A close-up portrait of Frankie Dettori, a man with short dark hair and a slight stubble, wearing a white shirt and a dark green jacket. He is looking directly at the camera with a neutral expression. The background is a warm, out-of-focus orange and yellow.

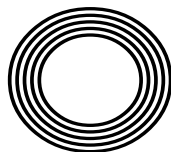
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AFTER



AFTER



BEFORE



AFTER





Editor's notes...

JANUARY 2022



Nik Allen, Editor

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

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

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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:



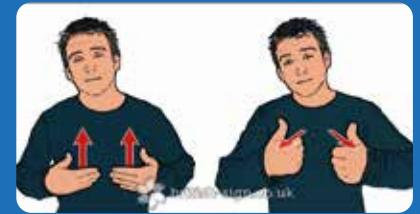
Photo credit: british-sign.co.uk

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

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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Diagnosis & Solution: This could be a number of problems and could be as simple as a small adjustment to your hinges.

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HOME & DIY

ALTERNATIVE USES FOR

peanut butter

Whether 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.



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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of the year
2022**



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As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward.

Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home.

Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.



LOCAL NEWS

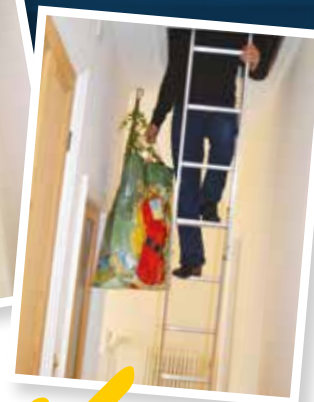
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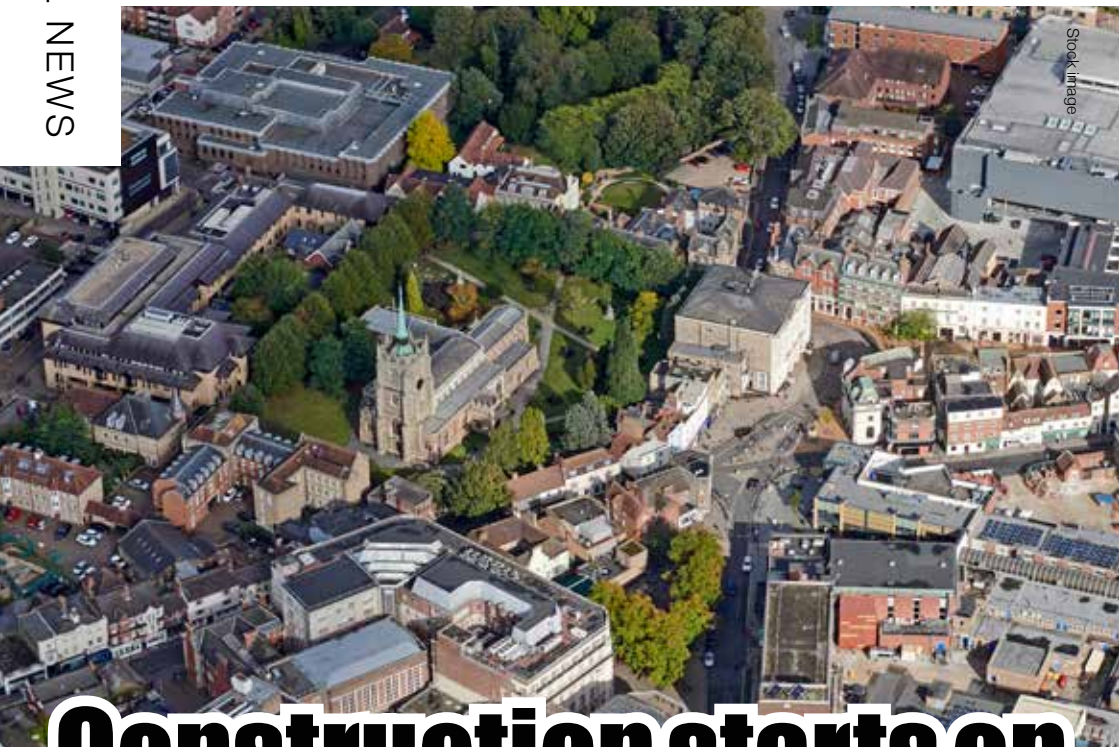


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Construction starts on multi-million-pound redevelopment

Work has begun on a 10-month, multi-million-pound project to rejuvenate Chelmsford's Tindal Square.

The Square, along with the nearby Shire Hall, has been at the heart of the city for centuries, hosting many important historic and civic events and acting as a meeting point for the community.

Under the new project, which is a joint collaboration between Chelmsford City Council and Essex County Council, a specialised pedestrian area will directly link Tindal Square to the High Street, while maintaining the cycle route on the east and west of the square.

Other updates to the area include natural stone

paving, trees, street furniture and a flexible space for future events.

The works will be completed in four phases, with a completion date set for October 2022.

Construction is likely to lead to traffic disruption, with current diversions for bus routes going through Tindal Street continuing until April, and the whole street being closed between February and April.

The project is being funded by contributions from both Chelmsford City Council and South East Local Enterprise Partnership, through the government's Getting Building Fund, which provides a boost to areas facing economic challenges owing to the pandemic.

Stock Image

Trainee nurse receives Pride of Essex Award



A trainee nurse who works at Broomfield Hospital in Chelmsford received a prestigious accolade at the Pride of Essex Awards last month.

Lauren Dicker, 26, a student nurse (pictured), was thrilled to be recognised in the Unsung Hero category for her work arranging gift donations for her NHS colleagues during the pandemic.

She said: "I'm so happy to get this award. Coming back to work, I realised I could make a difference by giving small gifts of thanks. The response was amazing; people have been so generous with everything they have given."

The student nurse organised small presents for colleagues, including snacks, lip glosses, hand sanitisers and drinks.

Lauren, who will qualify as a nurse from Anglia Ruskin University this year, said: "I've really enjoyed my time as a student nurse at Broomfield. Everyone has been so welcoming, and I'm hoping to get a job on Heybridge Ward as a newly qualified nurse once I complete my degree."

Lauren's nominator, David Wiles, a member of the Braitree Masonic Centre, said: "Lauren is so dedicated to her career. She has not only been working on the wards, but has also managed to bring joy to her colleagues."

The Pride of Essex Awards were founded in 1993 and recognise those who have made significant contributions to the community.

Football club looks forward to busy winter season

Kicking off the new year with a busy schedule – including away trips to Mayland, Latchingdon and Queens Park Hannakins – Chelmer Wanderers are feeling optimistic about what the remainder of the season might bring.

With many squad members blooded in the first half of the season, the club is hoping that they can

produce a strong haul of points from the upcoming winter fixtures.

Upfront, Mitchell Parker will be continuing his pursuit of the Division Two Golden Boot award, with eight goals already bagged in just 12 games, and newcomer Tom Gowers will look to continue his great start after scoring three goals in his first three games.

To keep up to date with the club, including **VISION** Lifestyle Magazine Essex's weekly Man of The Match award, follow @chelmerwanderersfc on Instagram.

New floodlights extend skating hours in city park

Skateboarders in Chelmsford can now enjoy the city's skate ramps well into the evening thanks to the installation of new floodlights.

The floodlights, which were recently installed in Central Park, will allow skateboarders to enjoy the popular ramps until around 10pm.

Since being installed in 2014, the skate ramps have been hugely popular. So much so, that towards the end of 2020, residents asked the council to install floodlights so they could skate for longer.

The new lights will turn on automatically when it gets dark and turn off at 10pm.

One of the lights will stay on for 10 minutes longer, allowing skaters time to leave the area safely.

Councillor Rose Moore, cabinet member for Greener and Safer Chelmsford, said the council has been working on the project since meeting with a group of young people over Zoom in 2020.

She said: "It took a bit of time to raise funds, obtain planning consent and arrange the installation, so it's wonderful to see this community-led project come to life. This proves that the council listens to our local communities and continues to invest in safe spaces for young people."

The Mayor of Chelmsford, councillor Jude Deakin, said: "I'm very pleased to officially switch on these newly installed floodlights. Well done to Essex Youth Service and Chelmsford City Council for encouraging a positive youth culture in Chelmsford. Perhaps someday we will produce our own skateboarding Olympic champion."



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LOCAL NEWS

I wanted to share with you 12 happy memories from 2021:

> The Army and Navy Junction: We now have a preferred design, The Hamburger, which is the most likely option to reduce congestion in Chelmsford.

> Investing in our NHS: Many NHS workers have given their all for us during the pandemic. In September, the government announced an additional £5.4 billion of funding. Work has also accelerated on the new Beaulieu Park medical centre.

> More police in Essex: There are 674 more police officers than when I became MP for Chelmsford in 2017.

> Opportunities for young people: Last September, there was a fabulous atmosphere at the apprenticeship and jobs fair in Chelmsford.

> Tackling climate change: I had the huge honour of representing the UK at COP26 in Glasgow. See here for more details: www.vickyford.uk/campaigns/protecting-environment-cop26-update

> Supporting our schools: Disruption to education has been a huge struggle for many children and young people, but our headteachers, teachers and school staff have done an amazing job supporting them.

> Safety in Chelmsford: A £550,000 investment from a new government scheme in Chelmsford will help to keep people safer, especially in the Bunbury Walks area.

> Holiday fun: Children across Chelmsford had a huge amount of fun last year when taking part in



holiday activities and food schemes.

> Job opportunities: There are currently a huge number of jobs available in Chelmsford. Work coaches are available to give bespoke advice.

> Making the world safer: I was delighted to meet up with the Royal Navy crew of HMS Trent in West Africa when I launched a major international conference on maritime security.

> Science and technology: Last summer was a huge moment for Chelmsford, when the British Science Festival came to Essex for the first time.

> Thinking of others: Christmas is a time when we think of others across the world.

I wish you and your loved ones a happy and peaceful New Year.

Police investigate an assault

Officers have launched an appeal after a woman was sexually assaulted in Chelmsford.

It was reported that a man made sexual comments to the woman and touched her inappropriately in Galleywood Road sometime between 12.45am and 1.10am on December 5.

It's believed that the woman got into a vehicle on Parkway near Aldi and went from there to Galleywood Road, where she was assaulted.

Essex Police are seeking to identify the vehicle, described as a large black taxi, and speak to the driver

as part of their investigations.

They would particularly like to ask anyone driving in the area at the time to check their dashcam footage to see if they captured anything that could help the investigation.

If you have any information, you can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Please quote the crime reference number 42/282523/21.



NEWS FROM YOUR LOCAL POLICE TEAM



Three Essex Police officers have been recognised in the New Year Honours List for their outstanding work.

Chief Constable Ben-Julian Harrington and Detective Chief Inspector Danny Stoten receive Queen's Police Medals, with a British Empire Medal for Police Constable Dawn Wood.

DCI Stoten (pictured left) led the investigation into the deaths of 39 Vietnamese men, women and children found in a lorry in Grays in October 2019 and has served as a senior investigating officer on a number of other high-profile cases in the county.

A keen boxer, DCI Stoten has also run a programme to help deter young people from joining gangs through the sport, and his charity boxing events have raised more than £160,000 for disabled children.

Marine Unit PC Dawn Wood (pictured centre) is best known for completing a solo row of the Atlantic to highlight the problem of plastic pollution in our oceans.

In February 2019, she recorded the second-fastest time by a woman to cross the Atlantic Ocean and raised more than £20,000.



The Chief Constable of Essex, Ben-Julian Harrington (pictured right), has also been awarded a Queen's Police Medal in recognition of his exceptional career.

Policing is made up of ordinary people doing extraordinary things every day. To find out more about joining the Essex Police family, visit www.essex.police.uk/fitthebill

Museum café wins award

The café at Chelmsford Museum has won a prestigious accolade from VisitEngland – despite having only been open for three years.

The Hive Café, which is located inside the drawing room of the museum's Grade II listed base, Oaklands

House, has become a popular tourist attraction in its own right since opening in February 2019.

Over the past three years – and even with the problems presented by the COVID-19 pandemic – the café has gone from strength to strength, serving visitors to the museum and nearby Oaklands Park.

The café has also hosted a Christmas market and supper clubs, as well as private events such as birthday parties and baby showers, with wedding receptions being planned for later this year.

Now, the café has been recognised by the country's national tourism agency, VisitEngland, with a Visitor Attraction Accolade.

This award is based on reports by the agency's mystery shoppers, who assess a tourist attraction's visitor experience.

Jessika Parmenter and Helen King, both duty managers at The Hive, said: "We're proud to receive the award and it's been nice for the staff to be recognised for their work in such challenging times."



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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: uwaterloo.ca/COBIONIX



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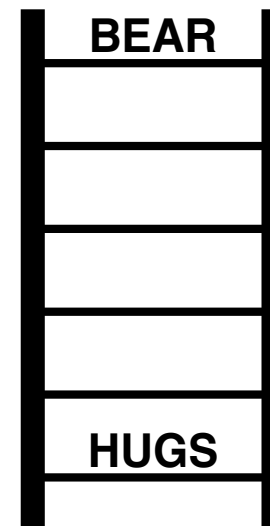


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DID YOU KNOW?

- ▶ 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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I think we can all agree that the sooner we see the back of 2020 and this dreadful corona virus the better. That said, there are also some heart warming positives that we can take out of this situation. It has often been said that we can only really get to know one another and realise what is truly important in times of crisis. I think few would argue that in this case what has proven to be important is local community spirit.

When talking to the Manager of Cloudy2Clear windows Chris Miller it became clear that these values have been held dear for a number of years. Since starting the business some years ago Cloudy2Clear have remained true to their core values of

supporting the local community by providing a service that saves the public money.

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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”





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.



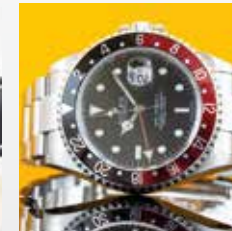
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LOVE YOUR LIVER



HEALTH & FITNESS

January is Love Your Liver Month, a national campaign led by the British Liver Trust to raise awareness of the importance of liver health.

One in three people in the UK is at risk of liver disease, with many people not realising they have a problem until it is too late.

What does the liver do in the body?

The liver performs a range of essential tasks, including producing proteins, storing vitamins and minerals, and breaking down toxins like alcohol and medications.

How to take care of your liver

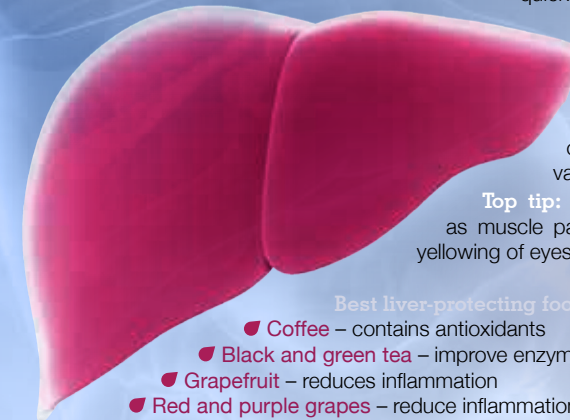
Cut down on alcohol: One of the jobs of your liver is to process any alcohol you drink. If you drink

more than the recommended daily amount (more than 14 units per week), your liver will not be able to process the alcohol quickly enough, which damages your liver cells.

Top tip: Take three days off from drinking alcohol every week to give your liver time to repair itself.

Maintain a healthy weight: A healthy liver contains very little or no fat. However, in some people, fat builds up in the liver and leads to a condition called non-alcoholic fatty liver disease. To prevent this, keep a healthy weight, eat a balanced diet, and stay physically active.

Top tip: Focus on long-term changes rather than quick weight loss.



Protect yourself from viral hepatitis:

Hepatitis is the term used to describe inflammation of the liver. Acute liver failure is one of the most common complications of a viral hepatitis infection. You can be vaccinated against both hepatitis A and B.

Top tip: Visit your GP if you have symptoms such as muscle pain, high temperature, loss of appetite, and yellowing of eyes and skin.

Best liver-protecting foods and drinks

- **Coffee** – contains antioxidants
- **Black and green tea** – improve enzyme levels and reduce fat deposits
- **Grapefruit** – reduces inflammation
- **Red and purple grapes** – reduce inflammation and prevent damage
- **Beetroot juice** – reduces oxidative damage and increases detoxification.

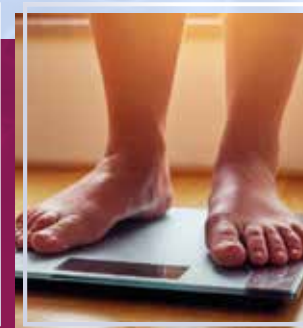


Photo credit: britishlivertrust.org.uk

Destination DRY!

THE BEST PLACES AROUND THE
WORLD TO SPEND DRY JANUARY



Did 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.

Travel Advisor of the Year

Wishing you all a Happy New Year and a 2022 full of good times and new adventures



I'm delighted to share that I finished 2021 by being named Travel Advisor of the Year and I can assure you that I will continue to offer the same levels of service with your holidays for the year ahead.



Dan Salmon,



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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@wearebrazenphotography



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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 screen time 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:

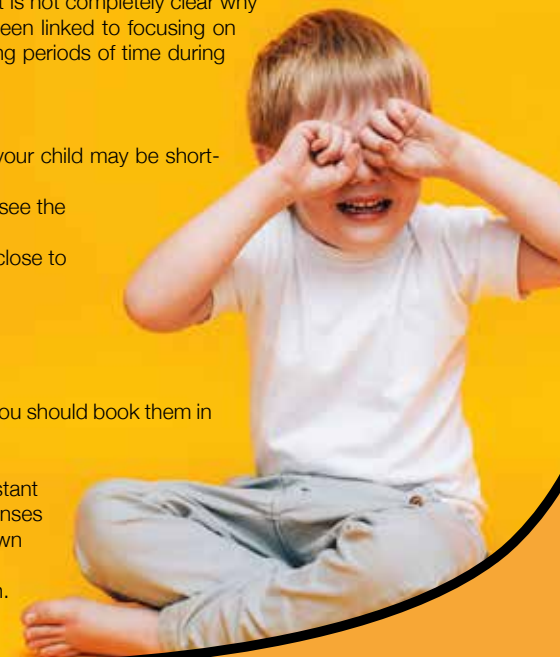
- Needing to sit at the front of the class at school to see the whiteboard
- Sitting close to the TV at home or holding a tablet close to the face
- Complaining of headaches or tired eyes
- Regularly rubbing their eyes.

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.



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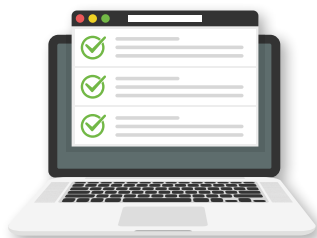
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BRUCEKING

on getting and staying motivated



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KNOW YOUR WHY



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:

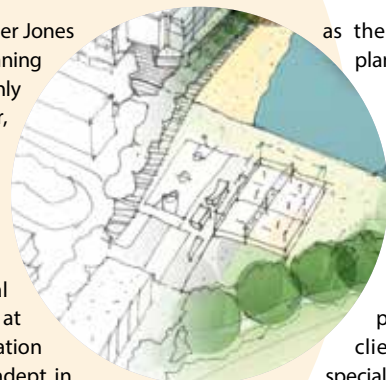
Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

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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what's

around the corner...

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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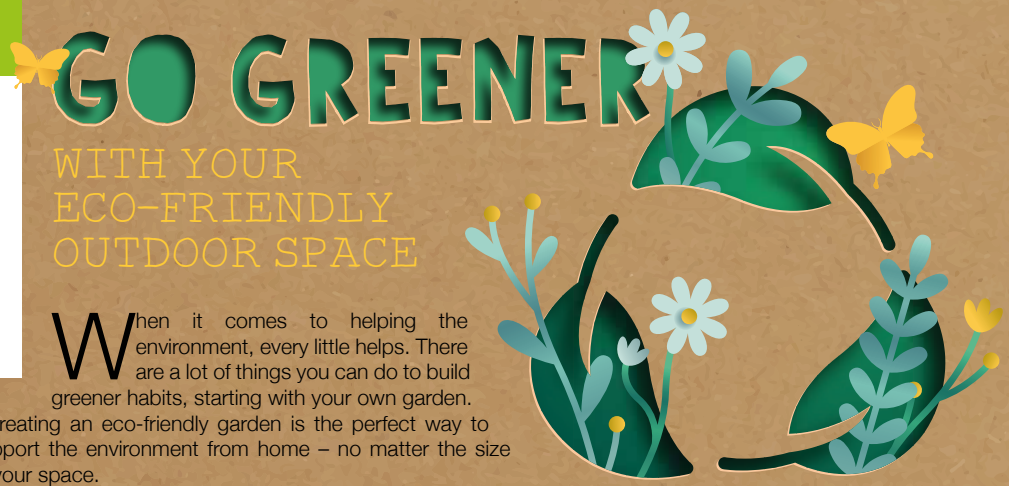
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GO GREENER WITH YOUR ECO-FRIENDLY OUTDOOR SPACE

When 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 pallets, 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.



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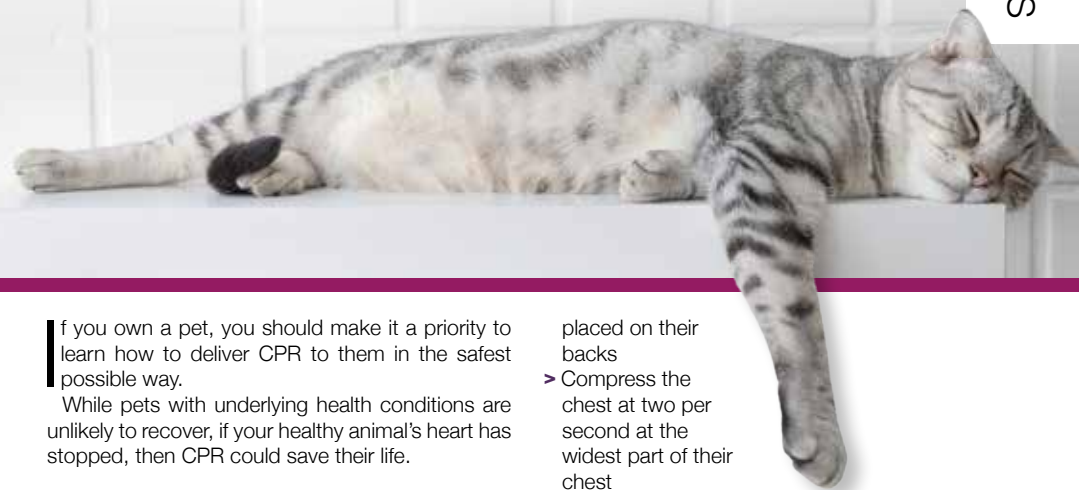
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HOW TO **PERFORM CPR** ON PETS



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



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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).

It's Electrifying Part 2



Last time we talked about electric cars and a few things to be aware of, well we only just scratched the surface.

Over the years cars have got more complicated, some of our older customers tell us, when they were younger, how they loved working on their cars.

It has become harder for owners to carry out maintenance of their own vehicles, other than perhaps changing the oil and filter and perhaps doing their own brakes.

The advances of technology in cars along with the introduction of hybrids and full electric vehicles may mean that some owner maintenance of the engines, brakes, steering and suspension may still be possible, but when it comes to the high voltage side, without the necessary training and equipment it is probably not going to be viable or safe for the owner to do any work.



It is not uncommon to see some cars being towed on a tow rope or bar, with electric vehicles it can cause considerable expensive damage to the high voltage components and possibly danger to the occupants, low loading transportation is the recommended way.

Attempting to drive through any high water is not advisable with normal vehicles, probably the worst that may happen is expensive engine damage due to water being taken into the engine, and the vehicle will need to be towed out.

The high voltage components are generally sealed but under certain extenuating conditions, water may get access into these components which could cause expensive repairs to be needed.

Added to that the high voltage systems require regular inspections to ensure they have not become compromised.

By Mike and Stefan
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