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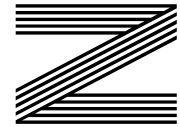
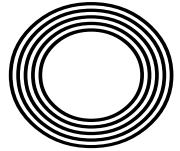
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A tribute to the iconic actress
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Denise
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Editor's notes...

MAY 2022



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea. As I write this, I am struck by the saying 'time flies'. Our business comprises three **VISION** titles - Frinton-on-Sea, Woodbridge, and our latest magazine, ManningtreeMistley, which is celebrating hitting the grand age of one this month!

In life, we can often get caught in the day to day, putting our heads down and keeping going. The problem with this is that we often lose sight of the progress we have made, and never appreciate how far we have come and what we now have.

Gratitude is a powerful tool as whilst we practice it, our brain cannot focus on the negative, and therefore we are given a valuable shot of good chemicals, helping us to be better and do better.

So as we are approaching the mid-point of the year, I want to encourage you to spend time being grateful for all that you have, and all that you do.

To help, I will go first: I am grateful for the businesses that choose to advertise with us, the team that writes our articles and local news, the distributors that deliver your magazine, and last but not least, to all of you for reading **VISION** every month and helping to make this the best job I could have.

Sean Purcell

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

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Golden BROWN

BIDDING FAREWELL TO JUNE BROWN OBE, WHO DEPARTED FOR A NEW STAGE IN APRIL

Dot Cotton, played by June Brown OBE, was the cigarette-smoking, crackly voiced hypochondriac who combined a hard edge with sultry soft compassion, enveloping and influencing a bounty of characters who stepped foot onto the hallowed, concrete East London streets of Albert Square.

So synonymous was the actress with the role that few would liken her to anything else on screen. She was *EastEnders*' longest-serving character, having appeared in the opening episodes way back in 1985. And after a four-year break at the start of the 1990s, she returned to the fray for a further two decades.

Alongside the likes of Dame Barbara Windsor DBE (Peggy Mitchell), Wendy Richard MBE (Pauline Fowler), Pam St Clement (Pat Butcher) and Letitia Dean (Sharon Watts), Brown represented a golden era of forceful female characters around the Square – iconic for a girl-power generation that was a world away from the pop stars and film actors the media would have us believe were fuelling the charge for equality.

And yet June Brown was about so much more than just one character. In the years after the cessation of the Second World War, she appeared at the National Theatre, and as recently as 2009 was on the West End stage in *Calendar Girls*, for which she confidently stripped for the role.

What does link Dot Cotton to the actress herself is a strength of purpose and poise.

"I have always believed in saying how I feel," she said in an interview last year. "Life is too short to hold back and I'm not sure I have long left. And I have always been this way."

'I will always celebrate my life... I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way'

"Ultimately, I think people respect you more if you are upfront and honest with them. Of course, you may offend them at the start, but honesty in the end it's admirable, and as human beings we're not cut out to agree with each other all of the time."

Such assuredness clearly enamoured June Brown to a bevy of directors, producers and casting agents. Born in Needham Market, Suffolk, she was evacuated to Leicester during the war, and joined the Old Vic company when peace was restored. Thus began an acting career that took her from Shakespeare to *Dixon of Dock Green*, TV plays through touring theatre productions, fantasy adventure as Nannie Slagg in *Gormenghast* to Lady Eleanor in the Time Warrior series of *Doctor Who*. She even had three episodes as the timid Mrs Parsons in *Coronation Street*.

Brown was awarded an MBE at Buckingham Palace in 2008, followed by an OBE in this year's New Year Honours. She is survived by five children – Chloe, William, Naomi, Sophie and Louise – from her second marriage, to actor Robert Arnold, who died in 2003. She had all her children in her forties – another daughter died in childbirth.

While *EastEnders* was the project that defined the June Brown we will remember, this was ultimately someone who gave so much across seven decades as an actress, and whose efforts touched so many.

"I will always celebrate my life," she said. "I have been very lucky, but I have tried my hardest, always, and I hope I've made people happy along the way."



Long live THE QUEEN

On February 6 this year, Her Majesty The Queen became the first British monarch to celebrate a Platinum Jubilee, marking 70 years of service. So, what is the secret to her success and her longevity? Let's take a closer look.

REGULAR MEDICAL SCREENINGS

Of course, The Queen has access to some of the best medical care that the country has to offer, and she takes full advantage of this with regular preventative screenings and check-ups.

LONG WALKS

The Queen knows the importance of regular exercise, and the royal family are known for their love of long walks in the grounds of Balmoral. The Queen has always been an avid walker, taking after The Queen Mother.

MENTAL STIMULATION

The mind is just as important as the body when it comes to longevity, and The Queen is very aware of keeping herself mentally astute. Committed to staying abreast of current issues, she has previously visited Google headquarters, showing an interest in the internet and emailing her grandchildren.

MAINTAINING A CONSTANT WEIGHT

The Queen has never appeared to be overweight and has benefited from freshly prepared meals which include vegetables, game and poultry provided by the estate. Fish is also a staple on the royal menu, and The Prince of Wales is a long-time leader in the organic farming movement.

DAILY CUPS OF TEA

High tea is enjoyed at precisely 5pm and is a British ritual that is embraced by Her Majesty. Tea has numerous health benefits, including being antioxidant, anti-inflammatory and anti-cancer. The Queen is also said to credit her peachy complexion to barley water flavoured with lemon and other citrus fruits.

THE OCCASIONAL TIPPLE

Small amounts of alcohol appear to have beneficial effects on the heart and brain, and The Queen has been honest about her enjoyment of German sweet wine, as well as gin and Dubonnet.



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HOME & DIY

HOME DÉCOR TRENDS 2022



Looking to update your interior design for summer? Discover the top five home décor trends for 2022. Plus, our top tips on how you can incorporate them into your home.



ARTIFICIAL GREEN WALL: Going green has never been more on trend, with sales of houseplants surging since the start of the pandemic. Perfect for those who want to bring the outdoors in, you can create a faux foliage wall using affordable, artificial succulents and foliage and a basic box frame.



VELVET FURNISHINGS: If you love the style of the 1970s, then you'll be pleased to hear that velvet is making a huge comeback in 2022. Although this opulent material went out of fashion when minimalism dominated the interior design world, it has now returned to favour, and is bolder and brighter than ever before.



AUTHENTIC DESIGNS: Handmade home décor items are becoming increasingly sought after, as homeowners look for a more personalised and authentic-looking home. From bespoke furniture to heritage collections, anything made on a smaller scale is in this year. They may be more expensive, but one-of-a-kind items will transcend any trends and last a lifetime.



ROYALCORE: Spurred on by the likes of *Bridgerton* and *The Crown*, royalcore embodies everything ornate and aristocratic. Whether you opt for an abundance of gold, intricate detailing or rich colour schemes involving purples, blues and reds, this is one TikTok trend that isn't going away any time soon.



SOFTER SHAPES: Say goodbye to straight lines and sharp angles and hello to rounder, more feminine shapes. Referred to as the 'curve comeback', look for rounded chairs, tables and sideboards. Providing a natural feel, softer shapes are both more practical and aesthetically pleasing.



HOME & DIY

WAYS TO GET SUPER

soft towels

There is nothing quite like getting out of the bath or shower and wrapping yourself up in a big, fluffy towel.

Sadly, over time, your towels can turn from super soft to super stiff. Discover five simple tricks for softening your towels below.

WASH IN WARM WATER: Washing your towels in warm water, ideally around body temperature, can help to keep them softer for longer. This is because it helps them to absorb the detergent better, resulting in less build-up on your towels.

REPLACE FABRIC SOFTENER WITH VINEGAR: Most fabric softeners contain silicon, which makes your towels repel water, meaning they will not get the best wash. Instead, add one cup of white vinegar once every six weeks when washing your towels to remove soapy residue and restore full absorbency.

USE LESS DETERGENT: As mentioned above, a build-up of detergent can leave your towels feeling stiff. Counteract this by adding a little less detergent when washing them so that your machine's rinse cycle can eliminate every last bit of stubborn soap.

ADD BAKING SODA: Another staple from the storecupboard, baking soda can help to loosen the fibres in your towels, as well as clean off any chemicals and dirt. Mix half a cup of baking soda with your normal detergent and wash as normal. Baking soda can also banish any musty odours from damp towels.

TOSS IN A TENNIS BALL: If you have any unused tennis balls lying in your garage or garden, toss a couple of these into your next load of towels. As they bounce around your machine, they will remove any lumps of soap and simultaneously fluff up your towels. Dryer balls can also be used.



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Colourwashing

THE INTERIOR DECOR TREND YOU NEED TO TRY

Colourwashing is one of the latest interior trends to explode onto Instagram, Pinterest and other corners of the internet. It's a striking paint trend that creates a rustic, vintage feel, yet looks right at home in even the most modern spaces. Get ready to explore the art of colourwashing and how to try it in your home.

WHAT IS COLOURWASHING?
Colourwashing, also known as faux glaze painting, is a paint technique in which a layer of diluted paint is applied over a base colour to create a washed look. It's a modern and colourful take on a classic whitewash and is easy to create yourself.

WHAT YOU NEED TO DO A COLOURWASH
To create a colourwash at home, you will need:
> Two types of paint, a lighter and a darker shade – one serving as your base, and the other to create the wash effect. It's up to you whether or not to use the light or dark shade as your base.
> A transparent water-based glaze. You could also use water.
> A roller or brush to apply your base colour.

> Either a sponge or a soft brush to paint the wash.

HOW TO DO A COLOURWASH

- > After prepping your wall by using sugar soap to clean the area, you'll need to paint either one or two coats of your base layer. Allow to dry.
- > Mix the colourwash using four parts glaze to one part paint.
- > Apply your colourwash in small sections using a brush or sponge, spreading quickly once applied. You can either use a swirling motion, a criss-cross pattern or random strokes to create your desired effect.
- > Leave to dry, and apply a second coat if desired.

This is one of the most basic colourwashing methods, but you could try other methods to help you achieve the desired effect. Colourwashing creates an on-trend look and is a stylish take on the classic colour block wall.



Photo credit: Brand - Zinc Textiles, Stylist - Sarah Harwood, Photographer - Alex J Curtis via www.livingetc.com



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BEST WAY TO PAINT A ROOM

When you decide to go down the DIY route with painting, you'll want to make sure you get it right.

Understanding the order to paint a room in will help you achieve the best finish, as well as make your paintwork look professional.

Learn what order to paint a room in, ready for your next interior décor project.

START WITH THE CEILING

Once a ceiling has been prepped, you can get to work with painting. Start by cutting in the edges with your desired paint. Then you can quickly roller the remainder of the ceiling with the desired number of coats.

TACKLE THE WALLS

Painting the walls requires a little more precision. You'll need to cut in the edges, either freehand or by using some masking or decorators tape. Using a roller, you can paint the remainder of the wall. You may need a smaller roller to get to the hard-to-reach areas.

DO THE DOORS AND WINDOWS

Take your time applying special woodwork paint to your doors and windows. This type of paint dries slowly, so you'll need to give yourself plenty of time between coats. Remember to mask your edges for a clean finish.

FINISH WITH THE SKIRTING BOARDS

When the rest of your paintwork is dry, fill and sand any cracks between your wall and skirting, mask up the edges then apply two coats of your woodwork paint, letting it dry thoroughly between each coat.

And there you have it. Now you know exactly what order to paint a room in to get the best results.

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LOCAL NEWS

from your neighbourhood



Tickets on sale for area's popular music festival

Tickets are now on sale for a popular music festival taking place in Frinton-on-Sea later this month.

The ninth edition of Frinton Festival will be held from May 26 to 29 in various venues across the town, including Frinton Free Church, St Mary's Church and Walton's Naze Tower.

The four-day event will feature a range of musical offerings, including Frinton's very own Festival Orchestra. They will perform music by Johann Strauss, Felix Mendelssohn and Johannes Brahms at Frinton Free Church on May 26. It will be conducted by Robert Max with solo violinist Mathilde Milwidsky.

A spokesman for Frinton Festival said: "The Frinton Festival Orchestra is an orchestra of exceptional musicians coming to Frinton to play gorgeous music.

"Mathilde Milwidsky, our soloist in Mendelssohn's Evergreen Violin Concerto, is one of the finest young violinists in the country.

"We have also persuaded Ian Bostridge to come and sing for us once more.

"His concert in the autumn of 2021 was one of the most moving concerts I have ever attended and we are honoured that such a distinguished musician will share his interpretation of Schubert's *Die schöne Müllerin* with us."

Anyone who would like to sing in the choral evensong should email Duncan Archard at duncan@amusicltd.co.uk

To book tickets and find out more about this year's event, visit www.frintonfestival.com

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Plans approved for ramp outside pharmacy

Tendring District Council (TDC) has approved plans for a new disabled ramp outside a pharmacy in Frinton-on-Sea.

The plans were given the green light on April 12, following the pharmacy's attempts to install a ramp since it moved into the premises in 2020.

Plans for a five-metre ramp outside M&M Pharmacy on Connaught Avenue were submitted last year and considered at a planning meeting in January, but faced objections from Frinton and Walton Town Council.

They felt the ramp should be a double ramp, so it would be available for people approaching the pharmacy from either side and would look more

balanced. They also wanted a handrail included as part of the plans.

As a result of the town council's objections, the decision was deferred in January to allow any changes to plans to be considered.

In a letter to TDC, Chris Morris Design, who was representing M&M Pharmacy, said: "Our clients cannot see the benefit of forming a double ramp and reinstating the handrail, all of which would, we feel, impact more on the appearance of the building.

"When the application was deferred, there was a huge response from customers aggrieved by the delay in providing a much-needed facility."

Residents asked to give feedback on open spaces



Photo credit: SPHO Photography

Frinton residents are being encouraged to give their views as Tendring District Council (TDC) looks to shape the future of local open spaces.

The district has a wide variety of open spaces, from allotments to play areas, parks to recreation grounds, with four Green Flags held by TDC.

The council is now looking for up-to-date information on these open spaces to ensure there are enough of them, and of the right type, to meet the needs of those who live and work in the district, as well as visitors.

Michael Talbot, TDC cabinet member for the environment, encouraged people to have their say on the public survey.

He said: "While we can look at various pieces of data about our open spaces, what is invaluable to us is that lived experience – what do people who use our parks and playgrounds think of them?"

"Or perhaps you don't use our open spaces, and the reasons why could be helpful too.

"This information will all help us to see where we may have gaps, what we may need to invest in, and make our already brilliant open spaces even better for generations to come."

The survey can be completed at wh1.snapsurveys.com/s.asp?k=164432795181

The season was marked by some brilliant final scores for the FWYFC side, with three games where their players hit the back of the net nine times, and an extraordinary opening match against Great Bentley FC which ended in an 11-3 victory.

This all added up to give FWYFC Under 12 boys an outstanding goal difference of 67, which is 39 goals higher than Stanway Villa in second place.

Ultimately, the boys finished at the top of the table with 48 points from 18 games, with seven wins out of nine home games and eight wins out of nine away matches.

Law firm opens up newest branch in the area

A law firm has opened a new office in Frinton. The new branch of Fisher Jones Greenwood (FJG) was opened by Tony Fisher, chief executive officer, and Paula Cameron, chief operating officer (both pictured below), on Connaught Avenue last month.

The firm, which has more than 170 lawyers and support staff, now has seven offices across the region.

Paula, said: "I am delighted to say the office is now open for business.

"As we embark on a period of growth for the firm, we are committed to building on our success and have bold plans for the future, beginning with the new office in Frinton."

The Frinton office will be home to a range of experienced lawyers with strong connections to the community.

This includes Pauline Hodgson, who joins FJG as an associate solicitor and brings with her more than 12 years' experience practising law.

Pauline said "With so much opportunity in Tendring and the surrounding areas, I'm looking forward to working with everyone, from individuals and families to estate agents and independent financial advisers."

The new office is open from 9am to 5pm from Monday to Friday. For more information, call 01255 514100.



Anger as popular mannequin 'George' damaged

A mannequin which has become a popular figure in Frinton-on-Sea was damaged in an incident caught on CCTV.

George the dummy has been positioned outside a home in Stewards Close for the past seven years.

However, CCTV footage from March 26 shows a young male (pictured) walking up to George and punching him, taking his head clean off.

The incident has been met by outrage from local residents and George's owners, who dress him up in themed outfits for occasions such as Halloween and Christmas.

Steven Page, whose parents put George on display for everyone to enjoy, has expressed his anger at the unprovoked attack.

He said: "We have so many children and even adults who want to come and sit next to him to get their photo taken – and I intend to carry that on."

Essex Police are currently investigating the incident. If you have any information which could help, report it online at www.essex.police.uk or call 101.



Photo credit: Steven Page



GILES WATLING

MP for Clacton



LOCAL NEWS

As I'm certain you can all imagine, it has been a very busy time in Westminster.

Of course, the war in Ukraine is taking up most of the bandwidth right now and the UK is leading the way to support that benighted country. I have attended meetings with its ambassador and a group of its MPs. They iterated their thanks to us, but asked for more help, which this government, along with our allies, is pleased to give. We'll work together to ensure that this terrible Russian intervention is brought to an end very soon and the suffering of the Ukrainian people stops.

For my part, my chairmanship of the Foreign Affairs Policy Committee for backbench MPs and peers on the Conservative side is now in full flow. Our first port of call is a deep dive into the Commonwealth – we, along with our brothers and sisters who share Her Majesty as head of state, are a sleeping giant on the world stage. In a world outside the EU, facing

aggression from Russia and others, it is more vital than ever that we band together to be an unyielding voice for freedom, democracy and security, as we have in recent times with Australia.

In Clacton, as of April 19, work can start in Walton-on-the-Naze to improve our sea defences. Government permission has been granted following the intervention of my office and local supporters in Clacton. I want to offer a massive thank you to David Eagle of the Naze Protection Society, Tendring District Council, and councillor Nick Turner to ensure the licence to carry out this work has been issued, and thanks to the Naze Protection Society for the donation of around £30,000. The society might be doing the work, but without the passionate support of the local community, this would not have happened – they raised that money. They have all been superstars and gave me all the ammunition I needed to plead our case with the Environment Minister.



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Queen's jubilee coins released

Tendring District Council (TDC) has released a special set of commemorative coins for residents, including those in Frinton, to mark the Queen's Platinum Jubilee.

Each of the limited coins costs just £1 and bears the crest of TDC.

Commemorative coins for jubilees are a time-honoured tradition, with many of a certain age able to remember the 25-pence piece for the Silver Jubilee in 1977 (pictured).

Also newly available are event packs to help organise events for the special occasion.

Chairman of TDC, Jeff Bray, said: "We hope these commemorative coins will be an affordable keepsake for generations to come, marking this historic year.

"Meanwhile, these event packs will allow communities to mark the occasion, and it would be fantastic to see street parties, picnics in local parks and other events held throughout the year to celebrate.

"Don't forget to share details of your jubilee events with us."

The coins are available at TDC's leisure centres in Clacton, Dovercourt and Walton-on-the-Naze, as well as Clacton Town Hall.

To apply for an event pack, visit www.tendringdc.gov.uk/leisure/events-entertainment/queens-platinum-jubilee



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STREET PARTY
2pm - 6pm**



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STREET PARTY
2pm - 6pm
Friday 3rd June**

WHATS ON SO FAR:

- Free rides for all children
- Childrens Barn Dance
- Tendring Brass Band
- Tea party for local care home residents
- Meet a Princess
- Singers
- Essex Caledonian Pipe Band
- Harmonettes
- Lucy Harris
- Tracey Moorhouse
- & Much more!



**Friday
3rd June
2022**





WATCH OUT(EN) *Denise is about*

CELEBRATING THE STAR QUALITY OF DENISE VAN OUTEN, WHO MARKS 25 YEARS ON OUR SCREENS

Denise van Outen is Essex's doyenne of design – a star who has risen up through the soap world and carved a brilliant niche in mainstream entertainment, plus retained a sense of dignity when things have gone against her.

In many ways, she is an exemplary example of someone who has successfully crossed over the changing face of the celebrity world. When she first appeared on our screens, as a presenter on Saturday morning kids' TV show *Massive!*, van Outen instantly caught the eye. She'd progressed through the famous Sylvia Young Theatre School and worked with the Royal Shakespeare Company before landing that debut role. While she was also seen on the mean streets of Sun Hill on *The Bill*, acting roles would quickly take a back seat when the opportunity to host *The Big Breakfast* came about in 1997.

In the post-Chris Evans/Gaby Roslin era, van Outen excelled opposite Johnny Vaughan, and the pair would reunite a decade later on Capital Radio, even if the relationship between the two was eventually to sour.

That disintegration has been one of a number of setbacks the Basildon-born star has recovered from. Her marriage to actor Lee Mead – who was victor of the *Any Dream Will Do* talent show for which van Outen was a judge – ended in 2015, although the couple had split up two years previously. They have a daughter together, named Betsy.

Most recently, the presenter was in a long-term relationship with sparky commodities trader Eddie Boxshall. She has also famously dated Jamiroquai frontman, Jay Kay.

In the interim, though, van Outen has excelled in every way. By her own admission, her autobiography, *A Bit of Me*, released in March, was a candid and poignant reminder of the successes in her life.

She said: "I actually found writing it very therapeutic – it reminded me how much I had done, and at a time when I was perhaps fixating on the things that didn't go to plan, made me think about so much that has gone well.

"I feel we should all take time to look back on positive elements of what we do and who we are. It's good for the soul and it gives us energy to move forward and be positive."

At present, van Outen is on tour with *The Masked Singer*, ITV's hit talent show on which she played Fox. The bravery to put herself in the spotlight and under pressure is at the entertainer's heart – across *Strictly Come Dancing*, *Dancing on Ice* and *Celebrity Gogglebox*, the comfort, charisma and 'girl next door' image is one viewers love.

"On television and in life, I just strive to be myself. You need self-worth and self-respect in what you do, and you need to focus on retaining and celebrating that at all times.

"The point where you feel you are losing that is the point at which you need to adjust and evolve."

While we applaud van Outen's bravery in making change, in many ways we'd like her to stay just the way she is.



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Planting A PALM TREE

A huge trend this summer, palm trees make a great addition to any garden. Although most palm trees need warmer climates, there are some that are suitable for planting outdoors in the UK.

CHOOSING A PALM TREE: You need to choose a hardier variety of palm tree if you want it to be able to survive the cold and frost. There are three types of palms that have a track record of growing well in the UK. These are Chusan Palm (*Trachycarpus*), Dwarf Fan Palm (*Chamaerops*) and Needle Palm (*Rhapidophyllum*).

PLANTING A PALM TREE: You can plant palm trees at any time of the year, although during spring or early summer is best as this will give your palm five or six months to grow strong before the first frost. Palm trees love a sunny position so are perfect for patio pots or for areas in your garden that get ample sunlight.

TO PLANT IN THE GROUND:

- > Dig a hole twice as wide and a few

inches deeper than the root ball.

- > Add a handful of slow-release palm fertiliser to the centre of the hole.
- > Remove the root ball from its container and carefully straighten out any coiled roots.
- > Place the top of the root ball in the hole and fill with one-half soil and one-half rotted manure or compost.
- > Make sure that the palm trunk is not deeper than it was in its original container and that the roots are not at all exposed.
- > Water the palm tree – aim for between 10 and 20 per cent of the original container size. The soil should be wet, not soggy.
- > Apply a six-inch layer of mulch over the root zone.
- > Water again.

CARING FOR A PALM TREE:

- > Water your newly planted palm daily for the first two months.
- > After three or four months, apply a slow-release fertiliser for palms.
- > Wrap the trunk in the winter with water pipe insulation or heat tape.

Photo credit: palmcentre.co.uk



GARDENING



Relieve ACID REFLUX *without medication*

That all too familiar burning sensation in your chest coupled with persistent acid regurgitation? Yes, we are talking about the nightmare that is acid reflux. It affects as many as one in four adults in the UK, but you don't have to turn to shop-bought medications when acid reflux rears its ugly head.

EAT SLOWLY AND SPARINGLY

If you are prone to grabbing a quick sandwich at lunch or, even worse, not eating all day and then consuming a huge meal in the evening, then you are much more likely to suffer from acid reflux. Instead, aim to eat little and often, and as slowly as you can.

SIT UPRIGHT AFTER EATING

While lying down on the sofa after a big meal is one of life's little joys, this is not a good idea if you suffer from acid reflux. Instead, remain upright directly after eating and avoid eating anything just before bedtime.

AVOID CERTAIN FOODS

Some foods are much more likely to trigger acid reflux and should be avoided, including fatty foods, tomatoes, onions, garlic, chocolate and anything spicy. You should also limit your intake of tea, coffee and alcohol.

DRINK MILK

One of the most popular natural remedies for acid reflux, milk is alkaline, which means it can feel soothing to drink. However, it can worsen heartburn once digestion begins. To prevent this, opt for lower-fat milk where possible.

CHEW GUM

The act of chewing gum stimulates the production of saliva, which is another alkaline substance. This can help reduce the symptoms of acid reflux and help to push your stomach contents back into the stomach.

SIP GINGER TEA

Ginger root has been used for centuries to cure stomach aches and nausea and can help to reduce acid reflux. Sip ginger tea slowly for best results.



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Sun, Sea and Sand

THE SECRET TO BETTER HEALTH?

When the sun's out, there's one place we all want to go – the beach. A trip to the beach gives us those feel-good vibes, reminding us of holidays and childhood outings. But did you know that a visit to the beach can give you a health boost? Discover some of the health benefits of a trip to the beach.

burner. It's harder to walk on sand than on concrete or other surfaces, so you'll burn energy as you move. You could even try running on the sand for an even bigger workout.

It helps you get your dose of vitamin D
 Vitamin D is known for boosting your immune system and maintaining strong teeth and bones. And one of the best ways to get it is from the sun. A trip to the beach on a sunny day can help you get a dose of vitamin D that can do wonders for your health.

If you're feeling brave, jump in the sea and enjoy a swim. A lot of people find this invigorating and great for their health. The seawater can also help alleviate symptoms of arthritis and even skin conditions like eczema and psoriasis.

Sunlight is good for your sleep
 Getting outdoors during the day is good for regulating your serotonin levels. This can help you sleep easier, enabling you to get into a sleep pattern to make sure you get the rest you need. Spending time outdoors is also good for your mental health, helping to reduce depression and other conditions.

The sea air could help you relax
 Breathing in the sea air could be just what you need to help you relax. The negative ions have a calming effect, helping to ease stress and boost your mood. The sea air has also been said to help reduce the symptoms of asthma, improve allergies and alleviate respiratory problems.

Walking on the sand is great for fitness
 Taking a walk on sand can be a big calorie

Next time you're feeling down and in need of a quick pick-me-up, head to your nearest beach and take advantage of this natural health booster.



POTATO MILK

THE NEW VEGAN AND DAIRY-FREE ALTERNATIVE

Potato milk? As in milk from potatoes? While it may seem weird, potato milk – which is actually just starchy water that resembles milk – is packed full of nutrients and can make a great alternative to dairy milk.

WHAT IS POTATO MILK AND WHAT DOES IT TASTE LIKE?

Potato milk is a creamy, milk-like liquid that is made from potatoes. You can find potato milk that is sweetened and unsweetened, with the latter tasting slightly salty. In terms of consistency and colour, it is more like soy milk than dairy milk and offers both the creaminess and fattiness you expect from a milk product.

WHAT ARE THE HEALTH BENEFITS OF POTATO MILK?

- Low in sugar and saturated fat
- Contains vitamin C
- Contains fibre
- Rich in antioxidants
- Can enhance digestion
- Good for vegans and those with dairy allergies or intolerances

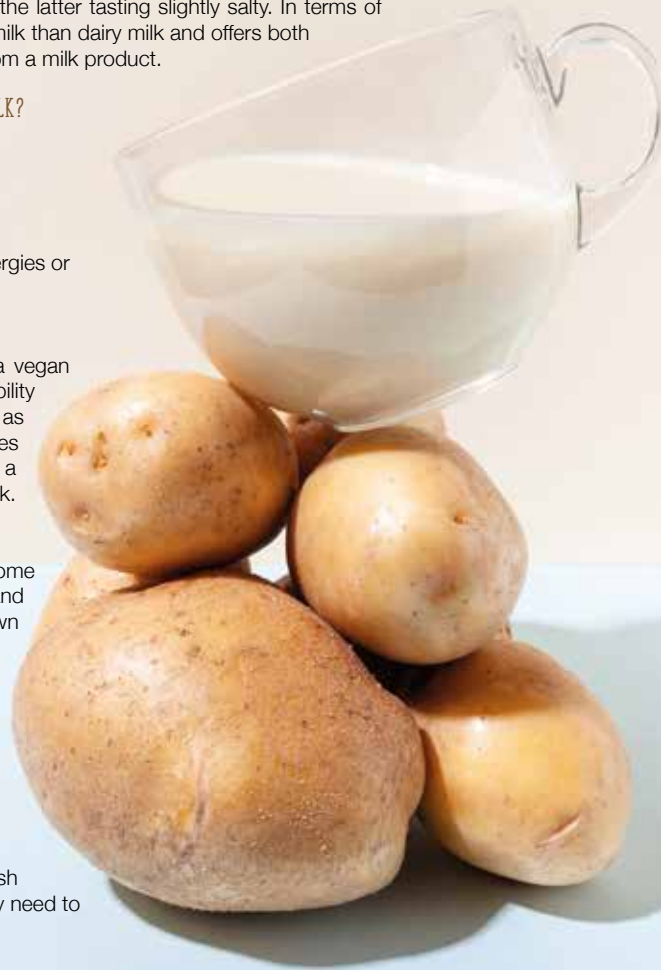
WHY CHOOSE POTATO MILK?

The main selling point of potato milk as a vegan and dairy-free alternative is its sustainability credentials. Growing potatoes is twice as land-efficient as growing oats, uses 56 times less water than growing almonds, and has a much smaller climate footprint than dairy milk.

HOW TO MAKE POTATO MILK

You can buy potato milk from some supermarkets (it can be found under the brand name DUG) or you could try making your own with the below recipe:

- Boil 1½ cups of sliced potatoes in 4 cups of water until tender but not falling apart.
- Pour the leftover liquid into a blender.
- Add the cooked potato with 1 tsp vanilla extract, ¼ cup of almonds and 2 tbsp of honey or maple syrup to sweeten, and blend well.
- Strain your potato milk through a fine-mesh sieve, cheesecloth or tea towel – you may need to do this twice.



Go Wild

Wild garlic can be enjoyed raw or cooked and has one of the longest seasons of all wild plants. The ideal vegetable for first-time foragers, this milder variety of garlic can be added to a whole host of dishes.

WHAT DOES WILD GARLIC TASTE LIKE?

All parts of the wild garlic plant are safe to eat, including the bulb, leaves and flowers. Wild garlic is less pungent than standard garlic cloves, delivering a sweeter and more delicate taste. If you pick a wild garlic leaf and gently squeeze it, you will instantly be met with the distinctive garlicky aroma.

WHERE TO FIND WILD GARLIC

Wild garlic grows in damp woodlands and forests across the UK and throughout Europe and is often found near rivers or streams where the ground is damp. Wild garlic is recognisable by its long and

pointed green leaves and white clustered flowers. It typically grows in dense clumps.

WHEN IS WILD GARLIC IN SEASON?

Wild garlic leaves appear in March and are best picked when young. These leaves are delicious added to soups, sauces and pesto. From April to June, the flowers start to emerge and these make a great addition to salads and sandwiches.

WHAT TO DO WITH WILD GARLIC

Wild garlic pesto | Wild garlic and nettle soup | Wild garlic butter | Wild garlic chicken kiev | Wild garlic and watercress tart | Baked new potatoes with wilted wild garlic

HOW TO STORE WILD GARLIC

Wild garlic can be stored in an airtight container in the fridge for 1-2 days. If you want to keep your wild garlic fresh for longer, place the stems in a glass of water and place in the fridge. Wild garlic is suitable for freezing, simply wash and dry, and then place in a freezer bag and freeze.





GET READY TO ice-roll



The beauty world is currently going crazy for cold, with a massive surge in popularity for treatments such as ice baths, cryotherapy and cool sculpting.

So, what is the latest freezing fashion? Introducing ice-rolling, the new skincare technique that promises to tighten and brighten in an instant.

WHAT IS ICE-ROLLING?

The process of ice-rolling is actually very simple and involves massaging your face with an ice-roller. This nifty gadget contains a mixture of gel and water which turns to ice once placed in the freezer. However, unlike normal ice, which when placed on the face melts in a matter of seconds, the ice within an ice-roller will stay solid for longer so you have more time to reap the rewards.

HOW DO I USE AN ICE-ROLLER?

- For best results:
1. Roll the device in a zigzag motion up and down your forehead and then from left to right.
 2. Move down to beside your nose and lower cheek, working upwards and applying a little pressure.

3. Roll outwards on the sides of your mouth and then down under your chin.
4. Finish with your neck.
5. An ice-roller can also be used on your collarbone and upper chest if desired.

WHAT ARE THE BENEFITS OF USING AN ICE-ROLLER?

There are multiple benefits to using an ice-roller, both in terms of the massage technique used and the application of cold. These include:

- > Boosts circulation
- > Restores radiance
- > Encourages optimum skin cell function
- > Reduces puffiness and redness
- > Reduces the appearance of broken capillaries
- > Decreases any inflammation
- > Tightens the skin

DOES ICE-ROLLING HURT?

Although some cold therapies can be a little bit uncomfortable, ice-rolling is not one of them. However, it is recommended that you do not leave the roller on one area for too long as it will get very cold, and this can cause discomfort.



Flip OFF

A summer footwear essential for many, you may be surprised to learn just how bad this flimsy footwear can be for your overall foot health.

falling off, which could lead to dangerous driving. It is, however, illegal to ride a motorcycle while wearing flip flops.

RISK OF SPRAINS: Although flip flops are fine for the occasional trip to the beach, when worn all day, they can cause your feet to start to turn towards the middle of your body instead of staying straight. This can put you at a much greater risk of spraining your ankle.

EXPOSURE TO SHARP OBJECTS: Flip flops are not known for their sturdiness, and as they become worn down, you may find your feet on the receiving end of a sharp nail or piece of glass.

LACK OF SUPPORT: Flip flops provide a distinct lack of arch support, which can cause your plantar (the band of tissue in the arch of your foot) to start to pull. This can lead to a painful condition called plantar fasciitis, which may need a combination of physical therapy, anti-inflammatory medications and possibly even cortisol injections to treat.

Footwear styles that are healthier AND more stylish than flip flops: Sandals | Espadrilles | Woven slip-ons | Boat shoes | Penny loafers.

TWISTING OF TOES: As the name suggests, flip flops tend to be floppy, meaning you will often have to curl your toes down to stop them flying off while you walk. Over time, this can mean the toes stay fixed in this curled position, causing an affliction called hammertoe.

COULD CAUSE DANGEROUS DRIVING: Although there is no law in the UK that explicitly bans wearing flip flops while driving, it does put you at higher risk of an accident. Their lightweight design makes them prone to





BITCOIN *for beginners*

The cryptocurrency market has exploded in the last few years, with everyone from Elon Musk to Snoop Dogg enjoying a slice of this highly lucrative pie.

If you think you'd like to test the cryptocurrency waters, then the below beginner's guide is just what you need.

Choose a cryptocurrency trading programme

When choosing a trading programme, you want one that is regulated so that you feel safe in your investment. You should also look at how easy it is for you to withdraw funds. The most popular cryptocurrency trading programmes in the UK are eToro, CoinMama, PrimeXBT, and BlackBull Markets.

Pick crypto to invest in

Most active cryptocurrency traders allocate the majority of their investment to either Bitcoin or Ethereum, as these move more predictably than smaller altcoins. That being said, you may also choose to invest in smaller mid-market cap cryptos as, although riskier, this can deliver higher returns.

Select your strategy

If you google 'crypto-trading strategies', you will be met with nearly 110 million results, which can make the strategy process a little confusing. For those who are completely new to trading, we recommend that you book onto a cryptocurrency trading course such as 'Become a Trader' with TradeCobb or 'Cryptocurrency Fundamentals' by Udemy.

Consider automated crypto trading

Another option for beginners is to utilise the services of an automated crypto-trading platform such as eToro or Learn2Trade. These work by using trading bots to enact a strategy that is based on your investment goals.

Our top trading tips for beginners

- Start with a small investment
- Choose a secure wallet to keep your digital assets safe
- Research the market thoroughly first
- Set stop-loss levels and stick to them
- Don't be afraid to diversify your portfolio
- Do not let your emotions dictate your decisions.

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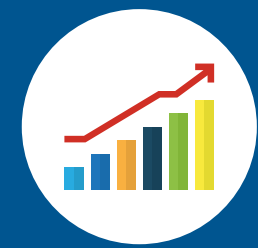


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Getting your home ready for those seller snaps

You shouldn't judge a book by its cover, but that's exactly what happens when potential buyers explore a house for sale. Those seller images have become increasingly important for putting your home in the best light and generating interest in your property.

Take a look at these tips to get your home ready for those all-important photos:

- > Put away all clutter. If it doesn't need to be there, get rid of it.
- > Clear the worktops and put accessories away; it will help to create a more spacious look.
- > Add flowers and other decorative features to give a more homely feel.
- > Make sure windows and other glass surfaces are fully wiped and dust-free.
- > Hide away unsightly items like bins.
- > Curate your toiletries so they don't appear cluttered – put out your most premium products.
- > Fold any towels neatly, and don't leave wet towels lying around.
- > Make sure curtains are properly hemmed and dust-free.
- > Make all beds and change your bedding regularly.
- > Put away all your shoes and clothes.
- > Create an ambience with a lit fire and candles.
- > Make the front of your house more appealing by keeping the lawn mowed and bins out of sight.
- > Give your garden a once-over to remove any debris.
- > Put the toilet lid down – nobody wants to look inside someone's toilet.
- > Finally, get into the habit of regular cleaning to keep your home dust-free and sparkling.

These easy tips will help your home look its best in seller photos, and will hopefully inspire someone else to make memories there.



KINETIC SAND IS SOFT, MOULDABLE, PROVIDES HOURS OF FUN FOR YOUNG CHILDREN, AND – YOU’LL BE PLEASED TO HEAR – IS SUPER EASY TO MAKE AT HOME

WHAT IS KINETIC SAND?

Kinetic sand is essentially sand that has had other ingredients added to it to create a soft and crumbly consistency, like beach sand, but is also able to hold its shape. Easy to clean and store, kinetic sand should last for several years and is great for child development and sensory play.

HOW TO MAKE YOUR OWN KINETIC SAND

YOU WILL NEED:

2½ cups of fine sand such as play sand (available in a variety of different colours) or decorators sand | 1½ cups of cornstarch | ½ cup of oil such as cooking, baby or mineral | An airtight container with a lid

HOW TO MAKE:

Pour the sand into your chosen container | Mix in the cornstarch | Slowly pour in the oil and mix well | Continue to mix until there are no oily or dry spots in the mixture | Start to play.

HOW TO STORE KINETIC SAND

Although kinetic sand does not dry out, you should keep it clean and dust-free in a resealable bag or an airtight plastic container. When kept like this, it should last for between three and five years.

IS KINETIC SAND SAFE?

Kinetic sand is non-toxic but is not intended for consumption. Any child under the age of three should be supervised when playing with kinetic sand.

KINETIC SAND ACTIVITIES

- > Dig for fossils with small dinosaur toys
- > Use Play-Doh tools to roll out and cut shapes
- > Make ice cream with scoops and spoons
- > Hunt for buried treasure using plastic coins and gems
- > Build a Mr Potato Head out of kinetic sand
- > Practise writing letters and numbers in the sand.



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SPORT

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CHAMPIONS LEAGUE FINAL 1999

EACH MONTH, WE LOOK AT ONE OF THE MOST SIGNIFICANT EVENTS IN BRITISH SPORTING HISTORY. THIS MONTH, IT'S MANCHESTER UNITED'S LATE LATE SHOW AT CAMP NOU IN THE 1999 CHAMPIONS LEAGUE FINAL

The concept of 'Fergie time' was a familiar one throughout the nineties as Manchester United's fast-paced, ruthless, attack-minded side saw off allcomers, even if so many of those wins came in the very dying embers of matches.

And injury time was three minutes in when super-sub Ole Gunnar Solskjaer stabbed in the goal that brought European glory back to Manchester United after a wait of 31 years.

The Reds had scored just moments before to level a match in which they were outplayed by Bayern Munich for long spells, but Teddy Sheringham's 91st-minute leveller set up the most dramatic finale ever seen in a European final, and United's time had come.

Few in red, even now, dispute the fact that the Germans should have been out of sight in the game, but what matters is finding the net, and in a

decade in which so much went right for the Class of 92 and teammates, there was an inevitability that Beckham, Keane, Scholes, Giggs and co. would come good.

These days, in reflection, the stories of that night in Barcelona are muddled in with George Best leaving for a drink 10 minutes before the end. Then there's the famous shot of a United fan with his back to the pitch taking a photo of Reds fans, just as Solskjaer scored. Even Gary Lineker weighed in recently by announcing he lost his wallet in the commotion of the winning goal – another anecdotal pearl of brilliance from the presenter.

Ultimately, though, there were very few who didn't want United to bring English football back to the top table that night. That they grabbed victory from the jaws of defeat made the achievement so much more special.



SCOOTER *loopy*

THE INAUGURAL E-SCOOTER WORLD CHAMPIONSHIP HITS UK SHORES

It seems you can barely step outside your house or place of work before being confronted by an e-scooter tearing its way past with almost reckless abandon.

While streets and, more worryingly, pavements are awash with e-scooters, there is also a growing abundance of them on racetracks around the UK.

Indeed, their popularity has given rise to the formation of the international eSkootr Championship, with the UK given the honour of kicking off this inaugural battery-powered procession in May.

And while many of the riders we witness on a day-to-day basis adorn themselves with work bags, shopping and, in some cases, passengers, the competitors embarking on a six-location world championship campaign are driving forward for landmark success. The scooter, designed by motorsport technology firm YCOM, boasts inflatable tyres, a 1.5kilowatt hour battery and a carbon fibre chassis.

While competition is the name of the game where e-scooters are concerned, the organisers also recognise the need for education, stating that they intend to accelerate micromobility culture and technology in forward-thinking global cities, working closely with city officials and local governments to outline the benefits of a rapidly changing mobility landscape.

Their challenge, in the UK at least, is that privately owned e-scooters are illegal unless ridden on private land. Only those hired from approved leasers are allowed on roads. However, the pressure is mounting on the government given rapidly accelerating purchase numbers – in 2021, there were an estimated one million privately owned scooters.

The 30 professional competitors taking part in the 2022 championship have their sights on different goals. After the UK race on May 13 and 14, they travel to Switzerland, France, Italy, Spain and USA – a six-race set-up performed on S1-X vehicles primed to hit speeds of more than 100kmph.

All those riders require is bravery... and a lot of it.



Photo credit: official.escooter

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PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

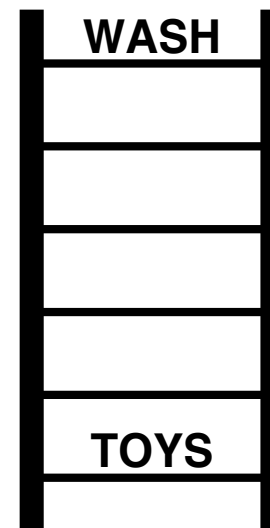
- ▶ ALMOND
- ▶ AMBER
- ▶ AUBURN
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- ▶ CARAMEL
- ▶ CHOCOLATE
- ▶ CINNAMON
- ▶ COCOA
- ▶ GINGER
- ▶ HAZEL
- ▶ MAHOGANY
- ▶ NUTMEG
- ▶ RUST
- ▶ SAND
- ▶ SEPIA
- ▶ SIENNA
- ▶ TEAK
- ▶ UMBER



DID YOU KNOW?

- ▶ Venus travels all the way around the sun before it completes a full rotation.
- ▶ All the planets in the solar system rotate anticlockwise, except Venus.
- ▶ The moon has no atmosphere, so it's likely that footprints on it will last forever.
- ▶ The sun makes up more than 99 per cent of the solar system's mass.
- ▶ Dogs, cats, monkeys, frogs and guinea pigs have all been taken into space.
- ▶ Owing to gravity not pulling you down, it's likely you'd be slightly taller if you went to space.
- ▶ Neptune's winds are the fastest in the solar system, reaching approximately 1,600 miles per hour.

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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