



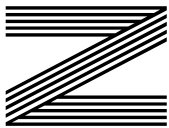
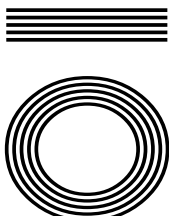


**PROS  
AND CONS  
OF ECO  
HOMES**

*The benefits*  
of outdoor exercise

**WOMBLING FREE**  
Celebrate 50 years of The Wombles

*Davina*  
**MCCALL**

Popular presenter celebrates 30 years on our screens



**FREE**

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FEBRUARY 2023

# Editor's notes...



Brett Shohet, Editor

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

It seems to me that people have come into the New Year with one of two mindsets. Either they're fed up and worn down by all the challenges being thrown our way over recent months, or they've started 2023 with a determined mindset to make positive changes.

Many people sniff at New Year's resolutions. While deciding to completely overhaul your life on January 1 probably isn't going to work out, small changes can make the biggest difference. Getting into a productive routine means that you can feel like you've achieved something at the end of each

day. Over time, this adds up to give you a rewarding sense of accomplishment.

There's lots to look forward to this year, one of which is the chance to get away for a summer holiday. It helps, when things are difficult, to have something to look forward to and discuss with your travelling companions all the fun things you can expect on your trip. And it doesn't have to be abroad either - there are plenty of beautiful places to explore right here in the UK.

So whether it's a holiday you've always wanted to take, a new hobby you'd like to take up, or just spending more quality time with friends and family, try to make the most of every opportunity this year.

*Brett Shohet*

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# KEEP ON WOMBLING

## WOMBLING FREE, THE WOMBLES OF WIMBLEDON COMMON ARE WE

To celebrate 50 years since *The Wombles* first appeared on our screens, we explore how Orinoco and his furry chums were well ahead of their time.

The early 1970s was an era of rising food and fuel costs, political and social unrest, and dubious fashion choices. It also marked the moment when the very first episode of *The Wombles* aired, at 5.40pm on February 5, 1973, on BBC One.

Based on Elizabeth Beresford MBE's 1968 beloved children's book, the five-minute stop-motion masterpiece was titled *Orinoco and the Big Black Umbrella*, and was voiced by British actor Bernard Cribbins OBE. It told of a blustery day on Wimbledon Common, which corresponds perfectly with the story of how the Wombles came to be. When Beresford took her daughter Kate for a walk on the same common, the young girl mispronounced it as 'Wombleton', and the rest is history.

---

### **'There is still much to be appreciated and even learned from *The Wombles*'**

---

Though we have moved on in terms of animation styles and childhood heroes, there is still much to be appreciated and even learned from *The Wombles*. Back in 1973, Britain didn't have recycling bins and nationwide initiatives to reduce waste, making the Womble mission to "make good use of bad rubbish" an almost revolutionary concept.

The seven Wombles, including Great Uncle Bulgaria, Orinoco and Madame Cholet, were highly creative in the way they recycled and gathered rubbish – even fronting a Keep Britain Tidy campaign – and would certainly be applauded by environmental activists today.

So let's mark their half-century on our television screens not just by introducing our children to their adorable 35 mini-adventures – and, of course, their hit theme tune *The Wombling Song* – but also by passing on their teachings.

From Wimbledon Common and beyond, let's keep making "good use of bad rubbish".



# Know YOUR snow!

Who doesn't like that crunching noise as you walk on a patch of fresh snow? And what place doesn't look a little prettier with snowy roofs and trees? But what exactly is snow, and how does it happen?

## WHAT'S SNOW MADE FROM?

When it's 0°C or under, the water vapour in clouds freezes into minute ice crystals. These crystals stick together. And if enough of them do it, they become heavy enough to fall out of the cloud and float to the ground as snowflakes.

## HOW COLD DOES IT HAVE TO BE TO SNOW?

It won't snow unless it's 2°C or under. The snow will be powdery if the temperature is 0°C or below and the air is dry. When the temperature's slightly warmer and the atmosphere is moist, the flakes will be bigger because they melt around the edges and stick together. This sort of snow is perfect for making snowballs and snowmen.

## WHAT'S THE DIFFERENCE BETWEEN SNOW, SLEET AND HAIL?

If the water vapour in the clouds freezes but the air temperature exceeds 2°C, the snowflakes melt and become sleet. At around 5°C, it'll become rain. Hail forms in thunderclouds when water droplets are blown up to the tops of the cloud, where they freeze. When the updraughts in the thunderclouds can't hold up the frozen droplets, they fall to the ground as hailstones.

## WHAT DO SNOWFLAKES LOOK LIKE?

Under a microscope, snowflakes can look very different from each other. It all depends on how the ice crystals form and stick together. In 1951, the International Commission on Snow and Ice divided snowflakes into seven main types. These are plates, stellar crystals, columns, needles, spatial dendrites, capped columns and irregular forms.

*Snow there you have it!*



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## BRACE

## WHY THE ERA OF THE BRACELET IS COMING BACK, FOR BOTH MEN AND WOMEN

For some of us, bracelets may be confined to our youths, conjuring memories of an armful of neon bangles, faded friendship bracelets and even the odd festival wristband. And yet bracelets are fast becoming a hot fashion statement once more, for both sexes.

In recent years, much of this resurging trend can be credited to high street jewellery brand Pandora, whose signature heart clasp snake chain bracelet graces the wrists of tens of thousands of women in the UK.

Making the ideal gift for any woman in your life, the bracelet's genius lies not in its simple and stylish design, but in the hundreds of different charms that can be added to it, making it utterly unique to the wearer. From Mother's Day motifs, birthstones and even special edition collaborations – *Harry Potter*, Disney and *Star Wars* to name a few – there really is

a charm for every occasion.

For men, Pandora sells a range of stylish leather bands that can be adorned with charms. There is also a wealth of online retailers selling beautiful wristwear that can be engraved with a personalised message or child's name. More stylish than a 'best dad in the world' key fob, bracelets are a modern and fashionable way for a father or husband to wear a token of love.

Even the humble friendship bracelet has had a makeover in recent times, with jewellers such as Oliver Bonas and Monica Vinader creating woven cord bands that almost look homemade, were it not for the solid gold beading or diamond-studded charms that adorn them.

In short, the bracelet is the ideal fashion accessory for those who prefer something a little more understated, while still boasting sartorial kudos.

## YOURSELF

NATURAL ALTERNATIVES TO  
toothpaste

Did you know that most mass-produced toothpastes include ingredients that can be found in shampoos, soaps, hand sanitisers and even antifreeze? Not the most pleasant of thoughts, so why not consider a more natural way to clean your teeth?

*Essential oils*

Essential oils such as peppermint, cinnamon and eucalyptus are all known for their ability to improve your oral health. All you need to do is mix a few drops of essential oil with the same quantity of water and then use this liquid to clean your teeth.

*Baking soda*

Baking soda is highly effective at removing plaque and stubborn stains caused by coffee, wine and smoking. Simply dip your brush in baking soda and then brush your teeth as normal. Mix in a few drops of peppermint oil if you miss that minty fresh taste.

*Coconut oil*

Are you familiar with the term 'oil pulling'? This is an ancient oral health technique that involves swishing a tablespoon of a carrier oil around your mouth for up to 20 minutes a day. Research has shown that coconut oil used in this way can reduce plaque and fight gingivitis.

*Sea salt*

Salt is antibacterial, making it a good choice for removing bacteria, plus it has the ability to naturally whiten your teeth. As with baking soda, dip your brush in sea salt and then clean your teeth gently to avoid abrasion. Alternatively, mix with water to create a chemical-free mouthwash that can help to prevent gum disease and soothe toothache.

*Turmeric*

Although this bright yellow spice may not seem like the best solution for achieving shiny white teeth, it is actually highly beneficial for your oral health due to its anti-inflammatory, anti-bacterial and anti-plaque properties. Create your own DIY turmeric toothpaste by mixing ¼ tsp of turmeric powder with just enough mustard oil to make a paste. Brush and then rinse thoroughly.



# Luxury care in the heart of Harlow

Now open to viewings

We are delighted to announce the grand opening of The Jubilee Suite - our new luxury care suite situated within Abbot Care Home in Harlow, Essex.

Our new Jubilee Suite has been expertly designed with kindness, and dignity at its heart, providing person-centred nursing, residential and dementia care. With a variety of excellent facilities and spaces to enjoy, we welcome the people who live here to play an active part in everyday life – as we ensure activities, events and mealtimes are carefully tailored to the personal preferences of each individual.

Abbot Care Home is situated amongst peaceful open parkland and features beautiful, landscaped gardens. The people who live here enjoy a comfortable environment and benefit from the home-from-home atmosphere.

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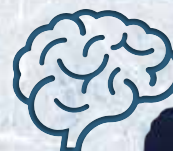


We welcome you to visit us to meet with our friendly team who will be happy to work around your schedule.

To find out more about Abbot Care Home and book in to view our newly opened Jubilee Suite, please get in touch

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ARE YOU READY TO EMBRACE THE COLD WEATHER AND EXERCISE OUTSIDE THIS WINTER?

While 'feel the burn' is a phrase you're likely to hear when it comes to physical activity, working out in cold temperatures comes with a whole host of benefits.

Read on to discover the top four reasons why you should exercise outside this winter.

## BURN MORE CALORIES

If you are looking to lose weight, then working outside in the winter can help you to achieve your goals. This is because colder temperatures force your body to work harder in order to regulate its core temperature. As your body works to get warm, your metabolism goes into overdrive and burns more calories and fat.

## BOOST YOUR IMMUNE SYSTEM

Bugs and viruses are everywhere in the winter months, so it can be a good idea to look at ways to boost your immune system. Not only can exercising outside help to fight off the symptoms of a cold, but it also forces your immune system to work harder.

## BETTER CARDIO WORKOUT

When you exercise in colder temperatures, your blood vessels narrow and your heart and lungs work harder. This means that you can enjoy an enhanced cardiovascular workout, which helps to maintain good heart health. Plus, you don't have to exercise for as long to enjoy the same results.

## IMPROVE MENTAL HEALTH

If you are affected by Seasonal Affective Disorder, which makes you feel down during the darker months of the year, then exercising outside can help to boost your mood. In fact, research suggests that a good workout can be four times more effective than taking antidepressants in improving the symptoms of depression. Getting outside can also help to replenish your vitamin D levels.



HEALTH & FITNESS



# Humidifier HERO

**D**o you suffer with a dry complexion? Or maybe it's ageing skin that's your main concern? Either way, a humidifier has the ability to transform the look and feel of your skin in a matter of weeks.

## WHAT ARE THE BENEFITS OF USING A HUMIDIFIER FOR YOUR SKIN?

### 1. Reduce water loss

If you suffer with dry or ageing skin, then a humidifier can help to reduce water loss and keep your skin looking plumped up and moisturised by balancing out low levels of moisture in the air.

### 2. Manage skin disorders

Skin conditions such as atopic dermatitis, rosacea and psoriasis can all be made worse by dry, air-conditioned or centrally heated rooms. However, by using a humidifier, moisture is added to the air, and you should see a vast improvement in your skin.

### 3. Prevent skin infections

Certain bacteria and viruses thrive in both high and low humidity and these can lead to skin infections. A humidifier can help to balance out the humidity levels in a room and prevent microbes from affecting your complexion.

### 4. Protect the skin from allergens and irritants

Low humidity levels affect the barrier function of the skin, which leaves you susceptible to irritants and allergens in the air. A humidifier can help to increase humidity levels and keep your skin protected from external factors.

## TOP TIPS FOR USING A HUMIDIFIER

- > Use bottled or distilled water as these contain fewer microorganisms and a lower mineral content
- > Clean your humidifier regularly – once every 3-4 days
- > Switch on your humidifier before you start your daily skincare routine

## BEST HUMIDIFIERS 2023

- > Best all-rounder: Aennon Cool Mist Humidifier
- > Best for winter: Vicks VH845 Warm Mist Humidifier
- > Best budget buy: Pro Breeze Premium 3.5L Ultrasonic Cool Mist Humidifier
- > Best for large rooms: Elechomes Top-Fill Ultrasonic Humidifier.



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# APPY DAYS



TECHNOLOGY

While our reliance on technology becomes greater every year, so too does our interaction with the world around us. For all the criticism levelled at them, our communications devices and, specifically, the apps on them, have offered us a far greater understanding of the world.

With that in mind, here are five apps that offer you the chance to broaden your horizons in 2023.

## BACKDROP

Backdrop isn't a wallpaper app, as its name may suggest. Instead, it's a location discovery platform that aims to help you become more familiar with your surroundings. Rather than listing businesses and attractions, it turns the spotlight on interesting houses, colourful spaces and quirky local elements.

## CENTER STAGE

A US app that can instantly help you value trading cards. Although the technology is still in its infancy, with identifiable cards in the sports of NFL, baseball, basketball and hockey, the plan is to incorporate UK sports, as well as Pokémon and other games-based card collectables.

## OTTERRAL LIFE

A habit-tracking app that goes well beyond the norm of health and fitness. Instead, Otterral Life gives you the opportunity to input everything from studies to collections, guiding you and reminding you of daily tasks, while helping you steer clear of temptation elsewhere.

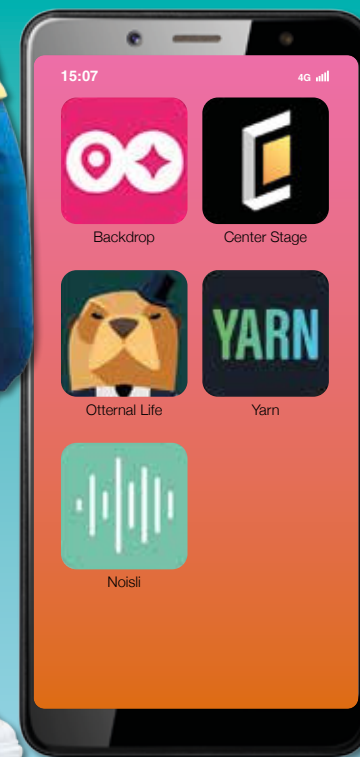
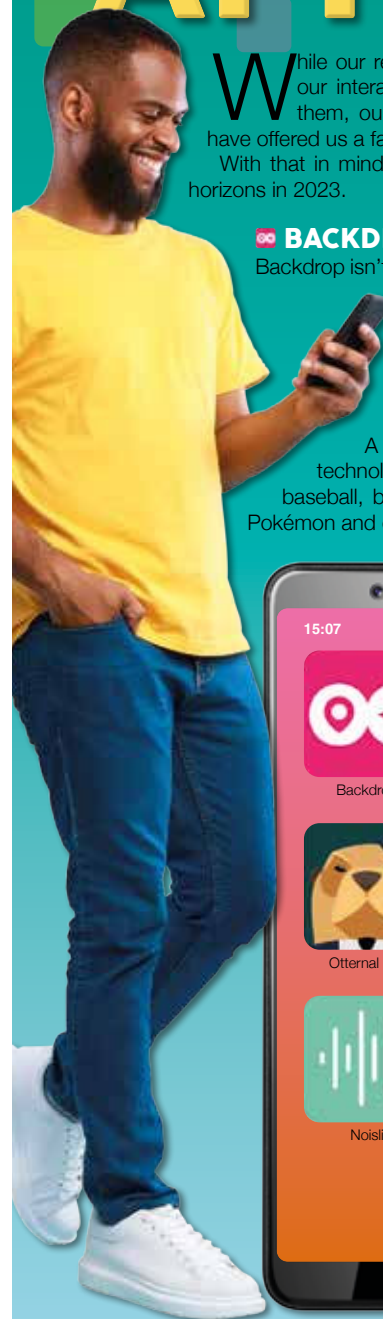
## YARN

Go back to basics with this app that aims to help readers revisit the simple pleasures of storytelling.

Rather than elaborate videos, films or animations, Yarn offers app users a simple choice of stories presented in text message form. Episodes and conversations are updated daily, and you can enjoy stories from several categories, including mystery, romance, comedy, sci-fi, fantasy, and more.

## NOISLI

We can all recognise that our ability to concentrate is affected by the sounds around us. Noisli mixes together a number of samples and sounds, from birdsong to rain to waves to wind, to surround you with effortlessly excellent and personalised audio inspiration.







# BEGINNER'S GUIDE TO OWNING A hamster

**A HAMSTER IS A GREAT CHOICE FOR A FIRST PET, COMING IN A SMALL PACKAGE BUT DELIVERING LOTS OF FUN. HERE'S SOME TOP TIPS ON HOW TO CARE FOR THEM**

## WHAT ARE THE DIFFERENT BREEDS OF HAMSTERS?

There are 24 different species of hamsters, with the most popular ones for pets including the Syrian, Russian dwarf, Campbell's dwarf, and Roborovski.

## WHAT ENVIRONMENT DO HAMSTERS THRIVE IN?

Hamsters need a comfortable, dry and clean place to live. They do not like draughts or damp. Also, they need to be in a room where the lights go on and off at more or less the same time each day. As they are solitary animals, hamsters prefer to live alone but, with the right care, dwarf hamsters can be housed together.

## WHAT DO HAMSTERS EAT?

Hamsters need a good-quality, balanced diet that contains all the essential nutrients and minerals. They can get this from a compound pellet ration, a mixture of seeds and small quantities of greens, clean root vegetables and fruits.

## DO HAMSTERS NEED COMPANY?

Although hamsters are generally solitary animals and often showcase timid behaviour, they can enjoy interacting with people who handle them carefully. Hamsters can find the presence and scent of other pets stressful, so you should keep their cage away from other animals in the home.

## HOW TO KEEP YOUR HAMSTER HAPPY AND HEALTHY

A hamster needs to sleep undisturbed during the day and have plenty of space to play and exercise at night. They also need a deep layer of litter so that they can dig and construct a burrow. Many hamsters enjoy a running wheel.

## HAMSTER FACT FILE:

- > Hamsters can catch a cold from humans
- > Hamsters hoard their food
- > Hamsters' teeth never stop growing.



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FOOD & DRINK

# How to make a warming **BEAN & TOMATO SOUP**

**S**et your pulse racing on World Pulses Day this February, with this delicious bean and tomato soup. It's thick, creamy and suitable for vegans. It's also an absolute doddle to make, though you will need a blender or food processor.

**BEAN AND TOMATO SOUP** (Serves 4-6 people)

*You will need:*

2 tbsp olive oil | 1 clove of garlic (minced) | ½ tsp dried oregano | ½ tsp dried thyme | ½ tsp fresh chopped rosemary | ¼ tsp chilli flakes | Heaped tbsp tomato purée | 1 tsp brown sugar | 400g tin of finely chopped tomatoes or sieved tomatoes (passata) | 500ml vegetable stock | 400g tin butter beans | Salt and pepper | Chopped parsley to decorate

*How to make:*

- > Heat the olive oil in a large saucepan.
- > Add the garlic, oregano, thyme, rosemary and chilli flakes, and cook gently till the garlic is soft.
- > Add the tomato purée and sugar, and cook over a medium heat for 3-4 minutes.
- > Pour in the tomatoes and stock and give it a stir.
- > In a blender, purée the beans with the liquid from the can till the mixture is completely smooth (if it seems very thick, add a tablespoon or two of water). Pour the bean purée into the tomato mixture, and stir well.
- > Bring the mixture to a boil, then simmer for about 20 minutes, stirring occasionally.
- > Add salt and pepper to taste, pour into bowls, sprinkle with parsley, and enjoy.

**Health benefits of pulses:**

- > Pulses – such as lentils, dried beans, peas and chickpeas – are a good source of protein, vitamin B, iron, zinc, potassium and other micronutrients
- > They are low in calories, low in fat and rich in fibre
- > They contain complex carbohydrates, so you feel fuller for longer
- > The fibre in pulses helps improve heart health and lowers blood cholesterol.

(Source, UN Food and Agriculture Organization, 2021)







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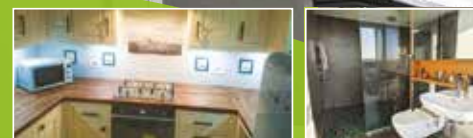


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HOME & DIY

## 5 STYLISH WAYS TO STORE COOKBOOKS

Whether you can't resist treating yourself to the latest celebrity cookbook or you were gifted a few culinary classics at Christmas, you may be wondering how you can store and showcase your latest additions.

### LINE THEM UP AGAINST THE BACKSPLASH

If you want to proudly display your collection of cookbooks for all to see, then why not line them all up in a row against your backsplash? Providing easy access and a visually appealing feature, this is a great option for all kitchens.

### ADD BUILT-IN SHELVES TO THE ISLAND

A kitchen island provides the perfect space for storing all your favourite cookbooks, especially if you have a vast collection. Choose to either take advantage of existing shelving or incorporate new storage space that accommodates all your books.

### STORE THEM IN THE PANTRY

Pantries are a godsend for many families, providing additional space and somewhere to keep items out of sight. If you're lucky enough to have one in your home, then designate an eye-level shelf for your cookbook collection so that all your favourite recipes are within reach.

### DISPLAY YOUR FAVOURITE WITH A BOOK HOLDER

If you have a go-to cookbook that you use on a regular basis, you can keep this on display at all times using a simple book holder. Enabling you to create the perfect culinary focal point in your kitchen, you can even prop the book open at your favourite recipe.

### INVEST IN A MULTI-TIER BASKET STAND

For smaller kitchens where space is tight, a vertical storage solution such as a multi-tier basket stand is the ideal choice. There are many different styles and sizes on the market or, alternatively, you could create your own if you have a set of storage baskets lying around your home.

Photo credit: Blue Cooper Design, Studio Peake, Neat by Megi, Amy Lefterink at Interior Impressions, Ascan





# CELLAR DWELLER

**NO MATTER HOW DANK IT SEEMS, ANY BASEMENT IS A GIFT IN THESE SPACE-SPARSE TIMES**

When space is at a premium, dig down. Both modern homes and those dating back hundreds of years have benefitted from the extra space offered by a basement. Here are a few ideas for how to use the space:

## MAN CAVE

A man's home is his castle and a man's cave is his, err, cave. Even the dreariest space can become a great hangout spot for the lesser-spotted male. Just add a neon light, a pool table and some kind of beer conduit for maximum happiness for most men.

## UTILITY ROOM

If you can plumb a washing machine into your basement, then you're in business. Anyone who has lived with laundry clogging up every available radiator will confirm that a dedicated washing and drying space is the future. Just make sure the room is well ventilated to avoid damp.

## HOME GYM

What could be a better use of your excess space than creating a home gym? It's the perfect place to disappear to when the world gets too much. With a few weights, a punchbag, a bench press and maybe even a rowing machine, the humble basement becomes a sanctuary of transformation.

## OFFICE

If you're easily distracted, then a below-ground office is a good way to focus on what matters. Invest in reliable Wi-Fi, a comfy office chair and art that inspires you – especially if windows are scarce. You might be surprised by how your productivity soars.

## WINE CELLAR

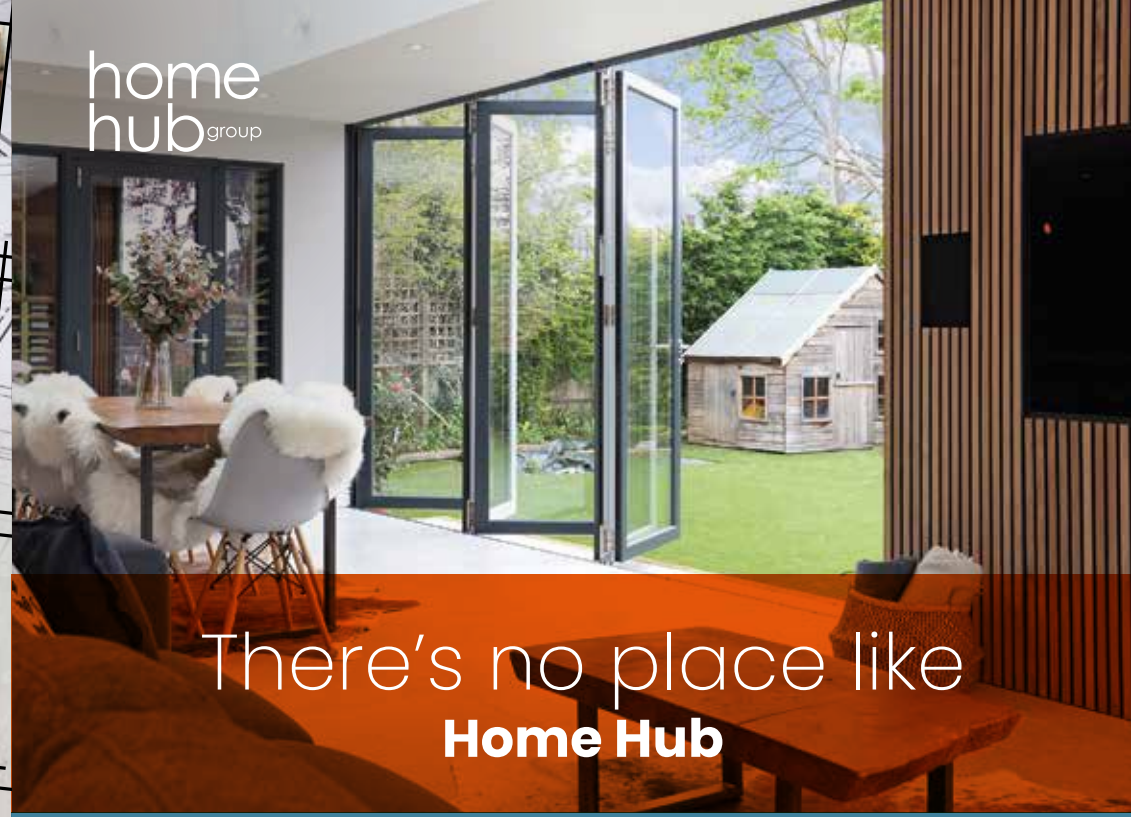
It may be an obvious use of an underground space, but a wine cellar is vital for the kind of enthusiasts who like to buy in bulk and let their investment age in both price and flavour.

## HOME CINEMA

If you've got a big, blank wall, then a home cinema may just be the thing that elevates your home to A-list level. Popcorn machine optional.



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# HOW TO CHOOSE THE PERFECT BATH TOWELS

With so many different types of bath towels available on the market, it can be difficult to know which to choose. Here's everything you need to know about picking the perfect towels for your home.

## CHECK THE FIBRE CONTENT

The first thing you need to look at when buying new towels is the fibre content. If you want a towel that is super-soft and absorbent, then 100 per cent cotton is the best choice. While you may be tempted by premium options such as Egyptian cotton, these are a lot more expensive and don't have much effect on the overall quality. If you are on a tight budget, opt for a cotton/polyester blend.

## UNDERSTAND THE LINGO

Towel lingo can be confusing, so here are a few key phrases to look out for:

- > **COMBINED COTTON** – this is where the cotton is brushed to remove short fibres, resulting in a softer and more durable towel.
- > **RING SPUN COTTON** – this means that long and short fibres are tightly twisted to make the towel loops strong and smooth.
- > **TWIST** – a high twist results in a more durable

towel and a low twist makes the towel more plush and absorbent.

## LOOK AT THE TOWEL

Although you may think that touching the towel will help you determine its overall quality, manufacturers apply special finishes to make them feel softer. Instead, visually inspect the towel and make sure the edges are neatly folded and secured with close stitching.

## CONSIDER THE WEIGHT

Towel weight is measured in grams per square metre (GSM), with the higher the weight, the denser and more absorbent the towel. A lightweight towel is 300-400 GSM, medium weight is 400-600 GSM, and 600-900 GSM is the heaviest.

## KNOW WHAT YOU WANT

Ultimately, choosing a towel is down to personal preference. If you want a soft and absorbent towel, then look for 100 per cent cotton, plush loops of yarn on the surface and a higher GSM. However, if you need a more durable or quick-drying towel, a cotton/poly blend with short loops and a lower GSM is a better choice.

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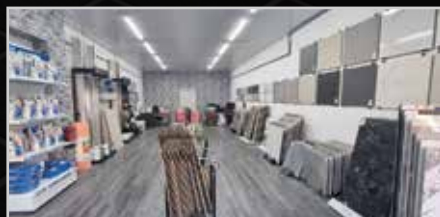


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# TILE and Smile



HOME & DIY

## HOW TO CHECK IF YOUR ROOF TILES ARE KEEPING OUT THE ELEMENTS IN WINTER

Roof tiles are said to last for anything between 30 and 50 years which, considering the battering they take from weather conditions, is a notable achievement.

However, while we may think we can leave our roofing materials to their own devices, proper and regular maintenance of these terracotta, clay, concrete, slate and metal tiles is essential – after all, without them, we would be living a rather soggy existence.

They are most susceptible to damage after a storm, though can be compromised even from birds dropping stones from above.

Here are four ways to check your roof tiles are still in order.

If you find anything on ground level that should be on the roof, you have a problem.

### I SPY

Get a pair of binoculars and examine the roof from a reasonable vantage point. This is an easy way to spot chipped or cracked tiles. Once the deterioration begins, the damage will only worsen over time, so it's vital to get this repaired as soon as possible.

### MOSS BROS

You may also spy moss or green matter on the roof – this is a key indication that water is remaining in gaps and not running into gutters.

### INSIDE OUT

In daylight hours, get up in your loft and into the eaves. By looking out through the roof, you will spot gaps or holes in tiles and can direct a professional to where cracked or damaged tiles need replacing.

It's best to let professionals attend to any tile repairs. They have all the necessary insurance and safety knowledge that ensures the job will be done without any mishaps.











# DYNAMIC

## *Davina*

**HOW DAVINA MCCALL CONTINUES TO PROVE HERSELF AS A MODERN NATIONAL TREASURE**

**D**avina McCall this year celebrates three decades on our screens. From her early break – a female voice dubber for Channel 4's Friday night sleaze bonanza *Eurotrash* – through *Don't Try This at Home*, *Streetmate*, *The BRIT Awards*, *Big Brother*, *Stars in Their Eyes*, *The Million Pound Drop*, *Long Lost Family* and so many more, the now 55 year old has remained relevant, resplendent and always radiant on our screens.

The Wimbledon-born presenter, who has just returned as a judge in the fourth series of *The Masked Singer*, is immaculate in her appeal to multiple age groups and all genders. She carries a confidence and assurance that is effortless and puts contestants at ease, while also knowing when to reveal a more sensitive and emotional side to her character.

From uncovering her ancestry in *Who Do You Think You Are?* to fronting documentaries on the language of love and the mental pain of the menopause, Davina is truly one of terrestrial TV's modern national treasures. At a time when our broadcasters are desperate for consistency and longevity in the face of competition from streaming channels, Davina continues to provide an enduring and vital influence.

"I've just tried to present in a way that feels genuine and accessible," says Davina, who is currently in a relationship with hairdresser Michael Douglas, having previously been married twice. She has three children – Holly, 21, Tilly, 19, and Chester, 16.

"I am incredibly grateful to have been given the opportunity to sustain my career with new and exciting shows and concepts.

"I don't doubt it's probably time to step to one side and let some others have a go, but I'll keep on going until I'm told I'm not needed anymore, because TV still gives me the feeling of having the time of my life, and that's very special to me."

The fact that Davina is someone not just admired by the general public, but trusted too, is arguably what's behind the success of her latest book. In *Menopausal*, she discusses the apparent embarrassment, shame and fear behind the change, blowing away perceptions and encouraging openness and discussion about the subject.

This isn't the first time the presenter has been vocal about life's true challenges. In her own autobiography, she lifted the lid on the highs and lows she has encountered, including drug addiction and a fractured relationship with her mother.

The presenter has also been outspoken recently in criticising the trend for cancel culture. Speaking on entrepreneur Steven Bartlett's podcast, *The Diary of a CEO*, she slammed the failure of those in the public eye to express real feelings for fear of finding work projects binned or sidelined. She added: "No one says what they think or believe anymore."

If anyone can put a sense of honesty back into the discourse, it's Davina. Never one to shy away from deliberation or debate, she refuses to toe the media line.

In fact, while the brilliant brunette has contributed so much to UK culture over the past three decades, it could be said that her most important work is yet to come...





# LOCAL NEWS

*from your neighbourhood*



## Council unveils new playground equipment

Epping Town Council (ETC) has unveiled improvements to the Stonards Hill playground, including a new roundabout.

The work was made possible thanks to a £30,000 contribution from developers Qualis Commercial, which was allocated for the improvement of Epping's green spaces.

Through Qualis' Section 106 money, £50,000 was used for the new Lower Swaines playground, £30,000 for Stonards Hill, and £30,000 has been allocated to start fundraising for a new skate park at Stonards Hill.

Section 106 agreements are made between local authorities and developers as part of the granting of planning permission, and are often used to support the provision of local infrastructure.

Town Mayor councillor Barbara Scruton (pictured bottom left) said the addition of the roundabout "added

some new play value to the existing playground".

Mayor Scruton said: "Playgrounds are very expensive to install and maintain and ETC looks after five in Epping parish.

"Our playgrounds are inspected and maintained by ETC's experienced grounds team and we thank them very much.

"When new larger-scale building projects take place, developers are often asked to make a financial contribution towards infrastructure improvements, such as parks and green spaces.

"May the improved playground bring much pleasure to our community."

The Stonards Hill work comes after the opening of new play facilities at Lower Swaines Recreation Ground following three years of fundraising by Epping Playground Association, in partnership with ETC.

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## Football club pay tribute to former players



Photo credit: Epping Town FC

Epping Town Football Club have paid tribute to two former players, John Tama and Sam Wilkinson, who recently passed away.

The club held a minute's applause for John and Sam at their home Denny King Memorial Cup tie match against Chingford Athletic on Saturday, January 21.

Club chairman Dan Sly said: "We are devastated that both young men have been taken too soon.

"Both were a credit to the club on and off the football field, with Sam a part of our cup success in the Denny King Memorial Cup a good few seasons ago.

"Sam's family are still very much part of the club and come to support the club regularly with Tracey, Sam's dad, a former coach and assistant manager."

Former manager Ian Corner said: "John was a young lad who joined us travelling up from the East End of London. He was a smashing lad who I don't ever remember not smiling and laughing about something.

"He really loved life and being with his friends and teammates. He was a pleasure to be around.

"Sam was the son of Tracey, my assistant manager, and like his dad was loyal, hard-working and had a set of values that would be an example to anyone.

"He was a fantastic fella who any family would be proud of."

## Council responds to fascist pamphlet

Epping Forest District Council (EFDC) and councillor Holly Whitbread have responded to a far-right leaflet which has been distributed in Epping.

The leaflet, spread by white supremacist and neo-Nazi organisation Patriotic Alternative (PA), made a string of claims regarding the town and its treatment of refugees that, according to Cllr Whitbread, are untrue. This included a claim that EFDC provided several family-sized homes to refugees.

According to Hope Not Hate, PA "is the UK's largest fascist organisation", though it "remains firmly confined to the political fringes".

Cllr Whitbread said: "Unlike the fascist group that sent this leaflet, I believe that all people should be

treated with respect.

"I am disgusted to see a far-right extreme group operating locally. Its only aim is to cause hatred and division; this has no place in our tolerant and democratic community.

"I will always stand up to political extremism. I hope that all local political parties and groups in Epping Forest will join me in condemning PA and the delivery of this leaflet."

## Plans to improve rugby club deferred

A final decision over improvement plans at Epping Upper Clapton Rugby Football Club in Thornwood has been deferred until March.

Though recommended for refusal, Epping Forest District Council (EFDC) voted 8-3 to defer a decision on the plans, pending the approval of planning and legal conditions.

The plans include improvements to the infrastructure and lighting at the club, a new all-weather pitch, demolition of a golf range, changes to car parking and the addition of further parking spaces.

Nine houses would be built nearby as an enabling development. The plans come 10 years after a similar scheme which saw eight houses built.

An EFDC report suggested the development would be inappropriate in the green belt.

Club vice-chairman Anita Cook told the planning meeting that approval was required to address the growing needs of the club, and that the proposals would "preserve the heart and soul of the community". She also suggested the previous scheme of eight houses had not raised as much money as expected.

Councillor Heather Brady, vice-chairman of EFDC's Area Planning Sub-Committee East, said: "It's just totally déjà vu from being here 10 years ago.

"That one [planning application] was recommended for refusal, but we were overwhelmed by the turnout.

"But I'm struggling to see how you have eight new houses and have used all the money up."



Photo credit: DAP Architecture





# LOCAL NEWS

*from your neighbourhood*



## Council apologises over waste collection failings

Epping Forest District Council (EFDC) and waste contractor Biffa have apologised for waste and recycling collection issues which have been affecting Theydon residents.

Leader of EFDC councillor Chris Whitbread and councillor Nigel Avey called a meeting with senior waste company executives on January 12.

Cllr Whitbread said: "Biffa has agreed a range of measures that residents should start to see as service improvements in the next few days and weeks."

Cllr Avey added: "Problems such as staff shortages and unreliable vehicles are being addressed."

"We are talking with other waste contractors. Biffa has agreed to make its material recycling facilities available to these contractors."

"We are working with Biffa to improve communications to handle customer complaints. Biffa will provide better live-time information so that when a collection is missed, residents will have a more realistic expectation as to when it will be collected."

Simon Crook, Biffa's operations director, said: "Everyone at Biffa is 100 per cent committed to giving residents the service they deserve."

"There are many reasons for the missed collections, exacerbated by the recent snow and other matters beyond our control, but that does not make the inconvenience to residents any less."

"We'd like to apologise, and I want to reassure residents that we are doing all we can with EFDC to improve the situation as quickly as possible."

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# Support sought for Community Grants scheme

Theydon Bois residents are being urged to vote for the Epping Forest Inclusion Project at their local Tesco store.

The Inclusion Project, which supports young people with learning or physical disabilities, has been chosen by Tesco to be a part of its Community Grants scheme.

Residents can vote at the Tesco Express in Coppice Row, Theydon Bois, to help the project secure the vital funding.

The grant would go towards running the Inclusion Project and buying more specialised sports equipment to help children take part in activities.

Councillor Aniket Patel, Epping Forest District Council's cabinet member for wellbeing and community partnerships, said: "The Inclusion Project is so popular with children and young people with disabilities, and their parents.

"It would be great if we could get as many people as possible to vote for this worthwhile project while they're shopping."

Tesco's Community Grants are open to all registered charities and not-for-profit organisations. Since 2016, the scheme has supported 40,000 community groups with more than £90million in grants.

## Seven men accused following robbery of £920k

Seven men, including one from Theydon Bois, have been charged following the robbery of £920,000 from a Loomis UK cash in transit van.

The trial began at Southwark Crown Court on January 10 and is expected to last six weeks.

Those charged are Terrance Burrell, 56 of Hornbeam Road, Theydon Bois; Andrew Measor, 50, of Danbury Road, Loughton; Stefanos Cantaris, 39, no fixed address; Mark Kendall, 56, of Bracken Close, Loughton; Paul McSweeney, 55, of Haines Way,

Watford; Christopher Shipp, 34, of North Hall Road, Bishop's Stortford; and Saimir Neziri, 37, of Colney Hatch Lane, Muswell Hill.

They are charged with conspiracy to steal; conspiracy to commit burglary with intent; conspiracy to conceal, disguise, convert, transfer, remove criminal property; and conspiracy to do acts tending and intending to pervert the course of public justice.

The men allegedly conspired that a false report of robbery would be made to the Met Police.

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# Springing INTO LIFE

## THE CHANGES YOU NEED TO BE MAKING TO YOUR GARDEN BEFORE SPRING COMES AROUND

**W**e may bemoan dropping temperatures and wet weather, but the good news is that spring is edging ever closer.

And while the realities of sunny mornings and technicoloured flower beds are still a distance away, we need to be preparing our outdoor spaces for spring now, if 2023 is to be a fertile year. Here are six ways you can start preparing your garden for the sunnier days to come.

**Plan and purchase:** There's nothing like planning the first steps on a task, so even though it's cold and wintry outside, now is the time to be selecting and ordering the summer-flowering bulbs and seeds that will make your garden look splendid. You'll be planting these in early spring, so get them ready now.

**Sow good:** Some of your summer seeds will require longer in the soil, so you may want to consider sowing some now. Included in these are geraniums, begonias, peppers and aubergines. Start them off in a heated propagator to give them a head start.

**Tip-top tidy-up:** It's cold out, but that shouldn't stop you getting beds and borders in order. Removing debris and decaying matter will be the biggest job, but consider the need to repair wood, cut back bushes, and give a new lease of life to paths and walkways.

**Green clean:** If you have a greenhouse, now is the time to take it back to its bare bones, ready for what you're about to bring in during the spring.

A clear-out and clean-up will leave your transparent studio ready to go.

**The rain game:** You may as well take advantage of the rainy season by installing a water butt and collecting water in time for the spring. Not only is it better for the environment compared to using the tap or a hose, but a number of plant varieties actually grow better with rainwater, including camellias and rhododendrons.

# FlowerPOWER

## FOUR FANTASTIC FLOWER SHOWS IN THE UK TO LOOK OUT FOR IN 2023

**T**here's nothing that feels more like summer than the blooming buds and luscious lawns of a flower show, and in the UK we're treated to an incredible array of events that cater for every type of green-fingered enthusiast.

### Harrogate Flower Show: April 20-23

One of the earliest shows on the calendar, this Yorkshire gem is great for children looking to build a knowledge of outside spaces, with a variety of activities designed to inspire young minds. For adults, there's the floral art marquee, the largest in Britain, as well as a wealth of displays and presentations – many with a practical edge.

### Chelsea Flower Show: May 23-27

A royal favourite, the Chelsea Flower Show represents the pinnacle of our horticultural passions in the UK, showcasing an array of award-winning designs, an abundance of experts and a wealth of demonstrations designed to inspire. More than 150,000 people attend

the show every year, so booking early is recommended.

### Hampton Court Palace Garden Festival: July 4-9

This festival claims to be the greatest flower show on Earth. Set in the grounds of Hampton Court Palace, with architecture, history, opulence and Britishness in abundance, it's difficult not to be wowed by beautiful show gardens, interactive activities for children, amazing flower displays and live music.

There's also shopping, demos and expert advice – offering a modern show in a traditional setting.

### Tatton Park Flower Show: July 19-23

If you fancy venturing up north, head to Knutsford in Cheshire for a flower show that is much more a garden party than an exhibition.

With shopping, dining and music, the bamboozling range of horticultural heroics acts as a brilliant background to the party atmosphere. All you require is sunshine.

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# TEETHING TERRORS



KIDS

## HOW TO KNOW WHEN YOUR BABY IS TEETHING AND USEFUL TRICKS TO HELP THEM

It's one of the biggest anguishes for any parent – seeing a baby or child in pain and not knowing what to do about it.

One such pain that all our youngsters have to go through is teething, and while there's nothing you can do to stop those gnashers appearing, here are some useful tips for helping your child get through the discomfort.

### DETECTION

In babies, the appearance of drool – and lots of it – is a tell-tale sign that teeth are on their way. Many parents opt for the handy neck cravat to prevent clothes from getting soaked.

Also keep an eye out for your baby gnawing or chewing on any available surface, with red and sore gums showing that there's activity lurking below.

A loss of appetite can indicate dental pain, but perhaps the biggest signal is the distress, grumpiness, moaning and sleeplessness that accompanies this stage.

### HELP

We all look to quickfire solutions when our children are ill, but teething is something you have to let progress in its own time, so really your only option is to try to limit the discomfort. Paracetamol and ibuprofen will take the edge off pain, while a number of parents opt for teething powders.

A teething chew – usually made out of rubber or silicon, and which can be kept in the freezer for a great cooling sensation – will undoubtedly provide relief. Teething gel and even some frozen banana can also offer those troubled gums a bit of light relief.

Of course, the biggest cure of them all is one we can all give in abundance and is completely free every time – a nice big hug.







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spaces is that they are optimised for productivity and are designed to adapt to different working styles. They are also ideal for remote workers who want to get away from the distractions of home.

## NETWORKING OPPORTUNITIES

A co-working space provides the perfect space for networking. You can even find co-working spaces that hold networking events to help companies find new business partnerships.

## FLEXIBLE WORKING

In today's modern world, high-calibre candidates demand flexible working conditions. When you operate from a co-working space, your employees can create office hours that suit their schedule and yours. Plus, if you have a candidate who works outside your area, then a co-working space allows them to work for you without having to relocate.

## MORE COST-EFFECTIVE

When you rent a co-working space, you only have to pay for the areas that you plan to use. Furthermore, some co-working offices come with additional perks such as on-site cleaning staff and printing services at no additional cost. Co-working spaces are also great for small businesses that want to grow without the pressure of committing to a long-term lease.

## MORE CREATIVITY

Co-working spaces offer both private and shared offices, with traditional cubicles replaced with bright and colourful meeting rooms that encourage maximum creativity, hot desks and expansive lounge areas.

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# Are you looking for an ECO HOME?

## IS THE GRASS ALWAYS GREENER WHEN IT COMES TO ECO HOMES?

**W**e live in an era of eco sustainability in our homes, yet is eco design all it's cracked up to be, and do the negatives balance the positives for conscious consumers looking to create a home that has environmental excellence at its heart? Here, we look at the pros and cons of green homes.

### PROS OF ECO HOMES

- > **Cost:** The trend for going green with our homes is supported wholeheartedly by local government. That means grants, subsidies and initiatives will bring certain costs down. If your structure benefits from elements such as rainwater harvesting and solar panels, your running costs will undoubtedly be lower than for a standard home.
- > **The planet:** Prioritising the homes in which we live can also help us feel as though we are playing a part in the bigger picture. After all, the commitments we make now are setting up the next generation for a better life.
- > **Regulations:** Future-proofing our homes for rules and regulations that may come about in the years ahead means we are investing now rather than paying further down the line.

### CONS OF ECO HOMES

- > **Cost:** While green initiatives can save us money, the sourcing of some eco-friendly materials comes at a higher upfront cost. After all, going green is very rarely the cheapest option.
- > **Longevity:** While we know a lot about standardised building materials that have helped us map out huge communities, some of the newer green fabrication technologies are untested over the long term. Without the benefit of longevity testing, they may be more liable to having to be replaced or repaired as time goes on.
- > **Ratio:** While every environmental action makes a difference, the cost of investing in our homes may be at the expense of green initiatives we can undertake elsewhere (like buying an electric car) that would make a greater overall impact.





# FERRY GOOD



## WHY OUR LOVE AFFAIR WITH THE HUMBLE FERRY IS RETURNING, AND THE BENEFITS OF TRAVELLING ON ONE

To many, the ferry brings back pre-Eurotunnel days when, barring the process of boarding an airplane, our only connection with mainland Europe and beyond was via boat or ferry.

The ease with which tunnelled travel (including the Eurostar) now connects us with Europe has diminished the slow, clunky, often clumsy nature of the ferry; yet in the past couple of COVID-affected years, we've once again embraced this old-school method of travel, and here's why:

### EXPERIENCE

Boarding a boat, particularly with a young family, can be a thrilling experience, with the excitement of setting sail and views across open seas. For a small child, arriving at a port bustling with industry and movement can be mesmerising. Effectively, your holiday starts as soon as you board the boat.

### COST

The cost of travel has risen across the board. While ferries are sometimes noted as being expensive, they can still be one of the most affordable methods to reach the mainland if you book off-peak and look around for promotions and offers. This is particularly

true if there are multiple people in one car.

### POST-COVID CONSIDERATIONS

Unlike aircraft, ferries offer ample space, with wide passenger areas, the privacy of your own vehicle when boarding and departing and, most importantly, access to ample fresh air.

### FACILITIES

While not quite at the grade of the cruise ship mega-vessels that roam our seas, many ferries have an assortment of cafés, restaurants, bars, music clubs, cinemas, entertainment lounges and, in some cases, even splash pools.

### LUGGAGE

Unlike most other modes of transport, there are no restrictions on luggage when taking a ferry. In short, if you can pack it, you can take it.

### RELIABILITY

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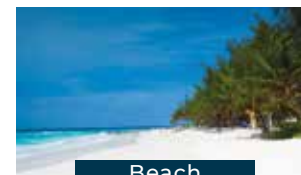
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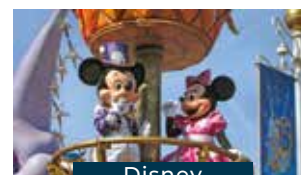
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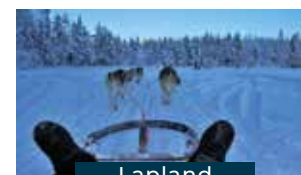
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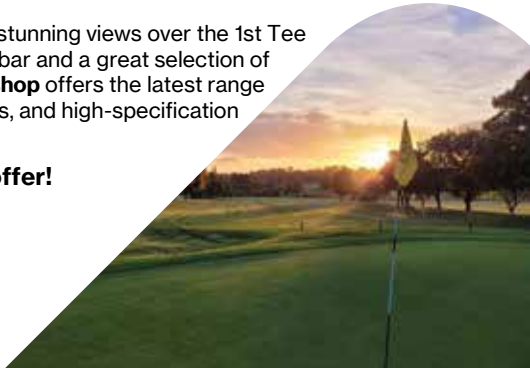
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MOTORING

# CAR SEAT mistakes

While most parents wouldn't dream of driving around without securing their kids in a car seat, many are inadvertently putting them at risk. Here's how to avoid the four most common car seat mistakes.

### Facing forward too soon

Children have relatively large heads and weak necks which means that, if they are facing forward during a collision, their head can jerk forward suddenly and violently. This can result in spinal injuries. Keep your children in rear-facing car seats until they reach the maximum height and weight limit. This is typically around the age of 15 months or up to 13kg (29 lb).

### Twisted or loose harness straps

As many as one in three children are at risk because they are strapped into their car seats incorrectly. Harness straps should lie flat, not twisted, and they need to be tight enough to hold your child safely in an accident. Pull the harness so that it is nice and snug. If you can pinch any excess fabric, then it is too loose.

### Too many clothes

Children should not wear coats or other bulky clothes when in a car seat. This is because, if there is a crash, these garments will compress and loosen the harness. Even a hoodie can push your child's head too far forward if the hood is down. Instead, cover your child with a blanket once they are secured if you are concerned about the cold.

### Buying a used car seat

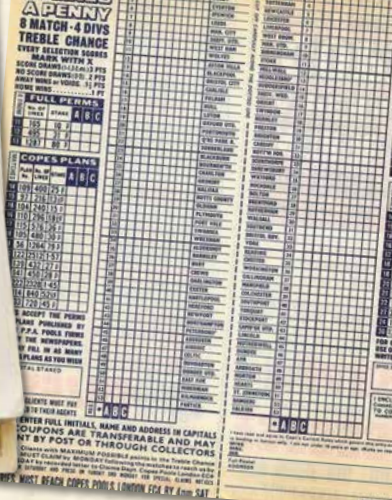
Ideally, you should buy a new car seat, as these are safer than used ones. However, if you do buy a used one, then you need to ensure you do your homework. Choose one that comes with instructions, hasn't been recalled, is no more than six years old, has no visible damage or missing parts, and has never been involved in a crash.







HISTORY



# WHATEVER HAPPENED TO THE FOOTBALL POOLS?

Back in 1961, Viv Nicholson won more than £152,000 (around £3.5million in today's money) on the football pools. She promised to "spend, spend, spend". And that's what she did, splurging on luxuries like a pink Cadillac and exotic holidays before the money dried up.

The pools were launched 100 years ago this month, and in its heyday, 14 million people took part each week, hoping to win a fortune. Here's how it all started.

Football became increasingly popular in the years after the First World War, but betting on match results was illegal.

Liverpudlian telegraph operator Sir John Moores CBE, eager to make money, heard about a system devised by John Jervis Barnard from Birmingham. The idea was that punters bet on the outcome of matches, with the winnings coming from the 'pool' of money gambled – minus 10 per cent to cover 'management costs'.

But Barnard's business was failing. Moores and two of his friends reckoned they could do better and started distributing coupons outside Manchester United's football ground. To take part, punters had to predict 'score draws' – games that would end in a draw with at least one goal. Because Moores claimed it was a game of skill and only accepted postal orders, not cash, he managed to get around strict gambling laws.

At first, the new company lost money, and Moores' friends gave up. But Moores' wife said she'd "rather be married to a man haunted by failure than one haunted by regret". So Moores carried on – and less than a decade later had earned £1million (£82million in today's money).

Moores, who was knighted in 1980, died aged 97 in 1993. A year later, the National Lottery was set up, and the popularity of the pools faded. While you can still play the game online, there are now easier ways to dream big – without predicting football scores.

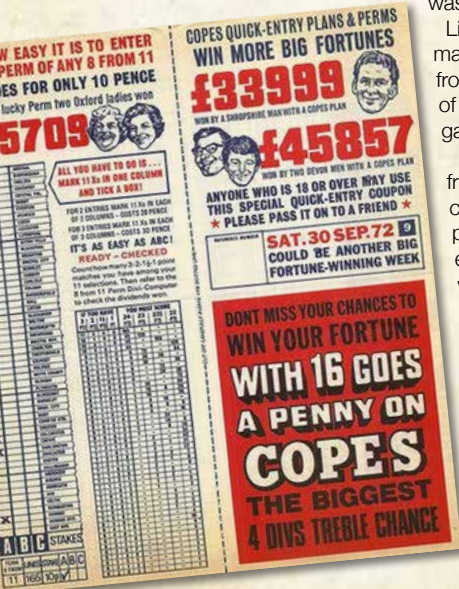


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# BULLSEYE!

## ENGLISHMAN MICHAEL SMITH BECOMES DARTS WORLD CHAMPION AFTER PLAYING HIS PART IN THE GREATEST LEG OF DARTS EVER SEEN

They say that to be the best, you have to beat the best, and Michael Smith's elevation to world number one – as he took the 2023 world title in January – certainly made true that statement.

Not only did he see off three-time champion Michael van Gerwen at Alexandra Palace in a memorable final, but he also gave the sport what is being described as the most memorable leg of them all.

It came during the second set, and saw two of the sport's titans begin by scoring treble-20 maximums. The next throws also saw the players hit their respective trebles, setting up each on a legendary nine-dart finish. Van Gerwen went first, knocking off treble 20 twice, before faltering on double 12.

With the crowd barely able to reset, Smith stepped up – taking the more conventional nine-dart finish route of treble 20, treble 19, then nailing the double 12, for arguably the most amazing leg of darts in the competition's 29-year history. Smith seized the momentum, rallying thereafter to take the title 7-4 in sets.

While 'Bully Boy', from St Helens, is excelling in what is a modern, showbiz era of professional darts – with packed arenas, primetime TV billing and a semi-celebrity status for the game's major stars – Smith epitomises something reassuringly old school about the sport. He is a 'larger' man, is adorned with tattoos, and reassuringly doesn't possess any of the media training associated with those in other sports.

For example, having come through his semi-final with Belgian Gabriel Clemens, Smith revealed that he'd spend most mornings during the tournament in bed watching repeats of *Catchphrase* and *Supermarket Sweep*.

What's clear, though, is that when the evening comes around, the only programming on display was three decades of dedication to his craft, where laser-like hand-to-eye coordination has made the 32 year old the best darts player in the world.



SPORT

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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

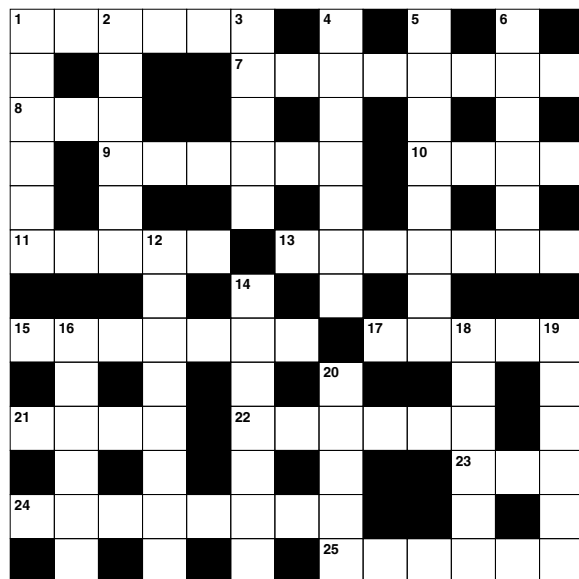
## ACROSS

1. Mexican cloak (6)
7. Swamping (8)
8. Belgian town (3)
9. Of the immediate past (6)
10. Place with temporary accommodation (4)
11. Standards (5)
13. Sharply (7)
15. Give up (7)
17. Draw or bring out (5)
21. Percussion instrument (4)
22. Popular round fruits (6)
23. Annoy (3)
24. Non-functioning period (8)
25. Thin candles (6)

## DOWN

1. Points (anag) (6)
2. Closer (6)
3. Proposal; suggestion (5)
4. Act of touching (7)
5. Taught (8)
6. Hard tooth coating (6)
12. Memorial (8)

14. Pertaining to plants (7)
16. Subatomic particle such as a nucleon (6)
18. Bearlike (6)
19. Calls forth (6)
20. Surprise result (5)



## DID YOU KNOW?

- ▶ Valentine's Day was first declared a holiday by a pope. In 496 AD, Pope Gelasius I made the feast of Saint Valentine an official holiday.
- ▶ The first known official celebration of Saint Valentine's Day took place in Paris on February 14, 1400.
- ▶ Each year, 10 per cent of all marriage proposals happen on February 14.
- ▶ Around 25 million Valentine's cards are sent in the UK every year.
- ▶ UK pet owners will spend £200million on Valentine's gifts for their animals.
- ▶ Valentine's Day is the second biggest 'event' of the year following Christmas. It is estimated that the UK will spend around £880million on Valentine's Day.

Facts courtesy of Funky Pigeon

## SUDOKU

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

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