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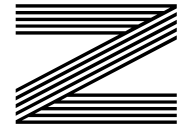
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# Editor's notes...

APRIL 2022



Sean Purcell, Editor-in-chief

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

The last month has been one of great upheaval on the international stage, and with that has come an increasing cost of living crisis that is affecting many of us and looks to get worse in the coming months.

Our history is punctuated with periods of adversity and economic difficulty, and some believe that this is the natural cycle of things.

Whether that is true or not is hard to say, but just like during the last few years, our communities are developing a resilience that is humbling and inspiring in equal measure. I never fail to be impressed at how generous

and kind-spirited people can be, no matter how tough their own personal circumstances.

Here at **VISION** magazine, we will continue to highlight great acts of kindness on our social media pages throughout the coming months to help celebrate those who are working hard to make the lives of people here and abroad that little bit better.

While we cannot change what is going on at the macro level, we aim to continue to give you some respite from the tough news out there with our usual mix of local stories and articles of use and interest, so grab a drink, settle in and enjoy this month's edition of the magazine.

Have a great month in life and business.

*Sean Purcell*

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly, Ruby Ward

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

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.

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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

Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS

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# SEWING THE SEEDS OF SUCCESS



Photo credit: BBC and Comic Relief



## FROM NOSE CLIPS TO KNITTING NEEDLES, TOM DALEY OBE'S DIVE FOR DELIGHT GOES ON

There is a perennial youth about Tom Daley OBE that sets him apart from so many of our other stars of the pool.

Sure, he possesses all the boyish good looks and charm he had when first making waves – although, as a diver, preferably not too many – back in 2008 with his first of four Olympic appearances.

The shelf life for a competitive diver is usually preciously short, particularly when combined with constant invitations to engage in media duties, campaign work and promotional activity.

Yet Daley has maintained focus, kept an eye on the prize and, in what may well be regarded as the heyday of his career, is arguably more successful than ever, having scooped gold in the Tokyo Olympics last year on the 10m board.

"I love what I do, and while it's great to have a

career in the media, that's never what I set out to achieve," he says. "What I wanted, from day one, was to be successful, and I'm not going to give that up until my body tells me it's time to."

It has been a whirlwind 12 months for Daley, who was named Best Male Diver at the LEN Awards this year and came second in BBC Sports Personality of the Year. Yet it was in partnering Matty Lee on the 10m board at the 2020 Tokyo Games last year – the event being delayed by a year because of COVID-19 – that Daley recounts as his greatest Olympic performance of them all.

He says: "It was a case of eighth time lucky, you might say. It was one of those events where you start well, hold your momentum, then it suddenly comes into focus that you might have a real chance of doing something special."

"It validates everything I have put into the sport."

And while Daley is a public figure with a hugely marketable profile – "I don't really think of myself as anything other than a diver... fashion photoshoots always involve me wearing more clothes than I do for my day job" – much of his desire to keep achieving in the sport he loves has been at the expense of other professional opportunities, as well as a proper home life. He wed American screenwriter, director and producer Dustin Lance Black in 2017, and a year later the couple had a son together, named Robbie.

"There is a huge toll on your private life in a sport such as this, but I try my best to balance things," says the double world and six-time British champion.

Daley, who recently launched knitting website Made With Love, is a passionate philanthropist. Recently,

he completed a gruelling four-day challenge in which he rowed, cycled, ran and, of course, swam the distance between the Olympic Park in Stratford and his home town of Plymouth, to raise money for Comic Relief.

When Tom finally reached the finish line, he said: "If you can, please donate what you can to Red Nose Day because it would make a world of difference to so many families all across the country."

"To come home and see all my family here, as well as so many people, is pretty special, so thank you. I don't really know what else to say other than I just need to go and sleep for about six years. Thank you all so much and love you."

"It was one of my toughest challenges yet, but epitomises how I just want to keep pushing myself forward."





# STORM CHAOS

**STORM EUNICE MAY HAVE BLOWN ITSELF OUT, BUT THE AFTER-EFFECTS ARE LONGER LASTING**

**S**torm Eunice came, saw and conquered. She may have taken the name of someone your grandmother used to bump into at the local jumble sales, but there was nothing charitable about this confrontational weather system that wreaked havoc over the course of a three-day period, causing damage estimated at more than £350million.

Eunice was one of the most powerful to hit the south coast of England since the Great Storm of 1987. A top wind speed of 122mph whipped round The Needles of the Isle of Wight, while inland trees were felled, roofs damaged – including that of The O2 arena – transport routes closed, and major incident warnings issued by the emergency services.

More than a million homes were left without power at various points across a 72-hour period, beginning on February 17.

Ultimately, Eunice blew herself out, and gradually things have got back to normal; although for the

families of the three fatalities of the UK storm, things will never be the same again.

The naming of storms has always provoked interest, although the practice is relatively new and only dates back to November 2015, when Abigail was the first to be named. The Met Office decided labelling them would do more to alert people to how dangerous they could be, as well as making the reporting and following of them an easier task. There is real science behind the theory too – the human brain attaches a stronger emotional tie to a name than it does to a concept.

What we shouldn't do is confuse a relatively gentle title for something that, at its worst, can be fatal. Dudley, Gladys and Ruby may sound sweet and unassuming, but they're anything but at 3am as tiles are ripped from your roof.

The best news is that the Met Office invites people to send in their own suggestions of names – email [nameourstorms@metoffice.gov.uk](mailto:nameourstorms@metoffice.gov.uk) with your own cute (or totally terrifying) choice.

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## WALK-IN SHOWER vs



## WET ROOM



Walk-in showers and wet rooms have never been more popular, with families, professional couples and people with mobility issues all taking advantage of their stylish and practical designs.

However, what exactly is the difference between a walk-in shower and a wet room? And which one is right for your home?

### WHAT IS A WALK-IN SHOWER?

Walk-in showers typically exist on a shower tray that has been installed directly onto the floor. They are not an extension of a bath and instead have their own cubicle. They are built as low to the main surface of the bathroom as possible so that you can enjoy a seamless transition from one space to the next.

### WHAT IS A WET ROOM?

A wet room is a completely waterproof bathroom space that features a shower area that is flush with the rest of the floor. Water drains through a drain that is usually located in the shower section, and the room can include a shower screen to reduce spray in the bathroom.

### WHAT ARE THE MAIN DIFFERENCES?

While a wet room is an open-plan space in which the floor has been altered to allow water to drain from it, a walk-in shower features a low-profile shower tray that has either one or two glass screens. Both options provide easy access and style. Often, homeowners opt for a walk-in shower if they do not have the budget for a wet room.

### WHY CHOOSE A WALK-IN SHOWER?

- > Ideal for smaller bathrooms or en suites
- > Perfect for people with limited mobility due to the low shower tray
- > Offers a minimalist design
- > More affordable than a wet room
- > Low maintenance

### WHY CHOOSE A WET ROOM?

- > Easy access for the elderly and disabled
- > Incredibly luxurious
- > Suitable for small and large bathrooms
- > Easy to clean
- > Can add value to your home.



HOME & DIY





# BERBER BASICS



**A**re you looking to install some new carpet in your home? While some consider it to be outdated, Berber carpet is experiencing something of a revival owing to its durability and the development of new patterns and designs. Traditionally, Berber carpet is lightly coloured and features dark flecks that are either brown or grey. Essentially, Berber is a looped-style carpet that is designed for use in high-traffic areas of the home, such as the hallway and stairs.

### REASONS TO CHOOSE BERBER CARPET

- > **Durability:** Berber carpet is one of the most durable types of carpet on the market and should not become torn, even when exposed to heavy footfall. In fact, if installed properly, a Berber carpet should easily last you a decade.
- > **Resistant to spills:** One of the main reasons why people choose not to lay carpet in their homes is because this type of flooring is known for absorbing water. However, Berber carpet is considered to be spill-resistant, making it a good option for those with young families.
- > **Affordable:** Another big plus point, Berber carpet comes in a variety of different types, with options to suit all budgets. If you don't have much to spend, opt for olefin or polyester Berber carpets, or, for those who don't mind splashing the cash, wool offers a touch of luxury.

### REASONS TO AVOID BERBER CARPET

- > **Prone to snagging:** Although designed to last, Berber carpets are prone to snagging owing to their looped nature. Even if only one loop becomes snagged, you need to repair this immediately or risk the whole carpet coming apart.
- > **Not good for pets:** As Berber carpets are easily snagged, pets can cause havoc with this style of carpet. Cats, in particular, are attracted to the roughness of this carpet and may use it as their new scratching post.



Photo credit: Carpetright.co.uk, buycarpet.co.uk, dolphincarpet.com



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**1. TO UNBLOCK THE SINK** – If your plugholes become clogged with food waste, debris and grease, you are likely to experience unpleasant odours and slow-draining water. Rectify this by pouring one cup of soda crystals directly down the plughole, followed by a kettle of boiled water.

**2. TO CLEAN YOUR EXTRACTOR FILTER FAN** – If your extractor fan is covered in grease, this can be easily remedied with soda crystals. Create a strong solution using one cup of soda crystals and one pint of water, pour into a bowl, and let your filter soak for 10-15 minutes. Scrub any leftover residue using a sponge and then rinse.

**3. TO REMOVE ALGAE FROM PATIO OR DECKING** – Over the winter, your outdoor patio or decking may have succumbed to algae and moss. To get it looking new again, create a regular solution of soda crystals using ½ cup of crystals and one pint of water and pour over the surface. Leave to sit for an hour, scrub with a firm bristle brush and rinse with a hose.

**4. TO RESTORE CARPETS AND RUGS** – Soda crystals are the perfect cleaning solution for dull and faded carpets or rugs. All you need to do is sprinkle an even layer of soda crystals over the area and leave for a few minutes. Then apply your normal carpet cleaner to finish.

**5. TO SOFTEN TOWELS** – Crunchy towels are the worst, but fortunately, this problem can be easily solved by soaking them in a regular solution of soda crystals – mix ½ cup of soda crystals and one pint of warm water. Leave for one hour then rinse.





# NICK OF TIME



## NICK KNOWLES CELEBRATES 30 YEARS ON OUR SCREENS

When Nick Knowles said an emotional farewell to his *DIY SOS* show at the end of 2021, it brought the curtain down on an impressive period of renovating, refreshing and reviving people's living spaces.

It's a shame the 59 year old's tenure ended in such acrimonious fashion – the presenter was unceremoniously binned after appearing in an advert for Shreddies. In mimicking his role in *DIY SOS*, he had broken a BBC contract rule, and the axe fell. Comedian Rhod Gilbert replaced Knowles, who has since not been short of offers for new work. So it appears that life – and home improvements – continue.

Knowles got his break in television back in the early 1990s as a reporter on nightly news show *Coast to Coast*, which aired on TVS, the precursor to ITV Meridian.

From 1994, he presented a motorcycle programme called *Ridge Riders* for eight years, before the BBC saw Knowles' potential and

matched him up with Lowri Turner for a new-launch DIY show that would ride on the coattails of the hugely successful *Changing Rooms*.

The format of *DIY SOS* was fast-paced and usually leant on solving property issues for those in need of help, rather than people simply wanting a change of decor.

The success of *DIY SOS* led Knowles into daytime shows such as *Real Rescues*, *Wildest Dreams* and *Last Choir Standing*. However, it was becoming a game show host, notably through the lottery programme, that shaped the charismatic Southall-born frontman. *Who Dares Wins*, *Secret Fortune*, *Perfection* and *Break the Safe* guided him to star presenter status, and the inevitable *I'm A Celebrity* invitation. He subsequently finished sixth in the 2018 show, which was won by Harry Redknapp.

As for what comes next, Knowles's *Heritage Rescue* show on Quest looks at historic buildings in need of restoration – proof that there's always another DIY project lurking just around the corner.

Photo credit: Jake Morley/BAPT/SHUTTERSTOCK

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# Community unites to send donations to Ukraine

Frinton-on-Sea Rotary Club organised two 26-ton lorries to carry vital aid to Ukraine last month.

A total of £4,000 in cash, 351 boxes of toiletries, 248 boxes of food, 355 boxes of bedding, 67 boxes of torches and batteries, 43 boxes of medical supplies, 13 boxes of candles and matches and 15 boxes of pet food were all donated to help those in need.

A detailed rota was drawn up, comprised of volunteers within the Rotary Club and the Frinton and Walton community. Frinton Women's Institute also offered to help, and members of the local Royal

National Lifeboat Institution were brought in to assist with the loading of the trucks.

Paul Williams, Rotary Club president, said: "This was a remarkable community enterprise achieved over an incredibly short time and everyone was very helpful. We are so thankful to so many who volunteered and donated. The generosity of our local folk has been stunning, and I was staggered by how wonderful they have been with their donations and time."

To donate to the Ukraine appeal, visit [donation.dec.org.uk/ukraine-humanitarian-appeal](http://donation.dec.org.uk/ukraine-humanitarian-appeal)

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Photo credit: Ruby Ward @it'sholfordon

# Three men charged with firearms and drug offences

Detectives from Essex Police's Serious Crime Directorate carried out a series of dawn raids across Clacton and Basildon last month and arrested three men, including one from Frinton.

Jason Fuller, 50, of The Esplanade, Frinton-on-Sea, has been charged with possessing ammunition for a firearm without a certificate and possessing a firearm.

David Glover, 34, of Hollands Walk, Basildon, has been charged with two counts of possession of a firearm, possession with intent to supply class A and

B drugs, acquiring/using/possessing criminal property and possessing ammunition for a firearm without a certificate.

Andre Vella, 28, of High Road, Wormley, has been charged with conspiracy to possess firearms.

All three men are due to appear for trial at Basildon Crown Court on April 18.

Two other men, aged 30 and 45, who were arrested on suspicion of firearms offences, have now been released under investigation.

# Blind artist showcases her work at exhibition

An artist who is registered blind is exhibiting her work at a Frinton gallery.

Annie Fennymore (pictured) has been registered blind for 21 years and has her guide dog, Mary, as her constant companion.

Annie, who is the founder of Blind Alley Art, will be exhibiting at The Driftwood Gallery on Connaught Avenue from April 4 to 23.

Annie uses acrylic paints and raised materials to create her tactile paintings. She uses Blu Tack to outline her intended subject, then fills in the space with acrylic colours using her fingertips. Only for backdrops and bigger canvases does she use a brush. She also has a variety of talking technological aids for the blind, one of which tells her the colour of each paint tube.

She works with children with impairments and people with learning disabilities, and volunteers with Essex Sight and Deafblind UK at schools and colleges. She also conducts presentations and is a frequent speaker at the Moorfields Academy.

Annie will attend the gallery and will be available to chat to individuals about her work from 1pm to 4pm on April 13 and 20.



Photo credit: Annie Fennymore Facebook



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## GILES WATLING



MP for Clacton



LOCAL NEWS

Russia has invaded Ukraine. There has been terrible loss of life and the fragile world stage has been thrown into turmoil. I stand alongside my parliamentary colleagues in sending our heartfelt thoughts to the Ukrainian people, and I call upon the government to do what it can to help.

This terrible turn of events should, in my view, have been predicted and arrangements made to tackle it. This is exactly why we should never drop our guard and why we should keep our fantastic military properly funded, ensuring that they have all the right equipment and morale to face down any challenge presented.

We must bear in mind that Russia has an economy slightly smaller than that of Spain and it cannot afford to pursue this offensive over an extended period. Furthermore, as democracies, we are inherently weak in the face of authoritarian dictatorship, which is why NATO should be such an effective arm to our security. Ironically, the 'hit one and you hit all' Article 5 of the NATO agreement means that even someone as out of

touch as Putin is loath to go to the edge.

But here is the irony – I believe that the very existence of Article 5 creates a shield behind which Putin can hide. He can go about his dreadful murdering tactics, attempting to portray the western powers as the aggressors, without fear just so long as he doesn't engage directly with NATO forces. He knows that we will not strike first, no matter how much he pokes us in the eye.

In contrast to this stark reality, my work as the Member of Parliament for Clacton continues. I have met with several ministers recently, to discuss issues ranging from our flood defences to our rail network and connectivity. I also routinely question ministers in the house on levelling up in Clacton. I am pleased to inform you that Essex County Council has prioritised Tendring as a district for its levelling-up programme, but I will never stop until we are treated the same as the rest of Essex.

## New business to aid hospice

A new home care business has been launched to support a Frinton and Clacton hospice.

The Radfield Home Care office has been established in partnership with St Helena Hospice to directly generate funds for the hospice. The home care service in the Colchester, Frinton and Clacton areas will help enable older people to live independently at home for as long as possible by providing a range of services, including dementia care, companionship and helping with household tasks.

All of the profits raised from the home care service will be reinvested into running St Helena Hospice's core services to help local people facing incurable illness and bereavement.

Brian Bolt, finance and commercial director for St Helena Hospice, said: "The home care service will be run as a separate business from St Helena as we adopt the Radfield franchise model and well-established and respected name. This will provide us with a reliable and increasing source of additional income to allow us to continue to grow our vital services for the benefit of



patients and families facing death and bereavement."

Dr Hannah Mackechnie, director of Radfield Home Care, said: "We are thrilled to begin our partnership with an organisation as vital and respected as St Helena Hospice. The hospice is right at the heart of the community, offering exceptional services, and we are privileged to be supporting its fantastic work."





Photo credit: N0P1R1E2309/Shutterstock.com

# Funds provided to help jobseekers train as drivers

Funding to support jobseekers in Frinton to train as lorry drivers is being provided by Tendring District Council (TDC).

TDC is providing £15,000 to pay for heavy goods vehicle (HGV) training for at least five residents, and is working with the Department for Work and Pensions (DWP) to identify candidates for the training.

The scheme, which is being delivered in partnership with Essex County Council, means training provision is in place in local areas where national initiatives are not active.

Councillor Mary Newton, TDC's Cabinet Member for Business and Economic Growth, said the scheme was a win-win.

She said: "Not only will this training help some of our residents into work by giving them additional skills – reducing reliance on the benefits system – but it will also do our bit to help tackle a national shortage of HGV drivers.

"Lorry drivers are so important to our economy, both here in Tendring and nationally – whether it is as part of food supply chains, driving recycling lorries, and much more besides – so this is a key sector for us to support."

The funding will be available for those in receipt of Universal Credit, with candidates identified by the DWP as part of its ongoing work supporting claimants into employment.

# Council renews commitment to Armed Forces

Tendring District Council (TDC) has renewed its commitment to current and former members of the military community by re-signing the Armed Forces Covenant.

The authority had previously signed up to the charter, but has now re-signed the latest version of the document.

Under the Armed Forces Covenant, TDC commits to respect, support and honour members of the military community – including reservists, cadets, veterans and military families. It also commits to not

disadvantaging this community and recognises that in some circumstances, special consideration may be appropriate.

Councillor Chris Amos, TDC's Armed Forces Champion, said: "The Armed Forces community has long held our respect here at TDC, and signing the latest version of the Covenant renews our support.

"We will continue to work in support of members of our Armed Forces, both through the way we operate our services and with recognition of events such as Armed Forces Day."

# TITANIC'S WATERY

*Grave Remains*

**SOME 110 YEARS ON FROM THE SINKING OF THE MOST FAMOUS SHIP IN HISTORY, TITANIC'S WATERY REMAINS ARE STILL VIRTUALLY UNTOUCHED**

April 15, 1912, will be a date forever etched in the annals of maritime disaster as, at 2.20am, the RMS Titanic sank into the icy depths on its maiden voyage from Southampton to New York.

It is a ship made famous by its demise, and as another anniversary passes, the sinking of this 'unsinkable' vessel continues to fascinate, terrify and, dare we say it, even entertain the world in every bit the same way as it always has.

This year marks the 110th anniversary since the ship sank to the bottom of the North Atlantic, taking 1,517 poor souls with it.

The ship remains 13,000ft beneath the surface, as any attempt to retrieve it would see it break up, while diving to the wreck can only be performed by registered scientists.

And while companies OceanGate and Bluefish have both developed state-of-the-art submersibles

that can take explorers on the 90-minute descent, the price tag of £100,000 per person means this is one disaster best viewed through the eyes of documentary-makers and film directors.

The Titanic sank when it struck an iceberg. Spotted at the last minute, First Officer William Murdoch attempted to turn the ship to avoid it – experts believe if it had hit the iceberg head on, it probably would have survived. Instead, while it could reportedly stay afloat with as many as four of its 16 compartments filled with water, five were breached, with the dipping of the bow causing water from the ruptured spaces to spill over into forward compartments.

It wasn't until 1985, during an expedition led by Robert Ballard, that the Titanic was finally discovered. However, bacteria eating away at the wood and metal of the ship mean that, within 50 years, the wreck will be almost unrecognisable.

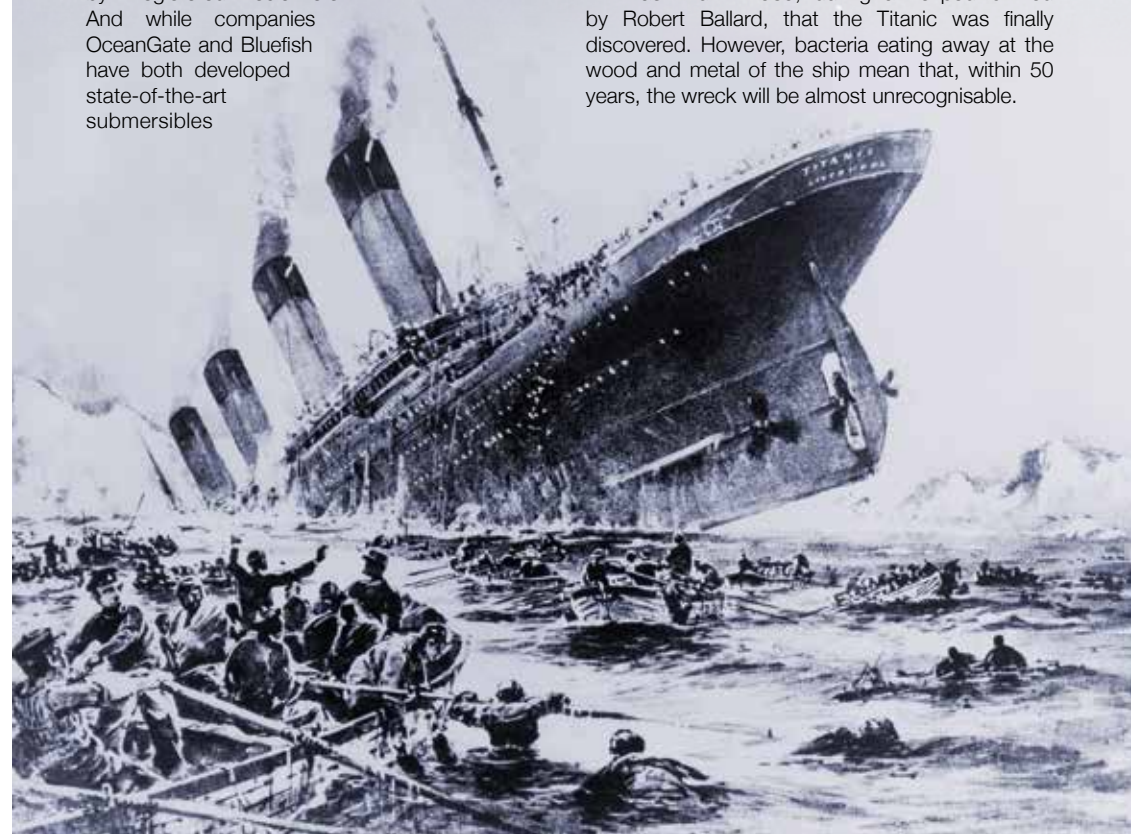






Photo credit: Ken McKay/ITV/Shutterstock

# OUT OF THE BROOM CUPBOARD... *and onto centre stage*

## CELEBRATING THE CAREER OF PHILLIP SCHOFIELD

The title 'first in-vision continuity presenter for Children's BBC' perhaps isn't one he'll want as his epitaph, and yet the role that set Phillip Schofield on the path to becoming one of daytime and primetime TV's true modern icons is perhaps one of his most significant.

It's September 1985 and a 23-year-old Schofield has just returned to the UK after four years in New Zealand. Having already worked at the BBC as a bookings clerk and teaboy when he was a teenager, the charismatic, charming, chipper broadcaster was thrust into the not-so-glamorous surrounds of *The Broom Cupboard*, on Children's BBC.

Sitting at a cramped, squalid, cluttered desk, he was accompanied by Gordon the Gopher, and was a kids' TV first as the dull lead-in screens between programmes were replaced by a chatty, sociable presenter who offered personality and no small amount of humour.

The formula was an instant hit and set Schofield on the way to broadcasting brilliance. *Going Live!*, in which he appeared opposite Sarah Greene, came along two years later.

Adult programming followed – from four years hosting the *Smash Hits Poll Winners Party* to *Talking Telephone Numbers* and *Test the Nation*, Schofield's versatility bridged genres of entertainment as effortlessly as it did the range of demographics who would marvel at his calm and charisma.

No better has that been seen than when in full flow with sidekick Holly Willoughby on ITV's leading daytime show, *This Morning*. When the duo first worked together back in 2009, few would have expected such natural chemistry to emerge. From endless innuendos to heartfelt and touching interviews and reports on all manner of issues, the pair have been at the epicentre of *This Morning's* steely grip on the National Television Award for Best Daytime/Live Show, which it has won every year under their stewardship.

Of course, for someone who has been in front of the camera for so long, controversies will ultimately come along – from an ill-conceived set-up of then-Prime Minister David Cameron live on air, to a more light-hearted revelation from Schofield that he had been dyeing his hair since the age of 16 to ward off grey, something he now embraces.

Then, in February 2020, the personal revelation that the married father-of-two was coming out as gay proved a sensational storyline. In true *This Morning* style, the presenter and Willoughby conducted what amounted to an open counselling session – his heartfelt admission only serving to endear us to him further.

Away from the show, Schofield, who turns 60 this month, continues to pick the prime slots in ITV's entertainment programming, with quiz and challenge shows such as *Dancing on Ice*, *All Star Mr & Mrs*, *5 Gold Rings* and *The Cube*. There has also been a raft of factual programming, including coverage of royal events – The Queen's Diamond Jubilee, the weddings of Princes William and Harry, and a tribute to Prince Philip.

And in February, daytime doyenne Lorraine Kelly dedicated her show to Schofield's 40 years in the business.

In a rapidly changing television industry where personalities come and go, Phillip Schofield has proved himself a man for every occasion. He is someone who can put an arm round a guest one day and laugh at his own failings the next, as well as being arguably the greatest thing to ever emerge from a broom cupboard.



# Create your own OUTDOOR KITCHEN

The COVID-19 pandemic meant that many of us turned our attention to our gardens to create the perfect outdoor living space. Great for entertaining, hosting in the garden has become the ideal way to entertain family and friends. Creating an outdoor kitchen gives you a stylish space to cook outside so you can make the most of the warmer weather with your family and friends. Learn how to create an outdoor kitchen on any budget, ready for summer entertaining.

**MEASURE YOUR SPACE:** You can design an outdoor kitchen to suit all kinds of spaces. Measure your designated area to establish what you have to work with. A basic kitchen will need space for an appliance, like a barbecue, and some workspace. The larger your space, the more you'll be able to add.

**FIND THE RIGHT APPLIANCES:** Find cooking appliances that will suit your budget. Pizza ovens are bang on trend and can be used for all cooking. However, if that doesn't take your fancy, barbecues and grills are available in different sizes according to your needs. Some people even add fridges and microwaves to their outdoor spaces.

**GET YOUR CONNECTIONS IN PLACE.** You may need to bring in professionals to provide electricity, lighting and plumbing to your space. Keep everything secured away for safety and to make sure the space looks neat and organised.

**BUILD A SHELTER TO COVER ALL WEATHER:** A shelter is a must if you're dealing with electrical equipment, but it will also help you make the most of your space. Having shelter will let you use your outdoor kitchen in any weather, for year-round entertainment.

**MAKE SURE YOU'VE GOT ENOUGH STORAGE:** Storage is a must for your outdoor kitchen. Shelving, trolleys and cupboards can keep your utensils, tableware and other supplies safe and clean, ready for when you need them.

An outdoor kitchen is a must if you like entertaining at home. Start now to get yours ready in time for summer.



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# Natural MENOPAUSE MANAGEMENT



## A NATURAL APPROACH TO MANAGING THE MENOPAUSE

Whether you don't want to take hormone replacement therapy (HRT), you can't for medical reasons or you want to supplement this prescription treatment, there are natural ways that can help you to manage the menopause.

### EAT A HEALTHY DIET

Women's bone density reduces during menopause so it is essential that you eat a diet rich in calcium to keep your bones healthy and strong. Reducing your sugar intake and eating low GI foods can help to reduce mood swings, while eating healthy fats can help increase the healthy bacteria in your gut which can diminish after menopause.

### REDUCE ALCOHOL INTAKE

Some women find that alcohol exacerbates their symptoms, especially hot flushes. Alcohol can also increase your risk of developing osteoporosis, heart disease and some types of cancer. Plus, it is high in calories, which is not ideal if you are experiencing weight gain as a result of the menopause.

### PARTAKE IN REGULAR EXERCISE

Important for both your cardiovascular and bone

health, as well as reducing feelings of stress and anxiety, it is more beneficial to exercise gently and regularly than it is to go all out once in a while. Both yoga and swimming are great options for women undergoing the menopause.

### COGNITIVE BEHAVIOURAL THERAPY (CBT)

If you are suffering with low moods and/or anxiety as a result of the menopause, CBT can help you work through these emotions. There is also some evidence that suggests CBT can help to control hot flushes.

### TRY HERBS AND SUPPLEMENTS

There are several herbs and supplements that are said to help manage menopause symptoms, including:

- > Black cohosh – to alleviate night sweats and hot flushes
- > Red clover – to slow down bone loss and alleviate hot flushes
- > Dong quai tea – to ease pelvic pain and regulate oestrogen levels
- > Valerian root – to treat joint pain, aid sleep and reduce hot flushes.



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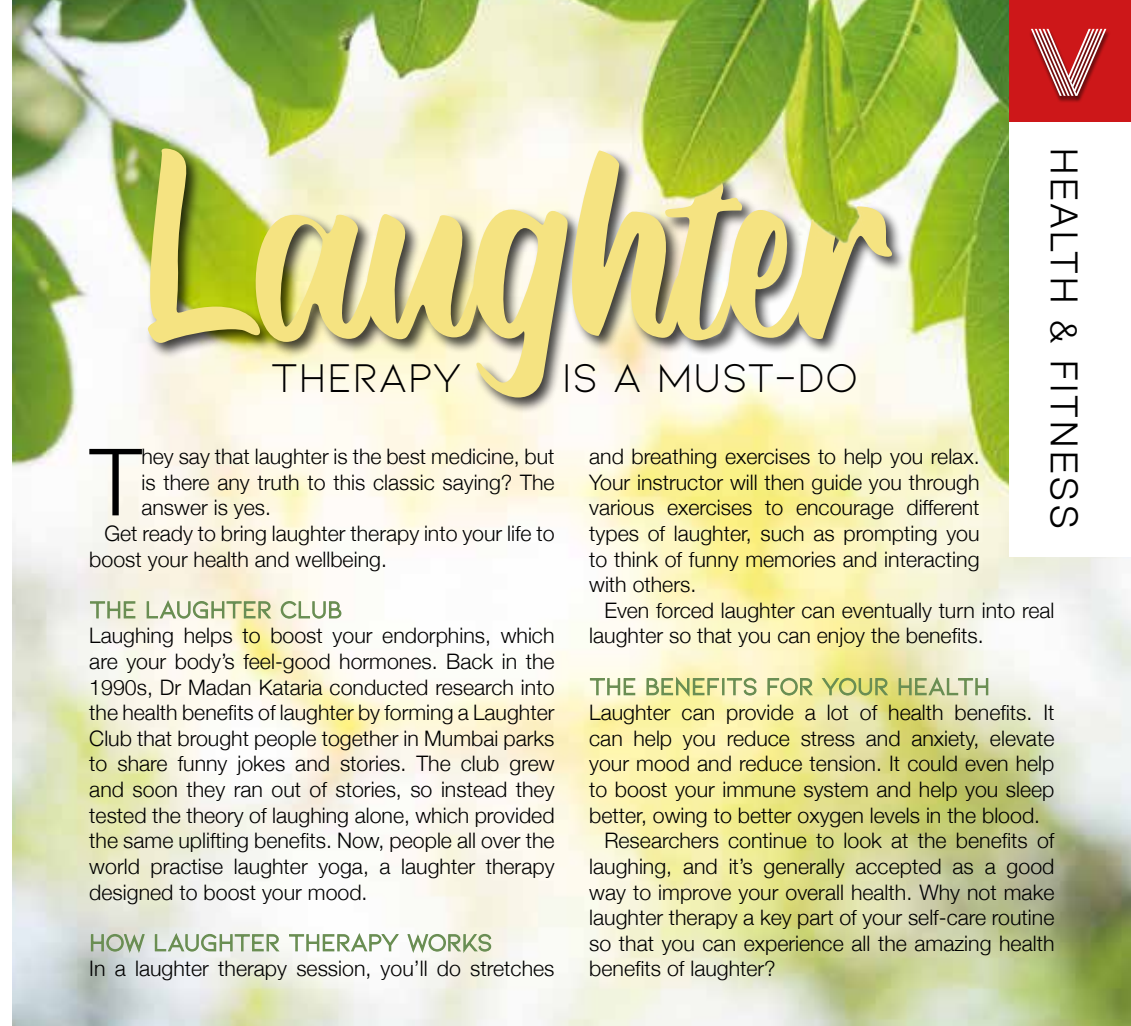
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# Laughter

## THERAPY IS A MUST-DO

They say that laughter is the best medicine, but is there any truth to this classic saying? The answer is yes.

Get ready to bring laughter therapy into your life to boost your health and wellbeing.

**THE LAUGHTER CLUB**

Laughing helps to boost your endorphins, which are your body's feel-good hormones. Back in the 1990s, Dr Madan Kataria conducted research into the health benefits of laughter by forming a Laughter Club that brought people together in Mumbai parks to share funny jokes and stories. The club grew and soon they ran out of stories, so instead they tested the theory of laughing alone, which provided the same uplifting benefits. Now, people all over the world practise laughter yoga, a laughter therapy designed to boost your mood.

**HOW LAUGHTER THERAPY WORKS**

In a laughter therapy session, you'll do stretches and breathing exercises to help you relax. Your instructor will then guide you through various exercises to encourage different types of laughter, such as prompting you to think of funny memories and interacting with others.

Even forced laughter can eventually turn into real laughter so that you can enjoy the benefits.

**THE BENEFITS FOR YOUR HEALTH**

Laughter can provide a lot of health benefits. It can help you reduce stress and anxiety, elevate your mood and reduce tension. It could even help to boost your immune system and help you sleep better, owing to better oxygen levels in the blood.

Researchers continue to look at the benefits of laughing, and it's generally accepted as a good way to improve your overall health. Why not make laughter therapy a key part of your self-care routine so that you can experience all the amazing health benefits of laughter?







# 2022 FOOD festivals in the UK

Do you consider yourself a bit of a foodie? Or perhaps you just love to spend a lazy weekend milling around a market and sampling the local cuisine? Either way, you will be pleased to hear that the UK has some of the best food festivals in the world.

**PUB IN THE PARK**  
All over the UK, May 12-September 18  
Created by Tom Kerridge, Pub in the Park tours all over the UK and boasts a top line-up of chefs and music artists. Attracting more than 130,000 visitors in 2021, this popular festival celebrates everything there is to love about the British pub, including delicious food, great music and time spent with family and friends. More information can be found at [pubintheparkuk.com](http://pubintheparkuk.com)

**BIGFOOT**  
Buckinghamshire, June 17-19  
A relatively new festival on the foodie scene, Bigfoot is the UK's first-ever craft beer music festival. Taking place in the stunning Claydon Estate, the headliners this year are Caribou and Happy Mondays. Tantalise your tastebuds with beers including Gipsy Hill,

Howling Hops and Signature Brew, and soak up all the booze with fabulous food from Patty & Bun and Club Mexicana. More information can be found at [bigfootfestival.co.uk](http://bigfootfestival.co.uk)

**THE BIG FESTIVAL**  
The Cotswolds, August 26-28  
Taking place on Alex James' farm in the Cotswolds over the August bank holiday weekend, The Big Festival brings together some of the UK's biggest music artists and Michelin-starred chefs. Enjoy an exciting array of street food while rocking out to the likes of The Human League, Stereophonics and the Sugababes. More information can be found at [thebigfestival.com](http://thebigfestival.com)

**MEATOPIA**  
Tobacco Dock, London, September 2-4  
One of the most popular and well-known London food festivals, Meatopia is a legendary event for fire-cooking enthusiasts. Offering a winning combination of amazing food, thirst-quenching beverages, roaring fire-pits and live music, Meatopia describes itself as the ultimate Bacchanalian party. More information can be found at [meatopia.co.uk](http://meatopia.co.uk)



# NAME THE CURLS

Does your curly hair drive you to distraction? Does the mere hint of heat or humidity turn your luscious locks into a frizzy frenzy? As one of the most precarious months of the year, April can bring sun, rain and wind, all of which can wreak havoc with your curly hair. Find out how to manage your mane below.

**Avoid hair-styling tools**  
Although you may be tempted to use your trusty straighteners, blow dryers and hot combs even more when the heat and humidity are ruining your usually sleek curls, this is the worst thing you can do. Instead, let your curly hair dry naturally or use a diffuser and invest in a good air-dry styling cream.

**Deep condition frequently**  
When the weather can't make its mind up, now is the time to embrace conditioning treatments, as these will help your hair to stay in optimal condition. If you usually deep condition once a week, change this to every other day when the weather starts to heat up.

**Try the pineapple trick**  
If the heat and humidity tend to attack your curls while you are sleeping, then the pineapple trick is just what you need. All you need to do is loosely gather your curls at the highest point of your head and secure them with a band. This will guard against frizz.

**Layer up products**  
If the forecast is rain, then you need to be prepared by applying the right products for your type of hair before you leave the house. For medium-textured curls, opt for a water-based mousse, or if your hair is fine, an alcohol-based one is better. Once dry, spray your hair liberally with an anti-humidity product.







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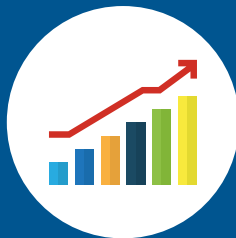


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**BRUCEKING**  
*on why people buy*



BUSINESS & PROPERTY



**What shall we buy?**

**In his final column, sales mentor and personal growth coach, Bruce King, discusses why people buy and how to stop yourself buying things you don't need.**

We all buy for emotional, not logical, reasons, although we'll create logical reasons to justify our decisions.

For example, did you buy or were you sold a new pair of shoes when you had plenty already and your favourite pair just needed a good polish? You bought a new pair because you love new shoes and they make you feel good, or the salesperson said you looked great in them.

Maybe you justified your decision with logic on the basis that if someone saw your expensive new shoes, you would create a better impression.

Ever bought a new car when there was nothing wrong with your current model, but the look, feel and smell of a new car makes you feel wonderful, and the salesperson said you looked so impressive in the driving seat?

Perhaps you justified your decision on the basis

that a new, more expensive car would impress your customers and make them more likely to do business with you.

Why do we do this? The answer lies in how the brain works – it has an emotional part and a logical part. All decisions we make start in the emotional part – that's how our brains work.

If the emotion is strong enough, we'll usually ignore the logical part. Love and want are both strong emotional reasons for buying something.

To stop ourselves being sold to, switch on the logical part by asking a question – something as simple as, 'Do I really need this new car or these new shoes?' your brain will probably respond with a resounding 'NO!' and save you a lot of money.

*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](http://bruceking.co.uk)



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*How to choose an*  
**ESTATE AGENT**

If you are looking to sell your home, the right estate agent is worth their weight in gold. However, how do you weed out the weak from the wonderful?

**COMPILE A SHORTLIST**

Don't just decide upon the first estate agent that you see or the one that puts the most leaflets through your door. Instead, compile a shortlist using recommendations from family and friends, online reviews and testimonials. You should also look for an estate agent that has experience selling properties similar to yours.

**CHECK THEIR PERFORMANCE**

Once you have your shortlist, invite each estate agent round to your home to discuss their offerings and to conduct a valuation. This is the perfect opportunity to find out more about how they operate. You may want to ask:

- > How quickly do they sell homes?
- > Are they a member of an accredited independent ombudsman service?

- > What would they do if your property was not selling as quickly as you would like or at the price you expected?
- > Do they carry out viewings at weekends?

**FIND OUT THE FEE**

You need to know what percentage of the sale price each estate agent would take upon completion. Currently, the average estate agent fee in the UK is 1.18 per cent for a sole agency agreement. Going with a sole agency usually means a lower fee, but this does mean that you only have one agency marketing your property. Remember these fees are negotiable.

**HIGH STREET VS ONLINE-ONLY AGENT**

Online-only estate agents such as Purplebricks make up only five per cent of the overall property market, yet they are increasing in popularity. These typically have a fixed fee that needs to be paid up front, rather than the 'no sale no fee' commission charged by high-street companies.

Photo credit: Neill Lang/Shutterstock.com





MOTORING



# MAGNIFICENT MOTORS

## THE MODIFICATIONS BEING MADE AHEAD OF THE 2022 FORMULA 1 CHAMPIONSHIP

The evolving entity that is Formula 1 is undergoing perhaps its most rapid change ever in 2022, with a blueprint for the future (and the new season which began in Bahrain on March 20) based on two principles – greener and more competitive racing.

On the eco side, the fact that the world's exemplars of motoring excess have signed up to increasing bio-components within the fuel system is impressive. The new season has seen this increase from 5.75 per cent of fuel load to 10 per cent, via the new E10 fuel. The E stands for ethanol, which has a near-zero carbon footprint, and sets a precedent for even cleaner fuel in the future. F1 experts are already working hard to formulate a fully sustainable product in the near future.

Combining this eco drive with more competitive, exciting racing – the like of which we saw at the conclusion of the 2021 championship when Lewis Hamilton had an eighth world title snatched from his

grasp – is a win/win for F1. To aid this, the new cars set to be launched are rounder, slicker and more stunning to look at.

Included in their structure are moves to make them more equipped for closer racing (with the removal of excessive downforce), notably through over-wheel winglets and wheel covers. They also have 18-inch low-profile tyres, reducing overheating when they slide, plus entirely new front wings and noses so as to generate consistent downforce when close to a car in front.

Finally, rolled tips on the rear wing will allow clean air for chasing cars to drive through.

Further good news for F1 fans is that the existing power units – the 1.6l turbo-hybrid – remain. These are the most advanced engines on the planet, and are designed so that the unit will separate from the chassis without exposing the fuel tank. This also makes it the safest racing car ever made.

All we need now are the drivers...

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# OUR Queen

**T**his year, Her Royal Highness, Queen Elizabeth II, will celebrate her Platinum Jubilee, marking 70 years of service on the throne and cementing her as Britain's longest-serving monarch.

After reigning for so long, the Queen has had a wonderful and interesting life. But how much do you know about the Queen? Here are some facts you may not have heard before.

#### THE QUEEN HAS TWO BIRTHDAYS

I'm sure we'd all love two birthdays, especially if only one adds another year to our age. The Queen has two birthdays: April 21 – the day she was born – and her 'official' birthday, which takes place on the second Saturday in June with a celebration known as Trooping the Colour. This is so that her birthday can be celebrated when the weather is better.

#### THE QUEEN SUPPORTS ARSENAL

Whoever knew Her Majesty is a Gunner?

#### THE QUEEN DOESN'T NEED A PASSPORT...

British passports might be issued in her name, but the Queen herself doesn't need a passport. She's never needed a passport to travel, but has visited more than 100 countries.

#### ...OR A DRIVING LICENCE

The Queen is the only person in the UK who doesn't

need a licence to drive. She continues to drive at 95 years old.

#### THE QUEEN LIVES AT WINDSOR CASTLE

Windsor Castle is one of 26 royal residences and also has the title of being the largest castle in Britain.

#### THE QUEEN OWNS STRANGE PETS

The Queen is famous for owning corgis, but she also owns an elephant, two giant turtles, a jaguar and some sloths. They were all gifts from overseas and live at London Zoo.

#### THE QUEEN'S NICKNAME IS 'LILIBET'

Which is the name Prince Harry and Meghan Markle chose for their first daughter – Lilibet Diana Mountbatten-Windsor.

And there you have it. Now you know a bit more about Her Majesty ahead of her Platinum Jubilee.

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# PUZZLES & TRIVIA

PUZZLES

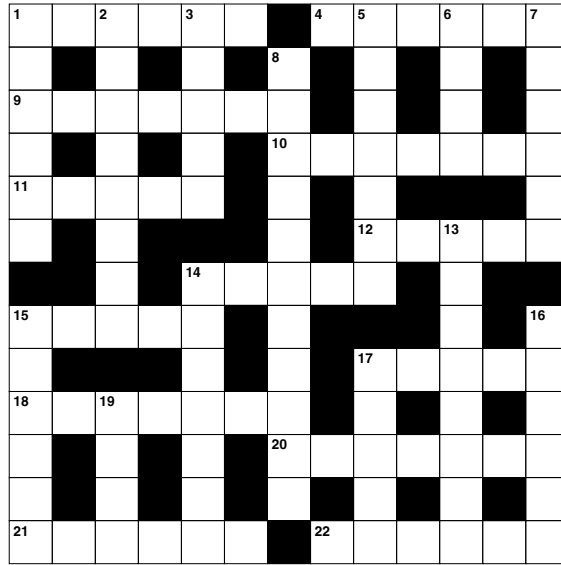
Answers: see end of The VISION Listings

## ACROSS

- 1. Creative act (6)
- 4. Pertaining to vinegar (6)
- 9. Nerve impulses (7)
- 10. Not solid or liquid (7)
- 11. Send money in payment (5)
- 12. Country in North East Africa (5)
- 14. Loathe (5)
- 15. Sense of seeing (5)
- 17. Wrong (5)
- 18. Light shoes (7)
- 20. Prior (7)
- 21. Enjoy greatly (6)
- 22. Large eel (6)

## DOWN

- 1. Wish for (6)
- 2. Propelling the body through water (8)
- 3. Haggard (5)
- 5. Small mat (7)
- 6. A group of three (4)
- 7. Form-fitting garment (6)
- 8. Sea beacons (11)
- 13. Giving way under pressure (8)



- 14. Reaches (7)
- 15. Female sibling (6)
- 16. Listener (6)
- 17. Refrain from (5)
- 19. Invalid (4)

## DID YOU KNOW?

- ▶ The heart of the average blue whale is approximately the size of a car
- ▶ The Chrysopelea snake can leap from trees and 'fly' distances of around 300 feet
- ▶ Dogs can sense human emotion, knowing when people are feeling sad, happy or something else
- ▶ The platypus is one of the few living mammals to produce venom
- ▶ Some spider species try to eat their partners after mating
- ▶ The unicorn is the national animal of Scotland
- ▶ Every tiger and zebra has a unique stripe pattern
- ▶ A flamingo's head has to be upside down when it eats

## SUDOKU

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



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