

HOW TO  
MAKE  
BUBBLE  
TEA

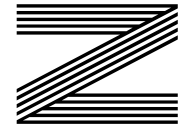
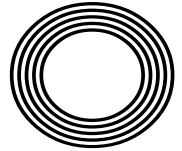
FIVE  
TIPS FOR  
HIRING  
A CAR

*Remembering jockey*  
LESTER PIGGOTT

NATURAL REMEDIES  
to treat sunburn this summer

*Sue*  
BARKER CBE

Presenter announces Wimbledon retirement after 30 years



FREE

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# Editor's notes...

JULY 2022



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea. I write this after the pomp and pageantry of the Queen's Platinum Jubilee, and still with the sounds of regal fanfare, tradition and celebration ringing in my ears.

For all the conjecture about the Royal Family and their relevance to our lives in 2022, a four-day weekend of celebrations I felt was a fitting tribute to a wonderful lady, Queen Elizabeth II.

And yet, what inspired and delighted me most weren't the big events at Buckingham Palace and St Paul's Cathedral. I was instead charmed by the plethora of street parties held in every corner of the country.

It dawned on me how much I had missed these community get-togethers, where streets were cordoned off, children played until sunset and neighbours took real time to catch up.

We'd seen this indomitable spirit in those days of lockdown, where people rallied together, but the Jubilee weekend saw that notion played out in celebration rather than fear.

Finally, after missing out for two years, we could revel in what really matters - the people around us and the streets on which we live. It's proof, if it was ever needed, that big things come from small actions.

*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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Contact Kate Purcell  
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# A RACE *for the* TAPE

## CELEBRATING THE LIFE OF THE LEGENDARY JOCKEY, LESTER PIGGOTT

We are used to identifying icons in popular culture – stars who have committed decades to their pursuit, taken home countless honours and, in the process, inspired a generation to try to emulate their achievements.

As far as the sporting world goes, from Muhammad Ali to Serena Williams, Freddie Flintoff to David Beckham, we can reel off the names of defining stars with relative ease, though despite their intense and varied achievements, the question of whether they can rival those of the late Lester Piggott is an interesting one.

Certainly in terms of longevity of a professional career, none comes close. Piggott, who passed away in May, rode his first winner at the age of just 12, way back in 1948, at Haydock Park. And five decades later, he was still taking the plaudits – his last winner also came at the Merseyside track, at the age of 59.

In total, Piggott rode a colossal 4,493 winners – a sporting legacy fuelled by half a glass of champagne each day, a few coffees and a handful of cigars.

Nicknamed the Long Fellow, given that at 5ft 8in he was tall for a jockey, his pedigree in the saddle never faded, and to back up the admiration he gleaned as the UK's favourite jockey, he had a rogue-like edge that, while courting admiration from contemporaries – and the opposite sex – also landed him in hot water from time to time.

This was never more the case than when the champion jockey was arrested and found guilty of tax evasion in 1986. He was subsequently given a three-year prison sentence (later reduced to one year) and stripped of his OBE, as it transpired he hadn't declared £1.3million of income received from riding, plus a further £1million from bloodstock operations.

It seemed peculiar that a multimillionaire would feel the need to defraud the public purse, but Piggott was very much a man in his own creation, and abiding by the rulebook wasn't part of his plan.

"If I was to toe the line, I would never have got to where I was in my career; I would never have ridden my first horse when I was 12," he said in an interview with the BBC. "I always wanted to take things one step further, to push the narrative, to challenge boundaries.

"I think if you want to get somewhere and if you want to be someone, this is the route you need to take... even if sometimes it may not work out the way you planned."

In 2021, Piggott was one of the first two entrants in the British Champions Series Hall of Fame – alongside the horse Frankel.

Although a private man, in later years Piggott remained active in the horse racing world, and was a close friend of the Queen. He had two daughters and a son, and passed away in hospital in Geneva, Switzerland, on May 29, aged 86.



# Full of PRIDE

## CELEBRATING THE PROGRESS OF PRIDE IN THE UK AND ELSEWHERE

It's perhaps surprising to note that Pride, a collection of events that celebrate the progress and popularity of the LGBTQ+ movement, actually comes from a place of conflict.

Certainly, our modern interpretation of Pride and, by association, LGBTQ+ Pride Month, which took place in June, is one where people can express their sexuality in a way that brings it into mainstream conversation.

It wasn't always like this. Back in 1969, and under the moniker Stonewall, a series of riots around Manhattan provided a watershed moment. The name referenced the Stonewall Inn, a gay bar in Greenwich Village where transgender people rioted following a raid by police.

Looking now at the way Pride is encouraged in all its forms, it's clear we have come a long way since then.

In the UK, parades in London and Brighton are some of the most popular of any live events held to celebrate Pride. Across the pond, various US presidents have committed to referencing and promoting Pride Month, while corporations the world over throw their collective marketing might behind that familiar multicoloured flag.

What's more, last year the United Arab Emirates supported the LGBTQ+ community in a way they had never before by raising the rainbow flag to celebrate Pride Month; and with the World Cup due to be held in Qatar at the end of the year, the Middle East remains under significant pressure to uphold its renewed pledge for dignity and equality.

These days, Pride is more than a dress code, a parade or a festival. It is a 24/7 lifestyle that encompasses people of all different persuasions, in pursuit of respect, tolerance and understanding. And it's a battle that's being won.



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HOME & DIY

# ART THERAPY

*with Rebecca Sicardi*

**WHY REBECCA SICARDI'S DESIGN VISION IS GOOD FOR THE HOME AND THE MIND**

**W**e can all relate to a piece of furniture, or a space, or an entire house transporting us to a place of mindful calm, but designer Rebecca Sicardi took the concept one step further when launching her interior design business in 2017.

Despite studying History of Modern Art at Manchester University, it was only when she began decorating her duplex apartment in Hackney that the concept of satisfaction and gratification really came to the fore for the designer, who prioritises subtlety, restfulness, neutral shades and stripped-back finishes in order to promote a place of sanctity, harmony and calm.

She explains: "I don't think it's a secret that most of us will respond well to relaxed, subtle shades and tones, and they really are at the heart of what I create as a template for thought.

"On top of that, I will add context, detail and stimulation in the form of statement pieces or effects that really stand out."

By the designer's own admission, it's not a revolutionary way of thinking; however, in an era where we are impacted by so many modes and messages, reconnecting with sanity, clarity and a sense of clearness could be the ultimate antidote to the world's ills.

The words 'sensitivity' and 'sanctuary' permeate so much of what Sicardi styles, with pastels, wood, stone and rattan offering a base on which everything else can be constructed.

As for Sicardi's recommendations for others looking to follow her design style, she suggests always checking colours carefully, especially 'off-whites', valuing texture and materiality over almost anything else, and using a pared-back palette as a starting point before adding on top, while always telling a story through the art and furniture you select.

She adds: "Don't expect it to work first time. Persist with what feels as if it might work, because with persistence, it will."

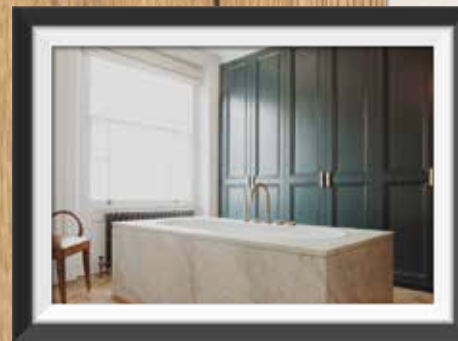


Photo credit: rebeccasicardi.com



# ISLAND HOPPING

## BY DESIGN

Greece's design aesthetics have typically been regarded in the sense of the ancients – the coming together of the Doric, Ionic and Corinthian orders in an appreciation of the classical architecture found in towering columns, stone temples and buildings. While the template was set by others many thousands of years ago, the classic but cool elements of design from modern style contemporaries is leading a whole new generation of fans to flock to the Greek islands.

Take **Milos**, for instance – an island whose fishing heritage has led to the creation of a proliferation of single-storey lodges made of stone and decorated with local materials with, typically, a white or grey palette.

Then there is the **Athens Riviera**, a more populous and money-motivated area, where nearby forests have provoked a string of seaside spaces that rely more on timber and versatile fabrics, such as woven leather, particularly those with weather-resistant capabilities.

In **Syros**, the island vibe leads to artistic flair dressed in a veil of sustainability and self-

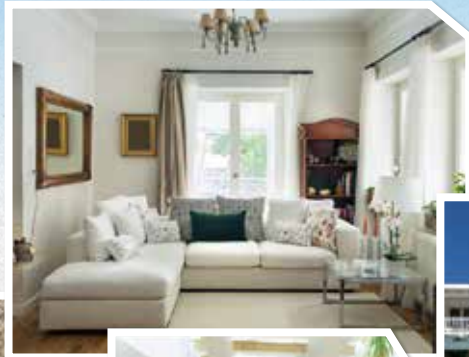
preservation. A two-hour ferry ride from Athens transports people to a neoclassical paradise that offers echoes of Capri, without the unnecessary excess.

And what about **Antiparos**? Although a stylish idyll first made popular by the English poet Lord Byron, there remains a rustic, simple charm to the architecture on show, with stone walls, wicker frames, rattan furnishings and a mass of driftwood.

In **Santorini**, this volcanic isle does everything at sharp angles. Like much of the Amalfi Coast, buildings overlap and overhang, yet the dazzling white brightness of apartments disguises very well their angular elements. Medieval hilltop towns feel a world away from the seaside cafés and restaurants, but there is a cleanness to both that makes the island so special.

Finally **Mykonos**, which has discovered a recent surge in popularity, enveloping everyone from entrepreneurs to indie bands. The vibe is totally relaxed, however, on an island inspired by cubic architecture, and with a mood that combines sharp lines with stylish poolside pads.

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HOME & DIY



## DESIGNING A small bathroom

Your bathroom is an essential room in your home – you'll use it multiple times a day. But many people think that a small bathroom has limited potential, making it difficult to create a modern and stylish space.

The good news is that even a modest bathroom can be beautiful with the right design. Take a look at our tips for creating a stylish, functional bathroom, even when you're working with a small space.

**CREATE ZONES:** You can make a space look larger by creating defined bathroom zones. Tiling or panelling your sink area, a block colour above the toilet and a contrasting floor can create the illusion of space. It will also make your bathroom look slick and modern.

**FREE UP YOUR FLOOR SPACE:** A freestanding bath, towel rail and wall-hung vanity units can leave you with more visible flooring, making your bathroom look much bigger. Get clever with shelving instead of opting for storage units. You can build shelving into your shower, or make the most of some wall space to store all of your essentials.

**LET THERE BE LIGHT:** Keep your space light to help it look bigger. Light shades on the walls, glass shower doors and a large mirror will help keep your room nice and bright.

**USE THE LITTLE TOUCHES TO ADD STYLE:** There are a lot of stylish touches you can add to a small bathroom to help it ooze style and class. Matte black or brushed gold hardware looks beautiful, while plants and wall art can also make your bathroom feel more inviting.

A small bathroom can still be mighty. Consider the options above to make the most of the space you have and ensure your bathroom is lovable and livable.



Photo credit: arazilivine.com/Pinterest, loverenovate.co.uk/Pinterest





Photo credit: dunelm.com, www.yourhomestyle.uk

HOW TO CREATE YOUR OWN

# abstract cushion

Could your cushions do with a makeover? High street cushion covers can be expensive and a little generic, so why not design your own? We love this simple yet bold abstract cushion design that anyone can create at home with just a few craft essentials and a little artistic flair.

artistic, you could draw your own abstract face design and use this instead.



- YOU WILL NEED:**
- One cotton cushion cover | An abstract face template (you can find these online) | A pencil
  - A piece of cardboard the same size as your cushion cover | Black fabric paint
  - Thin paintbrush | Iron-on foil in your choice of colour | An iron | A tea towel

**HOW TO MAKE:**

**STEP 1: Print out the face template**  
Print out your chosen face template onto a piece of plain white paper and carefully cut out the different parts of the face. Alternatively, if you are feeling

**STEP 2: Draw around the template**  
Position the template pieces onto the front of your cushion cover and draw around each one using a pencil. Take your time with this step as accuracy is key.

**STEP 3: Paint the face design**  
Place the piece of cardboard inside your cushion cover – this will stop your paint bleeding through to the back of the cushion. Using a thin paintbrush and the black fabric paint, carefully paint the face design and then allow to dry fully.

**STEP 4: Create the lip design**  
Use the template to cut out a pair of lips from the iron-on foil. Set your iron to a cool setting with the steam off and then place the lips onto the cushion cover. Lay a tea towel on top of the lips and then gently iron until the foil has bonded with the fabric. Remove the tea towel and allow to cool before peeling off the top carrier layer of foil.



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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS

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## Outrage as man seen digging up beloved beauty spot

A man with a metal detector has caused uproar after he was seen digging up Greensward in Frinton. Residents, who described the area as "sacred land" and a "beauty spot", were left outraged. Frinton resident James Ridge, who is also a metal detectorist but was not involved in the incident, told **VISION**Frinton-on-Sea that the incident gives metal detectorists a bad name. He said: "If the guy had permission, then fair enough, but when I inquired with Tendring District Council about digging on public land, I was clearly told no.

"It is not right and the issue I have is that people detecting without permission on any land gives legitimate, honest detectorists a bad name." The incident also upset councillor Terry Allen, chairman of Frinton and Walton Town Council. He said: "He must have known that he could not metal detect there – the Greensward is important to the people of Frinton. "Council enforcement officers can now give out penalty notices, so what these people think is just fun could turn into a very expensive hobby."



Photo credit: Essex County Fire and Rescue Service

# Firefighters tackle blaze at former care home

Firefighters rushed to tackle a blaze at a former care home in Frinton last month. More than 30 firefighters attended the incident in Connaught Avenue at 4.48pm on June 11 after reports of a single-storey building on fire. The cause of the fire is thought to have been deliberate.

Essex County Fire & Rescue typically see an increase in deliberate fires during the summer and they are urging residents to use FireStoppers to report information that could prevent a fire from occurring. FireStoppers is an anonymous way to report deliberate fire setting. You can call 0800 169 5558 or report at forms.theiline.co.uk/firestoppers



## Golf club members celebrate winning competition



Photo credit: Frinton Golf Club

Members of Frinton Golf Club (FGC) are celebrating after winning this year's Boudica Bowl. The annual golf competition, which was established in 1993, took place at the Frinton club on June 11 for the first time since before the COVID-19 pandemic. Clubs from Frinton, Braintree, Clacton, Colchester, Harwich and Dovercourt compete for the trophy, with each team consisting of six mixed pairs. Aggregate scores from the top four pairs decided the winning team, with Frinton coming out on top. Representing Frinton this year were club captain Rob Long and lady captain Yvonne Davies, with Donna and Toby Oliver, Marilyn Clarke and Luke Gagny, Vince McCauley and Sarah Fryer, David Killick and Debby Tanner, and vice captains Harry Sanderson and Gemma Jackson (all pictured above). Roger Attrill, president at FGC, said: "Playing in the Boudica Bowl is one of the highlights of the golfing calendar year.

"Every club strives to win, especially when one is hosting the event, but that is not always the case, as history has clearly demonstrated. "The Boudica Bowl has enhanced the great friendship that has developed between the golf clubs of North East Essex and is eagerly looked forward to by us all." Anyone interested in joining FGC can visit [www.frintongolfclub.com](http://www.frintongolfclub.com) for more information or call David Killick or Julie Fennelly on 01255 674618.

prankster who graffitied: 'What a stupid place to put a door,' on the black box. Several people took to social media to comment on the apparent mistake, with one resident saying: "I wonder when the builders will notice." However, most were quick to point out that it was likely not a mistake after all. Builder James O'Neil said: "I have seen this many times and I have no doubt the builder knows the black box will be removed at some point. I can see how some might think it is a mistake, but it probably isn't." The building is now being converted into homes and a retail shop after investors purchased it for £650,000.

## Paramedics forced to move in with fire service

Paramedics have had to move out of their Frinton headquarters after the building was deemed to be in "poor condition". They have now moved in with Essex County Fire & Rescue at Frinton Fire Station (pictured below) on Pole Barn Lane after they were forced to leave the East of England Ambulance Service Trust (EEAST) base, also in Pole Barn Lane. Despite the move, the ambulance service is confident it will still be able to serve the community and believes the better conditions will benefit its staff. A spokesperson for EEAST said: "Our station in Frinton is in poor condition and does not provide a working environment of the standard our staff expect and deserve. "As such, we made the decision to co-locate this response post from March to the fire station which is around 110 yards away. "This provides our staff with better facilities, in turn boosting their wellbeing, and better supports the service we provide to our patients. "The relocation will not affect the service we provide to patients as the same number of staff and vehicles will continue to operate from the town."



## Builders taunted over door placement at former bank

Residents have seen the funny side after builders renovating a former bank in Frinton installed a new door in front of a black box. As part of the renovation of the former Lloyds Bank building in Connaught Avenue, a new door has been installed on the corner of the building – right in front of an existing black box. It was quickly noticed by locals, including one



Photo credit: Frinton Beach Hut Association Facebook

## Beach hut safety advice issued after incidents

Frinton beachgoers are being urged not to put themselves in danger after a group of youngsters were spotted running on the roofs of beach huts. Frinton Beach Hut Association warned those attending the beach to "respect other people's property" after the youths were seen running on beach hut roofs at the Low Wall on Frinton's Promenade on Wednesday, June 15. A spokesperson for Frinton Beach Hut Association

said: "A group of lads were seen running and jumping on beach hut roofs on the Low Wall, around numbers 245-260. "If you have a hut in that area, it might be wise to check for any damage. If you know who they are, please kindly ask them to respect other people's property. "Please keep your eyes open. Any damage to a hut is heart-breaking for the owner."

# GILES WATLING

MP for Clacton



I would like to start off by thanking all of the constituents who have been in touch with me lately. I have received many hundreds of emails and I am grateful for all of the views shared, which I channel to the government.

Some of you may have seen me out and about knocking on doors recently in St Osyth, Jaywick, Clacton and Point Clear as part of my 'out and about surgeries'. Sometimes it can be difficult for residents to get in touch or to come and visit me, so I will gladly come and knock on your door instead. In Westminster, I've been banging the drum for us in Clacton. I will soon publish a 10-Minute Rule Bill to attempt to force a change to the law to give coastal councils, such as ours, the powers currently held by the Marine Management Organisation. I have also been in frequent communication with the Health Minister regarding dentists – I am working with a firm

to get a new dental care hub in Clacton.

On the recent vote of no confidence in the Prime Minister, my view was that we needed to focus on the pressing issues, such as the cost-of-living crisis and Russia's invasion of Ukraine, not on political drama. Having lost my sister at the end of the pandemic, I know how much pain many constituents were in when they saw rule-breaking in Downing Street. The Prime Minister won the democratic vote and the result must be respected. He is our Prime Minister and I offer support to his government as we seek to deal with the issues that Clacton and the country care about.

Finally, as a bit of Jubilee cheer, I visited nine different schools to meet children and present them with a certificate to mark this amazing chapter in our history, and I had the absolute pleasure of attending the massive celebration on Connaught Avenue. Thank you to the Frinton Business Group for organising it.

## Residents enjoy Jubilee treat

Elderly residents in Frinton enjoyed a special Queen's Platinum Jubilee treat thanks to two local organisations.

Frinton-based Home Instead and Tendring Eldercare delivered 200 cream tea packages to residents who were unable to attend community celebrations, and those who were on their own or isolated.

Included in the hand-delivered gift was a special commemorative Platinum Jubilee pin, along with a celebratory card.

Home Instead owner Jean Allen (pictured top left) said: "We wanted to make sure that our senior residents who couldn't join in the fun in person, but wanted to mark the historic celebration, didn't miss out.

"After all, they have grown up with Her Majesty and watched her amazing 70 years of service, so it's important they are not forgotten."

Edward Bell (pictured top right), from Tendring Eldercare, said: "What's truly wonderful with projects such as this is that it really does make a difference.

"It's just a scone, but for the person receiving it, it's reminding them that they are not alone and that there are people who care."

Home Instead also organised a special Queen's Jubilee Dementia Café at the Frinton Free Church the week before the main celebrations.

Together with Frinton Free Church, it offers a twice-monthly dementia café on the second and fourth Tuesday of the month.

To find out more, please visit the Home Instead website at [www.homeinstead.co.uk/clacton-frinton-walton](http://www.homeinstead.co.uk/clacton-frinton-walton)



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GARDENING

# To be OR NOT TO BEE



THAT IS THE QUESTION – AS IN, ‘WHAT’S ACTUALLY THE DIFFERENCE BETWEEN A BUMBLEBEE AND A HONEYBEE?’

**W**hen it comes to buzzing beauties in our gardens, most of us would be none the wiser as to exactly what we’re looking at – we’ll simply exercise caution to prevent getting too close to them.

The truth, though, is that bumblebees and honeybees look and live very differently.

## APPEARANCE

Bumblebees are bigger, have a puffier, more decorated exterior and subsequently buzz at a slower rate and lower frequency.

Honeybees are more streamlined and can often be mistaken for wasps.

## NESTS

Honeybees will nest whenever they can find a decent space. A tree, a cave, a roof space, even under your car bonnet – they’re happy as long as they believe it’s a safe and secure space.

Bumblebees will create homes underground. They

have less of a need to build high as they’re not protecting a mass of honey, so will typically use abandoned burrows or holes underground.

## JOB

Honeybees, as the name suggests, produce honey. Bumblebees, on the other hand, are responsible for transferring nectar from flowers.

## STING

We all know the peril of a bee sting, though it’s only a honeybee sting that’s terminal... for the bee. Bumblebees have the ability to sting many times – you’ve been warned.

## HIBERNATION

While bumblebees will see out the cold of winter in a safe, warm space, honeybees do not hibernate and will keep going throughout the cold months. They will rely on pre-stored food to last them through to the spring.



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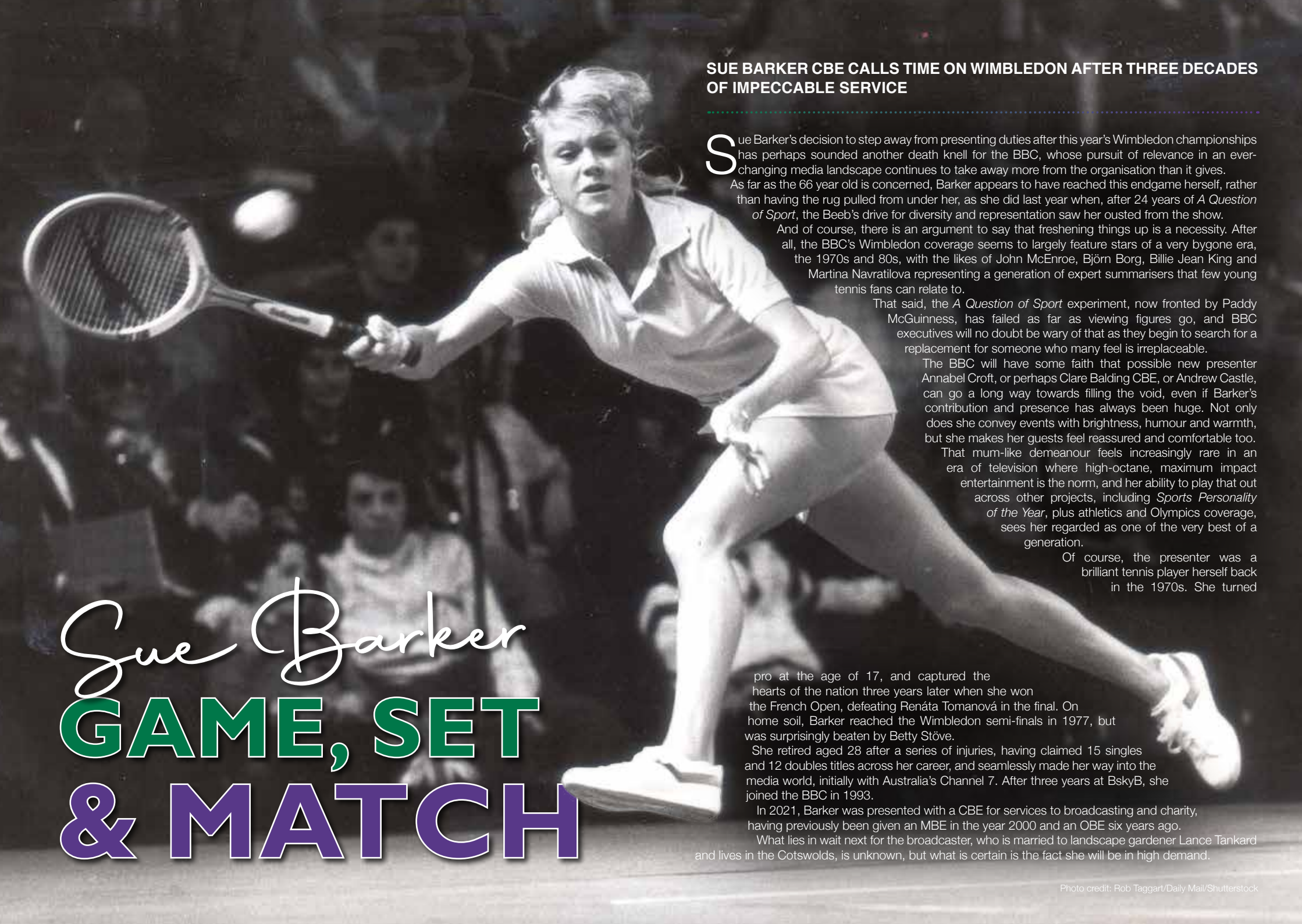
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## SUE BARKER CBE CALLS TIME ON WIMBLEDON AFTER THREE DECADES OF IMPECCABLE SERVICE

Sue Barker's decision to step away from presenting duties after this year's Wimbledon championships has perhaps sounded another death knell for the BBC, whose pursuit of relevance in an ever-changing media landscape continues to take away more from the organisation than it gives. As far as the 66 year old is concerned, Barker appears to have reached this endgame herself, rather than having the rug pulled from under her, as she did last year when, after 24 years of *A Question of Sport*, the Beeb's drive for diversity and representation saw her ousted from the show.

And of course, there is an argument to say that freshening things up is a necessity. After all, the BBC's Wimbledon coverage seems to largely feature stars of a very bygone era, the 1970s and 80s, with the likes of John McEnroe, Björn Borg, Billie Jean King and Martina Navratilova representing a generation of expert summarisers that few young tennis fans can relate to.

That said, the *A Question of Sport* experiment, now fronted by Paddy McGuinness, has failed as far as viewing figures go, and BBC executives will no doubt be wary of that as they begin to search for a replacement for someone who many feel is irreplaceable.

The BBC will have some faith that possible new presenter Annabel Croft, or perhaps Clare Balding CBE, or Andrew Castle, can go a long way towards filling the void, even if Barker's contribution and presence has always been huge. Not only does she convey events with brightness, humour and warmth, but she makes her guests feel reassured and comfortable too.

That mum-like demeanour feels increasingly rare in an era of television where high-octane, maximum impact entertainment is the norm, and her ability to play that out across other projects, including *Sports Personality of the Year*, plus athletics and Olympics coverage, sees her regarded as one of the very best of a generation.

Of course, the presenter was a brilliant tennis player herself back in the 1970s. She turned

pro at the age of 17, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She retired aged 28 after a series of injuries, having claimed 15 singles and 12 doubles titles across her career, and seamlessly made her way into the media world, initially with Australia's Channel 7. After three years at BskyB, she joined the BBC in 1993.

In 2021, Barker was presented with a CBE for services to broadcasting and charity, having previously been given an MBE in the year 2000 and an OBE six years ago.

What lies in wait next for the broadcaster, who is married to landscape gardener Lance Tankard and lives in the Cotswolds, is unknown, but what is certain is the fact she will be in high demand.

# Sue Barker GAME, SET & MATCH



IT'S GOOD TO

talk



Talking therapies are becoming increasingly popular in the UK as people seek out alternatives to mental health medication. There are several different types of talking therapies available, most of which are covered by the NHS.

**Who can benefit from talking therapies?** While anyone who feels like they need someone to speak to can benefit from talking therapies, some specific issues that can be dealt with are: Mental health problems | Low self-esteem | Traumatic past events | Bereavement | Redundancy | Relationship problems.

**What are the different types of talking therapies?**  
**Cognitive behavioural therapy (CBT)** CBT involves looking at how your thoughts and beliefs affect your feelings and behaviours. This type of therapy tends to be short term, between six and 12 sessions, and often involves tasks or practising the skills you have learnt.  
**Good for:** Depression | Anxiety | Obsessive compulsive disorder | Eating disorders | Post-traumatic stress | Schizophrenia

**Dialectical behavioural therapy (DBT)** DBT is an adapted form of CBT that is designed to help people who experience intense emotions by

helping you to cope with stress.  
**Good for:** Borderline personality disorder | Addiction | Depression | Self-harm/suicidal thoughts | Eating disorders

**Psychodynamic therapy** Psychodynamic therapy explores how your childhood and unconscious mind influence your current feelings and behaviours. This therapy involves talking freely about what is on your mind and understanding your past relationships.  
**Good for:** Depression | Anxiety | Post-traumatic stress | Eating disorders | Long-term physical health problems | Addictions

**Humanistic therapy** Humanistic therapy involves exploring your entire self rather than just a specific problem. It is designed to help people grow and become their true self.  
**Good for:** Obsessive compulsive disorder | Post-traumatic stress | Personality disorders | Anxiety | depression

**How to find a therapist** Your GP or another health professional may be able to refer you to a qualified therapist or you can self-refer if you live in England. It is worth noting that there are often long waiting lists for NHS therapists.



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# NATURAL SUNBURN REMEDIES



HEALTH & FITNESS



According to a poll by the British Association of Dermatologists, 35 per cent of Brits have been sunburnt in the last year. Although we all know the dangerous effects of the sun's powerful UV rays, we can all be guilty of being a bit lax when it comes to applying sunscreen, so here's what to do if you start feeling the burn.

### BAKING SODA AND OATMEAL

If your skin is feeling sore after too long in the sun, an oatmeal and baking soda bath is just what you need. Adding a few tablespoons of baking soda to a cool bath can help to minimise sun damage, and adding a cup of oats can soothe any irritation and help the skin to retain moisture.

### COCONUT OIL

Once your initial sunburn has calmed down, coconut oil can be applied to the skin to moisturise and hydrate it. Coconut oil is also good for dry or peeling skin, as it helps to lock in moisture and keep the skin soft.

### ALOE VERA

One of the most common ingredients in after-sun products, aloe vera is known for its cooling and soothing properties. If you have your own aloe vera plant, simply break off a chunk of the plant and apply the gel directly to the affected area. Alternatively, pick up some aloe vera gel at your nearest pharmacy or supermarket.

### CHAMOMILE TEA

Did you know chamomile tea can soothe not only your mind but also your skin? To use chamomile as a sunburn remedy, brew a cup of tea as you usually would and then allow to fully cool. Soak a clean cloth in the tea and apply to the skin. Do not use this treatment if you are allergic to pollen.

### WHAT NOT TO PUT ON SUNBURNT SKIN:

Petroleum jelly (Vaseline) | Ice or ice packs | Fragranced moisturisers.





# STINKY FEET!

**D**o you struggle with sweaty and smelly feet in the summer? Most commonly caused by bacteria and moisture, stinky feet can make you feel self-conscious and uncomfortable.

Discover the best natural remedies for stinky, sweaty feet below.

**SALT FOOT SOAK:** Epsom salts are antibacterial, which means they can stop the growth of bacteria on your feet. They are also great at banishing bad odours. To use, simply prepare a foot bath of warm water and then add ½ cup of Epsom salts. Soak your feet for 15-20 minutes and then rub dry.

**VINEGAR FOOT SOAK:** Both apple cider vinegar and white vinegar can be used to disinfect the feet and kill any bacteria which could be responsible for bad smells. Fill a bowl or tub with two parts warm water and one part vinegar and then soak your feet for 15-20 minutes. Do not use this remedy if you have any cuts or sores on your feet.

**BLACK TEA FOOT BATH:** If you suffer with very sweaty feet, then soaking your feet in black tea can help to dry them out. The tannic acids in black tea will also kill any odour-causing bacteria. To make a black tea foot bath, boil two teabags in a pint of water for 15 minutes. Remove the bag and then dilute the tea with eight cups of water. Allow to cool and then soak your feet for 15-20 minutes.

**LAVENDER OIL FOOT RUB:** Lavender oil has the ability to kill bacteria, and it smells lovely, making it the perfect remedy for smelly and sweaty feet. Simply rub a few drops onto your feet before bed and gently massage into the skin. Cover your feet with socks for best results.

**ZINC SUPPLEMENT:** Zinc has shown promising signs of eliminating foot odour and can be taken as a daily supplement. Alternatively, you can eat foods that are high in zinc, including seafood, beef, spinach and strawberries.



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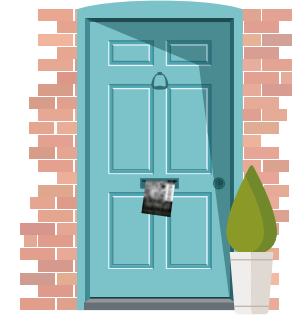
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# Bubble BONANZA

**FOOD & DRINK**

Bubble tea has been trending on social media for a while now, with this Insta-perfect colourful beverage being every bit as tasty as it looks.

**WHAT IS BUBBLE TEA?**  
Bubble tea is a Taiwanese recipe that is made by blending tea with milk, fruit and fruit juices and then adding tapioca pearls. While it is now all the rage in the UK, it has been enjoyed in countries such as China since the 1980s.

**WHY IS IT CALLED BUBBLE TEA?**  
It is the tasty tapioca pearls that sit at the bottom of bubble tea and the floating bubbles that are created by vigorous shaking that give this increasingly popular drink its name.

Bubble tea can be served hot or cold, but always in a transparent cup and with a thick straw so that the pearls can be seen and sucked up with ease.

**WHAT DOES BUBBLE TEA TASTE LIKE?**  
There are lots of different flavours of bubble tea that you can try, and you can even get various flavours of tapioca pearls. These pearls have a chewy consistency that is somewhere between jelly and chewing gum.

**HOW TO MAKE BUBBLE TEA**  
**You will need:**  
Tea | Milk | Tapioca pearls | Honey or agave

**How to make:**

- Bring 3 cups of water to the boil and add 1 cup of tapioca pearls.
- Simmer until the pearls float to the top.
- Brew your chosen tea and allow to steep for 5 minutes.
- Chill the tea in the fridge or pour over ice to cool.
- Place the cooked pearls in a tall glass.
- Add honey or agave to sweeten if desired.
- Pour your chilled tea two-thirds of the way up the glass.
- Add a splash of milk if you want a creamier drink.
- Stir and enjoy with a thick straw.

**POPULAR BUBBLE TEA FLAVOURS**  
Taro milk tea | Matcha green tea | Mango tea | Brown sugar milk tea.





# How to deal with...

The average total debt for an adult in the UK is a whopping £32,053. If you are one of the many people struggling with debt, it can feel all-consuming. Fortunately, there is light at the end of the tunnel.

### Step 1: Make a list

If you have been burying your head in the sand about your debt, then now is the time to make a list of everything you owe. Although it can be scary to see this on paper, this is an essential task in becoming debt-free.

- Court fines  
These debts need to be paid back first as they could result in you losing your home or being disconnected from a service.

### Step 3: Work out a budget

A weekly or monthly budget helps you to see what your monthly income and expenses are and allows you to find out how much you can realistically pay your creditors. If you need help working out a budget, the MoneyHelper offers a free budget planner at [www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

### Step 4: Communicate with your creditors

Once you know what you can afford to pay back, you should contact your priority creditors to talk them through your situation. Make sure you are realistic about what you can afford to pay and don't assume you will be able to pay more in the future.

### Step 5: Get independent advice

You can get free advice on dealing with debt from charities such as Step Change. Visit their website at [www.stepchange.org](http://www.stepchange.org) to find out more.

### Step 2: Prioritise your debts

The next step is to put your debts in order of importance; these are known as priority debts. These may include:

- Mortgage repayments
- Rent
- Secured loans
- Utility bills
- Taxes



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# Frinton & Tendring Property News



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

My aim is to provide useful content each month, covering all aspects of property in the local area

June saw the Bank of England (BOE) raise interest rates again, from 1% to 1.25%. If you read my last article, you would have seen that there was a strong possibility of this happening. It is now predicted that rates will increase every 6 weeks until the end of the year. This means that interest rates are predicted to have increased to 3% by 2023; the highest level they have been since November 2008.

The BOE is doing this because the pound is incredibly weak and a sudden increase to 3% would send the country into a recession now. The gradual increase, considered a death by a thousand cuts, will give businesses and homeowners time to adjust to lessen the impact of the impending recession.

**What does this mean for buyers and sellers of property?**

Some homebuyers, particularly first-time-buyers, are waiting for a dip in house prices so that they can afford to get on the property ladder. In fact, since 20th May, the average property price in CO13 has reduced by £4,492. The CO11 and CO16 postcodes saw a similar trend with a reduction of £4,138 and £7,126 respectively.

This may be the start of a wider development that sees average prices gradually come down with demand decreasing. The cost-of-living-crisis is reducing the spending power of most people which prevents them from buying and with a possible recession on the horizon, house prices will have to come down and we'll enter a buyer's market.

We can see this happening already. Since, November 2021 we have seen a decrease in completed transactions every month, from 18 in November to only 2 in April. It will be interesting to see what May and June produced.

If you are considering moving (whether to buy or sell) in the next 12 months, I would strongly recommend you get the ball rolling now to make the most of these historic prices and historically low interest rates – which you can lock in for 5-years.

Give me a call or email if you are considering moving in the next 12 months for more information, or if you have any questions relating to property.

Thank you for reading, and I hope you have a great start to the summer. See you next month!

Nathen Johns

**CONTACT ME**

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## Property done properly

THE BEST PROPERTY BLOGS AND WEBSITES TO FOLLOW

What would we do without the insight of the experts who power our online blogs? For years, we survived on a flat and rather biased supply of TV and print media, but with the internet came inspiration and insight that wasn't bogged down with advertiser messages.

As a result, we now have a relative smorgasbord of incredible blogs, for those at any axis of the property market. Check out some of our suggestions:

**Homes & Property: [www.standard.co.uk/homesandproperty](http://www.standard.co.uk/homesandproperty)**

The *Evening Standard's* guide stands apart as one of the most comprehensive pieces of property intelligence on the market. An outstanding resource for professionals and enthusiasts alike, it doesn't just focus on the London market, and combines celebrity nods to both areas and interiors.

**Zoopla Discover: [www.zoopla.co.uk/discover](http://www.zoopla.co.uk/discover)**

If you're looking for something rather more UK-centric, Zoopla is the way forward. Catering for buyers, sellers, tenants and landlords, the property portal has invested big time in education, courses and tools that will make you a smarter player on the market.

**Houzz: [www.houzz.co.uk](http://www.houzz.co.uk)**

Detail is the name of the game with Houzz, with endless inspiration on offer

for interior design devotees. While useful for sourcing professionals to take care of jobs in the home, Houzz also showcases homewares and furniture, with expert advice and guidance at every turn.

**Boomin: [www.boomin.com](http://www.boomin.com)**

Blogging and social presence are the name of the game with Boomin, which offers a site that's split into various property categories – from videos to news, buying to letting, selling to renting, home design to mortgages, and more.

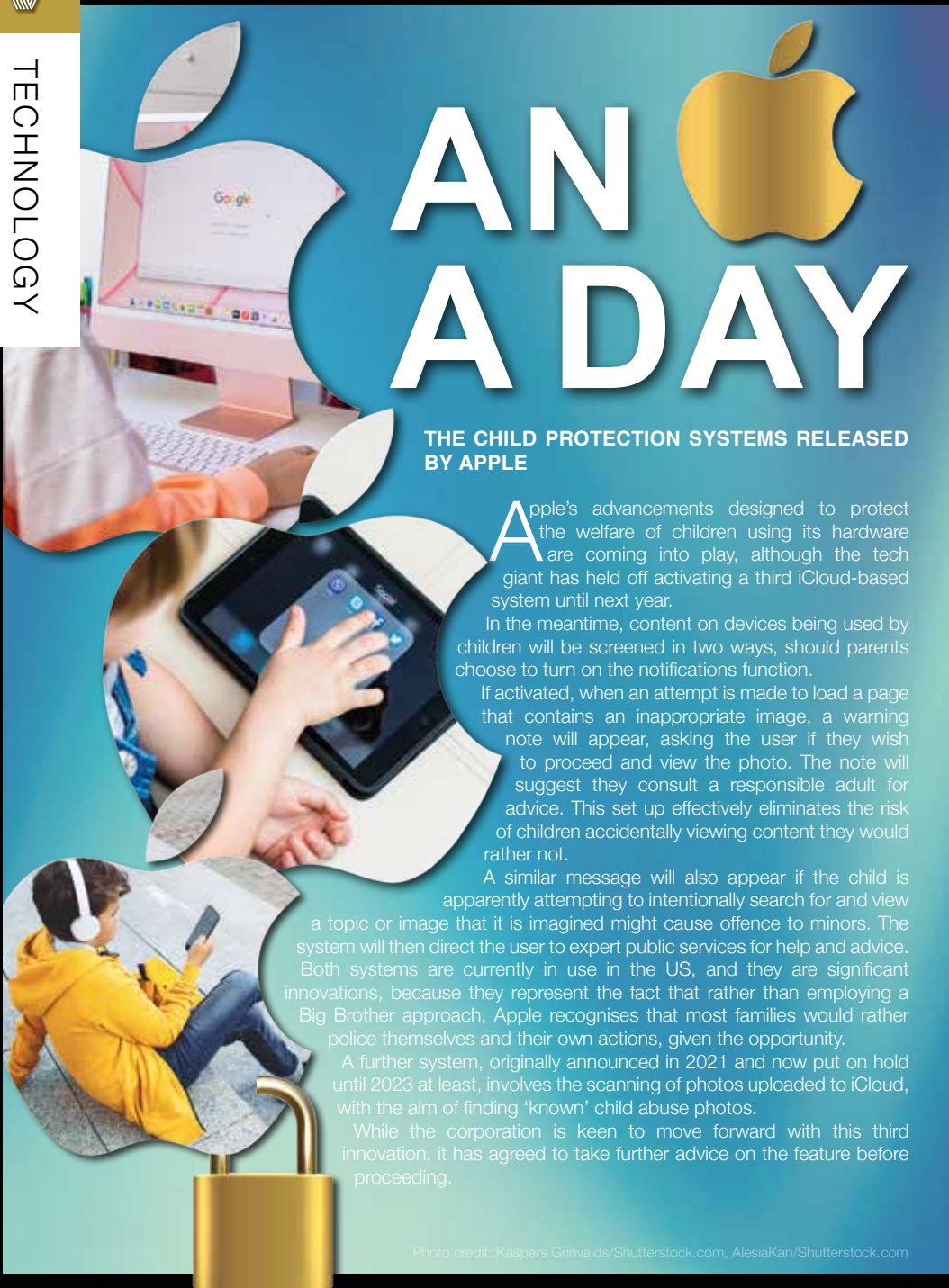
**Property Week: [www.propertyweek.com](http://www.propertyweek.com)**

Authority at your fingertips, Property Week covers topics around property investment and both commercial and residential real estate. It also features analysis and in-depth reporting on the biggest issues facing the industry.

**LandlordZONE: [www.landlordzone.co.uk](http://www.landlordzone.co.uk)**

Finally, as the title suggests, LandlordZONE is a dedicated blog for homeowners who rent out their abodes, highlighting both opportunities and threats at play in a frequently changing market.





# AN APPLE A DAY

## THE CHILD PROTECTION SYSTEMS RELEASED BY APPLE

Apple's advancements designed to protect the welfare of children using its hardware are coming into play, although the tech giant has held off activating a third iCloud-based system until next year.

In the meantime, content on devices being used by children will be screened in two ways, should parents choose to turn on the notifications function.

If activated, when an attempt is made to load a page that contains an inappropriate image, a warning note will appear, asking the user if they wish to proceed and view the photo. The note will suggest they consult a responsible adult for advice. This set up effectively eliminates the risk of children accidentally viewing content they would rather not.

A similar message will also appear if the child is apparently attempting to intentionally search for and view a topic or image that it is imagined might cause offence to minors. The system will then direct the user to expert public services for help and advice. Both systems are currently in use in the US, and they are significant innovations, because they represent the fact that rather than employing a Big Brother approach, Apple recognises that most families would rather police themselves and their own actions, given the opportunity.

A further system, originally announced in 2021 and now put on hold until 2023 at least, involves the scanning of photos uploaded to iCloud, with the aim of finding 'known' child abuse photos.

While the corporation is keen to move forward with this third innovation, it has agreed to take further advice on the feature before proceeding.

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**HIRES CAR** *high-fives*  
CLEVER TRICKS TO CONSIDER WHEN HIRING A CAR

**B**eing taken for a ride when hiring a car is probably one irony too many, but it's possible to steer clear of hire car horror and save some additional money by following a few clever tricks.

**INSURANCE INSANITY:** Car hire companies profit from every level of insurance they sell, and as with most policies, you'll not need it 99.9 per cent of the time. Beware convoluted offerings, including a super collision damage waiver which, despite the name, still won't save you having to pay your excess. Others can take the excess down to zero but will cost you more than arranging private insurance. Alternatively, see what's covered on your credit card benefits.

**THE POWER OF THE HOUR:** Beware returning your hire car after hours – bringing it back late may well cost you an extra day's hire. Alternatively, think about the free trick on car hire when it comes to having a car on a day when the rental

centre isn't open. You'll find the cost for hiring Friday to Sunday is the same as Friday to Monday – in other words, you're getting a free day.

**THE FUEL RULE:** It always pays to return the car with the same fuel level in the tank. Returning it having not refilled will incur additional fees.

**BOOK IN ADVANCE:** As is usually the case, booking in advance will save you money. And in the COVID-19 era, many rental centres are insisting on pre-uploading your driver's licence and other ID documents, meaning you can save time on collection.

**THE AIRPORT AGGRO:** As we get back into the mindset of holidaying abroad, try to avoid airport rentals. They are notorious for expensive add-ons at a time when people are in a tense state of mind. The better solution is to get a taxi to a nearby town to pick up a prearranged rental.





# CRAZY COMPANIONS

**FROM GIANT SPIDERS TO PYGMY HEDGEHOGS, HERE ARE SOME OF THE THE CRAZY PETS KEPT IN BRITAIN**

### TARANTULA

The very notion of having a pet tarantula crawling about the place as you sit down for your evening meal seems totally perplexing, yet while many of us view these incredible arachnids as dangerous, many tarantulas offer a bite that's little worse than a bee sting.

Naturally, you'd rather avoid that if possible, but that shouldn't rule out having a Chilean Rose, Mexican Redleg or Costa Rican tarantula as a pet.

### SUGAR GLIDER

This possum offers affection (once it gets to know you), inquisitiveness, a tail that's as long as its body and an ability to glide through the air with almost Tarzan-like abandon.

One slight downside is it's strictly nocturnal, meaning if you really want to bond with one, you'll be staying up late.

### GIANT AFRICAN LAND SNAIL

Who would have thought owning a snail implied you were living on the edge? It is indeed the case, though, given that the giant African land snail is illegal in many parts of the US for the destruction it can cause to agriculture.

We're a bit more relaxed in the UK, though it is against the law to release them into the wild; and contrary to the marketing, they're not really so 'giant' after all, coming in at around 15cm long (which is still impressive as molluscs go).

### CHINCHILLA

A bit like a squirrel on steroids, the chinchilla is an adorable member of the rodent family and rarely puts a paw out of place, though does require a fair bit of maintenance.

### AFRICAN PYGMY HEDGEHOG

Anyone who has spotted a hedgehog going about its nightly duties will know that – horrific waistcoat of lethal-looking spikes aside – they are one of our cutest garden visitors. The pygmy (or four-toed) hedgehog is a smaller version more suited to life as a pet, and their popularity in the UK is soaring.



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# PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

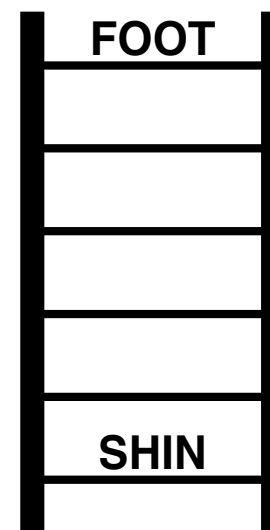
- ▶ ALUMINIUM
- ▶ BERYLLIUM
- ▶ CAESIUM
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- ▶ CARBON
- ▶ COBALT
- ▶ GOLD
- ▶ IRON
- ▶ LEAD
- ▶ LITHIUM
- ▶ MERCURY
- ▶ NICKEL
- ▶ OXYGEN
- ▶ POTASSIUM
- ▶ RADIUM
- ▶ RUBIDIUM
- ▶ SILVER
- ▶ SODIUM
- ▶ STRONTIUM
- ▶ ZINC



## DID YOU KNOW?

- ▶ Every planet in the solar system could fit in the space between the Earth and the moon.
- ▶ On Venus, one day (one rotation) is equal to approximately 243 days on Earth, but its year (a trip around the sun) is approximately 224 days on Earth. This means one day on Venus is longer than one year.
- ▶ Lightning can occur in space. It's caused by black holes.
- ▶ As a gas giant, Saturn is less dense than water. It would be able to float on water.
- ▶ The sun rises and sets on the International Space Station around 15 times a day.
- ▶ In space, no one can hear you scream. Sound is vibration travelling through molecules in the air, but as space is a vacuum, there are no molecules to vibrate.

## 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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# THE VISION LISTINGS

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