

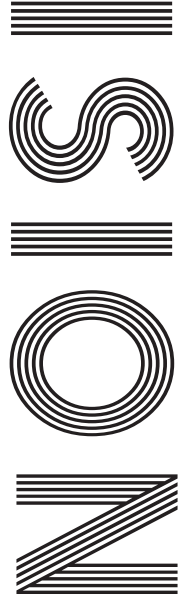


2020  
VISION

**BEAUTY  
HACKS FOR  
LEFTOVER  
PUMPKIN**

*A guide to*  
**ROOT VEGETABLES**

Has political correctness  
**GONE TOO FAR?**



**FREE**

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PROMOTION

# HOME

- TRUTHS -

Property market: still hot but cooling down!

The property market has been very active in Essex over the summer, we have witnessed an exodus of buyers moving in all directions from London.

The average property price in SE1 is over £1.1million, it is £350,000 in Frinton-on-Sea! A typical 2 bedroom flat in SE1 would cost you around £850,000 while you are likely to find a large detached property in the Avenues for the same price.

*Where would you prefer to be now?*

A first wave of cash buyers looking for second homes were the first ones to snap up what was on offer, then came a second wave of people having sold and moving deeper into Essex. The easy access to the city office and the enjoyment of busy urban social life is being replaced by the even easier access to working from home and the enjoyment of quality life closer to mother nature. Let's not forget that many retirees also wish to settle in the Frinton area.

*What does it mean for the property market in Frinton-on-Sea?*

I think we will see an ever increasing supply of properties going on the market in London for example and a strong demand for the "right" properties in Frinton-on-Sea like detached properties near the Sea or generally inside the gate.

*What does it mean to property prices?*

I am very negative for prices of UK properties that do not match with this new desired life/work style, be it a flat in London or a semi-detached home in a busy estate, specially as there will be a larger supply of them. I am less negative and more positive for the "Right" properties described above. Even though working from home is a great positive shift in your society, I am concerned that too many people will be at home with no jobs. The average property price might be under pressure while the supply of the "right" properties will be limited in and around Frinton-on-Sea.

*What should you do now?*

Assuming you may work from home and always dreamt of moving to Frinton-on-Sea, the time is now! The Stamp duty holiday will end after March 31st, 2021 and realistically you will need to have offers accepted on your sale and your purchase before the end of the year in order to complete in time to benefit. I also have the feeling that the rising unemployment will soften the property market from November. I am sceptical that UK average property prices have gone up during the summer and if they have, will they stay up for much longer? The current data only covers properties who have completed in May and therefore with offers accepted well before the lockdown. However, Essex property prices have been rising during the summer but how long will it continue?

Florent Lambert

To register, call Florent today on 01255 617 978/9 or email at [Florent@homedomus360.com](mailto:Florent@homedomus360.com)





October 2020

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# Editor's notes...



Sean Purcell, Editor

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea. I'd like to say a heartfelt thanks to all those residents and businesses who have reached out to me with congratulations and

positive feedback. It's great to hear from you and I look forward to chatting to more of you in the months to come.

As I write this, we have just been briefed on the restrictions that have been put in place to try to reduce the impact of a second wave of COVID-19 across the UK.

The charity sector is one that is experiencing significant hardship as a result of a downturn in donations, sponsorships and events. It is estimated that charities have lost more than £12 billion in income, and while the government has tried to soften this with £750 million, for small local charities like The Robin Cancer Trust (RCT), there is no money available. The RCT is the UK's only dedicated germ cell cancer awareness charity. Its work literally saves lives.

However, it, like many small charities, is facing closure, and while we can't support everyone, we at **VISION** Frinton-on-Sea have donated to the RCT.

If you feel as strongly as I do about keeping our charity sector afloat, then I encourage you to think about how you can do something, no matter how small. It will make a difference.

*Sean*



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by Scott Sheen & Partners

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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

ACROSS: 1. DRINKERS, 5. SNIP, 8. PATIO, 9. MERITED, 10. NOTIONS, 12. SKEWERS, 14. NARWHAL, 16. CONVENE, 18. MORDANT, 19. PUPAE, 20. NOSY, 21. MEANING  
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## HOW ADMIRAL LORD NELSON MADE THE ULTIMATE SACRIFICE FOR HIS COUNTRY

He is a revered icon from a bygone era, where the forces of continents went head-to-head in battle.

In October 1805 no force was greater than the British, though a fearful fleet of French and Spanish combined enemies, spotted off Cape Trafalgar, between Cádiz and the Strait of Gibraltar, threatened that reputation.

Led by Napoleon Bonaparte, the French had already exerted their authority on the European mainland, and further moves to creep north came in the form of 33 battleships.

Nelson was outnumbered, but by dividing his 27 vessels he was able to position the fleet perfectly so that the enemy front could be sunk. And sunk it was – 19 enemy ships plummeted to the murky depths, with every one of Nelson's staying afloat.

Even before the Battle of Trafalgar, Admiral Lord Nelson had long been regarded a great leader of men and an expert tactician. He had bravery and fortitude and was shown to shoulder the burden of battle himself. Indeed, as the British forces sprang into life to repel the threat, in a famous battle cry he stepped to the edge of his ship, *Victory*, and declared, "England expects that every man will do his duty," and they did.

It is imagined that simply looking at Nelson would have summoned in any seafarer the will to battle for the preservation of the nation. At 47 years old, he had already lost the sight in his right eye at the Siege of Calvi, in 1793, in which his fleet captured Corsica. Then, four years later, doctors were unable to save his right arm after he came under attack at the failed Battle of Santa Cruz de Tenerife.

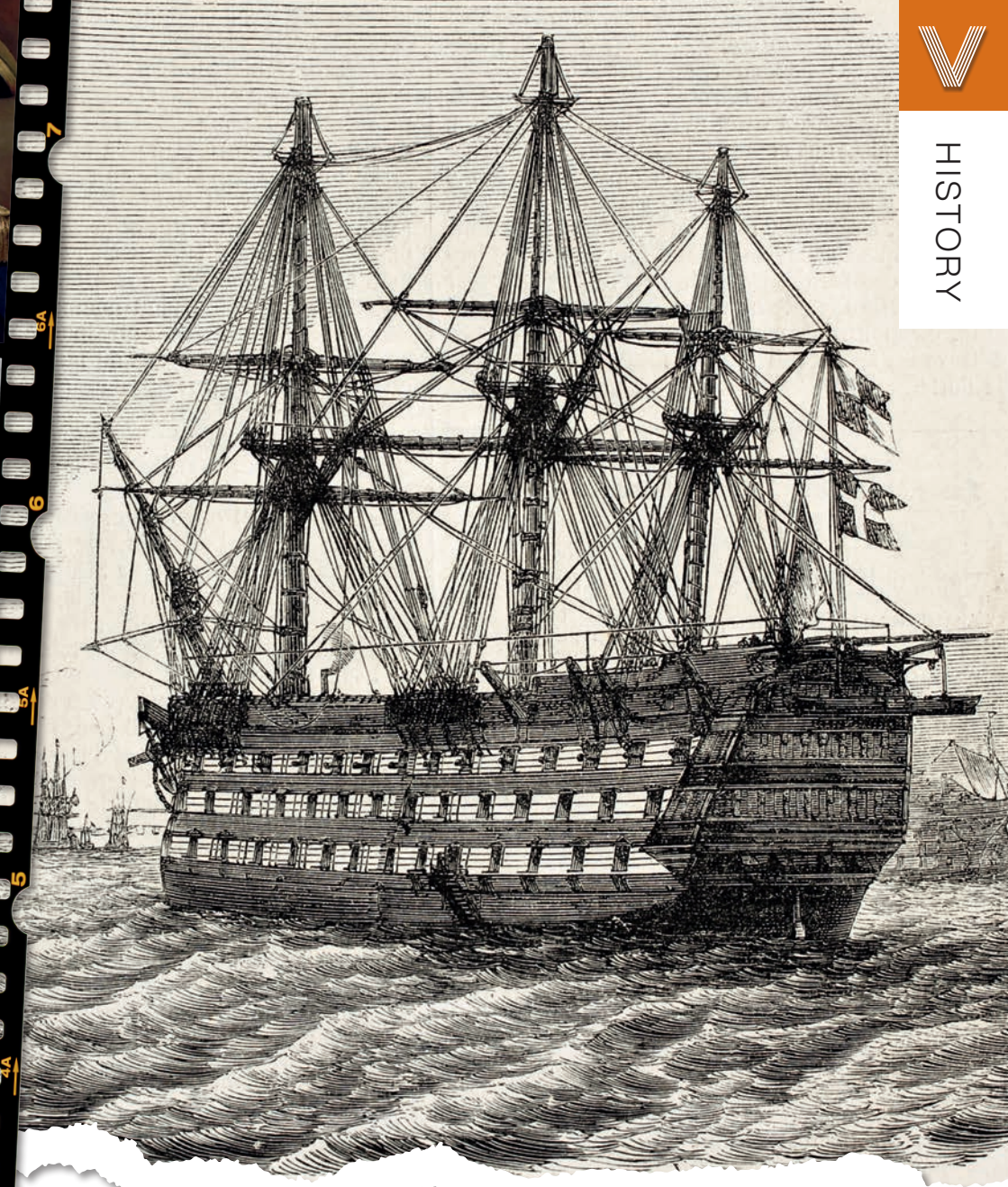
And yet, duty continued. Hardened and seemingly unfeared of death, at Trafalgar the leader was, ultimately, the truest exemplar of his word. On the afternoon of October 21, at 4.30pm, Nelson succumbed to the targeted enemy fire that rained in around his own ship, and was killed. As a leader of men he led the ultimate sacrifice – his own life.

The Battle of Trafalgar lasted only for a further 30 minutes, though its imminent conclusion was reported to Nelson as he lay on his deathbed. The Admiral, holding on to the last few embers of life, uttered the immortal words, "Now I am satisfied. Thank God I have done my duty."

So great was the shock at the loss of such an imperious leader that, in the time that passed, many have come to consider Nelson's death as the central point of the Battle of Trafalgar. While 1,500 of his British allies also lost their lives, his passing is always ubiquitous with the battle and the greater Napoleonic wars which it symbolises.

In reality, Nelson's sacrifice enabled the British to fend off the combined forces of the French and Spanish, preserving our reputation as the best and most powerful seafaring force in the world for the next 100 years, while, of course, ensuring Napoleon steered clear of the British mainland.

Nelson had a glorious funeral procession at St Paul's Cathedral in London, with Nelson's Column erected in his memory in the newly named Trafalgar Square. In 2020, Trafalgar Day, October 21, sees his historical efforts live on very much in the present.



# Nelson's LAST BATTLE



# AGENDA NEUTRAL

~~man~~kind **humankind**

~~chair~~man **chair**

~~congress~~man **legislator**

~~business~~man **representative**

~~police~~man **police officer**

~~land~~lord **owner**

~~boy~~friend/~~girl~~friend **partner**

~~sales~~man **salesperson**

~~man~~power **workforce**

~~maiden~~ name **family name**

~~fire~~man **firefighter**

~~husband~~/~~wife~~ **spouse**



## TAKING A TOKE OF 'WOKE' AND WHY POLITICAL CORRECTNESS MAY HAVE GONE TOO FAR... AGAIN

It's common knowledge in life that when making efforts to please everyone, it becomes very easy to, in actual fact, please no one; and it seems the United Nations' (UN) efforts to broach gender neutrality, social differentiation and race relations have done just that.

When, in the middle of May, the UN released a set of guidelines designed to help people address others in modern, all-encompassing ways that wouldn't offend, it seems they succeed only in... offending people.

As examples, their recommendation was to hide away the supposed evils of capitalism and sexism by referring to businessmen as representatives. Mankind, meanwhile, should be termed humankind, while the cult of the evil of 'maiden names' was to be extinguished by labelling them 'family names'.

For all the good intentions of those who oversee peaceful and respectful action in our society, critics believe these sorts of moves tend to pander mostly to the whims of the minority. What's more, in forcing people to divert away from sensible, rational, everyday terms, the result is the creation of a splintering of and bitterness between groups – something that wasn't present in the first place.

The US Twitter storm around apparent offence at the term 'female' – the inference being it should be 'woman' or 'girl', because 'female' is apparently used in a derogatory fashion – blew itself out a few days later when the very same 'woke' authorities suggested 'woman' was no longer appropriate owing to the inference it categorised the fairer sex as the 'woe of man'.

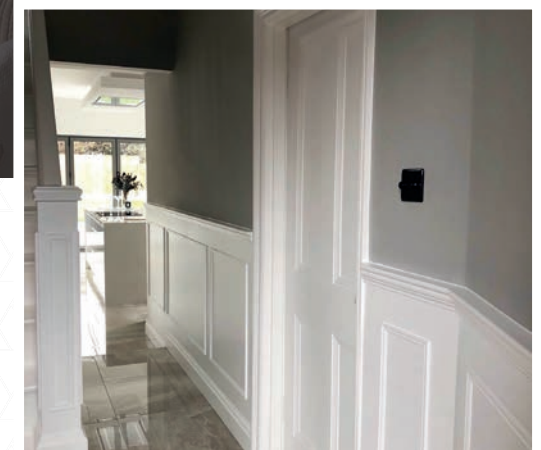
Clearly, we have gone too far. The hope is that Twitter, the virus that has caused this political correctness storm, is also the antidote, because there is a concerted uprising of those who just want to get on with their daily lives without constantly checking over their shoulders... But for goodness sake, don't tell the UN.

Written by James Evans



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# GO GREEN

*How to make your home more efficient and save on your monthly bills*

**W**hether you are planning to take advantage of the Green Homes Grant Scheme announced in July or not, it can be a good idea to look into ways in which you can improve the energy efficiency of your home, both for the environment and for your bank balance.

### *What is the Green Homes Grant Scheme?*

The aim of this scheme is to enable homeowners and landlords to upgrade their homes or properties with energy-saving features. You can apply online from September for vouchers worth up to two-thirds of the total cost, although those with low incomes will be eligible for 100 per cent funding.

### *Solid wall insulation*

If your home was built before 1920, it might have solid walls, rather than cavity walls, which are highly unlikely to be insulated. You can choose to have either internal or external insulation completed, with the latter helping to warm colder rooms in your home and alleviate damp.

**Savings per year = £225\***

### *LED and CFL lights*

Lighting accounts for roughly 15 per cent of an average household's electricity bill, so making the decision to install energy-efficient bulbs can save you a decent amount of money.

**Savings per year = £100**

### *Triple glazing*

Most homes in the UK are now double glazed, but if you want to save even more money on your energy bills, you may want to consider investing in triple glazing, which has the added benefit of noise reduction.

**Savings per year = £105\***

### *Install a water meter*

If you find your water bill creeps up every year, you may want to think about installing a water meter, as this will encourage all members of your family to reduce their water usage.

**Savings per year = £55\***



\*based on an average semi-detached house



HOME & DIY



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## 5 unusual USES FOR...

Did you know that an estimated 14.2 million people enjoy Coca-Cola in the UK? Offering an irresistible combination of sugar and caffeine, it's not hard to see why this carbonated soft drink is one of our favourite brands. But flavour and effect aside, it also has several other handy uses in your home.

### 1. CLEAN YOUR TOILET

If you have any stubborn stains in your toilet that you just can't shift, simply pour in some Coca-Cola, leave to sit for one hour and wait for the fizzy drink to work its magic. When you return you will find that the phosphoric acid has dissolved the stains, leaving you with a gleaming toilet.

### 2. LOOSEN RUST

Whether you have some rusty bolts in your home or your tools have seen better days, Coca-Cola can bring them back to their original glory. Simply submerge in a small bowl of Coke, leave for 24 hours and scrub with a non-metal pad.

### 3. DE-ICE YOUR WINDSCREEN

Is there anything more frustrating than having to wait for the ice to melt off your windscreen on a winter's morning? Fortunately, you will no longer have to. Just pour a can of Coke over the affected area and immediately the ice will turn to slush.

### 4. CLEAN YOUR WINDOWS

Do you yearn for streak-free windows? Coca-Cola contains citric acid, meaning that it is a great alternative to lemon-based cleaning products. All you need to do is pour the fizzy beverage into a spray bottle and then get wiping.

### 5. REMOVE MILK STAINS

Milk can be a nightmare to get out of clothing, but thankfully, by saturating the item in Coca-Cola for five minutes before washing it, you will find the stain lifts easily.



HOME & DIY





HOME & DIY

# THE Grandmillennial GRAB



WHO SAID NOSTALGIA WAS DEAD? NOT THE MILLENNIALS, THAT'S FOR SURE

If there's one thing we should know by now about interior design, it's that nothing is ever off limits, and that certainly applies to the mixing of styles, trends and ideas.

Across styles such as Japandi and mid-century modern, interiors take the best from supposedly contrasting looks to produce colour and texture, while stimulating the mind.

Millennials have been unfairly labelled as adopting only modern, run-of-the-mill design, yet the grandmillennial look turns that concept on its head, with modern, contemporary elements enriched with chintz, crochery, ornate patterns and antique furniture you'd expect to see at your grandparents' house... hence the name.

The idea is that we take up-to-date walls, floors, furniture and fabrics and drop in elements that scream sentimentality, respect the tastes of our elders and take us back to times of simpler design.

To pull off this look, think about ornate lampshades, consider select pieces of antique furniture and even throw in a Toby Jug. Perhaps even lay out a doily or two, if you dare.

There are no rules, no exceptions, and only the power of your imagination can hold you back when it comes to pulling off the look.

Embrace worn-out upholstery, floral prints, draped covers and a splash of patterned wallpaper.

And try to tell a story in what you do - of people, places, eras and fashions. Heck, even pop in for a cup of tea with a local octogenarian in the hope of inspiration.

There is perhaps one warning, though - don't go overboard. The idea is to retain a modern feel while patterning your living space with a sensible number of well-selected additions. Go too far and your front room, bedroom or hallway may look like something out of a 1950s episode of *Coronation Street*, and nobody wants that.



Photo credit: livingetc.com



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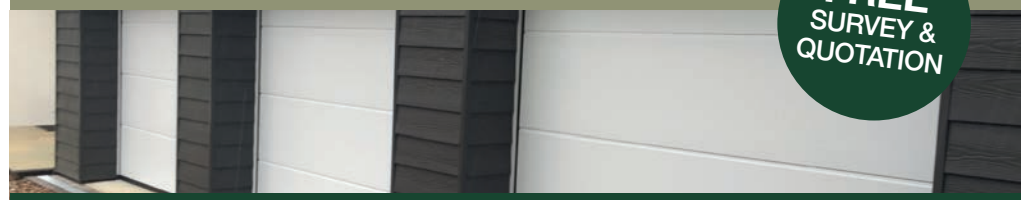


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HOME & DIY

# BRUSH

## UP ON DIY

**B**e honest. When you purchase a paintbrush from your local supermarket or DIY store, do you actually have any idea how to choose the right one for your particular project?

Don't worry, you are not alone. Fortunately, we are here to show you how, plus how to care for your brushes so that they last for the duration.

### CHOOSE THE RIGHT BRISTLE

Paintbrushes are available in two different bristle types: synthetic bristles, or natural bristles that are made from animal hair. If you are using paint that can be cleaned off with water, you should choose a brush with synthetic bristles. However, if you are using an oil-based paint or varnish, a natural bristle brush is better.

### CHOOSE THE RIGHT SIZE

This may seem obvious, but if you are painting a small area such as a skirting board, then you should choose a smaller brush for more precise control. If you are painting a wall, you will most likely be using a brush for cutting in and should opt for a 2-3-inch brush; any bigger and you will struggle.

### CHOOSE THE RIGHT SHAPE

If you look at paintbrushes closely, you will notice that the bristles are either cut at an angle or they have square ends. As a general rule, angled-tip brushes are best for painting trim or cutting in, and square ends are ideal for wider, flatter surfaces.

### HOW TO CLEAN YOUR PAINTBRUSH

#### > WATER-BASED PAINT

Scrape off any excess paint | Wash the brush in soapy water | Rinse the bristles in clean, cold water | Wrap the brush in heavy paper and fasten loosely with string

#### > SOLVENT-BASED PAINT

Wipe the brush clean of excess paint or gloss | Swirl the brush in a jar of white spirit | Leave to soak for 2 hours or longer | Wipe the brush clean with newspaper







# LOCAL NEWS

*from your neighbourhood*



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## Concern as pigeon mess becomes a 'health hazard'

Shoppers and business owners in Frinton-on-Sea have criticised the council after a surge in the amount of pigeon poo on Connaught Avenue.

Locals have taken to social media to condemn the situation as a "health hazard".

A spokesperson from independent department store, Townrow, said: "It's been a great thing that so many eateries have opened in Frinton in the last few years, but it has brought more problems with the pigeons. The council has allowed that and should be looking to keep the streets clean."

Michael Talbot, Tendring District Council's cabinet member for environment, said: "Visitors to Frinton over the summer will hopefully have noticed the improved look of the street following cleaning of the pavements by us – indeed, we were thanked by the Frinton Residents' Association who described the work as having a 'massive, positive difference'.

"While it is our intention to provide more regular cleaning here, along with our other town centres around the district, we need all business owners' help in maintaining the cleanliness of the pavements."

## Literary festival cancelled owing to pandemic

Organisers of the 2020 Frinton Literary Festival have announced that this year's event has been cancelled because of the coronavirus pandemic.

A statement read: "The feedback we've been receiving locally, coupled with the increasing and continuing uncertainty over the ongoing virus situation, meant we felt we had no alternative. We expect to be running the Festival in 2021. We hope to see you there."

Music fans will be boosted as the Frinton Festival 2020 was still set to go ahead as **VISION**Frinton-on-Sea went to press.

The festival is due to take place from October 23 to 25 with three socially distanced concerts at the Frinton-on-Sea Lawn Tennis Club. For more details, visit [frintonfestival.com](http://frintonfestival.com)







# Lifeboat volunteers jump into action to help woman

Volunteer crews at Walton and Frinton Royal National Lifeboat Institution (RNLI) supported Essex Police officers after a woman was left with injuries after a fall.

The incident, which took place on September 14, happened a short distance from the lifeboat house, in Woodberry Way, and police were in attendance.

The woman was in some pain and in a potentially dangerous position on the highway, and the decision was taken to request the assistance of the RNLI crew.

Two crew members, qualified in casualty care, attended with a stretcher and pain-relief equipment

and kept the woman as comfortable as possible until the ambulance arrived.

Speaking afterwards, RNLI crew member, Richard Wyatt, commented: "We were glad to put our training and resources to good use to make the lady as comfortable as possible at a time when there is extra pressure on the ambulance service.

"We were also very grateful for the assistance offered by members of the public, including an off-duty theatre nurse, who stopped to help.

"It was a great show of teamwork and a credit to our community."

# Council criticised over powerful weedkiller

Concerned dog owners in Frinton-on-Sea have criticised the council about how it uses weedkiller, after several dogs fell ill.

In the summer, more than 350 worried pet owners signed a petition calling on Tendring District Council (TDC) to revise its use of a glyphosate-based weedkiller. Helen Badham (pictured) has avoided the town's greensward after her half-poodle, half-Cyprriot terrier, called Molly, needed care earlier this year.

She told **VISION**Frinton-on-Sea: "Molly is usually so fit and well, but she started vomiting, including blood, an hour or so after we walked on the green where they had been spraying.

"The vet said it's highly likely the weed sprayer was the reason she became so ill. I know many others have had similar problems, and I'm lucky as I have pet insurance, as the bill was more than £800.

"The council just says 'It's approved to be used'."

A spokesman for TDC said: "We weedkill all of the roads twice a year, in June and September or thereabouts.

"However, we also spray some of our open space greensward areas between mid-March and mid-April.

"We also apply weedkiller to sports pitches as required."



# Clothes shop closes weeks after being saved



A popular clothes and homeware shop in Frinton-on-Sea has closed down just a few weeks after it was announced that it would be staying open.

Staff at the M&Co store in the town's Triangle Shopping Centre had been told the shop would be staying open even though 47 stores across the country were axed, with 380 employees losing their jobs as a result, but it closed its doors earlier this month.

Members of the Frinton Chat Facebook group discussed what they would like to see replace the store. This included suggestions that the shop could be used as a new home for the Triangle Post Office, as Martin's in the town is set to close. Others suggested the Co-op store could expand.

The main M&Co store on Connaught Avenue will stay open.

# Couple make sure children have a place to call home

A Frinton-on-Sea couple with big hearts have been making sure children have a place to call home during lockdown by stepping up as foster parents.

David and Marie Bullock have fostered eight youngsters since April 2019.

David, 56, was made redundant just before lockdown, but with Marie, 50, the pair decided to embrace foster parenting and looked after several children during the pandemic for short-term emergency placements.

David said: "Upon reflection, being made redundant has had a positive impact as I've been able to afford these children my time and I'm more relaxed than ever.

"I think many of us took for granted going to a restaurant or taking the children swimming until lockdown happened. It has made us realise just how important these seemingly little things were."

For more information on fostering visit [www.essexadoptionandfostering.co.uk/fostering](http://www.essexadoptionandfostering.co.uk/fostering)

# Authorities take action at mental health service

The Care Quality Commission (CQC) has acted following the identification of physical and emotional abuse of patients using a mental health hospital in Kirby-Le-Soken.

CQC inspected Cygnet Yew Trees on The Street on July 24 and 30 and on August 4, 2020. There were eight people using the service at the time of inspection, although there are now no residents at the service.

The unannounced inspection was prompted by allegations of patient abuse.

Concerns were substantiated when inspectors reviewed CCTV, which revealed some staff had physically and emotionally abused patients. Footage also showed some staff had acted disrespectfully towards people in their care, intimidating them through aggressive behaviour and violating their human rights.

In response, Cygnet's leadership has suspended staff, made referrals to the police and offered psychological support to patients who experienced abuse. No one is currently receiving treatment at the hospital.

CQC deputy chief inspector of hospitals and lead for mental health, Dr Kevin Cleary, said: "Our latest inspection of Cygnet Yew Trees revealed that people who lived there were being subjected not only to poor care, but also to abuse.

"Cygnet's leadership has made efforts to address the harm people experienced while in its care, including suspending staff and making police referrals. This does not change or excuse the fact that a culture was allowed to develop at this hospital which led to people suffering abuse."







## Playground opens after £94k refurbishment

LOCAL NEWS



Children have been trying out a playground that has reopened after a £94,000 refurbishment scheme.

The play area in Halstead Road, Kirby Cross, has seen a large fort structure with three slides installed, along with a rope bridge, climbing wall, big rope swing and slide and climbing frame.

In all, six new pieces of equipment have been installed – making the playground more accessible – and only one has been removed.

Funding for the works came from Section 106 money – cash paid by housing developers to support public realm works near their projects.

Children from the nearby Kirby Primary Academy were invited to try out the new equipment last month following completion of the revamp.

Pupils also received goodie bags provided by the contractor Kompan Ltd, who carried out the refurbishment on behalf of Tendring District Council (TDC).

Michael Talbot, TDC cabinet member for environment, said: "Having safe and fun play areas for children in our district to use is important for their health and well-being, so being able to refurbish and upgrade them periodically is a good thing to do.

"I hope the children of Kirby Cross enjoy and make good use of this playground, which looks like a lot of to play in.

"My thanks go to our contractors for carrying out this work, and I hope the local community will work with us to keep this facility in good condition for years to come."

## COVID-19 cases on the up but still below national average

Coronavirus cases in Frinton-on-Sea and across Tendring are well below the national average, according to data released last month.

Statistics released from UK public health bodies show there were six cases per 100,000 people

between September 13 and September 19. The figure represents an increase of six cases from the previous week. The average area in England had 17.

There were 690 coronavirus cases in the Tendring district until September 22, while there were 172 coronavirus-related deaths registered up until September 11.

Cases include positive tests of people in hospital and healthcare workers (Pillar 1) and people tested in the wider population (Pillar 2).

## Council 'best functioning local authority in Essex'

The leader of Tendring District Council (TDC) has praised the organisation as "the best functioning local authority in Essex – and indeed probably way beyond" in his Annual State of Tendring speech.

In his annual address to the full council last month, Neil Stock OBE (pictured) outlined some of the work achieved by the authority over the past 18 months.

Councillor Stock highlighted the council's COVID-19 response, including setting up two hubs to coordinate volunteer support and deliver food parcels to some of the most vulnerable residents in the district, and the way TDC continued to deliver all of its core services throughout lockdown.

In summary, cllr Stock said: "We are a council that dedicates itself to the needs of residents. We listen and create Tendring's community together.

"I have a very strong belief that together we can get so much more done with relentless positivity about our district and opportunities while always recognising and acknowledging our challenges."




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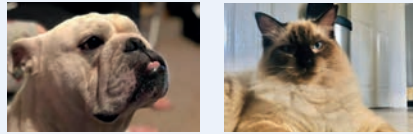
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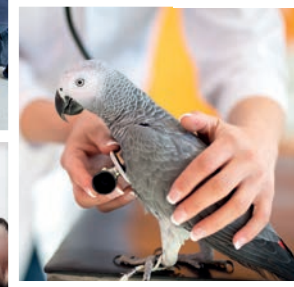
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# Vetting process

Things to consider...

when choosing a good vet for your pet

## Word of mouth

Whether your passion is a dog, cat, budgerigar or Burmese python, pet owners are a social community and rarely shy away from sharing opinions, both positive and negative. The pet parents among us will always be the best source of reviews, so jump on social media and see who is well rated locally.

## Read the paw print

Pet healthcare is often pricey, so transparency is key when it comes to vets and finances. It is always wise to have pet insurance, but you also need to check that your vet is willing to cooperate with your policy provider to provide a seamless, stress-free service. In the event of having no insurance, make sure you're happy with the potential fees.

## Listen to your animal instinct

The best care often means feeling comfortable and happy from the minute you walk in the door, so visit your prospective surgery and make sure it

suits you and your pet. Perhaps you have a place that specialises in care for gregarious guinea pigs, or maybe it's the welcome that wins you over. Clean bowls of water, blankets and toys for anxious animals are all good signs your pet will be in good hands.

## Follow the pack

A busy veterinary practice is generally a good sign that it offers decent care for reasonable prices. So as long as it isn't so oversubscribed that you can't get an appointment, don't be put off by a little paw traffic.

## Stay on your turf

We all know that medical emergencies rarely fit a sociable timetable, and is vital to know that you can get your pet the help it needs any time, day or night. This means not only choosing a practice that you can get to easily, but also one that can facilitate emergency care without you having to venture too far afield.

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PETS



# THE RISE OF

# ROBERT BAT-TINSON

It's taken eight years, 19 movie roles and a complete revision of his status as the teenage heartthrob of his era, but in landing the role of Batman in the latest incarnation of DC Comics' ultimate action hero, Robert Pattinson has emerged from the gloomy, seedy shadow of *The Twilight Saga* into the dazzling, dangerous surrounds of, well... his local gym.

We've always known him best for his vampiric swagger and lofty presence, and for being followed around by a posse of adoring young teens, but since the Sky series in which he made his name, Robert Pattinson has dabbled in everything from serious drama, horror, crime, action and even biopics.

And while excelling on screen in the likes of *The Lost City of Z*, *Good Time*, *The Rover*, *The Lighthouse* and *Tenet*, as the latest ripped and action-ready Batman, this is surely his biggest project yet.

The big-budget Warner Bros movie represents for him a defining moment, both physically and mentally – it's the final piece of the jigsaw in the ascent of the accomplished Londoner to true movie icon status, and by his own admission, the removal of self-doubt that accompanies it is a relief.

"Doubt is in the genetic make-up of any actor," he begins. "You are always wondering what's around the corner and whether you can live up to your best role, your last role, your future potential... whatever it will be."

Taking on Batman represents the same mental challenge, but RPatz sounds more secure in himself than ever before.

"I think any actor will go through periods where they will question whether they can live up to a character in a script, or even the expectations that go with it.

"Batman, for me, means pushing boundaries and building up to a point where I know, in the flesh, I can do justice to the physicality required.

"You look at the true warriors of the superhero genre – Hemsworth, The Rock, Downey Jr – and wonder if you're putting yourself in the wrong place. And yet, having spoken to a few I know, everyone is nervous when the opportunity comes about."

Of course, the legacy of those to have played Batman goes back right to the early days of movie-making. People were still awaiting the conclusion of the Second World War when actor Lewis G Wilson first stepped up to play the caped hero in 1943. Wilson's physique saw critics perhaps unfairly deride him as "thick about the middle", and actors who assumed the role thereafter were toned in a way rather more fitting for a character adept at taking down a range of enemies without, in fact, the use of any superhero powers at all.

From Robert Lowery and Adam West – who played Batman for two decades – through to Michael Keaton, Val Kilmer, George Clooney, Christian Bale and Ben Affleck in the modern era, style and stamina has often gone forward before age – something that stands Pattinson in good stead.

"This feels like the start of a new era for me, and I hope fans come along for the ride."

In 2020, Pattinson talks, behaves and interacts like a very different person from when he was only known as Edward Cullen from *The Twilight Saga*. His evolution into an accomplished actor of variety, veracity and vigour is now surely complete.



OCTOBER BIRTH FLOWER OF THE MONTH

# Marigold

GARDENING

If you were born in October, your birth flower is the vibrant marigold. Native to the Mediterranean, this plant is also known as the 'herb of the sun' owing to the fact that its flowers open when the sun is shining. Incredibly versatile flowers, marigolds can be used as bedding plants or grown in containers.

### What does the marigold symbolise?

With its intense orange colour, it's hardly surprising that the marigold symbolises both passion and creativity. In medieval England, the leaves and flowers of the marigold were combined with ground egg shells and added to heated ale as a treatment for the plague. Whereas, in Mexico, they are the official flower for the *Día de los Muertos* – the Day of the Dead – as their scent is believed to help guide the spirits from the cemetery to the altars.

### What does this birth flower say about you?

If your birth flower is the marigold, you are said to be a warm and inviting person who has the ability to brighten any day. You are full of drive and are often the one that others turn to for advice or help. Personal growth is also important to you.

### How to grow marigolds

Marigolds enjoy full sun and grow well in both dry and moist soil. You can plant marigold seeds directly outdoors in spring once the threat of frost has gone, or start seeds inside for up to eight weeks before planting outside. These flowers require little maintenance and only need watering if the weather has been dry for more than two weeks.

### Fun facts about marigolds

- Marigold flowers are edible
- Marigolds are a natural insect repellent
- They contain carotenoids that can lower your risk of heart disease and some cancers



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HOW TO ENJOY A

# SOCIALLY DISTANCED HALLOWEEN

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As traditional trick or treating may be cancelled this year, unless you want some seriously disappointed children, you may want to look into alternative ideas for celebrating Halloween as a family.

Don't worry, there will still be lots of sweet treats to be enjoyed!

### HOST A VIRTUAL PARTY

If you normally host a massive Halloween party for all your family and friends, why not use your new-found knowledge of Zoom to host a virtual party instead? Adults can enjoy some spooky cocktails and a chat, whereas the kids can show off their costumes and even play Halloween games such as bobbing for apples via the app. Alternatively, you could host a virtual scary movie night or virtual Halloween sleepover.

### ORGANISE A NEIGHBOURHOOD DECORATION PARTY

In the same way that neighbours got together to decorate the outside of their homes and the local streets for VE Day, you could bring the local community together to put up some creepy decorations. That way, instead of trick or treating, children can enjoy a spooky walk on Halloween.

### SET UP A HALLOWEEN PHOTO BACKDROP

A great way to make dressing up for Halloween fun despite restrictions, one or more local families could host a Halloween photo backdrop at the end of their driveway or in their front garden. Children can then take turns coming up to get their photo taken, creating long-lasting memories of Halloween 2020.

### DECORATE A FACE MASK

A fun Halloween activity for children of all ages. Either buy some plain disposable face masks or make your own and then get your children to decorate them. Some great Halloween-themed decorative ideas include creepy grins, animal faces or pumpkin patterns.

### OTHER IDEAS INCLUDE:

- Bake some sweet treats
- Visit a pumpkin patch
- Carve a pumpkin face





# THINK POSITIVE

**W**e could all be forgiven for feeling a little less than motivated right now. That being said, there comes a time when we need to stop languishing and start flourishing. Now is that time...

**SET THE TONE FOR THE DAY**

How often do you wake up on the wrong side of the bed and let that negativity continue throughout the day? Why not instead start your morning with a few enthusiastic affirmations? Even a simple, "Today will be a good day", can work wonders.

**FOCUS ON THE GOOD**

Although you may find it difficult at the moment to find joy in everyday life, by focusing on the good things, however small they may be, you will start to find yourself feeling more motivated and less eager to hide away from any of life's challenges.

**LAUGHTER REALLY IS THE BEST MEDICINE**

When you laugh, the body releases two types of

chemicals: endorphins and dopamine. Endorphins help you feel happy and diminish pain, whereas dopamine, known as the reward hormone, contributes to feelings of pleasure and satisfaction. Finding humour in even the darkest or lowest of moments can help you get through a particularly bad day.

**EMBRACE FAILURE**

Whether you are struggling to home-school, are completely messing up your latest DIY project or you simply feel that nothing you do at the moment is right, try to focus on what you can learn from your mistakes.

**BE PRESENT**

If you are struggling with the current lack of routine and worry about not being able to set any short-term goals, other than getting out of bed each day, try focusing on the immediate present. What are you doing at this precise moment that is making you or someone close to you happy?

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# POSITIVE

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**LEFTOVER PUMPKIN**



BEAUTY

Don't throw away any leftover pumpkin from Halloween. Instead, pump up your beauty routine with these four DIY pumpkin beauty recipes that are guaranteed to give your skin and hair an autumnal glow.

**BEAUTY BENEFITS OF PUMPKIN**

Healthy skin: Pumpkin is full of vitamin A, zinc and antioxidants that are essential for healthy-looking skin.

Healthy hair: Pumpkin seed oil is antibacterial and antifungal, helping to maintain a healthy scalp and strong hair follicles.

**PUMPKIN MOISTURISING FACE MASK**

You will need: 200g pumpkin purée | 1 tbsp honey | 2 tbsp brown sugar | ½ cup yoghurt

How to apply: Stir all ingredients together | Evenly coat your face with the mixture | Leave for 10–15 minutes | Rinse with warm water

**PUMPKIN LIP SCRUB**

You will need: 1 tsp pumpkin purée | 2 tsp sugar

How to apply: Mix ingredients together | Massage onto clean lips | Wipe off | Finish with a coat of hydrating lip balm

**PUMPKIN HAND CREAM**

You will need: 50g pumpkin purée | 1 tsp olive oil | 1 tsp honey

How to apply: Mix all ingredients together | Spoon a generous blob into your palm and rub into your hands | Rinse with warm water

**PUMPKIN DEEP CONDITIONING TREATMENT**

You will need: 50g pumpkin pulp without seeds | 50g raw coconut oil (liquefied) | 50g raw shea butter (solidified) | 25g vegetable oil or olive oil | 1 tbsp oatmeal powder

How to apply: Separate seeds from pumpkin pulp | Add oils, butter, oatmeal powder and pulp to a bowl | Mix well and then blend in a blender until a smooth consistency is achieved | Apply to damp, clean hair and massage into scalp | Leave for a minimum of 10 minutes | Rinse with warm water

Don't throw away the leftover pumpkin seeds; instead, roast them for a tasty snack. They are great for encouraging hair growth, as they contain iron and L-lysine which both help to prevent excessive hair shedding.



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Return

# TO YOUR ROOTS part 1

With the weather turning colder, now is the time to shift away from salads and, instead, embrace more robust and hearty vegetables. Whether you are harvesting the veg yourself or you have opted for shop-bought, the below guide will help you make the most of your roots this autumn.

### TURNIPS

A member of the brassica plant family, turnips are high in fibre, making them great for gut health. They also contain antioxidant and anti-cancer properties.  
**HOW TO STORE:** Always cut off the greens of turnips before storing in the fridge. Lifespan: two to three weeks.  
**HOW TO COOK:** With their delicate, sweet flavour, turnips make a great mash. Alternatively, use as a substitute for potatoes in dauphinoise.



### CARROTS

These much-loved staples are cheap, versatile and contain carotenoids that are known for their ability to boost your immune system and protect your skin from sunburn.  
**HOW TO STORE:** Cut their tops off and store them in a cool place such as the lowest shelf in your fridge. Wrap in a damp towel for prolonged crispiness. Lifespan: four weeks.  
**HOW TO COOK:** Avoid boiling carrots; instead, look to roasting them with honey, grating them raw into a salad or stir-frying them.



### PARSNIPS

Parsnips are incredibly high in fibre and are also a great source of folate that is needed for a healthy brain and nervous system.  
**HOW TO STORE:** Store in the same way as carrots but avoid placing near apples or pears, as this gives them a bitter taste. Lifespan: three to four weeks.  
**HOW TO COOK:** You can roast parsnips in the same way you would potatoes. They also work well in a gratin, to bulk out stews or grated into hash browns.



Look out for *part 2* in next month's edition where we will explore the beautiful beetroot, amazing artichoke and the super versatile sweet potato.

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# ONE FOUR ALL

Is the four-day week a commercial and social experiment that's here to stay?

While none of us needs reminding of the devastation COVID-19 has brought to society, an unexpected upside has been the way we've all been encouraged to reset, recalibrate and readjust.

Businesses and individuals have stripped back processes and preconceptions, but if you think this all begins and ends with Zoom, think again.

While many corporations will insist staff return to a central place of work rather than work from home and lose the valuable mechanics of 'the team', it could be that retaining the sort of four-day week many businesses have trialed has a bit more longevity.

Advantages for the employer:

- Research shows staff embed processes better on longer shifts (perhaps 10 hours) over four days than they would do across five. This so-called 'super-efficient' mode can be up to 40 per cent more productive.
- Work needing to be completed in a shorter time frame brings about urgency and removes an

employee's tendency to be distracted (such as checking social media or news sites).

- The modern nature of the four-day week is great for the image of a business, and staff can still field calls and enquiries on the fifth day.
- A 'three-day weekend' removes Friday afternoons from the work schedule, notoriously the most inefficient segment of the working week anyway.
- Overheads are reduced.

Advantages for the employee:

- 'Four on, three off' means extended breaks.
- The perception is staff will make the most of their additional day by taking up new pursuits and hobbies, meaning better mental health and greater efficiencies when back in the workplace.
- A reduction in the cost of travelling to and from work.

The success of a concept widely embraced on mainland Europe is dependent on the business sector and employee buy-in, but the idea of a three-day weekend is a prospect many will relish... even those in charge.

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# YOUR HOME under the hammer

*The pros and cons of auction properties*

**D**aytime reality TV shows have given us a unique insight into the workings of the auction room, but where buying a home is concerned, the stakes are considerably higher than when bidding on a Nissan Micra, or perhaps an antique teapot.

The plus side is that buying a home at auction can save you tens of thousands of pounds. You can also find yourself unearthing some unusual properties that high-street estate agents wouldn't look to market, and as far as renovation projects go, auctions tend to attract every brand of dilapidated property going.

It's also a fast process – when the bidding ends the process kicks off... There's no hanging around for estate agents, and within weeks the property can be yours.

And yet, when buying under the hammer, the

phrase 'buyer beware' certainly rings true. Firstly, the time in between the catalogue being published and the auction itself – typically about three weeks – is all you have to arrange a survey on the property and get a solicitor to check over the legal pack. If you don't take these steps, you're buying blind and that could be costly.

Auctions also require finance to be in place – if you're the highest bidder, you are contractually bound to go through with the process, and on day one that will mean a deposit of 10 per cent.

The other downside is it's easy to get swept along with the cut and thrust of the auction room. Setting a spend limit is sensible, but sticking to it is vital, and can be easier said than done when you sense you are only one bid away from clinching something that will become a home or an investment.



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# MOBILE MADNESS

Some 35 years on from the first mobile phone call being made in the UK, we look at the limitations of the first available models.

It was a man named Michael Harrison, the son of former Vodafone chairman Sir Ernest Harrison, who made the UK's first ever mobile phone call. It happened on January 1, 1985, and it's fair to say that, in the 35 years since, we have come quite some distance in telecommunication technology.

Phones these days are powerful computers, with a bewildering array of functions, laser-sharp connectivity and a clarity that can enable you to FaceTime someone on another continent. Suffice to say, in 1985 things were a little more basic:

### TALK TIME

The first mobile phones had a talk time of 30 minutes. At that point the battery would die and it would need to be recharged... for 10 hours. And no, it didn't work while charging.

### WEIGHT

The latest iPhone weighs in at 188g; compare that to the Vodafone VT1, the first mobile phone, which totalled 4.7kg... that's the equivalent of 25 iPhone 11 Pros.

### COST

The first mobile phone cost £1,650 – that's more like £6,000 today when factoring in inflation. And even up to the Millennium, call costs were hugely prohibitive in the UK, with fees of more than 50p per minute for mobile-to-mobile calls. And as for dialling numbers abroad... well, probably better to send a letter.

### FEATURES

The first mobile phone was just that – a phone. It offered no additional features. Indeed, not until Nokia's rapid advancement into the market in the late 1990s did phones start incorporating text messaging and games (and yes, by games, we mean snake, and not a lot else).



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# PUZZLES & TRIVIA



PUZZLES

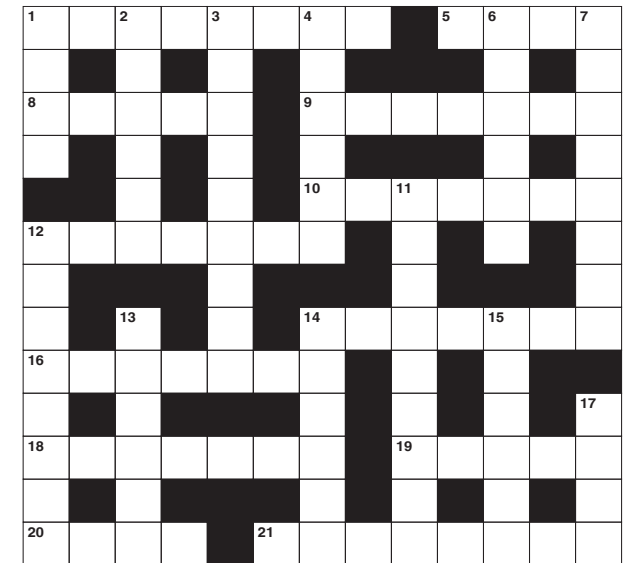
Answers can be found on the Contents Page 4

## ACROSS

1. People who consume a particular beverage (8)
5. Cut (4)
8. Paved area (5)
9. Deserved (7)
10. Ideas (7)
12. Long pins (7)
14. Small Arctic whale (7)
16. Gather (7)
18. Biting (7)
19. Immature insects (5)
20. Overly curious (4)
21. Definitions (8)

## DOWN

1. Depressions (4)
2. Chant; speak solemnly (6)
3. General erudition (9)
4. Manors (anag) (6)
6. Country (6)
7. Base of a statue (8)
11. Immediately following that (9)
12. Astronaut (8)



13. Entraps (6)

14. Hold close (6)

15. Occur (8)

17. Not as much (4)

## DID YOU KNOW?

- ▶ The name Big Ben only refers to the bell inside the Elizabeth Tower, not the Tower itself, as commonly thought
- ▶ In 1952, a double-decker bus, driven by Albert Gunter, jumped a gap across Tower Bridge after it started to rise to allow a boat to pass
- ▶ The London Eye pods are numbered one to 33, missing 13 with superstitious passengers in mind. Each pod weighs 10 tonnes, the equivalent of one million pound coins
- ▶ From the 1200s to 1835, the Tower of London was home to a zoo of exotic wild animals that were given as royal gifts, including lions and a polar bear
- ▶ Buckingham Palace was originally known as Buckingham House and was built as a private townhouse for the Duke of Buckingham

## SUDOKU

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



for those who

# LAVA BOARDING

**VOLCANO BOARDING IS ONE OF THOSE EXTREME SPORTS THAT DOES WHAT IT SAYS ON THE TIN... THOSE EASILY SCARED NEED NOT APPLY**

We've all found ourselves sitting at home on a weekend stuck for something to do, and in that regard, Zoltan Istvan was no different. Yet while most of us will put on a film, head out for a stroll or bed in down the pub, the National Geographic adventurer, journalist and daredevil decided he'd take his sandboarding equipment to a live volcano and check out what lurks beneath.

The concept is simple – surf your way down, into and around one of Mother Nature's most wondrous and terrifying sights. The choice is twofold: select a dormant terrain or risk life and limb by traversing a route down an active volcano. Pursue the latter and the dangers are obvious – you can be cut off by rough volcanic ash, find yourself overcome by poisonous gases or even end up dodging lumps of flying molten ash.

The protective gear – including bodysuit and goggles – will only take you so far, so using local expertise (in an environment that is ever evolving), planning a route and sticking to it are essential.

"For me it was a passion for boarding and a fascination for volcanoes," says Istvan. "It was natural that I should want to marry the two together, and when I did, it provided the ultimate thrill."

The American has been volcano boarding now for two decades and lives on to tell the tale. Others have been less fortunate, so the option of using a dormant volcano is arguably a better option if preserving your life is high on your list of priorities... or just stay in and put on a boxset.

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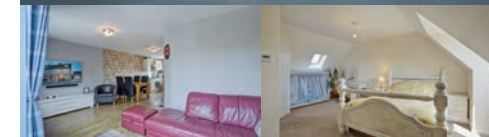
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