

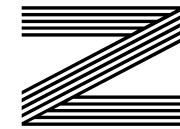
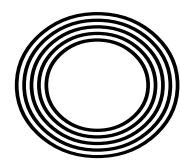
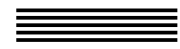


Could COVID-19 science help cure other illnesses?

50 YEARS OF ONE DAY INTERNATIONAL CRICKET

BOTTOMS UP! Celebrating National Beer Day

J.K. Rowling
The author's success with Harry Potter



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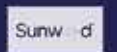


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Editor's notes...

JUNE 2021



William Taylor, Editor

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

As readers of our May issue will recall, it's been a busy couple of months at **VISION** HQ, with myself coming on board to take over as the magazine's editor.

Sean continues to run the business overall, but I've joined the team as someone who has run **VISION** publications in other parts of the region to help carry on the great work that has already taken place in this Fabulous Frinton-on-Sea issue.

As someone born and bred in North East Essex (West Mersea, to be precise), the opportunity to come and work on the Frinton-on-Sea magazine really excited me - I recalled hot summer days as a kid playing on Frinton's sandy beaches, as well as fond memories of trips to some of the other towns and villages in the area.

It's funny, as I drove across the railway track on my first day in the job and took a drive around the town, there was a nostalgic feeling of so much remaining the same as it was more than two decades ago.

I'm really excited to be a part of this community, and cannot wait to hear all your unique stories of our lovely town. Have a great month!

William Taylor

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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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Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else.”

CELLmate

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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LOCAL NEWS

from your neighbourhood



Stock Image

Beach named as second best in the country

Frinton Beach has been named as the best in Essex and second best in the UK according to *The Sunday Times* Beach Guide.

The beach, which the guide described as “thriving” and “family-friendly”, was only beaten to the top spot by Compton Bay on the Isle of White.

The guide reads: “Family-friendly Frinton has an air of old-fashioned gentility, with a thriving beach hut community along the promenade and parking always possible.

“There’s plenty of space on the mile-long stretch for beach games, while the gentle waves are safe for body-boarding children.

“Seaweed is rare, but some beautiful shells get washed up in the groynes. A grassy area above the beach called the Greensward is perfect for picnics

with a sea view.”

Frinton is the only Essex seaside town to feature in the guide, though it is among the many beaches in Tendring to be given Seaside Awards in recognition of their quality.

Councillor Alex Porter, portfolio holder for leisure and tourism at Tendring District Council, said: “The Essex Sunshine Coast is stunning, a brilliant asset for residents, visitors and the whole tourism industry.

“Recognising this is why we invest so much into them, with our beach patrol service in the high season, regular improvements to seafronts and promenades, and cliff stabilisation projects.

“These awards are a great advert for the Essex Sunshine Coast, and it must be recognised that it is not easy to keep Blue Flag and Seaside Award status.”

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Fundraiser set up for paperboy who had bike stolen

Essex Police are investigating the theft of a 15-year-old paperboy's £1,000 bike in Frinton-on-Sea.

CCTV footage captured by Dr Tien Newsagent clearly shows the incident, where a man steals the blue and orange bike from in front of the shop.

A spokesperson for Essex Police said: "We are investigating after a bike was stolen in Frinton. It was reported the bike was taken outside a shop in Walton Road at around 7.30am on May 2.

"Anyone who saw what happened or has CCTV, dashcam or doorbell footage is asked to contact us."

The Frinton community has pulled together to set up a fundraising page to pay for a replacement bike

for the hardworking youngster. So far they have raised £550, with a target of £1,100.

Janine Perry, who set up the fundraiser, said: "I have started this page on behalf of our community in the hope we can rally together to help this young man replace the bike he spent months saving for.

"After he realised his bike was stolen, he continued with his work, delivering newspapers to the residents on his round. He has such a strong work ethic.

"If you can help, however little it may be, I'm sure it will mean the world to the young man."

If you would like to donate, please visit gofund.me/b528cb82

Hundreds raised at Heritage Trust's garden sale

Volunteers at the Frinton and Walton Heritage Trust (FWHT) managed to raise more than £700 at their garden sale at the beginning of May.

While observing social distancing rules, the fundraising sale, which took place at Railway Cottage in Frinton, received plenty of support despite the adverse weather conditions.

The event took place instead of the annual May Fayre, which was unfortunately cancelled due to lockdown restrictions.

A spokesperson for FWHT said: "A big shout out and a huge thank you to those of you who came to the garden sale on Saturday, May 8. The day was very wet, but 100 people still turned up to support us.

"We took more than £700 and that's unbelievable



when you consider the soggy and cold conditions. Big thanks to all those who supported us, and we hope the grand bric-a-brac sale on June 12 is just as successful, but with much better weather."

For more information on FWHT, visit www.fwheritage.co.uk

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Supercars drop by to raise money for children's hospice



A supercar club and a chip shop in Frinton-on-Sea came together in May to raise more than £2,000 for Haven House Children's Hospice.

Drivers Union and Pier One chip shop organised a similar event last year, and this year decided their supercar chip drive-thru should benefit the community, with the money raised going to Haven House.

Edward Eccles, who set up the fundraiser and is a part of the Drivers Union, said before the event: "Last year, members of the club visited Haven House with five Ferraris and it made a real impact on those members.

"This year, we managed to raise more money for them and other charities."

Altogether, more than 100 people turned up to the event, and a spokesperson for Drivers Union thanked the people of Frinton for their support.

They said: "Thank you, Frinton-on-Sea, for welcoming us back this year. It was a great day out."

Popular festival returns with socially distanced concerts

Frinton Festival hosted four socially distanced concerts at Frinton Tennis Club's ballroom across the May bank holiday weekend.

The festival kicked off on Friday, May 28, with a performance from The Barbican Piano Trio, featuring Sophie Lockett on violin, Robert Max on cello and James Kirby on piano.

On Saturday, celebrated actor, John D Collins, joined cellists Robert Max and Joely Koos for an evening of entertainment.

The line-up also included Mathilde Milwidsky and Joseph Havlat.

The festival was only allowed to accommodate a limited number of guests owing to lockdown restrictions, but a spokesperson said before the event that "they couldn't wait to welcome people back".

To find out more about the festival and upcoming events, visit www.frintonfestival.com

New post office opens in shopping centre

The new post office has opened in The Triangle Shopping Centre in Frinton after its relocation was confirmed at the beginning of May.

The old branch, which was previously located in McColl's newsagents, closed last November after the building's lease was not renewed.

A temporary branch, which was set up to bridge the gap, closed on May 11. The new branch, which opened on Tuesday, June 1, at 1pm, is being run by Frinton and Walton Town Council.

Hayley Brown, network provision manager for the post office, said: "After careful consideration of the feedback received, we remain confident that the layout and location of the new branch will continue to meet customer needs and deliver an excellent service, while securing the long-term viability of post office services in the local community.

"All the feedback we received helped us to better understand the views of customers and their representatives and this was taken into account, along with all other relevant factors in making our decision."



LOCAL NEWS

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Beach huts proving popular as prices soar

LOCAL NEWS



Stock image

Beach huts in Frinton-on-Sea and the rest of Essex are becoming more popular as people are choosing to go on holiday in the UK this year as a result of COVID-19 restrictions.

The average beach hut in England costs around £40,000, a rise of 51 per cent compared to the last two years, according to the property website Rightmove.

John Fenton, from the estate agents Sheen's in Frinton-on-Sea, spoke to the BBC recently about the increase in popularity of the beach huts.

He said: "People are moving to Essex from other areas and are bringing money with them. They want a beach hut to suit their new lifestyle here.

"This is a lovely area of the country, and these people can't go abroad at the moment, so they are making the most of it."

Larger bins installed on seafront to help tackle litter

Larger bins have been installed along the seafront in Frinton-on-Sea to help tackle littering.

Each summer, Tendring District Council (TDC) contractors, Veolia, put out an additional 150 bins along the seafront to provide places for visitors to dispose of their rubbish.

But despite regular clearing, and messaging asking people to take their rubbish home or to another site if a bin is full, littering and overspill remain a problem.

Now, larger bins have been put in place across busy seafront sites to help tackle the problem.

Councillor Alex Porter, TDC cabinet member for

leisure and tourism, said people still need to play their part.

He said: "When beaches and promenades are busy, it is just not safe to empty bins more often during the daytime, so these larger bins will be a big help.

"However, we still need people to use them to be effective. The advice remains: if a bin is full, please use another or take your rubbish home. Putting rubbish next to a bin is littering and is an offence. Our seafront wardens will be reinforcing that message."

To cope with the increased capacity, Veolia has hired two additional collection vehicles for the seafronts.

New council chairman 'honoured' to be chosen

The new chairman of Tendring District Council (TDC) has set out his hopes for the year ahead.

Councillor Jeff Bray was selected at the council's annual meeting last month to preside over the authority for the next year.

At his first council meeting in the chair on Tuesday, May 18, cllr Bray thanked members from around the chamber for their support, and said he was looking forward to representing both TDC and the district for the next 12 months.

He said: "It is an absolute honour and a privilege to be elected by my peers to this office, and I will fulfil the role with the respect and gravitas it deserves.

"As COVID-19 restrictions lift, this will be a vital year for Tendring and our residents. I hope to be able to get out and meet lots of people, as well as fly the flag for our district at events elsewhere.

"I will also be raising money for my chosen charity for my term of office, Community Voluntary Services Tendring, which does such great work supporting a number of community groups as well as its own programme of activities to help our residents."



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Hoover user



The mistakes most of us make when hoovering.
How many are you guilty of?

Setting it right

The settings on your Hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your Hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

Skirting around the problem

Most modern Hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

Top form

Many of us store the Hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the

bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then Hoover.

Bagging it out

Regular changing of the Hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your Hoover.

It's behind you

The temptation when hoovering is to see a floor and Hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

And remember, a Hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.





Blinds

HOW TO CLEAN

LAST MONTH WE SHOWED YOU HOW TO CLEAN YOUR CURTAINS. THIS TIME WE TURN OUR ATTENTION TO YOUR BLINDS.

Whatever style blinds you have, and in whichever material, discover how to banish dirt and dust without breaking a sweat.

FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.

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INSTALL SMART LIGHTING: The beauty of smart lighting is that it allows you to add the wow factor to your kitchen without blowing your budget. From smart dimmers that can be controlled from your phone or your smart speaker, to smart bulbs that plug into your existing light fittings and boast an adjustable colour temperature.


Other features include: Control individual bulbs, groups or your whole home's lighting | Set light themes to create different atmospheres | Motion-sensing lights




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Other great features can include: Voice control | Automatic setting selection | In-oven camera

ADD A SMART TAP: No kitchen is complete without a sink, and for times when your hands are either full or dirty but you need water, a smart tap offers the perfect solution. Choose from a touchless faucet that works by waving your hands in front of the sensor or a voice-enabled tap that can be customised with your preferred commands.



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HOME & DIY

Luke Arthur Wells

INTERIOR INSPIRATIONS



Photo credit: lukearthurwells.com

Who is interior designer Luke Arthur Wells? Find out more about the interiors expert who's taken social media by storm – your new interiors inspiration.

Luke Arthur Wells has emerged as one of the most influential designers of 2021, following a year when various lockdowns and being asked to 'stay at home' have really shone the spotlight on interior design. But who exactly is Luke Arthur Wells?

Based in the South West of England, Luke is an interior designer, stylist and writer, helping to style homes all over the world. He's a former *Great Interior Design Challenge* contestant, with a classic, timeless taste that's accessible and incredibly stylish.

With more than 70,000 followers on Instagram and a successful blog, Luke has amassed a dedicated following. He recently moved into a Victorian terrace in need of freshening up, and interiors enthusiasts have been following his incredible transformations over the past year. From the art of styling a room to creative DIY tutorials such as simple, custom radiator covers, Luke provides plenty of inspiration to those who seek it.

To bring Luke's classic style into your own home, here are some tips:

- > Incorporate neutral tones against beautiful textures and striking accessories.
- > Light tones don't need to be boring. Use them to flood light into the room, and bring in contrasting accent colours like black and charcoal to make your home's features pop.
- > Mix high-street items alongside upcycled pieces and the perfect finishing touches to create a look that's accessible, timeless and beautiful.
- > Love accessories. From prints and floral displays to statement vases and plant pots, accessories add colour and character to your home.

Want to recreate Luke's incredible home styling? Covering everything from creating mood boards to on-trend DIY panelling, check out Luke's projects at www.lukearthurwells.com/blog for inspiration.



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MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

Photo credit: PinPep/Shutterstock





KIDS



BAD BOUNCE

THE SAFETY MEASURES YOU NEED TO PUT IN PLACE WHEN PURCHASING A TRAMPOLINE

On the face of it, it's hard to believe that trampolining is one of the more hazardous leisure pursuits out there; yet the activity accounts for almost 100,000 injuries requiring medical attention every year. Put another way, more than half of parents with children aged 12 have said their child has come to harm at some point.

The reality is, while the spring-mounted tarpaulin offers the softest of landings, kids are making contact from considerable height, and with others close by. And with a prevalence of injuries being caused by freak, awkward landings – sprains and strains account for almost half of injuries recorded – even the most cautious of happy hoppers can come unstuck.

Of course, there are a few measures you can take in order to minimise the risk of injury:

✓ BOUNCE ALONE

Guidelines suggest kids should trampoline by themselves rather than with buddies. Colliding with others in a confined space is common and dangerous, and the trampoline canvas will most

likely knock a juvenile jumper off their feet if a friend lands a split-second earlier.

✓ PROTECTIVE WALL

Most trampolines nowadays come with 360-degree netting around the edges, eliminating the danger of kids being propelled off the apparatus and into nearby hedges. If any part of the edging is broken, however, your safety net is gone, both metaphorically and literally.

✓ SIX OF ONE

It's recommended that no children 'bounce' if under the age of six. The reason for this is younger kids lack the muscular strength to be able to trampoline safely, leaving them more likely to come to harm.

✓ SUPERVISION

Perhaps the greatest deterrent of all is adult supervision. Sure, you may not want to spend your summer afternoons watching kids bounce up and down repetitively, but it's sure as hell a better sight than the inside of the A&E department.

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UNUSUAL FRUIT OF THE MONTH:

Mangosteen

An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

WHAT DOES MANGOSTEEN TASTE LIKE?

Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?

Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

WHERE CAN YOU BUY MANGOSTEEN?

Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.

HOW TO PREPARE MANGOSTEEN

To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

HOW TO EAT MANGOSTEEN

- > Eat fresh either on its own or combined with other fruits in a fruit salad
- > Juice them
- > Blend and make sorbet or ice cream
- > Add to a curry

HOW TO STORE MANGOSTEEN

Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1–2 weeks. Store in the fridge for 3–4 weeks. Do not freeze as this will damage the flesh.



celebrate NATIONAL BEER DAY



To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

Stout & Oysters

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

Dark Ale & Steak Pie

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

British Bitter & a Ploughman's

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

IPA & Curry

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

Lager & Fish and Chips

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crisper and lighter texture.

Blonde Beer & Brie

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.

Fine Dining for Clacton & Colchester

Much loved Clacton-based Italian eatery prepares for the launch of its sister restaurant in Colchester this June.

Lovers of Italian food will be spoilt for choice this summer, as the owners of a very popular local restaurant get set to open the doors of their second venue.

Franco's Italian in Clacton-on-Sea has made a name for itself over a period of nearly 15 years, serving authentic pizza and pasta, under head chef Franco Murgia, as well as the freshest local fish and shellfish, antipasti and Scottish beef.

But now diners heading to Colchester will also have the opportunity to enjoy the experience, with a new restaurant called Cibus set to open.

Mr Murgia said: "We're very excited to be opening a second restaurant, this time in Colchester, a part of the county where many of the best restaurants are already based."

With nearly 300 five-star reviews for the Clacton restaurant on TripAdvisor, and an overall rating of 4.5, Murgia's passion for food shines through. The same high standards will surely be expected of Cibus.

Cibus will see two new head chefs joining with impressive pedigree, in the form of Sam Dorling

of Timpleys and Ricky Latter from Harry's Bar, and will specialise in Italian cuisine with the specials focusing on seafood and shellfish.

The restaurant will officially open its doors on June 15th and bookings are already being taken.

Murgia added: "It's great to see the excitement around the new restaurant already, but booking in advance will definitely be advised."

"We intend to provide a fine dining environment for the town of Colchester, with an authentic Italian experience."

Murgia says it is the intense focus on using the finest quality, fresh ingredients that has made their first restaurant such a success.

"We fully expect to continue that with Cibus," he said. "All fish and meat is sourced fresh from local fishermen and butchers. The potatoes and vegetables are also grown locally."

"We aim to provide quality and taste to every customer, and that is why we have built up such a large following."

To book at Cibus, call 01206 370220.

To book at Franco's, call 01255 426647.



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NAILED IT

Do you know your nail shapes?

If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

ROUND

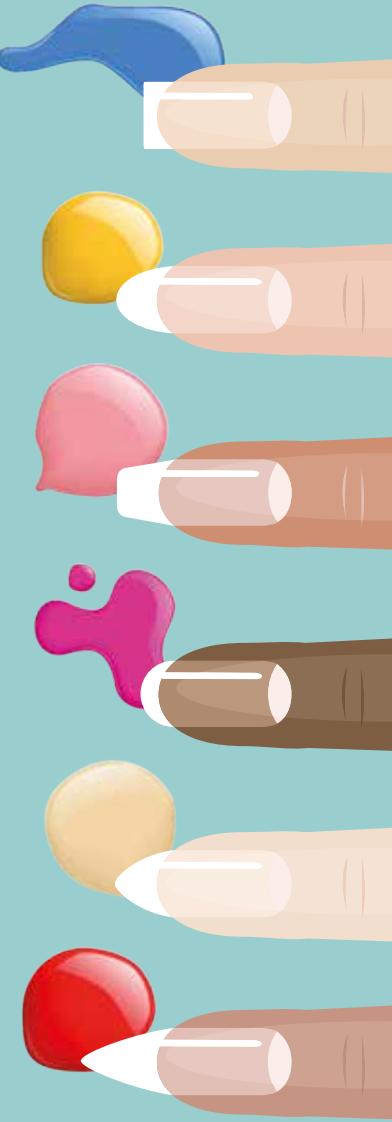
A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.

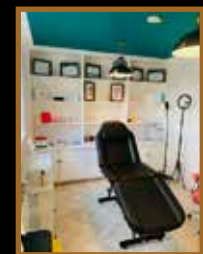


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GARDENING

A GUIDE TO PATIO FLOORING



A well-designed patio can act as a second living room for your home, transforming your garden from basic to beautiful. However, you need to make sure you choose the right materials and style for your property if you want a showstopping end result.

PICK PATIO FLOORING TYPE

WOOD – Timeless and extremely versatile, wood can be used to create a rustic or modern-styled patio area. You can also sand down wood multiple times, making it a great long-term investment for your home. Apply a protective wood oil for enhanced longevity.

NATURAL STONE – For the epitome of luxury, natural stone is hard to beat. Popular natural stone options include slate, travertine, granite and marble. Avoid light-coloured natural stones if you have pets or young children.

CERAMIC TILE – A classic flooring material, ceramic offers a durable and cost-effective way to create a patio area in your garden. Opt for unglazed tiles to reduce the risk of slipping and consider adding a sealant to protect from wear and tear.

BRICK – Low maintenance and slip resistant, brick gives off an old-world feel that is ideal for period properties. If cost is an issue, brick pavers make a cheaper alternative.

CONCRETE – Arguably the most versatile choice, concrete can be moulded to fit any shape, and you can personalise it with colouring, stamping, brushing, painting and patterning.

CHOOSE THE RIGHT SIZE

- There are three steps involved in sizing your patio flooring:
1. Decide how big you want your patio to be
 2. Determine the size of your chosen patio material
 3. Work out how much flooring you need to cover your chosen area

PATIO STYLE IDEAS

- > Surround tiles with decorative stones for a more organic look
- > Swap grass for a paved patio and surround with raised flowerbeds
- > Select interior and exterior flooring in the same tone to create a seamless flow

Photo credit: iStock.com



GARDENING



Garden Goldmine

OUTDOOR FEATURES THAT ADD VALUE TO YOUR PROPERTY

CCOVID-19 and the associated stamp duty holiday have made a lot of us think about the saleability of our homes, and perhaps even consider a move. While countless television shows point us in the right direction as far as interior décor goes, what can we do to spruce things up on the outside?

Natural landscaping: While for years we've obsessed over new kitchens, bathrooms, conservatories and more, it seems that landscaping garden spaces – from lawn care to water features and even planting small trees – will add more value to your property than any of the others listed, according to research undertaken last year.

In reality, it makes sense. In Britain we love the idea of reclining in peaceful, tranquil, stylish surroundings with a drink, a magazine, some music and the gentle breeze of summer... even if the season comes and goes in under a fortnight.

Wood you dare?: Wood effect adds a rustic, natural, earthy feel to any outside space, and the popularity of decking – and, to a lesser extent, patios – also makes a big difference when it comes to maximising property value. And the good news is that modern composites will give that 'indoor wood' finish and quality, even in exposed outdoor areas.

The paint saint: A paint job – the entire house, the front wall or perhaps just a new garden gate – will give a real sense of style and cleanliness. Our outer walls and pathways take a real battering across the seasons, so brightening them up can make a big difference when it comes to adding value.

Light show: We're very much in the area of strings of bulbs lighting up entrance ways, trees and even whole gardens. For a relatively low cost, it's possible to give those dusky evenings a real glow of homely warmth.

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HEALTH & FITNESS



Could you do with a COLD SHOWER?

From pop sensation Lady Gaga to body coach Joe Wicks to boxer Anthony Joshua, cold showers and baths are the lockdown wellness trend taking over the celebrity world.

So what has made these famous faces take the plunge?

faster to warm itself up, which in turn increases blood flow and promotes good circulation.

INCREASE WILLPOWER



A case of mind over matter, forcing yourself to endure the cold for extended periods of time can help to strengthen your willpower and make you more ready to take on the challenges of daily life.



REDUCE STRESS LEVELS

Regularly taking cold showers imposes a small amount of stress on the body which results in a process called "hardening". This enables your nervous system to get used to moderate amounts of stress, which can help you keep a cool head.



MORE ROBUST IMMUNE RESPONSE

Scientific studies have shown that taking a cold shower can increase the amount of white blood cells in your body, which helps to protect your body against diseases.



BETTER CIRCULATION

By reducing your core temperature, a cold shower forces your body to work harder and



WEIGHT LOSS

Research has shown that exposure to the cold increases your metabolic rate and directly stimulates the generation of brown fat, which is a specific type of fat tissue that generates energy by burning calories.

HOW TO TAKE A COLD SHOWER

- Enjoy your usual shower
- At the end, slowly lower the temperature
- Get the temperature low enough so that you start to feel slightly uncomfortable
- Stay there for 2-3 minutes
- Lower the temperature more with each shower

DID YOU KNOW...

...that the Guinness World Record for sitting in an ice bath is a whopping 1 hour, 52 minutes and 42 seconds? This record is held by Dutch adventurer Wim Hof, aka the "ICEMAN".

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CRICKETERS

Good day!



CELEBRATING 50 YEARS OF THE ONE DAY INTERNATIONAL

It shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a ‘One Day International’, comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged

as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of ‘traditional cricket’, where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn’t hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord’s to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world’s best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both sprinters and marathon runners alike as he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.



SPORT

Photo credit: Colorsport/Shutterstock



Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

We've all had purchases go bad, and when that happens the immediate fear is whether we'll get our money back.

In most instances, the answer is "yes". Certainly, if you buy anything online you are protected by the 2015 Consumer Rights Act. That means, for whatever reason – including simply changing your mind – you will be able to return your goods. You'll usually need to do this within 14 days in order to get a full refund, and obviously items must be sent back in the same condition as they were received.

When purchasing in store, things become a little different. You will struggle to get refunds for perishables unless you are returning in an almost

immediate timeframe – such as buying a sandwich only to immediately discover the bread is stale.

In other situations, the product will need to be defective or not fit for purpose, at which point the retailer is allowed to attempt to repair or replace. Be warned, though, simply having changed your mind isn't a verified reason for a refund, and you may discover some pushback.

Of course, while these hard and fast rules reflect a stated code of conduct when it comes to refund rights, things can often veer either side of the line. You may sometimes encounter an overly officious staff member or customer service agent who makes life difficult; though more likely you'll find retailers going the extra yard to refund in some circumstances when they perhaps don't need to legally. Ultimately, good publicity – and bad – travels.

As with all refunds, proof of purchase is important, and building rapport with the person you are liaising with will doubtless move you closer to the result you want, no matter what the circumstances.



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Description (180 characters max including spaces):.....

.....

.....

Telephone:..... Email:.....

Payment option: Card Direct Debit

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ACROSS: 1. SEQUENCE, 5. TROT, 8. DROOP, 9. ACERBIC, 10. EVEREST, 12. MUSINGS, 14. SECTION, 16. ARMREST, 18. SOARING, 19. REALM, 20. SAKE, 21. CAULDRON
DOWN: 1. SODA, 2. QUOTES, 3. ESPIONAGE, 4. CEASES, 6. ROBER, 7. TACTURN, 11. ELECTORAL, 12. MOLASSES, 13. EMBARK, 14. STIGMA, 15. IMPAIR, 17. AMEN



PUZZLES & TRIVIA

PUZZLES

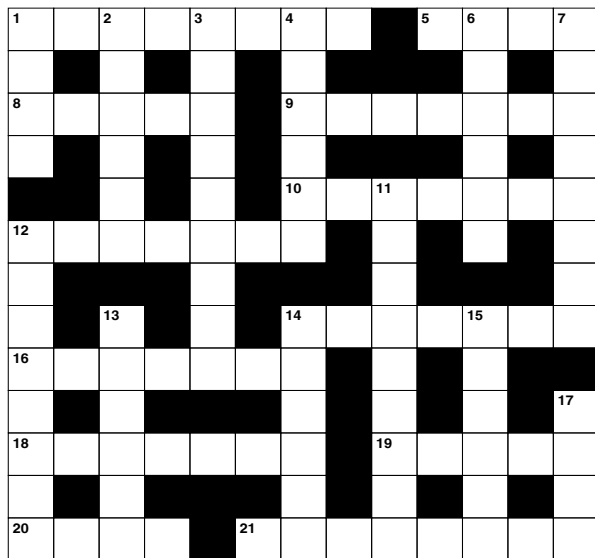
Answers: see end of The VISION Listings

ACROSS

- 1. Succession; series (8)
- 5. Run at a moderate pace (4)
- 8. Sag (5)
- 9. Sour in taste (7)
- 10. Mountain in the Himalayas (7)
- 12. Contemplations (7)
- 14. Subdivision (7)
- 16. Part of a chair (7)
- 18. Increasing rapidly (7)
- 19. Kingdom (5)
- 20. Japanese beverage (4)
- 21. Large metal pot (8)

DOWN

- 1. Soft drink (US) (4)
- 2. Cites (6)
- 3. Act of spying (9)
- 4. Stops (6)
- 6. Thief (6)
- 7. Not inclined to talk (8)
- 11. Let oracle (anag) (9)
- 12. Thick dark syrup (8)
- 13. Set out on a journey (6)
- 14. Mark of disgrace (6)



- 15. Make worse (6)
- 17. Word ending a prayer (4)

DID YOU KNOW?

- ▶ Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour
- ▶ Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make
- ▶ Crackers often have holes in them to prevent air bubbles from forming when cooking
- ▶ Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon
- ▶ Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff
- ▶ A typical ear of corn has an even number of rows

SUDOKU

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

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100%

of the original asking price across all CO postcodes.

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Outstanding service from start to finish! Nothing is too much trouble for Florent. He is open about his pricing and gives you an honest value for your property, not the usual overvaluing a lot of estate agents do to get your custom. I cannot recommend Florent and his team highly enough.

Ruby Jegatheswaran (seller), Colchester



The innovative and refreshingly different style of presentation stands out from their peers. They succeed in capturing the potential buyer's attention by highlighting quality features and stunning photographic representation. HomeDomus also offer a unique way of selling property as well as a service which is personalised and highly responsive. We appreciated all their support.

Linda Fisher (seller), Maldon



Home Domus approach was new and refreshing. The marketing and photography was superior as was the house description and detail. The concept of selling an overall package was novel. Not just the house but what the town has to offer. Their follow up and bookings were first class.

Robert Wallace (seller), Frinton-on-Sea

Use your phone to scan the code and follow the link to our customer review page. Learn what it means to be a seller with Home Domus 360.



Follow this link to our performance page and discover what our home sellers have achieved.

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% of Asking Price	Avg. Sale Time	Average Rating
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