

Daisy

Birth flower
of the month

**UNUSUAL
FRUIT OF
THE MONTH
RAMBUTAN**

NIGEL OWENS

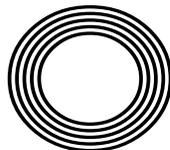
Highlighting LGBTQ+ in sport

Stacey Saloman

From TV personality to organising queen

Dame
JUDI DENCH

The actress showing no signs of slowing down



FREE

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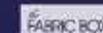
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Editor's notes...

APRIL 2021



Sean Purcell, Editor

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea. The recent change in the weather, coupled with the vaccination roll-out and the gradual lifting of our restrictions, has raised my spirits. While one swallow doesn't make a summer, we can only hope that we start to see some return to normality later this summer. As we start to do that, we need to think about how we can rebuild our local businesses, and while it is frustrating that overseas holidays may be out of reach this year, that presents a great opportunity for our town to bounce back.

We obviously need to still be safe and act responsibly, but Frinton-on-Sea benefits from visitors, particularly in the summer months, and our local businesses will benefit from having people choose to visit, whether for a day or longer. It is the prospect of a safe and fun summer that we should hold on to. It has been a long year since the first lockdown was announced and many of us have suffered personally and professionally. While we cannot be 100 per cent sure that we are heading towards the exit of this pandemic, we can be quietly confident that better days are ahead.

I'm looking forward to seeing businesses operate, families spend time together and people enjoying life once again, and we will be sure to cover good news stories in **VISION** in the months to come.

Sean Purcell

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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 Inside pages recyclable

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Stacey Solomon SPOTLESS IN THE SPOTLIGHT

FOUR BOYS... AND POTENTIALLY MORE ON THE WAY – HOW THE STACEY SOLOMON/JOE SWASH LOVE STORY IS A REALITY TV STORY WE ALL LOVE

Stacey Solomon isn't too worried about the airs and graces of celebrity life. Sure, she has grown up in the lens since being catapulted into the scene in 2010 with a stellar display on *The X Factor*. While she ended up falling short – coming third, behind Joe McElderry and Olly Murs – the dye was cast as far as a career on screen was concerned. It was her casual, considered, girl-about-town image that viewers admired; the fact she was never afraid to speak up, to share her emotions and to bridge the gap between viewer and star.

“Throughout my TV career I've always just tried to be myself,” she says. “It's strange when you receive criticism for that – perhaps I don't round my consonants as well as I should, perhaps I act a bit loud at times, but that's just me. I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love.”

‘I think the era of the manufactured presenter is over and we're all allowed to be a bit more ourselves, and that's something I love’

The 31-year-old Dagenham-born star's TV career has ultimately been the 'x factor' that has led her to love, having fallen for the charms of chipper, funny man Joe Swash, also a near-veteran of the reality TV industry. The pair got together five years ago, drawn together by a shared passion for... well, everything.

“We connect on such a perfect level,” says Stacey, “and we're always making each other laugh.”

The pair, who got engaged just before Christmas, now also have a little reality star of their own to share – baby Rex, who arrived in 2019.

“I have two sons from a previous relationship and Joe has one, so bringing everyone together in our home has been perfect.”

The Essex-based couple have recently moved into their new home - aptly named Pickle Cottage. Stacey admitted it would need some work, but what's certain is that she will get it looking spick and span – after all, Stacey has just released her latest book, entitled *Tap to Tidy*. It's a smorgasbord of houseproud hints that also details crafting and design, as well as cleaning and keeping shipshape.

Stacey, who has appeared on and won *I'm a Celebrity...Get Me Out of Here*, and has presented shows such as *The Love Machine*, *The Jump* and *Loose Women*, also has a new BBC series, *Sort Your Life Out*, arriving later in the year; while Joe's work ranges from *EastEnders* to *Dancing on Ice* – he is also a previous winner in ‘the jungle’, which is where the likeable pair first met.

“TV was always an industry I admired, and although it has been a strange year, I think so many people have been able to keep their spirits up by escaping for a few hours in the evening to watch something,” Stacey says.

“The pandemic has really brought us back to the basics, where spending time around our family now feels like the most important thing in the world, whereas before we were perhaps more side-tracked by work and careers and more selfish things in our lives.

“That said, I want to get back to normality – it's what we all need, and I've got a wedding to plan, after all!”

Jasmine Harrison WATER BABE



Photo credit: Talisker Whisky Challenge

HOW JASMINE HARRISON BRAVED ISOLATION AND SLEEP DEPRIVATION TO BECOME A WORLD RECORD HOLDER

From rowing across the Atlantic Ocean with only the sound of waves crashing against the sides of a flimsy 21ft boat, to answering a Zoom call from the Duchess of Cambridge, Kate Middleton, on International Women's Day, Jasmine Harrison's journey from desperate isolation to taking centre stage as an example of true human endeavour and resilience has been magnificent.

The 21-year-old world record breaker was inspired to start rowing when she saw the event two years ago while teaching in the Caribbean. Yet despite having not set foot inside a boat until 12 months ago, she powered her way into the record books in February by becoming the youngest woman to row solo across the Atlantic Ocean as part of the Talisker Whisky Challenge.

Going up against a field of experienced entrants, the Yorkshire-based sailor drew on every last sinew of courage and conviction, to the delight of her friends, family and support crew who tracked

her every move across 3,000 miles of water.

The journey, from La Gomera in the Canary Islands to Antigua, took Jasmine 70 days. Despite extreme exhaustion – the longest duration of uninterrupted sleep she could have was two hours – searing heat, dehydration and no small quantity of challenges along the way – including capsizing her vessel just two days before finally making it to the finish line – the intrepid sailor says the experience was the most profound of her life.

"I will take away from this experience so many memories – some bad, but most of them good."

Asked what she was looking forward to most when back on dry land, she laughed: "That's easy – food... lots of food."

As for what comes next, the part-time bartender is almost certainly going to find herself in demand where other marine challenges are concerned.

"I'm going to take some time off then look around and decide what comes next. This isn't a one-off for me and I want to achieve more."

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Lusting for LUSTRE



Modern glass showers and marble counters may look great, but they need care to maintain their lustre – bring forward the Great British Baking Soda solution. You may not think glass shower doors and cubicles have much to do with those huge slabs of marble that comprise the worksurfaces in your kitchen, but think again. Both undergo daily use, both are largely mistreated – consider limescale and heat in the bathroom and all manner of spillages in the kitchen – and yet both can be kept in A1 shape with the required care and attention... and a bit of baking soda.

GLASS SHOWERS

Tending to a bit of cleaning is the last thing on our minds when we wander out of the shower in the morning, still half-asleep from the night before. Yet daily spraying – with a limescale-fighting premix – and wiping can preserve the lifetime of glass so it stays shiny for longer.

However, if you're the type who would rather do a one-off clean every couple of weeks, use washing-up liquid on a coarse brush and scrub the areas that contain the tell-tale white, bumpy marks.

Rinse with cool water, then use baking soda to break down some more of the mass, spraying vinegar over the top before rinsing away with warm water.



MARBLE COUNTERS

Baking soda is again your best friend when it comes to returning marble counters to the way they were before soups, sauces, pasta and pancetta took a rather appealing shine away.

Simply mix three tablespoons of baking soda into a litre of water. Apply the mixture to your worktops and leave in place for several hours.

When you return, wash the pasted solution off with warm water, then apply a shop-bought marble sealer.

As ever, regular cleaning, and ensuring you don't leave spillages to set, is the best way to keep your marble at a constantly high level.

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STYLISH SPIKES

A cactus can make a great addition to any home thanks to its striking shape and often unusual flowers on some varieties. However, this spiky houseplant offers many other benefits.

CACTI ARE SELF-SUSTAINING PLANTS
If you want to inject some greenery into your home but you simply don't have the time to care for plants, then a cactus is the plant for you as it requires little to no maintenance. Native to the desert, cacti store moisture in their roots, leaves and stems and regulate their own food intake so you barely need to water them at all.

CACTI IMPROVE THE AIR QUALITY IN YOUR HOME
Green plants such as cacti actively absorb carbon dioxide from the air and release oxygen, which helps to improve the air quality in your home. Other health benefits of cacti include an ability to reduce stress levels, provide companionship and even enhance your memory.



CACTI CAN MAKE YOU MORE PRODUCTIVE
If you are currently working from home but are being driven to distraction by family life, a well-placed cactus plant can boost your productivity levels. In fact, controlled tests have shown that having a cactus in your office can improve your performance by more than 12 per cent.

CACTI OFFER SUBTLE BEAUTY
For those who follow feng shui in their home, a cactus is the perfect plant for adding an elegant visual experience while at the same time banishing any negative energy. Cacti love the sun, so choose to add one to your windowsill or near the entrance to your home. Avoid placing in the living room or your kitchen, unless you want to be on the receiving end of an unexpected spike.

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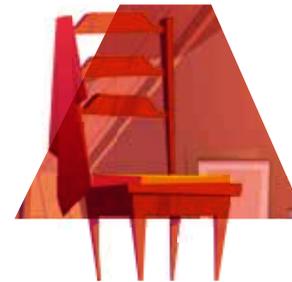
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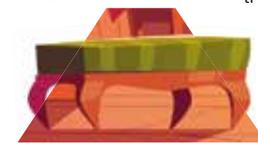
NO HIDEY-LOTTA LOSSES



HOME & DIY



In theory, the loft is the perfect storage place for old mementos, cherished gifts and all manner of items you will sort at some point down the line. What unites all of them is we don't want these books, records, paintings, clothes and pieces of furniture around us in our living spaces – fair enough. And yet, when it comes to retrieving them from the most ideal of home hidey-holes, will they actually return to the light in the same condition we left them?



All told, the evidence appears to be 'no'. Part of the reason for this is because your attic is a hotbed (literally) for wildly fluctuating temperatures. We all know heat rises, so at certain times of the day, and the year, all manner of warmth will spread upwards into your loft space. Conversely, during times of extreme cold, it will be the only place in the house neither insulated nor heated.



Consider as well the creeps and critters that reside in the dark, sometimes damp, sometimes blissfully dry conditions.

You should pay particular attention to:

WOODEN FURNITURE... Wood can expand and crack with frequent changes in temperature, so beware of leaving it in storage for long spells.

FABRICS... Mice, dust mites, beetles and even birds will quickly find a second use for clothes, carpets, toys and rugs.

LEATHER... While the appearance of an old leather jacket will tarnish and fade, a bigger problem may be trying to rid it of a dank, musty odour.



CANDLES, VINYL AND CASSETTE TAPE... Extreme heat will quickly compromise the quality of items that you have cherished, be it that wedding photo album or your Canned Heat LP.

The best way to avoid items deteriorating over time is to wrap them well, store them in boxes and ensure proper ventilation through your loft space.



JET PROPELLED

SEVEN HANDY HINTS FOR MAKING THE MOST OF YOUR JET WASH HIRE

You're about to embark on a bit of high-pressure jet washing – perhaps you're getting that grubbiness off the walls, maybe your patio needs bringing back to its original sheen, or it could be your windows that want rid of all that winter grime.

Whatever the case, here are some tips that mean when hiring a pressure washer you'll clean up... literally and financially.

ONE: The price is right

It sounds obvious, but it pays to shop around. Kärcher leads the market with consumer pressure washers, but they all work in the same way, so don't necessarily be swayed by a big name or a fancy trim.

TWO: Time is of the essence

Be realistic over how long you want to hire a pressure washer for. Most hire companies will let you extend, but it's cheaper and easier to plan out your workload first; and of course, don't ever waste money by hiring one that you're not going to use straight away.

THREE: Failing to prepare...

With the last point in mind, prepare the areas you're going to use the jet wash for before picking it up. Not only will it help with space and efficiency, but your hire time won't be wasted moving items around so you can get started.

FOUR: Safety first

While great fun, pressure washers pack a huge amount of power, and even a lower-grade machine has enough punch to break through human skin.

FIVE: Pre-wash

Pre-washing any area makes jet spraying so much easier when you come back to it a few minutes later.

SIX: Nozzle knowledge

The pressure washer comes with a variety of nozzles, so ensure you select the right one for the job.

SEVEN: "I need proof (waterproofs)"

Spray will quickly consume you and people in neighbouring counties, so ensure you have waterproof gear, and prepare for a huge amount of dirt while you're at it.

You can use a jet wash for cleaning windows, patios, driveways and even your car.



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FAWNING OVER flora

The floral effect, and how to achieve it

Although floral interiors are nothing new, they've certainly become on trend over the last few years. Flowery bedspreads, botanical cushions, jungle-print curtains and all manner of foliage frolics have been brought into the home, with our front rooms, kitchens, bedrooms and even bathrooms better places for it.

Vivacious ideas and vivid colours have become the order of the day, with ambitious, elegant results, all crafted in the knowledge that floral interiors never go out of fashion.

If you've kept your walls clear and fresh, it means that you can just add in colour with floral-print additions to your furniture, with vibrant cushions, rugs and throws in your living room. For perhaps the smallest of makeovers, your inside space can represent all the bounty of an outside garden.

If, however, your current styles mean a drastic design change, a mural or flowered wallpaper may be more in demand. If this is your route, supplement a complicated background with plain cushions and simple, flat, easy-to-digest whites and greys.

In addition, adding real or fake flowers will bring walls into the 3D realm, enhancing your look and creating energy, interest and talking points.

As for the palette you have at your disposal, floral colours offer all manner of outdoor shades, as we know. From pinks to purples, yellows, whites and reds, there are few colours out of bounds.

And once you've remastered a room with a full-on floral theme, you can progress the idea by making small, subtle changes that complement the look, such as adding small garden-themed pictures, or perhaps even candles with floral scents.

Very soon, you can find yourself bringing the outside inside, where opening a window and allowing a breeze to blow through the space completes what is an invigorating and inspirational design effect.



HONE & TONE

cleaning your home



Become a lean, mean cleaning machine with the below common household tasks that are guaranteed to help you burn calories and shift those unwanted pounds.

GENERAL CLEANING: Picking clothes off the floor, wiping surfaces and dusting can all help you to work different muscle groups, making general cleaning one of the most effective household chores for burning calories.

Total calories burnt = 3,976 (based on 280 minutes per week)



VACUUMING: This daily chore that is hated by many has the ability to provide a full body workout. Forcing you to use your entire core muscle groups, the simple act of pushing your hoover back and forth will target your abs and put both your back and legs to work.

Total calories burnt = 1,248 (based on 132 minutes per week)



IRONING: Another household task that few relish, but you may be surprised to learn that ironing burns a lot of calories. Not only does this task require you to stand up for long periods of time, but it also works your core as you move the appliance about.

Total calories burnt = 1,360 (based on 144 minutes per week)



DOING LAUNDRY: If you have a big family, you may find yourself doing laundry multiple times a day. Although not the most engaging task, you will be pleased to hear it can help you lose weight. The act of washing, folding and lifting all helps to contribute to a full cardio workout.

Total calories burnt = 1,588 (based on 168 minutes per week)

OTHER CALORIE-BURNING CHORES: Cooking = **2,856** (based on 301.7 minutes per week) | Mopping = **2,724** (based on 138 minutes per week) | Making beds = **1,316** (based on 144.2 minutes per week) | Sweeping floors = **1,304** (based on 138 minutes per week)

NB: Calories burnt is based on one month's worth of each activity and is based on the average weight of a person being 156 pounds.



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Rambutan

The rambutan is a tropical fruit that closely resembles a lychee. Grown in countries such as Thailand, Malaysia and Indonesia, the name rambutan means hairy, which refers to the fleshy spikes on the skin of the fruit.

WHAT DOES RAMBUTAN TASTE LIKE?

The flavour of rambutan is similar to a grape but with a bit of a strawberry quality. Slightly acidic and sweet in equal measures, this fruit has a pleasant fragrance that makes it ideal for using in cooked dishes.

WHAT ARE THE HEALTH BENEFITS OF RAMBUTAN?

Rambutans are high in vitamin C as well as containing lots of fibre that is good for your digestive health. They also contain vitamin E, which is known for helping to prevent both acne and premature ageing.

WHERE CAN I BUY RAMBUTAN?

You can find rambutans in most Asian markets and food shops. Look for bright red skin that indicates the rambutan is at its freshest. Green rambutans are not ready to be eaten, whereas black ones are over-ripe.

HOW TO PREPARE RAMBUTAN

You should not peel a rambutan until you are ready to eat or cook with it. To open, carefully cut the skin with a sharp knife or simply twist open with your hands if the fruit is ripe enough to do so. Then peel away the skin to reveal the egg-shaped fruit. Don't forget to cut open the fruit to remove the nut-like seed in the centre.

HOW TO STORE RAMBUTAN

Wrap them whole in a paper towel and put them in a perforated plastic bag before placing in the fridge. Your rambutans should last for up to two weeks.

HOW TO EAT RAMBUTAN

Enjoy rambutans as a healthy snack or as part of a tropical fresh fruit dessert bowl. Alternatively, add to cooked dishes such as curries and soups.



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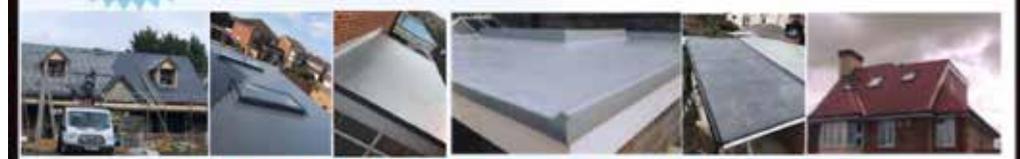
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BREAKING NEWS:

PEAS OUT!



FOOD & DRINK

According to Harvard University scientists, peas are not as healthy as we have been led to believe and may not even count towards one of your five a day.

Find out more about this shocking revelation below. Plus, great alternatives to peas that pack a punch when it comes to improving your health.

WHAT DOES THE SCIENCE SAY?

Harvard University believes that it has found the key to leading a longer life, and it lies with consuming the right combination of fruit and vegetables. Its research shows that by eating two portions of fruit a day and three servings of vegetables, you are much less likely to die from conditions such as heart disease, cancer and/or respiratory diseases. However, not all vegetables offer the same longevity-boosting properties, with a higher intake of peas having no link to lower mortality rates.

WHY YOU SHOULDN'T CONSIDER PEAS AS ONE OF YOUR FIVE A DAY

Strictly speaking, green peas are not vegetables, as they are part of the legume family which consists of plants that produce pods with seeds inside.

Furthermore, peas have a high glycaemic index which can cause a spike in your blood sugar levels, and they contain phytates that prevent key nutrients from being absorbed by the body.

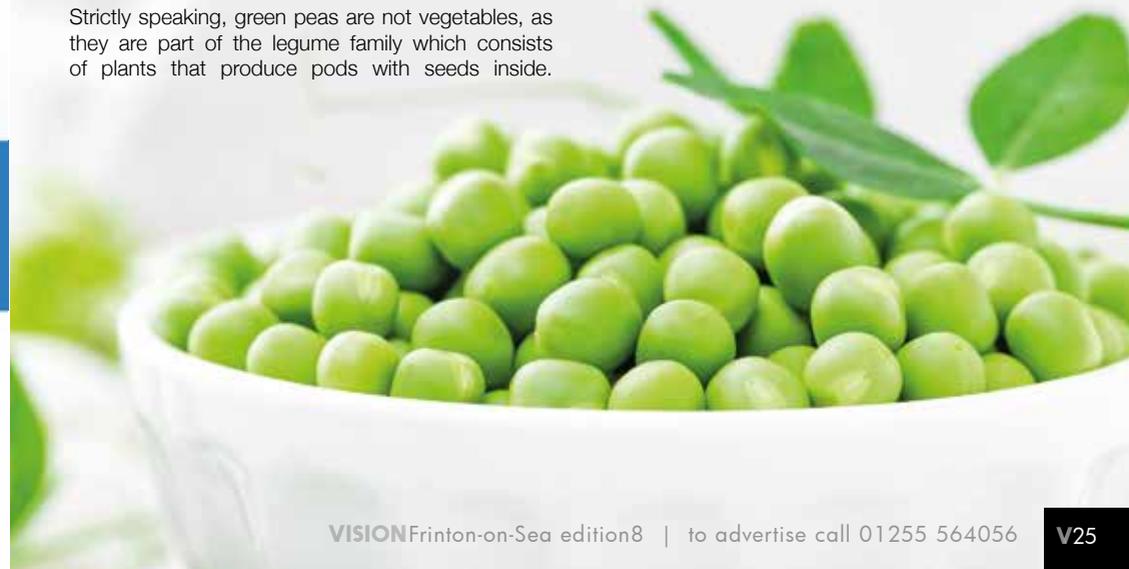
WHAT OTHER FRUIT AND VEGETABLES DO NOT AID LONGEVITY?

During the extensive study, the scientists at Harvard also found no link between a higher intake of starchy vegetables, such as corn and potatoes, and enhanced longevity, as well as drinking fruit or vegetable juices.

WHAT CAN YOU EAT INSTEAD OF PEAS?

If you like to add a bit of greenery to your own and your family's meals, there are still lots of alternatives to peas that most definitely do count towards your five a day:

- Broccoli
- Asparagus
- Spinach
- Kale
- Courgette
- Cooked greens
- Lettuce



JUDI DENCH

THE LIFE OF THE BUSY DAME

Why Dame Judi Dench is perhaps the most unique acting talent of them all

In a professional career on stage and in front of the camera, it's notable that Dame Judi Dench has, more often than not, played characters who are assertive, strong and definite. From Q in the James Bond films to Ophelia, Juliet or Lady Macbeth on stage; from Evelyn in the *Marigold Hotel* movies, right through to 13 years playing Jean, the comedic mainstay of classic BBC comedy *As Time Goes By*, there has always been a strength present.

And so it follows, then, that the 86-year-old embodies very much those same qualities in real life. How else do you explain the fact that, despite lockdown, the York-born doyenne remains ensconced in one of the busiest periods of her acting career?

"I think the intention was that when I stepped away from Bond I'd be calming things down a bit," she begins. "What actually ended up happening was I found more roles coming my way, as would, I guess, any actor breaking free of a big character."

And therein lies the problem. The determined and decorated cornerstone of British drama simply can't say no. During 2020, while the world's acting fraternity were sitting back doing very little as the entire industry fell into a state of dormancy, Dench was still busy promoting four projects – films *Artemis Fowl*, *Blithe Spirit* and *Six Minutes to Midnight*, as well as an appearance on *Staged*, the widely acclaimed lockdown-themed TV series starring David Tennant and Michael Sheen.

She was also filming parts of what 2021 presents as two major feature films. First up is *Off the Rails*, a drama about a group of friends recreating an interrail journey across Europe, in which she appears alongside Kelly Preston, Ben Miller and Sally Phillips. Then, in *Belfast*, Jamie Dornan co-stars in a drama about a working-class family in Northern Ireland in the late 1960s.

Indeed, since bidding goodbye to 007 in that dramatic, windswept Highlands setting in *Skyfall* in 2012, Dench has appeared in 24 big- and small-screen projects.

"I think, for me, it's about picking and choosing things that make me content and happy," she says. "If I'm being asked to fly halfway around the world for a few minutes on camera, or the brief means being away from home for weeks on end in some inhospitable backwater, I'll say no. The truth, though, is I'm as enchanted as much by acting now as I was when I first performed *Hamlet*, or first stepped in front of a television camera at the end of the 1950s.

"I won't deny the slower parts of lockdown were frustrating, but if you want to keep busy and you want to find yourself things to do, then those things are out there, no matter where you are in the world or in your life," says Dench, who has now been two decades without husband Michael Williams, who died of lung cancer aged 65.

"I know Michael will be looking down, proud of the fact I'm still a workaholic," she smiles. "The truth is it's the only way I know to live."



Photo credit: FAQUINDO ARRIZABALAGA/EPA-EFE/Shutterstock



LOCAL NEWS

from your neighbourhood



Chef is preparing to cook last supper for food bank

A chef in Frinton-on-Sea who has been cooking for the needy since December is getting ready to return to work.

But before Patrick Robinson, 38, goes back to his day job as head chef at The Lock and Barrel in Connaught Avenue, he will be cooking one last meal, chosen by residents.

Patrick has been cooking for the Walton and District Community FoodBank, founded by his mum, Jane, since pubs and restaurants closed in December.

Patrick, who has been in the industry for 23 years and has worked at prestigious venues, including The

Langham in London, said: "I thought, I'm not working, I have a kitchen, so why don't I cook meals for people? You have to have passion to last this long. I grew up in Frinton and I know a lot of the people who are stuck at home. It's about giving back to the town I love."

For his final hurrah, Patrick wanted to give residents a choice for the meal they would receive.

He said: "I wanted to try and make it a bit more fun. Everyone's been voting and we'll add up the marks. It will be the next level."

For more details, search Walton and District Community FoodBank on Facebook.



Campaigner creates footpath for playing field project

A campaigner has launched a project to create a circular perimeter footpath to make the playing fields at Frinton Park more accessible.

Frinton Park Playing Field was originally part of the Frinton Park Estate and stands next to the Tendring Technology College.

In 1980, it hosted the start for the first three Frinton & Walton Fun Runs, organised by Mary Hall and her husband, John. Now it is home to green bowls, youth football and the local Scouts.

But Mary said there is a big problem with mud, and

the fields are frequently inaccessible to some users.

She added: "Land drainage is phenomenally expensive, so I've launched a project to create a circular perimeter footpath instead. I have presented a dossier to Tendring District Council with estimates and more than 200 names and messages of support, but the more we have, the better our chances."

You can add your support by calling or texting Mary on 07725 986440, emailing footpathforfrintonpark@gmail.com or by joining the Frinton Park Footpath Project on Facebook.

Have your say on plans for Post Office

Plans for Frinton and Walton Town Council to take over a Post Office in the town are gathering pace after the Post Office confirmed the move last month.

Now residents are being asked for their views on plans for a branch in the Triangle Shopping Centre in a consultation that is set to run until April 20. The Post Office closed in November last year but reopened temporarily until a new branch is up and running.

The town council will convert its downstairs meeting room into the new branch.

A Post Office spokesman said: "I am pleased to confirm that Frinton and Walton Town Council intends

to take over the management of this branch and relocate it to its premises nearby to secure a long-term sustainable provision of Post Office services in the local area."

It is hoped that the new branch, which will include two serving points and will offer a wide range of Post Office products and services, will be open by May.

It will be open from 9am until 5.30pm from Monday to Friday, and from 9am until 2pm on Saturday.

For more information, go to www.postofficeviews.co.uk and search for Triangle Estate CO13 OAU - 180116.



Help the RNLI keep saving lives this spring

LOCAL NEWS



Residents are being asked to donate to the RNLI Walton and Frinton Lifeboat Station after donations took a steep dive during the coronavirus pandemic.

The Walton and Frinton boat, along with others across the East of England, protects communities with a 24-hour search-and-rescue service.

A RNLI spokesman said: "When coronavirus struck, it impacted our fundraising – and we're still feeling the effects. We had to cut back. Training courses were cancelled. Planned lifeboat maintenance was delayed. But still the calls for help kept coming. Wear and tear on kit and equipment carried on.

"Keeping a modern fleet of lifeboats maintained, fuelled and ever ready to go to the rescue from all 17 of the lifeboat stations in the East of England is expensive and we rely entirely on voluntary donations to ensure this service is maintained."

You can donate by going to www.justgiving.com/fundraising/rnli-walton-frinton-guild

Residents association meeting cancelled again

The chairman of Frinton Residents Association has admitted that he is frustrated after the pandemic forced the cancellation of the organisation's third open meeting.

Neil Churcher said the events, which are held in the town's McGrigor Hall, normally attract around 100 people.

He said: "We get a lot of feedback, but we also participate with our members online and through our website."

Despite the lack of meetings, Neil said committee members have been as active as ever in championing the town's best interests.

He said: "We hold constant meetings with councillors, officers and anybody else we think will be useful, like the police and health authorities. We also keep a register of potholes and other things that need repairing. We're

pushing to get these things sorted out."

Neil said he and other committee members would be delighted to hear from residents who would be interested in taking over some of the committee positions.

He said: "Some of us are getting rather old. We welcome new people with fresh ideas and more energy."

If you're interested in joining the association or becoming a committee member, get in touch by emailing chairfra@gmail.co.uk or calling 07944 382794.

Town's last bank set to close in June

The town of Frinton-on-Sea will soon have no banks, after Barclays closes in June.

The closure, due to take place on June 18, means the 119 customers of the Frinton Barclays will have to travel to Clacton for their nearest branch.

No redundancies will be made and branch staff will be offered alternative roles elsewhere.

Councillor Terry Allen, who represents Frinton at town and district council level, said: "The news is a massive blow. My concern is that not everyone has smartphones to do their banking online.

"Our population demographic is largely made up of the group who like to go to the bank and see what's happening."

A Barclays spokesperson said: "The decision to close a branch is never an easy one. However, customers are increasingly using alternatives to branches to do their banking. As a result, we are seeing a sustained fall in branch visits across the UK.

"This is reflected at the Frinton-on-Sea branch where there has been a 24 per cent reduction in counter transactions in the two years to March 2020. In addition, 83 per cent of our customers at the branch are using different ways to bank.

"We will work with our customers and provide alternative options to ensure they can continue to manage their money and receive financial expertise when required."



Spotlight Youth Theatre is set to restart rehearsals

A youth theatre company in Frinton is set to return to rehearsals, with new members invited to attend.

Members of the Spotlight Youth Theatre Company will join forces with *The X-Factor's* Andy Abraham to perform *Happy Ever After: The Fairy Tale Chronicles*, in June 2022.

Clare Chandler, director, said she cannot wait for the show to go ahead, as it was originally due to be performed in May.

She commented: "It's going to be wonderful – the kids have really missed it. The last time they performed

was August 2019, so it's been a while."

Clare added that numerous precautions will be taken to make the rehearsal venue COVID-19 secure.

She said: "There will be a one-way system coming in and we will thoroughly clean everything. Students won't be allowed to share scripts or paperwork. Although they don't have to wear face coverings when rehearsing, there will be no face-to-face rehearsing."

For more information, please visit facebook.com/SpotlightYouthTheatreGroup or call Clare on 07792 427306.

Passengers to benefit from new bus strategy

Giles Watling, MP for Frinton-on-Sea, has said passengers in his constituency will benefit from a new bus strategy.

The strategy will require Essex County Council to work in partnership with bus operators to improve services in order to be eligible for future funding.

Councils and operators will be expected to provide simpler single bus fares with daily price caps, more services in the evenings and at weekends, integrated services and ticketing across all transport modes in the area, and easy-to-access information.

Only councils and operators who work to meet these requirements will continue to receive £100million per

month emergency COVID-19 funding for the sector.

Improving services across the country will help ensure more people choose to use buses rather than cars, as the country aims to build a greener future following the pandemic.

Mr Watling MP said: "Good bus services can have a transformational role in places like the Clacton constituency, unlocking job opportunities, boosting businesses and supporting economic growth.

"At the last general election, I stood on a manifesto that promised to level up and improve transport connections across our area, and this boost to our local bus services will help to deliver on that promise."



LOCAL NEWS



KIDS

VITAMINS

FOR CHILDREN EXPLAINED

Do you currently give your children daily vitamins but are not sure if they are worth the expense? Or are you thinking about buying vitamins for your kids but don't know which ones they need?

WHAT VITAMINS DO CHILDREN NEED?

The Department of Health recommends that all children aged six months to five years are given daily vitamin supplements that contain vitamins A, C and D. They also advise breastfed babies to be given a daily vitamin D supplement from birth. Some experts recommend that the following groups of children should take a daily multivitamin:

- > Those who do not have access to regular, nutritionally balanced meals
- > Picky eaters who are not getting sufficient vitamins and minerals
- > Children who eat a lot of processed or fast food
- > Vegetarians or vegans, who may need an iron and/or calcium supplement

ARE GUMMY VITAMINS A GOOD CHOICE?

Becoming increasingly popular in recent years, gummy vitamins seem to be the perfect solution for kids who lack certain nutrients. However, these are usually higher in sugar than other vitamins, plus they look and taste like sweets, meaning your child

may be tempted to take more than they need, which could be harmful to their health.

WHAT DOES A HEALTHY DIET INCLUDE?

If you are not sure whether your child is already getting all the vitamins and minerals they need from their diet, this guide should help you. A well-balanced diet should include:

- > Milk and dairy products or vegan alternatives
- > Plenty of fruit and vegetables
- > Protein
- > Whole grains

ADVICE FOR GIVING YOUR CHILD VITAMINS:

- > Keep them out of reach so that children do not have more than one a day
- > Do not treat them like sweets
- > Try a chewable vitamin if your child won't take a pill or liquid supplement
- > Consult your doctor first if your child is taking any other medication



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A Total Communication approach is used, meaning we use speech, sign, gesture and other visual ways of communicating according to the needs of the individual child. Children have access to regular BSL instruction and Speech and Language Therapy as required.

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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



Big fish, small pond

If you have just added a pond to your garden, you may be thinking about what types of fish you want to buy. However, before you dash to your nearest pond supplier and simply pick the prettiest specimens on offer, you need to find out what fish are suitable for the pond you have picked.

How big is your pond?

Most fish need at least 50cm in depth to thrive, although some varieties such as koi and large carp need at least double that amount. As a general rule, for a new water feature, the total length of the fish you add should not be more than around 25cm for every square metre of surface area.

What types of fish can your pond accommodate?

GOLDFISH: One of the most popular choices for garden ponds. If you want your chosen goldfish to go the distance, you are best off picking either comets or Shubunkins, both of which are attractive and hardy fish.

KOI AND CARP: Although beautiful fish, both koi and carp can grow to more than 75cm in length and are therefore only suited to larger, well-filtered ponds. You can find forms of koi that cost thousands of pounds, so if you choose a more expensive variety you also need to consider the security of your pond.

ORFE & RUDD: Orfe love the surface of the water, which makes them a favoured choice for many pond owners who love to spot their fish. That being said, this means they need to be protected from cats and any passing herons. Orfe prefer to swim in shoals so you need to purchase at least six, and as they grow to 30cm or more, you need a large pond to successfully host them. Rudd are similar in their routine to orfe but only grow to half the size, making them ideal for smaller ponds.



APRIL BIRTH FLOWER OF THE MONTH:

Daisy



If you were born this month, your flower is the delightful daisy, a bloom that often doesn't get the appreciation it deserves. Incredibly versatile and easy to grow, daisies can make a cheerful addition to any garden, however big or small.

What does the daisy represent?

A quintessential symbol of both purity and chastity, the daisy can also be used to convey secrecy. In fact, daisies were once called "day's eyes", as they close their petals at night and only reveal their bright yellow centre in the day. This flower can also be used to symbolise true love.

What does this birth flower say about your personality?

If your birth flower is the daisy, you are said to be a happy-go-lucky kind of person who tends to brighten up everyone's day just by being you. You are also adventurous, cheerful and optimistic, all of which means you are often the person whom others choose to confide in.

Why grow daisies in your garden?

Sadly, in the UK, we have lost nearly all of our traditional meadow land, meaning that meadow wildlife is under strain. By planting natural and local meadow plants such as daisies in your garden, you will be giving a much-needed helping hand to meadow insects and other wildlife.

How can I ensure my daisies thrive?

Daisies are the perfect choice for those who are looking for garden plants that do not require much care and attention. English daisies thrive in well-drained and evenly moist soil so be sure to water them during droughts. For the best display of daisies, plant them in full sun.

Best types of daisies for a vibrant show:

English daisy | African daisy | Gloriosa daisy | Blue Marguerite daisy | Shasta daisy | Cape daisy

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GARDEN OF LIFE

THE BIRDS *and the bees*

In the third 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 consider how birds and bees are so pivotal to everything outside our windows.

While they appear to be fluttering and buzzing about our gardens in blissful relaxation, the roles of our birds and bees is actually a vital one.

Let's take the humble bee, for instance. Forget a spoonful of tasty honey, the value of these buzzing beauties goes much deeper, with pollination the name of the game. In the first instance, bees as pollinators are responsible for more than one-third of the world's food. Add in the fact that more than 90 per cent of plants rely on bees' cross-pollination skills, and you can see why the move to halt the recent decline in global numbers has been taken so seriously.

Bees also

provide habitats for a huge quantity of insects and animals. Their complex, interconnected ecosystems allow a vast number of diverse species to co-exist. Put another way, a garden without bees would be bare, as would your plate.

A smaller role for bees is as a food source for birds, but go easy on our feathered airborne acrobats – while they have their own pollination qualities and act as pest controllers, they themselves, most crucially, act as a source of food for animals.

There's also something truly cerebral about birds, who predate our own time on the planet by some 150 million years. Sure, they're not cuddly or kinaesthetic, but through birdsong, breathless beauty, their solid commitment to building homes and raising families, and with a level of ingenuity and intelligence that many mammals can't even get close to, birds are a truly cerebral addition to nature's nest.



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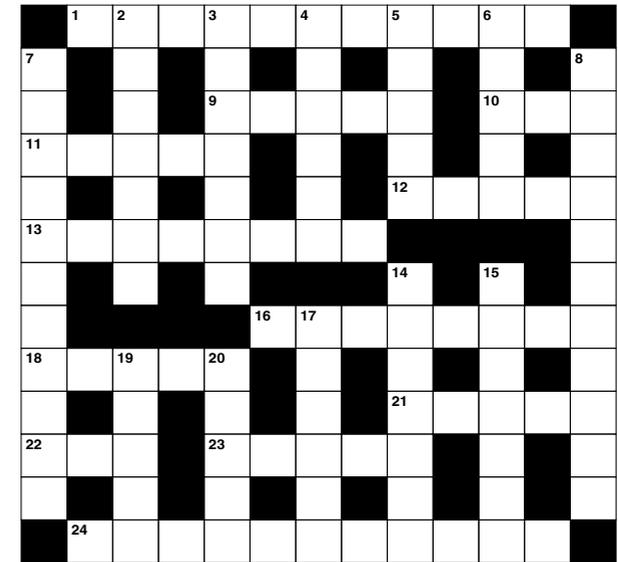
Answers: see end of The VISION Listings

ACROSS

- Dishonestly (11)
- Ape (abbrev.) (5)
- Fish eggs (3)
- Hackneyed (5)
- Giraffes have long ones (5)
- Mad rush (8)
- Eye condition (8)
- Spring flower (5)
- Boredom (5)
- Female chicken (3)
- Island in the Mediterranean Sea (5)
- Study of lawbreaking (11)

DOWN

- Morally right (7)
- Extract (7)
- Wound together (6)
- Unfasten a garment (5)
- Expressing emotions (of poetry) (5)
- Calamity or great loss (11)
- Celebrity (11)
- Panacea (4-3)



15. Linking (7)

17. Cosmetic cream (6)

19. Of the moon (5)

20. Device that splits light (5)

DID YOU KNOW?

- ▶ Saudi Arabia is one of the only countries in the world that doesn't have any permanent rivers
- ▶ In the Falkland Islands, sheep outnumber people
- ▶ Napoleon ordered the construction of the Arc de Triomphe in Paris
- ▶ It's thought that in the future, the Maldives may become completely covered by water
- ▶ In Norway, around 98 per cent of the electricity production comes from renewable energy sources
- ▶ The Great Wall of China is 21,196km long
- ▶ Reykjavik is the most northern capital city
- ▶ Indonesia is the world's largest island nation, but no one knows exactly how many islands it contains

SUDOKU

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Compassion!

Whatever industry you work in, taking the time to understand and empathise with your employees is vital if you want to provide exceptional leadership. Discover how to become a more compassionate leader below. Plus, find out why compassion is crucial in the workplace.

HOW TO BECOME A COMPASSIONATE LEADER IN FIVE SIMPLE STEPS:

Listen: Think about how often you really listen to your team. Successful leaders seek to understand the perspectives, motivations and challenges of their employees. Make sure you actively listen without judgement for optimal effect.

Empathise: If you don't think that your team members feel able to open up to you, then empathy can help resolve this. Take the time to sit down with your employees and talk to them about non-work-related topics.

Share: If you aren't authentic with your staff, how can you expect them to be with you? Don't be afraid to show your weaknesses; as a leader

you do not have to be better than everyone else.

Respond: Employees need feedback from their leaders, in terms of both their successes and areas in which they still have room to grow. Ensure you explain to your team that you are there to help them improve, and offer any resources they might need.

Change: Compassion is all about commitment, and even simple changes to the way you lead can work wonders for improving employee morale. Challenge yourself to make at least one change a month and build up from there.

WHY COMPASSION IS SO IMPORTANT:

- ♥ Creates enhanced employee engagement
- ♥ Decreases employee turnover
- ♥ Inspires collaboration
- ♥ Increases employee commitment
- ♥ Raises levels of trust
- ♥ Empowers you as a leader

TAKEAWAY TIP: Compassionate leadership is not about giving people what they want; it is about giving people what they need.

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BUSINESS & PROPERTY

Coming up ROSIE

How Rosie Huntington-Whiteley went from supermodel to businesswoman

For years, Rosie Huntington-Whiteley has been perfecting the art of spreading her talents across a wide spectrum.

This is the supermodel who leapt into our consciousness at the age of 16 when she appeared in *Teen Vogue*, then quickly ascended to adult fashion with projects for Victoria's Secret, Burberry, Pirelli and others.

Embracing motherhood – she has a three-year-old son, Jack, with actor Jason Statham – as well as embarking on film projects (*Transformers: Dark of the Moon* and *Mad Max: Fury Road*), you would imagine the now 33-year-old has enough on her plate. Yet burgeoning business ideas have created another angle with which the Plymouth-born model can utilise, maximise and monetise a polished brand.

Sure enough, in November, she announced the launch of her Clean Beauty Collaborative brand. Working with cosmetics firm Amyris, Rosie is building a digital platform for all things beauty, undertaken with an eye on great-performing products that are manufactured sustainably without harm to the planet.

The project follows on from her Rose Inc launch in 2018, which focuses on carbon-neutral eco-friendly initiatives.

She said: "I am passionate about responsible beauty products that are healthy for people and the planet."

Rosie has in the past admitted the maze of looks, styles and messages emanating from social media can be particularly off-putting.

"I want us to get back to the basic thrill of uniting people with access and knowledge and secrets of the industry," she says. "If we can all look as good as we can, while uniting to make the places where we live more sustainable, surely that's a route towards a happier future, because even I find myself getting negatively affected when I'm scrolling through feed after feed. I think we need to celebrate diversity and different kinds of beauty."



Photo credit: Featureflash Photo Agency/Shutterstock.com



Remembering the BRIXTON RIOTS

APRIL 10 MARKS FOUR DECADES SINCE THE START OF THE BRIXTON RIOTS

The Brixton riots were a terrifying, culturally defining 48 hours in which the black population of south London rose up to confront what they determined to be an unfair and illegal era of police brutality and wider social exclusion.

In a foretaste of some of the issues raised by the recent Black Lives Matter movement – albeit in referencing situations Stateside rather than events and actions in our own country – the 1981 Brixton riots, or ‘Brixton uprising’, were seen as a major turning point in the UK.

The background was a country in recession, and growing unease between police in areas such as Brixton and Lambeth. All it took was a spark of racial tension to ignite matters, and that duly arrived on April 10 when a black youth named Michael Bailey ran towards a policeman, bleeding from a four-inch stab wound. In attempting to get the injured man help, a crowd descended and supposed the police to be arresting him.

By the following day, rumours had spread that Bailey had been unlawfully killed by police, kicking off a spate of riots, looting and arson attacks on shops, cars and property.

Inadequately protected police struggled to stem trouble, with 299 being injured in scuffles. A further 65 members of the public were injured.

Tensions were brought under control in the early hours of April 12, by which time more than 2,500 officers from the home counties had been deployed.

So-called ‘copycat’ riots broke out in a number of UK towns and cities, and in the aftermath, the Scarman Report concluded that “complex political, social and economic factors [created a] disposition towards violent protest”, while also blaming overzealous ‘stop and search’ tactics.

Four decades on there is undoubtedly greater unity in the UK, though recent events have brought racial tensions to the fore again, with Brixton forever serving as a reminder of the potential fallout from an unfair society.



Photo credit: Bob Dear/AP/Shutterstock



Making plans for NIGEL

How Welsh referee Nigel Owens MBE is the latest to bring LGBT issues to the front line of sport

On the face of it, it's perhaps the manliest sport of them all – where the fire and ferocity of competition demands brutish, testosterone-driven combat.

Like it or not, the past hasn't always been kind in associating homosexuality with those characteristics. And yet it's a credit to our progressiveness as a society that those attitudes are changing; and across Gareth Thomas, other male stars, both retired and still playing, plus a whole host of women who have proudly declared their sexuality, rugby is the sport that seems to be pioneering inclusion and diversity above any other.

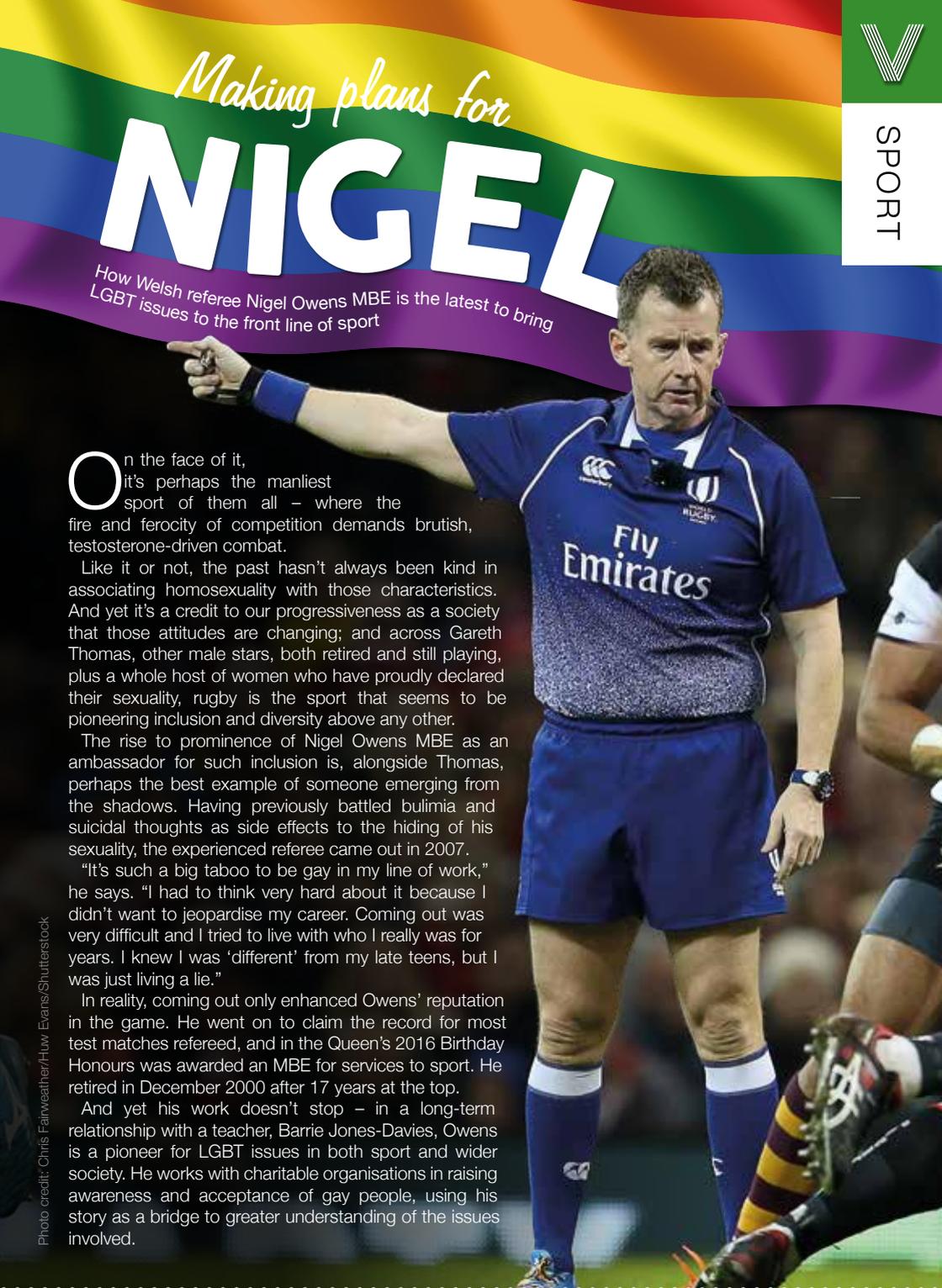
The rise to prominence of Nigel Owens MBE as an ambassador for such inclusion is, alongside Thomas, perhaps the best example of someone emerging from the shadows. Having previously battled bulimia and suicidal thoughts as side effects to the hiding of his sexuality, the experienced referee came out in 2007.

“It's such a big taboo to be gay in my line of work,” he says. “I had to think very hard about it because I didn't want to jeopardise my career. Coming out was very difficult and I tried to live with who I really was for years. I knew I was ‘different’ from my late teens, but I was just living a lie.”

In reality, coming out only enhanced Owens' reputation in the game. He went on to claim the record for most test matches refereed, and in the Queen's 2016 Birthday Honours was awarded an MBE for services to sport. He retired in December 2000 after 17 years at the top.

And yet his work doesn't stop – in a long-term relationship with a teacher, Barrie Jones-Davies, Owens is a pioneer for LGBT issues in both sport and wider society. He works with charitable organisations in raising awareness and acceptance of gay people, using his story as a bridge to greater understanding of the issues involved.

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