

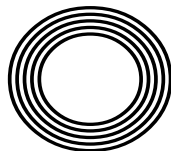
**HOW TO
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COLD
FRAME**

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PRINCE CHARLES'
Aston Martin runs on cheese and wine

Ramesh
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Crawley-born comedian celebrating 10 years on the circuit



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Statistically, a 1/3rd of people reading this article are either divorced, thinking about getting divorced, or will get divorced at some point in their life. A friend of mine is at the very early stages of his divorce and after a brief conversation with him last week, it became apparent that he was like many people going through divorce – unaware about the fairest way of dividing his assets.

His key focus was on the house and their savings. When I asked about his pensions, he wasn't really sure why they factored at all. He's a high earner in his late 40's and has built up various plans over the years. "Retirement is miles away – and they're not worth that much now anyway". As the primary earner over the years, his soon to be ex-wife has little pension provision.

This lack of knowledge about the importance of pensions on divorce is extremely common on both sides of the relationship. Even when pensions are considered, the general consensus is often offsetting the value of the house against the pension.

In 2019 the Pensions Advisory Group (PAG) came together to produce the first ever report addressing the issue of the shortfall in understanding about how to treat pensions on divorce.

The authors of the PAG report stated: "Pensions are often the single largest asset after the family home for divorcing couples, yet there is inconsistency of approach to pensions across England and Wales and a considerable lack of knowledge. It is our hope that this document will assist and clarify the often-difficult process of incorporating pension considerations into financial remedy cases, in a way which is procedurally and substantively fair to the parties".

Pensions are undoubtedly extremely complicated but expert pension advisers can easily demystify them. It is essential that if you are facing the end of your marriage or civil partnership, pensions should not be overlooked, no matter what age you are. Whilst immediate living priorities are of course important, these should be taken into consideration with income both now and in retirement.

In the case of my friend, without proper advice, he may be unknowingly disadvantaging his soon to be ex-wife - when that is far from his intentions. And conversely his soon to be ex-wife may be losing out financially if she accepts the offer of the bulk of the house.



Editor's notes...

NOVEMBER 2021



Sean Purcell, Editor-in-Chief

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea. As you read this, the great and the good will have descended upon Glasgow for the COP26 conference to discuss the climate crisis and attempt to agree steps to reduce the level of global warming. Watching the coverage got me thinking: what can I really do to make a difference?

Of course, one man on his own cannot make a massive difference, but collectively, the actions of individuals can have an impact. However, sometimes it is hard to know what we can do. For example, I use jute bags, thinking this would help, but I recently read that I would have to use them thousands of times and probably for the rest of my life for this habit to have an impact. Again, one man using jute bags for shopping may not make a difference, but hundreds of thousands of people doing the same would.

The mission of **VISION** magazine is to inform as well as entertain, and you will start to see articles included that I have selected that may help inform you. I am a particular fan of our 'alternative uses for...' pieces, and the research carried out by our team has certainly opened my eyes to how I can use everyday products more broadly. If you have any alternative uses for products, please do drop me an email as I would love to hear from you.

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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ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock



THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

Gadget subscription service – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

Craft subscription service – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

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SOFA, *So good,*



From striking shades to fabulous fluting, tactile textures to durable designs, these five sofa trends for 2022 are anything but boring.

Bold colours: Moving away from more muted shades such as grey and dark slate blue, 2022 sofas are unabashedly bold and beautiful. Think bright blue and ruby red, as well as more subdued, warm colours such as paprika. Keep your walls neutral and let your sofas do the talking.

Curves and fluting: A key sofa trend that emerged in 2020 and is still going strong as we move into 2022, expect to see more intricate pleating combined with chunky quilting for a cosy yet stylish look. For an added sense of luxury, opt for velvets that perfectly complement the curves of the flutes.

Raw materials: Arguably one of the biggest sofa trends for 2022, the appearance of sofas will become more natural and pared back as people strive to embrace a more simplistic lifestyle. Look out for heavy textures such as bouclé which add softness, and more earthy tones like rust and green that simply scream 'au naturel'.

Sustainability: With consumers becoming increasingly interested in how their goods are made and how it affects the world they live in, ethical sofa designs are becoming much more mainstream. From sofas that are made using 100 per cent recycled fabric to styles that are designed with durability in mind, it has never been easier to buy a stylish sofa that also helps to reduce your carbon footprint.

Mismatched sets: Say goodbye to three-piece suites and hello to more eclectic, mismatched sofa arrangements. With spaces in the home now needing to be both versatile and tactile, regimented furniture schemes are no longer relevant. Instead, embrace different shapes, sizes, colours and patterns in your living room.



HOME & DIY

Photo credit: cloud-interiors.com, coconepublic.com.au, heels.com, Studio McGee via thespruce.com



HOME & DIY

DULUX COLOUR OF THE YEAR

Bright Skies

OPEN YOUR EYES TO BRIGHT SKIES



It's perhaps peculiar that Dulux waits for the time of year when the summer skies begin to seep away, and the radiant, elegant blueness of those warm months is dissipating, to name its much-heralded Colour of the Year... as blue.

The reveal of Bright Skies as a shade that is set to transform our homes for the next 12 months coincides with an autumnal browning and greying of life outside our windows. Yet the paint expert's choice has been met with approval for its ability to extend our elevated, enlightened view on the year for just a little bit longer, as winter gradually approaches.

Dulux's choice has much to do with the brightness and optimism that is being felt in the wake of the end of lockdown. The brand speaks of uplift and progression, with the colour working as an alternative to the mass of light grey shades that have

been so prevalent in offices.

The ability of Bright Skies to blend with all manner of other tones makes it stand up to scrutiny. Its pastel essence draws in other colours instead of repelling them, so use it in living spaces, against light or medium woods, and even on ceilings. Alternatively, pick out the colour on cushions or fabrics.

In the kitchen, a Blue Skies splashback can offer incredible contrast to silver or copper pots and pans; while in the bathroom, ditching formal white for this breathless, brilliant blue will give 'big sky' thinking to every groggy winter morning.

Where, in the past, light blue could feel cold and frosty, particularly when temperatures begin to drop in the winter months, Dulux is asking us to view it from a new angle, accompanying it with textures and tones to help us decorate even the gloomiest of days with bright, sunny, uplifting moments.

Photo credit: dulux.co.uk

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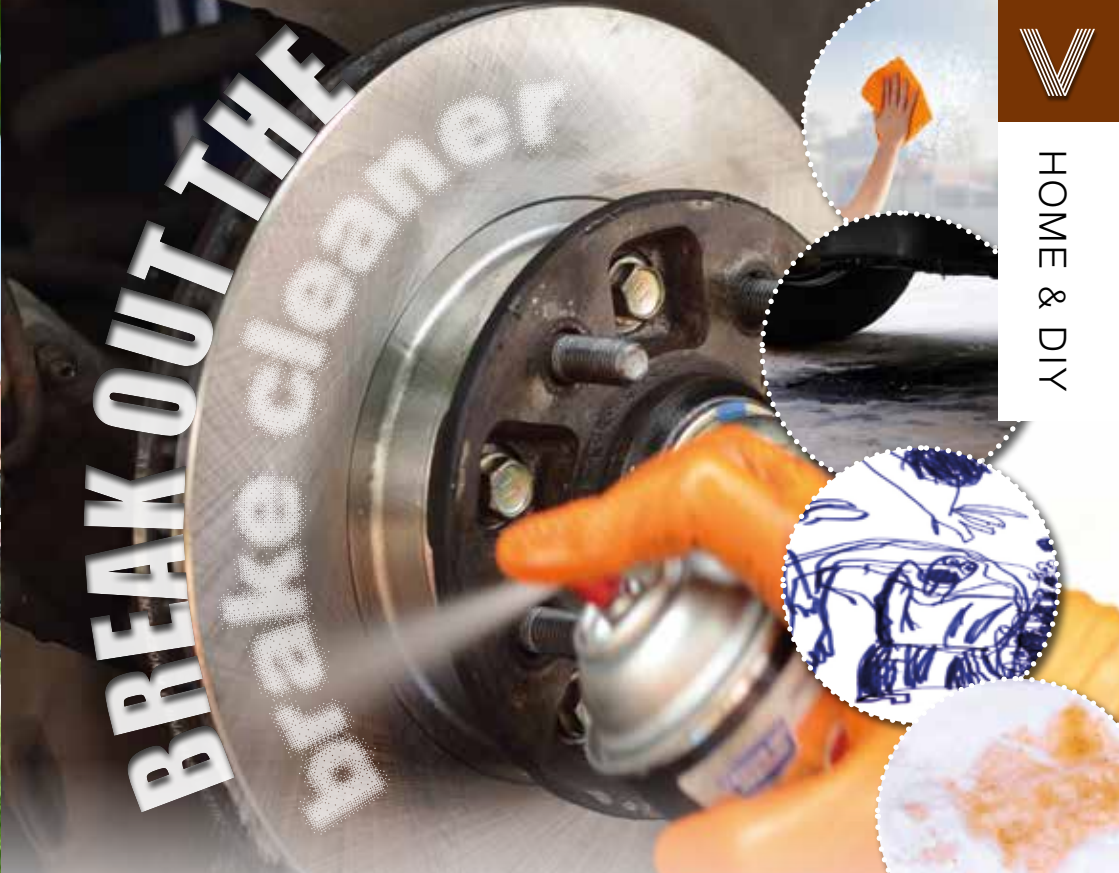


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Brake cleaner isn't just for vehicle maintenance. It can also be used in several household applications, with unbelievable results.

How to use brake cleaner

If you have used brake cleaner on your car, then you won't have any problems using brake cleaner in your home as the application process is the same. However, if you haven't used brake cleaner before, simply follow the below steps:

- > Shake the can thoroughly to activate the formula.
- > Hold the can about 30cm away from the surface and apply.
- > Allow the brake cleaner to soak in and evaporate.
- > Reapply to stubborn areas and wipe away any excess dirt with a clean cloth before it evaporates.

Always wear gloves and use in well-ventilated areas. Do not allow brake cleaner to come into contact with plastic or rubber, and keep away from any open flames.

To clean windows: With the ability to cut through grease without leaving any residue, apply sparingly when using brake cleaner to achieve streak-free

windows. Wipe with a microfibre cloth for optimum results.

To remove stains from a driveway: Unsightly oil stains can ruin the look of your concrete driveway, but can be easily removed by throwing down some cat litter or sawdust to get rid of the worst of the spill and then applying brake cleaner.

To remove ink and paint: Brake cleaner can effectively remove stains made by permanent markers, paint and nail polish on surfaces such as walls, tables and countertops.

To remove stains from fabrics such as tablecloths: Perchloroethylene, a chemical that is commonly used in chlorinated brake cleaners, is also used by professional dry cleaners to remove food and oil stains. Always test in a non-conspicuous spot first and wash the fabric as usual after application.





How to clean a COOKER HOOD FILTER

Can you remember the last time you checked underneath your cooker's hood to see if the exhaust fan filter needed a good clean? If it's been a while, we warn you, this is not going to be a pretty sight.

Fortunately, you can get your filter looking squeaky clean and grease-free in just eight simple steps.

WHAT YOU NEED:

Boiling water | Washing-up liquid | Baking soda | A non-abrasive scrubbing brush | Paper towels or a tea towel

HOW TO CLEAN:

- > **Step 1: REMOVE THE FILTER FROM THE HOOD**
The filter should easily slide or pop out from underneath the hood.
- > **Step 2: FILL A BUCKET WITH BOILING WATER**
You can use hot water from the tap, but boiling water is more effective.
- > **Step 3: ADD BAKING SODA AND WASHING-UP LIQUID**
Pour ¼ cup of baking soda and a good squirt

of washing up liquid into your bucket of boiling water and swirl around with a brush. Be careful not to place your hands directly into the water, to prevent burns.

- > **Step 4: SUBMERGE YOUR FILTER IN THE WATER**
Make sure the filter is completely covered by the boiling water.
- > **Step 5: LEAVE IT TO SOAK**
Allow the filter to soak for a minimum of 10 minutes, longer if possible.
- > **Step 6: SCRUB THE FILTER**
Once the filter has finished soaking, take it out of the water and scrub with a non-abrasive brush. Add more washing-up liquid to your brush if needed.
- > **Step 7: RINSE AND DRY YOUR FILTER**
Rinse the filter in hot water and dry with paper towels or a tea towel.
- > **Step 8: REPLACE THE FILTER**
Put the clean filter back into the hood and repeat as and when needed. It is recommended to clean your hood filter once a month to keep it working properly.



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LOCAL NEWS

from your neighbourhood



Church celebrates singer's 75-year choir service

A man who has been a member of St Mary's Parish Church choir for 75 years has been recognised with a certificate and a medal.

Richard Hopkins (pictured centre), 88, of Frinton-on-Sea, began singing in the community choir in 1946 at the age of 13 and has continued ever since.

During the annual harvest festival, Colchester's archbishop, Ruth Patten, presented Mr Hopkins with a special certificate and a medal to commemorate his 75 years of service.

Richard said: "My mother was in a church choir and my father was a chorister; it's an ongoing thing. We always used to go to church every Sunday morning.

My mother persuaded me to join the choir and it's gone on from there.

"They didn't throw me out or anything, so I'm still a member.

"I've always enjoyed singing; it's always been a part of my life. I hope to continue a bit longer. I don't think my voice is much these days, but I do my best."

Choirmaster Duncan Archard said: "It's truly amazing to have someone sing in a church choir for 75 years.

"Richard still has a good voice after all these years and is able to contribute and inspire younger members."

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Benefactor donates new flag to volunteer group

Walton and Frinton Royal National Lifeboat Institution (RNLI) volunteers were joined by family, friends and supporters for a very memorable day celebrating their new ceremonial flag.

The Reverend Peter Edwards, the town's vicar, blessed and dedicated a new RNLI ceremonial flag standard during a special ceremony. The crew will carry the flag for Remembrance Sunday and Sea Sunday parades.

A local well-wisher donated the new standard to give the team a flag they could be proud of, one that accurately reflects the community's respect and enthusiasm for the group.

The crew brought the station's Tamar class lifeboat alongside the quay at high tide for the ceremony, which took place at Walton and Frinton Yacht Club.

Speaking at the ceremony, the station's lifeboat operations manager, Stewart Oxley, said: "We are very grateful to our benefactor for this generous gift.

"It is a great representation of the bond we have with our community and the commitment and dedication our crew has to their role saving lives at sea."

September was one of the busiest months in recent years for the volunteer team, with incidents including rescuing a lone sailor stuck on his boat and coming to the aid of a disabled catamaran.

Resident captures stunning sunrise from beach

A resident took stunning pictures on Frinton-on-Sea beachfront in the early hours of the morning.

Sacha Allen captured the sunrise as she strolled along the beach and walked her pug, Phoebe, on Friday, October 22.

Sacha said: "The beach calms me and makes me feel alive. I love the sound of the waves and the scent of the sea air."

These pictures were taken at the bottom of Connaught Avenue, on the beach to the left of the ramp.

Sacha regularly takes photos of the beach, and the images received a positive response from residents on Facebook.



Photo credit: Sacha Allen

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Rotary club members enjoy talk from local company



A not-for-profit company set up to help boys who are missing a father figure recently gave a presentation to members of the Rotary Club of Frinton-on-Sea.

Tending-based Lads Need Dads is the only UK provider of long-term group mentoring for boys aged 11-15 with absent fathers. It aims to empower and enable boys to be motivated, responsible and resilient and to help prevent them from underachieving, offending or dropping out of school.

Founder Sonia Shaljean said: "It was lovely to be asked by Frinton Rotary to talk about Lads Need Dads, as not only do we support boys and their carers locally, but our wider aim is to raise awareness of the impact of the absent father on boys.

"I was really impressed by the members' interest, and one or two even enquired about volunteering with us themselves."

Lads Need Dads is seeking more local men to come on board as volunteers for one to two hours a week.

For more information, visit www.ladsneeddads.org or contact info@ladsneeddads.org

Michael said: "For many years, we ran a weekly service to Notley Hospital, near Braintree, as no public transport was available from this area.

"Any surplus we make is used to buy a replacement vehicle when needed. The pandemic hit us badly, as groups no longer needed transport as they were forced to stop their meetings and fixtures, but now we are hoping things will pick up."

Mr Francis said: "We are hopeful that usage of the minibus will come back to somewhere near pre-pandemic levels.

"To achieve 48 years of service is a huge achievement and something to be proud of."

For more information, call bus secretary, Kevin Smith, on 07966 545502.

District's parks and gardens retain four Green Flag Awards

Four of Tendring's gardens and parks, including one in Frinton-on-Sea, have held on to their Green Flag Awards.

Crescent Gardens in Frinton, Clacton Seafront Gardens, Weeley Crematorium and Gardens, and Cliff Park in Dovercourt have all retained their awards.

Green Flags are a symbol of excellence, examining not only the aesthetic features of a site, but also community engagement, access and management.

Michael Talbot, Tendring District Council's cabinet member for environment, praised the work of both authority staff and volunteers in retaining the awards.

He said: "Winning – and keeping – a Green Flag is no mean feat, so hats off to all involved."

Green Flag Award scheme manager, Paul Todd, said: "I would like to congratulate everyone involved in making Tendring's sites worthy of a Green Flag Award.

"To meet the requirements demanded by the scheme is testament to the hard work of the staff and volunteers who do so much to ensure that these four venues have high standards of horticulture, safety and environmental management and are places that support people to live healthy lives."



Minibus committee gears up to celebrate anniversary

The committee for the Frinton and Walton community minibus is hoping to overcome the effects of the pandemic on their service and celebrate a milestone anniversary in two years' time.

Sonny Francis, chairman of the minibus committee, is pleading to the community to increase their usage of the minibus now that lockdown is over.

The COVID-19 pandemic had a serious impact on its service, but the scheme's founder, Michael Chaplin, is already looking forward to celebrating the milestone 50th anniversary in 2023.

The minibus service, founded in 1973, provides low-cost transport for dozens of organisations, such as schools, churches, football and cricket clubs, social groups and elderly people's groups, including a twice-a-week shopping service. The service is run on a voluntary basis.



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Campaign launched to raise awareness of pesticides

Community organisation Pesticide Free Frinton has joined a wider campaign to raise awareness of the dangers of pesticides used on the streets of Essex.

The Pesticide Free Essex campaign aims to support and encourage parish, town and borough councils across Essex to ban pesticides.

Glyphosate is the main ingredient in most weed control products. According to the group, it is harmful to humans, animals and biodiversity.

Grace Darke, project manager for environmental charity en-form and coordinator for Eco Colchester, said: "The issue with anything toxic to the environment is that it will inevitably be toxic to other living organisms too, including humans; we aren't separate from our

environment."

A Tendring District Council spokesman said: "It is our considered opinion that by using a herbicide approved for use by the Department for Environment, Food and Rural Affairs, in accordance with the Health and Safety Executive Code of Practice and guidance provided by BASIS, that we are operating safely with due regard for people and the environment.

"This product is used extensively by farmers and councils and there is no evidence dogs have been made sick by it in a coordinated and consistent manner. Current government advice describes glyphosate as an important chemical for use in agriculture and transport."

Dispersal order following antisocial behaviour

A dispersal order was put in place in part of Frinton following concerns about antisocial behaviour.

The order was put in place from 7pm until 7am on Monday, November 1, and follows another dispersal order that had been in place.

Essex Police received reports of groups of young people causing antisocial behaviour in the area.

The order gave officers the power to direct people suspected of causing antisocial behaviour away from the area.

The order covered the following roads: B1033

Connaught Avenue, Esplanades West and East of Connaught Avenue, to include the lower Promenade; the Greensward either side of the promenade to include the beach, Witton Wood Road to include the train station, Old Road and Old Way, Harold Grove, Harold Way and Harold Road, Fourth Avenue, Third Avenue, Second Avenue, The Crescent, Queens Road, Raglan Road, Cambridge Road, St Mary's Road, Glebe Way, Greenway, Old Parsonage Way, Hadleigh Road, Oxford Road, Eton Road and Pole Barn Lane.



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ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."

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Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

> **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

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Self-care *is not selfish*

To celebrate National Spa Week, which takes place from November 4-9, we thought we would share with you our top self-care practices that promise to leave you feeling physically and mentally rejuvenated. Plus, discover why you need to make time for self-care.

What is self-care?

While many believe that self-care is self-indulgent or even selfish, it is in fact a crucial process that allows you to tend to your physical and emotional needs. Essentially, it involves making the time to take care of yourself.

There are said to be eight main areas of self-care that you should focus on:

- Physical | Psychological | Emotional | Social | Professional | Environmental | Spiritual | Financial

What are the mental health benefits of self-care?

According to recent data from the Office for National Statistics, depression rates have doubled during the COVID-19 pandemic, with concerns growing over a nationwide mental health crisis.

When it comes to looking after your mental health, self-care has the unique ability to:

- > Manage your stress levels
- > Lower your risk of mental health conditions, such as anxiety and depression
- > Increase your overall energy levels
- > Boost your self-esteem
- > Improve your relationships.

Ten simple ways to practise self-care

1. Get a good night's sleep – ideally between seven and eight hours per night.
2. Drinks lots of water – up to eight glasses a day.
3. Go for a daily brisk walk – at least 30 minutes.
4. Take a relaxing bath using essential oils.
5. Say no to something you don't have time to do or don't want to do.
6. Listen to your favourite music.
7. Watch your favourite film.
8. Indulge in a massage.
9. Make something healthy and delicious for dinner.
10. Make a list of five things you like about yourself.

If you are struggling with your mental health, there are several UK charities that can help, including Mind and YoungMinds, which is aimed at children, young people and their parents. To find out more, visit www.mind.org.uk or www.youngminds.org.uk



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JUST breathe



IMPROVE YOUR QUALITY OF LIFE WITH THREE EASY BREATHING TIPS

You don't need to be a philosopher to know that people can spend their days navigating between a negative inner critic and a more positive and less apparent inner believer. Allowing the latter to express itself more is a key part of healthy living, positive self-image and good self-esteem.

Well, imagine if something as simple as breathing could be the key to being more positive, more confident, less stressed and more physically strong to boot.

Check out these three easy ideas and get started today.

Five deep breaths

If you are feeling stressed or self-critical, take five deep inhalations and exhalations through the nose. Clear your mind and focus on the sensation of breathing. This is part of breaking the negative inner dialogue. Closing your eyes can also help. When ready, you can go back to what you were doing.

Diaphragmatic breathing

Another easy win is to breathe diaphragmatically. This means using the belly muscles to fully fill and empty the lungs with each breath. As well as being calming, this can help with public speaking, as it allows you to control your breath and voice far more effectively.

This breathing also helps the body discharge waste and take in more oxygen, which boosts brain activity.

Quick energy

For a short, sharp boost that will make you feel up for anything, take a deep breath and hold for a second or two, then make a loud 'hmm' sound on breathing out. Not only does this break negative thought patterns, but it will also provide you with a welcome mental lift.

Breathing is something we do every minute of the day – it's time to make it work for us more than ever before.



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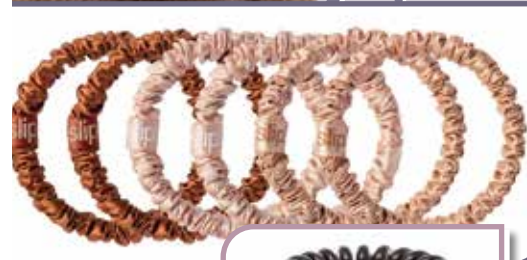
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Hairband HEROES



Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair

Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair

If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair

Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair

People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair

Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.



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BUSINESS & PROPERTY

If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

SNAGGING: Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

LEASEHOLD OR FREEHOLD: Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

NEGATIVE EQUITY: Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

DELAYS AND EXTRA COSTS: New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

SIZE: New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.



BRUCE KING

on how to sell yourself and what you do



Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

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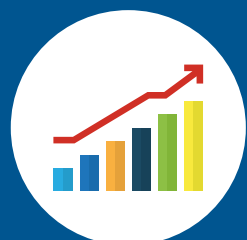


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WIKI-WONDER

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In theory, it just shouldn't work. A global online encyclopaedia created by people who voluntarily update and moderate on every subject imaginable, and in many cases in real time. It is a network for information that's almost unmanageable in its size, and roundly open to the publishing of errors, be they accidental or on the part of pranksters.

And yet, somehow, Wikipedia works. The site has 18 billion web views per month, sees almost 400,000 new topics and articles added each year, and is a resource so drenched in information on, seemingly, every topic imaginable, that many of us automatically make it a first choice for research.

The site's ubiquitous popularity across different generations, different demographics and the most extreme geographical expanses the world over has even given rise to the 'wiki' prefix becoming embedded in everyday language. The exact definition of 'wiki' is a database for creating, browsing and searching through information, but its usage goes well beyond that.

Wikipedia launched on January 15, 2001, and over the past two decades has worked to deflect countless rumours that the site is dying. After all, it is a non-profit-making entity that relies on the word of its users for factual accuracy and, in a lot of cases, it does get things wrong. Yet it has never been more popular, and in an online world where nothing can truly be regulated, its worth is impossible to calculate.

Perhaps it seems perverse that the site's founder, Jimmy Wales, is rumoured to have a net worth that doesn't even make him a millionaire; or perhaps, across 20 years and almost half a trillion web impressions, he has fulfilled perfectly the idea of a website updated for the people, by the people.

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TRAVEL

PARK LIFE

Made famous by Disney World, Orlando is much more than that – it's the theme park capital of the world, bringing in more than 75 million holidaymakers each year. Here's our five-day guide to the ultimate thrill-seeker vacation:

DAY 1 – UNIVERSAL ORLANDO – Most people migrate towards Universal Orlando, one of the biggest theme parks in the world. Here, it's all action, adventure and showbiz, with rides and attractions focused on your favourite TV shows and movies.

DAY 2 – ISLANDS OF ADVENTURE – Universal's Islands of Adventure Theme Park – with combined tickets available for around £275 per person – showcases Hogsmeade and Diagon Alley (connected by a ride on the Hogwarts Express), plus everything from *Jurassic Park* to the Hulk. The £265million project is an escape among beloved fantasy characters.

DAY 3 – LEGOLAND/DISCOVERY COVE – This one depends on whether you're a bit of a daredevil or more the chilled-out type. If you're the latter, a semi-rest day at Legoland with the familiarity of some block brilliance is probably the way to go. Thrill-seekers may prefer Discovery Cove, where diving, snorkeling and sub-aqua pursuits invite visitors to literally immerse themselves in the action.

DAY 4 – MAGIC KINGDOM PARK – Yes, Orlando is more than Disney World, but that doesn't mean its aptly named Magic Kingdom should be ignored. The theme park, which has more than 40 attractions, is divided into six themed lands, each with a different focus, but all catering to visitors of any age. After arriving at the park by your choice of ferry or monorail, you'll stroll through the gates into Main Street, USA. From there, the majestic land is your oyster – just be sure to head back to Main Street for the iconic fireworks display.

DAY 5 – BUSCH GARDENS – Finally, wrap things up with a trip to Tampa, 90 minutes away. Busch Gardens is a safari wonderland that feels straight out of Africa, yet with that unique Florida twist. It's bigger, better and more pumped up than any animal park you've been to before, with plentiful rollercoasters and rides.

DURATION – Park-to-park passes are available from some agents and can save you money as well as helping you stay organised. Rest time is recommended, as long days in the parks can be tiring.

WHERE TO STAY – Downtown Orlando is a good place to base yourself, combining great hotels with nightlife and shopping. It's also safe, making it suitable for families.

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WORDLADDER: READ, ROAD, ROAR, BOAR, BOOR, BOOK



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

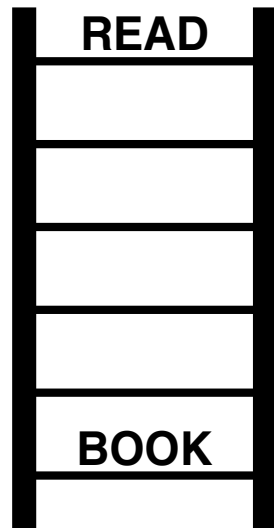
- ▶ ALMOND
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R	B	L	U	E	B	E	R	R	Y	E	D	O	Q	A
X	Q	C	A	A	T	P	D	N	T	F	P	L	G	H
Z	B	R	P	A	K	P	C	A	O	T	A	M	O	T
M	V	E	U	D	P	H	L	E	K	U	E	F	R	A
R	S	A	R	K	E	O	R	T	M	J	E	V	D	R
A	P	M	Y	E	C	C	I	N	N	A	M	O	N	R
S	I	R	S	O	T	M	O	O	R	H	S	U	M	E
P	N	E	H	B	G	C	Z	R	H	M	Q	R	K	T
B	A	C	Z	E	A	C	S	N	O	M	E	L	H	S
E	C	Y	Y	B	A	U	Q	U	N	E	J	Y	K	N
R	H	S	S	U	G	R	T	T	E	T	M	T	O	W
R	L	E	M	A	R	A	C	T	Y	E	C	Q	R	V
Y	Z	A	R	P	Y	R	R	E	B	W	A	R	T	S
P	E	A	N	U	T	B	U	T	T	E	R	A	L	O
Z	A	L	M	O	N	D	A	N	A	N	A	B	J	R

DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

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



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100%

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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.



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- Featured listing for a minimum of 3 weeks (free)
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% of Asking Price	Avg. Sale Time	Average Rating
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