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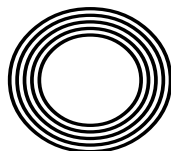
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AFTER



BEFORE



AFTER





Editor's notes...

DECEMBER 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Chelmsford Beaulieu. What a difference a year makes. This time last year, we still had the threat of lockdowns looming.

Thankfully, this year feels much more normal - apart from a World Cup with the Christmas decorations up, which certainly feels odd.

I think the past two years have made us robust as a nation, and if we haven't been a fan of change previously, we have certainly been forced to be flexible in recent times.

This Christmas, try to spend your money locally, rather than buying from the bigwigs. Every pound you spend with a local business will make a huge difference.

Personally, I love this time of year, especially since I've had kids. Now they're getting a bit older, the magic reflected on their faces makes it all worthwhile.

I wish a very merry Christmas to all our readers and advertisers, and here's to a successful 2023.

In this month's edition our cover star is Peter Kay who has announced his first tour in 12 years. He is also the first artist in the world to perform a monthly residency at the O2 Arena in London.

Nik Allen

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CONTRIBUTORS | Tabatha Fabray, Jacob Collick, Holly Bullen

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

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WHIPPING UP A STORMZY

Stormzy's appeal is widespread – a musician, a fashion icon, a fulcrum for equality in what is a complicated social landscape, and the first grime artist to headline Glastonbury. With a new album out, the rap star – real name Michael Ebenezer Kwadjo Omari Owuo Jr – explains that his journey to greatness is no accident, but the result of sheer determination and hard work.

Stormzy will never be everyone's cup of tea. His music is genre-splitting but ultimately relies on a listener's ear for rap, grime and dubstep-infused combinations. Meanwhile, his politics often lean on diversity, equality and race, leading to an unapologetic prevalence of support for Black artists, musicians and students.

Yet whether you respect the 29-year-old Croydon native for his take on music and life or not, the fact he has battled back from depression, and is vocal in promoting good habits and good actions as methods for combating the mental and psychological ills of modern society, mean he deserves the stage he finds himself on.

Stormzy also possesses the humility to talk about the wider elements that influence his music, rather than simply pushing the marketing button for *This Is What I Mean*, his third studio album.

"Nothing would be possible without having a clear head and knowing what it is we have to do in this world to survive," he begins. "I realised a long time ago that exercise was the only mechanism that would truly keep me straight, and that's why so much of my focus is on building physical and mental strength.

"When you put on muscle, people are quick to label you as someone who wants to pose or show off, but it's nothing like that for me. Strength is just a by-product of a fitness regime that keeps my brain, my head, in the right place.

"If I didn't do it, some days I don't think I'd be able to cope."

Pushing his own vulnerability at potentially falling back into "the darkness" is an interesting slant, particularly in a music genre where confidence and bravado play such a big role in the promotion game. Yet while the rapper does accept imperfections in his armour, Stormzy is never less than 100 per cent driven to achieve.

"I find it strange and uncomfortable to aim for anything less than the greatest," he offers, with typical bravado. "That doesn't even make sense for me, that.

"If I was going to be an engineer or I was going to be a baker, or I was going to be a fireman, why would I not aim to eventually be the greatest at my job?

"I've never understood why I should just try to be the best rapper in London, or even the best rapper in the UK. I don't want to be the best rapper in the UK. I want to be the best artist in the UK."

Stormzy's new album will doubtless take him another step closer to his goal. It is a collection of 12 tracks revolving around race, love, fame, influence and contentment. "All our experiences get us to a certain place, and right now this is where I am," he says. "It feels right to be putting this record out – it feels good."



Photo credit: Tracey Welch/Shutterstock



Blind Ambition

CELEBRATING INFLUENTIAL BROADCASTER
AND BLOGGER LUCY EDWARDS

There's not a teenager out there who hasn't had to overcome setbacks – disappointing A Level results, the pain of unrequited love, and more.

For Lucy Edwards, the pain was rather longer lasting. When she was 17 years old, a life-changing operation designed to cure a rare genetic condition called incontinentia pigmenti turned out to be the most temporary and painful of reprieves. Lucy's sight returned to its fullest state, yet for a brief and tormenting four hours only.

Now aged 24, Lucy's sight has deteriorated to the point where she is holding on to the very last bits of light perception. However, she refuses to buckle under the pain of missed experiences or opportunities.

Instead, by "owning" the condition, she has styled for herself a career at the BBC – she was Radio 1's first-ever blind presenter, and is a notable fashion and style blogger/vlogger, with more than 650,000 YouTube and 150,000 Instagram followers. She regularly posts under the #blindnotbroken hashtag and has also published a book, *The Blind Beauty Guide*.

In everything she does, Lucy looks to give hope and encouragement to countless others looking to get their life ambitions back on track following disability setbacks.

"It is the trauma that drives me forward," she says. "I thought I should be open about my feelings because this brings about change. If I didn't share my life online, I don't think others would be as knowledgeable about blindness."

"It is important to show that anyone can do anything if they want to."

An important element of that is a new perception of beauty. For Lucy, her beauty routine is a holistic exercise that doesn't just rely on visuals. It's about taking time for herself, relaxing and unwinding with candles, music and aromas.

She adds: "As a blind person, these are things that mean so much to me."

Photo credit: lucyedwards.com, BBC, Twitter @lucyedwards



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Christmas CACTUS

A popular winter flowering houseplant that will make a great addition to your home this festive season and beyond, the Christmas cactus is easy to care for and maintain.

Why choose a Christmas cactus?

You may have already seen Christmas cacti in your local garden centre as they seem to be everywhere at this time of year, and with very good reason. A blooming succulent which is very easy to grow, Christmas cacti boast stunning flowers, and when tended to properly, can live for up to 100 years. They also release oxygen at night instead of throughout the day, which means they can help to improve your quality of sleep.

How to plant a Christmas cactus

Christmas cacti are easily propagated by cutting a

short Y-shaped segment from the stem tips of healthy plant foliage. Plant the segment a quarter of its own length deep in slightly sandy soil and then evenly moisten it. Place the cutting in a well-lit area but not in direct sunlight.

How to pot a Christmas cactus

When choosing a pot for your Christmas cactus, you need one that features a drainage hole at the bottom. This will help to prevent the soil from becoming too wet. Christmas cacti thrive in almost any type of potting mix that is formulated for succulents.

How to care for your Christmas cactus

Unlike other cacti, Christmas cacti are not native to hot and arid environments, which means they require completely different care. This houseplant should be kept in bright but indirect light, with an ideal daytime temperature of around 21 degrees and an evening temperature of 15-18 degrees. Water your Christmas cactus around once every 2-3 weeks, but only when the top one-third of the soil feels dry to the touch.



HOME & DIY



DULUX COLOUR OF THE YEAR 2023

Wild Wonder

For the past two decades, the design experts at Dulux have been translating global insights into their Colour of the Year, and the chosen shade for 2023 has been revealed as Wild Wonder. A warm and fairly neutral colour, there are many ways that you can incorporate Wild Wonder into your home in the new year.

WHAT IS WILD WONDER?

Wild Wonder is a mix between green and mustard yellow, and is a great choice for those who prefer warmer and more neutral shades in their home. Dulux says that this colour was created to "capture the wonders of the Earth" and hopes that it will "inspire creativity and bring a sense of nature's magic to your living and working spaces in 2023".

WHAT COLOUR HUES COMPLEMENT WILD WONDER?

As a colour for your home, Wild Wonder is quite hard to visualise with others, which is why Dulux has

created four colour palettes to support it:

- > Lush – soothing forest tones
- > Buzz – vibrant shades that celebrate the biodiversity of a wildflower field
- > Raw – a warm and enriching palette that embodies nature
- > Flow – shades to bring balance to your home

HOW TO USE WILD WONDER IN YOUR HOME

- > In your bedroom: Pair with other neutral tones such as sage or olive green to transform your bedroom into a restful retreat.
- > In your living room: Team with pastel pinks and blues for a contemporary look that is fun and fresh.
- > In your kitchen: Try using Wild Wonder on your ceiling, your kitchen units or as an accent behind open shelving.
- > In your bathroom: Paint your bathroom walls with Wild Wonder and then add layers of forest hues from the Lush palette in your bathroom accessories.



Photo credit: dulux.co.uk

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HOW TO

DEFROST YOUR FREEZER

A STEP-BY-STEP GUIDE TO DEFROSTING AND CLEANING YOUR FREEZER

Can you remember the last time you defrosted your freezer? If not, then it is probably long overdue.

Although it's not one of the most enjoyable tasks, but if you don't defrost your freezer, it won't work as efficiently and will be more prone to faults.

STEP 1: TURN OFF AND UNLOAD

First, turn off your freezer and unplug it from the socket. Then, remove all the food and place it in a cooler to prevent thawing.

STEP 2: DECIDE WHERE THE WATER WILL GO

If your freezer has a drainage hose, then you can place this in a bucket to assist with the drainage process. Alternatively, lay towels or plastic liners on the floor to soak up the water.

STEP 3: ALLOW THE ICE TO MELT

The simplest way to defrost a freezer is to allow the ice to gradually melt on its own. After you have unplugged the appliance, simply leave the door open and wait for the ice to melt.

To speed up this process, you can position a fan near the door so that room-temperature air circulates into the freezer, but make sure to keep it away from any water on the floor. If you don't have a fan, you can use boiling water in pans and place on the shelves, but be careful if there are children or pets around.

STEP 4: MOP UP AND CLEAN

As the ice melts, mop it up with a rag or towel to prevent any damage to your flooring. Once all the ice has melted, you can start to clean the inside of your freezer. Mix one tablespoon of baking soda with four cups of hot water and then apply to the walls, racks and door of your freezer with a cloth. Wipe with a damp cloth to remove any residue.

STEP 5: TURN IT BACK ON AND REFILL

Once your appliance has fully dried, shut the door, turn it back on and then wait for it to reach the required temperature. This typically takes a few hours, but it can vary from one appliance to another.

Lastly, put the food back in. Repeat once a year or more if needed.



HOME & DIY

HOW TO *untangle* CHRISTMAS LIGHTS

Decorating your home for Christmas should be a joyous occasion but, if your Christmas lights are a tangled mess, this task can quickly turn into a full-on stressfest.

STEP 1: Get in a positive frame of mind

If you are already feeling frazzled and frustrated, then things are only going to get worse when you start trying to untangle your lights. Therefore, you need to make sure you are feeling relaxed and in the right frame of mind. Pop on some festive songs, pour yourself your favourite festive drink and take a few deep breaths before you begin.

STEP 2: Make sure you have enough space

You need to make sure you have sufficient space to lay your lights out on a flat surface, such as on the floor or across a large table.

STEP 3: Start with the plug

Always start with the plug when untangling your Christmas lights. Once located, gently work the plug through the knots. Be careful not to pull too hard as this may damage the lights.

STEP 4: Use a pencil or pen

If you come across any knots that are preventing you from unravelling your lights, gently use a pencil or pen to tease them out.

STEP 5: Keep your lights in a straight line

As you untangle your lights, make sure you keep them in a straight line to prevent further knots. It can be beneficial to enlist a helper to do this with you and to help you hang your lights on the tree.

HOW TO STORE YOUR LIGHTS TO PREVENT TANGLING:

- > Wrap your lights around a piece of cardboard and then wrap tissue paper around them to prevent damage.
- > Alternatively, wrap them around a wire coat hanger and store somewhere safe.



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Community comes together this festive period

A Chelmsford hospice brought residents together for a fundraising fun run earlier this month.

Runners donned their best festive fancy dress on December 4 for Farleigh Hospice's Santa Fun Run in Central Park.

Speaking ahead of the fun run, a hospice spokesperson said: "This year, we are aiming high with our Santa Fun Run by asking our supporters to raise enough to fund our festive season. Each day, it costs £16,500 to run Farleigh Hospice.

"By joining us this December, your sponsorship can make Christmas very special for those we look after."

Residents are also invited to attend the hospice's

special festive service this month.

The Light up a Life service, which will be held at Chelmsford Cathedral at 6.30pm on Saturday, December 17, aims to raise funds to help the doctors, nurses, counsellors and therapists provide free care and support to people affected by a life-limiting illness or bereavement.

Farleigh Hospice is also running its Christmas tree recycling programme for the seventh year. Last year, a total of 2,678 trees were collected and recycled.

Register for the recycling programme by January 4, visit www.farleighhospice.org/donate/christmas-tree-recycling



Photo credit: Star Pubs & Bars

Pub landlord given award after years of service

One of Chelmsford's longest-serving licensees has received an award to mark his 30 years of managing the pub.

Steve Seager, landlord of The Anchor on Moulsham Street (pictured right), was given the award by the pub's owners, Star Pubs & Bars, in recognition of the contributions he has made over the last three decades.

The pub, which was formerly a farmhouse, dates back to the 1500s. It still retains its original oak beams and fireplace, and is a popular sports bar with locals.

Steve said: "It's the staff and customers that make

a pub, and I couldn't wish for better. Thanks to the regulars' generosity, The Anchor has been able to donate thousands of pounds to local charities such as Farleigh Hospice and Essex & Herts Air Ambulance.

"In the same spirit, they supported The Anchor throughout the pandemic. I can't thank them enough for their backing throughout the past 30 years and so many happy memories."

Star Pubs & Bars area manager Andrew Smurthwaite (pictured left) said: "It's an amazing achievement to keep a pub at the top of its game for so long and a great honour to present this award."

Clarets push for promotion during busy month

Chelmsford City FC have continued their climb towards the top of the Vanarama National League South.

Despite a goalless draw with Dover Athletic and the Clarets suffering their third defeat of the season to Hampton & Richmond Borough FC, they earned wins over Bath City and Worthing and stayed well within the play-off places.

The Clarets also survived a late scare against Redditch United on November 19 to progress to the third round of the Isuzu FA Trophy. Chelmsford scored early in both halves, but a 93rd-minute goal for Redditch threatened to turn the game on its head.

Chelmsford held their nerve and earned the win, setting up a fixture against Wealdstone FC at home on December 17.

While their FA Trophy campaign continues, their FA Cup journey came to an end at the first round on November 15 following a narrow defeat to Barnet in front of a sold-out Melbourne Stadium.



Photo credit: Matt Bradshaw

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Work and apprenticeship opportunities available



Photo credit: RHS Jason Ingram

The Royal Horticultural Society (RHS) is inviting local residents who are interested in a career in horticulture to apply for opportunities at Garden Hyde Hall in Chelmsford.

Level 2 apprenticeships require no prior experience or horticultural qualifications, just a passion for gardening and a willingness to work outside year-round. These two-year, full-time positions are a mix of college and hands-on learning in the garden, alongside horticultural experts.

The RHS also offers professional work placement (PWP) positions across all gardens, for those with some experience and an existing Level 2 horticultural qualification. These placements involve an immersion in a chosen specialism over a full year, and are ideal for those wishing to develop plant knowledge and hone their skills and techniques.

Three placement opportunities are available at Hyde Hall: two in Floral and Ornamental, with access to a diverse plant collection, and one in Estate and Countryside, managing a range of habitats.

All positions are salaried, enabling applicants to complete their training without incurring debts. Full uniform is provided, and the successful applicants will enjoy the same benefits as full-time staff.

Applications for PWP positions close on February 1, 2023, and for apprenticeships on March 1, 2023, for an August/September start.

To find out more and to apply, please visit the RHS website at rhs.org.uk/training

Bypass and station project plagued by budget issues

The planned Chelmsford bypass project and Beaulieu railway station face potential cancellation over significant budget issues.

With construction on Beaulieu Park Station due to start in March 2023, the Chelmsford North East Bypass is lagging behind owing to a budget deficit.

Essex County Council secured £218million for the station and bypass from the government's Housing Infrastructure Fund, but the package was predicated

on both elements being completed.

The council is currently discussing the possibility of making the station project independent of the bypass to guarantee its progress and future.

The bypass and railway station are hoped to unlock the creation of 9,000 new homes by 2036 and to provide an additional 5,000 homes in the long term.

A spokesperson for Essex Highways said: "Essex Highways is working with Chelmsford City Council, developers and Homes England to find ways of bridging the estimated funding gap that has arisen primarily as a result of inflationary pressures in the construction industry.

"We are extremely confident that we have identified a way forward that will allow all infrastructure associated with our award for Housing Infrastructure Funding to be built out but cannot, at this stage, provide further details owing to ongoing discussions."

City honours fallen soldiers with service and parade

The local community came together to honour those who died in war at Chelmsford's annual Remembrance Sunday service and parade.

Residents, veterans, members of the Royal British Legion and community group representatives joined with the Mayor of Chelmsford councillor Sue Dobson on Sunday, November 13, to pay tribute.

Hundreds attended the service at Chelmsford Cathedral, which was led by the Very Reverend Nicholas Henshall, the Dean of Chelmsford, and featured hymns sung by the Chelmsford Cathedral Choir and readings from members of the local inter-faith community.

A two-minute silence was observed at 11am. Mayor Dobson and retired Colonel Thomas TD DL from the Royal Anglian Regiment then laid poppy wreaths at the War Memorial as a mark of respect.

Mayor Dobson said: "I'm so grateful to those who attended this morning's service to pay their respects to our fallen heroes. It's so important that we remember the sacrifices made by military personnel."



Photo credit: Chelmsford City Council



VICKY FORD MP

Member of Parliament for Chelmsford



LOCAL NEWS

Chelmsford schools do an exceptional job supporting our children and young people. When I became MP for Chelmsford, I led a campaign for fairer funding as Essex schools were receiving far lower funding than those in areas such as London. The campaign was successful, and our school funding was levelled up. However recent inflationary pressures have put extra pressures on school budgets. Before the recent Autumn Statement, I was one of 28 Conservative MPs who wrote to the Chancellor urging him to increase school funding. The Chancellor listened to us and I am very pleased that schools as well as the NHS will receive additional funding.

I have added my signature to a number of amendments related to Planning Laws in a Bill that is currently working its way through Parliament. The amendments would make it easier for developer funding towards infrastructure to be delivered before new homes are built, prioritise development on brownfield sites, give authorities the ability to tackle land banking and require new homes in England to have solar panels.

I am delighted that the Chelmsford Central Family



Hub has reopened opposite Chelmsford Central Library and provides integrated early support and advice for families, children and young people. Family Hubs offer a one-stop shop of support services for mental and physical health plus educational and social care needs.

As ever, if you require my help please do email me on vicky.ford.mp@parliament.uk

I wish you and your families and loved ones a peaceful Christmas and Happy New Year.

Man escapes police in canal

A man has been arrested in Chelmsford after attempting to flee from police.

Following an altercation in Chelmsford town centre on Friday, November 11, the man ran from police and jumped into a canal.

The man was later caught and was arrested on suspicion of possession of an offensive weapon and possession of a class B substance. The man was taken to A&E, where he went on to commit offences of both an antisemitic and a homophobic nature.

Chelmsford Police stated that they responded to nearly 20 emergencies on the night of November 11.

In a statement on Facebook, Essex Police Chelmsford District said: "The night ended with a man jumping into the canal to try and get away after an altercation in the city centre.

"Once out of the water – because let's be honest, he was never going to be getting away with the excellent city CCTV team at hand – the man was arrested on suspicion of possession of an offensive weapon and possession of a class B substance."

Seriously good food



The Blackwell family has been farming in the Coggeshall area for four generations. The ethos of the award-winning farm shop, butchery and deli is to support local producers and farmers with over 90 per cent of the produce being sourced from within a 30-mile radius.

The high-quality meat within Blackwells butchery counter is either sourced from its own farm or local farmers known and trusted by themselves for their good husbandry skills. The friendly, knowledgeable butchers are always on hand to help with cuts of meat and are always happy to help source the more unusual meats.

Beside the butchers counter you will find the delicious deli counter which is brimming with cheeses, traditional hams, cooked meats and Dingley Dell's Artisan selection of air-dried meats. On the shelves you'll find a large supply of traditionally grown seasonal vegetables and fruits, plus a variety of products from local producers such as Peter Watts Winery, Two Birds Spirits, Maldon Salt Company, Bradfields Farm Dairy and Laura Rose Candles.

The talented in-house chefs produce a selection of seasonal pies along with soups, sausage rolls, pasties,

and dishes such as beef lasagne, cottage pie, Moroccan lamb stew, and lasagne.

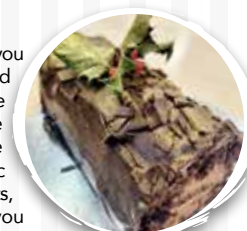
For those with a sweet tooth, the in-house bakers create delicious cakes, pastries, and desserts.

Christmas

On the Blackwells website you will find a new section called 'Christmas Shop' which we have packed full of festive goods. Our chefs have created a variety of fantastic starters, trimmings, desserts, and party foods, saving you all the hassle at home. We have also included a selection of the finest roasting joints, classic hams and gammons, and must-have partridges and pheasants.

Blackwells Catering

On hand to create the perfect menu for events and functions, Head Chef Mark Woodward, and his team, are committed to working with customers to plan their menu whether it be for a formal wedding breakfast, buffet, BBQ, hog roast or three-course meal. Blackwells' creative bakers are also part of this service offering personalised cakes and bakes for special occasions.



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Ravishing reds



There is nothing like a bold slick of red lipstick to signal the start of the festive party season, and the right shade has the ability to transform any look from okay to outstanding. Here's how to get the perfect red lip, plus how to choose the right shade for your skin tone.

STEP 1: Prep your lips – Always buff your lips before you apply lipstick as this will help to ensure that your lips are free from flakes and plumped up ready for application. Use a clean toothbrush or lip scrub, followed by lip balm.

STEP 2: Apply foundation – Foundation makes a great base for lipstick and can help your chosen shade stay put for longer. Use your normal foundation for best results.

STEP 3: Use a nude pencil – Rather than using a red lip pencil, a nude one is more forgiving of mistakes and can help you to achieve the perfect shape.

STEP 4: Fill in the colour – Use a lip brush to gradually build up colour on your lips rather than applying the lipstick directly. Add several coats for best results.

RED LIPSTICK SHADES FOR EACH SKIN TONE

Universal shades: True red shades that boast equal amounts of blue and orange look good on every skin tone.

Fair complexions: Opt for a pink-based undertone such as raspberry, which will complement the pink tones in your complexion.

Light complexions: Both neutral and warmish complexions suit orange-based reds as these will pick up the golden undertones of your skin.

Medium complexions: If you tan easily, then you should change your lip shade based on the season. In the summer, choose an orange-based red. During the winter, opt for a cherry red.

Olive complexions: With yellow-green undertones, you should look for a brick- or rust-coloured red that will warm your complexion.

Dark complexions: Dark and golden skin tones boast a yellow undertone so can pull off a bold red lipstick.

Alternatively, blue-based reds give a more natural look.



Wan WAY OF LIFE

AUTHOR, ACTOR, STYLIST, CHEF AND BUSINESSMAN, GOK WAN MBE CELEBRATES 15 YEARS ON OUR SCREENS

Gok Wan MBE has spent the last decade as a fashionista, an agony aunt and a leading light for empowering men and women to love their bodies.

He has endured a sometimes arduous journey on the road to fashion individualism and finesse, starting out in murky make-up rooms before personality and precision forged his path into magazine shoots, then onto our TV screens, where he has remained ever since.

"I was a terrible make-up artist," he laughs. "I made everyone look like a drag queen."

Yet despite working the celebrity circuit and becoming a magazine regular, the now 47 year old was "petrified" about making the leap to TV when asked to audition for a show.

"The producers wanted me to be really horrible to a woman. I walked out thinking, 'I wouldn't do that to anybody on set'. I wouldn't go up to a model and say, 'You're not good enough'. I definitely wouldn't go up to a celebrity and say, 'Your bum looks fat in that dress'."

Instead, Gok – who as a teenager weighed 21 stone before battling anorexia in his early twenties – saw TV as an opportunity to celebrate women, advancing the notion that being a stylist is about creating the best solutions and broadest fantasies for everyday people.

Much of this success came via *How to Look Good Naked*, whereby Gok repeatedly challenged the taboo that stops women from celebrating their bodies regardless of shape, and set about installing a sense of confidence within the female population.

Success breeds success, and across *Easy Asian*, *This Morning* and *Say Yes to the Dress*, the fashion guru – always instantly recognisable by his glasses, which he rates as his "best friend, and which can guide me sometimes and help me vanish in others" – has remained relevant and respected in a fast-changing world.



Salsa D'Lite

Come to Salsa D'Lite and let us teach you the joy of dancing

Salsa D'Lite was born out of a desire to bring the joy of dancing to everyone in the community. Our ethos is that dancing should be accessible to anyone regardless of ability, and with a little help, support and laughter, we can all enjoy a little Latin flair in our lives!

We offer beginner, intermediate and advanced lessons in Cuban Salsa, Bachata, and Kizomba to get you moving on the dance floor. Your teachers, Paul and Alexandra, have a wealth of knowledge and skill in all of the dances we offer. They have many years of experience between them in both professional dancing and teaching.

SALSA

Salsa is probably the most widely known of all the Latin dances. and is danced with a quick, quick, slow tempo.

BACHATA

This is a beautiful dance originating from the Dominican Republic. With it, most of the dancer's movement is in the lower body up to the hips, and the upper body moves much less.

BACHATA TANGO

Bachata Tango is a fusion of Bachata and Argentine Tango. It incorporates the flicks, ganchos, dips, leg wraps and musical pauses of the tango.

KIZOMBA

Kizomba is an Angolan dance that has been developed from semba, with a mix of Kilapanda and Angolan Merengue. The dance style has a slower, romantic, more sensuous rhythm than the traditional Angolan Semba dance.

NEW YEARS EVE PARTY TIME!

We are holding a Moulin Rouge themed New Years Eve. Come and dance the night away to the best in Salsa, Bachata, Cha cha cha, Kizomba, Semba and Merengue. To book tickets for New Years Eve go to www.salsadlite.co.uk/event-details/moulin-rouge-new-years-eve-party

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Everything's going TO BE OKAY

ONE OF BRITAIN'S BEST-LOVED COMEDIANS RETURNS

For a few years, it seemed you couldn't turn on the television or open a newspaper without seeing a mention of Peter Kay.

The larger-than-life Bolton-born comedian always seems to have had the Midas touch since bursting onto the scene when winning Channel 4's *So You Think You're Funny?* contest in 1997.

A year later, he was nominated for a Perrier Award for his stand-up show at the Edinburgh Fringe Festival, and by the time the Millennium came round, he was a regular on our TV screens, extolling a brand of observational yet irreverent comedy across multiple successful sitcom series. Included in these is the iconic *Phoenix Nights* – which, despite its legacy, only totalled 12 episodes – *Max and Paddy's Road to Nowhere*, *Peter Kay's Car Share* and *Peter Kay's Comedy Shuffle*. Switching almost seamlessly between filmed commitments and hilarious stand-up, it seemed Kay could do no wrong.

Kay's self-removal from the public eye was the subject of much speculation after he wrapped up his last TV projects back in 2017. It happened when his 90-date *Have Gags, Will Travel* tour planned for 2018/19 was cancelled.

He broke cover on events shortly afterwards, referencing The Lily Foundation, which works to raise awareness of mitochondrial disease in the UK.

He wrote: "The Lily Foundation is an inspiring charity that helps to improve the lives of children with mitochondrial disease."

Mitochondrial disease is a term that covers a range of often devastating conditions involving the failure of mitochondria, which live inside cells and which play a key role in providing energy. If they do not work properly, this can lead to serious problems for the body.

"I've had first-hand experience of the foundation's work and I'm proud to raise both awareness and much-needed funds to help with the inspiring work it provides to children and their families," said Kay.

With his family's health issues now, seemingly, in a place where he can refocus on work, the funnyman, now 49, is getting back to what he does best with his first UK tour in 12 years. Aptly titled *Peter Kay Live: Better Late Than Never*, he will visit Manchester, Birmingham, Liverpool, Leeds, Sheffield, Belfast, Newcastle, Dublin, Glasgow, Cardiff and Nottingham between December 2022 and August 2023.

However, such was the demand for tickets that the Ticketmaster site crashed under the weight of demand. Subsequently, additional dates have been added for 2024 and 2025.

Kay insisted that the ticket prices reflect the £35 cost from his last UK tour, way back in 2010. "The cost-of-living crisis has hit most and will hit everyone at some point," he said. "It's something I would do for free if I could. But even if I can't do that, this isn't a money-making exercise – it's an honour to be in demand still after all this time and I'm excited about having a laugh with people in a live setting all over again.

"I also may be a bit rusty... hence the freezing of the ticket price," he joked.

In addition, Kay, the recipient of four BAFTAs and a National Television Award, has been announced as the first artist in the world to perform a monthly residency at the O2. At a time when what we're allowed to laugh at seems under more scrutiny than ever before, it seems we could all benefit from knowing the way to Amarillo... or the North Greenwich arena, at least.

COMPANIONS at Christmas

Christmas is a time to relax and spend time with your loved ones. And your four-legged family members also love the chance to enjoy more time together, as well as greeting visitors, taking in different sights and smells, and giving you puppy-dog eyes for extra treats.

Your dog can bring joy this Christmas, and hanging out together can also help you escape from the seasonal stress.

Dog behaviourist Zoe Willingham, who has 23 pups, shares seven magical moments you can enjoy this Christmas.

1. Count down to Santa Paws' arrival with their own doggy advent calendar and make them happy every morning.

2. Give them a special toy to play with when you dress the Christmas tree so they're not jumping up at the baubles.

3. Top up your training to make sure they have the essential skills to wow your guests and anyone you visit with their impeccable manners.

4. Get social and enjoy a festive feast at your favourite dog-friendly pub or restaurant.

5. Wrap up warm and get outdoors together. It might be chilly, but being in the fresh air, taking in the scents, and spending time with you means your dog will be happy and content.

6. After your wintry walk, what's cuter than seeing your dog curled up snoozing while you watch your favourite Christmas film?

7. Your pup is sure to be top of Santa's Nice List, so make sure they have a doggy stocking packed with fun toys and healthy treats to open on Christmas morning.

Want to chat about fun activities you can enjoy with your dog or ask a question about training? For more tips and advice, please visit www.bestbehaviourdogtraining.co.uk



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Gratitude

As the year draws to a close, you recall the end of 2021 and all the plans you had for the new year. You look back and are amazed at how much you have accomplished. You are grateful, and look forward to sharing your joy with loved ones this Christmas.

On the other spectrum, you might look back and think about how difficult the year has been. You are so far away from the plans and dreams you had. You have been through the wringer. You are on survival mode, taking it one day at a time. Indeed, at some points during the year, you could not see how you would make it through!

It may have been difficult and may have looked bleak at times, but you are here today. You are present, and every day is a gift, so cherish it. There are people who started the year 2022, but are no longer with us. As long there is life, there is hope!

Be Grateful!

*I am rooting for you.
Wishing you a very fruitful 2023!!!*

Austine – founder, Jerk Station




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FOOD & DRINK

HOW TO COOK WITH CHESTNUTS

When it comes to festive food, chestnuts go hand-in-hand with Christmas. However, did you know that there are many different ways you can cook and enjoy these mouthfuls of nutty deliciousness?

ABOUT CHESTNUTS

Chestnuts are the large edible fruit of the chestnut tree and are popular in both Europe and China. When you cook chestnuts, they produce a delicate and slightly sweet flavour, with a soft texture that has a similar consistency to baked potatoes. You cannot eat raw chestnuts so they must be cooked before serving.

THREE WAYS TO COOK CHESTNUTS


Boil them: To boil chestnuts, you first need to score them, before placing in a saucepan of cold water. Bring the water to the boil and allow to simmer for three minutes. Remove from the heat and then carefully scoop out a few at a time, before peeling off the shell and skin with a knife.

Roast them in the oven: To roast chestnuts, you first need to pierce each nut to prevent them from exploding owing to internal pressure. Then place on a baking sheet in an oven that has been preheated to 200°C/180°C fan/gas mark 6. Roast for 15-20 minutes, turning occasionally. Wait until they are just cool enough to peel, and serve warm.

Roast them on the fire: Take an aluminium pie plate or tinfoil pudding dish. Make cuts in the chestnuts and place the plate on a grill over white-hot coals. Shake the plate or dish periodically using heatproof gloves and roast until tender.

HOW TO ENJOY CHESTNUTS

- Mashed with sweet potatoes, carrots or cabbage
- Mixed with sausage meat, bacon and cranberries to make stuffing
- Blended with chickpeas to make a festive hummus
- Made into a purée and used to make chocolate chestnut cupcakes.



Allegro music

The Piano and Keyboard Specialists

Allegro Music have been selling Pianos, Keyboards and a huge range of other instruments for over 40 years, with branches in Chelmsford, Southend and a brand new Piano & Keyboard Centre due to open in November in Great Baddow.

When it comes to instruments with Keys on, we can offer a fantastic range of New and Used Acoustic Pianos, Digital Pianos and Digital Keyboards.

What can you find in store?

Our store at 95 High Street, Chelmsford is a Yamaha premium main dealer, and one of only a few locations where you can compare the incredible Clavinova CLP, CSP and CVP ranges of digital piano. Of course, if you prefer a more traditional instrument, we also stock one of the biggest ranges of new, used and factory refurbished acoustic pianos you will find, from the likes of Yamaha, Kawai, Steinhoven and many more. Taking those first steps towards playing the piano always requires the choice to be made about what instrument to purchase, and we can help with our experts in store to help advise on the perfect instrument. We stock a great range of beginners instruments, whether digital or acoustic, new or used, and one thing they all have in common, is great value for money, and the reassurance you are buying an instrument that is suitable for your needs.

Even more Pianos!

November '22 will see our brand new **Great Baddow Used Piano and Keyboard Centre** open its doors. Situated on the popular Great Baddow Antiques Centre site. This completely refurbished store will offer some incredible instruments at fantastic prices as every month we take in top quality used instruments as part exchanges against new models, and up to now they have remained in storage until we have room in one of our stores. Now, all those lovely instruments eager to find a new home, will be available under one roof and with free parking right outside the door and an onsite coffee shop, a trip to Great Baddow will be well worthwhile, call us on 01245 650960 for more information.

We look forward to seeing you in store soon, where we hope to make your Christmas, not just a Magical one, but a "Musical One!"

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We offer top part exchange prices on almost any instrument against our new and used models, and many also come with 0% Finance options up to 24 months, with a low cost deposit to help make buying a piano or keyboard even easier.

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All of our locations feature on site piano and keyboard lessons, courtesy of the **Allegro Music Academy**. For over 40 years we have taught thousands of people across Essex how to play, from complete beginners to professional players. With lessons taking place seven days a week, from early till late and all day Saturday and Sunday, our team of CRB checked teachers have been chosen not just because of their musical ability, but also our key objective, to "Make Music Fun". We work with some great teachers and they are waiting to help you, whatever your playing standard, and as a new student, you can enjoy our introductory offer of four lessons for the price of two. Go to www.allegromusicacademy.co.uk for full details, including tuition on other instruments such as guitar, ukulele, drums, wind, brass, violin, vocals and theory.

Make It Musical Event

In the run up to Christmas, both our Chelmsford and Great Baddow stores will be running our "Make It Musical" event. You choose the best deal for you when buying or upgrading to a Piano or Keyboard:

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- 2: Up to 24 months 0% finance
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PUZZLES & TRIVIA

PUZZLES

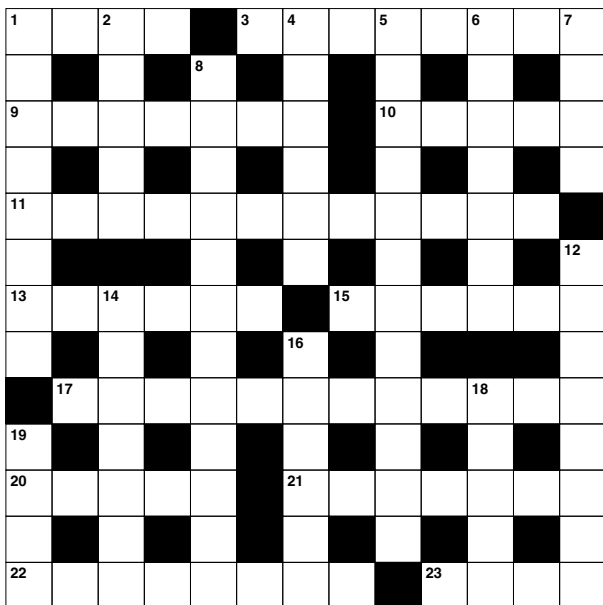
Answers: see end of The VISION Listings

ACROSS

1. Prima donna (4)
3. Stated emphatically (8)
9. Shackle (7)
10. Animal that walks on two legs (5)
11. Narcissism (4-8)
13. Contributes information (6)
15. Not noticed (6)
17. Easy to converse with (12)
20. Person who flies an aircraft (5)
21. Pays no attention to (7)
22. Where photographs are developed (8)
23. Stitches (4)

DOWN

1. Relating to the home (8)
2. Type of plastic (5)
4. Constructs a building (6)
5. Intricate and confusing (12)
6. Retaliatory action (7)
7. Extinct bird (4)
8. Author of screenplays (12)
12. Opposites (8)
14. Liked by many people (7)
16. Gambling house (6)
18. Flat-bottomed boat (5)
19. Moved quickly (4)



DID YOU KNOW?

- Christmas takes place on December 25 – the day the Roman Catholic Church chose to mark Jesus' birthday. No one actually knows the exact date Jesus was born.
- Not everyone celebrates Christmas on the same day. For example, Greek Orthodox Christians often celebrate on January 7.
- Many Christmas traditions come from the Victorian era, including crackers, roast turkey and gift-giving.
- Christmas trees were first seen in Germany in the 16th century, when fir trees were decorated with fruit and nuts.
- *Jingle Bells* was originally a Thanksgiving song written in 1850.
- It only took six weeks for Charles Dickens to write *A Christmas Carol*.

SUDOKU

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



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KFC KRAZY!

Did you know that while you're tucking into your roast turkey and all the trimmings on Christmas Day, over in Japan, they're chowing down on crispy chicken with a selection of sides?

HOW DO THE PEOPLE OF JAPAN CELEBRATE CHRISTMAS?

In Japan, Christmas is still a secular holiday as less than one per cent of the population identify as Christian. Instead, they use this holiday as a time for families and friends to have parties, make plans for dinner and enjoy general celebrations.

WHAT IS THE JAPANESE KFC CHRISTMAS CRAZE?

An estimated 3.6 million Japanese families treat themselves to KFC every festive season, with what has to be one of the world's most unique Christmas food traditions.

In fact, demand is so high that locals often have to queue for hours to get their hands on a bucket or two of this popular cuisine.

HOW DID THIS TRADITION START?

This peculiar demand for KFC at Christmas came about because of a campaign that was inspired by Takeshi Okawara, the manager of the first-ever KFC in Japan. Shortly after it opened in 1970, he woke up at midnight with the idea to sell a 'party barrel' of fried chicken on Christmas Day. In 1974, the marketing campaign went national, calling it Kurisumasu ni wa Kentakkii, or Kentucky for Christmas. The rest, as they say, is history.

WHAT DOES THE KFC CHRISTMAS MEAL CONSIST OF?

As well as buckets of fried chicken, families in Japan tuck into lots of sides, cakes and even wine. Some of this year's offerings include:

- > A box of chicken for 3,780 yen (around £22)
- > A party box with eight pieces of chicken, a lasagne and a chocolate cake for 4,000 yen (around £25)
- > A premium roasted chicken and sides for 5,800 yen (around £35)

On average, these packages account for a whopping one-third of the chain's yearly sales in Japan.



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THE TREND FOR COMMUNAL LIVING IS HERE, AND IT'S CALLED COLIVING

Our cities are not only more crowded than ever before, but more expensive too; yet the desire for young people to thrive in the heart of these fantastic urban spaces is real.

The solution to those priced out of traditional accommodation is something called Coliving.

It is an innovative social construct that uses a new blueprint for accommodation design, whereby tenants in a space have individual rooms, but shared social and kitchen areas.

The concept is much the same as you would have in a student house, though the target market is very much young professionals, and the architectural and interior finish reflects a demographic who are in employment and looking to build careers and interactions with like-minded people.

While in terms of location, Coliving can provide a huge advantage with reductions in commuting time and cost, an additional environmental impact comes by way of shared amenities, all-inclusive bills and

communal events and facilities.

While for some young people the idea of being thrown into a space with a number of strangers may be daunting, Coliving spaces are typically extremely careful to maintain high safety standards for residents, with letting agents carefully screening both residents and staff, and most include a 24/7 concierge service to help manage the building.

Coliving also provides flexibility for residents who don't want to be caught in long-term renting situations; nor might they have the ability to put a large deposit down. Instead, a rental term might be for just a few days up to a few months, and longer if desired.

What people therefore get is a ready-made community of like-minded people, excellent facilities, and all the social and practical benefits of living in a central, busy part of town.



BIDDING FAREWELL TO THE *Fiesta*



WITH NEWS THAT THE FORD FIESTA IS TO TAKE A PERMANENT SIESTA, WE CELEBRATE THE LEGACY OF THIS BRITISH MOTORING MAINSTAY

If there is one car that portrays the modern era of motoring, it is undoubtedly the Ford Fiesta.

It was 1976 when the first Fiestas rolled off the Ford production plant in Dagenham, arrowing their way to the driveways of motorists looking for an affordable, fuel-efficient and fun way to conquer the roads.

The Fiesta has always been instantly recognisable among an ever-increasing and sometimes perplexing range of Ford models. Indeed, even though its lifespan traverses four decades and eight generations, the car that has shifted more than 22 million units – one fifth of those in the UK – has always stood out as the ultimate fun run-around.

The car has come in saloon, hatchback and even convertible versions – always nippy, always chic, and with a speediness that belies what has always been a modest price tag.

Indeed, the Fiesta epitomised a new generation of car buyers through the 1980s, who were keen to ditch the clumsy, clunky motors of the era, looking instead for a rather more streamlined and sporty approach.

Yet while the model arrived as a mark of practicality and fashion, it has found its exit governed by the same elements, ultimately being undone by the green car revolution. Hence Ford is also ditching the Galaxy and the S-Max, with the last of these being produced next April. Instead, the manufacturer – which has slipped to fifth globally in recent years, behind Toyota, Volkswagen, Hyundai and General Motors – is channelling all its energy into three new electric passenger vehicles and a further four new commercial models.

The Fiesta's day may be done, but the car's presence will be celebrated on our roads for many years to come.

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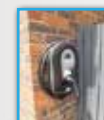
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Dan Salmon,
Owner

Eden Rock, St Barths

A distinguished celebrity favourite, Eden Rock is intimate and romantic with outstanding views. This famous property lies on a scenic rocky bluff surrounded by a coral reef and beautiful turquoise sea.



Relaxation prevails here, with a great deal of thought and attention put into the design of the public spaces including a programme of art exhibitions. Beautiful gardens, ample basking and bathing opportunities on the picturesque beach, fitness facilities and boat rentals all contribute to the feeling of luxury and well-being. Masterchef Jean-Georges Vongerichten reigns supreme over the Sand Bar Restaurant and the Rémy Bar, offering spectacular cocktails at sunset and the best of JG's modern global cuisine.

SHA Wellness Clinic, Spain

SHA Wellness Clinic is an exclusive health spa which sits majestically above the beach town of Albir on the Costa Blanca. SHA Wellness Clinic is a pioneer of integrated wellness taking the best from Eastern and Western medicine. They have created focused, goal-driven programmes overseen by a wealth of specialists. The aim is to boost the body's healing power and achieve physical and mental wellbeing. SHA Academy offers daily wellness activities to educate and inspire. If you're looking for a health-focused holiday which combines healthy food, high quality treatments, fitness and a place to feel inspired then come to SHA Wellness Clinic. It's won countless awards so why not see for yourself?



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private of private homes. It's where inspiration, relaxation and complete wonder collide with access to every conceivable exclusive service and comfort imaginable. You won't find anywhere else in the world that does well-being, adventure and quality time quite like it. And with a landscape this spectacular, you won't mind when asked to keep its location to yourself.



Take me to the MOUNTAINS



Pikes Peak



Kilimanjaro



Mauna Kea



Mount Everest

If mountain climbing is on your bucket list, there's no better day to start planning your trip than International Mountain Day, which takes place on December 11.

Mountains are home to 15 per cent of the world's population and about half of the world's 'biodiversity hotspots' – areas with the richest concentration of threatened plant and animal life. But go carefully and you can experience all the thrills of the mountain, while also helping local communities and protecting fragile ecosystems.

Here are three mountains suitable for a range of abilities – though remember, you'll still need a high level of fitness and endurance to tackle any mountain.

MOUNT FUJI, JAPAN – 3,776M

The hike along the most popular route to the peak of Mount Fuji takes around eight hours. Most climbers start at night to reach the summit at sunrise. The official hiking months are July and August.

PIKES PEAK, COLORADO, UNITED STATES – 4,302M

This 21km hike in the Rockies lasts the whole day and takes you to the highest point on the US mainland. As well as stunning views at the summit, there's also a state-of-the-art visitor centre.

MOUNT KILIMANJARO, TANZANIA – 5,895M

Most trails up Africa's highest mountain take five or six days, allowing climbers to acclimatise to the thin air as they go. If you're brave enough, you can even spend a night camping in the mountain's crater.

MOUNTAIN FACTS:

- > There are 1,187,049 mountains in the world.
- > The tallest sea mountain in the world is Mauna Kea in Hawaii at 10,205m, but more than half of it is underwater. Everest is the world's highest mountain, at 8,848.86m above sea level.
- > Bhutan is easily the most mountainous country in the world – nearly 99 per cent of it is made up of mountains.
- > Annapurna I in Nepal is widely regarded as the most difficult and dangerous mountain to climb.
- > Around 300,000 people a year climb Mount Fuji, making it the world's most frequently climbed mountain.



ARE YOUR
SLIPPERS
ruining
YOUR HEALTH?

Soft, warm and oh so comfy, slippers are a staple for many. However, could they be doing more harm than good to your feet? Let's find out.

INSUFFICIENT HEEL SUPPORT: Your choice of footwear should provide both support and protection, especially if you are wearing them for long periods of time. However, with every step you take in slip-on footwear, your toes are forced to grasp the slipper to lift it off the ground and carry it, which has a negative effect on the muscles and joints of the foot.

INSTABILITY ALL UP YOUR BODY: Slippers challenge all the joints in your body owing to their lack of ankle support. In fact, an unstable ankle can drag both your knees and hips in, downwards or outwards, depending on your body type. This can cause a whole host of problems, including pain and poor posture.

HIGHER RISK OF FALLS: For the elderly, who are already at a greater risk of slipping and falling, slippers can be extremely dangerous. Slippers provide very little grip compared to other types of

footwear, which means that you are more likely to lose your balance, especially when walking on tiled, wooden or vinyl floors.

NON-BREATHABLE: Although slippers are meant to keep your feet cosy, they can easily make them too hot if they are made of poor-quality, synthetic fabric. This can create a breeding ground for fungi and bacteria and increase your risk of athlete's foot.

SO WHAT SHOULD YOU WEAR ON YOUR FEET IN THE HOUSE?

Opt for supportive, lace-up shoes that stay on the foot as you walk as these will cushion and protect your feet.

Some of the most supportive footwear brands include:

- > Birkenstock Milano
- > FitFlop
- > TOMS
- > Kalahari

It is also a good idea to walk around barefoot sometimes as this can help to strengthen and stretch the muscles, tendons and ligaments in your feet. This helps to improve balance and to prevent injury, knee strain and back problems.

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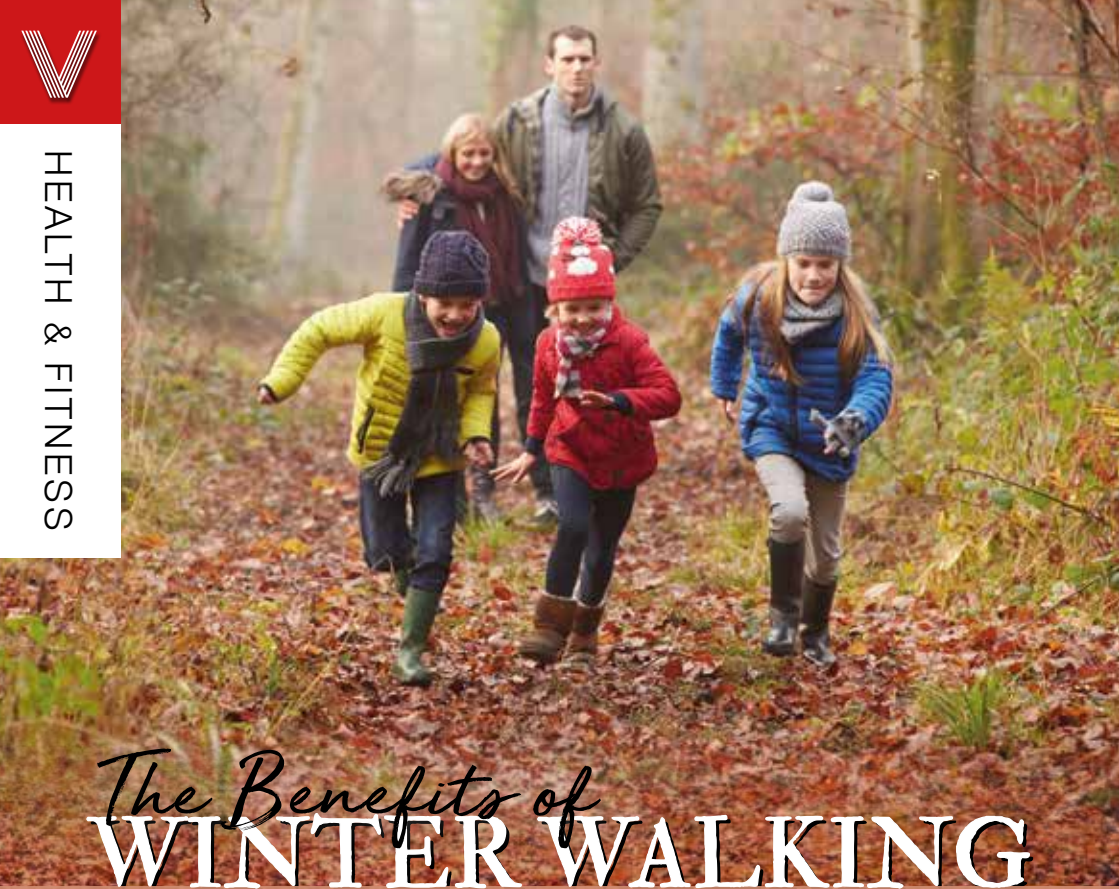


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The Benefits of WINTER WALKING

When the weather gets wintry, it's tempting to hang up your walking boots and stay indoors. But instead of curling up on the sofa with a tub of chocolates, why not get outdoors? Recent research has shown that it could be just what your mind and body need, and it's a great way to escape the Christmas bustle.

A walk in the countryside during a downpour could improve your mood, your respiratory system and your body's immunity. This is all down to the sweet compounds released by plants, trees and soil – and the negative air ions created when water and air collide.

To get the maximum effects, go walking in the woods. Researchers found that there are twice as many negative air ions in woodland as in the open countryside. And if it's a muddy wood, so much the better – because mud contains an extra dose of health-boosting microbes.

Cold weather is another good reason to go for a wintry walk. That's because there's a type of fat in our body called 'brown fat', which helps control our weight and the sugar levels in our blood. For

some reason not yet clear, brown fat works better when we're cold.

If you want to join others for some local winter walking, check out the following:

RAMBLERS ASSOCIATION

This is Britain's walking charity, which organises Ramblers Wellbeing Walks – free, fairly short walks suitable for all, organised by local volunteers. For longer walks, you'll need to take out membership with the association.

- > Website: ramblers.org.uk
- > Telephone: 020 3961 3300

LONG DISTANCE WALKERS ASSOCIATION

The home of everything to do with long-distance walking, including a network of local groups.

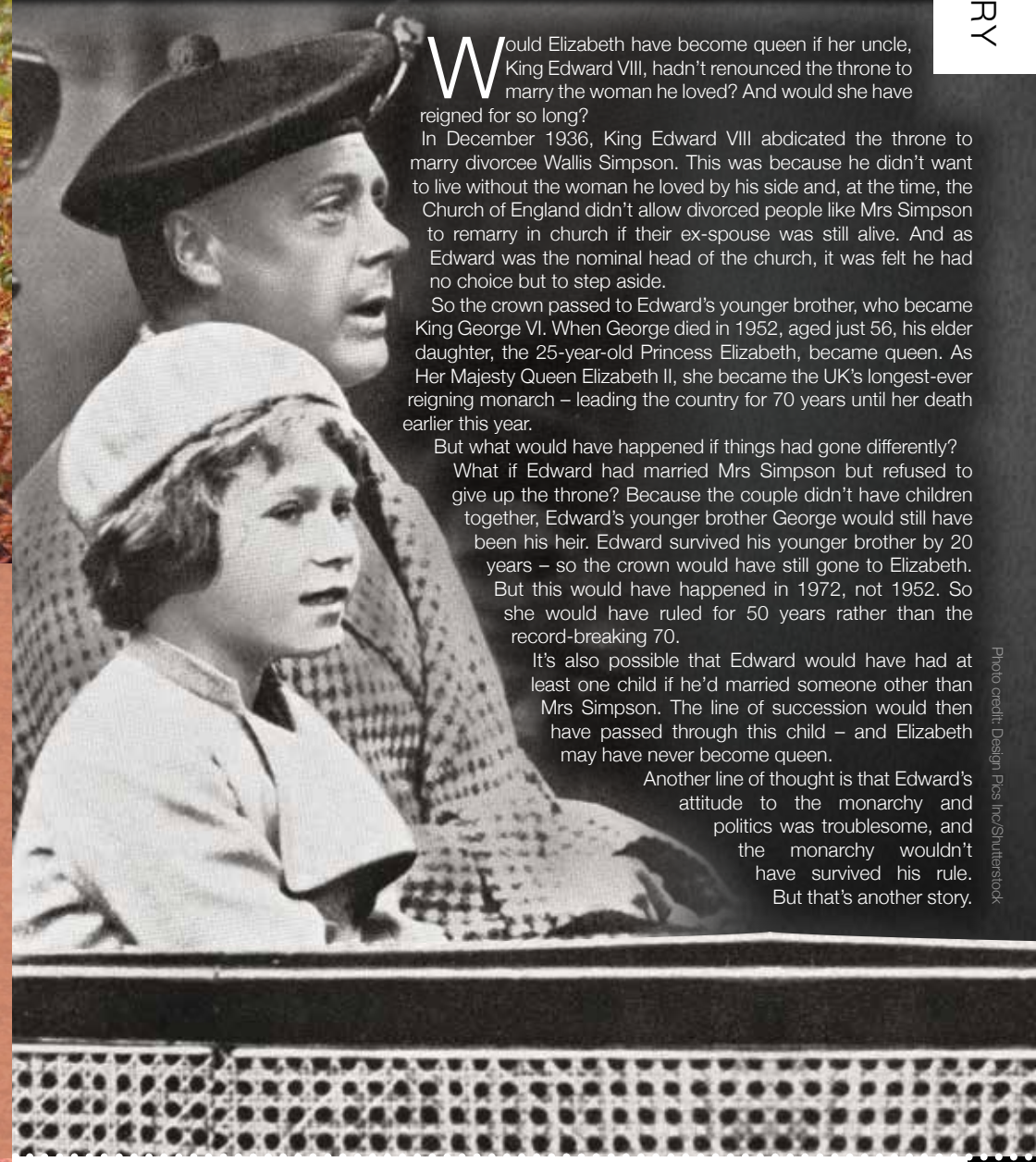
- > Website: ldwa.org.uk

There are lots of other local walking groups, some for specific groups within the community. To find out more, have a look online or visit your local library or community centre.



Queen for 70 years

BUT COULD IT HAVE BEEN DIFFERENT?



Would Elizabeth have become queen if her uncle, King Edward VIII, hadn't renounced the throne to marry the woman he loved? And would she have reigned for so long?

In December 1936, King Edward VIII abdicated the throne to marry divorcee Wallis Simpson. This was because he didn't want to live without the woman he loved by his side and, at the time, the Church of England didn't allow divorced people like Mrs Simpson to remarry in church if their ex-spouse was still alive. And as Edward was the nominal head of the church, it was felt he had no choice but to step aside.

So the crown passed to Edward's younger brother, who became King George VI. When George died in 1952, aged just 56, his elder daughter, the 25-year-old Princess Elizabeth, became queen. As Her Majesty Queen Elizabeth II, she became the UK's longest-ever reigning monarch – leading the country for 70 years until her death earlier this year.

But what would have happened if things had gone differently?

What if Edward had married Mrs Simpson but refused to give up the throne? Because the couple didn't have children together, Edward's younger brother George would still have been his heir. Edward survived his younger brother by 20 years – so the crown would have still gone to Elizabeth. But this would have happened in 1972, not 1952. So she would have ruled for 50 years rather than the record-breaking 70.

It's also possible that Edward would have had at least one child if he'd married someone other than Mrs Simpson. The line of succession would then have passed through this child – and Elizabeth may have never become queen.

Another line of thought is that Edward's attitude to the monarchy and politics was troublesome, and the monarchy wouldn't have survived his rule. But that's another story.

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ENGLAND CLINCH T20 WORLD CUP SUCCESS

England's hard-hitting, bombastic-bowling T20 side are the best in the world – their clinching of the World Cup in Australia in the middle of November capped a memorable few weeks Down Under, in which captain Jos Buttler MBE's side battled back from adversity to lift their first world crown since back in 2010.

Chasing a modest Pakistan total of 137 in the Melbourne final, an early batting wobble was calmed by the inspirational Ben Stokes OBE, as England knocked off the required runs with an over to spare.

It was another monstrous moment for Stokes, who has made a habit of being England's go-to man for the big occasion. Indeed, when entering the crease with the side 45/3, there were fears his side might wilt at the final hurdle, having got themselves into the final despite a group defeat to Ireland and a rain washout draw versus Australia.

Perhaps we shouldn't have worried. After all, it's getting be something of a regular thing, both for Stokes and in the way the England team have showed real prowess in their white-ball cricket over the past few years.

Stokes was instrumental as the Three Lions clinched the ODI World Cup in 2019, and although he has stepped down from 50-over duties now, he will look to overturn the odds and inspire the Test side to victory over Australia in next year's Ashes.

In the final, he smashed 52 off 49 balls to steer his side home, with Buttler's 26 and Harry Brook's 20 other notable contributions.

No one can question the fact that England were deserving champions. On the way to lifting the trophy, they defeated T20 heavyweights New Zealand, Sri Lanka and India, and in the final, repelled the threat of arguably the most feared bowling attack in the game, as Pakistan failed to find the breakthroughs they needed.

Photo credit: Hamish Blair/Shutterstock, JOEL CAPRETT/EPA-EFE/Shutterstock



BRITAIN'S GREATEST SPORTING MOMENTS...

A score to REMEMBER

Each month, we look at one of the most significant events in British sporting history. This month, we go back 21 years to England's famous 5-1 victory over the Germans at the Olympic Stadium in Munich.

"This is getting better and better and better," enthused John Motson OBE as Michael Owen sauntered through to propel England into a 4-1 lead against old foes Germany. And there was still more to come as Emile Heskey made it five, capping a special night for Liverpool, as all the goals were scored by Reds; for Sven-Göran Eriksson, who truly arrived as Three Lions' manager on that incredible Saturday evening; and for England fans everywhere, who finally felt justified in putting expectation over hope.

Of course, the expectations we had over the so-called Golden Generation were, in fact, misplaced. England crashed out to a freak Ronaldinho goal in the World Cup finals the following year, then suffered countless other false dawns throughout the Noughties, more often than not involving penalty

shoot-outs... for a change.

However, on that special night in Munich, all was good with the world. Very good. England had trailed to Carsten Jancker's fifth-minute goal, but Owen's hat-trick and Steven Gerrard MBE's piledriver on the stroke of half-time confirmed a special night for British sport.

Not only had England exorcised the spectre of Euros heartbreak five years previously, but they'd also exacted revenge on the Germans for the 1-0 defeat they suffered at the old Wembley Stadium in 2000 – a match that was to be Kevin Keegan's final game in charge.

That his replacement, the enigmatic Swede Eriksson, had turned the tide to such an

extent in the 11 months in between, was a big part of arguably the most complete England performance of a generation (and right up there with the 4-1 hammering of the Netherlands at Wembley at the 1996 Euros).

The project may not have finished the way it should have, but we could revel in the glory for one night.

Deutschland
England
1 : 5
Olympiastadion:
München

Photo credit: Associated Press

Cloudy2Clear, A Local Service With A Smile.

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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.

The Cloudy2Clear service only requires the glass to be replaced and not the whole window once the unit has failed. Chris commented "Cloudy2Clear were able to assist our community through the last financial crisis in 2008 due to the savings that can be made in using our service. Unfortunately we might be going through something similar again soon and the public can rest assured that we will be there to help once again".

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Create your own SENSORY GARDEN

A sensory garden is designed to stimulate the five basic senses of sight, smell, sound, touch and taste, and has the ability to enhance your sense of wellbeing, reduce stress and calm the mind. Find out the best sensory garden plants and features below.

CURRY PLANT: An evergreen shrub that boasts silvery grey foliage and pale yellow flowers, the curry plant provides a beautiful aroma and is known for attracting bees and other pollinators. Plant in a sunny, sheltered spot in well-drained soil and trim regularly to help it keep its shape.

ORNAMENTAL GRASSES: Ornamental grasses such as pampas grass and architectural seed heads add structure and movement to a sensory garden. Pick creeping, hanging and straight standing grasses for maximum effect.

LAMB'S EAR: Featuring velvety foliage that looks just like a pair of lamb's ears, this evergreen perennial produces stunning purple-pink flowers in the summer months that promise to add colour and depth to your garden. Plant them in open borders with other perennials or grow in containers.

WILD STRAWBERRIES: Wild strawberry, known as *fragaria vesca*, produces small and super-sweet fruit that is perfect for stimulating your senses of smell and taste. This plant loves partial sun and fairly damp conditions.

LAVENDER: Easy to grow and care for, lavender can add both scent and colour to your garden, as well as attracting pollinators. Weave in among other summer-blooming flowers or plant near your home to enjoy its strong aroma whenever you pop your head outside the door.

A WATER FEATURE: A water feature such as a pond, fountain or bird bath makes a great addition to a sensory garden. Providing beautiful reflections, calming sounds and contrasting texture, it will also attract wildlife and a wide variety of colourful birds.



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