

**100
YEARS
OF THE
BBC**

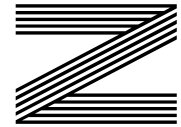
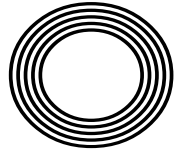
**PAYING
TRIBUTE**
to rock legend
Meat Loaf

THE SECRETS
to a successful stir fry

GET CLEANING
with our spring clean checklist

STEVEN BARTLETT

From university dropout to youngest ever Dragon



FREE

Photo credit: BBC/Andrew Farrington



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Editor's notes...

MARCH 2022



Hello and welcome to this month's edition of **VISION** Frinton-on-Sea. Continuing the theme from last month, we turn our attention in this month's magazine to the hottest name in business today - Steven Bartlett, entrepreneur, podcaster and newest Dragon on *Dragons' Den*.

Steven is someone I have followed and admired for some time; his drive and ambition are apparent but he also advocates for a better integration between work and life, overcoming our fears, and seeking happiness and fulfilment in what we do. He has demonstrated that business can be done in an ethical and mature way without losing commercial success, and this is one of the reasons why his message and his podcast, *Diary of a CEO*, are so popular.

I hope that shining a light on people like Steven helps to show a better and more worthy side of entrepreneurship, which is often lost in the noise of suits, shouting and the aggressive 'must win at all costs' mentality that is commonly associated with the business world.

After you've had a read of this month's magazine, head over to his podcast and give it a listen - I know you won't be disappointed.

Have a great month in life and business!

Sean Purcell

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CONTRIBUTORS | Tabatha Fabray, Bryn Holmes

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines

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What OFSTED says:

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

Contact Kate Purcell
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01206 573519
uhi@lexden.essex.sch.uk



YEARS OF THE

A CENTURY TO CELEBRATE – THE BBC HITS 100

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”

A TRIBUTE TO MEAT LOAF:

A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: SPHO Photography

Deputy mayor hits back at newspaper columnist

Deputy Mayor of Frinton, Terry Allen (pictured inset), has spoken out after a newspaper columnist from *The Sun* wrote a derogatory comment about the town.

The remark was made by the outspoken Rod Liddle in an article about Essex County Council's decision to invest £300,000 in a new tourism campaign designed to dispel stereotypes that associate the county with hit ITV show, *The Only Way Is Essex*.

Writing that Essex was nowhere near as "attractive" as the programme makes it out to be, Mr Liddle then stated: "I went to Frinton once and it seemed rather more full of elderly men with no teeth on mobility scooters."

Speaking to **VISION**Frinton-on-Sea, Mayor Allen said that Mr Liddle couldn't be further from the truth

and may be getting his ideas from an outdated view of the town.

He said: "Last time he was here was 1972, and mobility scooters weren't even around then. We've definitely got a certain mystique. We like things to be nice. All we ask is that people respect our area."

Addressing the comments directly, he added: "To say it's full of old people – our schools are full, they have waiting lists. The town now is full of professionals and skilled people. It's buzzing. The trains are packed full of people going to work in London and Colchester.

"I don't know where he got the teeth thing from. It's completely alien to me. We are proud of our town."

Mayor Allen also stated that he invites Mr Liddle to visit Frinton-on-Sea once again.



Gardens nominated for respected Green Flag Awards

Tending District Council (TDC) is once again preparing to submit the already award-winning Crescent Gardens in Frinton-on-Sea – along with three other green spaces in the area – to the Green Flag Awards.

Also being nominated for the awards are Clacton's Seafront Gardens, Dovercourt's Cliff Park and the Weeley Crematorium Gardens, all of which retained Green Flag status in last year's judging.

The Green Flag Awards are a prestigious standard that judge open spaces on cleanliness, maintenance, sustainability, security, community involvement and friendliness.

TDC's cabinet member for the environment, Michael Talbot, said: "While our horticultural staff do superb work year-round, our open spaces could not look as fabulous as they do without the support and involvement of the local community.

"Together, their efforts keep these places looking vibrant and pleasant for both local residents and visitors alike to enjoy – and it is quite right that this hard work should be recognised with a Green Flag or four."

Judging for the Green Flag Awards will begin in early summer, with the results to be announced later in the year.

Town has lowest number of crimes in district

Recently released data from Essex Police has revealed that Frinton-on-Sea had the lowest number of crimes in Tending in 2021.

According to information that can be found on the police.uk website, 526 crimes were committed in the town last year – a slight increase from 519 incidents in 2020. October saw the most crimes take place, with 68 recorded.

Of the 526 crimes in the town, 203 of them were considered by police to come under the classification

of violence and sexual offences, with the second-most frequent type of crime being antisocial behaviour, of which 100 incidents were recorded.

The Clacton Central district saw a much higher number of 4,083 crimes take place last year, while Clacton West saw 2,950 crimes.

Harwich saw 2,569 crimes committed during 2021, while the Walton area had 689 incidents.

To view the crime map, visit www.police.uk/pu/your-area/essex-police/frinton

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This project is funded by the UK Government through the UK Community Renewal Fund.



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LOCAL NEWS



Photo credit: RNLI and Amy Openshaw

Lifeboat crew receives £600 cheque from Lions Club

The Walton and Frinton branch of the Royal National Lifeboat Institution (RNLI) received a £600 cheque from Clacton Lions to support the charity's mission to save lives at sea.

The Clacton branch also received £600 in donations, while the Harwich branch received £300.

The money was raised by a charity raffle organised by the Clacton Lions and collections in local supermarkets over the Christmas period, as well as a separate event specifically for the Harwich branch.

The cheques were presented at a charity evening in February by Clacton Lions Club president, Alan Mercer (pictured second from right).

A spokesperson for the local RNLI stations said: "We are extremely grateful to the Lions Club and all those who donated at their events.

"The RNLI is supported entirely by voluntary contributions like these. The money is vital to train and equip our volunteer crews as they work to keep our communities safe."

Boy wins top prize in town-based art challenge

A 12-year-old boy has won a local shop's art competition, themed around what children in Frinton-on-Sea love about the town.

The contest – which saw The Original Factory Shop ask local children, schools and clubs what they thought was brilliant about the town – received lots of entries from the young population, with the winning entry chosen from four shortlisted pieces through a vote on the shop's Facebook page.

Pictured right is Jacob, posing with his art, which is a tribute to the wildlife in Frinton and describes the blue tits in his garden, neighbourhood bunnies, squirrels and pheasants that can be found around the seaside town.

His prize is a toy of his choice from the shop up to a value of £25 and a £100 voucher for his school or club. As Jacob is home-schooled, he has very kindly decided to donate the money to a charity.



GILES WATLING

MP for Clacton



LOCAL NEWS

As your Member of Parliament, my focus has always been on local Clacton issues, but I am also your national representative and, of course, deal with issues that affect more than just Clacton. Therefore, I am deeply concerned with the delicate situation in Ukraine. The outcome of this incident could very well have knock-on effects for us here. I have been using my position in Parliament to question ministers on NATO, a crucial organisation for countering international aggressions, and I recently met with the chair of the Foreign Affairs Select Committee to discuss this further. As we strive to be a global nation post-Brexit, we must not let down our international partners and our duty to protect human rights. We must also encourage others to step up to the plate to maintain the relative security we have enjoyed since the foundation of NATO.

Bringing the focus back to Clacton, we recently received the Health Secretary at the hospital to visit the new centre to help tackle the COVID-19 backlog and vastly expand our health-scanning capabilities. I am grateful that, with the new hub, patients will not have

to travel far in order to get the service they deserve. My digital postbag has been rammed with healthcare issues, including very important dental provision, and I have been fighting for further investment by speaking with ministers and raising our concerns in Parliament. I am pleased to inform you that Clacton has the potential to be a pilot area for a new dental training course, which should help with the lack of local dentists.

In my previous article, I shared my concerns on the energy crisis and the rising cost of living. I recently shared these directly with the Energy Minister and we discussed various options that the government is looking at to help tackle this, including the financial support that every household will receive. I welcome that support is being made available. However, I will never stop banging the drum for Clacton to get the assistance we so desperately need.

Should any reader wish to keep up to date with my work in Parliament, I regularly post on Facebook, or you can get in touch with me directly via giles.watling.mp@parliament.uk

Jubilee parties to be organised

Residents in Frinton-on-Sea are being called upon to start preparations for the upcoming Queen's Platinum Jubilee celebrations.

Her Majesty becomes the first-ever British monarch to have spent 70 years on the throne this year, with a special four-day bank holiday planned from Thursday, June 2, to Sunday, June 5, to celebrate the special occasion.

With events taking place across the Commonwealth, Tendring District Council (TDC) leader Jeff Bray wants residents to throw themselves into preparing for the celebrations.

He stated: "This truly is a remarkable and unprecedented achievement by our Queen, who has reigned through some of the most turbulent times in history.

"It would be fantastic if Tendring could pay its respects by marking this historic occasion with illuminations, festivities and other events throughout the year."

TDC is currently setting up a special page on its website dedicated to the Platinum Jubilee, containing advice and help for people looking to hold commemorative events.



Photo credit: Robin Lucas

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SIGNS YOU NEED A NEW MATTRESS

If you're not sleeping well, you may blame it on stress, poor lifestyle choices or a health condition such as insomnia.

However, it might just be your mattress that is keeping you up at night.

bounce back, it needs replacing.

4. LUMPS AND BUMPS

When the padding within a mattress starts to shift around, this can cause visible lumps. This uneven density can result in uncomfortable pressure points which can cause pain, discomfort and a poor night's sleep.

5. PREGNANCY

If you are expecting, it can be a good idea to invest in a new mattress that provides the extra support your changing body needs. Look for a mattress with custom support for side sleeping, which will help to prevent back pain and offer extra support to your belly.

6. OLD AGE

Even if your mattress appears to be in good condition, once it reaches a certain age, it will not be able to provide you with an optimal sleeping experience. Typically, your mattress should be replaced every seven to 10 years.

1. SAGGING

All mattress types will start to sag eventually as the springs break down or the foam gets softer. However, even minor sags of one or two inches can result in insufficient support for the body.

2. INCREASE IN ALLERGIES

Over time, mattresses accumulate mould, mildew and dust mites, which can trigger allergies. If you notice you are sneezing when you get close to your bed or you feel stuffy in the morning, you may need a new mattress.

3. LASTING IMPRESSIONS

If you have a memory foam mattress, then you need to pay close attention to the impressions left behind when you get up. Although these types of mattresses are designed to remember your body shape, if your mattress has lost its ability to



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Spring cleaning!



YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge. Remember to tick each task off as you go.

KITCHEN

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

BEDROOMS

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

BATHROOMS

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

LIVING ROOM

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

HOME OFFICE

- Clean keyboard
- Disinfect mouse and office phone

OUTDOOR AREAS

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows



Oh darling!

TIPS FOR CREATING FLAMBOYANT INTERIORS



Photo credit: Archive by Benderson Design via elledecoration.co.uk

Do you want your interiors to be as fun and exciting as you are? Clashing prints, bold colours and a mix of textures can all be incredibly stylish in your home. The look is British Eccentric, and it is outgoing, quirky and vibrant.

With the right styling, you can bring the British Eccentric look into your own home. Here are some top tips for creating flamboyant interiors.

GET READY TO THROW OUT THE RULE BOOK

The great thing about flamboyant interiors is that there are no rules. Your space should be as quirky and colourful as you like, creating a look that's traditional in its basics but modern in its use of colour.

Make use of patterns and bold shades and simply have fun with it.

BUILD IT UP OVER TIME

Creating a flamboyant interior can take time. Think of it as an ongoing project as you fill your space with wonderful treasures. Start with a wall colour, then



add different accessories such as vases, light shades, plants and wall art. Building up your space over time will make it more of a passion project as you design a room you truly love.

MIX AND MATCH

Don't be afraid to mix and match patterns, colours and textures. Florals are a great option, especially for wallpaper, or you could look at stripes and other bold patterns to bring new life to your decor.

EMBRACE YOUR FAVOURITE THINGS

A flamboyant, eccentric interior should reflect you and your personality. Fill it with the things that you love, such as prints, ornaments and other features that will make your home feel more like you.

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Photo credit: sarahraven.com



sarah raven

WHY SARAH RAVEN'S LOVE OF BUOYANT, BOUNTIFUL FLOWERS IS A WORLD AWAY FROM HER GENTLE COMMENTARIES ON OUR GARDEN SPACES

Sarah Raven, who gardens at her Perch Hill Farm base in Robertsbridge, East Sussex, is one of a modern breed of horticulturalists whose passion, enthusiasm and energy infuses everything they do.

The fact that the 58 year old opens up her gorgeous 18th-century home to all is evidence of the passion she feels for the colours and scents of the outdoors. To that end, it's probably no surprise that she names the dahlia as her favourite flower, with its bushy, patterned perfection lighting up gardens from spring through to autumn.

Sarah, whose talents extend into cookery and writing, has presented BBC *Gardeners' World*, *Great British Garden Revival*, the series *Bees, Butterflies and Blooms*, and showcased BBC2's *Big Dreams, Small Spaces* project, where she shared her love and enthusiasm for cut flowers.

Sharing her home with writer Adam Nicolson, her two daughters and three stepsons, Sarah admits that she will always come back to flowers over

anything else in pursuit of the perfect outside space. She said: "Flowers bring such happiness and harmony, as well as encouraging a whole array of insects, who in turn feed all our other creatures."

"I like to think so much comes from our flowers, and the more I can give back in celebrating them and teaching others how to look after and maintain them, then great."

When she's not appearing on our screens, collating material for one of her hugely successful cookbooks, or scribbling a column for the likes of *The Daily Telegraph*, *Gardens Illustrated* or *Sainsbury's Magazine*, her eponymous garden brand provides the perfect digest for others looking to replicate what is a museum-like spread of flowering finesse.

Fans can purchase everything from plants to bulbs, seeds to gardening kit, as well as booking events and courses with the premise of making both their outdoor and indoor spaces as organically awesome as possible.



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STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



Steven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

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THE WEST MURDERS

THIRTY YEARS ON FROM THE HORROR OF CROMWELL STREET

This dawning of spring marks 30 years since the investigation into the crimes committed by Fred and Rosemary West began, which would ultimately lead to justice for so many victims.

The married couple, Gloucester's most infamous residents, and owners of 25 Cromwell Street (which has since been demolished) undertook a two-decade-long campaign of abuse and murder, including killing their own daughter, Heather.

The crimes are ones that need not be repeated as another milestone anniversary ticks by, but the dawning of the investigation was vital. Not only did it serve justice and provide proper resting places for the many bodies found buried at the property, but it also finally brought an end to the couple's sickening crimes.

Police have been roundly criticised for failing to put together the pieces that constructed the Wests' gruesome puzzle. They were painfully slow to connect the disappearance of so many girls, many of whom they knew had connections to the house, and were arguably culpable in failing

to bring Fred West to justice despite a legacy of allegations and complaints.

Ultimately, Fred West's repeated attacks on his own daughter, Louise, in early 1992, finally accelerated steps to ensure justice was served. The chief perpetrator had evaded scrutiny for so long that he arguably felt he may never be caught, but the 13-year-old girl's statement to police, although later retracted, brought about a chain of events that eventually led to the couple's crimes coming to light.

Finally, in 1994, Rose and Fred West were arrested and charged with a litany of crimes, the details of which confound comprehension. Fred was charged with 12 murders, and Rose with 10 murders.

Fred evaded trial by committing suicide at Birmingham Prison on New Year's Day 1995. Rose was found guilty for all 10 murders and was sentenced to life in prison.

Rose, now 68, resides in New Hall Prison, West Yorkshire.



ENAMEL

ERODERS

VS. *saviours*

Enamel is the thin outer covering of the teeth and is vital for protecting them from daily activities such as chewing, biting, crunching and grinding.

However, as your body cannot repair chipped or cracked enamel, you need to make sure you look after it.

ENAMEL ERODER: SLEEP

Although your body needs sleep to remain in optimal condition, while you are in the land of nod, your saliva production decreases, meaning your tooth enamel is more at risk.

ENAMEL SAVIOUR: BRUSH TWICE A DAY

Always brush your teeth twice a day and ensure that one of these times is just before you hit the sack. Plus, if you do wake up in the night, moisten your mouth with a sip of water.

ENAMEL ERODER: FRUIT JUICE

Regularly drinking citrus fruit juice or fruit smoothies is hugely detrimental to your teeth's enamel, as fruit juice contains a lot of acid.

ENAMEL SAVIOUR: A STRAW

If you can't give up your favourite juices, minimise contact with your teeth by sipping them with a straw and swishing your mouth out with water immediately afterwards.

ENAMEL ERODER: SNACKING

Snacking on foods that are high in sugar and starches can increase your risk of tooth decay and damage your teeth's enamel.

ENAMEL SAVIOUR: CHEWING GUM

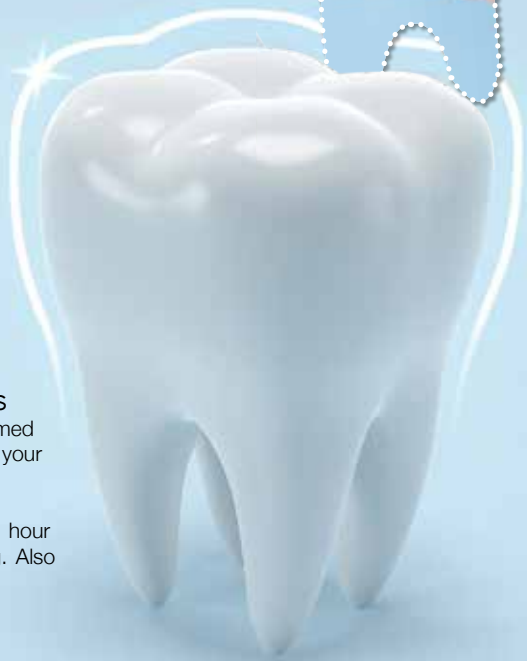
Chew sugar-free chewing gum between meals as this boosts your saliva production up to 10 times the normal flow and helps to strengthen your teeth.

ENAMEL ERODER: HARD-BRISTLE TOOTHBRUSHES

Brushing with hard-bristle toothbrushes that are often aimed at smokers and those with stained teeth can damage your tooth enamel.

ENAMEL SAVIOUR: SOFT-BRISTLE BRUSHES

Invest in a soft-bristle toothbrush and wait at least an hour after eating any acidic foods or drinks before brushing. Also use a fluoride toothpaste.



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The secrets to a successful STIR FRY

Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat though. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.





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BUSINESS & PROPERTY



When buying your home, you may have come across the terms 'freehold' and 'leasehold'. These are the two main ways of owning property in England. But what do they mean when it comes to buying your home?

WHAT IS FREEHOLD?

Buying a freehold property means buying the home in its entirety. There is no time limit on a lease, and you're free to rent out the property if you wish. You will own the home and the land it sits on.

WHAT IS LEASEHOLD?

A leasehold property, meanwhile, has a different set of terms. With a leasehold, you'll have the right to occupy a property for a set amount of time. After the leasehold period is complete, you could either extend it or consider selling your property. A lease can be applied for more than 100 years, but it's important to check how long the lease has left when buying the property.

FREEHOLD VS LEASEHOLD: WHICH SHOULD YOU CHOOSE?

It's difficult to decide whether freehold or leasehold is better for your purchase. For properties like flats and apartments in city centres, these are typically

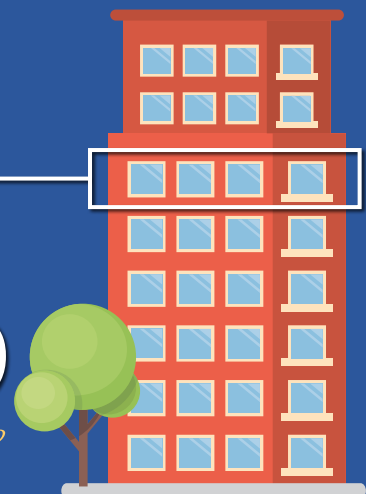
leasehold. Leasehold owners tend to be short-term buyers, or those looking for an investment property.

With a leasehold property, you may have to seek permission from the landowner before you make any changes to the property. Freeholders have free rein within planning permission limits.

The right choice will depend on your unique circumstances, but further research can help you find an option you're comfortable with to make owning your first home a reality.

LEASEHOLD

What does it mean when buying your home?





BRUCE KING

on the intricacies of time management

TIME MANAGEMENT

- OBJECTIVE
- PRIORITY
- SCHEDULE
- REMINDER
- EFFICIENCY
- ALERTS
- CONTROL

In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

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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TECHNOLOGY

BROADBAND PAIN?



UK ADDRESSES WITH THE FASTEST (OR SLOWEST) BROADBAND SPEEDS

In recent years, our digital connectivity – boosted by the installation of fibre technology and backed with 4G and 5G mass integration – has never been better.

Rarely these days do we find ourselves bemoaning the speed at which we can connect and interact with others, and complaints about our broadband not working are increasingly rare.

And yet, there are still parts of the UK that can offer broadband efficiencies much greater than other areas. You may expect to find these dynamically digital hotspots in the major cities – London, Birmingham, Manchester, or Edinburgh.

Yet the place you need to head to for the fastest possible download of the latest movie or video game is... Haul Fryn, an innocuous-looking street in Swansea, South Wales. There, you can download a two-hour film in just 47 seconds, given a download speed of 882 megabits per second (Mbps).

Less fortunate are the residents of Wistaston Road in Crewe, whose paltry rate of just 0.24Mbps means the same movie would take more than two days to download.

The average download speed in the UK currently stands at around 80Mbps. The draw on our broadband depends on what we're doing at the time – simple social media browsing uses between 1 and 3Mbps, with video streaming and gaming using between 3 and 5Mbps. At the top end, streaming a video in high definition uses up to 7Mbps.

What is clear is that broadband speeds across the UK are experiencing a sharp increase. Almost half of UK customers are experiencing so-called 'superfast' speeds of at least 30Mbps – that figure stood at a quarter of this speed just six years ago. Although that may not come as much consolation to a group of residents in Crewe.



A DISAPPOINTING WINTER OLYMPICS FINALLY CAME GOOD FOR TEAM GB ON THE CURLING ICE, AS OUR WOMEN BROUGHT HOME GOLD

For all the hype and outside medal prospects, Team GB's Winter Olympics campaign came down to five women, five men and a collection of 42lb stones with handles fixed to the top.

The simplicity of the sport of curling is, at times, what makes it a source of amusement for many. However, the skill, tactical prowess and precision with which our brilliant women and men battled to Olympic gold and silver respectively provided the very best moments at Beijing 2022.

After defeating Sweden 12-11 in the semi-final, the women lived up to their 'favourites' tag by seeing off Japan in style in the final.

Led by the mercurial Eve Muirhead – who had experienced two previous semi-final defeats – the team crushed Japan 10-3 in the final on Sunday, February 20. Fellow victors Vicky Wright, Jen Dodds, Hailey Duff and Mili Smith have become first-time Olympic champions after the group

squeezed through the round-robin stage with five victories and four defeats.

That victory made up for the disappointment of the men losing their gold medal showdown with Sweden 24 hours earlier. The final had ended in a tense 4-4 draw, with the Swedes, led by the brilliant Niklas Edin, digging deep to see off a brave British effort from captain Bruce Mouat and his side.

Beijing 2022 will forever be an Olympics embroiled in scandal and controversy, with the doping scandal and extreme COVID-19 restrictions providing an uncomfortable backdrop to events, right up until the closing ceremony, in which a medal presentation featured a competitor previously suspended for taking a banned substance.

Thankfully, the feel-good factor provided by our curling teams will leave us with a positive reflection of the 2022 Winter Olympics, and hope for greater rewards in Italy in four years' time.

Photo credit: Xinhua/Shutterstock



REDGRAVE'S OLYMPICS RINGS

Each month, we look at one of the most significant events in British sporting history. This month, it's rower Sir Steve Redgrave CBE's incredible gold medal haul.

It's 20 years since Steve Redgrave emerged from Buckingham Palace with the word Sir bolted onto the front of his name and the letters CBE trailing after it. In fact, the idea of trailing anything for the Olympic rower was an alien concept, even then at the age of 39.

Just nine months previously, Redgrave had done what many thought impossible and grabbed a fifth gold medal in rowing, this time in Sydney.

Dating back to the Los Angeles Olympic Games in 1984, the Marlow-born powerhouse's grip on the podium proved every bit as strong as the one he applied to his oars, with rival competitors relieved when the Brit finally announced his retirement in the year 2000.

He had previously suggested his time with a sport that embodies incredible strength, endurance and true battling spirit was done, most notably in 1996 when, after landing a fourth gold, he famously said: "If anyone sees me go near a boat, you've got my permission to shoot me."

Yet Redgrave was lured back by an invitation to row in the coxless fours for one final shot at glory at the 2000 Olympics. Adding to his gold medals in LA 1984 (coxed four), Seoul 1988 (coxless pair), Barcelona 1992 (coxless pair) and Atlanta 1996 (coxless pair), he wrote himself into the record books as, at the time, the most successful British Olympian ever.

In more recent years, Sir Chris Hoy and Jason Kenny have surpassed him in terms of gold medal hauls, but in 2001, this was Redgrave's day.

In retirement, the rower has stayed in incredible shape, and now works as an expert summariser for the BBC's Olympic and World Championship coverage.

Photo credit: Andrew Cowie/Shutterstock





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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.

Silversprings have recently welcomed back the entertainers and the residents have enjoyed singing and dancing along. One highlight was having Elvis back in the building, and he did not disappoint.

Arts and crafts are always a popular activity at Silversprings. Residents recently enjoyed participating in the Big Garden Birdwatch. On the run up to the event residents got very arty

making bird feeders as well as colouring birds, making a collage and even a mobile! While others have been enjoying their favourite past time, playing the piano. Josie Saich, a resident says, "I love it here, there's always something to do, I have a lot of fun!"

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

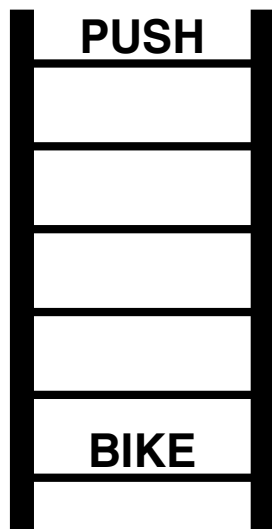
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- ▶ LONG JUMP
- ▶ MARATHON
- ▶ OLYMPICS
- ▶ PENTATHLON
- ▶ POLE VAULT
- ▶ RELAY
- ▶ SHOT PUT
- ▶ SPRINTS
- ▶ TRACK
- ▶ TRIPLE JUMP

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

DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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



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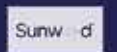


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