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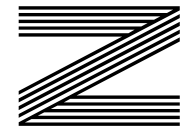
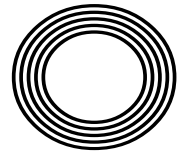
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# ADELE

Singing sensation makes her musical comeback



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BEFORE



AFTER

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AFTER



BEFORE



AFTER





# Editor's notes...

DECEMBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu. I will start by wishing you all a merry Christmas, and I pray it is a better one than last year.

Last December, we were told we could not visit our Friends and Family. Plans being cancelled at the last minute was a tough pill to swallow, especially after the challenges we faced in 2020. But hopefully this winter, we won't face any more lockdowns.

It's at this time of year that I always like to look back on the past 12 months, and for most of our clients, it's been a great recovery year.

We have all tried not to get too carried away, as 2020 taught us to be cautious. But as long as you have your health and the love of Friends and Family, I would say you have had a pretty good 2021.

In this month's edition, we feature Adele, who is making her musical comeback with her new album. We also report on the new emergency fraud hotline, 159, as well as marking 80 years since the Pearl Harbor attacks. Wishing you a wonderful end to the year and a fantastic 2022.

*Nik Allen*

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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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# GOOD COP, BAD COP

## WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



**DECARBONISATION.** There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



**1.5°C, NOT 2°C.** Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



**THE ONE-YEAR RATCHET.** Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



**NATURAL RESOURCES.** As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





STOP, HANG UP AND

# CALL 159

**F**raudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

### What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

### When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

### Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

### Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.

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HOME & DIY

# OH CHRISTMAS TREE

Get ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

**Minimalist metal:** If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

**Christmas crates:** A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

**Teepee tree:** For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

**Light-up ladder:** If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

**Christmas card tree:** Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.

Photo credit: Pinterest



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# A GUIDE TO Tablescaping

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

### CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

**Christmas colours:** Red and green, red and gold, or silver and gold.

### PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

**Christmas essentials:** Gold-trimmed plates, a moss table runner and festive napkin rings.

### CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

**Christmas centrepieces:** Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

### REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

**Christmas decorative details:** Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.

Photo credit: Brian Woodcock via countryliving.com, seamstoraadelaide.com, blissinthepastblog.com, sayyes.com

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HOME & DIY



# PERFECT *planning*

Are you always forgetting family commitments? Let us introduce you to the DIY family planner that promises to transform your life from chaotic to calm in a matter of minutes.

All you need is a few supplies and a door – this could be in a kitchen cupboard or even the whole side of a door.

### WHAT YOU NEED:

Chalkboard paint | A paintbrush | Sandpaper | Old copper pipe and pipe clips (for shelf) | Old copper pipe and pipe clips (for rail) | Handsaw | Electric drill or screwdriver | Hot glue gun | Spray paint – colour of your choice | A bulldog clip | Paper roll

### HOW TO MAKE:

**Step 1: Prepare the space** – If using a cupboard door, remove it from its frame using a screwdriver or electric drill.

**Step 2: Sand the wood** – Sand the door down before you paint it as this will ensure a smoother surface. Wipe down with a wet cloth to remove any dust.

**Step 3: Paint the door** – Apply 2-3 coats of chalkboard paint, making sure you leave the door to dry in between each coat.

**Step 4: Create a shelf** – Measure the width of the door and subtract a few centimetres from each side. Cut the guttering to this size and sand down any rough edges.

**Step 5: Spray paint the shelf** – Spray paint your guttering in your preferred colour. Apply fine coats gradually to avoid drips.

**Step 6: Attach the shelf to the bottom of the door** – Screw the gutter clips to your chosen position on the door and place the guttering inside the clips.

**Step 7: Make a hanging rail** – Cut the copper piping to the same width as your shelf. Screw the pipe clips to the door at least 30cm above the gutter shelf and attach your rail. Add your paper roll.

**Step 8: Add a bulldog clip** – Attach a bulldog clip to the door using a hot glue gun. This will hold the end of your paper roll in place.

**Step 9: Draw your planner** – Use a whiteboard pen to draw a grid at the top of the door and then add each week's activities/appointments with chalk.



Photo credit: cassielair.com

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HOME & DIY

# 6 USES FOR Toothpaste

**T**oothpaste is not only good for cleaning your teeth but it can also be used to refresh and revitalise items in your home, as well as to remove stubborn stains.

### 1. WHITEN YOUR TRAINERS

If your trusty trainers are looking more grimy than glowing, some spare toothpaste is exactly what you need. Simply apply a small amount of non-gel toothpaste to the rubber parts of your trainers and scrub using an old toothbrush. Then wipe clean with a wet cloth.

### 2. CLEAN YOUR IRON

There is nothing worse than ironing clean clothes with a dirty iron. Fortunately, you can quickly remove any gunky build-up on the bottom of your iron with toothpaste. Just unplug your iron, leave to cool and then scrub the bottom with toothpaste on a cloth and wipe clean.

### 3. REMOVE CRAYON FROM WALLS

Kids love to draw on the walls, but most parents are not so keen on this creative activity. However, all you need to remove waxy crayon stains is a scrubbing brush and a little toothpaste. Plus, because toothpaste is non-toxic, you can even get your little ones to help you.

### 4. RESCUE DVDS

If you still love to watch DVDs but many of your much-loved discs have become scratched, toothpaste can save the day. Simply dab a tiny amount of paste onto the scratch and then rub all over the disk in circular motions with a soft towel. Wipe away any excess.

### 5. PREVENT FOG

From foggy bathroom mirrors to foggy headlights, toothpaste is great at preventing fog from clinging to glass or plastic. Just rub a non-gel toothpaste onto the area and then wipe off with a damp cloth.

### 6. ELIMINATE TEA AND COFFEE STAINS

Apply a dab of toothpaste to any stubborn tea and coffee stains and then wash as usual. Hey presto! No more stains.



## A timeless kitchen for a modern baker



Mr and Mrs D had invested in an old building in their perfect location and had a great vision for their ideal kitchen.

A keen baker, Mrs. D runs her own business providing a home baking range of 'Free From Mixes' to help people with some food intolerances bake delicious muffins and cookies without worry. She had helped out at some of Regal's "cookaholics events" run by Emma at the showroom so already knew about some of the different kitchen ranges on offer, she was pleased when she was introduced to senior designer John.

It became clear fairly early on that they couldn't stretch to an in-frame kitchen but were delighted when they saw a sample of a faux in-frame MDF door. This allowed some of their budget to be allocated to quality finishes and appliances such as the Neff flex-induction venting hob in conjunction with Neff 'Slide & Hide' creating the dream for a keen cook.

The white Corian contrasts beautifully against the indigo door and the antique mirror splashback (as well as keeping the wall brick) adds a timeless feel to the whole room. The wine cellar housed under the floor is a great addition that our customers will use for years to come.

Mrs. D said she is grateful that Regal were able to fulfil her dream and still be mindful of the budgetary restraints and also added: "From



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS



## Residents complain over Royal Mail post delays

Chelmsford residents have spoken out after experiencing delays of up to three weeks with their Royal Mail post.

Since October 25, residents in the Chelmsford postcodes CM1, CM2 and CM3 have had problems with receiving their post.

Resident Keren Oldershaw said: "Royal Mail has now caused my son to be discharged from Broomfield Hospital because he missed an appointment that I knew nothing about."

Another resident, Vic Grimes (pictured inset), said: "There have been weeks with no mail. On Monday [November 22], we received three or four loads of post; some dated the week before. Good job nothing really important was in the selection of mail. No more post until today [November 27]."

Another Chelmsford resident, who did not wish to

be named, said: "I am very unhappy, having no post for a month. It has caused a lot of problems for us, including important medicine not arriving."

The delays are the result of a COVID-19 outbreak at the Chelmsford depot, resulting in 40 per cent of the staff being off sick. This meant that they were unable to bring staff in from other offices to help with deliveries and clear the backlog as quickly as they had planned.

Vicky Ford, MP for Chelmsford, has spoken with Royal Mail about the delays and explained that they are apologetic about the problems people are facing.

She said: "On November 26, I had a long conversation with Royal Mail about the post situation in Chelmsford.

"Royal Mail tell me they are trying to prioritise NHS letters, COVID-19 tests and parcels."

Royal Mail has been contacted for comment.



# Popular new café opens to the hungry public

A popular new dining spot has opened its doors in Chelmsford. Taking over the former Café Rouge site, The Breakfast Club opened on November 22 at Unit 2, 219 Moulsham Street, Chelmsford. This branch is The Breakfast Club's 13th café and its third outside London, with the brand earning fame for its take on British-café-meets-American-diner breakfasts and brunches, and with service continuing

into the night with a full dinner menu and cocktails. Co-founder, Jonathan Arana-Morton, said: "I am in equal parts nervous and excited about our new Chelmsford café. I'm excited because it's our first big step post-lockdown, and a new beginning in an incredibly vibrant city. "I'm nervous because you can never take anything for granted. We're starting from scratch in a new city, and we have Chelmsford's approval to earn."

# Youth homeless charity seeks volunteers

A charity has launched an initiative to help prevent homelessness in Chelmsford, and is urgently looking for local volunteers to support it. Depaul UK, a youth homelessness charity, launched its Nightstop campaign to prevent young people experiencing, or at risk of, homelessness from having to spend a night on the streets by placing them in the homes of volunteer hosts. The launch of Nightstop Essex is the result of a partnership between Depaul, Chelmsford City Council, Essex County Council and Colchester Borough Homes. Councillor Stephen Robinson, Leader of Chelmsford City Council, said: "Nobody should have to live on the streets in 2021. "Bringing Nightstop to Chelmsford is an important part of that work and will give targeted help to young people who become homeless." Alison Hartley, senior Nightstop coordinator for Depaul UK, said: "We are calling on the people of Essex to join us in supporting the young people in our community. By becoming a Nightstop host, you can support someone at a time of crisis in a way that is safe and fits around your life and time commitments." All Nightstop hosts are vetted and given training and support to ensure that they, their families and the young person who stays with them are appropriately safeguarded. To find out more about becoming a Nightstop host in Essex, contact nightstop.essex@depaulcharity.org.uk



Photo credit: Chelmsford City Council

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## Christmas lights mark start of festive season



Photo credit: Chelmsford City Council

After last year's lockdown stopped events in their tracks, this year's Christmas lights switch-on in the city centre was a festive celebration to remember.

Run by Chelmsford For You and supported by Chelmsford City Council, there was a full line-up of activities for all to enjoy at the event on Sunday, November 21.

The event marked the beginning of Chelmsford's festive celebrations and included a host of activities, including live performances and a Christmas market.

There was an awards ceremony to recognise those who have made a difference to the local community, and Chelmsford City Theatres' pantomime cast made an appearance for a special prize giveaway.

Councillor Simon Goldman, Chelmsford City Council's cabinet deputy for the economy and small business, said: "I was delighted to see so many people supporting the Christmas lights switch-on this year. Our local businesses need a chance to thrive after the disruption of the pandemic – and people showed them great support by turning up, enjoying the event and shopping in their city centre."

## Giving Tree brings happiness to children fleeing abuse

A family entertainment centre has teamed up with a charity to help children whose parents have had to flee their home.

The Madison Heights Family Entertainment Centre has again teamed up with KidsOut, a charity that collects Christmas gifts for children who are living in women's refuge centres across the UK owing to domestic violence.

Madison Heights asked residents to help families have a much-deserved magical Christmas via the Giving Tree project.

Residents were asked to pop into Madison Heights, on Park Drive in Maldon, from December 1 to 12, to select a gift tag from the Giving Tree. Each tag included a child's name, age and the gift they wished to receive for Christmas.

Residents then donated the desired gift to Madison Heights to distribute to children.

Sarah Pharoah, manager at KidsOut, said: "These brave mums have fled domestic abuse to seek sanctuary in refuge, often leaving with only the clothes on their backs.

"Each year, this affects approximately 20,000 children. Many of these children suffer horrific abuse. Often, they are deprived of food, clothes and toys – the simple things that we take for granted."

To find out more, please visit the website at [www.madisonheights.co.uk](http://www.madisonheights.co.uk)

## Victim speaks out after abuser jailed for 24 years

A woman who was sexually abused as a child has spoken of the long-term impact the ordeal has had after her abuser was jailed.

She was one of three people abused as children in the 1980s and 2010s in Chelmsford and Witham by Albert Kirk, 68, who was jailed on November 15 for a total of 24 years, with a further year on extended licence.

Kirk, of Fal Drive, Witham, had denied 26 child sex offences, but was convicted of all of them on October 5 following a trial at Chelmsford Crown Court.

The offences were three counts of rape, three counts of attempted rape, 12 counts of sexual assault, six counts of indecent assault, one count of assault by penetration and one count of indecency with a child.

The woman said: "I thought after the court hearing, I would feel a bit better, but I don't and it has badly affected my mental health.

"What he did has affected my whole life and has impacted my physical health too.

"No matter how they punish him, it can't make what he did any better. He has already done the damage."

Detective Constable Siobhan Murphy, from the Child Abuse Investigation Team, said: "I want to pay tribute to the courage of the victims abused by Kirk.

"It has taken incredible bravery to report what has happened to them and to relive that ordeal."



Photo credit: Essex Police

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# VICKY FORD MP

Member of Parliament for Chelmsford



LOCAL NEWS

I know many people in Chelmsford are concerned about climate change. It was a great honour to represent the UK at COP26 in Glasgow at the start of November. I supported the UK team in welcoming world leaders and specifically focused on the issues affecting African countries.

In Chelmsford, I have also been supporting local residents with ongoing problems that we are experiencing with Royal Mail postal deliveries. This has been having a very serious impact on some local residents and is extremely concerning. It has resulted in people missing important medical appointments and has had an impact on local businesses. I have pressed Royal Mail to treat this as an urgent and serious incident.

If you are still being affected, please do email me to let me know the details and any evidence and I will raise this with Royal Mail.

We are into the run-up to Christmas. As well as some of the larger chains, please do support Chelmsford's independent shops. I always enjoy the chance to visit Chelmsford's indoor market. I am told there has been a market in Chelmsford since the 11th century, and our market includes many family-run businesses, handed down through generations. They really would appreciate our support at this time of year.

I wish everyone a merry Christmas and a peaceful and happy New Year.

As ever, please do follow my Facebook page for local updates and email me if you need help or advice. My email is vicky.ford@parliament.uk

## Discover a greener workspace

The Royal Horticultural Society (RHS) is increasing the number of places available on its work-based training programmes this year in response to increased demand.

RHS Garden Hyde Hall, located in Chelmsford, is recruiting three horticultural apprentices and seeking to fill three specialist horticultural placement roles for 2022.

If you love the outdoors and are keen to explore a career in horticulture, then you might be interested in joining the RHS as a horticultural apprentice. No prior experience or horticultural qualifications are necessary, just a passion for plants and nature.

These two-year, full-time apprenticeships are a mix of college and workplace learning.

For those with some experience and an existing Level 2 horticultural qualification, the RHS also offers several specialist horticultural placement positions, with three on offer at RHS Garden Hyde Hall. These are in the areas of floral and ornamental, nursery and propagation, and estate and countryside. Successful applicants will have the opportunity to hone their skills in a specialist area of interest and work alongside experts in a one-year placement.

All positions are salaried, enabling applicants to earn



Photo credit: RHS and Helen Yates

while they learn. Successful applicants will start in August/September 2022.

Applications for the specialist horticultural placements close on February 1, 2022, and applications for the apprentice positions close on March 1, 2022.

For more information, visit rhs.org.uk/training or email schoolofhorticulture@rhs.org.uk. Keep up to date by following @RHSEducation on Twitter.

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# PUZZLES & TRIVIA



PUZZLES

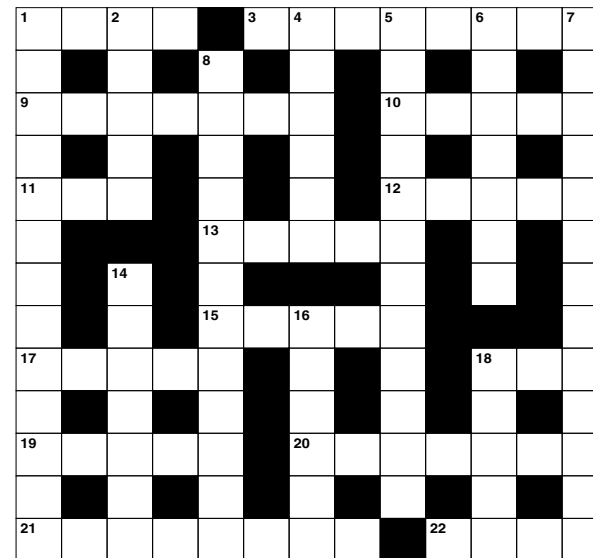
Answers: see end of The VISION Listings

### ACROSS

1. Skin irritation (4)
3. Assembled (8)
9. Allocations (7)
10. Small dust particles (5)
11. Drivel; nonsense (3)
12. Exit (5)
13. Long-handled spoon (5)
15. Ellipses (5)
17. Steep slope (5)
18. Intentionally so written (3)
19. Buffalo (5)
20. Become less intense (4,3)
21. On the outer side (8)
22. Examine by touch (4)

### DOWN

1. Not capable of being restrained (13)
2. Destroy (3,2)
4. Utterly senseless (6)
5. Vagrancy (12)
6. Take back (7)
7. Rude and discourteous (13)
8. Metal device for removing tops (6,6)



14. Receiver (7)
16. Ratio of reflected to incident light (6)
18. Heating apparatus (5)

### DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in Guinness World Records as the most fearless animal on the planet.

### SUDOKU

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



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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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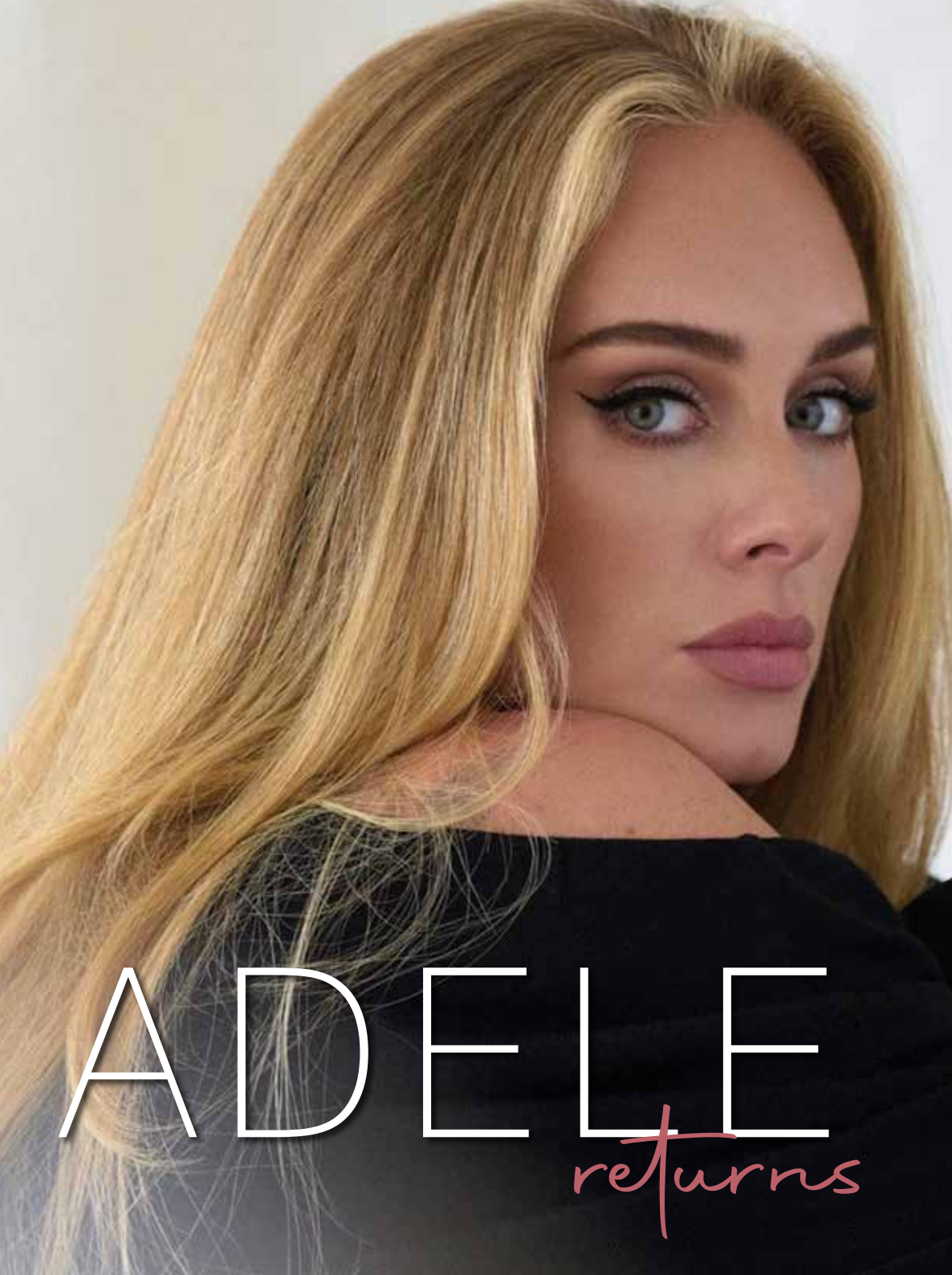
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# ADELE

returns

**A**dele is one of the most successful female artists in history, and the universal acclaim behind *30*, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

*19* earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”



FASHION



HOW TO WEAR

# Sheer THIS party season



**B**oth alluring and sexy, sheer tops have always been a fashion staple, especially during the Christmas party season.

However, there is no denying that it takes guts to rock this style.

### WEAR A CAMISOLE UNDERNEATH

If you don't dare to bare and you can't think of anything worse than having your bra or chest on show, why not wear a cami or vest top underneath? Enabling you to wear sheer with confidence, this look can be worn to the office and then rocked all night long.

### COMBINE WITH HIGH-WAISTED GARMENTS

For those who are worried about flashing their midriff, high-waisted trousers or a high-waisted skirt offer the perfect solution. Complete this sleek and sophisticated look with a simple crop top or bralette.

### THINK ABOUT YOUR CHOSEN COLOURS

While it seems to be an unwritten rule that the undergarment you choose to wear under a sheer top should be the same colour, why not mix it up a bit? Whether you wear black under a sheer white top or you embrace colour blocking and clash bright colours such as blue and red, it's 'go bold or go home' this party season.

### USE EMBELLISHMENTS

Embellishments create visual interest which can trick the eye and give the illusion of more coverage. They are particularly useful for sheer trousers that can leave you feeling exposed. Don't be afraid to experiment with sequins, glitter and embroidery.

### EMBRACE SHEER PRINTS

This clever trick makes a sheer top appear less see-through; the busier the print, the better. Plus, animal prints are bang on trend for autumn/winter 2021.



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# INDIGESTION *be gone!*



SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD



**W**hile the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

### PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

### GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

### APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

### FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

### BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

### LEMON WATER

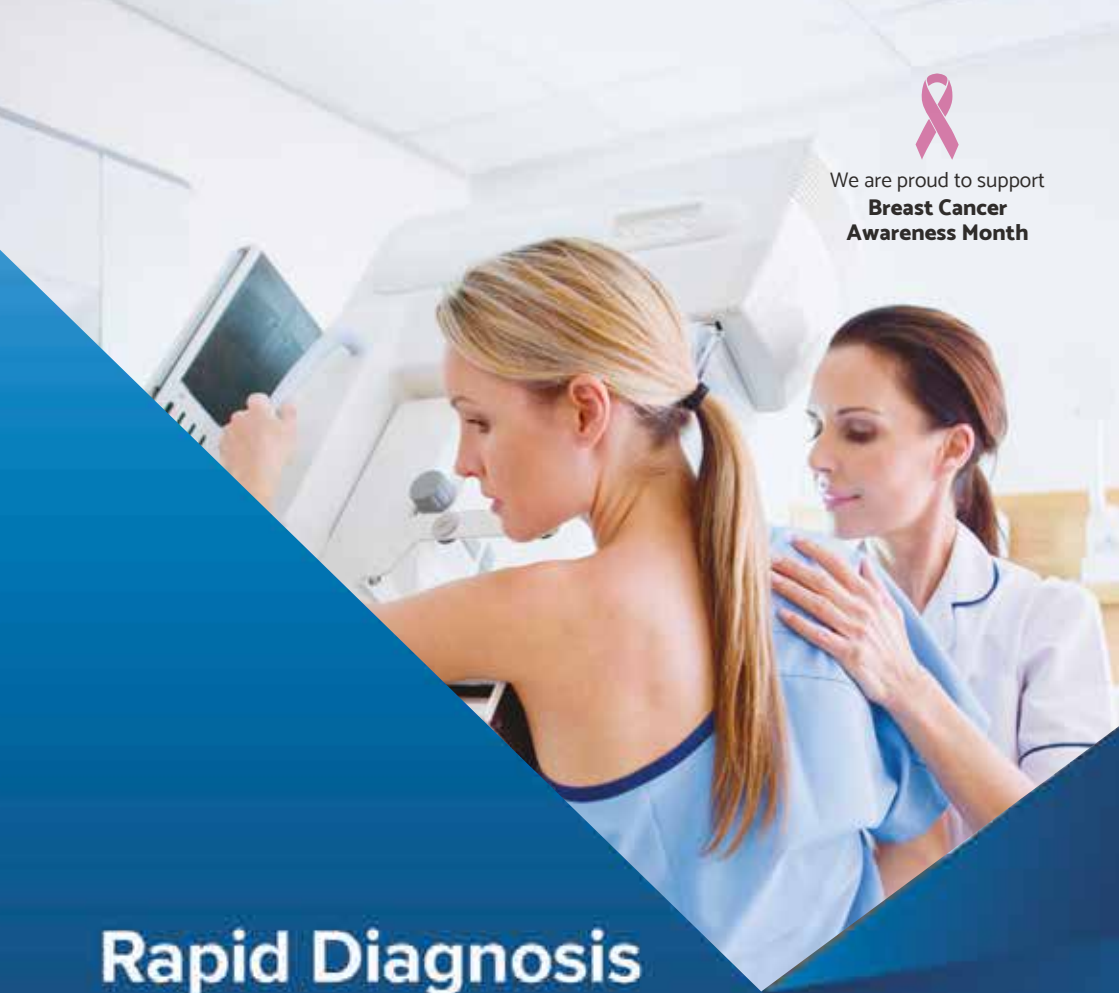
Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

### WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



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# Finding quality care, made simple

Anyone who has arranged care at home for a loved one will know just how stressful and time-consuming the process can be.

With so many care companies to choose from, it's difficult to know which ones are available to help, of a high standard and can meet your needs. carecompare.net is an online platform designed to take the stress out of this process. Supported by Oxford University Innovation, the NHS Clinical Entrepreneur Programme and Innovate UK, this free-to-use site is now live across Essex.

Individuals enter information about the care they are looking for onto the site, whether this be help with everyday activities such as dressing, bathing or preparing meals, night-time care or 24/7 live-in care. This

is sent out securely and anonymously to a range of care companies who review the information and, if they can help, reply back with an 'offer' of care. The user can then choose between these offers based on the company profile, availability, price and quality rating and connect with their preferred company.

As one recent user in Essex said, "having the opportunity to reach out to multiple companies at the same time made searching for care so much easier"

If you are paying for care and need help finding a care company, please visit [www.carecompare.net](http://www.carecompare.net) and take a look. There is also a range of useful information on the site for those searching for care.



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DO YOU HAVE A HEALTHY

vagal tone?

Would you consider yourself a resilient person? Someone who can control their emotions? If not, it could be because your vagus nerve is not being stimulated sufficiently.

#### WHAT IS YOUR VAGUS NERVE?

The vagus nerve is one of the cranial nerves that connects your brain with your body. Without it, your body would not be able to carry out basic tasks such as digesting your food or speaking. Often referred to as the body's superpower, the vagus nerve is used to counteract your fight/flight system.

#### WHY IS YOUR VAGUS NERVE SO IMPORTANT TO YOUR OVERALL WELLBEING?

The vagus nerve is complex as it provides sensory, motor, special sensory and parasympathetic (the calming part of the nervous system) feedback to the brain.

In terms of the impact of the vagus nerve on your wellbeing, it can be used to:

1. Prevent and reduce inflammation.
2. Slow down your heart rate in times of stress.
3. Regulate the connection between your gut and your brain.
4. Strengthen your memory.
5. Keep you calm in stressful situations.

Furthermore, by stimulating the vagus nerve, you can help to treat obesity, heart disease, mood disorders, migraines, tinnitus, poor circulation and leaky gut.

#### WHAT CAN DYSFUNCTION OF THE VAGUS NERVE CAUSE?

If you do not have a healthy vagal tone, you are more susceptible to the following health issues:

Gastrointestinal diseases | Fainting | Anxiety and other mood disorders | Chronic inflammation | Seizures | B12 deficiency | Obesity

#### HOW TO SUPPORT AND STIMULATE VAGUS NERVE FUNCTION

- > Take probiotics and prebiotics to encourage healthy gut bacteria
- > Practise deep-breathing exercises to stimulate the vagus nerve
- > Gargle, sing or chant to stimulate the vagus nerve
- > Undergo craniosacral therapy, which helps to rewire the nervous system
- > Practise mindfulness and meditation
- > Splash cold water on your face or place ice cubes against your skin.



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## GET FIT WITH

# a hop jump and skip

**Y**ou probably thought your skipping days were behind you, along with pigtails and hopscotch, but maybe it's time to revisit your childhood hobby.

If you're looking for a simple cardio exercise that can boost your fitness and help you lose weight, then skipping could be for you. Loved by boxers and fitness fans alike, it's an essential move to amp up your workout routine.

### WHAT ARE THE BENEFITS OF SKIPPING?

Skipping is fast-paced, high intensity and, best of all, cheap. It's also a good way of burning calories. In fact, an hour of skipping could burn as many as 1,600 calories. You can use skipping to warm up before your main workout, but doing some skipping drills can be an amazing form of cardio that will have you sweating in no time.

Skipping helps improve your strength and co-ordination, and it can help tone multiple areas of your body, including your arms, legs and core.

One of the great things about skipping is that it can be done anywhere, whether you're at home, in the park or even on holiday, as the ropes are affordable and portable. You can also mimic the action of skipping if you don't have a rope – this is often done as active recovery between sets in a workout, helping to keep your heart rate up.

If you live in an apartment or have a small space,

then give cordless skipping a try. Cordless skipping ropes are weighted and feature cool technology that will make you feel like you are skipping without the need for a rope.

### ARE THERE ANY DOWNSIDES?

While skipping has a lot of benefits, there are some downsides too. For people with an injury, skipping could aggravate things, putting pressure on joints and muscles. If you have problems with your knees or feet, you should probably avoid skipping and find other forms of cardio instead.

### YOUR RECOMMENDED SKIPPING ROUTINE

There are all kinds of skipping routines you can follow to help you enjoy a great workout. Beginners will want to aim for five minutes of skipping, while more-experienced skippers can skip for up to an hour. Start with a classic skip, building up to more difficult moves such as a crossover skip.

Mix up your skipping with other cardio moves such as jumping jacks, mountain climbers and burpees. Create your own HIIT (high-intensity interval training) workout with 40-seconds on/20-seconds off intervals to burn calories and get pumped.

Could skipping be the secret weapon in your fitness routine? Why not grab a rope and give it a try?



# Wine o'clock DESTINATIONS

Photo credits: vinepair.com, chapeldown.com, three-choirs-vineyards.co.uk

**D**o you love travelling and also consider yourself a wine connoisseur? Or perhaps you just love quaffing vino? Either way, there are so many exciting destinations for wine lovers, both abroad and in the UK.

**Languedoc-Roussillon, France:** A stunningly scenic wine region, within Languedoc-Roussillon is the Corbières AOC, a famous appellation that boasts five established wine routes featuring dozens of first-rate wineries. Perfect for red wine lovers, as 85 per cent of all wine produced here is red.

**Tenerife, Spain:** While Tenerife might not seem like a great destination for wine drinkers, Spain is currently undergoing something of a winemaking renaissance, with this popular island making some of the most compelling bottles around. Head to the northeast of the island, close to the city of San Cristóbal de La Laguna, and hit its well-established wine route.

**Campania, Italy:** If you want to experience the welcoming culture of South Italy, then a Campania wine tour should be your first port of call. Campania is home to the famous Taurasi red wine, as well as fine white wines including Greco di Tufo and Fiano. Plus, you can sample the mouth-watering mozzarella from the water buffalo of the region.

**Ashford, Kent:** If you are looking for a wine destination a little closer to home, then head to the Chapel Down Winery near the town of Tenderden. It is open for tours and visits throughout the year, and you can find out more about the grapes that make the best Sauvignon Blanc in the country.

**Newent, Gloucestershire:** Visit the Three Choirs Vineyards in Newent and listen to taste-tling tales from one of the oldest winemakers from the 1970s UK wine movement. Enjoy a grape-to-glass experience, a tour of the vineyard, fine dining with tapas, and an exclusive tasting of its award-winning wine collection.



Tenerife, Spain



Campania, Italy



Ashford, Kent



Newent, Gloucestershire

## Travel worth talking about

This month I wanted to share a roundup of what's been getting me talking... From the latest newcomers to my portfolio and current travel trends that are too good to miss...



Dan Salmon, Owner

*Travel that's too good to miss...*

### SAFARI SO GOOD

Kenya has seen unprecedented popularity for 2022 and space is becoming hard to come by - especially during The Great Migration. Allow me to help plan your classic safari adventure in advance.



### SLOPE STYLE WISH-LIST

It's hardly surprising that time away from the slopes means there's a stronger than expected demand for ski holidays this winter. Plus, I've started to see a growing trend for luxury skiers seeking out quieter slopes away from the crowds.



### Newcomers...

#### ROSEWOOD LE GUANAHANI, ST BARTH

This favourite is back with a new look and management but still the same faultless creature comforts. With Rosewood as a prefix, the service is more sumptuous and the ease of living more Caribbean than ever.



#### LUX GRAND BAIE RESORT & RESIDENCES, MAURITIUS

Lux's new flagship is an absolute trailblazer. Swanky Kelly Hoppen-designed sanctuaries make it an intimate affair; while the Asian-inspired restaurant Ai KISU and its adjoining club are causing a stir after sunset.

#### CAPELLA BANGKOK, THAILAND

Capella's first Thai turf straddling the Chao Phraya River is far more than a city stopover. This is the type of place for those who love exquisite exclusivity on the down low. Its appearance is low-key stylish, its service perfectly personalised and its experiences truly authentic.




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## HOW TO MAKE YOUR OWN

# Eggnog

Although not as fashionable as it once was, eggnog is still synonymous with the festive season. Easy to make and with a real boozy kick, help us keep this Christmas tradition alive by giving these eggnog recipes a try.

### *Eggnog cocktails to try...*

#### BAILEYS EGGNOG

##### What you need:

200ml eggnog | 35ml Baileys | 1 cinnamon stick | 1 sprinkle of nutmeg

##### How to make:

Mix the eggnog and Baileys, pour over ice, add a cinnamon stick and sprinkle with nutmeg.

#### SPICED EGGNOG

##### What you need:

45ml vanilla vodka | 30ml amaretto | 55ml eggnog | Ground nutmeg and cinnamon stick to garnish

##### How to make:

Add the ingredients to a cocktail shaker filled with ice, shake for 20 seconds and strain into a martini glass. Garnish with a cinnamon stick and nutmeg.

#### HOMEMADE EGGNOG: SERVES 4-6

##### What you need:

50g caster sugar | 4 egg yolks | 1 tsp vanilla essence | 400g can condensed milk | 100ml brandy

##### How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Beat the egg yolks until smooth and add the vanilla essence.
4. Mix in the milk, brandy and cooled sugar syrup.
5. Pour into a jug and chill in the fridge for 2 hours.

#### ALCOHOL-FREE EGGNOG: SERVES 4-6

##### What you need:

50g caster sugar | 1 vanilla pod – seeds removed | 4 egg yolks | 100ml double cream | 500ml whole milk

##### How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Add the eggs, cooled sugar syrup and vanilla seeds to a bowl and whisk until pale.
4. Add the cream and milk and beat until combined.
5. Fill a large jug with ice and strain the eggnog mixture into it.
6. Stir and serve in tumblers.





LOVE YOUR LEFTOVERS:

# Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

## Christmas Pudding Ice Cream – serves 10

**You will need:**  
4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

- How to make:**
1. Whisk the yolks and sugar until pale and thick.
  2. Stir in the pudding.
  3. Pour in the brandy and mix.
  4. In a separate bowl, whip the cream until it holds

5. soft peaks.
5. Fold the cream into the mixture.
6. Pour into a freezer-proof container, cover and freeze until set.

## Mini Christmas Pudding Cheesecakes – makes 12

**You will need:**  
300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

- How to make:**
1. Line the tray with paper cases.
  2. Crush the biscuits and stir in the melted butter.
  3. Pour into the cases and press down. Chill in fridge.
  4. Whisk the soft cheese and fold in the cream.
  5. Sift in the sugar and add the zest of the clementines.
  6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
  7. Top with fruit and chill for at least 2 hours.
  8. Remove from the fridge half an hour before serving and remove the paper cases.

## Christmas Pudding Souffle – serves 4

**You will need:**  
1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

**How to make:**

1. Heat oven to 180°C/160°C fan/gas mark 4.
2. Grease 4 x 150ml ramekins.
3. Coat each one with sugar.
4. Whisk the egg whites until stiff peaks form.
5. Add the sugar and whisk again.
6. In a bowl, mix the custard and pudding.
7. Stir in ¼ egg whites and gently fold in the rest.
8. Pour into the ramekins.
9. Bake for 12-15 minutes until risen and golden.
10. Top with caramel sauce.



Photo credit: thefoodpocketguide.com, waitrose.com, greatbritishchefs.com

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# PEARL HARBOR

## *remembered*

### LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.



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## ARTIFICIAL EYES, BIONIC VISION AND OCULAR PROSTHETICS THAT ARE REVOLUTIONISING HOW WE SEE THE WORLD

For people who suffer trauma or serious eye disease, the reality of losing an eye or significant sight can be a harrowing one. In the past, the solution of replacement with a glass eye was the only way of restoring some level of aesthetic appearance.

In 2021, those aesthetics have moved forward significantly. The prosthetic implants involved in eye surgery are at the very peak of artificial eye technology, with a completely natural look and the ability for the patient to resume normal activities, such as driving, swimming and other forms of exercise. They can also apply make-up and mascara to the area without damaging the prosthetic.

Of course, the next level of eye technology is the bionic eye. When science can replace so many other parts of the body, are we really so far away from replacing artificial eyes with fully working machines that restore sight, or even offer it to people who,

from birth, have never been able to see?

Scientists in America are currently working on the bionic eye, although the technology is still in its infancy. It uses a retinal implant to mimic the function of the retina. When connected to a video camera, it converts images into electrical impulses. These, in turn, stimulate existing retinal cells which carry the signal back to the brain for processing.

At present, the bionic eye would produce sight as basic shapes and depth, and in black and white. It would be possible to read a book, though with only 60 electrodes – a fully working eye has a million – the quality of vision is limited.

The good news is this is only the start. Just as the technology behind cochlear implants accelerated quickly to give sound to those who thought their hearing was lost forever, so too may there be a light at the end of the tunnel for those who yearn to be able to see.



# BRUCE KING

*on public speaking with confidence*



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.**

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Here are three tips, which were the most valuable she gave me:

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

Of course, they didn't know what I was smiling at.

The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

If you can help them in any way whatsoever, they will truly appreciate you.

*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)

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## Ways to recycle your REAL CHRISTMAS TREE

An estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

**TURN YOUR TREE INTO MULCH:** Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

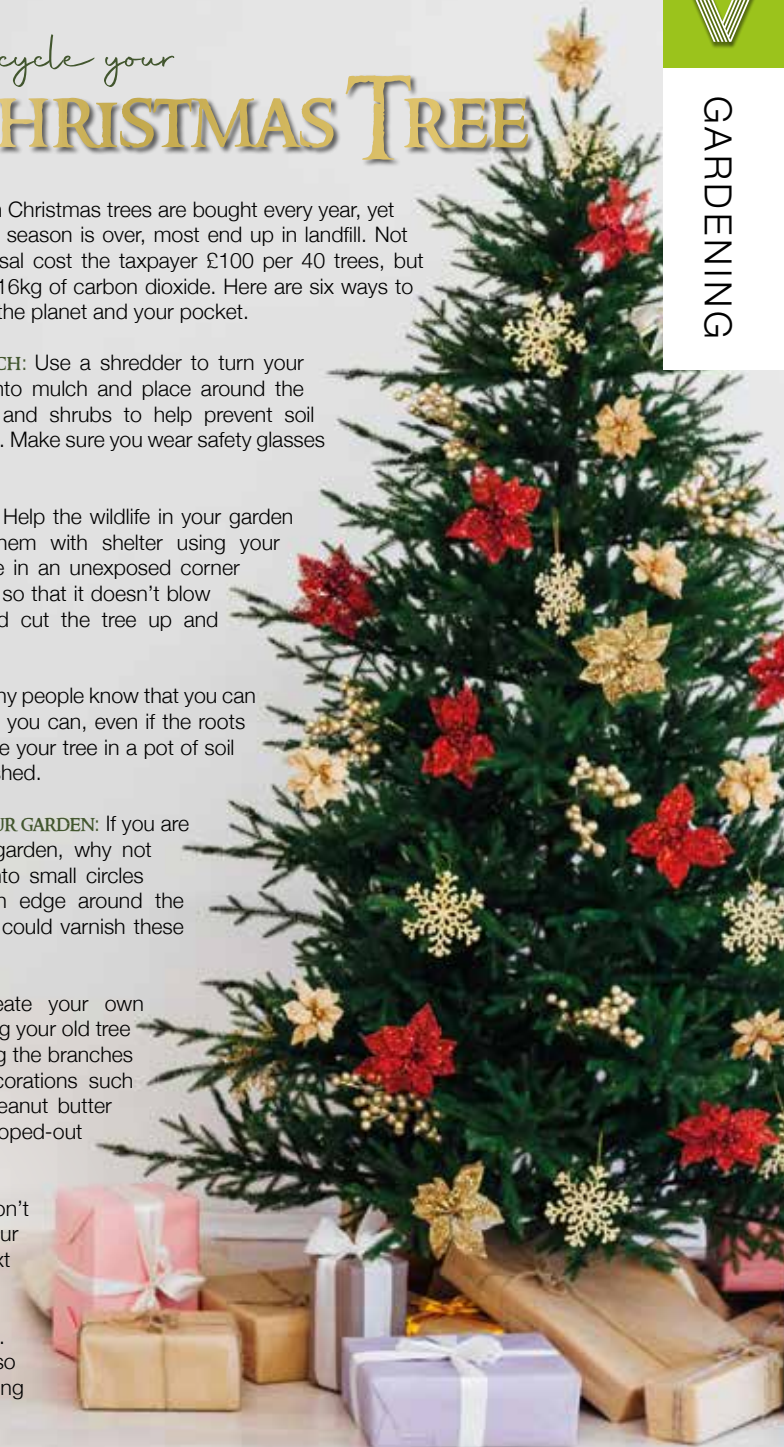
**USE AS AN ANIMAL HABITAT:** Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

**REPLANT YOUR TREE:** Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

**CREATE EDGING AROUND YOUR GARDEN:** If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

**MAKE A BIRD FEEDER:** Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

**DONATE YOUR TREE:** If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.



GARDENING



# How green IS YOUR GARDEN?

Presenter Arit Anderson and a celebration of open spaces

Arit Anderson is the garden designer, writer and presenter who takes the resplendent, relaxed vibes of our outdoor spaces and wraps them in an extra layer of green-fingered greatness.

Perhaps it's her soft voice, her welcoming tone, or just the fact that the 55-year-old flora and fauna fanatic has such a deep and delightful knowledge of the subject in hand. Whatever it is, Arit is one of a modern breed of horticulturalists taking a holistic view of our open spaces.

"For me, it's as much about enveloping yourself in the space around you, as it is focusing on individual flowers or plants or species," she says.

"The outdoors is a celebration in its totality – I think, in many ways, we are all a level on from the real precision prettiness of gardening that we used to have in the 1980s. We're a bit more rugged and

rustic now, and I love that."

That rustic element certainly helped as far as reshaping, restyling and breathing new life into people's gardens went on the hit BBC show *Garden Rescue*. With a simple premise to reinvent a homeowner's outdoor space, Arit and her trusty team worked craft and creativity in abundance.

While fans were disappointed to hear of Arit hanging up her secateurs on the series, the spare time gained does reinforce her focus on *Gardeners' World*. The presenter is also set to co-host the Hampton Court Palace Garden Festival next year.

She added: "Our gardens have been one of the things that have felt ever-present through the mire of lockdown, but being out, talking about them and sharing everything that's so exhilarating about the outdoors is the most special thing, and it's a pleasure to be doing that again."

Photo credit: Arit Anderson via thansonyade.com

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# PHONE FINE

## DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

### HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

### HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes



FROM 2022, DRIVERS ARE NOT ALLOWED TO...

- ✗ Make a phone call/text
- ✗ Take photos/videos
- ✗ Scroll through music playlists
- ✗ Play games

when stationary in motorway jams and at traffic lights.

### WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

### ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

### WHEN DO THESE LAWS COME INTO EFFECT?

These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at [www.gov.uk](http://www.gov.uk)

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## It's Electrifying Part 1

With the pure electric cars there won't be engine oil and filters, spark plugs, air filters etc to change.

Putting the cost of buying them and paying for the electricity to run them aside, you probably think that they will require less servicing and maintenance, but this is not the case.

They will still have a 12-volt battery which really needs to be in good order to allow the vehicle to work properly.

In certain high voltage components and also possibly the high voltage battery a thermal management fluid will be used to provide cooling, the fluid will need an electric pump to move the fluid and a radiator to cool it, regular inspection of the reservoir under the bonnet is required to make sure that there is sufficient fluid in there.

Other manufacturers may use the air conditioning instead, to cool these components, which also provides comfort cooling to the occupants.

If the temperatures of these very important components are not controlled and regulated considerable damage can happen to them.



Electric cars are the future we are told.

Because the electric motors carry out regenerative braking under deceleration from the driven wheels, the front brakes don't tend to wear much, but as the back brakes get used much less, it is quite common for the brake pads to seize in position and the brake discs to corrode.

They use special tyres so the tyre pressures and tyre condition is very important, because of the additional weight, and that generally there is no spare wheel at all, only a pump and sealing fluid, unless you have run flat tyres.

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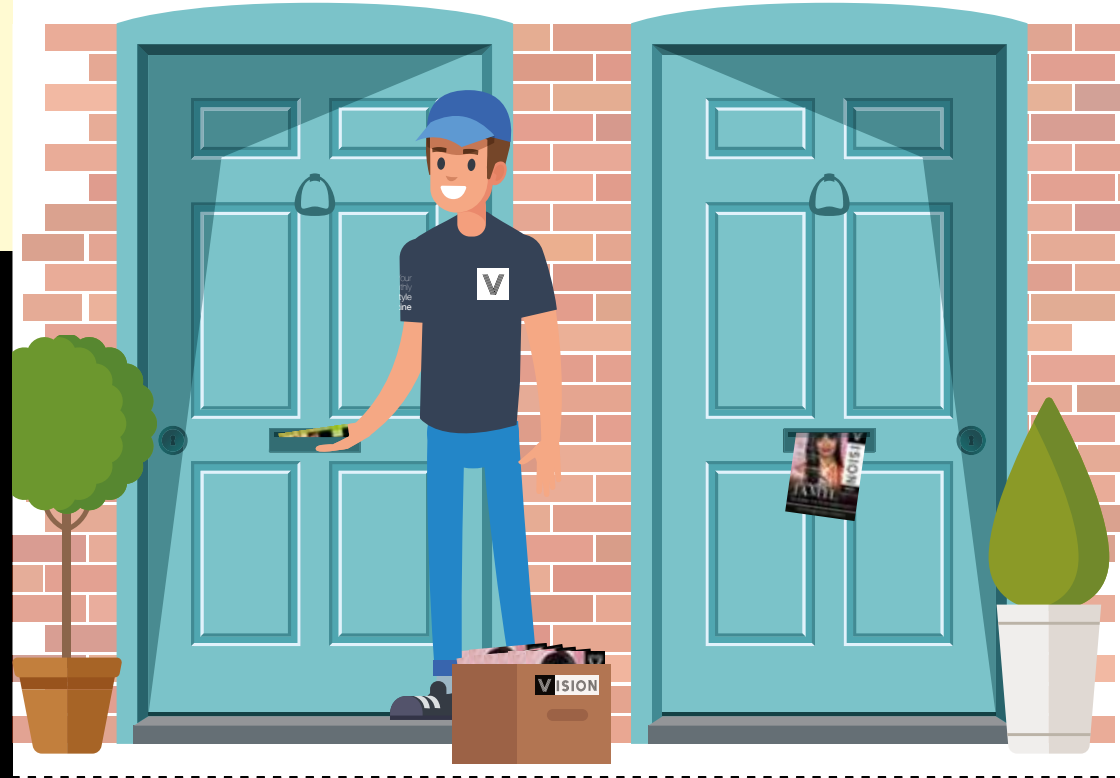
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