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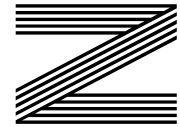
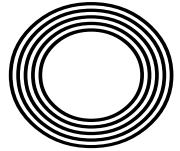
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Editor's notes...

DECEMBER 2021



Sean Purcell, Editor-in-Chief

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

I can't believe that, as I am writing this, it is a matter of weeks before the end of the year - and what a year it has been!

I started this business in September 2020 with one magazine - **VISION**Frinton-on-Sea - and we followed that up with the acquisition of **VISION**Woodbridge in May 2021 and the launch of **VISION**ManningtreeMistley shortly thereafter. We have grown from providing local news, articles of interest and local business advertisements to 5,000 homes and businesses, to delivering more than 15,000 magazines per month!

We strive to listen to our readers, our distributors, and our advertisers, and I continually look for ways to improve and make **VISION** magazine better.

2021 has been a challenging year for us all, but we are starting to see the green shoots of recovery: a successful vaccine rollout, the chance for local businesses to trade again, for our high streets to flourish, and for communities to come together.

Thank you for all your support, your advice and your words of encouragement. Have a phenomenal Christmas and New Year. I look forward to sharing a great 2022 with you all.

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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GOOD COP, BAD COP

WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



DECARBONISATION. There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



1.5°C, NOT 2°C. Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



THE ONE-YEAR RATCHET. Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



NATURAL RESOURCES. As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





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Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

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The 159 number will never call you, and only a fraudster will object to you using this service.

Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.

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HOME & DIY

OH CHRISTMAS TREE

Get ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

Minimalist metal: If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

Christmas crates: A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

Teepee tree: For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

Light-up ladder: If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

Christmas card tree: Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.



Photo credit: Pinterest





MAD about the HOUSE

Update your home with inspiration from the multi-award-winning blogger, Kate Watson-Smyth

If you're going to look to anyone for interiors advice, who better than leading property, interiors and design journalist Kate Watson-Smyth?

Kate enjoyed a long career as a journalist, including writing for *The Independent* and the *Financial Times*, before developing her blog, *Mad About the House*.

She has also written a series of *Mad About the House* books, which are your must-have guides to styling your home.

Kate's own home, which is often featured on her blog, is the result of renovating two former rental flats. It is the perfect reflection of Kate's effortless, timeless and elegant style.

Fuel your own home décor inspiration with Kate's expert interior eye. Let's break down her philosophy:

Your home should tell your story. It should make your heart sing when you open the front door

Your home is unique to you. So instead of following all the interior trends, help your home tell your story. When you walk in through the door, what you see should make you feel happy and comforted; it's your place to relax, after all. Incorporate your favourite colours to reflect your personality, and get creative with your artwork.

Something old, something new, something black, something gold

Decorating a room involves a lot of different elements. By mixing up some vintage or second-hand pieces with new elements, you'll create a style that's all your own.

Black is the perfect accent shade for any room, so don't be afraid to bring in black detailing, hardware and accessories. Meanwhile, a little gold can provide a touch of glamour, making a room look more expensive and stylish. It's a look that Kate calls 'urban glamour'.

And always some natural wood

Natural wood is beautiful and timeless, and it can really bring your home together. Whether you have natural wooden floors or some wooden furniture pieces, adding a little natural wood to your home will create that picture-perfect space.

Check out www.madaboutthehouse.com for more interior style tips and advice.

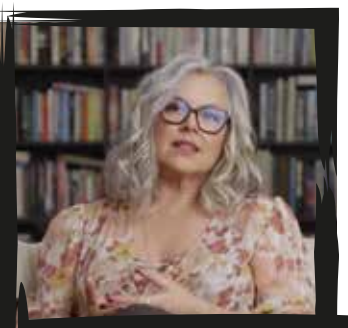


Photo credit: www.madaboutthehouse.com

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A GUIDE TO Tablescaping

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

Christmas colours: Red and green, red and gold, or silver and gold.

PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

Christmas essentials: Gold-trimmed plates, a moss table runner and festive napkin rings.

CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

Christmas centrepieces: Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

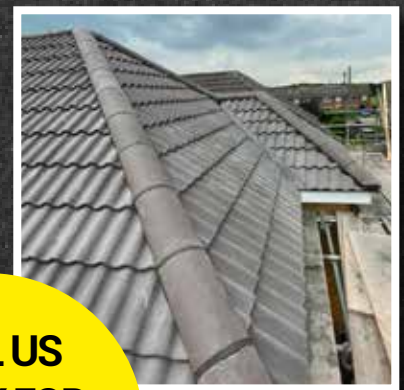
Christmas decorative details: Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.

Photo credit: Brian Woodcock via countryliving.com, seamstoraudiesire.com, bleessthisnestblog.com, sayyes.com



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6 USES FOR Toothpaste

Toothpaste is not only good for cleaning your teeth but it can also be used to refresh and revitalise items in your home, as well as to remove stubborn stains.

1. WHITEN YOUR TRAINERS

If your trusty trainers are looking more grimy than glowing, some spare toothpaste is exactly what you need. Simply apply a small amount of non-gel toothpaste to the rubber parts of your trainers and scrub using an old toothbrush. Then wipe clean with a wet cloth.

2. CLEAN YOUR IRON

There is nothing worse than ironing clean clothes with a dirty iron. Fortunately, you can quickly remove any gunky build-up on the bottom of your iron with toothpaste. Just unplug your iron, leave to cool and then scrub the bottom with toothpaste on a cloth and wipe clean.

3. REMOVE CRAYON FROM WALLS

Kids love to draw on the walls, but most parents are not so keen on this creative activity. However, all you need to remove waxy crayon stains is a scrubbing brush and a little toothpaste. Plus, because toothpaste is non-toxic, you can even get your little ones to help you.

4. RESCUE DVDS

If you still love to watch DVDs but many of your much-loved discs have become scratched, toothpaste can save the day. Simply dab a tiny amount of paste onto the scratch and then rub all over the disk in circular motions with a soft towel. Wipe away any excess.

5. PREVENT FOG

From foggy bathroom mirrors to foggy headlights, toothpaste is great at preventing fog from clinging to glass or plastic. Just rub a non-gel toothpaste onto the area and then wipe off with a damp cloth.

6. ELIMINATE TEA AND COFFEE STAINS

Apply a dab of toothpaste to any stubborn tea and coffee stains and then wash as usual. Hey presto! No more stains.

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LOCAL NEWS

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LOCAL NEWS



Precautions taken after isolated bird flu infection

An isolated outbreak of avian influenza – also known as bird flu – has been confirmed at an animal sanctuary in Kirby Cross.

Health officials have visited the site and taken several actions, including testing and cleansing.

Avian influenza is a disease that mainly affects birds, but on rare occasions it can also affect mammals, including humans. As a result, several precautionary measures will be put in place. There have been no cases found in people.

The response is being led by Essex County Council; Tendring District Council; the Department for Environment, Food and Rural Affairs; and the Animal and Plant Health Agency.

A letter will be sent to houses and commercial properties within a 3km zone (approximately 19,000 properties) detailing actions that need to be undertaken and who to contact in the event of a suspected case.

This will require residents and businesses to

notify Essex County Council of any poultry on their premises and to avoid moving poultry in and out of the designated 3km zone.

The Food Standards Agency has said that, based on the current scientific evidence, avian influenza poses a very low food safety risk for UK consumers. Properly cooked poultry and poultry products, including eggs, are safe to eat.

Councillor John Spence, Essex County Council's cabinet member for adults and health, said: "It is important to reassure people that the risk of anyone becoming infected as a result of an outbreak like this is extremely low."

Dr David Edwards, Public Health England's regional deputy director (acting), said: "Avian influenza is primarily a disease of birds and the risk to the general public's health is very low."

Anyone who is concerned should call 111 or speak to their GP.



Photo credit: kevinjay/photos

Photographer creates Remembrance Sunday memorial

A photographer has created his own Remembrance Sunday memorial with luminous poppy pathways in a number of local areas, including Frinton-on-Sea.

Kevin Jay, of Clacton-on-Sea, created these glowing images by using a long exposure shot, with him running around using various torches and homemade devices to create the images.

The poppies were created using a cut-out of a poppy with a red light behind it.

The photographs can take between 30 seconds and one minute to create, depending on the size of the

drawing and how quickly Kevin runs.

Light drawing photography has recently become a passion for the hobby photographer, and he decided Remembrance Day offered the perfect opportunity to put his skills to the test.

Kevin said: "Remembrance Day offers an important cause to create something hopefully reflective and fitting.

"I've certainly had lots of feedback on local Facebook groups from people saying how much they like the photos and feel they are a fitting tribute."

Police issued dispersal order over weekend

Officers patrolling Frinton have directed several people to leave under a dispersal order put in place on Friday, November 26.

Essex Police have been investigating reports of a group of young people involved in anti-social behaviour in recent weeks, and the order was put in place following further reports.

The legislation is one of the tools police are using to address the issue, alongside extra patrols and working with the local community.

Since November 26, officers have engaged with groups and individuals, and where there have been concerns about behaviour, people have been directed to leave.

During Friday and Saturday evening, 20 people in total were dispersed and five were taken home.

The dispersal order remained in place until Sunday, November 28.

Sergeant Aaron Homatopoulos, of the Tendring Community Policing Team, said: "Frinton is a safe town, but the behaviour of a small number of individuals is having a detrimental impact.

"We are committed to finding long-term solutions to address the reasons behind the issues."

The dispersal order covered Connaught Avenue, Witton Wood Road, Old Road, Old Way, Harold Grove, Harold Way, 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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Club organises performance to raise funds for charity



To celebrate its centenary and raise funds for SSAFA, the Armed Forces charity, Frinton War Memorial Club put on a special Remembrance review at the McGrigor Hall on Saturday, November 13.

More than 200 people attended to watch West End star, Hugh Maynard, lead an impressive company of accomplished performers, including the fabulous voices of Pippa Collins and Jemima Watling, together with veterans of stage and screen, J D Collins and Seymour Matthews, with backing from a talented three-piece band.

The club also held a memorial service, led by the vicar Rev Don Smith. J D Collins read the Kohima Epitaph and Carryl D Collins played the keyboard.

The event was organised by Mike Field on behalf of the club, and the club's new president, Mr Christopher Beach, laid the first wreath.

Among those who came to lay wreaths were Brownies, Guides, Cubs, Scouts, Frinton Cricket Club, Rotary Club, Frinton and Walton Town Council, and many more.

Club secretary, Louise Lovesee, said: "Both our shows and our memorial service were very well attended and a huge success. We are extremely grateful for the support of the locals who attended."

the club will be observing social distancing in the collection of charity donations.

A spokesperson for Frinton Rotary Club said: "Listen out for them coming down your way."

"We can take donations digitally via card or app. This is a good time just to reflect on how your contributions help us to help those who need a hand or are not as fortunate as we are."

You can find a detailed itinerary for this year's event at the Rotary Club of Frinton-on-Sea Facebook page and download the free sleigh tracker app at www.sleightracker.co.uk

Group of youngsters wreak havoc at railway station

A group of youths sprayed passengers with a fire extinguisher at a railway station last month.

British Transport Police were called to Frinton Station at 6.51pm on Friday, November 12, following reports of antisocial behaviour by a group of youths.

Officers attended to disperse the youths and issued words of advice.

A British Transport Police spokesperson said: "Antisocial behaviour will not be tolerated on the network. If you see anything that concerns you, report it to us by texting 61016 or calling 0800 40 50 40. In an emergency, dial 999."

In a Facebook post, a resident responded to the news, saying the teenagers are "frequently outside and inside the station, along Connaught Avenue and along the promenade".

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Santa returns to town to kick off the holiday season

Santa, Rudolph and the iconic Frinton Rotary Club musical sleigh will be back on the roads this December to get the festive holiday season off to a good start.

The 2021 Frinton Rotary Club annual Santa tour is now underway until December 20.

There are several new routes added this year and



GILES WATLING



MP for Clacton



LOCAL NEWS

I am pleased to be able to regularly contribute to **VISION** Frinton-on-Sea magazine through this column.

I am delighted to have been invited to share my news and views here. And, of course, if you have any response to send me, please do so at giles.watling.mp@parliament.uk

For now, I want to wish you and your family a very wonderful Christmas and a happy New Year. We have all had a difficult time recently and so many of the moments that we treasure have been denied to us in the interests of public health. Thankfully, the holiday period is returning to normality.

To help us move forward, and when you are invited, please do get your booster or third jab if this is required. At the time of writing, we are approaching 15 million people across the UK having received these jabs, ensuring that the vital protection they have secured from their first two doses is maintained over the winter months. Around one million of those are in the East of England, which is great progress.

I look forward to communicating with you through this column, and I am sure we will have lots to discuss – politics is never dull.



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Crime author adds to anthology



A former police detective turned author is featuring in a new short story anthology, published in celebration of World Kindness Day.

Frinton-on-Sea-based crime author, Caroline Mitchell, is among the 55 authors whose short stories feature in *Everyday Kindness*, a heart-warming new anthology that celebrates compassionate acts in everyday life.

Caroline's short story, *The Perfect Match*, is featured in the anthology, which was released on November 13. All proceeds from the book will be donated to homelessness charity, Shelter.

The author is famous for her DI Amy Winter and Ruby Preston series, as well as her award-winning and bestselling standalone psychological thrillers.

Her latest story is about an officer in the Met who is surprised by what she has been left in a friend's will.

She said: "Even though I'm a crime thriller author, I still aspire to inject a positive overall message into my books.

"I was inspired to write my story after watching some riots in London, and how the police were treated during the fallout.

"As an ex-police detective, I think it's important to share the message that police officers are human too – ordinary mums, dads, sisters and brothers trying to make the world a better place. I'm grateful to the *Everyday Kindness* anthology for allowing me to spread this message."

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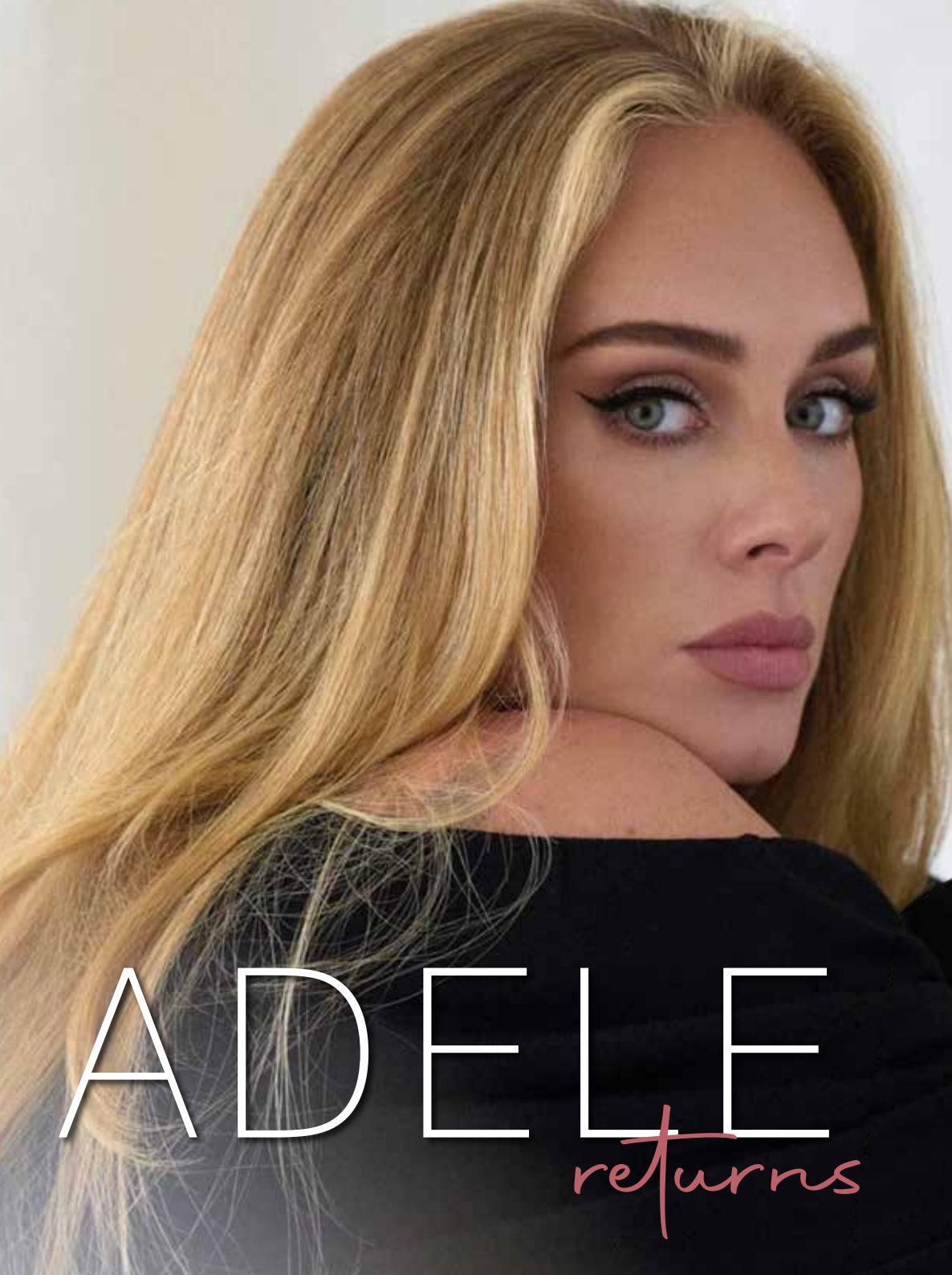
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ADELE

returns

Adele is one of the most successful female artists in history, and the universal acclaim behind *30*, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

19 earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”



GET FIT WITH a hop jump and skip

You probably thought your skipping days were behind you, along with pigtails and hopscotch, but maybe it's time to revisit your childhood hobby.

If you're looking for a simple cardio exercise that can boost your fitness and help you lose weight, then skipping could be for you. Loved by boxers and fitness fans alike, it's an essential move to amp up your workout routine.

WHAT ARE THE BENEFITS OF SKIPPING?

Skipping is fast-paced, high intensity and, best of all, cheap. It's also a good way of burning calories. In fact, an hour of skipping could burn as many as 1,600 calories. You can use skipping to warm up before your main workout, but doing some skipping drills can be an amazing form of cardio that will have you sweating in no time.

Skipping helps improve your strength and co-ordination, and it can help tone multiple areas of your body, including your arms, legs and core.

One of the great things about skipping is that it can be done anywhere, whether you're at home, in the park or even on holiday, as the ropes are affordable and portable. You can also mimic the action of skipping if you don't have a rope – this is often done as active recovery between sets in a workout, helping to keep your heart rate up.

If you live in an apartment or have a small space,

then give cordless skipping a try. Cordless skipping ropes are weighted and feature cool technology that will make you feel like you are skipping without the need for a rope.

ARE THERE ANY DOWNSIDES?

While skipping has a lot of benefits, there are some downsides too. For people with an injury, skipping could aggravate things, putting pressure on joints and muscles. If you have problems with your knees or feet, you should probably avoid skipping and find other forms of cardio instead.

YOUR RECOMMENDED SKIPPING ROUTINE

There are all kinds of skipping routines you can follow to help you enjoy a great workout. Beginners will want to aim for five minutes of skipping, while more-experienced skippers can skip for up to an hour. Start with a classic skip, building up to more difficult moves such as a crossover skip.

Mix up your skipping with other cardio moves such as jumping jacks, mountain climbers and burpees. Create your own HIIT (high-intensity interval training) workout with 40-seconds on/20-seconds off intervals to burn calories and get pumped.

Could skipping be the secret weapon in your fitness routine? Why not grab a rope and give it a try?



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INDIGESTION *be gone!*

SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD



While the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



HEALTH & FITNESS



BEAUTY

THE LATEST BEAUTY TREND...

Slugging

Beauty trends emerge so quickly these days, it's hard to keep up. And if you're not on social media, you're likely to miss out on a lot of crazes that are taking the world by storm. One of the latest being... slugging. The last time 'slug' was used in relation to beauty, it was to describe some badly styled eyebrows. Today, it seems that slugging could be the answer to your skincare prayers. So what exactly is slugging and should you be doing it?

SLUGGING EXPLAINED: Slugging is the process of coating your face in a petroleum-based product. It's a Korean skincare trend that's now found a global following, and it's easy to try at home.

SHOULD YOU GIVE SLUGGING A TRY? Slugging is designed to tackle dry skin and is often recommended by dermatologists to treat eczema. You may be familiar with the process already if you've coated your feet in a petroleum-based product to soften them. The same kind of technique can be used to hydrate your face.

IS SLUGGING FOR EVERYONE? If you suffer from dry or sensitive skin, it could be just what you need to soothe irritation. However, for those with oily or acne-prone skin, it could increase the chances of breakouts as it seals the oil within the skin. Using a moisturiser designed for your skin type, such as an oil-free product, could be a better way to boost your hydration.

HOW TO DO SLUGGING RIGHT: Slugging is very easy to do, and could form a part of your nightly skincare routine.

1. Ensure skin is thoroughly cleansed.
2. Apply a hydrating serum or moisturiser to form a smooth base.
3. Apply a thin layer of petroleum-based product to your face. Keep the layer very light – less is more here.
4. Consider protecting your pillows at night – use a towel as a barrier between your skin and the pillow, or choose pillowcases that are easily washable.
5. Wake up in the morning with plumped, hydrated skin and carry out your daytime skin routine as normal.

Who knew that something like slugging could lead to something so beautiful? Give slugging a try and see if this trend can boost your skin.



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LOVE YOUR LEFTOVERS: Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

Christmas Pudding Ice Cream - serves 10

You will need:

4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

How to make:

1. Whisk the yolks and sugar until pale and thick.
2. Stir in the pudding.
3. Pour in the brandy and mix.
4. In a separate bowl, whip the cream until it holds soft peaks.

5. Fold the cream into the mixture.

6. Pour into a freezer-proof container, cover and freeze until set.

Mini Christmas Pudding Cheesecakes - makes 12

You will need:

300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

How to make:

1. Line the tray with paper cases.
2. Crush the biscuits and stir in the melted butter.
3. Pour into the cases and press down. Chill in fridge.
4. Whisk the soft cheese and fold in the cream.
5. Sift in the sugar and add the zest of the clementines.
6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
7. Top with fruit and chill for at least 2 hours.
8. Remove from the fridge half an hour before serving and remove the paper cases.

Christmas Pudding Souffle - serves 4

You will need:

1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

How to make:

1. Heat oven to 180°C/160°C fan/gas mark 4.
2. Grease 4 x 150ml ramekins.
3. Coat each one with sugar.
4. Whisk the egg whites until stiff peaks form.
5. Add the sugar and whisk again.
6. In a bowl, mix the custard and pudding.
7. Stir in ¼ egg whites and gently fold in the rest.
8. Pour into the ramekins.
9. Bake for 12-15 minutes until risen and golden.
10. Top with caramel sauce.



FOOD & DRINK

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BRUCE KING

on public speaking with confidence



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Here are three tips, which were the most valuable she gave me:

First of all – be prepared and practise. The larger the audience you’re speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than ‘practice makes perfect’.

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

Of course, they didn’t know what I was smiling at.

The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

If you can help them in any way whatsoever, they will truly appreciate you.

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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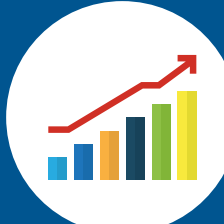
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PEARL HARBOR

remembered

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.



AROUND THE WORLD ON NEW YEAR'S EVE

Have you ever wondered how people celebrate New Year's Eve around the globe? From the funny, to the fabulous, to the ever-so-slightly frightening, discover our six favourite worldwide NYE traditions below.

SMASHING PLATES IN DENMARK

If you were celebrating the start of a new year in this Scandinavian country, you would pop over to your neighbours' house and smash a plate on their doorstep. Not an act of vandalism, but a ritual to bring good luck for the next 12 months.

EATING LENTILS IN BRAZIL

Lentils are a store cupboard essential for most UK households, but for the people of Brazil, lentils represent money. To mark the start of a new year, Brazilians tuck into a bowl of lentils in an act that is said to bring good fortune for the year ahead.

DRESSING UP AS BEARS IN ROMANIA

According to Romanian folklore, bears are special and are able to protect and heal people. Therefore, on NYE, you will see people dressed up as this wild animal to chase away evil spirits.

RINGING BELLS IN JAPAN

In both Japan and North Korea, you can expect it to get a little noisy when the clock strikes 12 as it is tradition for people to visit their local temple and contribute to a whopping 108 rings to see in the new year.

THROWING FURNITURE OUT THE WINDOW IN SOUTH AFRICA

In Johannesburg, people like to start the new year without any unwanted items in their home. But rather than take them carefully down the stairs, they throw them out of the window. Well, that's one way to spring clean.

WALKING WITH AN EMPTY SUITCASE IN SOUTH AMERICA

Believed to deliver a year full of adventures, in some South American countries, you can expect to see people walking around with an empty suitcase on New Year's Eve.



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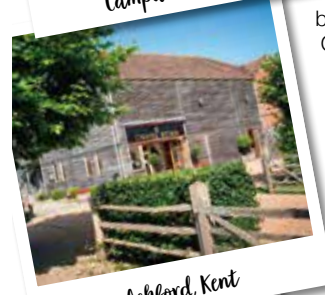
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Wine o'clock DESTINATIONS

Do you love travelling and also consider yourself a wine connoisseur? Or perhaps you just love quaffing vino? Either way, there are so many exciting destinations for wine lovers, both abroad and in the UK.

Languedoc-Roussillon, France: A stunningly scenic wine region, within Languedoc-Roussillon is the Corbières AOC, a famous appellation that boasts five established wine routes featuring dozens of first-rate wineries. Perfect for red wine lovers, as 85 per cent of all wine produced here is red.

Tenerife, Spain: While Tenerife might not seem like a great destination for wine drinkers, Spain is currently undergoing something of a winemaking renaissance, with this popular island making some of the most compelling bottles around. Head to the northeast of the island, close to the city of San Cristóbal de La Laguna, and hit its well-established wine route.

Campania, Italy: If you want to experience the welcoming culture of South Italy, then a Campania wine tour should be your first port of call. Campania is home to the famous Taurasi red wine, as well as fine white wines including Greco di Tufo and Fiano. Plus, you can sample the mouth-watering mozzarella from the water buffalo of the region.

Ashford, Kent: If you are looking for a wine destination a little closer to home, then head to the Chapel Down Winery near the town of Tenterden. It is open for tours and visits throughout the year, and you can find out more about the grapes that make the best Sauvignon Blanc in the country.

Newent, Gloucestershire: Visit the Three Choirs Vineyards in Newent and listen to taste-tling tales from one of the oldest winemakers from the 1970s UK wine movement. Enjoy a grape-to-glass experience, a tour of the vineyard, fine dining with tapas, and an exclusive tasting of its award-winning wine collection.

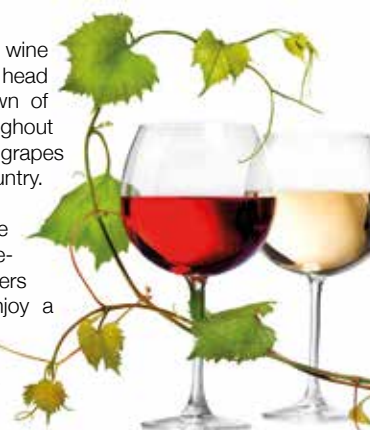


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Company name:

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

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

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Please return to:
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PUZZLES & TRIVIA

PUZZLES

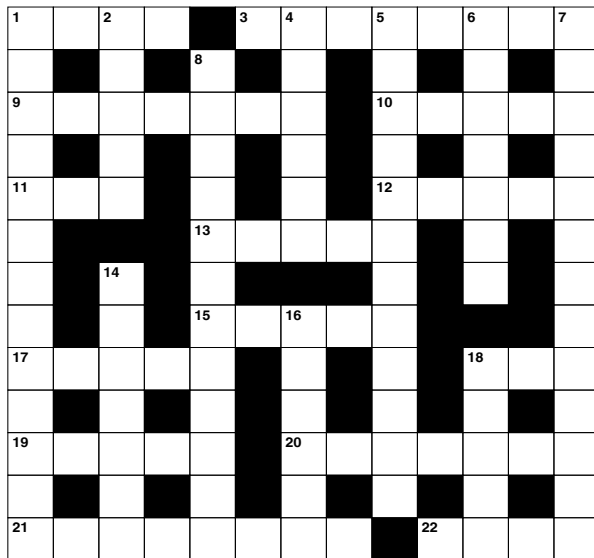
Answers: see end of The VISION Listings

ACROSS

1. Skin irritation (4)
3. Assembled (8)
9. Allocations (7)
10. Small dust particles (5)
11. Drivel; nonsense (3)
12. Exit (5)
13. Long-handled spoon (5)
15. Ellipses (5)
17. Steep slope (5)
18. Intentionally so written (3)
19. Buffalo (5)
20. Become less intense (4,3)
21. On the outer side (8)
22. Examine by touch (4)

DOWN

1. Not capable of being restrained (13)
2. Destroy (3,2)
4. Utterly senseless (6)
5. Vagrancy (12)
6. Take back (7)
7. Rude and discourteous (13)
8. Metal device for removing tops (6,6)



14. Receiver (7)
16. Ratio of reflected to incident light (6)
18. Heating apparatus (5)

DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in *Guinness World Records* as the most fearless animal on the planet.

SUDOKU

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



Live every day your way at Silversprings

When you move into a Care UK care home, we support you to live life in the way you choose.

Our teams find out all they can about your personality, preferences and wishes and create a care and lifestyle plan that's tailored to your unique needs. Ensuring you enjoy the very best care and quality of life is at the heart of everything we do.

We believe that moving into a care home is just another part of later life, and we strive to make every day fulfilling and fun. We support you to continue doing the things you love, from light tasks around the home to playing games and entertainment, or hobbies like knitting, singing, or gardening.

Residents have been relishing being able to get out and about and have been enjoying trips out in the minibus to the coast

and stops at local garden centres. Recently we made the most of the winter sunshine, enjoying a day out to Clacton where everyone enjoyed refreshments and a relaxing walk along the seafront.

Back at the home, residents have been taking part in The Big Draw, a festival which encourages people across the world to pick up a pencil and get creative. Arts and crafts are a popular activity at Silversprings. As well as being



known for its therapeutic benefits, it's also a lovely way to be creative which we know is important for older people.

The residents have loved getting back to nature with this year's theme being 'Make The Change' and chose to put together a gorgeous piece of art in homage to in the favourite visitor, Percy the peacock. Josie Saich, a resident says, "I love it here, there's always something to do, I have a lot of fun!".

To find out more about care at Silversprings please call 01206 805935 or email lisa.o'sullivan@careuk.com

Silversprings care home
Tenpenny Hill, Thorington
CO7 8JB
careuk.com/silversprings

In 2020, **Home Domus 360** was the only estate agent that achieved, on average...

100%

of the original asking price across all CO postcodes.

We have also helped home sellers all across the Essex county in South Ockendon, Pitsea, Leigh-on-sea, Maldon, Chelmsford, Wickford, Sible Hedingham and St Lawrence.

When you sell your property with Home Domus 360 in 2021

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- Free 360 virtual tour
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Basic fee of 0.30% inclusive of VAT

Performance fee only over the target price agreed

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If we do not reach the promised minimum selling price, there is no fee at all.

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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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PROMOTION

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- Bespoke 360° virtual tour (free)
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- Featured listing for a minimum of 3 weeks (free)
- High quality glossy brochures (upfront fee)
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- All viewings conducted by ourselves (free)
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- 2 weeks minimum contract
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% of Asking Price	Avg. Sale Time	Average Rating
100%	9 Weeks	★★★★★