



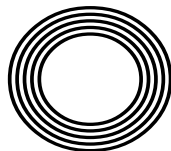
**VIOLET
FEBRUARY
BIRTH
FLOWER**

**MARK WRIGHT MAKING
HIS FOOTBALL COMEBACK**

Valentine's Day traditions
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HAMMOND

The TV presenter emerging into the spotlight



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Editor's notes...

FEBRUARY 2021



Sean Purcell, Editor

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea.

I have been talking to many people over the last month who have found this lockdown tougher than previous ones; it seems that a combination of fatigue, a need to work for many, and a requirement to cease work for others has been exacerbated by the bad weather and darkness that winter brings. In the first lockdown, I was able to get out for a walk or work from my garden because we were blessed with beautiful sunshine for most of it; this time it feels different and harder in many ways.

However, we are starting to approach spring, with a warming of the temperature and lighter evenings on the way and vaccines already being rolled out. I have been impressed at the speed that the vaccine has been distributed and hopefully this will help to turn the tide in our battle with this virus. I am looking forward to better days ahead, particularly to when I can don my **VISION** hoodie and walk the streets, and be part of our community again.

We hope the arrival of the magazine every month lifts your spirits and helps you pass some time. If you ever want to reach out to me to say hello, feel free to drop me an email as I would love to hear from you.

Stay safe, focus on a better future, and enjoy this month's edition.

Sean Purcell

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CONTRIBUTORS | Tabatha Fabray, Tim Green

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



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A full-page background image of Mark Wright in a red Crawley Town football kit, captured in motion on a green pitch. The kit features a red long-sleeved shirt with white trim and a red shorts with white trim. A crest is visible on the shorts. The word 'Crawley' is partially visible on the shirt. The background is a blurred stadium setting.

The WRIGHT STUFF

HOW ONE OF OUR MOST ADORED REALITY TV STARS WENT BACK TO HIS ROOTS... GRASSROOTS

It's a fantasy that has crossed the mind of every grown man in his late twenties who has a normal, run-of-the-mill, everyday job. It's the thought, 'Perhaps it's not too late to realise every boy's dream and become a professional footballer; perhaps I can still make it.'

That reality TV star and Heart DJ Mark Wright still held those very unfulfilled ambitions is perhaps less of a surprise. He was, after all, on the books of West Ham, Arsenal and Tottenham as a youngster. When released at the age of 18, the left back was picked up by Southend United, but drifted into non-league football as the distractions of nightclub promotion and reality TV came about.

After spells in then Conference with Grays Athletic, Crawley Town and Rushden & Diamonds, the charismatic Essex-born star joined the cast of *TOWIE*. One of the original cast members, he was only with the ITV show a year, but the die was cast, and from *I'm a Celebrity...* *Get Me Out of Here!* to *Take Me Out: The Gossip*, through presenting jobs on *Mark Wright's Hollywood Nights*, *The Bachelor* and *This Morning*, the husband to actress Michelle Keegan has been a permanent fixture on our screens for a decade. And when adding in his Heart radio show duties – a gig he's had since 2012 – it's any wonder he has any spare time...

But what about those football ambitions?

"I've never got over the fact I didn't make it in the game," he says. "And despite everything I achieved elsewhere, being a professional footballer now would top it all."

In October last year, Wright set out to make one final crack at the game he loves, and a call to John Yems, his former manager at Crawley, saw the now 33-year-old invited to West Sussex to train with the club.

The presenter describes the three months that followed as a whirlwind, combining media duties with a punishing physical routine designed to get his fitness up to League Two standards. His every move has been followed by a BBC film crew, whose iPlayer series *Mark Wright: The Last Chance* has proved a huge hit.

"I never had any expectations, but I always knew I'd give it everything I had, and the welcome I got at the club was tremendous from day one."

In December, Wright's dreams moved a step closer – he signed a contract until the end of the season. And being named on the bench for Crawley's FA Cup fourth round clash with Leeds United on January 10, just two days after his brother Josh signed for the club, set up the most impossible of scenarios. Could he make the comeback of all comebacks?

Crawley strode 3-0 up against their star-studded Premier League visitors, on their way to grabbing all the weekend's giant-killing headlines. A perfect day could only be topped by a call to the bench for a substitution. And so it happened... he may have only come on in the 91st minute, he may have only touched the ball

three times, but a dream was realised on that cold Sunday lunchtime at the People's Pension Stadium.

And it doesn't stop there – the Reds are eyeing up promotion from League Two and there will be no resting on his laurels for Mark Wright... a reality star in every sense.



THE WORLD AROUND US

Part 4

In the last part of our environmental series, we look at the final key driver in the health and well-being of the planet: global warming.

The phrase 'climate change denier' has become commonplace in conversations about the gradual warming of the planet and the causes of this. Scientific opinion points to humans and our explosion of population, industry and consumption as the real effects of the Earth increasing in temperature by 1° Celsius since 1880.

It doesn't sound a lot, does it? And yet, a one-to two-degree drop was all it took to plunge the Earth into the Little Ice Age in the Medieval Period.

The platform climate change deniers have generally sees their voices amplified well beyond what they should be. The results of various studies often level out at around the same rate – namely that only two or three people out of 100 will dispute the scientists' theory that humans are the cause of global warming.

With such a large accepting consensus, the drive to combat this gradual warming of Earth has

accelerated in recent years. Equipping ourselves with data, while ensuring we have the ability to interpret it, is vital.

Temperatures across a timespan of a year, five years or even a decade might rise four degrees in one region and drop six in another (which is why anomalies occur, such as Greenland's Jakobshavn Glacier actually increasing in mass since 2016), but overall, there is trouble ahead.

The next, vital step the Earth faces is a willingness of its people to do something about it. For all the UK's action over the past couple of decades, for all the destruction global warming has already contributed, such as coastal erosion, moorlands fires, floods and more, we contribute just 1.2 per cent of the world's total emissions.

It means that, as if it were ever in doubt, a global solution requires a true global investment of action from the planet's inhabitants.



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DULUX LOOKS TOWARDS SAFE GROUND IN NAMING ITS COLOUR FOR 2021

There's only one contradiction at play as far as Dulux's Colour of the Year goes – namely that in establishing a tone that speaks quietness, calmness, unassuming peace and tranquillity, the paint manufacturer is treading safe ground and not, as the shade's name implies, Brave Ground.

And yet, despite Dulux failing to state what is courageous about this tone, we can at least revel in its ability to encapsulate the mood of the world. It pleads for calm, reflection and philosophical thoughts, and offers a serenity to interiors that is very different from the intention borne out in Pantone's Colour(s) of the Year.

This warm beige shade is one that will work beautifully when matching with light woods, particularly in the bedroom or living room.

Combined with white it reclines elegantly into the

background, and as a flat shade, it can find itself offset by fabrics and furniture that offer depth and detail.

The tones of grey present in Brave Ground are also earthy enough to take interiors away from the overtly beige patterns of the 1970s that often strayed too far in the way of oranges and browns.

Consider also mixing with pastels, or sharpening the edges with blacks and greys, particularly in cushions, throws, curtains or lampshades. Ultimately, Brave Ground is a colour that will bring lightness while offering a knowing nod to dark luxury.

Indeed, perhaps in adopting a shade that is the very epitome of neutrality, perhaps in offering a platform on which we can place our existing belongings as well as bring in new renovations, Dulux is showing itself to be brave after all.



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BETTER SAFE *than sorry*

Whether you are investing in home security for the first time or you want to upgrade your existing set-up, the below guide will ensure you pick the perfect home security system for your property.

Determine the purpose: The first step in choosing a security system for your home is to determine its primary purpose. There are three types of home security systems: home automation, intruder protection and environmental monitoring.

Home automation is the most advanced option, where all your devices are connected to each other via the internet of things. Intruder protection is designed to protect your home from burglars, and environmental monitoring systems detect anomalies like fire and leaks.

Choose the right components: There are many different home security packages on the market and you need to decide which elements you want in yours to make you and your family feel safe and protected. Popular choices include smart

doorbells, motion cameras, burglar alarms, smart lights and window sensors.

Pick a monitoring system: If your budget allows it, you could invest in round-the-clock call centre monitoring for your home. Your chosen provider will call you if they notice anything strange or to alert you of a natural disaster. Alternatively, you could use DIY monitoring and opt to receive notifications to your phone.

Select a network: Every home security system needs a network to function. You can choose either a wired or a wireless one. Wireless networks are becoming increasingly popular as all they need is a Wi-Fi or cellular connection and they are good to go.

Decide about installation: You can either install your home security system yourself or pay a professional to do it for you. Professionally installed systems tend to be more reliable but will obviously cost you more money than doing it yourself.



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HOME & DIY

making MEMORIES

Whether you are looking for a birthday present, graduation gift or unique anniversary offering, a memory quilt is the perfect choice. Allowing you to create a personalised and completely original gift, expect tears of joy when you present one of these to your loved one.

Alternatively, you can make your own personalised fabric by transferring photos onto a piece of white or coloured cotton.

Step 2: Determine the desired size of your squares and quilt. For a large quilt, use 25 t-shirt squares 5x5 – see step 4.

Step 3: Cut your fusible interlining slightly larger than your quilt to allow for cutting back later.

Step 4: Cut off the necks and sides of your t-shirts. You will be left with two squares from each one.

Step 5: Following the manufacturer's instructions, lay the fusible interlining on the back of your squares and fuse using an iron.

Step 6: Once all pieces are fused, cut to size.

Step 7: Decide upon the layout of your squares and pin together before starting to sew.

Step 8: Using your sewing machine, start to sew each row together before attaching the rows to complete your quilt top. Remove pins.

Step 9: Make a quilt sandwich using backing and batting which needs to be 5cm bigger on all sides. Fuse the batting using an iron and then attach your backing with an adhesive spray.

Step 10: Complete your quilt using the stitch-in-the-ditch technique using your sewing machine, or use free-motion quilting.

Congratulations. Your memory quilt is complete.

WHAT YOU WILL NEED:

- > Your chosen clothing or fabric for quilt squares
- > Fusible interlining
- > Batting
- > Backing fabric
- > Adhesive spray, such as Elmer's Multi-Purpose Spray Adhesive
- > An iron
- > Scissors
- > Pins
- > Sewing machine
- > Ruler or tape measure

HOW TO MAKE:

Step 1: Gather the fabrics you want to make your quilt with. This could be t-shirts, blankets or baby clothes.



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HOME & DIY

ARE YOU READY TO

Wabi-sabi

YOUR HOME?

Although it may sound like that spicy green paste that you get with sushi, wabi-sabi is actually a Japanese term that means "finding beauty in imperfection".

The perfect interior design trend for people who prefer their house to look lived in rather than like a showroom, wabi-sabi is all about embracing authenticity, flaws and all.

Showcase homemade décor

Whether you are an artist yourself or not, homemade décor items or things that you have collected over the years on holiday or at local craft fairs are ideal for creating a wabi-sabi home. Allowing you to foster feelings of warmth and originality, even just proudly displaying your children's artwork contributes to the characteristics of this Japanese philosophy.

Clear away clutter

Just because wabi-sabi values imperfection, that doesn't mean you can let your home become a cluttered and chaotic mess. To achieve wabi-sabi, your home should be a calm and peaceful place where you and your family can relax, so make sure you stick to your cleaning regime.

Embrace nature

With a focus on simplicity, bringing elements of the outside into your home is a key component of wabi-sabi. Whether you choose to put some freshly cut flowers in a vase, invest in a house plant or two, or you decide to incorporate natural materials into your home such as stone or wood, nature will always be able to lift your mood.

Be a partial minimalist

Although a wabi-sabi home is not fully minimalistic by nature, it does invite people to keep their possessions to a minimum by only allowing things in their home that offer nostalgia, beauty or utility. This means that you can keep an item that does not necessarily match the décor of your home, as long as it makes you happy.

Photo credit: David Britain via idealhome.co.uk, home-designing.com, Simon Seabrook via idealhome.co.uk, behance.net



Understanding

THE DOS AND DON'TS TO ACHIEVING PERFECT UNDERFOOT CONDITIONS

You think splashing the cash on a swanky new length of carpet is the first and last bit of expense you need to worry about, before someone reminds you that carpet without underlay is akin to a new motor without tyres on the wheels.

It's recommended that you change your underlay whenever you change your carpet – after all, years of wear, tear, and no small amount of gravity will have squashed the best life out of it.

New underlay will provide for you a number of things – firmness, bounce, insulation, noise reduction, preservation of your new flooring, as well as reinforcing the feeling that your new piece of carpet is worthy of something you'd find on the way into a film premiere.

Premium underlay will set you back up to £10 per metre square, though perfectly good brands can be picked up for less than half that. It's true to say the higher quality your underlay, the longer it will, in

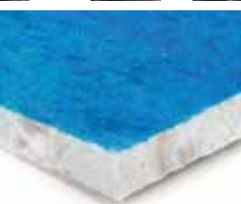
turn, look after your carpet.

Typical depth is around 10–13mm, with a lower grade on the stairs. You'll also have to consider the tog rating – anything higher than 2.5 tog will insulate nicely, though if you have heated floors then switch back down to a lower tog of around 1.0.

As for the fabric, PU foam is the most common underlay on the market. It offers a soft feeling underfoot, is made from recycled materials and is a good insulator. Other types are made from rubber, sponge rubber and crumb rubber, the latter being made from car tyres. Felt and wool carpet underlay also come well recommended.

And if you're fitting wood or laminate flooring, then consult a specialist who can bring forward a range of hardfloor-specific underlays that are lighter and thinner, and respect what is an intentionally solid top layer.

UNDERLAY



PU FOAM



SPONGE RUBBER



CRUMB RUBBER



WOOL FELT

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LEOPARD GECKOS: A reptile may not be the first pet you have in mind when considering a companion for your older years, but the leopard gecko is actually a fantastic little friend who's also easy to look after. Requiring little more than a cosy, heated habitat in the form of a tank, insect edibles and a bowl of water, these big-eyed beauties are not only calm and friendly, but also happy to be handled by gentle hands.

they are arguably far more desirable to look at than your common or garden goldfish.

ZEBRA FINCHES: Originating from Australia, these feathery little friends are fantastic pets for those wishing to bring a little music into their lives. Prone to loneliness, zebra finches crave companionship and require exercise. They're also daytime creatures, so prefer to play in the day and sleep at night.

TROPICAL FISH: You may not be able to cuddle a koi carp when you're feeling low, but bright-coloured, beautiful tropical fish are clinically proven to have a calming effect on our minds. From gorgeous, fantailed guppies to bright little neons, you can buy tropical fish in an array of dazzling colours, even creating your own underwater paradise with the addition of ornaments and plants. Tropical fish, of course, require a little more in terms of heating and pumping systems, but

BENGAL CAT: They may look like tiny leopards, but Bengal cats are actually incredibly tame and love a cuddle. They are agile and love to play, which means they do need a little space to jump and run around in. However, they're better off being kept indoors, not only because it is far safer there but also because of their high value.





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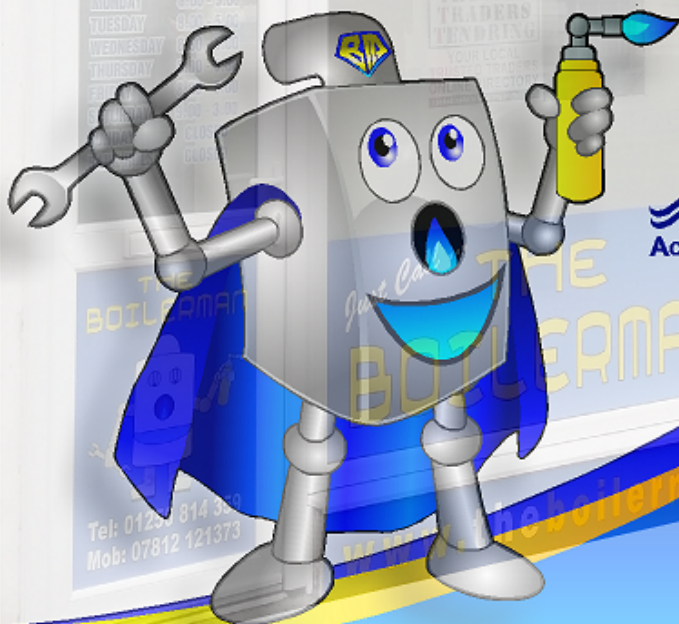
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GARDENING

FEBRUARY BIRTH FLOWER OF THE MONTH:

Violet

The February birth flower is the vibrant violet. People born in this month tend to be both modest and mild mannered, hence the popular expression "shrinking violet". Sweet violets are regularly found in the UK in woods and hedgerows and are often candied and used to decorate cakes.

WHAT DO VIOLETS SYMBOLISE?

Violets have been around for centuries and were first cultivated by the Greeks around 500BC. According to Greek mythology, violets were created when one of Artemis' nymphs was pursued by her twin brother Apollo. To protect her, Artemis turned her into a violet, which in turn led to this flower being known to represent modesty.

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If you were born in February, you are said to be wise beyond your years. A private person, you are also prone to being a bit of a dreamer. It can take you a while to warm up to people, but when you do, you are fiercely loyal.

CAN I GROW VIOLETS IN MY GARDEN?

Violets typically grow in the wild, although they are decreasing in numbers owing to habitat loss, which means if you want to grow them in your garden, you need to recreate these conditions. Violets thrive in winter and spring sun but need summer shade, so their ideal spot is under a deciduous tree or shrub.

Violets will self-sow, but growing your own from seed is a challenge as the seeds need to be fresh. Instead, buy plants during the spring and plant immediately in moist but well-drained soil.

WHAT PESTS ARE COMMON TO VIOLETS?

If your violet leaves turn yellow, this could be the result of an attack by red spider mites. This pest strikes when your plant becomes too hot or dry.

The best remedy is to defoliate the plant completely.



PUZZLES & TRIVIA

PUZZLES

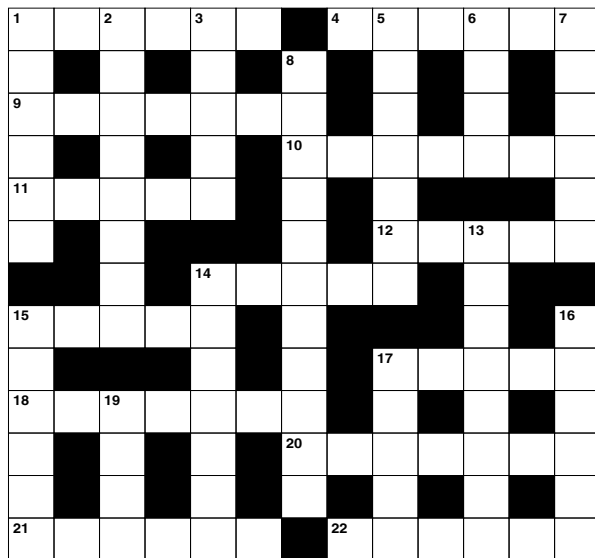
Answers: see end of The VISION Listings

ACROSS

1. Straighten out (6)
4. Vocalist (6)
9. Animal fat (7)
10. Not friendly (7)
11. Oozes (5)
12. Compassion (5)
14. Expect; think that (5)
15. Word of farewell (5)
17. Wedding assistant (5)
18. Supervisory worker (7)
20. Burdensome work (7)
21. Short choral compositions (6)
22. Entertains (6)

DOWN

1. Except when (6)
2. Musical pieces for solo instruments (8)
3. Regulations (5)
5. Annoying (7)
6. Large desert in Asia (4)
7. Make less dense (6)
8. Residents (11)
13. People with auburn hair (8)



14. Furthest away (7)
15. State publicly (6)
16. Tremulous sounds (6)
17. Deprive of weapons (5)
19. Speak in a wild way (4)

DID YOU KNOW?

- ▶ Adélie penguins breed and raise their offspring in Antarctica
- ▶ Puffins can flap their wings up to 400 times a minute. They can fly at around 55 miles an hour
- ▶ The bald eagle, which was once on the brink of extinction, has been the national symbol of the United States of America since 1782
- ▶ Once a flamingo lays an egg, the parents take turns sitting on it to keep it warm. The egg usually hatches in around 30 days
- ▶ The ostrich is the tallest and heaviest of all the birds
- ▶ As a male snowy owl gets older, it turns whiter. Males are often whiter than females
- ▶ Red-tailed hawks can spot a mouse from 30 metres up in the air

SUDOKU

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The infectious personality of ALISON HAMMOND

The presenter who has chuckled, chortled and guffawed her way through almost two decades on camera... and we're all better off for it.

The Brummie whose laugh-a-minute approach to presenting has won her admirers across the entertainment world... and we include Harrison Ford and Ryan Gosling in that number.

As if proof were needed that Alison Hammond, while always kind, enthusiastic and respectful, does not subscribe to the idea that celebrities and film stars are unreachable demigods not worthy of our time, in a hilarious 2017 interview for *This Morning*, Hammond charmed and bewildered two of Hollywood's finest in a recording that had more than 12 million YouTube views. You could say she upstaged her two guests by laughing them into submission.

Having first appeared on our screens as a contestant in the *Big Brother* house, Hammond is another example of a reality star who has maximised the possibilities out of what is a very simple and short-lived platform.

She has swept her way through a variety of entertainment shows over the past decade, appearing in *Celebrity Fit Club*, *Celebrities Under Pressure*, *Stars in Their Eyes*, *Celebrity Ready Steady Cook* and many, many more; she has been a panellist on *Loose Women*, and made it to the seventh week of *Strictly Come Dancing* when she partnered Aljaž Škorjanec.

"I've always been someone who wants to grab life by the horns and go for a ride," she laughs. "It's very rare that I'll turn down an opportunity, and if I do it's because it's taking me too far from home and being around the people I love, and those are the ones who must always come first."

And Hammond's reputation as a brilliant reporter on *This Morning* has borne fruit in a way she wouldn't have imagined – in the middle of December 2020 it was announced that she and Dermot O'Leary would take over full presenting duties on Fridays from regular incumbents Eamonn Holmes and Ruth Langsford.

The shake-up is further evidence of a nation embracing those down-to-earth personalities who reflect our own thoughts, ideas and sensibilities.

"A long time ago I realised that to get on in the world you just need to be yourself," she says. "I think in the early days of getting TV work there was a temptation to be the person you thought people wanted to see, and when you do that you lose an edge."

"What people see is what they get, but it is all me – an uplifting, fun, sparky person who treats everyone as equals."

Indeed, geographically, Hammond, 46 in February, has stayed true to herself as well. Despite *This Morning* being filmed at Television Centre in White City, the presenter still lives in 'the second city', commuting to the capital for work. "I couldn't ever leave Birmingham behind – it means everything to me, as do the people."

"It's also my son's home, and I want him to grow up a proud Brummie like me... who likes to laugh."



LOCAL NEWS

from your neighbourhood



Club hopes to serve an ace with fundraising campaign

Frinton-on-Sea's residents are being asked to help the town's Lawn Tennis Club get through the coronavirus pandemic and beyond.

Members at the club, which has a heritage of more than 120 years, have launched a crowdfunding campaign to raise £75,000.

The not-for-profit sports and social club offers lawn and all-weather court tennis, squash, gym, fitness classes, walking football, swimming and croquet, together with a range of events and social activities that serve the local and wider community.

The money will be used to replace some of the club's existing floodlights with LED, restore some funds to allow the club to recover financially and to carry out other essential work, such as repairing the clubhouse thatch.

James Max, club chairman, said the work will help ensure a safe and well-lit space, ensure a

secure clubhouse, give it time to get back on its feet and ensure the club continues to serve the local community.

He said: "The coronavirus pandemic has made it even more important that the local community has a facility on its doorstep that provides opportunities for meeting people and keeping fit. All age groups will benefit. Being a non-profit organisation, all donations will be used for the benefit of the local community."

In addition to the benefits to its members, the club hosts county, national and international tennis tournaments and also hosts a considerable number of events that benefit the community.

The clubhouse is also used for jazz, comedy and music festival events, and the Frinton Summer Theatre.

Many rewards are being offered. To donate, go to crowdfunder.co.uk/let-there-be-light-3

Jordan set for emotional charity ride later this year



A brave cyclist is preparing to cycle from Frinton-on-Sea to Land's End in the summer in memory of two of his family members.

Jordan Cantlow, 23, hopes to cycle more than 400 miles in July in memory of his mother Michelle who died from cancer in July 2019. Just a year later, Jordan's younger brother Kayden decided to take his own life.

Jordan gave some more detail about just why he is undertaking the epic challenge.

He said: "I remember having a family holiday when I was younger to Cornwall, and for some reason we never managed to make it to Land's End, so I think it is about time that I go there for the both of them."

As well as remembering Michelle and Kayden, Jordan will be raising money for St Helena Hospice, who cared for his mum, and Papyrus UK, which provides help and hope for young people with thoughts of suicide.

He added: "I want to try and reach as many people as possible with a message of positivity. Whatever life throws at you there is always a reason to move forward and make a positive choice."

Jordan has already raised £2,790 and has a target of £5,000.

To donate, please go to uk.virginmoneygiving.com/JordanCantlow

Conmen take nearly £30,000 from elderly victims

Elderly residents are being warned to stay vigilant after fraudsters persuaded three couples to withdraw large sums of money from their bank accounts.

In each case, the criminals claimed to be police officers who were investigating counterfeit money at a bank.

They persuaded their victims, all in their 80s, to

make the withdrawals, then sent a courier to collect the money from their homes.

Two couples in Frinton-on-Sea and Walton-on-the-Naze were targeted on January 8, and a couple in Frinton-on-Sea received a similar call on January 5. The criminals took more than £29,000 in total.

Detective Sergeant Michael Evans, of Clacton CID, said: "These criminals are callous and despicable, taking advantage of people's trust to take their life savings. We are continuing our enquiries to find those responsible and urge anyone who has received similar phone calls to please contact us."

"I also ask people to please be vigilant. Police officers, law enforcement agencies and banks will never ask you to send money, bank cards or other personal property via a courier, taxi or other means."

"They will also never ask for your bank account details or PIN over the phone, so please don't disclose these to anyone."

Anyone with information is asked to report it online at essex.police.uk or call 101.

Injured seal found on beach recovering well in hospital

An injured seal found on Frinton-on-Sea beach last month is making good progress at South Essex Wildlife Hospital.

Derek, a six-week-old pup, was found by the British Divers Marine Life Rescue on January 21, alone, very dehydrated and with several infected wounds caused by dog bites.

He was taken to the South Essex Wildlife Hospital. Founder Sue Schwar said he is recovering well.

She said: "He has been checked over by a vet. The dog bite wounds were not recent, so we clipped his fur off and he's now on antibiotics. He's struggling to maintain temperature which can be quite traumatic but he is eating for himself."

Derek will shortly be sent to an RSPCA hospital in East Winch, Norfolk.



Photo credit: South Essex Wildlife Hospital





New food app expands to cover town



Businesses in Frinton-on-Sea have signed up to a new locally based, online food-ordering site which started covering the town last month.

Clacton Eats offers cheaper food and exclusive takeaways for its customers along with competitions to win free meals.

As it is locally based, the money stays in the local economy and contributes towards the community. It also operates on fair-trade-based policies, so takeaways receive what they deserve, and it donates 10p from every order to St Helena Hospice in Colchester.

Businesses in Frinton-on-Sea who have signed up to be part of the app include The Red Lion, Mossa, British India and Star of India.

Gary Richards set up the app and said he was pleased with the reaction.

He said: "We already have more than a thousand registered users and restaurants are approaching us all the time. I really think this is something that will grow and catch on. I'm very excited."

If the LFT gives a positive result, individuals must self-isolate. There is support available for anyone who is required to self-isolate, including financial support if they are unable to go out to work or work from home.

If the LFT is negative, it is vital that residents continue to follow guidance on social distancing.

LFTs are available by appointment only and can be booked online or by calling 0333 772 6144. Residents can also email booking.confirmation@nhs.net

Council laptops to be converted for children

Around 100 old laptops and smart devices no longer needed by Tendring District Council (TDC) are to be converted into technology for children in Frinton-on-Sea and across the district to use for home learning.

The devices have the data securely destroyed and are then sold on second-hand, with the money generated used to buy IT equipment for children to use.

Although the county council scheme is running across Essex, TDC has secured a deal that the money generated from its old devices will directly fund new IT equipment for children in Tendring.

Carlo Guglielmi, TDC cabinet member for finance and corporate resources, said he was pleased the old IT equipment would still be useful.

He said: "I am glad that even as our old kit is reconditioned and finds a new life for whoever buys it, it is also supporting new IT equipment for children who may need help doing home learning in Tendring."

Essex County Council's Closing the Digital Divide programme launched in autumn 2020. While secondary schools have been the priority, the scheme is also working with primary schools.

To donate or find out more email TSLaptop. Donations@essex.gov.uk



Residents urged to book lateral flow test

People in Frinton-on-Sea and Tendring are being urged to book a fast lateral flow test (LFT) to check if they have the coronavirus.

Thirteen rapid COVID-19 testing centres are now fully operational across the county, offering individuals without symptoms easy access to a rapid test to check if they have the virus.

The centre in Tendring is at Long Meadows Community Centre, Long Meadows in Harwich.

Anyone living or working outside their home in any district of Essex will be able to access a LFT at the relevant local centre for their district or the district that they work in.

Open up your garden to save lives this summer

Green-fingered residents are being asked to open their gardens in aid of the Royal National Lifeboat Institution (RNLI) in the summer.

The sixth annual Open Gardens event will be held on June 26 and organisers are looking for volunteers to take part.

Several local gardens will be open to members of the public from 10am until 4pm. In addition to the open gardens there will be an opportunity to learn more about the RNLI, bees and prehistoric plants and to buy original creations and plants, cakes and refreshments.

Open Gardens is nationally acknowledged as an event that brings the community and visitors together to see some of the hard work and dedication carried out to make the gardens look beautiful, while contributing to a very noble cause – namely the RNLI.

The aim of this event is to raise funds for the RNLI. As well as volunteers, organisers want to hear from sponsors and advertisers.

For more information, email frinton.gardens@gmail.com

Locals are urged to take part in Census 2021

Households in Frinton-on-Sea and across Tendring will be asked to take part in Census 2021 this spring.

Understanding the needs of the nation helps everyone, from central government to organisations such as Tendring District and Essex County councils and health authorities, plan and fund public services across England and Wales.

Census 2021 will be the first run predominantly online, with households receiving a letter with a unique access code, allowing them to complete the questionnaire on their computers, phones or tablets. There will also be support available for people who are not confident with online services.

Census day will be March 21, with households receiving letters early that month with online codes explaining how they can take part. The Census will include questions about your sex, age, work, health, education, household size and ethnicity.

For the first time, there will be a question asking people whether they have served in the armed forces, as well as voluntary questions for those aged 16 and over on sexual orientation and gender identity.

Results will be available within 12 months, although personal records will be locked away for 100 years and kept safe for future generations.



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Valentine's traditions AROUND THE WORLD

Love is in the air with these beautiful, and in some cases bizarre, Valentine's Day traditions from around the globe.



SOUTH KOREA: In this country in east Asia, lovers celebrate the day of love on the 14th of every month. May 14 is the "day of rose", June 14 is the "day of kisses", and there is even a "black day" in April when couples eat black noodles together.



PHILIPPINES: Young couples in the Philippines are sponsored by the government to get married as a form of public service. Well, there are worse ways to serve your country.



GHANA: Known as National Chocolate Day, February 14 is used to increase tourism in Ghana, one of the largest cocoa-producing countries in the world.



BULGARIA: A simple yet highly enjoyable tradition, in Bulgaria, couples young and old celebrate their love by sharing a glass of local wine.



WALES: Lovers from Wales celebrate Valentine's Day on January 25, and rather than exchange cards and flowers, they

give their partners handcrafted wooden spoons.



SPAIN: The day of love in Spain falls on October 9 and is known as the feast of Saint Dionysius. On this day, men gift their women a "macadora", which is a marzipan figurine.



ESTONIA: Still taking place on February 14 but with a slight twist, Estonians celebrate all relationships on this day rather than just romantic ones.



JAPAN: A country that prides itself on being unique, Valentine's Day in Japan is quite unlike anywhere else in the world. On February 14, women buy gifts for men, but men are not allowed to return the favour until March 14, known as the "white day".

HOW TO SAY "I LOVE YOU":

- > South Korea: Saranghae
- > Philippines: Mahal kita
- > Ghana: Me do wo
- > Bulgaria: Obicham te
- > Wales: Rwy'n dy garu di
- > Spain: Te amo
- > Estonia: Ma armastan sind
- > Japan: Aishiteru



GARDEN OF LIFE

FOX IN *the box*

In the first of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the faithful fox. Whether out at night or hiding in plain sight, this sly urban dweller has adapted better than any other animal to human environments.

Perhaps we shouldn't be so surprised when we spot a fox meandering its way through the park, across a garden, or even on the pavement outside where we live. These beautiful creatures are, after all, past masters in urban environments, even if they are just as accustomed to survival in the rugged wild.

For all its impressive presence, your average fox will rarely approach humans or animals – chickens, rabbits and guinea pigs notwithstanding. This sly old foe simply wants to hunt for scraps, play, mate and return to its den to rest and tend to its offspring. Only when threatened will a fox move into offensive mode.

The fact foxes have become so much a part of our urban and suburban lives has a lot to do with the way they feed. They'll consume almost anything they find – from fruit and veg, raw and cooked meat, cheese, bread and even dog biscuits. Increasingly brave around humans, they'll often take food for storage, burying it for later consumption.

That means there's little risk in leaving food out for foxes if you're hoping to get a glimpse of these fiery nocturnal beauties, who will happily roam around in the late afternoon as well.

There is a downside, however. From fouling the garden to chewing shoes left outside, to trampling lawns and even digging up deceased pets, if you encourage foxes in, you'll have to go along with their inquisitive, playful habits.



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NO MEAN FOOT

Why our humble feet may be the lynchpin to overall body health alignment

Never underestimate just how fantastic our feet are – sure, they will get you around the house, to work, or down to the pub, but more than that, they are the lynchpin to overall body health too.

Consider 10 toes, more than 50 bones (that's around a quarter of all those in the human body), and more than 60 joints, plus more than 200 muscles, tendons and ligaments, and it's clear why your feet are the cornerstone to overall body health.

Mobility

In the most obvious sense, your feet are the tools that move you around. Essential for almost every form of exercise, health and well-being, which begins at ground level.

Back and joint issues

The way we walk ultimately affects the way the rest of our body functions, and this is no truer than in people who suffer with flat feet. This condition causes a misalignment with the ankle, which can move up through the body into the knees, hips, spine, neck and other joints.

Balance

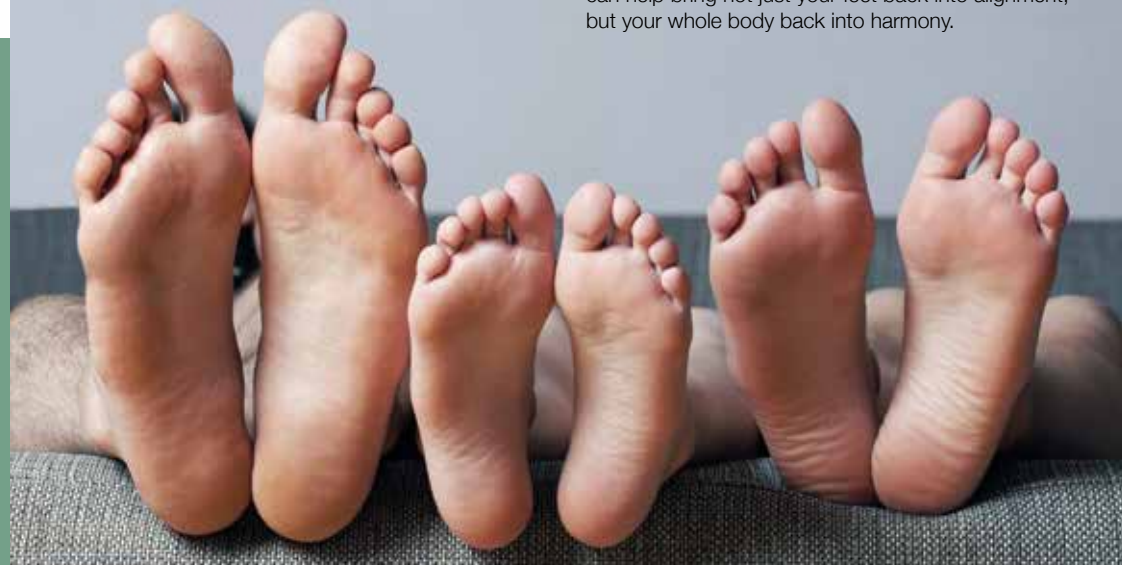
Balance in the human body is finely configured so that any imbalances can have negative effects on general health, from wobbliness through to vertigo-type symptoms.

Organs

In the most extreme cases, when the mesh of nerves and touch receptors in our feet are blocked, insufficient messages can send disruptive adjustments through the body, including into our organs.

It is for these reasons that looking after our feet is pivotal to good health. Sure, get the pumice stone out in the bath, but more than that, ensure you are wearing properly fitting shoes. That might mean accepting that narrow styles are not going to work for your wide feet, or that perhaps you will need to buy flip-flops with a little more support.

Also consider a whole variety of foot exercises that can help bring not just your feet back into alignment, but your whole body back into harmony.





KIDS



BRUSH UP

on children's oral health

February is National Children's Dental Health month, so what better time to tackle any tooth-brushing issues your child has?

Discover the top five reasons why your child doesn't want to brush their teeth below. Plus, how you can encourage them to practise good oral hygiene.

WHY DOES MY CHILD HATE BRUSHING THEIR TEETH?

1. They are sensitive to having their teeth brushed

Some children experience a gag reflex when brushing their teeth that can be unpleasant. Others might not like the feel of the brush against their teeth or in their mouth. Sensitivities are more common in children with autism or attention disorders.

2. They are asserting their authority

If you find yourself caught in a battle with your child every morning and evening when it comes to brushing their teeth and there is no physical reason why they won't brush, they could simply be pushing boundaries.

3. They have become anxious

You may not be able to determine the initial reason why your child started to hate brushing their teeth, but if it has become a daily issue in your household, your child may now feel anxiety around this daily activity.

4. They don't like the taste of the toothpaste

It is always a good idea to ask your child if they would like to choose a different flavoured toothpaste if they do not like the one you are currently buying.

5. They are a picky eater

Children who are picky eaters are more likely to not like the texture and taste of a toothbrush and toothpaste in their mouth.

How can I encourage my child to brush their teeth?

- ▮ Stick to a routine
- ▮ Make it fun
- ▮ Provide choice in terms of what products they use
- ▮ Stand behind younger children
- ▮ Allow your child to hold a toy they can squeeze to calm them
- ▮ Offer a reward such as an extra bedtime story

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Children wear radio aids in class to give them the best access to the teacher's voice and all mainstream classrooms have sound field systems which enhance the quality of sound.

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What OFSTED says:

"For pupils in the hearing impaired unit, individual needs are precisely met. Adults provide a language rich environment so pupils build their vocabulary and reading skills. Work demonstrates good progress and pride in their learning." (2018 report)

Contact Kate Purcell
Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS
01206 573519
uhi@lexden.essex.sch.uk

BEAM ME UP



TECHNOLOGY

A level of gadgetry once reserved for Bond films or the mind of Jason Bourne might soon be coming your way, with boffins in Israel having found a way of beaming music into the brain without the need for speakers or headphones.

It goes by the name of soundbeaming, and this futuristic audio technique has the ability to transform the way we listen to music, play computer games, watch TV or process satellite navigation instructions forever.

The product is called a Soundbeamer 1.0 and is made by Noveto. It sits on a desktop and beams sound to the user – and not just any sound, but rich 3D, circling and weaving soundscapes that fill the ear, swirl around the head and infiltrate the brain, without really seeming to come from any one direction.

What's more, there are no implants required – simply, the 3D sensing module locates and tracks your ear position and sends audio via ultrasonic

waves, creating sound pockets next to the ear. And because there are no headphones blocking other sounds, you will still pick up what's being spoken in the room, so no need for those awkward taps on the shoulder.

The technology is so new and so advanced that even the company's CEO admits he has struggled to come to terms with it.

"The brain doesn't understand what it doesn't know," he says. "It sounds like a speaker but it is just you who can hear it, and that's quite something for the brain to come to terms with."

"We have other technologies that happen around us that are difficult to comprehend but vital to our lives – the internet is perhaps a good example – and I hope this will come to be regarded in the same way."

As for when we can get our hands on the Soundbeamer – the company hopes that the first will be available for sale by Christmas 2021.

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MOTORING

How To CLEAN AND PROTECT your Car seats

Even with the best will in the world, your car seats will eventually succumb to stains and spillages. Fortunately, if you care for and clean them appropriately, they can be restored to their original glory.

FABRIC CAR SEATS

- > The first step when cleaning your fabric car seats is to vacuum the upholstery to ensure the area is free from dirt and debris. If pet hair is an issue, utilise a pet hairbrush to lift the hair before vacuuming.
- > Next you need to apply your chosen cleaner or shampoo. Try not to make the area too wet – damp is best – and then gently rub in the solution with a soft-bristled brush.
- > Top tip: Concentrate on small areas and an even spread of solution to avoid water stains.

LEATHER CAR SEATS

- > Leather car seats are less prone to stains than fabric ones but they are also more delicate and susceptible to abrasions. Therefore, when vacuuming you need to be extra careful and take your time to avoid any scratches or tears. You also need to purchase a leather-specific upholstery cleaner, which often comes as a cream rather than a spray or shampoo.
- > Apply the product and gently rub the area with a microfibre towel.
- > Top tip: The more matt your leather seats appear, the cleaner they are.

HOW TO DRY YOUR CAR SEATS

It is always advisable to clean your car seats early in the day and when no rain is forecast. If you can keep an eye on your vehicle, leave your windows slightly open to prevent trapped moisture and let your seats dry naturally.

HOW TO PROTECT YOUR CAR SEATS

- > Condition leather seats to prevent cracks
- > Spray fabric seats with a fabric protector



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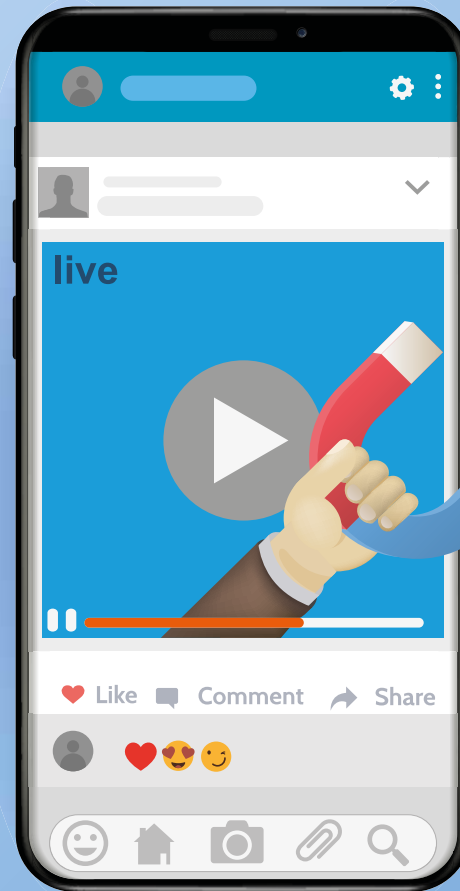
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The Power of Social Media



memes and GIFs. Avoid overly promotional posts.

Increased interaction: Video continues to be one of the strongest social media strategies, with an estimated 78 per cent of users watching video content on a monthly basis. Ideal for grabbing people's attention, conveying your brand personality and showcasing your passion as a business. You could even try live-streaming an event.

Improved customer service: Although social media can be a blessing for your business, it can also cause a lot of damage if you don't keep an eye on it. Remember that, first and foremost, social media is a customer service channel, so you need to monitor your mentions and keep tabs on your reviews. Always respond to comments asap and deal with any problems via private messaging.

If you only implement one digital marketing technique to boost your business and build brand awareness this year, then make sure it involves social media.

Providing you with the chance to improve customer service, drive traffic to your site and even spy on your competitors, the power of social media should never be underestimated.

Enhanced engagement: Social media is the perfect technology for engaging with both your existing customers and potential new ones. Make sure you take full advantage of social capability and encourage interaction through competitions, industry news, tips and advice and humorous

The lowdown on the popular social media platforms:

- **Facebook.** Best for generating leads and building relationships
- **Twitter.** Perfect for businesses with a younger audience
- **Pinterest.** Great for driving sales and for brands with visual appeal
- **Snapchat.** Ideal for building relationships with influencers and driving brand recognition and loyalty
- **Instagram.** The best option for e-commerce sites and for telling your brand story
- **YouTube.** To help you get seen by Google and tap into YouTube traffic



BUSINESS & PROPERTY



WINDOW dressing

Tricks that will upgrade your home and help you achieve top market price

When it comes to making our homes as presentable as possible for sale, there are a few tips and tricks worth putting into practice, and no, just brewing up some fresh coffee won't suffice.

TIDY HOUSE, TIDY MIND: House viewers need to imagine their own possessions in your house, so the brighter and emptier your rooms are, the easier it will be for them to make that

connection.

It may mean you need to give up a weekend or two to repaint a couple of rooms, and that mass of clutter can find a new home in the loft – or the bin – but the rewards could be huge.

TIGHT IS RIGHT: Your house needs to give off a feeling of quality – it will all add to a sense of your potential purchaser stepping up a level when they move in. With that in mind, tighten and make sparkle door handles, taps and bannister rails. No wobbles, no worries.

A MEAN CLEAN: While it sounds obvious, any appearance of dust is hugely off-putting for those looking around a home. Paying professional cleaners to really give your rooms a spruce may be one of the best investments you make.

(VERY) FIRST IMPRESSIONS: Most people think first impressions are made when someone walks through the front door, but the process begins way before that. Is the lawn mown? Is the front door wiped down? Can you convince your neighbour to move his rusty Ford Mondeo around the corner?

WEATHER WITH YOU: Try to book viewings when the sun is there to light up your home. Open windows to let heat and the breeze in, and consider delaying if torrential rain may see your potential buyers soaked through before they even enter the property.



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