these can slow down myopia in children
- More time outside and less time in front of a screen.







**D**id you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

#### SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

#### MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

#### PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

#### THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

#### MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

#### TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.

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**GARDENING**



**W**hen it comes to helping the environment, every little helps. There are a lot of things you can do to build greener habits, starting with your own garden.

Creating an eco-friendly garden is the perfect way to support the environment from home – no matter the size of your space. Make your garden more sustainable with the following tips.

#### USE RECYCLED MATERIALS

Using recycled materials is one of the major ways you can make your garden more eco-friendly. This could include wooden palettes, old plant pots, and plastic food containers. You could also consider upcycling dated or discoloured garden furniture.



#### SUPPORT NATURE'S POLLINATORS

Nature relies on bees and insects for pollination. The growing decline in their populations could have serious consequences for food production and much more in the future. Planting some bee-friendly flowers could help you play your part in boosting their numbers, while also bringing some colour to your garden. Popular bee-friendly flowers include lavender, honeysuckle, snapdragons, bluebells, and primroses.



#### CONSERVE WATER

Taking steps to conserve water will help the environment, as well as keep your bills low. Having some water butts will help you collect rainwater that you can use for watering flowers, topping up your pond, and other garden tasks. You should also avoid sprinklers and over-watering your garden to help reduce your water use.



#### MAKE YOUR GARDEN WILDLIFE-FRIENDLY

There are different things you can do to encourage wildlife visitors to your garden. This helps increase biodiversity and gives you your own chemical-free pest control. Build a pond, put up some bird boxes, and provide some food sources to encourage these welcome visitors to your garden.



You can prevent pests and weeds without having to resort to chemical methods. Some herbs, such as chives, rosemary and mint, make excellent pest deterrents, while you can manually remove weeds to keep them from taking control of your garden.



#### GET COMPOSTING

Instead of buying compost from the garden centre, why not make your own? Start collecting your vegetable peelings, lawn cuttings, teabags, egg boxes, shredded newspaper, and cardboard to cut down on waste and put it to good use.





Photo credit: www.gardenersworld.com

# ECO-FRIENDLY POTS

Want to make your green fingers even greener? You could try making your own plant pots

Plant pots made from newspaper are an excellent way to recycle, and because they're biodegradable, you won't need to transfer your plants when they're ready to be planted outside.

Simple and quick, you can get the whole family involved in making DIY plant pots.

What you need:

Newspaper | A mould | A seed tray | Compost | Seeds

How to make:

1. Find a suitable mould: Find something that could work as a mould, like a tube or a tin. You may need a range of moulds if you're planting different types of seeds.

2. Cut newspaper strips to size: Cut strips of newspaper that are long enough to wrap around the mould multiple times. You could also fold newspaper into narrow strips to boost the layers. You're aiming for four to six layers of newspaper.



3. Wrap your strips tightly around the mould: Wrap the paper around tightly, securing the sides to keep the structure rigid. You'll need to fold the paper over the bottom of the mould so that you can keep everything securely in place. Folding the ends down tightly means you won't need any other materials to secure your pot.

4. Remove the paper carefully from the mould: Slide the paper off the mould, taking care not to cause any tears.

5. Plant your seeds: Transfer your paper pot to a seed tray and plant your seeds. When they've outgrown the seed tray, you can transfer your paper pot to another pot and let the newspaper break down naturally.

Making your own paper plant pots helps you reuse materials and gives you a solid structure for planting seeds. Give it a try and do your bit to be greener.

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# SNOW WAY!



## FROM WOK RACING TO ICE YACHTING – THE WINTER SPORTS YOU PROBABLY NEVER KNEW EXISTED

We watch the Winter Olympics partly with admiration, partly for slightly comedic entertainment. Whoever thought riding down an ice track on a glorified metal tea tray at 80mph was a good idea?

To pull off any kind of sporting prowess with icy, snowy and bitterly cold conditions is impressive, but the peculiarity of winter sport stretches far beyond gliding across a frozen lake on two blades of steel.

Here are five winter sports you probably never knew existed – now all you need is for the temperature to drop below zero so you can partake:

**SNOW SCOOTING** – The scooting trend has transformed our towns and cities. A simple adaption to remove the wheels and curate a more aerodynamic board to stand on, with a handlebar unit that responds to left and right pushes, means you are ready to embark on a whole new form of scooting... on ice.

**WOK RACING** – Sometimes the name alone is enough to fill in the gaps. Competitors sit on a round-bottomed Chinese wok and speed down a variety of courses, from a bobsled track to a steep bank. Handles are optional.

**SHOVEL RACING** – For a sport that does what it says on the tin, shovel racing is a lot of fun, with the flatness of the metal providing a comfortable yet speedy base for descent.

**ICE KARTING** – We're told to avoid driving in freezing conditions, but ice karting capitalises on our thrill for negotiating unpredictable hazards and, of course, powerslides.

**ICE YACHTING** – This sport is a cross between windsurfing and traditional sailing, with yachts simply adapted with the addition of runners on the bottom, which glide across the ice. It's very popular in the Netherlands and Finland.



# Electric avenue

## WE'RE ALL AWARE OF THE ECO MOTORING REVOLUTION, BUT DO WE REALLY KNOW THE DIFFERENCE BETWEEN ELECTRIC AND HYBRID CARS?

We are living in a brave new era as far as the vehicles we drive are concerned. These shimmering, humming specimens cruise around our streets almost imperiously, but for those of us keen to rid ourselves of a gas-guzzling giant, it seems many of us aren't clued up on the comparison.

### Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

### Hybrid

A hybrid car runs on electricity, but also has a fuel tank in order to boost or prolong performance. In most models, the petrol powers the wheels, while the electric element propels the drive.

There are a range of hybrid variations – from mild, where the battery rarely drives the wheels on its own; to full hybrid, where the wheels are powered by the engine and the motor working together; to a plug-in hybrid, where a much bigger battery can be charged independently. This means you get all the benefits of green motoring with a petrol back-up if needed (which it typically will be if travelling more than 30 miles).



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