

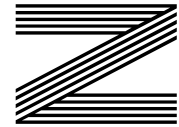
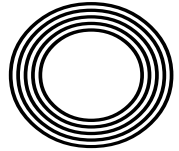
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HOW
TO DO
PET CPR**

Dry January
The best places to visit

LEARN THE BASICS
of British Sign Language

Frankie
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The jockey's racing success in the saddle



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Editor's notes...

JANUARY 2022



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Epping Theydon. I hope you all had a wonderful Christmas and New Year. Many people consider January to be a reset button, the chance for a fresh start. But I believe that if you want to make a change, you shouldn't wait for a set date to do it. Want to live a healthier lifestyle? Start exercising today. Want a change in your career? Make that first step today. It's all about mindset, not timing.

Similarly, getting the edge over your competitors can be as simple as having the confidence to forge a new path. If you do what everyone else has done, you'll get the same results. So have the courage to try something new.

Recently, I went to my first big event since the pandemic began. I went to see Pete Tong at the O2, and felt strangely emotional when I looked around at all the thousands of people getting together again and enjoying themselves. Here's hoping there'll be more of that to come in the new year.

2021 was a tough year, but 2020 was tougher. I'm proud of **VISION** and what we have achieved this year, and I want to acknowledge that we couldn't have done that without the support of our readers and clients. So a big thank you to you all, and I hope you have a fantastic 2022.

Brett Shohet

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British Sign Language

basic phrases

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

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

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

WHAT IS BSL?

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

WHY LEARN BSL?

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

UNDERSTANDING THE BSL ALPHABET

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

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



Photo credit: british-sign.co.uk

BASIC BSL SIGNS:

'How are you?'

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

HOW ARE YOU?



'What is your name?'

(signed as 'name what')

To sign 'name'

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

WHAT IS YOUR NAME?



To sign 'what'

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

PLEASE/
THANK YOU



'Please'

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

'Thank you'

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

SORRY



'Sorry'

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

FIND OUT MORE ABOUT BSL AT WWW.BRITISH-SIGN.CO.UK

HELP ME!

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

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

1. SIGNAL FOR HELP GESTURE

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

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

2. PHARMACY ANI

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

3. IPHONE EMERGENCY SOS

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

4. ASK FOR ANGELA

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

5. SILENT 999

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

6. WHAT3WORDS

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



1



2



3



4



5



6

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HOW TO CLEAN
hair-styling
TOOLS

DID YOU KNOW THAT YOUR HAIR CAN BE DAMAGED BY PRODUCT BUILD-UP ON STYLING TOOLS SUCH AS STRAIGHTENERS?

HOW TO CLEAN HAIR STRAIGHTENERS/CURLING IRONS

If you want to achieve the perfect look, you need to ensure you are cleaning your flat and curling irons frequently, as both hairspray and thermal sprays can quickly build up on your styling tools.

Step 1: Unplug your tool and allow to completely cool down.

Step 2: Wet a micro cloth with lukewarm water and squeeze out any excess liquid.

Step 3: Rub the damp cloth gently over the surface of the plates.

Step 4: For stubborn residue, pour a small amount of nail polish remover onto a cotton ball and wipe over the plates.

Step 5: Allow your styling device to completely dry before using again.

NB: Never use face or baby wipes to clean your hair straighteners or curling irons and never submerge them in water.

HOW OFTEN SHOULD YOU CLEAN STRAIGHTENERS AND CURLING IRONS?

Ideally, you should clean your hair straighteners and curling irons after every third use to prevent build-up from becoming ingrained in the plates.

HOW TO CLEAN YOUR HAIRDRYER

Many people wrongly believe that you do not need to clean a hairdryer. In fact, the back vent can harbour a whole host of germs and bacteria.

Step 1: Remove or open the back vent.

Step 2: Use a toothpick or tweezers to remove any dirt or debris from the filter and then wipe clean with a damp cloth.

Step 3: Clean the nozzle and body with a damp cloth to remove any build-up of hair products.

Step 4: Allow the dryer to fully dry before using again.

Step 5: Repeat once a week for optimum results.



AN ICON, AB-SOLUTELY



THE LIFE OF VIRGIL ABLOH AND THE LEGACY THAT LIVES ON IN HIS MEMORY

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

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

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

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

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

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

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

Photo credit: Ovidiu Hrubaru/Shutterstock.com



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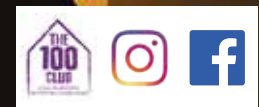
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How much protein do you need?

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

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

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

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

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

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

How to get more protein:

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



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FOOD & DRINK

All hail the BACON BUTTY!

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot. With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

HISTORY OF SANDWICHES

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

HOW DOES THE NATION LIKE THEIR BACON BUTTIES?

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

HOW TO MAKE THE ULTIMATE BACON BUTTY

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

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

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

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



Credit: Brazen via foodhub@wearebrazenpr.com



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FOOD & DRINK

Calming Chamomile

If you are looking for a tea blend that can help you unwind in the evening, then this is the perfect choice for you. All the herbs used in this tea contain both calming and soothing properties.

INGREDIENTS: 2 tsp of dried chamomile | ½ tsp of dried liquorice root | 1 tsp dried ginger root.

For a more potent insomnia remedy, switch the ginger for valerian root. Serve hot.

Happy Hibiscus

If you favour a more zingy and uplifting tea blend, then hibiscus is a great herb to use. Enjoy either hot or cold in the morning or as an afternoon pick-me-up.

INGREDIENTS: 2 tbsp dried hibiscus | 1 tsp mint leaves | 1 tsp lemongrass.

Rich Chai

Chai tea is incredibly popular owing to its health benefits, rich taste and filling nature. To make the below tea blend, crush the spices in a mortar and blend with black tea. Add milk to finish. Perfect with breakfast.

INGREDIENTS: 1 tsp dried ginger | ½ tsp peppercorns | 2 inches of cinnamon stick | 1 tsp cardamom | 1 tsp cloves | 3-5 tbsp Assam black tea.

Chocolate Delight

For those who crave something sweet, this herbal chocolate blend will not disappoint. Use boiling water to brew the tea and melt the chocolate. Enjoy at any time of the day.

INGREDIENTS: 1 tsp chocolate drops | 2 tbsp pure rooibos tea | 1 inch vanilla pod | ½ tsp cocoa shells.

Add a pinch of dried mint leaves for an After Eight-tasting tea.

Simple Two-Ingredient Tea Blends

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



Destination DRY!



THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



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

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

SANTORINI, GREECE

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

MALAYSIA

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

PERU

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

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

THE MALDIVES

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

MOROCCO

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

TOKYO, JAPAN

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

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HOME & DIY

Swooning over Kimberly



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

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

Meet Kimberly Duran

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

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



Making your home Swoon Worthy

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



Keep rooms light and airy

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



Display all the way

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

A touch of gold

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

Photo credit: swoonworthy.co.uk



ALTERNATIVE USES FOR

peanut butter

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

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

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

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

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

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



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VERY PERI

Colour of the year 2022

Photo credit: etonasthenka/Shutterstock.com, www.pantone.com

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

What is the Pantone colour of the year for 2022?

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

What does this colour symbolise?

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

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

How to incorporate Very Peri into your home

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

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

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FRANKIE DETTORI

riding HIGH

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS EPPING



Photo credit: parkme.com

Thousands sign petition against car park restrictions

Residents are fighting to keep Epping Forest car parks free to use following the introduction of charges and restrictions.

The City of London Corporation (CLC) has installed gates in the car parks and is charging motorists to park, as well as implementing restrictions so there is no alternative parking.

A petition, launched by Edward Hamilton against the changes, has gained more than 2,400 signatures.

A spokesperson for CLC said: "Epping Forest as a registered charity relies on the public for income.

"Managing a forest with 4.2 million annual visits, alongside important conservation projects, is a demanding exercise which costs £4.5million a year.

"Following a public consultation, Epping Forest joins most other visitor destinations in charging people to park their vehicles while visiting the site.

"All charges are reinvested into managing the forest." Epping Forest District Council has been contacted for comment.

To sign the petition, search 'Epping Forest car parks' on www.change.org

Museum exhibition to celebrate diverse faiths

A new exhibition called *Faiths in the Forest* has opened at Epping Forest District Museum.

The exhibition, which runs until February 14, aims to celebrate diverse faiths, increase awareness, and build relationships between people of different faiths.

Items from different faith groups from across the district are featured, chosen to reflect key attributes of their practice and community.

It is also hoped that the exhibition will encourage other faith groups based in the district to contact the museum about potential gifts or donations if they feel that their community is not reflected.

For more information, visit www.eppingforestdc.gov.uk/museum



Photo credit: Google Maps



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Appeal for information after jewellery theft



Essex Police are appealing for information after jewellery of great sentimental value was stolen from a home in Epping.

Officers were called to Chapel Road at 10pm on Tuesday, December 7, following reports that three men had broken into a house and assaulted a man in his 70s.

He was shaken but did not require hospital treatment. Sentimental jewellery – including the ring pictured – was taken, along with a sum of cash.

The suspects left the scene in a vehicle and are believed to have travelled out of the area via Epping High Street and towards Loughton.

Anyone with any information should call 101, citing incident 1228 of December 7.

You can also submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm.

Alternatively, report information anonymously at crimestoppers-uk.org

Council seeks candidate for Kickstart Scheme

Epping Town Council (ETC) has been confirmed as a candidate for the government's Kickstart Scheme.

The scheme provides funding to employers to create new jobs for 16 to 24 year olds on Universal Credit, who are at risk of long-term unemployment.

The vacancy will be advertised on the Department for Work and Pensions (DWP) website.

The successful candidate will assist ETC with project funding applications and they will be paid by the DWP, with training opportunities also available.

Find out more about the scheme at www.gov.uk/government/collections/kickstart-scheme

Council committee discusses plans for new hospital

Proposals for a new hospital in Epping Forest to replace Princess Alexandra Hospital (PAH) (pictured) were discussed at a recent council meeting.

The county's current and future health services came under the spotlight of Epping Forest District Council's (EFDC) Overview and Scrutiny Committee in December, when senior PAH executives answered questions around recent Care Quality Commission (CQC) reports and the development of the new hospital.

Weeks after a CQC report revealed that the A&E department at PAH was struggling to cope with the number of patients, health officials have stated that the new hospital proposed to replace PAH will include a larger emergency department.

The executives also stated during the meeting that the new hospital will have a 10 per cent increase in beds overall, with room for an additional 20 per cent expansion in the future.

Chief executives from the PAH NHS Trust have told EFDC that the new hospital will include 76 assessment beds in the emergency department, compared to the current building's 27 assessment beds.

The new hospital is planned for a site near Junction 7a of the M11.

Michael Meredith, director of strategy and estates at the PAH NHS Trust, said: "Our plans for a new hospital are at an advanced stage and aligned with the national New Hospital Programme schedule.

"We have a core team continuing to develop our outline business case during the national review of the approach to building as part of the New Hospital Programme, which we fully support. We still anticipate our new hospital could be completed by 2028."



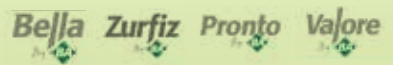
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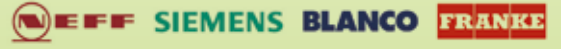


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LOCAL NEWS

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Photo credit: Ruby Ward @theartoflondon



Man ordered to pay back more than £550k in illegal profits

A former Theydon Bois resident must reimburse illegal earnings made from a self-storage company set up on green belt land without planning permission.

At Basildon Crown Court last month, Paul Ballard (pictured inset) was ordered to pay back £553,772 from illegal profits and the sale of the property at Burrows Farm, Brentwood Road, Bulphan.

Ballard established the company in 2014 with the help of Kevin Flack, who was also granted a confiscation order at the same hearing. The pair had previously disobeyed an enforcement notice requiring them to cease the company and restore the property

to its former condition.

A nominal order of £1 was imposed against Flack in addition to the confiscation order against Ballard. Even though he benefited from the plan, the court heard that Flack was unknowingly acting as a front man for Ballard's illegal activities.

Ballard was not fined or asked to pay costs. Because he is already serving a 19-year jail term for causing death by dangerous driving, rape, attempted rape, assault, criminal damage and threats to murder, the court believed there was no realistic prospect of him being able to pay.



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Photo credit: Essex Road Policing

Police detain driver as part of new campaign

The driver of a Lexus IS250 was detained by Essex Police for drug driving in Theydon Bois last month. The incident was reported on the official Essex Roads Policing Twitter account @EPRoadsPolicing. The arrest was carried out as part of the force's Operation Jacksdale campaign. Essex Police were running a force-wide operation and actively searched for drink drivers over the festive season.

The tweet reads: "Chigwell RPU-C2 vehicle stopped for no insurance on the M11 at Theydon Bois. Driver arrested as part of the Operation Jacksdale Christmas drink/drug campaign." The campaign ran for the entire month of December following an increase in the number of drink drive collisions. In the first six months of 2021, there was an eight per cent increase, amounting to one extra drink drive collision every three months.

Golf club to raise funds for air ambulance

Theydon Bois Golf Club has announced that its 2022 captains, Raz Zoers and Tina Ramsey, will be raising funds for Essex & Herts Air Ambulance Service (EHAAS) as their chosen charity for their captaincy year. The charity is a helicopter emergency medical service, providing free life-saving care. The joint captains will raise money for the charity by holding charity days and quiz nights. Members of the golf club will also pay small fines for hitting their balls in the ditch in the first and 18th holes, with proceeds going to EHAAS.



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TECHNOLOGY



jet in INJECT

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

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

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

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

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

In addition, where the infrastructure of

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

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

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



Photo credit: uwaterloo.ca/COBIONIX



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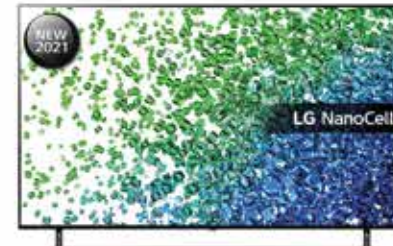
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HOW TO PERFORM CPR ON PETS



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

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

HOW TO CHECK IF YOUR PET NEEDS CPR

1. Check their airway:

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

2. Check their breathing

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

3. Check their circulation

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

HOW TO PERFORM CPR ON YOUR PET

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

placed on their backs

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





THE RISE OF Myopia

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

WHAT IS MYOPIA?

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

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

WHAT CAUSES MYOPIA?

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

DOES MY CHILD HAVE MYOPIA?

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

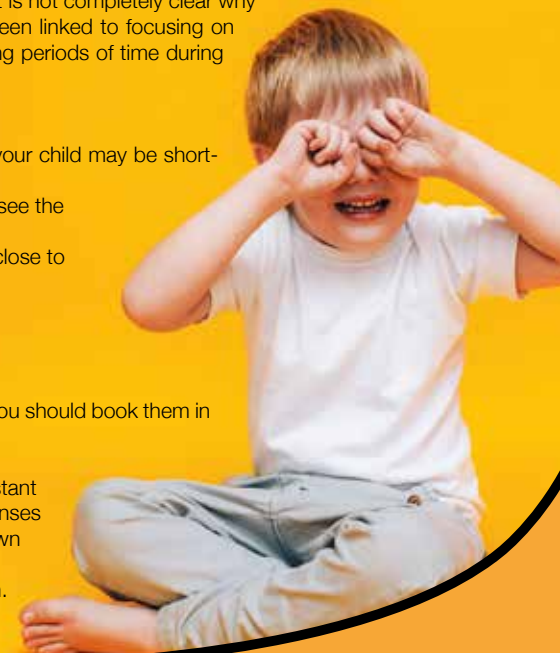
- Needing to sit at the front of the class at school to see the whiteboard
- Sitting close to the TV at home or holding a tablet close to the face
- Complaining of headaches or tired eyes
- Regularly rubbing their eyes.

HOW TO TREAT MYOPIA

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

There are several treatments for myopia, including:

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



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BRUCE KING

on how to sell yourself and what you do



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

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

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

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

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

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

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

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

Yet when you define your why – what it will really

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

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

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

Ask yourself – why do I do what I do?

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

That's all the motivation you should ever need.

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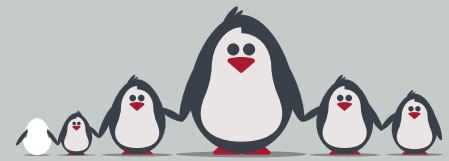
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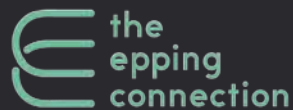
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CONSERVATORY VS Orangery

If you are thinking about adding to your home, you may be wondering about the difference between an orangery and a conservatory. While they can both provide you with a versatile and attractive space, there are several key differences between the two structures.

WHAT IS A CONSERVATORY?

A conservatory is characterised by:

- > Having half of each side wall made from glass

- > At least three-quarters of its roof made from any type of translucent building material or clear glass
- > Being built against the wall of a house with a closing door or window
- > A standalone heating source that is separate from the main house.



CONSERVATORY

WHAT IS AN ORANGERY?

An orangery can be defined by:

- > Large, tall windows on one side – usually south-facing
- > A brick or stone structure
- > A flat roof with a central glass lantern that can span part or all of the roof
- > An independent heating source, such as a stove.



Orangery

WHAT IS THE DIFFERENCE?

One of the key differences between a conservatory and an orangery is the roof. As mentioned above, a conservatory must have at least 75 per cent glazing on its roof. An orangery, on the other hand, tends to have a standard roof. A conservatory is seen more as a mid-point between your home and your garden, whereas orangeries are more visually comparable to an extension as they can be stand-alone or built against the side of your property.

BENEFITS OF A CONSERVATORY

More natural light | Better view of your garden
| More affordable | More relaxed vibe | Long lasting | Can be used all year round.

BENEFITS OF AN ORANGERY

More elegant look | Better insulation | More consistent temperature | Reduced glare and sunlight | Long lasting | Can be used all year round | Adds more value to your property.



HISTORY

The NECESSARY NEEDLE

THE 100 YEAR ANNIVERSARY OF THE FIRST INSULIN INJECTION



LEONARD THOMPSON
First patient to receive insulin in Toronto.



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

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

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

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

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

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

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

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




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

ahead if you do have a long journey.

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

Hybrid

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

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

Electric

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

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

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SPORT

SNOW WAY!



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

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

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

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



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



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

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



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

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

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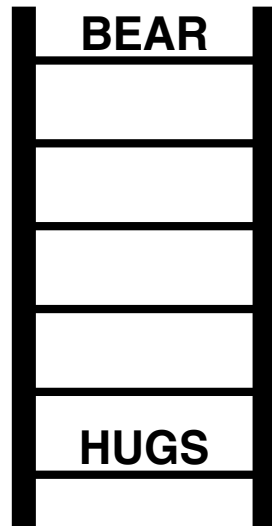
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- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
-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

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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