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Editor's notes...

JUNE 2022



Sean Purcell, Editor-in-chief

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

I would be very surprised if the Queen's Platinum Jubilee has passed you by, but if it has, not to worry as our edition has some great content honouring the contribution that Her Majesty has made to our community.

Whether you are a fan of the royal family or not, there should be a level of respect accorded to an individual who has shown durability, resilience and a seemingly infinite capacity to serve, fulfilling her original statement in 1947: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

Not only is this jubilee month a good opportunity for us to say thanks for the Queen's service, but also to reaffirm the bonds that tie us as a local community. By the time you have read this hopefully you will have attended events, festivals, lunches and other celebrations with friends, family and neighbours, and I hope that these events remind us of all that unites us going forward. We are going through a tough period with more difficulty to come, but if the pandemic, and the jubilee demonstrated anything, it was that in our most challenging times, we still have the capacity to love, learn, celebrate and cherish what is important.

Have a great month in life and business!

Sean Purcell

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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

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

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

What OFSTED says:

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

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



Photo credit: Kristin Calahan/Shutterstock

SPECULATE TO ACCUMULATE

FROM FLAMETHROWERS TO SPACE ADVENTURE TO TWITTER, ELON MUSK CONTINUES TO REWRITE THE RULE BOOK

He is a tech entrepreneur, an eco exemplar and an ambassador for how we might, as people, forge a future that combines function with fun. Despite all his innovation – with Tesla and SpaceX particularly, but also across other projects – Elon’s is a name to which we have really only become accustomed in the last decade or so.

Tesla, the brand, was incorporated in 2003, yet even after seven years only 5,000 of its vehicles were on the road. The total is now 200 times that, with the two-millionth car set to roll out of the factory this summer.

While Musk – who dropped out of Stanford University after just two days – is most renowned for the electric car revolution that promises to define us as motorists across the next generation, his exploration of space through SpaceX, the space vehicle, rocket and communications business, is just as big an achievement.

However, in April, as if yielding the power over the way we explore the world geographically wasn’t enough, Musk made perhaps his biggest move yet, reinforcing his icy grip on the digital world with a buyout of Twitter that now sees the 50 year old as an overarching power of social media. Not only is he putting his and investors’ money – some \$44billion – behind the acquisition, he also intends to run it himself, which spells trouble for the current incumbents who have frequently been criticised for sidelining those whose political and social values don’t fit.

His move to take over the controversial platform is a shot in the arm for free speech, in an era where the entrepreneur admits he has become tired of cancel culture.

While Twitter is arguably his biggest project yet, the South Africa-born entrepreneur has sought out countless other initiatives – from creating and selling his own computer game at age 12, to launching SolarCity, which grew to become the second-biggest provider of solar power systems in the US. Then there was Neuralink, his move into integrating the human brain with artificial intelligence; plus The Boring Company, which digs tunnel systems, and through which he manufactured and sold 2,000 novelty flamethrowers, as inspired by Mel Brooks in the 1987 movie *Spaceballs*. He has even released music in the rap and dance genres.

The fact that Musk is rapidly ascending to a personal fortune topping \$300billion is by virtue of an intense entrepreneurial mind that spreads opportunity and investment across a range of projects.

His commitment to Tesla and SpaceX only came about because he’d sold previous start-up Zip2 to HP, and merged his X.com business with PayPal (which led to a payout of \$180million when the money operator was bought by eBay).

As a phrase, ‘speculate to accumulate’ has never seemed more apt than when applied to the journey taken by Elon Musk, and those supposing his dynamic sideways step into social media is the last piece of the jigsaw would probably do well to think again.

HAVE YOU BEEN

SP KED?

1



HOW TO RECOGNISE IF YOUR DRINK HAS BEEN SPIKED AND HOW TO PREVENT IT FROM HAPPENING

When you go out, can you honestly say that you watch your drink at all times? Spiking is currently at high levels in the UK and can happen to anyone.

Find out how to recognise the signs of spiking and what to do if you think your drink has been spiked below.

WHAT ARE THE MOST COMMONLY USED ILLEGAL DRUGS TO SPIKE DRINKS?
The most common illegal drugs used to spike drinks are GHB, ketamine and benzodiazepines such as valium and rohypnol.

HOW TO RECOGNISE IF A DRINK HAS BEEN SPIKED

1. It has a foggy appearance
2. It has excessive bubbles
3. The ice sinks to the bottom
4. A change in colour

It is important to know that some of the most regularly used drugs to spike drinks do not produce a smell or taste, meaning it can be difficult to know if your drink has been spiked until it is too late.

THE MOST COMMON SYMPTOMS OF SOMEONE WHO HAS HAD THEIR DRINK SPIKED ARE...

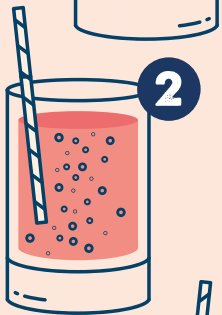
Dizziness | Difficulty walking | Confusion the next day | Nausea or vomiting | Hallucinations | Tiredness | Blurred vision | Paranoia | Amnesia

WHAT TO DO IF YOU THINK YOU'VE BEEN SPIKED

If you think your drink has been spiked, stop drinking it. Tell someone you trust as soon as possible as spiking substances can take effect very quickly. Be wary of asking strangers for help and instead, if you are alone, seek out security or venue staff. If you need urgent help, call 999 and tell them you think you may have been drugged.

HOW TO PREVENT YOUR DRINK BEING SPIKED

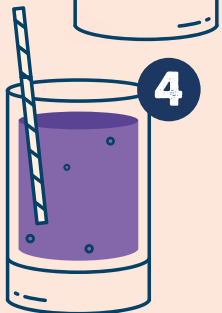
- > Do not leave your drink unattended
- > Invest in anti-spiking lids from StopTopps, available from stoptopps.com
- > Do not accept drinks from strangers
- > Be vigilant of changes to your drink
- > Don't drink anyone else's drink.



2



3



4



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HOME & DIY

OUT OF MANCHESTER

STYLE AND A SMILE, WITH DESIGNER
MATTHEW WILLIAMSON



Matthew Williamson, by his own admission, doesn't perhaps have a name that screams 'style, exuberance and panache', and considering this is someone who grew up in the murky confines of 1970s Manchester, there was no indication of the creative elevation that was to come.

And yet, in art just as in physics, equal and opposite reactions can provoke explosions of inspiration from very simple ripples of provenance. That is certainly the case with Williamson, who for more than two decades now has specialised in the wonder of colour.

He is an interior designer of great originality and acclaim, as his recent work with John Lewis determines. He is someone whose passion for colour, aesthetics and design was catalysed by his mother, but who has taken those principles to another level of optimism.

"If you're going to use colour, you have to be an optimist," he says. "You have to look at the beauty

of contrast and the potency of the shades and tones you put together.

"There is no point being afraid of trying things, and you should never enter a project imagining something isn't going to work. Only by trying will you know, and only through knowledge can you grow.

"Of course, it's about mixing up tones, but also enabling a background to act as a template for the colour detail you want to layer on top."

Replicating Williamson's colour-driven style of interior design is no easy task. It has, after all, taken the designer the best part of half a century to refine an interior design ethos that even he admits is still a work in progress. But the Central Saint Martins graduate insists the way to use colour is to follow your smile.

"If it makes you happy, it's working. If it paints pictures and provokes memories and inspires in you ideas to move forward, then you probably have what is right."

Photo credit: BBC/Darlow Smithson Productions and matthewwilliamson.com



GUIDE TO CLEANING PAINTED WALLS

There is nothing worse than noticing a dirty mark or stain on a freshly painted wall. Keep your painted walls looking fresh and fabulous for longer with our handy guide.



HOW TO CLEAN PAINTED WALLS

1. Dust off any excess dirt using a lint-free cloth or a soft broom for hard-to-reach areas.
2. Fill a bucket with warm water and a gentle detergent.
3. Apply to the walls using a sponge mop or soft sponge.
4. Do not oversoak your sponge or mop as this can result in water stains.
5. Leave the solution for 10-15 minutes.
6. Rinse with clean water and a sponge or mop.
7. Dry by placing a microfibre cloth onto a flat-headed mop and gently rubbing over the wall.

HOW TO CLEAN PAINTED KITCHEN WALLS

Painted walls in the kitchen are prone to grease. To combat this, apply a gentle degreaser to any affected areas before following the same steps as above.

HOW TO SPOT CLEAN PAINTED WALLS

To get rid of small stains or marks on your painted walls, apply a mixture of water and baking soda or bicarbonate of soda to the affected area using a soft cloth or towel. Half a cup of baking soda or bicarb in a bucket of warm water will do the trick.

HOW TO REMOVE OIL STAINS FROM PAINTED WALLS

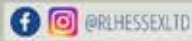
1. Mix one cup of white wine vinegar into a bucket of warm water.
2. Soak a soft sponge and apply to the stain.
3. Rub gently until the stain has disappeared.
4. You do not need to rinse the area.

WHAT NOT TO USE

You should not clean your painted walls with any cleaning products that contain alcohol or harsh chemicals, as these ingredients can break down your paint surfaces and leave your walls looking a mess.



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5 ALTERNATIVE USES FOR DENTURE TABLETS

Denture tablets can be used to clean so much more than just your dentures. Discover five surprising uses for denture tablets below and you may be tempted to buy some – even if you have all your teeth.

1. TO CLEAN YOUR KETTLE: Mineral deposits can quickly build up in your kettle, which can cause your hot beverages to taste less than their best. To combat this, fill your kettle with water, drop in a denture tablet and allow to soak for a few hours. Follow with a good scrub and a thorough rinse.

2. TO REMOVE HARD WATER STAINS: If you are struggling to remove the hard water stains from your toilet bowl, then denture tablets offer the perfect solution. Simply drop in a few tablets, wait for the fizzing to stop and then scrub the bowl using your toilet brush.

3. TO ELIMINATE BURNT FOOD FROM PANS: For times when soaking just isn't enough, add a denture tablet to your sink or a bowl of warm water, drop in your pan and leave to soak for 15-20 minutes. Give the pan a gentle scrub and the burnt food should slide right off. Do not use denture tablets on cast-iron pans.

4. TO RESTORE SHINE TO GLASSWARE: If you find that your glasses often look cloudy after washing, then a denture tablet is all you need to restore them to their original glory. Fill the glass with water, drop in a denture tablet, wait for the fizzing to stop, and rinse.

5. TO BANISH TOMATO STAINS: If you batch cook or take leftovers for lunch, you will know how hard it is to remove tomato stains from plastic containers. Banish these stubborn stains for good by filling the container with water, dropping in a denture tablet and leaving to soak overnight. Come morning, all you need to do is rinse.





NO vacuuming ALLOWED

A GUIDE TO HELP YOU DECIDE WHEN YOU SHOULDN'T USE YOUR VACUUM WHEN CLEANING

Some people love vacuuming; others can't stand it. Either way, there is no denying how quickly it can clean up your home.

However, did you know that there are some items that you should never hoover up?

PIECES OF GLASS

If you have smashed a glass, then you may reach for your vacuum cleaner to quickly clear the area. However, large pieces of glass can puncture the bag, get stuck in the hose and damage the interior. Instead, use a dustpan and brush for the large pieces and a damp cloth to pick up small shards. Be sure to wear gloves to protect your hands.

FINE DUST

Have you recently renovated your home? If yes, then your furniture is probably covered in dust particles. Sadly, you should not hoover these up as sanding residue and other tiny particles will clog the filters and cause your hoover to spit dust back into the air.

WET FOOD

Wet food, or anything wet or moist, should not be cleaned up with a vacuum cleaner. This includes soggy cereal, dog food and even small spills. Instead, use some kitchen towels or a tea towel.

SMALL METAL ITEMS

Small metal items such as paper clips and coins can easily become stuck in the rotating part of your vacuum cleaner and stop it from working properly. They can also sometimes break off plastic pieces from the interior of your appliance.

MAKE-UP

Dropped an eyeshadow palette on the carpet? Or some foundation? Although you may be tempted to use your hoover, this is not a good idea. Firstly, the vacuum brush could smear the make-up further into the carpet, and secondly, if you do manage to successfully clean it up, it is highly likely to melt once inside the appliance.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS



Photo credit: Joli Studios, Colchester, Wave Break Studio



Single with classic 1990s R&B sound launching

A Frinton-based singer who's riding a wave of renewed interest in his 1990s R&B-style music is launching a new single.

Everyday, the latest song from B.K.W.H (Beckwith) (pictured left), is getting radio play on both sides of the Atlantic and hopes are high it will repeat the success of the singer's two recent hits in the Official UK Top 40 chart.

With featured vocals from American rapper Big Noyd, the new release is reminiscent of successful New York hip hop duo Mobb Deep.

Beckwith said of the single: "It's this incredible New York-sounding song but it was made in Frinton."

As a singer who first performed in 1996, Beckwith is pleased his music is back in vogue.

He said: "One of the DJs playing my song at the

moment said this is my time to shine again. The golden era of R&B was in the 1990s and I kind of bring that back with a sound that has a soulful, Boyz II Men or New Edition edge to it."

While the song was written in Frinton-on-Sea, it was recorded at Wave Break Studio in Walton-on-the-Naze, which is run by Paul Hepworth. The studio was one of the reasons Beckwith moved to Frinton-on-Sea from Enfield in December 2021, but the location also had other attractions.

"The beach is beautiful and there's something special about the town," he added.

Everyday by B.K.W.H is available on Spotify and Apple Music from June 24.

To keep up to date with Beckwith, follow him on Twitter @BeckwithJP.



Parish's new mayor vows to put residents first



Photo credit: David Foster

At the awards ceremony on May 25, NEEB was highly commended, putting it in the top three of its category.

Councillor Tom Cunningham, current NEEB chairman, said: "Taking a connected approach across council boundaries was vital to this to maximise the funding available to us and recognise people do not see the invisible line between council areas."

"Procuring several support programmes across multiple councils was not easy, and to be highly commended is testament to the work dedicated to achieve this."

To find out more about the business support on offer from NEEB, visit www.tendingdc.gov.uk/north-essex-economic-board



Counsellor urges talks about mental health

A woman who began helping young people improve their mental wellbeing following the suicide of her nephew has organised a charity event in Frinton.

Tracey Hopper (pictured left), 63, from Tendring, became a counsellor for suicide prevention charity Papyrus after the death of her nephew, Conan (pictured right), at the age of 23.

To help Papyrus continue its valuable work, Tracey is now staging a fundraising event at Frinton Tennis Club on June 25, in the hopes of raising £1,000.

Remembering Conan, who lived in Australia, Tracey said: "He was very charismatic – he really loved surfing, played guitar and he was a kind, loving person."

When his family realised he had mental health issues, they took Conan to hospital, but he sadly took his own life a year later.

Tracey hopes the charity event will not only raise much-needed funds for Papyrus, but will also encourage people to talk about their mental health.

She explained: "Young men especially don't talk about their emotions – often because they feel they've got to be tough in front of friends."

The fundraising evening will feature Elvis impersonator Mark Summers, Roger's Roadshow Disco, a three-course meal and a raffle.

To purchase a ticket, call Tracey on 07985 468111.

Stunning photo captures glorious sunrise

An amateur photographer has captured stunning early morning shots of Frinton seafront.

Sacha Allen, who takes photographs for fun, received praise for her pictures when she shared them on a Frinton community group on social media.

She had headed to the beach on May 16 in the hopes of capturing the eclipse, but instead caught the beautiful sunrise.

She told VISION Frinton-on-Sea: "I got down to the beach to see loads of cloud and was very disappointed, but I could see it was beginning to get light and so sat to watch the sunrise instead."

"It's so natural and beautiful. I like to try to share the pleasure I get from it in the photos by emphasising the colours and textures."

"The photos got lots of likes and several people said they were inspired to get up early to try to capture a sunrise. My friends who aren't local to the beach were very jealous I get to start my day like that."



Photo credit: Sacha Allen

Council economic board shortlisted in awards

A partnership of councils, including Tendring District Council, has been highly commended by national award judges.

The North Essex Economic Board (NEEB) is a partnership of Braintree, Maldon, Tendring and Uttlesford District, Colchester Borough, Chelmsford City and Essex County councils.

NEEB has been shortlisted in the finals of the Government Opportunities (GO) UK National Excellence in Public Procurement Awards 2022.

NEEB was recognised by the panel in the COVID-19 Response and Recovery Award (Local Government) category for its work in procuring business and skills support programmes to help recovery from the pandemic.

Successful launch for reserves in first season

The Frinton and Walton Reserves got off to an auspicious start in their inaugural season in the Essex and Suffolk Border League.

Manager Chris Halls (pictured bottom row, second from right), who starred for the first team in the 2020/21 season, was glowing about his young squad's achievements. With an average age of 18, this was the first taste of men's football for many of his players.

He said: "We tried to play the right way. We wanted the lads to get the ball down and play and be progressive."

With the top three teams headed for promotion, Chris' young group just missed out with a fourth-place finish.

Despite a disappointing conclusion, Chris was "really proud of what we accomplished", and wanted to single out two names in particular.

One key player was Connor Cook, who netted twice from centre midfield and "really drove us on in games". Another was 18-year-old goalkeeper, Jack Gibson, who Chris said has "done unbelievably well".



GILES WATLING

MP for Clacton



LOCAL NEWS

The war in Ukraine is still raging on, and it seems that the valiant men and women fighting are doing a great job of being a thorn in Putin's side. Ironically, Russia's actions have helped to bring nations closer together, with more set to join NATO.

However, this war is having a devastating knock-on effect on the cost-of-living crisis. Energy prices are rising and inflation is on the up. The government is taking steps to help combat this by raising the National Insurance threshold, cutting the Universal Credit taper rate and raising the National Living Wage. They are also opting for energy companies to invest their retained profits into renewable energy. This is the only long-term solution to end the energy crisis. We must make ourselves fully sustainable on clean energy. To this end, I have been pushing for government investment in safe nuclear energy, and I am pleased to report that the

government is seriously looking at this energy source while supporting the development of hydrogen cells. Although this will not solve the immediate crisis, and other support is needed, there is a clear light at the end of the tunnel. I also hope that the £150 council tax rebate has been received by everyone who is eligible.

Bringing the attention back to us in Clacton, we have recently had the fabulous cycling Tour Series come to town. Sporting events are crucial to the local economy, and I have always found they improve the morale of the community vastly. And, of course, with major events comes major investment; Essex County Council has improved our roads for the route. I will continue to bang the drum for more levelling up in impoverished coastal areas, such as Clacton.

I am delighted that we had our own celebrations here in Frinton for the Queen's Platinum Jubilee. I had a great time in Connaught Avenue recently, and I am grateful to everyone who came to say hello.

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At Silversprings, our Lifestyle team is dedicated to making each day fulfilling and fun, whether you like to help with light tasks around the home or enjoy getting out and about! Residents love trips to nearby beaches – like Frinton, Walton and Clacton and no trip to the seaside is complete without fish and chips. Outings to local garden centres and pubs for lunch are firm favourites. Residents also love to experience live entertainment, such as our regular entertainer, Elvis!

When you join us, you're welcome to continue enjoying lifelong hobbies or discover something new. We'll introduce you to like-minded people so you can make new friends. And how about taking part in activities with local groups and schools? It's all possible at Silversprings.

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Tougher stance on beach huts

Members of a group that represents Frinton beach hut owners say they support Tendring District Council (TDC) taking a stronger stance against extensions to the huts.

The Frinton Beach Hut Association Owners says some of the modifications have "ruined lives" and, as a result, they are in favour of the council taking a stronger response to the rule-breakers.

TDC recently sent a letter to 3,200 beach hut owners stating that an upcoming review will "address those beach hut adaptations which fall outside of the existing specification and licence conditions".

This follows concerns about a number of huts that have had extensions without the correct permission.

Peter Dias, chairman of the Frinton Beach Hut Association Owners, said: "I had a complaint from a gentleman who said he comes down to the beach hut for rest and recuperation. In recent years, he's been sandwiched between two decking structures.

"These extensions have ruined lives."

Alex Porter, TDC cabinet member for leisure and tourism, said: "We are just starting the process of revising the Beach Hut Strategy, and as part of this we will be reviewing the existing licence scheme."

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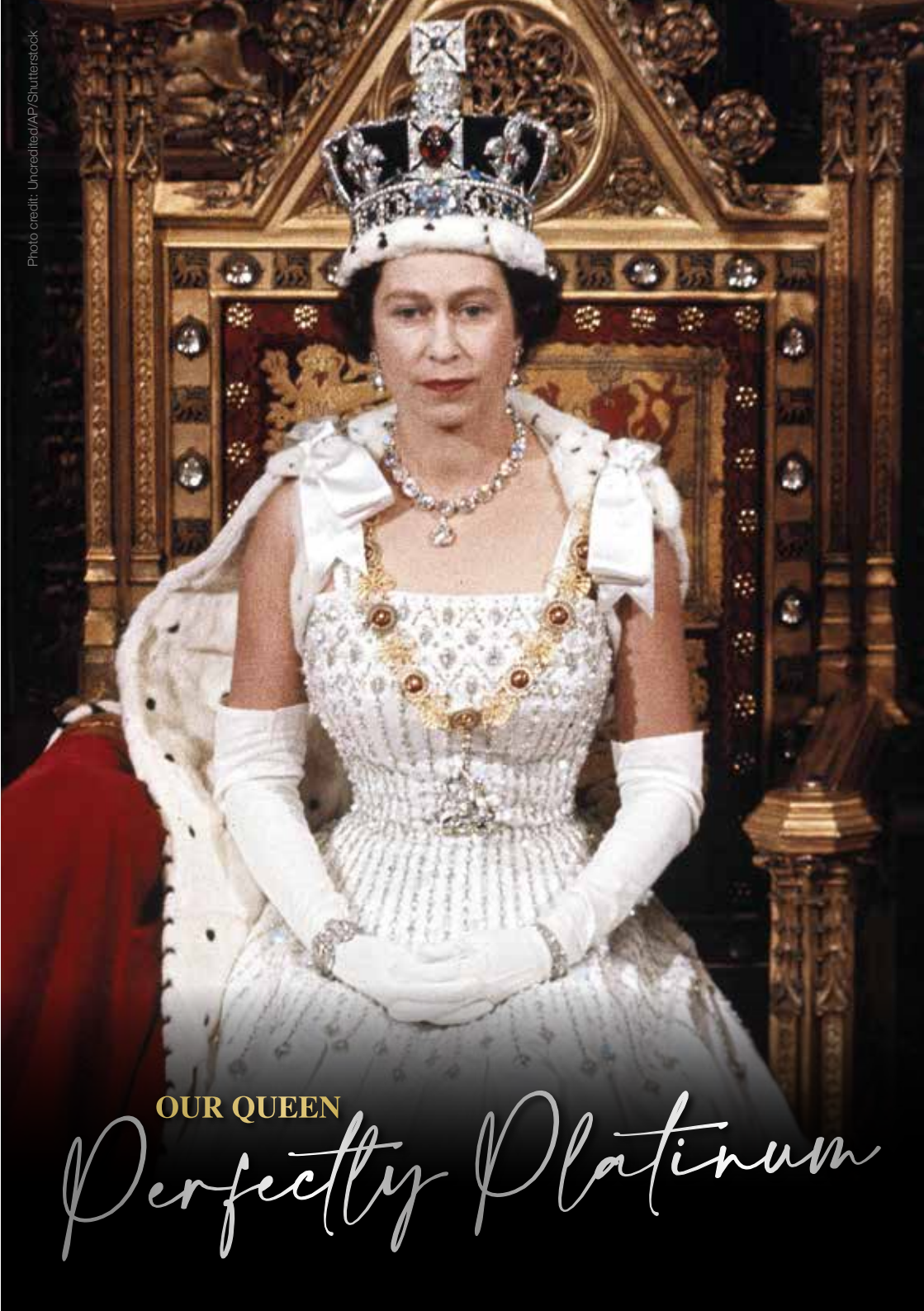


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OUR QUEEN

Perfectly Platinum

CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Few would dispute the notion that Queen Elizabeth II is our most impressive monarch ever. She has presided not just over seven decades of exemplary rule, but also across a social and cultural timeframe in which so much has changed and evolved. This summer's Platinum Jubilee is not only a celebration of Her Majesty's time at the top table of British society, but also recognition of a job that's been done impeccably.

Even in the last year, in the wake of the passing of her husband Prince Philip, the scandal involving son Prince Andrew, and the turning of public opinion against her grandson Prince Harry, Queen Elizabeth, now aged 96, has presided over her nation with faultless grace and dignity.

And while the Queen still values her privacy, she respects too the need to be visible and approachable, and perhaps this relatability is what makes her so endearing, so popular and so special.

It was way back in February 1952 that the death of Elizabeth's father, King George VI, triggered her accession to the throne. The Platinum Jubilee marks the 70 years she has served the United Kingdom, and 70 years from when, upon her coronation, she declared herself fully at the service of the nation she served.

She said, in that characteristic crisp and measured voice: "I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

“I declare before you all that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong.”

Taking strength from those around her, the Queen has never professed to have all the answers. She has admitted that trial and error has often been the way forward, and that sense of humility permeates right up to the present day. "I know of no single formula for success," she said, "but over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together."

Certainly she has excelled in that, with the Platinum Jubilee, beginning on Thursday, June 2, stretching across a weekend of celebrations. Queen Elizabeth II, family, friends and the nation will look back over seven decades of exemplary rule, and forward to the future.

From Trooping the Colour, which marks the Queen's birthday celebrations with more than 1,400 parading soldiers, 200 horses and 400 musicians, to the traditional RAF fly-past, the 1,500 Platinum Jubilee beacons that have been distributed across the UK in a tradition that dates right the way back to 1897, to a thanksgiving service on Friday, June 3, at St Paul's Cathedral, to The Derby at Epsom Downs, the events over Elizabeth's special weekend are as memorable as the thousands of others held during her years on the throne.

And yet the Platinum Jubilee is about much more than just Queen Elizabeth II. It is an opportunity for people across the UK to share in what it means to have a strong, proud, resilient monarch, particularly in an era where so much around us feels restricted or under threat.

With communities encouraged to head into their streets to mark celebrations of the seven-decade reign in their own special way, the Platinum Jubilee is a universal event that celebrates not just the Queen, not just royalty, but also the people of this country.



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GARDENING

Create your own outdoor CINEMA



There's no better way to spend a warm summer evening than watching a film under the stars. Outdoor cinemas have become very popular in recent years, and with just a few simple steps, you could build one in your own garden.

Get ready to make those summer nights even better with your own outdoor cinema.

CHOOSE THE RIGHT SPOT

First, you'll need to find the perfect spot for your cinema. You'll want somewhere that's dry, preferably flat, and where you can easily set up your screen.

BUY A PROJECTOR, SCREEN AND OTHER ESSENTIALS

Find a projector that fits your budget. Anything over 3,000 lumens is ideal for being able to see a film in bright conditions. There are a lot of budget projectors that produce a high-quality image that's ideal for home theatre use. You may also need to invest in a screen (or a white bedsheet) and some speakers or headphones.

GET YOUR KIT SET UP

Get everything connected and ready. You'll need to choose how you're connecting your projector, whether that be wireless, Bluetooth or via a game console/DVD player.

CREATE A COMFY SETUP

Make your setup nice and cosy with plenty of cushions and blankets. Use your garden furniture, deckchairs or even outdoor beanbags. Cushions from your garden furniture also make excellent seating if you fancy perching on the ground. You might want hot water bottles to hand to keep you warm if things get a little chilly.

GET YOUR SNACKS READY

Finally, get your snacks ready. Popcorn and sweets are a classic, or you could opt for nachos, burgers, hot dogs or pizza for something a little more filling.

An outdoor cinema is the perfect addition to any garden, providing night after night of entertainment in the comfort of your own home.

Photo credit: idealhome.co.uk, ao.com, cinemahire.co.uk



TECHNOLOGY

ALL ABOARD FOR 5G

THE BRITISH GOVERNMENT IS ACCELERATING THE ROLL-OUT OF 5G TECHNOLOGY... COMING TO A BUS SHELTER NEAR YOU

Take a look at your mobile phone and, if you're in one of the UK's bigger towns or cities at the time, you may see the 5G symbol in the top-right corner (providing you have an up-to-date 5G-enabled phone, that is). This form of telecommunication technology that, at its peak, is 100 times faster than 4G, its rapidly ageing brother, has the capability to completely transform our interconnectivity.

The issue with 5G is that while speeds are seriously impressive, range is not. This is down to the use of millimetre waves, which are a lot shorter than the wavelengths 4G uses. As a result, the government has been rapidly releasing licences whereby buildings and facilities can be equipped with kit that will boost 5G connectivity.

The good news is that these 'cell sites' can be put up easily and, in most cases, you won't even

know they're there. From streetlights to signposts, bus shelters to CCTV poles, the government has slashed the red tape associated with the roll-out of the project. This is good news for us all – meaning easier installation, quicker connecting of new areas and faster speeds.

In simple usage terms – messaging, checking football scores and so on – you may not notice much difference, but for tasks that used to take hours, such as downloading a HD movie to your phone, the difference is astonishing. A recent survey by Uswitch found that Haul Fryn, a road in Swansea, South Wales, had the fastest download speed of anywhere in the country – 882Mbps, meaning a two-hour HD movie could be downloaded in just 47 seconds.

For years, the internet has meant the world is at our fingertips. With accelerated roll-out of 5G technology, it now feels even closer than that.




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5 DISTURBING FACTS ABOUT drowning

To raise awareness of Drowning Prevention Week, which takes place between June 18 and 25 this year, we have collated five disturbing facts about drowning that you should be aware of.

1. YOU CAN DROWN IN AS LITTLE AS 30ML OF LIQUID

Although most people associate drowning with large bodies of water such as swimming pools and the sea, you can drown in as little as 30ml of liquid. There are reported cases of people, particularly children, drowning in buckets, toilets and even puddles.

2. PEOPLE WHO ARE DROWNING WON'T SHOUT AND WAVE THEIR ARMS

When people are drowning in films, they tend to be shouting for help and waving their arms in the air to attract attention. Sadly, when someone is drowning, this is not physically possible. The body goes into survival mode and prioritises breathing over all other actions.

3. MOST DROWNING DEATHS OCCUR WHEN SOMEONE IS INTOXICATED

As many as 70 per cent of deaths caused by drowning in adults and adolescents involve the use of alcohol. When you are intoxicated, your judgement, balance and motor skills all become impaired, which puts you at much greater risk of drowning.

4. YOU DROWN DIFFERENTLY IN FRESHWATER AND SEAWATER

While you may think that drowning in the sea would be more common, as many as 90 per cent of drowning cases occur in freshwater. Owing to the composition of freshwater, which is more similar to our own blood than seawater, you can drown in freshwater in as little as two or three minutes. However, drowning in seawater can take up to 10 minutes.

5. DELAYED DROWNING CAN OCCUR AFTER YOU GET OUT OF THE WATER

There are two types of delayed drowning: dry drowning and secondary drowning. Dry drowning occurs when you inhale water through the nose or mouth, causing a spasm in the airway and preventing air from entering the lungs. Secondary drowning results from a swelling of the air sacs in the lungs.





Sustainable Salad

Are you fed up with finding soggy, slimy and generally sorry-looking salad in your fridge?

Keep your leaves looking (and tasting) lovely for longer with our top tips for how to keep salad fresh.

GIVE IT SOME TLC: If you fling your salad in your shopping bag with heavier food and drink items such as tins and bottles, then your leaves are highly likely to become bruised and battered. Instead, handle your salad with care and it will be less likely to spoil.

DRY YOUR SALAD: Pre-packaged salads are usually ready to eat and do not require washing. However, sometimes the leaves can look a little damp. If this is the case, give them a quick spin in a salad spinner to remove any excess moisture. Alternatively, gently pat them with a dry cloth or tea towel.

REMOVE ANY SPOILT LEAVES: When you get

your salad home from the supermarket, open it up and remove any spoilt or squishy leaves that could potentially cause fresher leaves to wilt. It can also be a good idea to fluff up your salad before storing.

PLACE IN AN AIRTIGHT CONTAINER: Store your salad leaves in an airtight plastic container that has been lined with a paper towel. This will help to absorb any moisture and keep your leaves fresher for longer.

STORE IN THE FRIDGE: Salad leaves should be kept in the crisper drawer of your fridge as this provides the optimal temperature for fresh fruits and vegetables. This should also help to ensure that your salad does not become partially frozen.

FOLLOW THE SEVEN-DAY RULE: Even if you follow the above tips, bagged salad leaves are not designed to last longer than a week. After this time, it is usually a case of use it or lose it.



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BEAUTY

5 NATURAL ALTERNATIVES TO *deodorant*



If you are looking for a more natural way to banish body odour, then we can help you. Check out these five deodorant alternatives that are completely chemical-free and promise to keep you feeling and smelling fresh for longer.

Witch hazel

Not just great at soothing sunburn and stopping spots, witch hazel is also a natural astringent and an anti-inflammatory, meaning it can soak up excess moisture and kill unwanted bacteria. Plus, it gets rid of odour fast.

Simply place a dab of witch hazel onto a cotton cloth and rub it on your underarm area. Reapply as and when needed.



Baking soda

Baking soda makes a great natural personal hygiene product and can be highly effective in banishing underarm smells. Mix 1/8 tsp with a little water and rub under your arms. Or to combat perspiration, mix one part baking soda with six parts cornflour and dust the affected area. Avoid if you have sensitive skin.



Lemon juice

Lemon juice contains citric acid, which has the ability to naturally get rid of odour-causing bacteria. All you need to do is squeeze 1 tsp of lemon juice onto a cotton ball and apply to your underarms. Do not do this directly after shaving.



Apple cider vinegar

This clever ingredient is antibacterial and is able to both absorb and neutralise unpleasant odours. Simply mix 1 tbsp with 1 tbsp of water and apply under your arms using a clean cloth.



Coconut oil

Coconut oil is antiviral and antibacterial, so is the perfect ingredient for eliminating odours caused by bacteria. Take 1/4 tsp of coconut oil and rub it directly under your arms using a cotton cloth. Allow to dry completely before dressing as it can stain clothes.



CAN YOU manage?

WHAT YOU NEED TO KNOW ABOUT HIRING A PROPERTY MANAGEMENT COMPANY

Renting out a property and being a landlord is not an easy job. If you have a property to let, hiring a property management company could be one way of making the job a little easier.

Should you hire a property management company to take care of your rental? Take a look at the pros and cons to help you make the right choice for you.

> Using a property management company could make you less aware of what's going on with your property.

Why hire a property management company?
Ultimately, hiring a property management company saves time, helping you benefit from a rental income without the hassle of dealing with tenants or maintenance. It's not a choice for everyone, but it could be the ideal solution if you don't have much time on your hands. Make some enquiries and find a company you can trust.



Pros of hiring a property management company:

- > Ease the responsibility of property management. From collecting rent to maintenance, they'll take care of everything on your behalf.
- > Property management companies will source and vet tenants, taking the responsibility off you.
- > Management companies with their own vendors and contractors could save you money on maintenance costs compared to sorting the work yourself.

Cons of hiring a property management company:

- > You'll pay a fee to use a property management company, which will affect how much money you take home from rental fees.
- > As property management companies manage multiple properties, tenants might not get the same attention a hands-on landlord would provide.

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Frinton & Tendring

Property News



Your REAL Estate Agent For Life!

Hello, my name is Nathen Johns, and I am delighted to bring to you this new, monthly, local property column, focussing on the CO13 and surrounding areas.

I am a local business owner of a real estate agency, and my aim with this column is to bring you useful content each month, covering all aspects of property in the local area.



Interest rates have risen recently from 0.75% to 1%, and many claim that the rate will rise again to 1.25% or possibly higher this year to combat the rising inflation rate, which at the time of writing was at a staggering 9.0%.

In CO13, at least 15.8% of homes are currently mortgaged. The majority of these will be on a fixed-rate basis. However, those on a typical tracker mortgage will have to pay about £25 more a month, and those on a standard variable rate (SVR) will see their mortgage costs rise by £16 a month.

I would recommend talking to a mortgage broker to lock-in these still historically low mortgage rates before the rates are expected to rise again.

If you do not know a mortgage broker, please get in touch and I'll be more than happy to recommend one based on your individual circumstances. I receive no commission from recommending other business services.

Since April 20th, 2022, the average property price in CO13 has risen from £386,387 to £399,353. This is a significant increase of £12,966 (+3.36%). Indeed, it represents a far greater increase than that of CO15 which had an increase during the same period of only +0.8%.

If you would like to know how this has affected your property, feel free to get in touch and I will be more than happy to give you a free valuation.

Thank you for reading, and I hope you have a great week. See you next month!

Nathen Johns

CONTACT ME

07709 586336

nathen.johns@kwuk.com



Cashback CATASTROPHE?

DO CASHBACK CREDIT CARDS REALLY WORK? AND WHAT SHOULD YOU LOOK OUT FOR WHEN USING THEM?

Offering incentives to put purchases on one card over another is an obvious way of engaging consumers, but the psychology behind cashback cards means you can very quickly be sucked into a trap where the pursuit of a discount becomes a cost, not a reward.

THE PREMISE

For every pound you spend, you are paid a percentage back by the card provider. Typical rates are one per cent, but bigger rewards and other initiatives are available if you shop around.

WHEN CASHBACK CREDIT CARDS WORK

Cashback credit cards should only be used for things you are going to buy anyway, and never as a method for justifying a purchase because it in effect offers a small discount.

Consider your ability to clear the credit card balance, too – if what you're putting on a card is going to be paid off, then there's no reason not to sign up to a cashback deal... providing you only buy

things you'd be equally happy to purchase for cash.

The harsh reality is lenders will quickly tap into the psychology of people not only getting money back on a purchase, but also not having to pay for 30 days or more, and that leads to treating ourselves when there's little justification, and making expensive purchases that we may come to regret. To ensure you are clearing the balance, consider setting up a direct debit.

WHEN CASHBACK CREDIT CARDS DON'T WORK

If you're not clearing your balance each month, or you pay an annual fee for your card, the amount you will pay will very likely wipe out the cashback earned on your card, making it a false economy. Explore the various rates and do the maths.

A cashback credit card needs to be handled by someone who is regimented, knows their numbers and can exercise self-control. Many of us just aren't configured that way... and if that's you, steer clear.



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MOTORING



CLEAN YOUR CAR *like a pro*

THERE IS NOTHING LIKE THE LOOK OF A CLEAN CAR. HOWEVER, IT TAKES MORE THAN JUST A BUCKET OF WATER AND AN OLD RAG TO ACHIEVE A SHOWROOM FINISH

Always carry out a pre-wash

This is one of the most important tricks of the trade – any professional car washer worth their salt will remove as much dirt as possible using a hose or jet wash before they start to use their hands to clean a vehicle. This is because both dirt and grime can drag along the exterior and damage the paintwork.

you need to invest in a wash mitt. Typically made from lamb's wool or microfibre, these are much less likely to leave surface scratches as the deep and fluffy fabric absorbs the dirt better than a sponge.

Do not leave to dry naturally

Never leave your car to dry naturally. Instead, use a purpose-built blower, or even a leaf blower, or a triple-layered microfibre cloth to dry your car.

Use multiple buckets

You should always have two buckets to hand, one that contains your washing solution (ideally you should use car shampoo) and one filled with water for rinsing. It is also advisable to use a grit guard to catch the dirt.

Avoid extreme heat and direct sunlight

Although you may think that the ideal time to wash your car is when the sun is shining, this is actually not the case. Not only will you have to work harder and faster as your car will dry quicker than normal, but extreme heat can affect the strength of the chemicals in the products you are using. Instead, wash early in the morning or after 5pm.

Invest in a wash mitt

Although you can use a large sponge and still achieve a good finish, if you want optimum results,





Your guide to the best SMALL TOWNS IN ENGLAND

When it comes to exploring England, you probably think of taking in the big cities like London, Manchester and Liverpool. But the truth is, there are a lot of great towns in England that are worth your time. Here's your guide to the best small towns in England.

Windsor, Berkshire

It may be home to The Queen, but Windsor is still considered a small town. You can explore the beautiful streets in the main part of the town, or travel a little further to enjoy Legoland.

Windsor Castle should be at the top of your must-visit list, as well as St George's Chapel.



Windsor Castle

Castle Combe, Wiltshire

The Cotswolds is full of many gems, but not all have the honour of being dubbed 'the prettiest town in England'. Castle Combe offers plenty to do, including some beautiful walks where you can spot familiar settings from movies such as *War Horse*, *Downton Abbey* and *Stardust*. Many of the homes put out fresh produce in honesty boxes, which are worth visiting to collect goods for a picnic in the countryside.

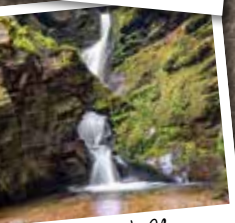


Castle Combe

Tintagel, Cornwall

Tintagel is found on Cornwall's Atlantic coast, an incredible town with a lot to offer. A hike to St Nectan's Glen – which has been voted an area of outstanding natural beauty – will take you to the stunning 60-foot waterfall.

Explore different tea rooms, pasty shops, cafés and more to soak up everything Tintagel has to offer.



St Nectan's Glen

Bakewell, Derbyshire

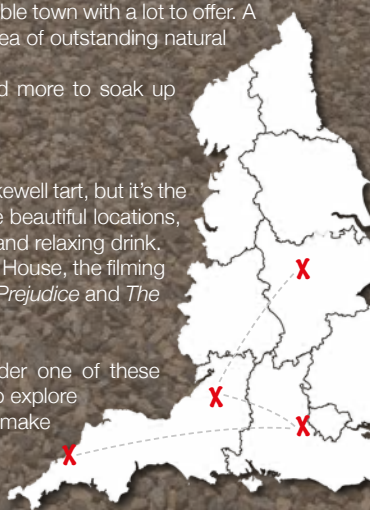
Bakewell is a charming town that is famous for the Bakewell tart, but it's the scenery that will really resonate with you. It has some beautiful locations, as well as plenty of pubs to dine in and have a quiet and relaxing drink.

While you're in Bakewell, be sure to visit Chatsworth House, the filming location for many period dramas, including *Pride and Prejudice* and *The Duchess*.



Chatsworth House

Next time you're looking to plan a day out, consider one of these fabulous small towns. There are so many great spots to explore in England, so be sure to find out what's out there and make the most of this incredible country.



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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

ACROSS

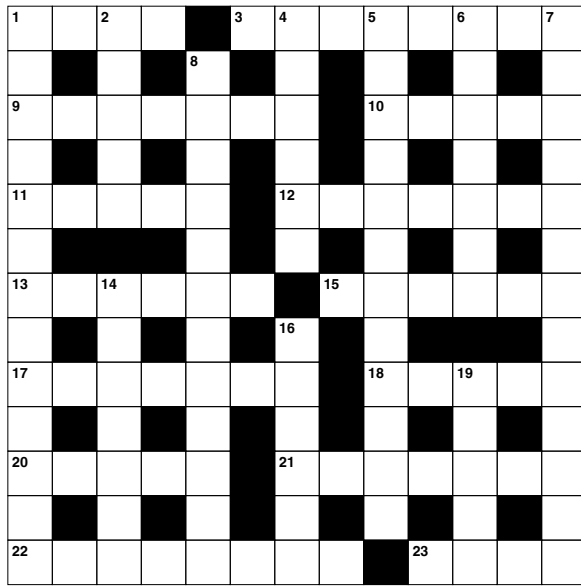
- Eurasian crow (4)
- Excessively emotional (6,2)
- Time off (7)
- Sudden movement (5)
- Steer (anag) (5)
- Wicked look that causes harm (4,3)
- Possessing (6)
- Wind instrument (6)
- More sugary (7)
- Freight (5)
- Deduce or conclude (5)
- Currents of air (7)
- Disregarding oneself (8)
- Depend on (4)

DOWN

- Connections or associations (13)
- Willow twig (5)
- Complied with a command (6)
- Children's toy (12)
- Medieval cell (7)
- Affectedly (13)
- Occult (12)

- Necessary (7)
- Eats grass (6)

- Verse (5)



DID YOU KNOW?

► There are more than 500 species of shark, with around 143 of them listed from vulnerable to critically endangered by the International Union for Conservation of Nature.

► Great white sharks are partially warm-blooded, meaning they can move faster when hunting prey.

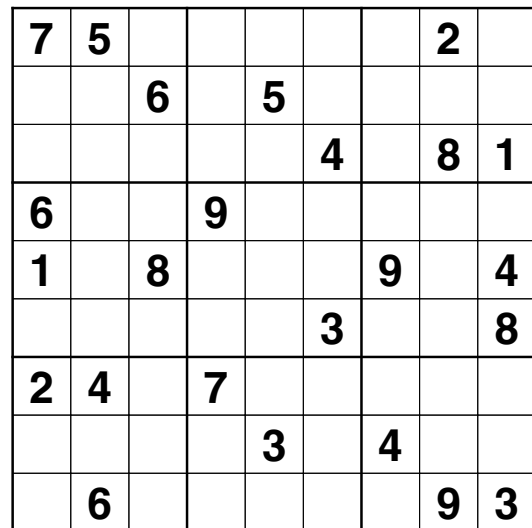
► Less than 10 per cent of whale sharks are thought to survive to adulthood, but those who do can live up to 150 years old.

► The Antarctic blue whale is the largest animal on the planet.

► Humpback whales in the Southern Hemisphere don't eat for much of the year. They live off fat reserves for around five-and-a-half to seven-and-a-half months each year as they migrate.

Facts courtesy of WWF-UK

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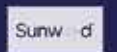
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