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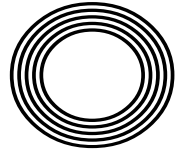
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Editor's notes...

DECEMBER 2021



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION**EppingTheydon. First, I would like to take this opportunity to wish all our readers and our clients a merry Christmas and a successful New Year. Thank you for all of your support throughout 2021.

We are currently looking at creative ways to link up with local businesses. To that end, I have recently been exhibiting at some business shows in Essex and Hertfordshire as this is one of the ways that **VISION** lets people know who we are. It was so good to see old faces and connect with new people. I am hoping to do this even more and I am looking at joining some

Chamber of Commerce groups. All this to continue supporting our local businesses.

As soon as Halloween and Bonfire Night were over, the Christmas decorations went up. I'd like to remind readers how important it is to keep your pound local and shop with local businesses this Christmas. While the convenience of shopping online is tempting, just one purchase in a local shop could make their day and give them the boost they need to keep going.

We are hoping to launch new **VISION** magazines next year to bring our style of news and targeted advertising to new audiences. 2022 promises to be a bigger and better year than any.

Brett Shohet

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

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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

Fraudsters 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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A recent survey has revealed that half of the population feel more tired than before the COVID-19 pandemic. This has led to an increase in naps and, in turn, an increase in the dreaded nap face.

WHAT IS NAP FACE?

Although sleep is known for its ability to improve the appearance of your skin, napping the wrong way can result in sagging, puffiness, wrinkles and outbreaks.

- The most common effects of nap face include:
- > Sleep spots from friction against rough materials
 - > Sagging cheeks from side-sleeping
 - > UV damage from naps in the sun
 - > Deep lines around your nose and mouth from squashing your face.

HOW TO PREVENT AND REVERSE NAP FACE

If you think napping has had a detrimental effect on your skin, don't worry; it's not too late to turn back the clock and prevent further damage.

Swap your pillow cases

Certain fabrics grip the skin rather than allowing it to

slide across it. This can cause facial creases, lines and imprints. Prevent this by switching to a silk or satin pillowcase.

Sleep on your back

Sleeping face down or on your side causes the skin to fold and crease, which will become permanent over time. Instead, use an anti-wrinkle pillow that is designed to ensure you sleep on your back.

Wear a sleep mask

Sleep masks can help to keep your skin in place while you sleep, so even if there is some pressure, the skin will not fold on itself. Again, a silk mask is best as this will not tug on your skin.

Use a derma roller

Minimise facial creases caused by nap face by performing microneedling at home with a derma roller, such as the Sdara Skincare Derma Roller.

Try chemical peels

If you are struggling to change your sleeping habits, a chemical peel can act as a buffer to ward off wrinkles and improve the appearance of your skin.



FASHION



HOW TO WEAR

Sheer THIS party season



Both 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



While 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.

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

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.

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.

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.

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 1/2 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.

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

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.



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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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 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.





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.



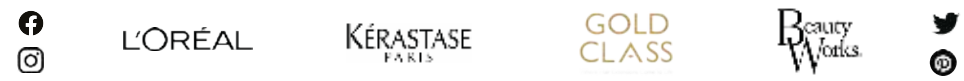
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UNUSUAL VEG OF THE MONTH: Purple sprouts

With Christmas just around the corner, we thought this month's unusual veg should be a festive one. Although Brussels sprouts aren't to everyone's taste, they are a Christmas dinner staple, and the vibrant colour of the purple variety promises to add the wow factor to your table.

WHAT ARE THE HEALTH BENEFITS?
 While green and purple sprouts share a similar nutrient profile, with each containing healthy servings of vitamins A, B6, C and K, owing to their purple pigmentation, purple sprouts contain more anthocyanins. This means that these colourful sprouts deliver even more antioxidants.

DIFFERENT TYPES
 There are two varieties of purple sprouts: Rubine and Falstaff. The former is the most popular type of purple sprout and is most likely what you will come across at your local farmers' market. The latter is a more recent cultivar and easier to grow.

HOW TO COOK
 You can choose to steam, stir-fry, braise, boil or sauté purple sprouts. To keep their vibrant colour, add a splash of vinegar when cooking them.

WHAT DO THEY TASTE LIKE?
 If you are wondering if these varieties of sprouts only differ in appearance from their green counterparts, you will be pleased to hear purple sprouts have a slightly sweeter and less pungent taste.

These seasonal vegetables pair well with many different ingredients:

- > Oven-roasted with pancetta or smoked bacon
- > Steamed and served with game meats
- > Tossed with apples and pecans, drizzled with maple syrup and baked
- > Smashed, covered with parmesan cheese and olive oil, and roasted.

HOW TO STORE
 When buying this vegetable, look for sprouts with firm heads and tightly wrapped leaves. Avoid ones that are wilted or discoloured. Store your sprouts in the fridge and they will stay fresh for one to two weeks.





Wine o'clock DESTINATIONS

Do 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



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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.

Photo credit: Pinterest



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.





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 gutter 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: cassistairny.com



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HOME & DIY

6 USES FOR Toothpaste



Toothpaste 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.



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HOME & DIY

MAD about the HOUSE

Update your home with inspiration from the multi-award-winning blogger, Kate Watson-Smyth

If you're going to look to anyone for interiors advice, who better than leading property, interiors and design journalist Kate Watson-Smyth?

Kate enjoyed a long career as a journalist, including writing for *The Independent* and the *Financial Times*, before developing her blog, *Mad About the House*.

She has also written a series of *Mad About the House* books, which are your must-have guides to styling your home.

Kate's own home, which is often featured on her blog, is the result of renovating two former rental flats. It is the perfect reflection of Kate's effortless, timeless and elegant style.

Fuel your own home décor inspiration with Kate's expert interior eye. Let's break down her philosophy:

Your home should tell your story. It should make your heart sing when you open the front door

Your home is unique to you. So instead of following all the interior trends, help your home tell your story. When you walk in through the door, what you see should make you feel happy and comforted; it's your place to relax, after all. Incorporate your favourite colours to reflect your personality, and get creative with your artwork.

Something old, something new,
something black, something gold

Decorating a room involves a lot of different elements. By mixing up some vintage or second-hand pieces with new elements, you'll create a style that's all your own.

Black is the perfect accent shade for any room, so don't be afraid to bring in black detailing, hardware and accessories. Meanwhile, a little gold can provide a touch of glamour, making a room look more expensive and stylish. It's a look that Kate calls 'urban glamour'.

And always some natural wood

Natural wood is beautiful and timeless, and it can really bring your home together. Whether you have natural wooden floors or some wooden furniture pieces, adding a little natural wood to your home will create that picture-perfect space.

Check out www.madaboutthehouse.com for more interior style tips and advice.

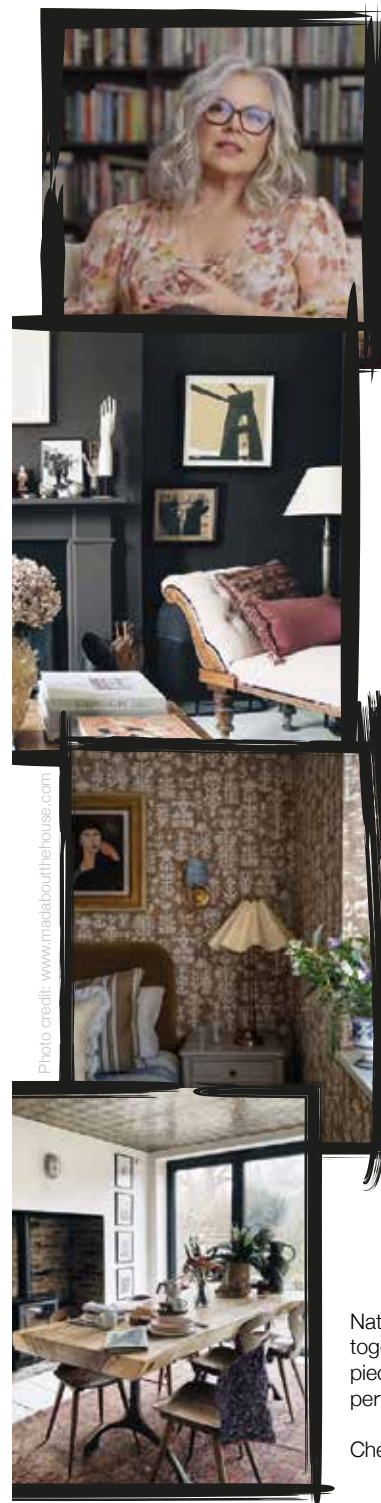


Photo credit: www.madaboutthehouse.com



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.

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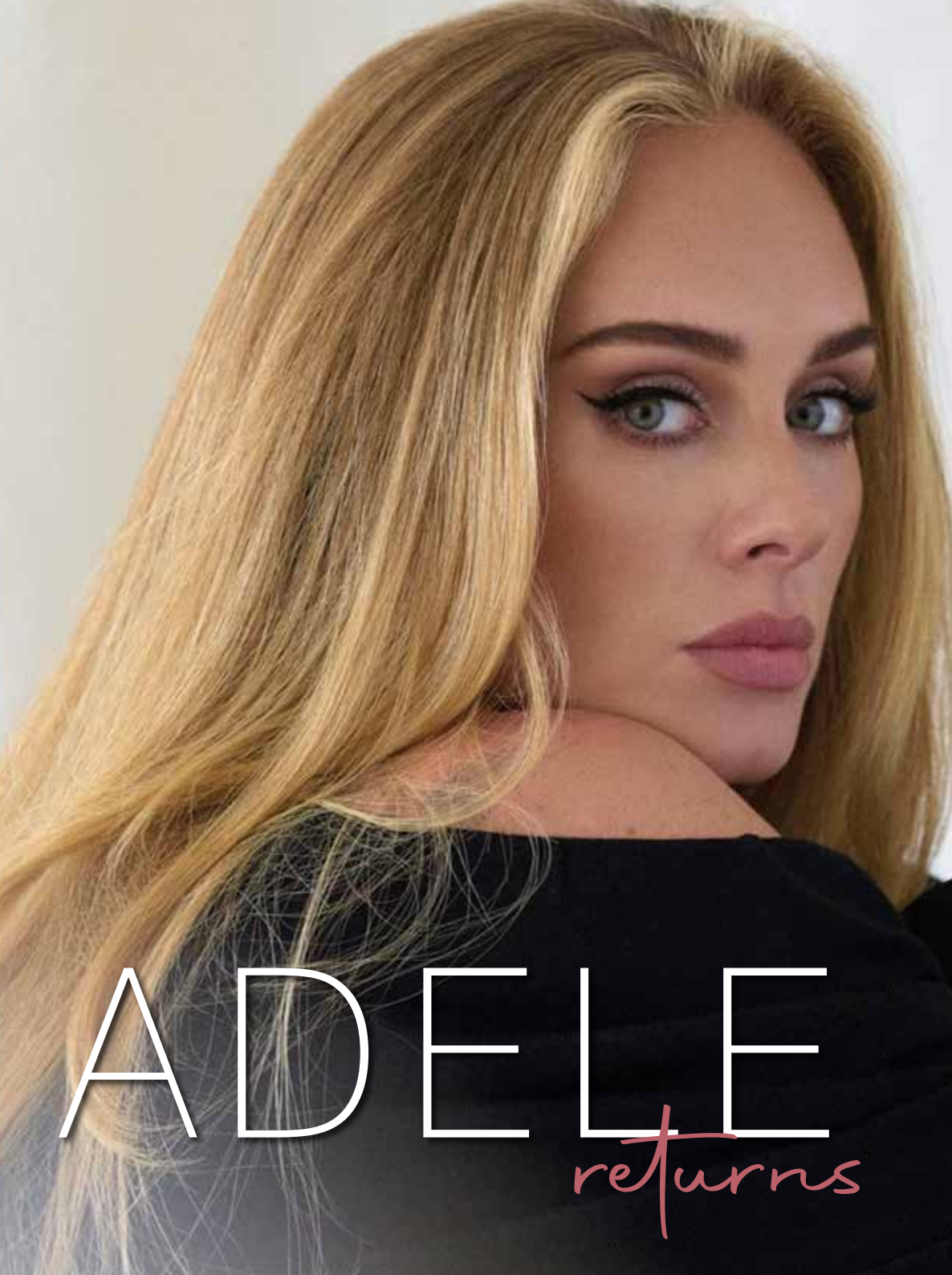
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ADELE

returns

Adele 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.”

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LOCAL NEWS

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LOCAL NEWS EPPING



Photo credit: David Jackman



Festive season kicked off in style with Christmas market

People in Epping and beyond were invited to start their festive celebrations earlier this month at the Christmas market.

On Saturday, December 4, the community flocked to Epping Town Council's (ETC) Christmas market in Epping High Street, which included Christmas gift and food stalls.

Social distancing and COVID-19 measures were in place to keep people safe during the event, which lasted from 10am until 4pm.

Following an opening speech by the Mayor of Epping, councillor Michael Wright, the festivities could begin, with entertainment, food, toys, crafts, reindeers, Christmas lights, and other holiday festivities.

During the Christmas market, Santa paid a visit to Epping Fire Station, and there were real reindeers and a visit from *Frozen's* Olaf.

ETC was also responsible for the Christmas lights in the town centre, which included the tiny Christmas trees on the High Street and the enormous Christmas tree on the Piazza.

The Christmas lighting in the town, annually installed by ETC, added to the festive atmosphere with the displays, which included a 25ft Christmas tree, kindly sponsored by the Rotary Club of Epping. The lights were switched on by Mayor Wright during the event.

The Christmas market is intended to benefit local businesses on the High Street – which was more important than ever this year following the COVID-19 lockdowns – as well as to mark the beginning of the Christmas season for residents.

Nicholas Hickey, managing director of Luxe Watches, one of the sponsors of the event, said: "We are thrilled to be able to support this fantastic community event."



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Photo credit: Hammanarah Shutterstock

Council spreads festive cheer with a light competition

Epping Town Council is running a best residential Christmas lights display competition this year. The competition was open to all homes in the parish of Epping, including Coopersale and Fiddlers Hamlet. The initiative aims to help to spread festive community spirit across the parish and is an opportunity for residents to show off their festive lights and decorative displays, some of which have been created to raise money for charity. The judges will make a shortlist of potential winners

and visit the homes from Monday, December 13, subject to the weather, with the winner and second place entry announced on Friday, December 17. The competition is being sponsored by Luxe Watches, of 219 High Street, Epping, which is providing a £200 first prize and £100 second prize. Sales manager, Oscar Strong, said: "We are thrilled to be involved in such a fun community initiative." For more information, email info@eppingtowncouncil.gov.uk or ring 01992 579444.

Hospice brings back tree recycling programme

A Christmas tree collection service organised by a hospice will return for its fourth year this festive season. Volunteers from St Clare Hospice will be out and about in the local community, collecting Christmas trees for recycling, to help raise vital funds for the hospice. This fantastic recycling programme is an eco-friendly way to dispose of your tree after the festive season, while also helping your local hospice charity. Last January, the hospice's Christmas tree recycling programme raised more than £14,500 and recycled more than 960 trees. Sign up at www.just-helping.org.uk/collections/st-clare-hospice before 12pm on Wednesday January 5, 2022, to have your tree collected on either Saturday January 8 or Sunday January 9, 2022. When registering, you can also make a suggested donation of £12 to St Clare Hospice. For more information or to book your collection, please get in touch with community fundraiser, Ellie Gale, at ellie.gale@stclarehospice.org.uk



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Photo credit: Epping Forest District Council

Pupils discuss climate change issues at conference

Secondary school students across Epping Forest attended the recent Climate Action Conference hosted by Epping Forest Youth Council.

Students from Epping St John's School, Davenant Foundation School, Roding Valley High School and West Hatch High School joined in with quizzes and debates and listened to guest speakers at the conference on November 19.

Guest speaker, Nick Hill, sustainable travel planning officer at Essex County Council (ECC), spoke about sustainable transport and how organisations, including councils and schools, are developing plans to encourage active and sustainable travel.

Nutritionist Ashleigh Howard spoke of how our

diets can influence climate change and Francesca Edmonds spoke about how poor waste management is leading to serious environmental damage. Love Food Hate Waste shared tips on how to reduce food waste, while Epping Forest Countrycare assistant, Jess Hodges, discussed the impact climate change is having on wildlife.

Attendees also debated whether it is right to block roads in the name of climate change action, with 60 per cent voting against the controversial tactic.

ECC's Climate Action Schools Challenge aims to encourage schools to become carbon neutral by 2050. New schools will be powered by renewable energy, and old schools will be retrofitted with insulation.

Council opposes plans for house conversion

Epping Town Council (ETC) has objected to plans for the conversion of a two-storey, four-bedroom house into a three-storey block of four flats on Crossing Road, Epping.

ETC's Planning and General Purposes Committee ruled against the planning application, received from Epping Forest District Council on November 23.

An ETC spokesman said: "The committee felt that this is an overdevelopment of the site and would result in a loss of amenities for neighbouring properties in terms of overlooking, loss of views, noise and light.

"This new proposed conversion would be taller than the nearest dwellings.

"A mix of dwelling types is required, and removing large family homes does not contribute to this objective. The area has many large family homes, which is characteristic of this area of Epping, and



Photo credit: Google Maps

the loss would be detrimental to the character of the surrounding area.

"The proposal does not provide sufficient parking for four flats, which would put additional pressure on the surrounding roads.

"ETC confirms it will attend and speak at Plans East to object to this proposal."



LOCAL NEWS EPPING



Nightclub regains late licence extension

LOCAL NEWS EPPING



A late-night extension to a nightclub's closing time and alcohol licence has been granted for nine months, despite objections from Essex Police.

PlayHouse, on Cottis Lane, Epping, has been given a one-hour extension to allow it to stay open until 2.30am on Fridays and Saturdays.

The nightclub part of the venue will stay closed on the other days of the week, with the cocktail bar staying open until midnight.

This is despite objections from Essex Police, who brought up several violent incidents at the club at an Epping Forest District Council meeting last month.

These included when a woman required stitches after being hit in the head with an object on August 8, and when a customer was beaten up upon leaving the venue on August 22.

CK Entertainments Ltd, operators of PlayHouse, said the object described in the first incident was likely a plastic cup and the second incident was unrelated to anything that occurred within the nightclub.

The most notable incident was a brawl that occurred on the venue's opening night, which led to a victim losing two teeth after a punch to the face.

However, PlayHouse's operators argued that the fight would not have happened were it not for the response of Essex Police, claiming several perpetrators had been restrained by staff before being released by police on arrival pre-assault.

The location's previous tenants, Club 195, had its licence to operate revoked in 2019 following serious crime at the venue.

CK Entertainments Ltd says security has improved under its watch, with the purchasing of a metal detector from Stansted Airport aiding its safety measures.

Essex Police were contacted for comment.

Man fined following the assault of a police officer

A man from Epping has been fined more than £700 for assaulting a police officer.

On January 7, 2020, Lee Edwards, 46, of St Helen's Court, was accused of assaulting a policeman in Borehamwood.

In July 2020, he denied the allegation before St Albans Magistrates' Court, before being found guilty on October 4 of the same year.

Edwards was sentenced on November 15, 2021, after the case was deferred for a pre-sentence report.

He was sentenced to a three-month community service order with electronic monitoring and a curfew. He was also ordered to pay £720 in prosecution costs.

Flytippers ordered to pay £4k

Four people have been told to pay out nearly £4,000 after dumping large amounts of rubbish in Epping Forest and Wanstead Park.

Baryal Nasser and Imran Fardos were fined £1,008 between them for a fly tip at Rushey Plain Car Park. They were caught using a transit van to dump domestic rubbish.

Paul Daden was fined £1,008 for discarding builders' waste at Fernhall Lane, Epping Forest.

Mihail-Alexandru Cricon was fined £1,953 for dumping 12 bags of rubbish in Wanstead Park.

The City of London Corporation (CLC), which protects the sites, prosecuted the men at Chelmsford and Barkingside Magistrates' Courts.

Chairman of the CLC's Epping Forest and Commons Committee, Graeme Doshi-Smith, said: "Epping Forest is vitally important to the health and wellbeing of millions of people, and we will do everything in our power to protect it."

"Fly tipping is a crime that damages the environment and wastes resources that could be better used to enhance the forest."



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LOCAL NEWS

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Photo credit: Theydon Bois Parish Council



Christmas market starts off the winter festivities

The festive season officially began in Theydon Bois as crowds gathered for the Christmas market and lights switch-on.

The community event, now in its ninth year, took place on Friday, November 26, and saw locals enjoy a range of stalls and entertainment at the Theydon Bois Christmas Evening Street Market.

The event also included the turning-on of the lights

on the 27ft Christmas tree outside the village hall.

The market was buzzing, with families enjoying the evening and listening to the school choir, and children enjoying Santa's grotto and festive rides.

Donations collected on the night went to Alzheimer's Research UK.

A Theydon Bois Parish Council spokesperson said: "We pride ourselves in hosting such a cheery event."

Gunshot complaints are investigated by police

After reports of gunshots, police were called to Theydon Bois.

Essex Police were called to reports of a disturbance and reports of gunshots heard in Slade End.

Officers attended the scene on Tuesday, November 23 at 11.40pm.

It was reported that a woman had been assaulted, and police enquiries also identified that threats had been made to a man.

An Essex Police spokesperson said: "No firearm was seen by our officers.

"Our enquiries are ongoing."

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TERMS AND CONDITIONS APPLY*

Church teams up with charity to aid children in need



A Theydon Bois church has joined up with a charity to help children overseas in need.

St Mary's Church has teamed up Teams4U, which supports community initiatives aiming to improve the lives of children through education, healthcare, training, financial assistance and delivering shoeboxes containing toiletries, toys and stationery.

The charity was set up by Dave Cooke in 2006.

He said: "I set up Teams4U because I wanted to help people who wanted the opportunity to give more than just money."

St Mary's Church is hoping to send 150-200 shoeboxes from Theydon Bois and is asking for the public's help to reach its target.

Toiletries and simple toys (which must have a CE label) suitable for boys and girls in age groups 3-5, 6-11 and 12+ will be included in the shoeboxes, which will help to spread joy to children in difficult situations around the world.

Each box costs £2.50 to send, so donations of money are vital too.

For more information on how to donate, visit www.teams4u.com

Keeping children safe online over the festive period

Parents in Theydon Bois have been advised about online safety, with new gadgets high on the wishlist for many young people this Christmas.

The Essex Safeguarding Children Board (ESCB) is reminding parents and carers that if their child receives new technology gifts, it's important to set up devices correctly to keep them safe when online.

From December 6-12, the ESCB, along with partners, will be sharing advice about online gaming, sexual images, and online bullying.

The campaign will also inform parents of the signs of exploitation to look out for. These include new trainers,

more money, and taking taxis everywhere, as well as receiving online commodities such as game currency and other gifts within games.

Concerns about child exploitation can be reported anonymously via Crimestoppers on 0800 555111.

There is also a dedicated Police Child Exploitation hotline for parents, carers, and members of the public to seek advice around concerns they may have about their own or other children with regards to criminal and sexual exploitation. Please call 01245 452058 or, to find out more about ESCB, visit www.escb.co.uk

Volunteers help brighten up village

New planters are helping to brighten up the village centre in Theydon Bois.

The planters, filled with vibrant flowers, have been installed on Forest Drive.

A Theydon Bois Parish Council spokesperson said: "We would like to thank everyone who has made this possible by planting, maintaining and regularly watering these planters.

"This includes Liz, Lee and everyone else who is involved from Theydon Bois Horticultural Society, Sarah at Theydon Bois Pharmacy, Mark at Quality & Excellence Butchers, Tony at Butler & Stag estate agents, and Debbie at Theydon Beauty.

"As we emerge from the COVID-19 pandemic, this is yet another example of what can be achieved when people volunteer, give their time freely and pull together to deliver something that benefits the whole community."



Photo credit: Theydon Bois Parish Council



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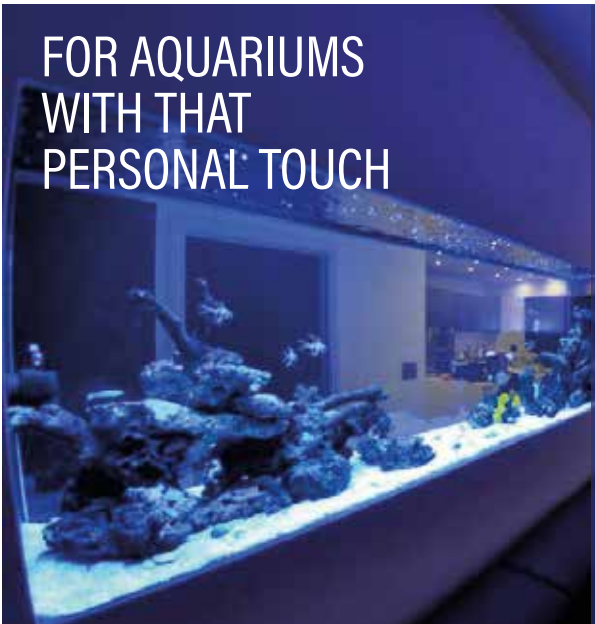


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Doggy DOWNTIME



Have you ever noticed your dog watching the TV? If yes, you may want to try DogTV, a unique streaming service designed just for dogs.

WHAT IS DOGTV?

DogTV is a television channel that has been specifically created for dogs and their owners. It can be particularly useful for dogs that suffer with separation anxiety and stress. Its programmes are divided into three categories that are designed to meet a dog's typical daily cycle and to enrich their environment.

1. **Relaxation:** Soothing music, sounds and visuals will help keep your dog calm and reduce their stress levels.
2. **Stimulation:** Stimulating scenes with and without other animals, animation sequences and moving objects to encourage playfulness even when your dog is home alone.
3. **Exposure:** Special sounds and visuals to help habituate your dog and make them feel more comfortable in their environment.

DO DOGS REALLY WATCH TV?

Yes, they do! There are thousands of videos on YouTube featuring dogs watching and responding to TV programmes, with most paying attention when they see other dogs, animals or moving objects. Some dogs will respond best to visuals, while others will lie down and relax when they hear calming music.

HOW DO I SUBSCRIBE TO DOGTV?

You can select what type of subscription package you would prefer via the www.Dogtv.com website. Choose an annual subscription for £59.99 or a monthly subscription for £6.99, both of which include a free seven-day trial. There is no contract and you can cancel at any time. Alternatively, you can sign up through the DogTV app on Roku, Apple TV, Amazon Fire TV or iOS/Android devices.

DOES DOGTV HAVE PROGRAMMES FOR OWNERS?

Yes, it does! There are hundreds of fun, educational and entertaining programmes for dog owners, including *The Dog Chef*, *Road Dogs*, *Paws For Love* and *Meet The Breed*.



Tasty titbits for Rudolph

If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas? A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

REINDEER FOOD MIX: YOU WILL NEED:

- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
- > A few rolled oats
- > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
- > Small amount of grated cheese
- > Some dried insects (optional)
- > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

HOW TO MAKE:

- > Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

REINDEER COOKIES: YOU WILL NEED:

- > 250g lard, suet or vegetable shortening
- > 500g wild bird seed mix
- > A handful of dried cranberries
- > Christmas-shaped cookie cutters

HOW TO MAKE:

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

What NOT to put out for Rudolph

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.



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How to sell UNWANTED TECH DEVICES

Did you know that the average British adult has just under £600 worth of unwanted technical devices gathering dust in their homes? From smartphones to tablets, games consoles to wearables, here's how to make some money from these highly sought-after items before it's too late.

WHERE TO SELL UNWANTED TECH
You have several options available to you when it comes to selling unwanted or unused tech:

SELL ON THE HIGH STREET
Second-hand shops such as CeX or Cash Generator will give you cash for smartphones, wearables, satnavs, speakers, headphones, laptops, cameras and sometimes even TVs. To sell on the high street, your devices need to be working but you do not need the original packaging.

SELL ONLINE
Websites such as Mazuma and musicMagpie will buy your old tech items, and they don't even need to work for you to make some cash. You can sell old laptops, consoles, smartphones, tablets and wearables.

MusicMagpie also buys CDs, DVDs and video games.

TRADE IN
Many retailers such as Apple, Amazon and Carphone Warehouse allow you to trade in your old tech for money or gift cards. How much you get will be dependent on the age of the device and its condition, although most places will accept broken gadgets.

SELL ON SOCIAL MEDIA
More than 450 million people use Facebook Marketplace to buy and sell goods, making it a quick and easy way to offload any unwanted tech. Craigslist is another option, although this selling site can be a bit hit and miss.

WHAT TO DO BEFORE RECYCLING OR SELLING YOUR TECH
> Remove the SIM card and micro SD card if there is one
> If using iCloud, sign out before passing on the device
> Use the factory reset tool to remove photos, music, documents, etc, and to erase social media accounts.



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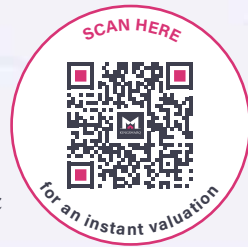
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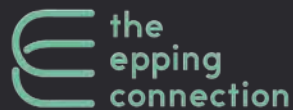
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BRUCE KING

on public speaking with confidence



BUSINESS & PROPERTY



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 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.

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.

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.

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

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.

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

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

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'.

More information:

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.

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



HISTORY

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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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

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

FROM 2022, DRIVERS ARE NOT ALLOWED TO...

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- ✗ Take photos/videos
- ✗ Scroll through music playlists
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SPORT



Photo credit: Tom Oldham/Shutterstock

Nicola Adams: HEAR HER ROAR

In her riveting new documentary, *Lioness: The Nicola Adams Story*, it's revealed that the boxing champion was both a fighter and a survivor long before she ever stepped foot in the ring.

The 2012 Summer Olympics were remarkable in so many ways for the UK, as host city London became the global epicentre for sporting greatness. Medals were won, young athletes were discovered and legends were forged in the eternal flames of the Olympic torch. But of all the many moments of glory, 29-year-old Leeds native, Nicola Adams, becoming the first female boxer ever to win a gold medal is surely one of the most memorable.

Since her triumphant debut as an Olympian almost a decade ago, the charismatic firebrand has cemented her status as a national treasure. After winning a second gold at the Rio 2016 games, Adams turned professional, where she held the World Boxing Organisation female flyweight title two years in a row and retired undefeated.

Then, in 2020, the LGBT icon made history once

more by starring on the 18th series of *Strictly Come Dancing* as part of the show's first same-sex couple, alongside professional Katya Jones. Sadly, Adams's dancing dreams were cut short when she tested positive for COVID-19.

Yet despite her acclaim, very little has been known about Adams's journey before that momentous day in 2012, until now...

Named after Nicola's nickname in the ring, 'Lioness', the Amazon Prime Video documentary – which is available to watch now – not only features exclusive early footage of her career, but also paints a tragic portrait of her childhood, including a violent father and her mother's struggle as a single parent.

It becomes evident that the boxing ring was a refuge for the young athlete, and though she may have faced many challenges since – misogyny, racism and homophobia all feature in her quest for greatness – it was there in that Leeds boxing club where Nicola Adams found her true self, and several years on, became an inspiration to others.



SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

HEAVYWEIGHT CHAMPION

of the world: Frank Bruno

FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

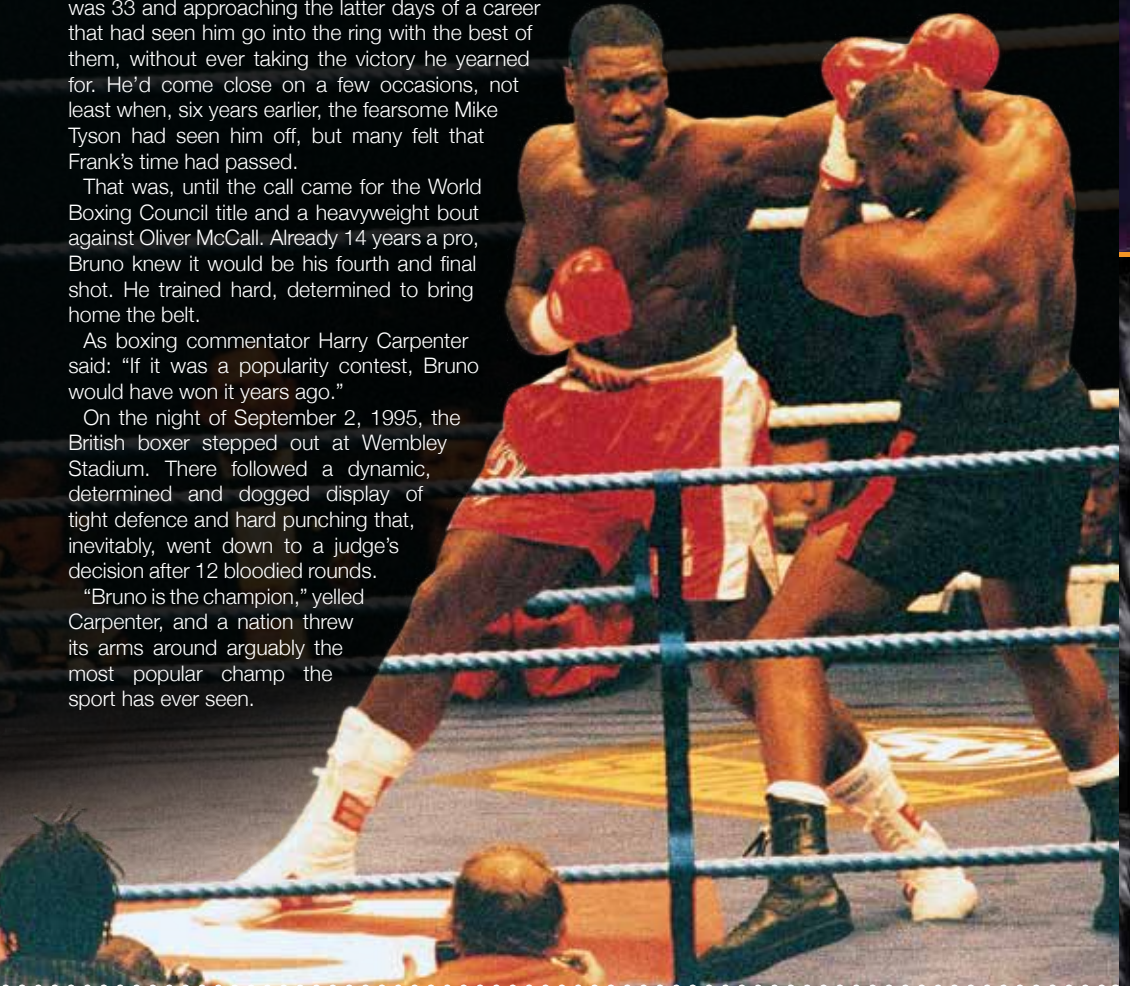
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.



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PUZZLES & TRIVIA

PUZZLES

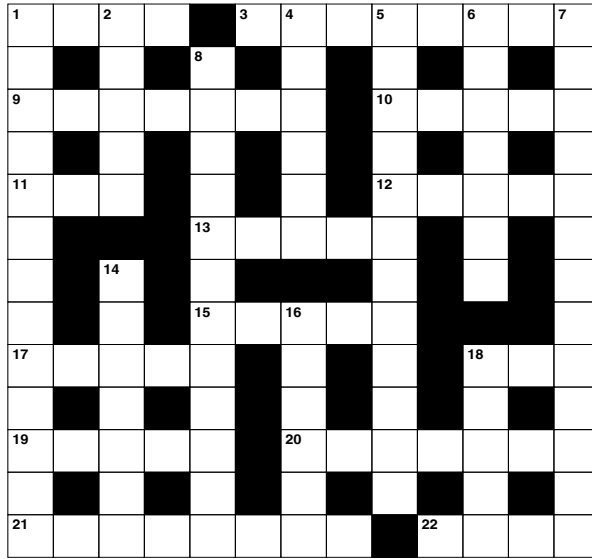
Answers: see end of The VISION Listings

ACROSS

- Skin irritation (4)
- Assembled (8)
- Allocations (7)
- Small dust particles (5)
- Drivel; nonsense (3)
- Exit (5)
- Long-handled spoon (5)
- Ellipses (5)
- Steep slope (5)
- Intentionally so written (3)
- Buffalo (5)
- Become less intense (4,3)
- On the outer side (8)
- Examine by touch (4)

DOWN

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



- Receiver (7)
- Ratio of reflected to incident light (6)
- 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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