

2020
V

HOW TO
UPCYCLE
your lampshade

HAS YOUR
HOROSCOPE
CHANGED?

MARKING 80 YEARS SINCE
the Battle of Britain

Andi
PETERS

Celebrating decades on the small screen as he turns 50

VISION

FREE

Photo credit: Ken McKay/ITV/Shutterstock

Enjoy a lifestyle change...



St. Kilda, Frinton-on-Sea

£580,000

St-Kilda is a spacious modern Edwardian five bedroom family home situated 'inside' the famous Frinton gate, in walking distance to the iconic 'Sunshine Coast'. | EPC E



138 Thorpe Road, Kirby Cross

£450,000

Wonderfully spacious detached five bedroom family home with a generous 1,930 sq.ft of living accommodation, combined with a 150ft rear garden onto open neighbouring farmland. | EPC C



8 Ken Gatward Close, Frinton-on-Sea

OIEO £325,000

In a lovely genteel location near the train station and in walking distance to the sea front on the iconic "Sunshine Coast", this three bedroom modern family home will certainly not disappoint. | EPC B



Charis, Kirby-le-Soken

£390,000

Four double sized bedrooms and a master bedroom with en-suite shower room, this wonderfully spacious and modern detached family home is situated a mile from the sandy beach of the "Sunshine Coast". | EPC E

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The Round House

Frinton-on-Sea, Essex | OIEO £900,000

The Round House is a truly inspirational masterpiece of conceptual Modern Movement architecture designed by Oliver Hill. Commissioned by the Frinton Park Estate c1930s and boasting a Grade II listing in recognition of its significance. Three reception rooms, three bedrooms with stunning views through ribbon windows and a rooftop with full 360° scenes.



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CONTENTS

- 6 THE KINGS OF TV
- 8 HORROR-SCOPE
- 10 HOME & DIY
- 17 LOCAL NEWS
- 22 GARDENING
- 26 ANDI PETERS
- 28 HEALTH & FITNESS
- 31 KIDS
- 32 FOOD & DRINK
- 33 BEAUTY
- 34 TRAVEL
- 37 BUSINESS & PROPERTY
- 40 TECHNOLOGY
- 43 PUZZLES
- 44 MOTORING
- 46 HISTORY
- 48 THE **VISION** LISTINGS

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

Editor's notes...



Sean Purcell, Editor

Hello and welcome to the first edition of **VISION** Frinton-on-Sea, the new voice of your neighbourhood. It is a real pleasure to have Frinton-on-Sea as part of the **VISION** family that, in Essex alone, already features

ten other titles. Our promise is a simple one: to deliver to the people of Frinton-on-Sea a magazine that showcases the very best local news, events, community issues and lifestyle content. All this landing free on your doormat, every month. **VISION** has built itself on a passion for being hyperlocal and 100 per cent relevant.

Across our many existing titles, we know readers want to connect with each other; they want to know about the good, the bad, and, yes, sometimes even the ugly; they want to shop nearby and use local tradespeople connected with this great community, whether that's taking away a latte from an independent coffee shop or finding a way to stay in touch with people and learn new skills, even in these challenging times. You'll find this and much more in **VISION**.

Most importantly, this is your town and your magazine, so if you have a local news story or an event to share, please get in touch and let's begin the conversation.

Until next month, take care, stay safe, and keep positive.

Sean



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THE KINGS of the castle

Celebrating 30 years together, Ant and Dec remain at the top table of British entertainment... which may come in handy for this year's *I'm A Celebrity... Get Me Out Of Here*.

From spotty lads in Ellesse jumpers, baggy jeans and Fila trainers skulking their way round the streets of Newcastle, Ant and Dec's rise to becoming the modern-day majesties of light entertainment has been unparalleled.

Now, 30 years after Anthony McPartlin and Declan Donnelly first met on the set of kids' BBC drama *Byker Grove* – a series based around a tatty youth club and the life events of its members – the duo are celebrating the three-decade milestone by swapping the Australian jungle for a couple of weeks bolted up in a haunted castle.

The coronavirus outbreak has made even the most basic travel arrangements complicated, and as for transporting a film crew and a selection of celebrities halfway around the world... forget it. So rather than give up entirely on a television experience that is one of the keystones of ITV's autumn output, the show's producers have kept things much closer to home, with Gwrych Castle in Wales providing the base for what will be a unique spin on the *I'm A Celebrity... Get Me Out Of Here* format.

With an experience that will be less bugs and more bumps in the night, the 200-year-old Conwy residence has a chequered history, one that its presenters are certain to work to their advantage in their own inimitable style.

The ghost of Countess of the Dundonald is said to prowl the castle ruins, with reports detailing the outline of an angry woman dressed in white. And during the Second World War, the castle housed 200 Jewish refugee children who had made it to Wales having fled the Nazis.

The much anticipated Bushtucker Trials will find themselves transformed this year, with the as yet unrevealed celebrities undertaking ghastly gothic, mind-bendingly medieval and ruggedly ruined challenges.

For Gwrych Castle, which has regularly been threatened with closure and was saved by the campaigning efforts of a 12-year-old boy back in 1997 when he wrote to then-Prime Minister Tony Blair, it is an incredible rebirth, and one that is hoped will protect its future.

As for what is to come for Britain's favourite presenting duo, anything is possible. Ant and Dec have ridden the waves of success for so long, the spotlight has become second nature. That means when controversy does arrive – notably the playing out of Ant's personal troubles over the past couple of years – the duo have stuck together in much the same way as they did when PJ and Duncan first buddied up way back in 1990.

"I think it's clear now we are going to be side by side until the day we die, like it or not," Declan commented recently. "People look at the shows and the awards, but what we have is friendship, respect and an affection that only comes between two best mates. We both feel very lucky."



HORROR-scope

IF YOU'RE A SCORPIO, BAD NEWS COULD BE ON THE WAY, WITH A 13TH SIGN OF THE ZODIAC COMING INTO PLAY.

NASA's apparent 'discovery' of a 13th star sign has created furore in the astrology world... if you'll excuse the pun. From way back, 3,000 years ago, when the Babylonians created the zodiac chart, we have always recognised 12 star signs or constellations, representing the 12 months of the calendar.

In recent times – aided by the Twitterati wind-up merchants – a 13th sign has come to the fore: Ophiuchus, the serpent-bearer. Recognising this, with a proposed window of between November 29 and December 17, has meant true Scorpios now have a timeframe of just seven days, beginning on November 23.

Worse news is to follow, with the revelation that because constellations have shifted so much in the time since the Ancient Greeks first threw together a chart of the skies, the dates of all the other star signs have changed too, as follows:

- CAPRICORN:** January 20 – February 16
- AQUARIUS:** February 16 – March 11
- PISCES:** March 11 – April 18
- ARIES:** April 18 – May 13
- TAURUS:** May 13 – June 21
- GEMINI:** June 21 – July 20
- CANCER:** July 20 – August 10
- LEO:** August 10 – September 16

- VIRGO:** September 16 – October 30
- LIBRA:** October 30 – November 23
- SCORPIO:** November 23 – November 29
- OPHIUCHUS:** November 29 – December 17
- SAGITTARIUS:** December 17 – January 20

Yet before you rip up your posters or begin laser removal of that tattoo, relax. NASA's 'new discovery' is anything but – even Ancient Greeks from three millennia back knew of Ophiuchus, as they did another eight stars in the sky that could legitimately have been included on the zodiac. Simply, some appear much less prominently in the sky, so only the largest 12 were chosen.

And the shifting of dates? Well, astrology is a very personal thing, and whether we follow a star sign of what we once were or what we are now, it makes little difference – we are all invested in this existence, and no matter what star sign we are, none of us is getting out of here alive!



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Peaceful PASTELS

HOW USING PEACEFUL PASTELS CAN BE SO GOOD FOR THE MIND

We're all looking for elements of peace in our life – this year more than ever – but forget yoga, hypnosis and pan pipes; it turns out you can attain a heightened sense of calm simply by adding some sympathetic pastel shades to your home.

BEAUTIFUL BLUE: Blue offers us echoes of seascaped bliss and sumptuous skies, and provides a haven of calm and escape. Drop a shade of blue in with oranges and yellows to offer a perfect offset, or better still, mingle with whites and greys in throws, across patterns and on floors. There is no colour a pastel blue won't complement.

GENEROUSLY GREEN: Green represents freedom, the outdoors and natural harmony, and is the best colour to return your home to a peaceful, relieved, relaxed state of mind. Combined with white it can blow a gentle breeze through even the darkest of spaces.

PERFECT PINK: We've come a long way from lazily associating pinks and purples with girls' bedrooms – now pink is regarded as a versatile, seductive shade, and in pastel form limits the sometimes harsh undertones of reds and browns. Pastel pink offers tranquillity and feelings of flowery goodness.

GRATEFUL GREY: Contrary to what you might imagine about grey, this is a detailed, intelligent pastel shade that stimulates energy and ideas. For a work room or creative studio, grey can focus and free the mind without bogging it down with darker tones that subconsciously bring on thoughts of sleep and rest.

MELLOW YELLOW And finally to yellow – perhaps the least pastel-like of the selection, but a tone that offers warmth, safety, depth and a flourishing of life. For freshness and homeliness wrapped in one, yellow can work with almost any other colour in complement or contrast.



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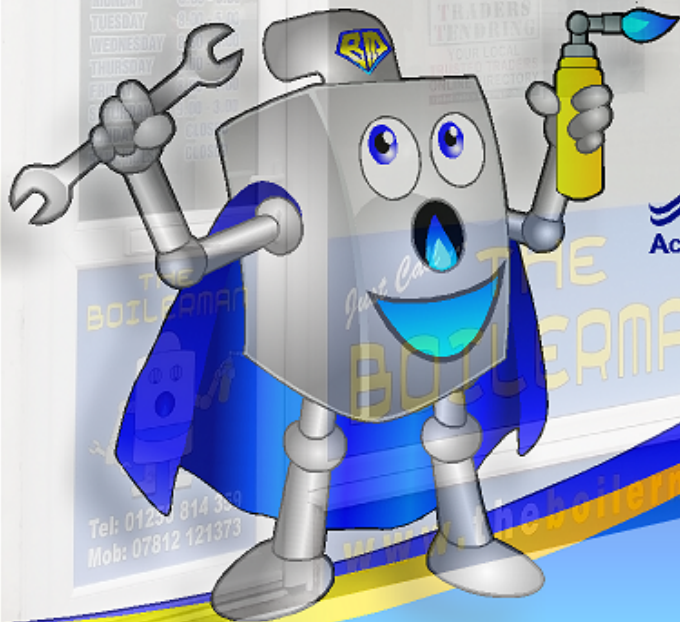
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HOME & DIY



HOW CLEAN

is your kitchen?

Hand-washing and social distancing have been the buzzwords for 2020 so far, but forget about the enemy outside; it's the humble kitchen that apparently poses one of the greatest everyday threats in our fight against bugs, according to recent research.

Sponges

The sponge is by far the go-to item for nuisance nasties. It draws in bugs and baddies like no other, and in the study commissioned by Currys PC World and undertaken at the University of Lincoln, scientists found that 35 per cent of kitchen sponges included faecal streptococci (FS) colonies. And if you think that sounds like something you may want to keep strictly in the lavatory... you'd be right. Found in the intestines of humans and animals, contamination can lead to symptoms of food poisoning, such as vomiting, diarrhoea and nausea.

That sinking feeling

The study revealed that the pathogen *P. aeruginosa* was present in 100 per cent of sinks. Found in soil and vegetation, it sounds harmless enough, but can cause skin irritation, abscesses and wounds.

This will floor you

And as for our trusty, lovingly maintained wooden, tiled, laminated or concreted flooring, our attention should perhaps be directed a little closer to some decent antiseptic mopping, with both *aeruginosa* and FS found in significant quantities on the floor.

Meanwhile, it appears it's time to debunk the five-second rule, because any contact with a surface will contaminate food. And as for our ovens, only 37 per cent of us clean our oven handles. But it's not all bad news: lead researcher Dr Hughes admitted that our kitchens are not as dirty as they might be. "The good news is surface levels of bacteria are usually well below the levels required for infection of healthy individuals, so are unlikely to lead to illness – unless coupled with a pre-existing health complaint, or if the person infected is immunocompromised."

Even so... who's for a takeaway?



SHOW TIME

for your DIY

Gone are the days of cheap interior design shows produced on a shoestring budget – TV DIY these days is big business and even bigger impact.

INTERIOR DESIGN MASTERS

Fearne Cotton is the perfect foil for a show that delves into the personal stories of the amateur designers featured, even if the end assessments can be brutal. The aim is to win a major design contract, and because of that the tasks are on the edgier side, from minimalism to brutalism to over-the-top floweriness.

ABSTRACT: THE ART OF DESIGN

An intense watch that really delves into the elements of design and form, this Netflix series tours a number of salubrious destinations (from Soho House to Michelin-starred restaurants) in search of not just the art of design, but also how structure and form works to create something that fulfils a purpose, both in provision and comfort.

AMAZING INTERIORS

From indoor roller coasters to secret bedrooms and cinemas in the basement, *Amazing Interiors* looks behind the door of supposedly ordinary homes to find inspiring spaces lurking.

GRAND DESIGNS

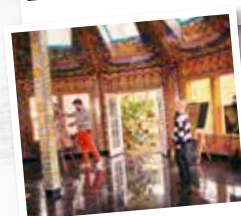
Arguably the most popular design programme of the past decade, host Kevin McCloud MBE is the perfect master of ceremonies in overseeing renovations across a lengthy time period that often – though not always – go to plan.

THE GREAT INTERIOR DESIGN CHALLENGE

While the producers of this show may have been short of a catchy title, they more than make up for it with a vast array of brilliant platforms on which contestant designers work their magic – from 17th-century cottages to seaside villas and Victorian terraces.

TIDYING UP WITH MARIE KONDO

No matter what style guide you apply to your living space, without tidiness and a desire to remove the clutter, you'll quickly have something resembling chaos. Step in Marie Kondo, the queen of declutter, and a show that offers a bevy of brilliant tips for keeping your home in great shape.



Love YOUR LAMP SHADES

If lockdown has unleashed your inner craft fiend, you won't be able to wait to get stuck into the following ideas for transforming any uninspiring and unimaginative lampshades you have lying around the house. Be prepared to be amazed.

FABULOUS FABRIC

One of the simplest ways to change a lampshade so that it matches the rest of a room's décor by covering it with fabric. All you need to do is purchase enough fabric in your chosen colour or pattern or, if you are feeling particularly thrifty, you can use a selection of different scrap fabrics that you already have, and then glue it around your shade using an adhesive spray.



WONDROUS WALLPAPER

If you have recently decorated one of the rooms in your home or added a feature wall and you have some wallpaper left over, instead of throwing it away, why not use it to upcycle a lampshade? In the same way that you can attach fabric, simply use adhesive spray or craft glue to stick the wallpaper around your shade.

STUNNING STENCILS

For those who are feeling a bit more ambitious, you can transform a dull lampshade into a thing of beauty using just a stencil and a little paint. Simply purchase a stencil design from your local craft shop or make your own using plastic or vinyl and gently dab on your choice of paint.

GORGEOUS GOLDEN LEAF

Looking for a decadent design? By applying gold leaf, either in a particular pattern using painter's tape or all over, you can create a luxurious and expensive-looking lampshade at a fraction of the cost.

NB: Make sure you let all of the above designs dry fully before reattaching your shade to the lamp.



Photo credit: www.thehouseofhairsbulb.com



LOCAL NEWS

from your neighbourhood



Photo credit: Jenni Osborne



Best seaside town in county

A study conducted by *Which?* members has named Frinton-on-Sea the best seaside town in Essex.

Frinton-on-Sea scored a total town score of 77 per cent and scored five stars in both the peace and quiet and the value for money categories.

We spoke to some Frinton-on-Sea residents about why the seaside town is so popular.

James Max, chairman of the Frinton-on-Sea Lawn Tennis Club and a talkRADIO presenter, said: "It's the whole package.

"On the coast there is the sandy beach, lovely sea and beach huts. And Frinton-on-Sea seems to have its own micro-climate. It may be tipping with rain elsewhere but often Frinton-on-Sea will have glorious

sunshine and glorious conditions."

Anne Harding, who owns Frinton45 B&B with her husband, said: "There are glorious beaches and quaint charm. It is a step back in time away from all the bustle and retains all the charm."

Jenni Osborne, who owns Frinton Escapes, a set of luxury apartments near the sea, added that coming to stay in Frinton-on-Sea with Frinton Escapes is a great way to enjoy the seaside.

"Frinton-on-Sea is a great place to come and top up your vitamin sea."

The full list of seaside towns and their ratings can be found at www.which.co.uk/reviews/destinations/article/the-uks-best-seaside-towns

Young performers excited to return to stage



A youth theatre company in Frinton-on-Sea will be performing at the Princes Theatre in Clacton-on-Sea next year and is appealing for sponsorship.

Happy Ever After: The Fairy Tale Chronicles was due to take place in July, but the curtain will instead be raised on May 21, when members will join forces with *The X Factors* Andy Abraham to take you on a magical adventure.

Happy Ever After is an original, fun-filled family show, full of song and dance that's suitable for all ages.

Sponsorship packages are available. Go to frintontheatregroup.co.uk or call 07792 427306 for more information.



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Keen gardeners work on keeping town looking good

Keen gardeners in Frinton-on-Sea have made sure to keep the seaside town looking good over lockdown, despite the annual gardening competition getting cancelled.

Each year, judges working on behalf of Anglia in Bloom inspect several entries to the competition.

This year, the annual competition will take place virtually due to the impact of the coronavirus outbreak.

Organiser David Foster said: "The judges have already inspected the images and write-ups that were sent for the virtual competition.

"We now have to wait for the results which may

come out in early September."

Talking about the competition being cancelled, he said: "We just had to follow government guidelines. We've got a number of volunteers who haven't been able to get out and about and do what they normally do because of lockdown and restrictions on movement."

Brian Jennings, secretary at Frinton & Walton Heritage Trust, said: "We continued during lockdown to look after the garden areas at the Frinton's Cottage Museum, breaking our teams into smaller groups and having to do alternate days so we could spread the workload over a longer period."

Council asked to deal with parking problems

A woman in Frinton-on-Sea is appealing to Tendring District Council to take action and solve parking problems in the road she lives in.

Clare Chandler, who lives on Second Avenue, said: "The parking in Frinton-on-Sea has become so bad, driveways are being blocked and people are being very abusive. Police are unable to do anything or help the residents unless there are parking regulations in place."

She said the situation is particularly bad in the summer and, during the hot weather, her life and the lives of other residents were made extremely difficult.

Clare explained: "Frinton-on-Sea has hundreds of people flock to its beaches. They park their cars down all of the residential avenues, leaving them for hours, making it very hard for the residents to even leave their driveways. We want parking restrictions applied so people cannot park cars and obstruct driveways.

"With parking restrictions in place this will allow



residents to live peacefully and be able to leave and access their homes while still allowing people to enjoy our beaches. All of the avenues that are close to the seafront really need some kind of parking restrictions or regulations in place."



Photo credit: Simon Rich photography

Clock struck in time for ace shot

A local photographer captured one of the best photos you're likely to see from Frinton-on-Sea.

Simon Rich was taking photos of models in a studio in town last month when lightning began to strike. He finished the photoshoot and rushed to The Clock Tower shelter on The Greensward, where he hoped to snap the perfect photo.

Simon, who has been a photographer for 11 years, explained: "I'd missed the best of the lightning by the time I got there, so I spent about 20 minutes there while it absolutely poured with rain, trying to capture just one or two strikes.

"I got one that was so bright that the image turned

out to almost be purely white. But then I got this one as well, which I was quite pleased with. I'd have loved to get more, but I do like this one – it's always nice to capture something unique and The Clock Tower is quite iconic locally.

"It's up there with one of my luckiest shots, that's for sure. You just point the camera where you think the lightning will strike and hope for the best. It's different from when you take natural photos involving the beach or the sea, because you can kind of control those and choose what you want to do."

Do you have any pictures you'd like to send us? Email editorial@visionmag.co.uk

Shops defy the pandemic and keep on trading

Fashion fans in Frinton-on-Sea will be happy after it was announced that the two M&Co's stores in the town will be staying open.

Although 47 stores across the country will be axed and 380 employees will lose their jobs, the stores in Connaught Avenue and the Triangle Shopping Centre will be saved from the chop.

M&Co chief executive Andy McGeoch commented: "The best way to save most jobs and most stores was to enter administration, with a new company acquiring

the assets of the old business, and this process has now been finalised.

"It's not a decision we took lightly after more than 50 years of trading, but it gives us a sustainable basis from which to rebuild, with the majority of our staff keeping their jobs.

"COVID-19 means many people don't feel comfortable travelling on public transport or visiting busy city centres, and that can be good news for local high street stores like M&Co."

College celebrates improved GCSE success



Students at Tendring Technology College (TTC), which has a campus in Frinton-on-Sea, have been celebrating their GCSE results recently, with 57 per cent securing a grade 9-4 in both maths and English.

This is the second year with the new grading system in place, with 9-1 grades replacing the old A*-G. Under the new system, a grade 7 equates to an A and a grade 4 is the old C.

School headteacher Michael Muldoon said: "Congratulations and a big well done to all TTC students who are celebrating their fantastic examination achievements.

"It is always a high point in the year to be able to share with our students their delight as they open their envelopes to reveal their well-deserved qualifications. These will enable them to pursue their next step, whether this is to study at our excellent Sixth Form or to start an apprenticeship or to head into the world of work.

"A big thank you to all the teachers, support staff and parents who have such a significant impact, inspiring and supporting our students every step of the way."

Lifeboat lends a hand in rescue operation

The all-weather lifeboat from Walton and Frinton-on-Sea joined a daring rescue attempt last month after reports that two people were in difficulty close to Felixstowe Pier, struggling against the tide.

The rescue vessel joined the Harwich RNLi's boat after rescuers were unable to locate the pair on August 18.

Coastguard Rescue teams carried out a search from shore side, and a coastguard helicopter was sent to perform a search from the air. East of England Ambulance Service and Essex and Herts Air Ambulance were all involved in what was a significant multi-agency incident.

After a number of hours searching, with the search extending further up the coast with the tide going out, confirmation was received that the individuals were safely ashore. The search was called off and the lifeboats were returned to the station.

Daniel Sime, RNLi spokesman, said: "We were very relieved that this incident had a positive outcome today. This was a significant multi-agency effort, and for the individuals to be found safely ashore is excellent for everybody involved.

"We would advise anybody who thinks somebody may be in difficulty in the water to dial 999, ask for the coastguard and, if at all possible, stay where you are to keep eyes on the individual until help arrives."

Former TOWIE star comes to town

Celebrity spotters in Frinton-on-Sea may have caught a glimpse of former *The Only Way Is Essex* (TOWIE) star Mark Wright when he came to town last month to film at The Round House.

Wright posted a video to his Twitter account from Frinton-on-Sea with his manager Jonathan Shallit, who gave some more details on his own account as to why the pair were visiting.

In a series of posts to his account, he wrote: "Producing today on secret location for US Networks by the sea @InterTalent. Final shot of the day for US commissioned pilot @ABCNetwork, @CBS, @NBCUniversal, @21CF, @InterTalent."

Locals said they had seen a large limo and photographers.



Photo credit: @MarkWright Twitter

Aster

SEPTEMBER BIRTH FLOWER OF THE MONTH

If you were born in September, your birth flower is one of the most colourful flowers of autumn: the aster. Part of the daisy family, this wild flower is known for its tiny flowerheads and long petals. Loved by pollinators, asters are ideal for growing in mixed borders around your garden.

WHAT DO ASTERS SYMBOLISE?

Asters come in a variety of vibrant colours and each one carries a different meaning:

- Purple asters, the most popular colour, symbolise wisdom and royalty.
- White asters represent purity and innocence, as well as new beginnings.
- Red asters can be used to convey undying devotion.
- Pink asters symbolise sensitivity and love.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOU?

If your birth flower is the aster, you feel most at home on the stage and will embrace any opportunity to entertain others. You are an

optimist and are devoted to living life to the full. You are also predisposed to good luck.

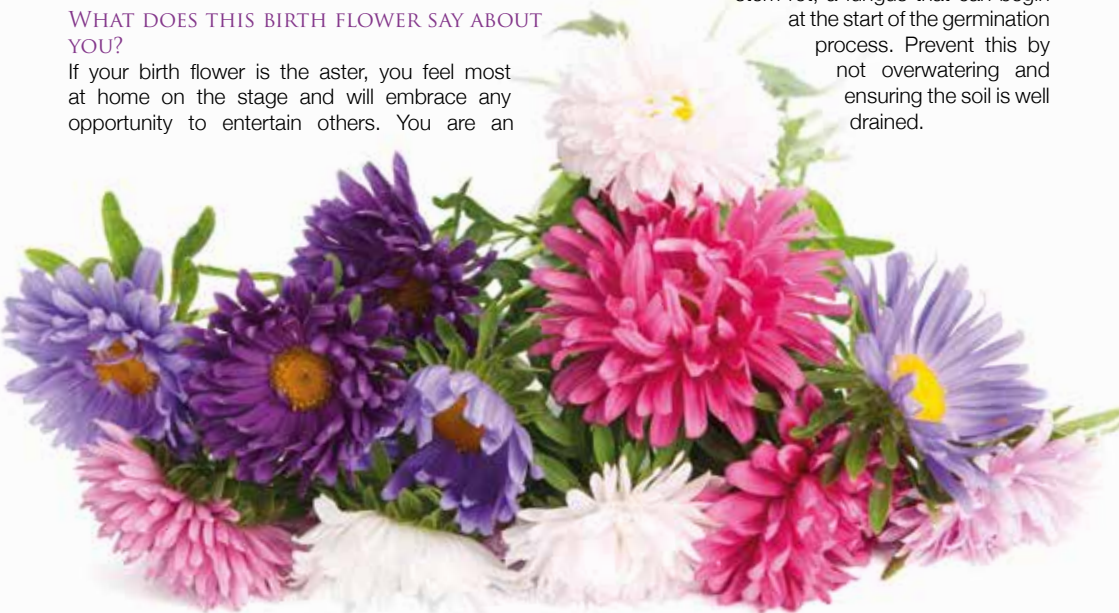
HOW DO YOU GROW ASTERS IN YOUR GARDEN?

Asters offer great beauty with little work and are therefore ideal for less-experienced growers. You can either choose to plant them from seed in spring or purchase a potted plant later in the year.

Plant in full to partial sun in loamy, well-drained soil and keep new plants moist until they stop blooming.

WHAT ARE THE MOST COMMON ASTER PESTS AND DISEASES?

Asters attract aphids, spider mites, whiteflies and leafhoppers, all of which can be kept under control with the use of pesticides. They are also prone to stem rot, a fungus that can begin at the start of the germination process. Prevent this by not overwatering and ensuring the soil is well drained.



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GARDENING



The battle between gardener and slugs has never been so ferocious, but getting things back in your favour may not be as difficult as you think if you follow these handy tips.

bramble borders to your garden. Spiky canes will also work as a barrier to keep these slimy invaders away – they'll take one look at those sharp thorns and unwelcoming lengths of wood and head straight for next door's garden.

Objects of desire

Slugs love to slither under pots, planks and other objects left lying around. If those bricks serve no purpose, remove them from your garden, otherwise all you're providing is a perfect hiding spot for this gastropod mollusc who will nibble away at your finest crops, herbs and flowers.

If slugs are already in your garden

These tips will be a bit late in the day. In that case, here are a couple of handy tricks to rid yourself of guests who have already taken up residence.

Back to those objects of desire

Use those planks and pots to your benefit by propping them up so slugs crawl underneath – you've created your very own slug trap. Now, regularly, scrape the slugs from the underside and deposit them well away from your garden.

Night-time nasties

For three or four nights in a row, venture out into your garden with a torch, a shovel and a bucket and remove as many unwelcome guests as you can find. You'll find your slug population quickly diminishes.

Grass borders

Slugs love to conceal themselves in grass. The moisture keeps them happy and the protection of long blades means they can keep themselves hidden until darkness falls, when they'll venture out and demolish your prized produce. Keep your grass short and you take away their hiding place.

Bramble ramblers

A good way to keep slugs away is to build up



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HANDY ANDI

The Peter Pan of daytime TV and a career both in and out of the spotlight

If you're of a certain demographic, you've undoubtedly seen the Twitter posts, Facebook pictures and Instagram uploads detailing the so-called 'golden era' of kids' TV, when terrestrial television was a metaphorical playground for some of the biggest stars of our time.

From the basics of *Blue Peter* and *Grange Hill* in the 1970s through to big-budget kid-themed quiz shows and youth soaps, the presenters were our link between a mind-boggling array of British brilliance that has since gone by the wayside in favour of American imports.

To consider that Andi Peters was at the centre of such an era is remarkable, for two reasons. First, he's still on our screens today, most recently covering for Lorraine Kelly on her eponymous weekday morning chat show. Second, there's the small point that Andi barely looks any older than the bunch of Generation X youngsters currently at the forefront of youth entertainment.

Chelsea-born presenter, journalist and actor is 50. That makes him less Andi Peters and more Peter Pan, though securing both longevity and relevance is no pantomime in the current era where TV producers are even more cut-throat than Captain Hook.

Peters' ability to survive and, indeed, flourish has as much to do with his proficiency behind the camera as in front of it. He started out in the famous CBBC broom cupboard (where he succeeded the likes of Andy Crane and Philip Schofield), and despite retaining presenting duties alongside Emma Forbes in the hugely successful *Live & Kicking*, his skill as commissioning editor, producer and versatile creative is ultimately what has kept him in such high demand.

Always affable and famously clean-living, from continued BBC work with *The O-Zone* and *Top of the Pops* to *The Noise* (ITV), *T4* and *Shipwrecked* (Channel 4), diversity and desire to keep adapting have always been at the forefront for Peters.

And discovering Dermot O'Leary, who introduced him to the world of adult programming (*Dancing on Ice*, *Ant & Dec's Saturday Night Takeaway*), proved a joint enterprise that has garnered more success.

"At the heart of it I am just someone in love with TV," he says. "To bring so much joy, entertainment and fun into people's front rooms has always been a pleasure, and to this day I still get the same thrill at being broadcast live on air that I did all those years ago.

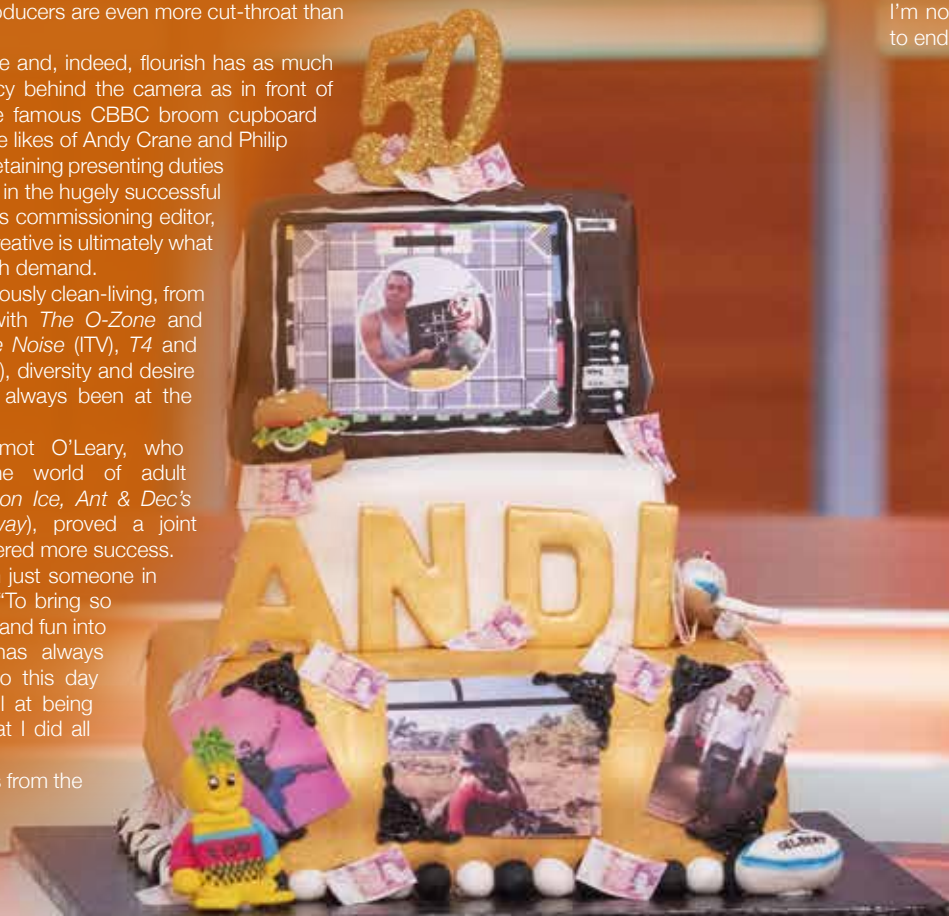
"I have had odd breaks from the cut and thrust of it,

but it is always something I know I will come back to, and of course I count myself very lucky to have been able to sample this from so many different sides."

Being the first man to stand in for Lorraine for more than a decade proves Peters' relevance and ability is still as strong at 50 as it was when he started out on radio way back in the 1980s, on the advice of Schofield.

"If the work keeps coming, I'll keep doing it," he says.

"It's a dream come true, and even at 50 I'm not ready for it to end."





THE WORLD OF Mr Smith

In the age of Instagram personal trainers, it takes quite something to stand out from the crowd, though British muscleman and health heavyweight James Smith seems to have achieved just that.

James Smith, a personal trainer (PT), body coach, diet expert, life guide and educator, is the perfect foil to all the impossibly toned, happy, talented, loaded influencers that saturate our Instagram feeds.

Sure, the 31-year-old Bondi-based trainer has a physique most of us will never get anywhere near, and if you look at the simply seductive backgrounds on his photo shoots you will get the impression his is a life to be craved. Yet as soon as James begins speaking on health, fitness, well-being and our ability to be better people both physically and mentally, you discover that this is someone not dressed up in the fake realities of so many PTs.

He is self-deprecating, funny and, while a slight upper middle-class twang may tell us more about his background than he would like to give away, his expletive-decorated videos and posts paint someone fully appreciating the fact that inspiring people to be better means being down to earth.

His Instagram feed (@jamesmithpt) has more than 640,000 followers; and in November, his book *Not a Life Coach* hits the shelves, following on from the hugely successful *Not a Diet Book* which, somewhat fortuitously, was released just a month before lockdown.

Whether focusing on diet or self-help, his mode is as the maverick, and someone bringing enjoyment into personal improvement.

"For me, real help must come in the form of true honesty. If you start from a point of wanting to achieve something unrealistic, you will never get there," he says.

"Start low, hit your target, then restart at a higher level. By trying not to change your life so much, you may inadvertently do just that!"

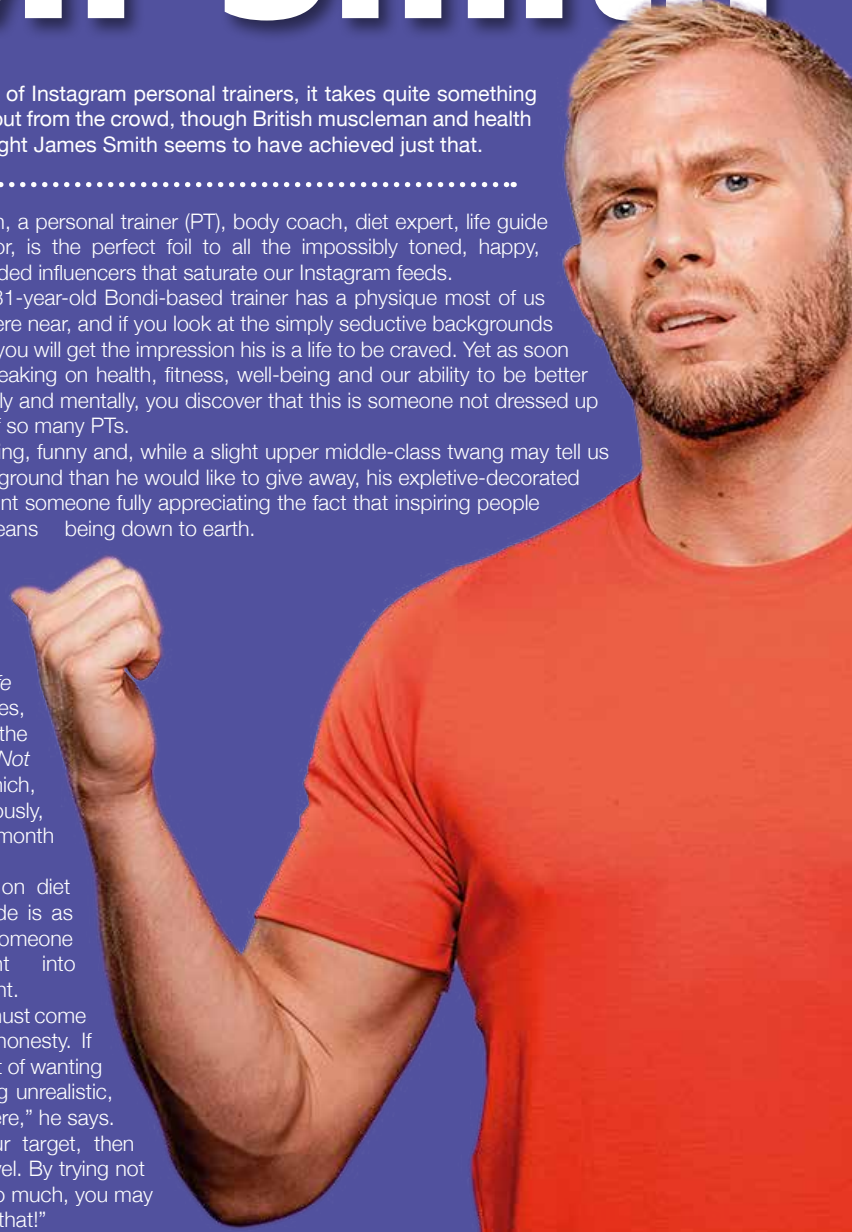


Photo credit: www.jamesmithacademy.com

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NIGHT SQUATTERS

How to keep children in their own rooms – and out of your bed – at night

When your darling daughter or darling son is able to sleep in something that doesn't come with the design feature of prison-like bars as would a cot, it's a monumental moment – your little one's ascent into childhood now means they have their own bed.

Sadly, as many parents have discovered, the lack of those confines means it's effortlessly easy for your young one to embark on night-time expeditions into your bed, something that benefits the sleep patterns of no one.

Here are some tips for ensuring your sneaky non-sleeper stays put:

have a good blackout blind – there's nothing that lures a child out of bed more than the early rising of the sun... even if that's at 5am!

On the flipside, keep a subtle nightlight nearby. Fear of the dark will always get little ones heading for reassurance and comfort... and big ones too.

Sound planning

Consider as well soundproofing and ensuring others in the home keep their nocturnal manoeuvres to a minimum, from loud late-night games to simple stuff like not flushing noisy toilets.

Encouragement

At the age your youngster gets his or her first proper bed, you'll already be working on the greatest sleep stimulator of them all – words. Reaffirming that 'big kids' sleep in their own beds, and stay there, and perhaps a gentle reminder that sleeping in one means not having to go back into a cot, can get your precious cargo journeying off on to a dreamy voyage... speaking of which, you may want to grab a few hours yourself.

Routine

As ever, a solid, settled night-time routine is essential. A set schedule and timing (dinner followed by bath followed by story, etc) will enhance and prolong sleep, as will avoiding 'over-napping' during the day.

Light and dark

In these brighter, lighter mornings, it's imperative to

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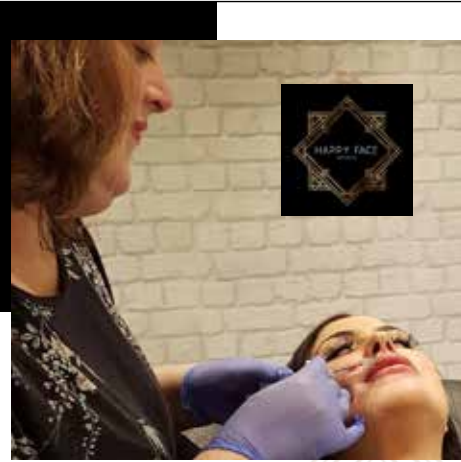
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Sensational SLOW COOKER AUTUMN COCKTAILS

Although traditionally used for stews and soups, slow cookers are now being tested out on a wide variety of dishes, including cooked breakfasts, lasagne and even steaming hot cocktails. What more could you want on a blustery autumn day?

BUTTERBEER RUM (YES, JUST LIKE IN HARRY POTTER BUT WITH A BOOZY HIT)

You will need: 6 cups water | 2 cans cream soda | 1 cup brown sugar | ½ cup unsalted butter | ½ cup butterscotch syrup | 3 cinnamon sticks | 1 tsp vanilla essence | 1½ tsp salt | 2 cups spiced rum | Whipped cream and golden sparkling sugar crystals for decoration

How to make: Put in the water, cream soda, sugar, butter, ¼ cup of butterscotch, cinnamon sticks, vanilla and salt | Cover and cook for 3–3½ hours | Stir in the rum | Use the remaining butterscotch to coat the rims of your glasses | Pour, top with whipped cream and sprinkle with sugar crystals

INDULGENT HOT CHOCOLATE

You will need: 1 litre milk | 300ml double cream | 200g chopped dark chocolate | 100g chopped milk chocolate | Whipped cream, marshmallows and chocolate shavings to serve | Optional: liqueur or schnapps – coffee, peppermint or cinnamon

How to make: Pour the milk and double cream into your slow cooker | Add the chocolate | Cover and cook on low for 2 hours | Remove the lid, give it a good stir, then replace the lid and cook for a further 20 mins | Add 4 shots of your chosen liqueur | Spoon into mugs and top with marshmallows, cream and chocolate shavings

CARAMEL APPLE CIDER

You will need: 2 cups vodka | 8 cups apple cider | 1 cup caramel syrup | 2 tsp ground cloves | 2 tbs cinnamon | ¼ cup brown sugar | Apples to garnish

How to make: Add all the ingredients to your slow cooker | Cook on low for 3 hours | Serve in mulled cups or glasses with sliced apples and cinnamon sticks



Photo credit: realhousemoms.com, amindulimom.com



Discover the beauty of

NON-COMEDOGENIC Skincare

The latest buzzword in beauty, non-comedogenic, refers to any skincare product that is formulated to not cause blocked pores. It's ideal for those who suffer with acne, blackheads and oily skin. Let's take a closer look at non-comedogenic make-up and skincare products and how they work.

What are blocked pores?

Comedogenic originates from the word 'comedones', which are the imperfections commonly found in those who experience acne, otherwise known as blocked pores. There are two types of blocked pores:

- > Open comedones, or blackheads, which are caused when sebum reaches the skin's surface, opens and turns black.
- > Closed comedones, whiteheads, where sebum grows beneath the skin surface.

What causes blocked pores?

There are many factors that contribute to blocked pores, including:
Heavy make-up use | Excessive oil production | Hormones | Not having a good skincare routine | Sweating | Sun exposure | Genetics

Does non-comedogenic make-up work?

Although non-comedogenic make-up and skincare products will not prevent breakouts, what they will do, unlike other beauty products, is not contribute to

any more acne. Not the ideal solution to your stubborn spots, but a helping hand, nonetheless.

What is the difference between non-comedogenic products and oil-free products?

Those with oily, blemish-prone skin will be all too familiar with oil-free skincare and make-up products that promise to reduce spots and balance out your skin. Oil-free products are free from petrolatum but can contain other oils. However, non-comedogenic products differ in their approach as they are completely free of pore-clogging ingredients.

Here are a few non-comedogenic skincare products that you can try:

- > Estée Lauder Double Wear Stay-in-Place Make-up Foundation
- > NARS Radiant Creamy Concealer
- > Maybelline New York Shine Free Oil Control Loose Powder
- > Neutrogena Oil-Free Acne Moisturiser
- > Cetaphil Cleansing Lotion for Sensitive Skin
- > Neutrogena Ultra Sheer Dry Touch Sunscreen





We've all arrived at a getaway destination to be confronted with that sickening feeling of having left the crimpers at home, and it's not a pleasant one. Well, with the hope and expectation of the travel industry restarting as the weeks go by, it seems pertinent to get some early planning in, so here's our all-encompassing rundown of the travel essentials you really can't leave home without:

1. Currency and cards, ensuring you have enough for both holiday treats and emergencies
2. Documents – printed is still best, from hotel information to outbound and return flights
3. Passport, if travelling abroad
4. Driver's licence – essential for car hire, but good for additional ID
5. Mobile phone and tablet, plus chargers
6. Plug adaptor
7. Daily toiletries, such as toothpaste, toothbrush, travel-size shower items, shaver, hairbrush
8. Paracetamol, ibuprofen and any prescription drugs – better to take from your home country rather than trying new drugs in a foreign country
9. List of emergency contacts to keep about your person
10. Flip-flops, for any shared bathroom space where avoiding contact with icky floors is probably smart
11. Practical essentials, depending on destination – e.g. somewhere warm, sun cream and swimming gear (including goggles); somewhere rugged, walking boots and fleece
12. Spare underwear and socks will always come in handy and weigh very little
13. Deodorant and aftershave/perfume, for basic hygiene and those special nights out
14. Microfibre towel, which takes up less space than its fluffy cousin
15. Mini first aid kit
16. Earplugs – whether for the flight or noisy guests around the hotel, these are essential
17. Glasses, sunglasses, and a protective case
18. Spare shoes, to switch things up and give your feet a break
19. Padlock, for extra security
20. Rain cover, should the heavens open



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ENSURE *you* INSURE

Your home insurance checklist

Insurance is about protecting ourselves and those around us, so here's a handy checklist outlining what you definitely need, and what might be worth considering.

CONTENTS INSURANCE

In the event of an accident or theft from within your home, it's vital your possessions are covered. Many see paying out for contents insurance as a waste of money, but we will all claim for something at some point. Knowing you're covered can bring a huge sense of relief in the midst of what is likely to be a disappointing event or episode.

You can also extend your contents insurance to items you take outside the home – consider bikes, watches, phones and more; but read the small print to ensure you're covering what you think you are.

BUILDINGS INSURANCE

Also known as house insurance, this covers your bricks and mortar, and whilst not a legal stipulation, most mortgage lenders will insist on you taking it out if you are embarking on home ownership.

LIFE INSURANCE

Purely for the protection of those around you; should the day come when you're not around, you will want to ensure your dependants have enough to get by. For what is often a small amount each month, life insurance can at least mean you are not adding financial loss to the emotional loss experienced by loved ones.

INCOME PROTECTION

Particularly good for those who are self-employed, income protection means that in the event of illness, bills can still be paid. If 2020 has taught us anything where health is concerned, it's to expect the unexpected!

CRITICAL COVER

Different from life insurance, critical cover will pay out a lump sum if you are diagnosed with a critical illness during the life of your policy. That means you'll be provided for by the policy to restore some sense of comfort and peace.



SAVE

yourself the effort?

It's fair to say savings accounts have probably never seemed less appealing. From buoyant interest rates well into double digits back in the mid-1990s, the Bank of England base rate has plummeted in recent years, dropping to a historic low of 0.1 per cent in March. The recent lockdown means government initiatives to stimulate spending are additionally affecting the appeal of savings accounts, to the point where the consideration of a negative base rate has come into view... and with it the possibility that savers will actually have to pay to 'store' their money.

But it's not all bad news for savers:

> One-year fixed rates for savings accounts are still tracking considerably above the Bank of England base rate, with rates of around 1 per cent still possible... although in relation to a similar level of inflation, there isn't any real 'gain' to be had; in fact, with most 'everyday' savings accounts you're losing money.

> For those still looking to gain a return on their savings, it could be that switching from a traditional savings account to a Lifetime, Fixed Rate or Easy Access cash ISA is the sensible way forward. The former will give you a 25 per cent return (up to £4,000 only), while a Fixed Rate ISA can still net you up to 1.3 per cent.

> Finally, remember savings aren't all about profit – many people save for security, to have a feelgood 'project', and to put money away for a rainy day. Unlike investments, savings accounts are protected to the hilt, so when you want your money it is protected and will be there.

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In 1995, a former Tesco shelf-stacker came up with the idea of rewarding customers' loyalty by giving them points that could be redeemed against future purchases. The concept itself wasn't revolutionary, but in a rapidly evolving digital age, the knowledge, insight and trend-tracking the Clubcard scheme offered meant the retailer's understanding of consumer habits had never been so great.

The man behind the idea was Sir Terry Leahy. A Liverpoolian who started on the shop floor, literally, he had risen to CEO level and was already well on the way to rejuvenating Tesco's fortunes; but his adoption of the Clubcard took the supermarket chain from a top three UK retailer (in terms of profit) to a top three global entity.

The introduction of the Clubcard drove both him and the supermarket on to unparalleled heights – the most efficient method ever for analysing consumer spending behaviour. It also sparked ferocious loyalty, and enabled Tesco to

extend into sectors it had never before touched – from tech to travel to insurance – with a certainty of success brought about from truly knowing who their customers were and how they would respond to products and offers.

These days, 17 million of us have a Tesco Clubcard – that's more than one-third of the adult population in the UK. Relunched in 2009 and again last year with Clubcard Plus – which promised to save the average large family £400 a year on their shopping bill – our adoption of the technology has now become part of our daily routine.

Numerous other brands have followed suit and enjoyed the rewards over the past quarter of a century, yet none can boast a loyalty scheme that has had such a profound effect on an already successful business.



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PUZZLES & TRIVIA



PUZZLES

Answers can be found on the Contents Page 4

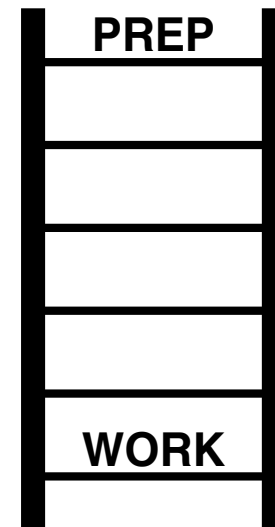
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DID YOU KNOW?

- ▶ Wall-E was named after Walter Elias Disney
- ▶ Disney animators often hide classic characters in scenes of their films
- ▶ There is a tunnel system in Disney World so characters aren't seen in the 'wrong' lands
- ▶ Dumbo is the only lead character in a film who doesn't speak – he only makes a few noises
- ▶ Disney World in Orlando is around the same size as San Francisco
- ▶ The original *The Jungle Book* was the last film to be overseen by Walt Disney before his death in 1966
- ▶ The first animated character to receive a star on the Walk of Fame was Mickey Mouse
- ▶ Mickey Mouse ears are one of the most popular souvenirs bought from Disneyland

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.

TIP: There is usually more than one way to solve this puzzle.



SOLD



Motoring Madness

AVOIDING THE PITFALLS OF SELLING YOUR CAR PRIVATELY

Selling your motor privately can be good for a number of reasons. It's the best way to get a high price for your old set of wheels, if organised you may be able to secure a sale quickly, and in most instances you won't even need to leave the comfort of your own home... well, the driveway, at least.

However, if you are keen to strip out the middleman, beware some of the pitfalls that may lie in wait:

Telephone time-wasters

You may get countless people phoning up asking endless questions – remember, buyers will be as wary about the process as sellers. The best way to avoid this is to make your listing as detailed as possible, adding lots of photos.

Go-slow no-showers

Ever waited in for a delivery that never arrives? Welcome to the world of private car-selling.

Part-ex stress

You may find your motor is attracting the interest of

traders who would rather negotiate a part-exchange than an offer of straight cash.

Larry Hagglers

A huge worry for many vendors is agreeing a price over the phone, only to find someone at your door pressuring you for a discount.

Comeback Kings

In the event of something going wrong with the car soon after it's bought, you won't have anyone to sort this out but yourself. The buyer will also have your home address so is likely to come knocking if anything seems wrong in those weeks post purchase.

Not-so-smooth criminals

And of course, the biggest fear for those who sell privately is that someone will run off with your motor. Ensure all monies have been transferred before handing over documentation, be wary over PayPal transactions (which can be refunded) and, if accepting cash, check notes carefully.

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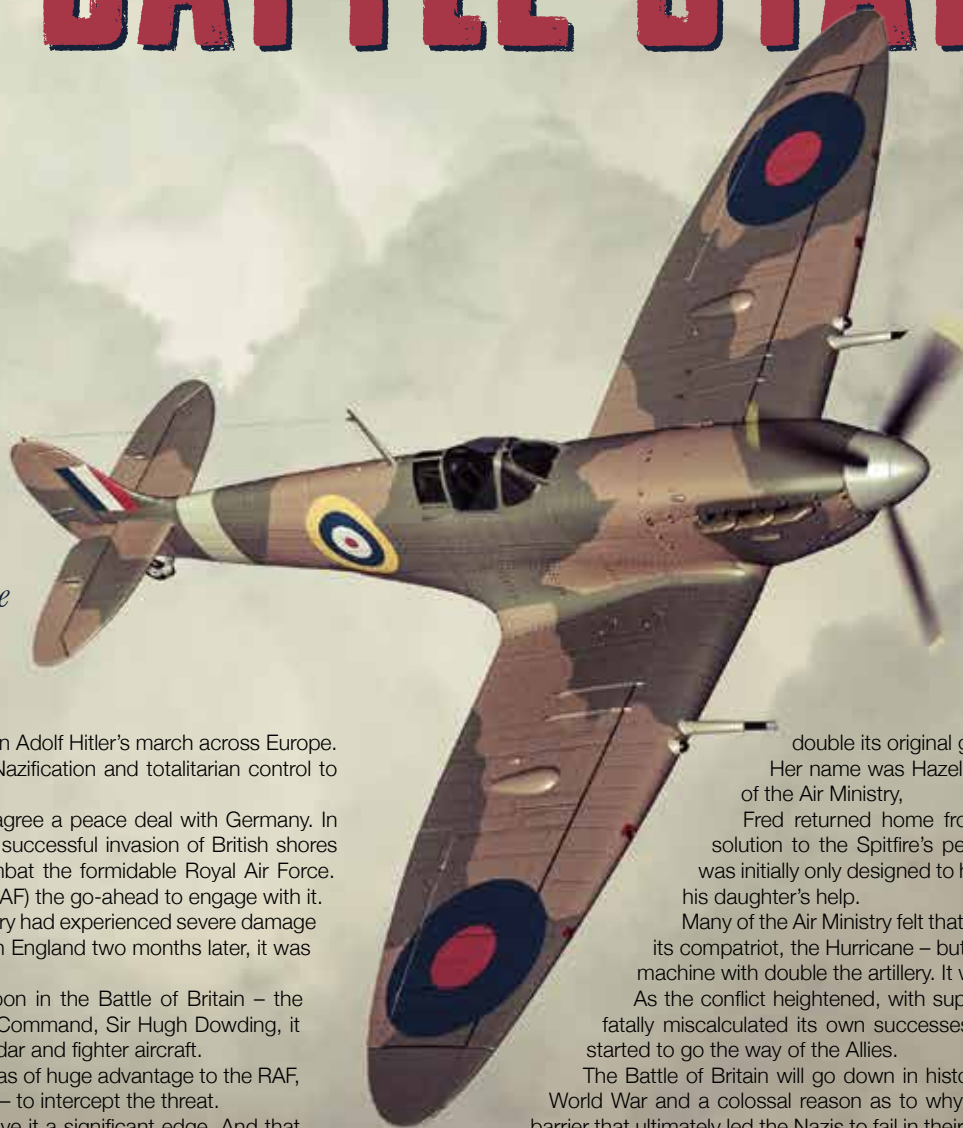
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BATTLE STATIONS



This year marks eight decades since one of the most important British victories during the Second World War: the Battle of Britain.

It's June 1940 and France has been quickly defeated by Germany in Adolf Hitler's march across Europe. His aim: to bring Gleichschaltung (coordination), the process of Nazification and totalitarian control to the continent.

Hitler was expecting the British to also fall into line and to try to agree a peace deal with Germany. In the first instance, he knew that to have any chance of setting up a successful invasion of British shores (which was codenamed Operation Sealion), he would need to combat the formidable Royal Air Force. Subsequently, he gave the Luftwaffe (the German equivalent of the RAF) the go-ahead to engage with it.

Even though the German occupation of France was rapid, the country had experienced severe damage to its air fleet; yet when asked to go to battle in the skies of Southern England two months later, it was ready.

However, the Luftwaffe hadn't reckoned on Britain's secret weapon in the Battle of Britain – the Dowding System. Named after Commander in Chief of the Fighter Command, Sir Hugh Dowding, it was a remarkable network that brought together ground defence, radar and fighter aircraft.

Knowing where and when the Luftwaffe was on its way to Britain was of huge advantage to the RAF, whereby it could then scramble fighters quickly – notably the Spitfire – to intercept the threat.

However, in truth, it was in the way the Spitfire was armed that gave it a significant edge. And that was thanks to a young mathematician, whose brilliant calculations meant it could leave the ground with

double its original gun capacity.

Her name was Hazel Hill, and she was the daughter of Fred, who was part of the Air Ministry,

Fred returned home from work one day and asked for help in providing a solution to the Spitfire's perceived lack of firepower. The iconic British warplane was initially only designed to have four guns on it; he felt it could be more but needed his daughter's help.

Many of the Air Ministry felt that eight guns would be too heavy for the Spitfire – and for its compatriot, the Hurricane – but Fred and his daughter Hazel found a way to equip the machine with double the artillery. It was a significant advancement, and it worked.

As the conflict heightened, with support from Commonwealth pilots, and as the Luftwaffe fatally miscalculated its own successes, a three-month-long skirmish in the skies eventually started to go the way of the Allies.

The Battle of Britain will go down in history as one of the most important parts of the Second World War and a colossal reason as to why Germany was unable to seize Great Britain. It was a barrier that ultimately led the Nazis to fail in their attempt to take control of Europe, and it preserved the freedom that we acknowledge with gratitude and humility today.

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