

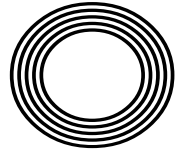
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Dry January
The best places to visit

LEARN THE BASICS
of British Sign Language

Frankie
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The jockey's racing success in the saddle



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Editor's notes...

JANUARY 2022



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea. I know you are reading this later in January, but I'd like to start by wishing you a happy New Year. I hope you had a great Christmas and New Year with those that matter and that your January has started well.

If, like me, you couldn't help but be impressed by the achievement of Rose Ayling-Ellis from the recent series of *Strictly Come Dancing*, it may have made you think more about those who are deaf or hard of hearing. The show gave a platform for an oft-neglected community, demonstrating their talents and capabilities, which have not been as recognised as they should be.

This month's issue has a timely article on British Sign Language (BSL), something that I believe should be more widely taught. Just like any language, understanding the basics can bridge divides and make people feel more included. At a local level, places like Lexden School's Unit for Hearing Impaired Pupils help ensure that children who are deaf or hard of hearing can access the same high-quality education as any other pupil.

I hope that Rose's achievement is the start of more prominence for the deaf community in 2022 and that we all begin to take BSL more seriously as a way of showing support and inclusivity at a local level.

Sean Purcell

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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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with Enhanced Provision for Hearing-Impaired Pupils



The school has an 18-place Enhanced Provision catering for deaf children with EHCPs from across the whole of North East Essex.

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The Enhanced Provision is staffed by Teachers of the Deaf, teaching assistants who are specifically trained to work with deaf pupils, and a midday assistant. All of these sign to a minimum of BSL 1, most to BSL 2.

Our signing choir is open to children across the school so they can sign too!



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

We can offer support to parents in dealing with any issues that arise in raising a deaf child.

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

Children have opportunities to work with a Teacher of the Deaf on a daily basis.

What OFSTED says:

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

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



British Sign Language

basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:

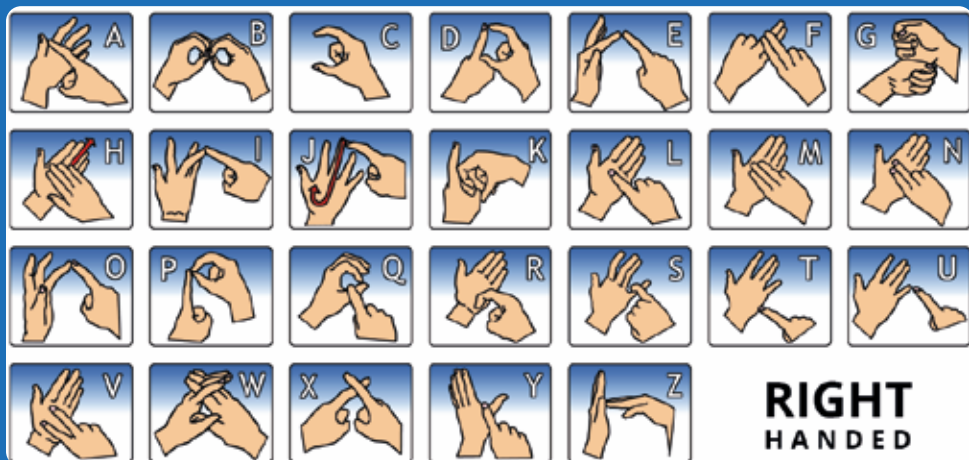


Photo credit: british-sign.co.uk

BASIC BSL SIGNS:

'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



'What is your name?'

(signed as 'name what')

To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

PLEASE/
THANK YOU



'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

SORRY



'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

FIND OUT MORE ABOUT BSL AT WWW.BRITISH-SIGN.CO.UK

HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



1



2



3



4



5



6



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HOME & DIY

VERY PERI

Colour of the year 2022

Photo credit: etonasthenka/Shutterstock.com, www.pantone.com

As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet red undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward.

Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home.

Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.

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Update your BATHROOM on a budget

The beginning of a new year is one of the most popular times for home renovations. But don't worry if you are feeling the pinch from Christmas, as our below interior design tips promise to transform your bathroom for less.

Paint the ceiling: Instead of just repainting your bathroom walls in the same uninspiring shade, customise the space by adding a pop of colour to the ceiling. All you need is paint in your chosen colour, a stepladder, a roller and a brush.

Make sure you put down an old sheet first to protect your flooring, and opt for bathroom paint as this is designed to prevent mould and has a washable finish.

Add new storage: If your bathroom is more cluttered than calming, then why not look into some new storage solutions? Open shelving is cheap and can make your bathroom feel more spacious. Alternatively, you could repurpose an old ladder to use as a rustic towel rail.

Replace the shower curtain: You will be surprised at just how effective a new shower curtain can be at uplifting the overall feel of your bathroom. Incredibly cheap and with many designs to choose from, we recommend that you go bold with a bright colour or statement style.

Renew wooden flooring: Wooden flooring has become increasingly popular in bathrooms as homeowners embrace a more natural look. If your wooden floor is looking a little tired, a quick coat of paint or wood stain will instantly update the space. For a cosy feel, opt for a darker colour, and to open up the room, go light.

Invest in indoor plants: One or two well-placed houseplants will instantly transform your bathroom into an indoor oasis. From shower plants to trailing plants, a bit of greenery can turn a cold and clinical space into one that feels alive. Choose plants that don't mind a humid atmosphere, such as asparagus fern, spider plants and Chinese evergreen.

Photo credit: Future Pl.C/Colin Poole; Future Pl.C/Colin Poole; Future Pl.C/Matthew Williams; Future Pl.C/Jamie Mason; Future Pl.C/Claudia Dlak via www.idaallhome.co.uk





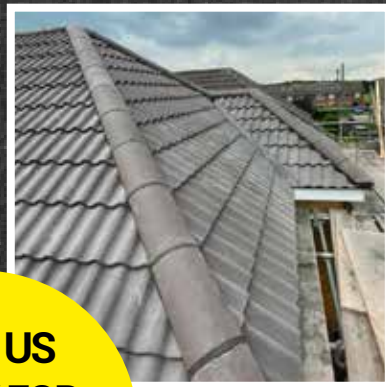
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HOME & DIY

Are you a conscious consumer? Check out the top sustainable homeware brands for 2022 below and spruce up your home while simultaneously limiting your impact on the environment. Who knew spending your money could feel so good?

AERENDE

The brainchild of Emily Mathieson, former travel writer for *The Guardian* and Condé Nast, Aerende was founded in 2016 with the aim of offering ethical and locally produced homeware items. From gorgeous candles to stunning wooden kitchenware, all Aerende products are produced in low-volume batches and are designed to improve as they age for enhanced longevity.

AESTHETE LABEL

Launched during lockdown, this vegan lifestyle and homeware brand offers minimalistic interior design products that won't break the bank. Browse its online store and discover a selection of handmade ceramics, candles and nature-themed photographic prints.

NOVE LIGHTING

NOVE is a British lighting company that is committed to using natural materials and traditional crafting techniques. Cork features highly in its designs, with founder Kirsty Saxon having fallen in love with this sustainable material during her many visits to Portugal. In fact, 'nove' means nine in Portuguese, as this how often you can harvest cork trees.

MÄEMARA

If you want to help protect the ocean from landfill-bound plastic and hazardous waste, then this is the ethical homeware brand for you. Founded in 2019, Mäemara offers a wide range of stylish homeware items, such as cushions and beanbags, as well as green botanical print tote and cosmetic bags.

RISE & FALL

A hater of fast fashion, Rise & Fall was created with the goal of making luxury shopping accessible for all. Offering its members up to 80 per cent off high-end homeware products, including bed linen, duvets and throws, £3 from every bed sheet sale goes directly to the youth homeless charity, Centrepont.

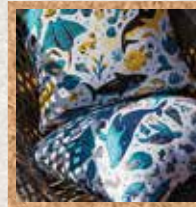


Photo credit: aerende.co.uk, aesthetelabel.com, novelighting.com, maemara.com, riseandfall.co



ALTERNATIVE USES FOR peanut butter

Whether your child loves peanut butter sandwiches or you can't get enough of satay sauce, peanut butter is a store cupboard staple for many families in the UK. But did you know that it can also be used to overcome a whole host of household hurdles?

To clean leather: Shop-bought leather-cleaning products can be expensive. Luckily, peanut butter can be just as effective at restoring your leather goods to their former glory. Simply apply in a circular motion and buff away with a clean cloth.

To lure mice: Mischievous mice and creepy crawlies cannot resist peanut butter, which is why it makes the perfect pest bait. Smear a small amount near entrances or cracks in the wall, wait for them to get stuck, and then remove from your home. Or place a spoonful on a humane mouse trap.

To deodorize your home: If you have cooked fish and you can't get rid of the smell, peanut butter is the ideal antidote. All you need to do is add a spoonful into a frying pan, gently heat, and the odour should disappear in a matter of minutes.

To eliminate squeaks: Run out of WD-40? Peanut butter is a highly effective lubricant for fixing squeaky hinges or drawers. Just apply a small amount to the area and marvel as its natural oils banish the squeak.

To remove adhesives: Both gum and glue can be a nightmare to remove from surfaces in your home. However, with just a dab of peanut butter, you can easily wipe away these sticky substances. Apply a small amount to the affected area, leave to sit for a few minutes, and then wipe away with a clean cloth.

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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Final plea to members to prevent closure of centre

A much-loved community centre in Frinton, used by local clubs, sports and leisure groups, families and individuals for almost 45 years, is facing closure.

The COVID-19 restrictions over the past 20 months have substantially reduced income at the centre, which is run by the Frinton Community Association (FCA) at Soken House in the Triangle Shopping Centre.

Membership is down by almost 50 per cent and, with annual running costs approaching £100,000, the management team is appealing to all members – past and present – to help save their community centre.

FCA is a long-established charity which has provided social, leisure and communication facilities and opportunities to thousands of residents over many years. More than 20 clubs and local organisations currently use the centre for meetings and events.

Sue Small, FCA chairman and president, said: “COVID-19 has hit us badly with lockdowns, limited openings, and restrictions.

“Financially, we’re on the brink, and January – when members renew their annual membership – is make or break time. Currently, we’ve got just under 650 members, including more than 140 new ones, but if we don’t reach at least 900 by the end of January, we will have to close for good.”

The FCA has reluctantly been forced to increase the annual membership fee from £20 to £30 and each attendance fee from £2 to £3.

In a final attempt to help rescue the centre, the FCA is writing to all members who have not renewed this year to explain the reasons behind the price increases. Volunteers are delivering the letters by hand to save on postage costs.

Meanwhile, essential maintenance and upgrading work is needed urgently at the centre, including upgrading the fire alarm system and replacing the building’s lift.

To find out more, visit www.frintonca.co.uk



Photo credit: Essex Police/Tendring District

Call for mobile CCTV to stop antisocial behaviour

Councillors have requested the installation of mobile CCTV cameras in Frinton to help combat antisocial behaviour.

Three times in recent months, Essex Police have set up dispersal zones in Frinton in an attempt to prevent groups of young people from causing disruption when arriving in the area by train.

This includes setting off fireworks and frightening visitors and employees.

Tendring District Council's (TDC) new mobile CCTV

cameras should be used in the area, according to Deputy Mayor of Frinton, Terry Allen.

Greater Anglia responded by announcing the hiring of land sheriffs to patrol the network.

A spokesperson for TDC said: "Use of CCTV is governed by several laws and regulations, and therefore any deployment of our own systems must be assessed to ensure it is legally compliant, otherwise there would be a risk that any evidence gathered by the cameras would be inadmissible in court."

First proposals for this year's budget reviewed

An initial review into the outline budget for Tendring District Council (TDC) for this year, which will impact Frinton residents, was held at cabinet on Friday, December 17.

The plans, approved by the senior councillors, will now be examined by an overview and scrutiny committee, before final budget proposals are voted on by cabinet, and then full council, in February.

In line with TDC's 10-year financial plan, which is currently in its sixth year, an average council tax rise of £5 is proposed. This would increase the TDC share of a Band D property's council tax from £177.64 to £182.64.

The income will help TDC to balance the books in line with the government's intention to phase out grant funding for local authorities.

A forecast deficit will be met by the forecast risk fund, as per the 10-year plan, while a separate Corporate Investment Plan is being developed.

Councillor Carlo Guglielmi, TDC's cabinet member for finance and corporate resources, said the budget would support ongoing excellent services from the council.

He added: "Because of our sensible approach to the council's finances over the past six years, we remain in a steady position, even with the rocky couple of years we have all had owing to COVID-19.

"To still be on track six years into our 10-year financial plan, despite all of these challenges, is testament to the approach we adopted then and to all the officers and councillors who recognise the importance of living within our means."

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LOCAL NEWS

Resident celebrated in the Tendring Youth Awards

A Frinton resident has won the personal achievement category at the Tendring Youth Awards.

Adam Baraka, 11, (pictured) has autism and attention deficit hyperactivity disorder, and the COVID-19 pandemic has worsened some of his symptoms.

To distract from his worries about the pandemic, his mother, Hannah, helped him work through the Scout badge book and complete the challenges set by leaders.

Adam is a member of the First Frinton and Kirby Scouts and is working towards his gold award. He has now completed most of the badges, including photography, collectors, artist and chef badges.

Looking forward to the new year, Adam is currently

working on his fundraising badge and astronautics badge.

The personal achievement award at the Tendring Youth Awards is given in recognition that some young people overcome huge difficulties to achieve success.

Hannah said: "I feel extremely proud about Adam's award. He put a lot of hard work into earning his badges."

The Tendring Youth Awards aim to highlight and celebrate the success of young people and their commitment to the community in and around the Tendring area.

To find out more, visit www.tendringdc.gov.uk/community/young-people/tendring-youth-awards

Internet provider starts its full-fibre services

A new 1Gigabit broadband service is expected to launch in Frinton this month.

Lit Fibre announced that its 1Gigabit broadband speeds will be rolled out in Frinton-on-Sea following work to extend coverage to the area.

The internet provider claimed that the construction of its 10Gb capable network in Clacton is nearing completion and that users would be able to place service orders this month.

Residents will be able to choose between 100Mb, 500Mb or 1Gb full-fibre internet packages, beginning at £28 a month.

Tom Williams, CEO of Lit Fibre, said: "The past year

has clearly demonstrated the importance of having a robust home internet connection in our digital world. With more people using their home broadband for work, school, video streaming, gaming and other bandwidth intensive applications, the pressure on copper-based services is only increasing.

"We recognise that consistent speeds, a reliable connection, and excellent customer service are all important factors for today's consumer. By switching to a full-fibre network, consumers can enjoy an enhanced experience, without compromise."

For more information on the service, please visit litfibre.com/get-lit

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GILES WATLING

MP for Clacton



LOCAL NEWS

We are now dealing with the danger of the Omicron variant. Uncertainty has returned.

However, it is certain that we can and will beat this awful virus. And the restrictions introduced in December will help us do that.

In this article, I want to talk about my position on those restrictions, which Parliament considered on December 14, 2021.

I support mask wearing as we assess the risk of this new variant – this is no great imposition. The option to work from home is also a sensible measure to put in place at this time.

However, domestic vaccine passports are another matter entirely. I voted against the government on

these passes for two reasons. First, we should be careful how much we infringe on people's liberty – I do not want the carrying of papers to become routine in this country. Second, can we really expect venues to police this? No, I think not – having worked in the performing arts for many years, I know these venues do not have the capacity for this.

I will also never support mandatory vaccines for the public. This certainly is not the government's position either. Still, there is a grey area when it comes to health workers. As my wife works in a care home, I am well-informed and have strong views on this. I think it is quite acceptable to expect people who want to work on the front line with the vulnerable to be vaccinated.

Finally, make sure you get your booster.

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Seal pup rescued from beach

British Divers Marine Life Rescue (BDMLR) is reminding residents not to approach seals on the beach following a recent incident in Frinton.

Frinton resident Neil Marples, of BDMLR, was called at 8.30am on Sunday, December 12, after members of the public reported seeing a young grey seal pup at the top of Frinton Beach.

Neil and another rescuer arrived to check on the seal, which was healthy but high on the beach with lots of people and dogs around.

Neil said: "We took the decision to relocate the seal. Three other members of the team arrived, and we

managed to usher the seal into a cage using towels.

"We then took her a few miles to Walton-on-the-Naze backwaters and released her in a remote place near to our local colony, where she swam off happily."

If you see a seal on the beach, do not approach it. Instead, phone the BDMLR team on 01825 765546.

Since its founding in 1988, BDMLR has been involved in the rescue of marine wildlife, including seals, whales, dolphins and porpoises. Every year, it also trains more than 1,000 volunteer marine mammal medics.

To find out more, visit bdmlr.org.uk

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FRANKIE DETTORI

riding HIGH

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”





LOVE YOUR LIVER

January is Love Your Liver Month, a national campaign led by the British Liver Trust to raise awareness of the importance of liver health.

One in three people in the UK is at risk of liver disease, with many people not realising they have a problem until it is too late.

What does the liver do in the body?

The liver performs a range of essential tasks, including producing proteins, storing vitamins and minerals, and breaking down toxins like alcohol and medications.

How to take care of your liver

Cut down on alcohol: One of the jobs of your

liver is to process any alcohol you drink. If you drink more than the recommended daily amount (more than 14 units per week), your liver will not be able to process the alcohol quickly enough, which damages your liver cells.

Top tip: Take three days off from drinking alcohol every week to give your liver time to repair itself.

Maintain a healthy weight: A healthy liver contains very little or no fat. However, in some people, fat builds up in the liver and leads to a condition called non-alcoholic fatty liver disease. To prevent this, keep a healthy weight, eat a balanced diet, and stay physically active.

Top tip: Focus on long-term changes rather than quick weight loss.

Protect yourself from viral hepatitis:

Hepatitis is the term used to describe inflammation of the liver. Acute liver failure is one of the most common complications of a viral hepatitis infection. You can be vaccinated against both hepatitis A and B.

Top tip: Visit your GP if you have symptoms such as muscle pain, high temperature, loss of appetite, and yellowing of eyes and skin.

Best liver-protecting foods and drinks

- ☑ **Coffee** – contains antioxidants
- ☑ **Black and green tea** – improve enzyme levels and reduce fat deposits
- ☑ **Grapefruit** – reduces inflammation
- ☑ **Red and purple grapes** – reduce inflammation and prevent damage
- ☑ **Beetroot juice** – reduces oxidative damage and increases detoxification.



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TOO MUCH PROTEIN?

No whey!

Do you know if you are getting enough protein in your diet? Essential for cell growth and repair, as well as building muscle mass, you should be getting a minimum of 10 per cent of your daily calories from protein.

How much protein do you need?

Most adults need around 0.75g of protein per kilo of body weight per day. For the average man, this is 55g and for the average women, it is 45g. This equates to two portions of meat, fish, nuts or tofu per day. As a guide, one portion of protein should fit into the palm of your hand.

Four signs that show you are not getting enough protein in your diet:

- Swelling:** One of the most common signs of a protein deficiency is swelling, also known as oedema. This most commonly occurs in the abdomen, legs, feet and hands.
- Mood swings:** Many of the neurotransmitters in your brain are made of amino acids, which means that a lack of protein can have a detrimental effect on your mood. Low levels of dopamine and serotonin, in particular, can lead to feelings of depression and aggression.

3. Hair, skin and nail problems: Proteins are essential for healthy hair, skin and nails, as these are all made up of proteins such as elastin, collagen and keratin. Brittle nails, thinning hair and flaky skin are all signs of protein deficiency.

4. Fatigue and muscle weakness: If you are 55 or older, a lack of protein can affect the muscles responsible for posture and movement. Over time, you can lose muscle mass and find it harder to carry out everyday tasks.

How to get more protein:

- > Snack on cheese and nuts
- > Replace cereal with eggs
- > Choose Greek yogurt – not Greek style
- > Pick quinoa over rice or choose high-protein pasta
- > Upgrade your coffee to a latte.





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THE LIFE OF VIRGIL ABLOH AND THE LEGACY THAT LIVES ON IN HIS MEMORY

There are many musicians, artists, and even sportspeople who have had the benefit of a notable name carrying them forward at some point in their lives.

Virgil Abloh, the American fashion designer and entrepreneur, had, by his own admission, that very platform when he interned at Fendi back in 2009 and began producing t-shirts for Kanye West.

The rap star was bowled over by such an edgy, modern, confident person, whose range of talent and influence circumnavigated not just textiles and fashion, but also engineering and architecture, for which he earned a degree and a master's respectively.

While Kanye's ability to open doors sent the Illinois-born creative into fashion houses and propelled the popularity of his first company, Pyrex Vision, it was with the high-end streetwear brand, Off-White, that founder Abloh truly excelled.

Revealing his *modus operandi* – namely that any product need only represent a difference of three per cent from another – proved a nod to the devilish detail of fashion and the fact that, in many ways, there are no truly original designs anymore. To that end, in the final years of his life, he was one of the first to call an end to streetwear, insisting that vintage styles were the future in very much the same way as they were the past.

The success of Off-White led Abloh to become one of Louis Vuitton's artistic directors, and collaborations with others from Nike to the US Open to Ikea saw high-profile stars such as Serena Williams laud the talent of this beloved family man.

Sadly, Abloh was harbouring a secret that was to mean his all-too-brief flirtation with fashion would come to an end. In 2019, the designer was diagnosed with cardiac angiosarcoma, a type of cancer. He kept the diagnosis private and died on November 28, 2021, in Chicago, aged just 41. The showreel may be over for Abloh, but the catwalk music plays on.

Photo credit: Ovidiu Hrubaru/Shutterstock.com



HOW TO REMOVE Waterproof Mascara

As much as we love waterproof mascara and its unique ability to prevent make-up meltdowns, sometimes it's just too good at its job.

Discover below how to remove waterproof mascara with minimal fuss and maximum results.

Step 1: SOAK A COTTON PAD WITH EYE MAKE-UP REMOVER

The key to effective and less harmful waterproof mascara removal is in being as gentle as possible. Therefore, you want to choose soft pads that are not abrasive for your eyes. Opt for an organic cotton pad, soak in eye make-up remover and gently press to the eye.

Step 2: SWIPE DOWNWARDS

Wait a few seconds so that the eye make-up remover can fully saturate your eyelashes and then gently swipe downwards and away. Avoid tugging to reduce your risk of eyelash loss.

Step 3: USE A COTTON BUD

For stubborn mascara between your lashes, dip a cotton bud in eye make-up remover and gently clean the affected area. This will also help avoid unsightly smudges the next morning.

Step 4: DO NOT RUB

If you are still struggling to remove any mascara, refrain from rubbing or scrubbing as the skin around your eyes is up to 10 times thinner than on other parts of your face. Instead, repeat the above steps until you are happy with the outcome.

Step 5: TREAT YOUR EYELASHES

It is important that you care for your eyelashes if you want them to remain strong and healthy. Treat dry and brittle lashes to some TLC with a lash serum or mask that contains pro-keratin complex for optimum results.

Best eye make-up removers:

- > Maybelline Expert Eyes Moisturising Eye Makeup Remover
- > Neutrogena Gentle Oil-Free Eye Makeup Remover
- > Garnier Skin Active Micellar Cleansing Water
- > Simple Kind to Skin Eye Make-up Remover.





BRUCE KING

on getting and staying motivated



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

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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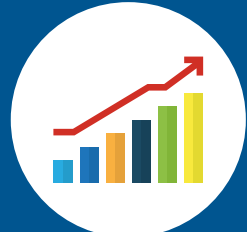


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CONSERVATORY VS Orangery

If you are thinking about adding to your home, you may be wondering about the difference between an orangery and a conservatory. While they can both provide you with a versatile and attractive space, there are several key differences between the two structures.

WHAT IS A CONSERVATORY?

A conservatory is characterised by:

- > Having half of each side wall made from glass

- > At least three-quarters of its roof made from any type of translucent building material or clear glass
- > Being built against the wall of a house with a closing door or window
- > A standalone heating source that is separate from the main house.



CONSERVATORY

WHAT IS AN ORANGERY?

An orangery can be defined by:

- > Large, tall windows on one side – usually south-facing
- > A brick or stone structure
- > A flat roof with a central glass lantern that can span part or all of the roof
- > An independent heating source, such as a stove.



Orangery

WHAT IS THE DIFFERENCE?

One of the key differences between a conservatory and an orangery is the roof. As mentioned above, a conservatory must have at least 75 per cent glazing on its roof. An orangery, on the other hand, tends to have a standard roof. A conservatory is seen more as a mid-point between your home and your garden, whereas orangeries are more visually comparable to an extension as they can be stand-alone or built against the side of your property.

BENEFITS OF A CONSERVATORY

More natural light | Better view of your garden
| More affordable | More relaxed vibe | Long lasting | Can be used all year round.

BENEFITS OF AN ORANGERY

More elegant look | Better insulation | More consistent temperature | Reduced glare and sunlight | Long lasting | Can be used all year round | Adds more value to your property.



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Jet in INJECT

HOW SCIENCE HAS PRODUCED A VACCINATION THAT REQUIRES NEITHER NEEDLES, INHALERS OR PILLS

In yet another example of modern science pushing the extremes of how we understand the human body, scientists at the University of Waterloo in Ontario have developed a tool that could eliminate the need for needles altogether.

It uses a high-pressure jet of serum that passes through an opening in the skin that is no wider than the width of a human hair.

Named Cobi and created by Cobionix, the robot first scans the entire human body to find an optimal site where the injection can be done.

While AI-based software remains in its infancy, the speed of the technology means rapid advancements are likely. What it means for the industry is an approach that, in years to come, can lean much less on the manual, fiddly and sometimes unsuccessful manner in which injections are carried out. That also means protecting healthcare workers, lowering the cost of injections, improving patient outcomes, and lessening wastage.

In addition, where the infrastructure of

something like a vaccine rollout means taking over great swathes of space in and around buildings, as we have seen across the UK where COVID-19 is concerned, a Cobi-driven operation would require a much smaller set-up. This could have profound life-saving implications for developing countries, though it's expected to be two years before Cobi is ready for commercial use.

This is not the first time an AI-led automated device has been talked about as a solution to the coronavirus outbreak. In Egypt, in a hospital just outside Cairo, a robot nurse called Cira-03, is busy conducting COVID-19 tests and passing on public information messages to patients.

Tim Lasswell, co-founder and CEO of Cobionix, said: "Cobi is a versatile robotics platform that can be rapidly deployed to complete tasks with 100 per cent autonomy."

Photo credit: waterloo.ca/COBIONIX



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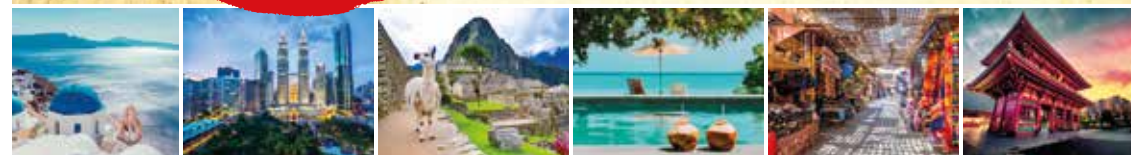
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TRAVEL



THE BEST PLACES AROUND THE
WORLD TO SPEND DRY JANUARY



Did you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.



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HOW TO PERFORM CPR ON PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way.

While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

HOW TO CHECK IF YOUR PET NEEDS CPR

1. Check their airway:

Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.

2. Check their breathing

Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.

3. Check their circulation

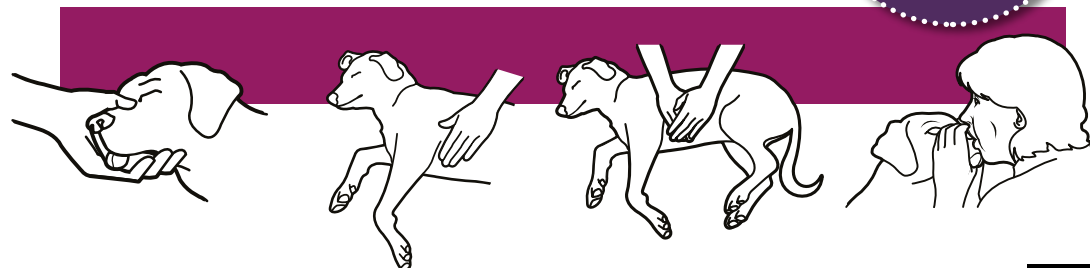
Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be

placed on their backs

- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.



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PUZZLES

Answers: see end of The VISION Listings

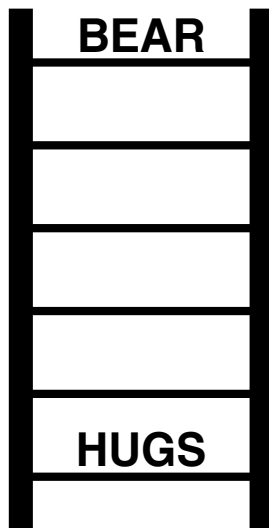
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- ▶ LODGE
- ▶ NEST
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DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

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.



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.

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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

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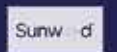


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