

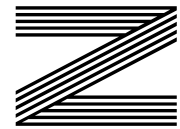
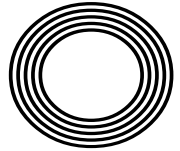
**RONALDO  
RETURNS TO  
THE PREMIER  
LEAGUE**

*Anton Du Beke*  
Waltzing onto the Strictly  
judging panel

**CELEBRATING 50 YEARS**  
of Walt Disney World in Florida

*Emma*  
**RADUCANU**

The tennis star writing her name in the history books



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# Editor's notes...

OCTOBER 2021



Emma Caulfield, Editor

Hello and welcome to this month's edition of **VISION** Halstead. Together with many others, I've taken advantage of the end of COVID-19 restrictions to get out and about in my local area. I've been busy making connections with local businesses, meeting new people and new distributors. While I'm still finding my way about the area, everyone I've met has made sure to make me feel as welcome as possible.

I recently popped into The Shiish, a Turkish restaurant on Halstead High Street, and was treated to a cup of organic coffee and a slice of cake. It's always nice to sit and watch the world go by, wondering what those people hurrying past the window are up to with their post-lockdown freedom.

One thing that's got everyone talking recently is Emma Raducanu's victory at the US Open. Even though I've never watched tennis in my life, I enjoyed it and appreciated the communal sense of celebration.

Things are coming back to life in the business world, with the change of seasons heralding the promise of a new start even as we head into the darker months. Together with this has come a slew of invitations to weddings, gatherings and events. Let's hope that hospitality venues can now begin to recover and we can all look forward to spending more time with friends and family.

*Emma Caulfield*

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

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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 Inside pages recyclable



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# A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

It was designed, curated and constructed with one thing in mind – a unique place on planet Earth where guests could remain forever young, where children and adults alike could swim in the pools of fantasy worlds to shake off the stresses and demands of everyday life.

The man behind this plan was Walt Disney, and his creation, Walt Disney World in Orlando, Florida, has been providing memories for visitors – an estimated two billion across five decades – ever since.

When it opened on October 1, 1971, 10,000 people gathered at the gates, each desperate to see what lay inside. The sprawling 107-acre theme park – a colossus of an entertainment wonderland – had been seven years in the making.

The park featured Adventureland, Fantasyland, Frontierland, Liberty Square, Tomorrowland and Main Street USA, had a cast of 5,500 staff members to unveil a new era of entertainment, and would not just set the precedent for an unfathomable amount of candy floss, family photos and joyous grins over the next 50 years, but would also lay down a marker for the brand itself. It created a mould by which modern culture would go on to embrace the heroes it worshipped – whether real, animated or in pixels – on TV and in cartoons and magazines.

At the helm back in 1971 was the big cheese himself, Mickey Mouse. By far the most iconic and celebrated character in the company's long history, Mickey Mouse dates all the way back to Disney's

founding in 1929. With feature films and animated classics – including *Snow White and the Seven Dwarfs*, *Fantasia*, *Pinocchio*, *Dumbo*, *Bambi*, *Cinderella*, *Alice in Wonderland*, *Lady and the Tramp*, *Sleeping Beauty* and the original *Mary Poppins* – already in the can, Walt Disney World, from day one, had an almost impossibly huge base of material to draw on to help make dreams come true.

It's little surprise then that – just like its parent company, whose ability to innovate in entertainment is unparalleled – Walt Disney World's popularity has never waned. In 2019, it was the most visited vacation resort in the whole world, with more than 60 million visitors.

While COVID-19 shrunk its capacity by 75 per cent last year, when America returns to post-pandemic normality, so too will the resort reclaim its rightful spot as the most magical place on Earth.

Of course, the ultimate irony of Walt Disney World is that the man whose name it bears was not there to see it bring joy and delight to so many people. The animator-turned-entrepreneur had been at the top table when original plans for the Florida park were conceived, but passed away after losing his battle with lung cancer in 1966, just as construction was ramping up.

As with so many of Walt Disney's other projects, though, his legacy lives on, as do the memories for those who visit.



# Beke TO BASICS

He is the only professional dance partner to have appeared in every series of *Strictly Come Dancing*, but for Anton Du Beke, this is the only job worth hanging up his tap shoes for.

They say you ought to walk a mile in someone's shoes before you judge them, which is why Anton Du Beke is arguably one of the most qualified people in the country to take a seat on the illustrious *Strictly* panel.

After 18 series as a professional dance partner on the hit show, the 55-year-old performer, who previously filled in as a judge in 2020, will take a permanent seat at the top table for the upcoming series.

Taking over from Bruno Tonioli – who is unable to take his usual place on the panel owing to travel uncertainty caused by the pandemic – the Kent native will sit alongside veteran judges, Craig Revel Horwood and Shirley Ballas, along with Motsi Mabuse (sister of *Strictly* champ, Oti), who replaced Darcey Bussell in 2019.

For Du Beke, who waltzed and whirled with the likes of Kate Garraway, Patsy Palmer and Anne

Widdecombe during his tenure as a professional partner, becoming a judge is the ultimate end goal in a fairy-tale career

He says: "It's a dream come true to be judging alongside the best of the best, and I promise to be kinder to all the couples than any of them have ever been to me."

Never a man to do things by halves, the father-of-two has also signed up for his first-ever pantomime this year, where he will play the loveable Buttons in Richmond Theatre's production of *Cinderella*.

Yet for the upcoming *Strictly* contestants – set to include McFly star Tom Fletcher, *Coronation Street* actress Katie McGlynn, *BBC Breakfast* presenter Dan Walker and TV presenter Tilly Ramsay – Du Beke will be more of a fairy godfather as he decides their fates on the path to becoming the *Strictly* king or queen.

Photo credit: BBC

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**W**hite is white, right? Well, no actually. There are in fact many different shades of white paint that you can choose for your home.

#### UNDERSTAND UNDERTONES

There are two main categories of white paint: cool whites and warm whites. The former have a bit of a blue undertone whereas the latter will be yellowish. You should never mix warm and cold whites in a room as this can leave the space feeling disjointed.

#### CONSIDER LIGHTING

If you have ever brought home a tester of white paint only to find it looks completely different on your walls than in the shop, this is most likely down to lighting. Again, this is because of conflicting undertones. For example, if you have warm lighting in a room, you should opt for warm whites, and if you have cool lighting, you should pick cool whites.

#### PICK THE RIGHT FINISH

The finish you choose for your white paint should be dictated by your lifestyle. For instance, if you have children or pets, you should opt for a glossy or semi-gloss finish as these are easy to wipe down. Alternatively, if you can keep your walls smudge-

free, you are safe to go with a matt paint.

#### BEST WHITE SHADES FOR EACH ROOM:

##### Living room

- > Good natural light: Cool white with a hint of orange or gold.
- > Poor natural light: A warm white such as honey or primrose white.

##### Bedroom

- > Good natural light: Cool white with a hint of teal or moss.
- > Poor natural light: Warm white with tones of cream or peach.

##### Bathroom

- > Good natural light: Cool white such as pearl, almond or a duck-egg blue.
- > Poor natural light: Warm blue-white or white with a hint of purple.

##### Kitchen

- > Good natural light: A cool white with a touch of fresh pastel green or blue.
- > Poor natural light: A warm white with a hint of lavender, mauve or amethyst.



# MODERN CLASSICISM:

*Making the old new again*



Photo credit: Unsplash under Creative Commons, @lifeathomewithemma, @Natuzzi

Interiors trends are constantly evolving, but sometimes it's nice to see a return of the classics. And where better to look for classical touches than to Ancient Rome and Greece?

Bringing a touch of classicism into your home adds a luxury feel. From subtle accessories to bolder statements, you can blend the old with the new to create a stylish interior for your home.

**Use accessories to add detail:** One of the simplest ways to embrace classicism is through accessories. You can buy some beautiful bust sculptures in various sizes, which can be mixed with your existing decor to create a look that has a classic touch while being right on trend. Consider ornate frames, mirrors and vases to add further texture and detail.

**Make your dining table an inspiring centrepiece:** The classicism trend can work its way into your main interior, creating stand-out looks. Your dining area can really shine here with the addition of an ornate marble table, or some dining chairs with carved detailing.

**Create texture without expensive architecture:** Textures are a key element of classicism. Ridged pillars, Grecian-style vases and even your glassware can add a sophisticated touch without the need to redo your entire home. The neutral/white colour palette makes it easy to match with your existing decor, and it's also the perfect opportunity to get creative with upcycling, breathing new life into pieces you already own.

**Don't forget the natural details:** While the classicism look is centred on rich detailing and bright whites and neutrals, it's also the perfect excuse to add a touch of greenery. Think potted lemon trees and olive trees – classic Mediterranean plants that add some class to your home. Plants can help to break up the white to give your home a fresh, modern look.

Modern classicism gives you the chance to merge vintage details with more modern decor. As a trend that's set to take off this season, keep an eye out in stores for all the classic accessories that are just waiting to be displayed in your home.



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October 2021



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HOME & DIY

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**A**re you feeling floored when it comes to the flooring in your home? From linoleum to luxury vinyl, carpet to ceramic, tiles to timber, discover all the different flooring options available to you below – plus, how to choose the right one for each room in your home.

**CARPET:** Warm, comforting and quiet underfoot, carpet is suitable for all rooms bar the bathroom and kitchen, and is an affordable option for most households.

**PORCELAIN TILES:** Long-lasting, strong and available in a wide section of styles, porcelain tiles are low maintenance and low cost and are best suited to bathrooms, kitchens and outdoor patio areas.

**SOLID TIMBER:** Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

**LAMINATE:** Laminate flooring is tough, easy to install and much more cost effective than real wood or stone. With options from as little as £6 per metre square, laminate is ideal for living areas and hallways.

**LINO AND VINYL:** Known as two of the most cheap and cheerful flooring options, these materials provide many benefits, such as water-resistance, durability and affordability. Perfect for use in the bathroom, kitchen or conservatory.

**CERAMIC TILES:** Available in many different colours and styles, ceramic tiles are designed to emulate real stone while being both lighter and more cost effective. As well as being useable on any floors within your home, ceramic tiles are great for placing on the walls.

**LUXURY VINYL TILE (LVT):** A high-end version of standard vinyl, LVT comes in planks or tiles rather than a single roll. Warm underfoot, waterproof and slip resistant, this flooring is ideal for use in the bathroom and the kitchen.





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The showroom has been decorated with inspirational displays that showcase the latest colours, fabric trends and curtain styles, and contains beautiful accessories and home fragrances that make the perfect gift for you or a loved one. During October to celebrate the launch of the new PT Textiles Autumn/Winter collections we are offering a 20% discount promotion on all their cut length fabrics.

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# LOCAL NEWS

*from your neighbourhood*



## Cancer survivor to run marathon with bone marrow donor

A Halstead physiotherapist and father-of-two is set to run the London Marathon with the stranger whose life he saved by donating his bone marrow.

As **VISION** Halstead went to print, Elliott Brock and Vicky Lawrence were due to run the London Marathon on October 3.

Elliott was 29 when he donated his cells to then eight-year-old Vicky, who was battling bone cancer.

They originally planned to run the marathon last year, but their plans were halted because of COVID-19.

The fundraising page reads: "Thirteen years ago, I donated my bone marrow to an unknown eight-year-old girl with blood cancer.

"This was all made possible by the efforts and expertise of charity, Anthony Nolan. As a result of this largely painless procedure, this young girl's life was saved.

"Now, my recipient, Vicky, is a medical student living life to the full, with a talent for sports and music.

"She has decided to run the 2021 London Marathon in aid of the organisation that saved her life.

"After a little bit of persuasion from my recipient, I am also going to run in this amazing event, to help raise more funds to save more people like Vicky."

To donate, search 'bone marrow donor running with his recipient' on virginmoneygiving.com

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# Sisters take on epic trek for breast cancer charity

A Halstead resident recently took part in a fundraising campaign to help fight breast cancer.

Gemma Hall, 40, from Halstead, and her sister, Kate Saunders, took part in the Come Fly with Gi Scottish Highlands Trek in aid of the CoppaFeel! charity. Also taking part were author and actress, Giovanna Fletcher, and television presenter, Emma Willis.

The trek, which took place between September 12 and 18, included five days of tough trekking through the Scottish Highlands.

The siblings exceeded their fundraising target and raised more than £4,500 for the charity, which aims to promote the importance of people regularly checking

their breasts.

A post on the sisters' fundraising page explains: "Kate and Gemma both know just how important it is to catch breast cancer early after Kate discovered a small dimple on the side of her breast at the age of 39. After initially being told by the GP that all breasts 'have different lumps and bumps', Kate just didn't feel happy and, thankfully, went for a second opinion. Within two weeks, breast cancer had been confirmed.

"Now, Kate is determined to help others to be confident in advocating for their own bodies (and minds). And just as it's always been, Gemma is right by her side."

# Unique new horror movie filmed in town

A new horror film shot in Halstead is now available to stream.

*Familiars*, which was produced by Jane Lindekam, a former student at The Ramsey Academy, can now be viewed on Amazon Prime.

The movie was shot in various locations in Halstead, including The Causeway and outside the Empire Theatre. Eagle-eyed viewers may also notice the High Street, Butler Road and Bridge Street in the background of scenes. Other scenes were shot in a private house in Colchester Road.

The premise of *Familiars* revolves around a young woman named Emma, who consults a medium in an attempt to get answers for the unsolved murder of her twin sister.

Upon the film's release, director Michael Munn commented on social media: "My new film is now on Amazon Prime. How cool is that? I'm delighted for those who gave so much time and talent to have their work showcased."

The COVID-19 pandemic affected the release of the movie, which was originally scheduled for a limited theatrical release.



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Photo credit: Coppafeel

Photo credit: Mids

## Cyclist raises more than £1,000 for charity

LOCAL NEWS



A woman from Halstead has raised more than £1,100 for charity after completing an impressive 1,000-mile cycling challenge.

Jane Giffould, 73, took on the challenge of cycling 1,000 miles over 100 days, with the aim of raising £1 per mile for Cancer Research UK.

Jane, a keen cyclist, chose to raise money for the charity as she is currently undergoing chemotherapy. She was inspired by the efforts of another cyclist, who is also undergoing chemotherapy.

Jane said on her fundraising page: "I was inspired by the 28 year old on chemo doing a cycle ride from Land's End to John O'Groats. I felt I could do something while I am also on chemo and enjoy cycling.

"While being slightly older than him and also less fit, I felt that cycling round my local countryside in Essex would be a good idea. So, I have given myself 100 days to cycle 1,000 miles in the hope of raising £1 per mile.

"Cancer affects so many people that I consider research into its origins, causes and cures essential."

Jane completed the cycling challenge a week earlier than planned, on September 19.

She added: "I will keep riding, but want to now concentrate on my garden, which has missed out rather a lot."

To donate to Jane's fundraiser, visit [fundraise.cancerresearchuk.org/page/janes-giving-page-1802](https://fundraise.cancerresearchuk.org/page/janes-giving-page-1802)

## Council urges residents to think before littering

Braintree District Council (BDC) has launched a campaign to prevent littering in Halstead and other areas across Essex.

BDC is working in partnership with authorities across Essex to remind the public of the consequences of littering on the local environment and wildlife. Love Essex campaign banners and posters are being displayed in parks and open spaces across the district

with the message: "Love it here? Don't leave it here." Councillor Wendy Schmitt, cabinet member for environment at BDC, said: "Litter ruins other people's enjoyment when visiting our parks and green spaces and sadly becomes hazardous when found accidentally by animals. Ducks, hedgehogs and birds can all be at risk within their own environment by even the smallest piece of litter, and in, many cases, it costs their lives.

"The financial price to the local taxpayer is more than £1.5million to keep our district clean and tidy, and clearing litter from our green spaces is an expensive part of that."

For more information and to report littering in the Braintree district, visit [www.braintree.gov.uk/littering](http://www.braintree.gov.uk/littering)

## Council hopes to hold Christmas celebrations

Halstead Town Council is hopeful that the annual Christmas events will be able to take place this year, despite the challenges of the pandemic.

Several Christmas celebrations had to be cancelled last year owing to lockdown restrictions, but council bosses are now looking forward to celebrating this year's festivities.

Town clerk, Sarah Greatorex, spoke to VISIONHalstead and said: "Halstead Town Council is very much hoping to be able to hold its traditional Christmas events this year. These may be slightly adapted to increase safety around the events, but the community is very keen to bring things back to normal."

The council's plan is to hold the Christmas Fayre on Saturday, November 27, followed by the Christmas Lights switch-on event on the same day at 4pm.

It is hoped that the traditional torchlight procession will take place on Wednesday, December 1.



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Photo credit: Roger Cuthbert



LOCAL NEWS

# Promotion hopes back on track after convincing win

Following a rapid climb up the league table with a run of three victories in eight days, Halstead Town were brought down to earth with their heaviest defeat of the season, a 4-0 loss to May and Baker FC.

Before this game, scoring goals had not been a problem for the team and, with 26 goals from their first nine games, they were joint top scorers in the league.

But for the first time this season, their usually potent forward line failed to hit the back of the opposition's net, and this exposed the defensive weaknesses of the team.

On one occasion, leading scorer, Adam Hampson (pictured), did beat the home keeper, but his well-taken overhead kick was disallowed for offside.

After this setback, the team needed another game to get this poor performance out of their system, and they only had to wait four days before their next match.

This was away at AFC Sudbury Reserves, where they followed their worst result of the season with their best win of the season: a 6-2 victory to put their promotion prospects back on track.

Aside from football, the club has announced that its annual fireworks display will go ahead this year following last year's COVID-enforced cancellation. The event will take place on Saturday, November 6. Admission is £6 for adults and £4 for children and gates at the ground will be open from 5.30pm, with the display beginning one hour later.

# Air Cadets hold event to find new young recruits

Halstead Air Cadets recently held an event in the town to recruit more young flying enthusiasts.

The 1163 Colne Valley Squadron organised the event on Monday, September 20, at the Courtauld Sports Ground in Colchester Road, Halstead.

Youngsters had the opportunity to find out everything they needed to know about joining the cadets and were given the chance to sign up.

The cadets offer flying and gliding lessons, training and education, shooting, Duke of Edinburgh experiences and other activities.

People aged between 12 and 17 who are interested in aviation, action and adventure, love sports and are



interested in getting to know their peers, can look into joining the Air Cadets.

Every year, nearly 56,000 air cadets and volunteer staff take part in exciting events all over the UK and abroad. For more information, visit [www.1163atc.org](http://www.1163atc.org)

# RADUCANU



## TOTAL TENNIS HERO

How Emma Raducanu's ascent from nowhere to Grand Slam winner has shocked the sporting world, making an instant hero out of the British 18-year-old.

Supporting fairy tales seem to be coming thick and fast right now, but there was something mesmerising about the way Britain's Emma Raducanu strode to US Open glory on September 11.

Perhaps it was the fact that this charismatic yet modest teenager went into the New York tournament ranked 150th in the world, a 400/1 outsider for the title; perhaps it was the fact that she had to go through qualifiers to even be there; or that at 18, she was one of the youngest competitors. And let's remember, very few of us had even heard her name before this year's Wimbledon tournament, when she made it through to the fourth round.

And yet, through a first-round win over Stefanie Vögele (6-2, 6-3), and on past Shuai Zhang (6-2, 6-4), Sara Tormo (6-1, 6-1), Shelby Rogers (6-2, 6-1), Belinda Bencic (6-3, 6-4), there became an impervious inevitability about Raducanu's goal.

Rarely troubled and having not even dropped a set, she glided into the semi-finals at the Arthur Ashe Stadium, drawing each home crowd into her battles while playing with an increasing sense of expression and ease. Maria Sakkari (6-1, 6-4) was powerless to stop her.

When she defeated Leylah Fernandez 6-4, 6-3 to pull off one of the greatest-ever championship wins, Raducanu hadn't just become an iconic Grand Slam champion; she'd also laid the path for a career that appears packed with promise and potential. As Brits, we've waited far too long to enjoy a British female tennis champion – 44 years, in fact – and the women's game was well overdue a shot in the arm after the domination of the Williams sisters brought a staleness and sterility.

It may be too early to suggest a culture shift is on its way, but the Federer/Djokovic/Nadal triumvirate is worn now; maybe it's time for the fairer sex to drive forward a new era, with Raducanu behind the wheel.

Certainly off the court, she appears a marketer's dream. She is young, attractive, big on personality and apparently fearless, bouncing off press and reporters and clearly thrilled to be living the moment.

Raducanu was born in Toronto, Canada – her parents, Ian and Renee, are from Romania and China respectively – though the family moved to the UK when she was two. She attended grammar school in Orpington, Kent, and was always academically brilliant, mixing exemplary studies with a passion for golf, go-karting, motocross, skiing, horse-riding, tap dancing and ballet.

She discovered tennis at the age of five and was an impressive talent, yet was still playing the junior game as recently as 2019.

In some sense, Raducanu may look back and thank the blank COVID-19 year of 2020 for the way she has leapt from nowhere into pole position as most talked-about tennis player in the world (even if her world ranking of 13 needs to catch up).

She sat tight throughout lockdown, practised hard, moved her game from junior to professional and kept under wraps the devastating improvements in power, accuracy and athleticism that now see her feared in all quarters.

At both Wimbledon and the US Open, she was an unknown quantity, though as Grand Slam champion that privilege is now gone.

"The hard work begins now," she said in the acceptance speech as she lifted the championship trophy, and never a truer word has been spoken by a talented 18 year old with the world at her feet.

Photo credit: Ella Ling/Shutterstock



# HAUNTED

HOLIDAYS IN THE UK

EXPERIENCE A REAL FRIGHT NIGHT FOR HALLOWEEN THIS YEAR

Are you after something a bit different this Halloween? Why not visit one of the UK's most paranormal places? From terrifying trails to petrifying pubs, if you are out to find a fright, these haunted holidays will not disappoint.

## PLUCKLEY KENT

Named the most haunted village in England by the *Guinness Book of Records*, Pluckley is believed to be home to between 12 and 16 ghosts. With terrifying hotspots including Fright Corner and the Screaming Woods, you are guaranteed to come away with your nerves shot to pieces.

## PENDLE LANCASHIRE

If witches are more your thing than spooks, then this is the Halloween destination for you. In 1612, 12 local residents were charged with murder by witchcraft, with 10 being sent to the gallows. Fast forward to 2021 and you can follow in their fatal footsteps by booking into the Walking with Witches Trail.

## ST GEORGE-IN-THE-EAST LONDON

Interested in Jack the Ripper? Although most of Whitechapel has been renovated beyond recognition, in the shadows of the St George-in-the-East Church stands a derelict shed that was once a mortuary. Jack the Ripper's third known victim was brought to this very spot for identification.

## THE JAMAICA INN BOLVENTOR CORNWALL

Fancy a fright with your favourite tippie? This eerie inn will not disappoint. It previously featured on the popular TV programme *Most Haunted* and the episode was described as one of the most terrifying to date. If you are brave enough to stay here, expect to hear strange voices in the night, among other spine-tingling sounds.

## CONWY NORTH WALES

This walled market town is dominated by a brooding 13th-century castle that is believed to be haunted by a cloaked figure, a horseman and what has been described as a 'phosphorescent ghostly cat'. This chilling castle is said to be so terrifying that visitors flee from it even in the daylight.

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PETS

# KEEP CALM AND ENJOY FIREWORKS

Although you and your family may love Bonfire Night, it can be an extremely distressing time for your pets. Fortunately, there are ways that you can keep your pets calm during firework season.

## HOW TO CALM DOGS DURING FIREWORKS

- > Walk your dog during the day so that it does not need to go outside when fireworks are going off
- > Close your windows and curtains to muffle the sound of fireworks
- > Put on some music or the TV to help mask the loud noises
- > Create hiding spaces where your dog can feel safe.

## HOW TO CALM CATS DURING FIREWORKS

- > Try to keep your cat inside when fireworks are being set off
- > Create hiding spaces in your home
- > Make sure your cat is microchipped so that if it does become startled and escapes outside, you can locate it if it goes missing.

## HOW TO CALM SMALL PETS SUCH AS RABBITS AND GUINEA PIGS DURING FIREWORKS

- > Partly cover outside cages with blankets so that an area of their home is hidden and soundproofed
- > Provide bedding that your small animals can burrow into
- > Consider bringing them indoors – if you choose to do this, take your time and make sure you do so gradually, so that they can get used to the new environment.

## HOW TO TREAT A FIREWORK PHOBIA

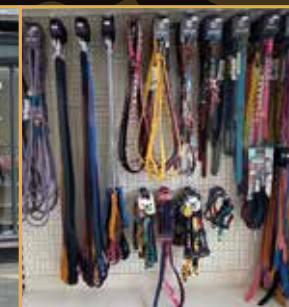
As many as 45 per cent of dogs in the UK suffer with a firework phobia. To desensitise your dog to fireworks, follow the below steps:

1. Play a recording of a fireworks display at the lowest possible volume several times a day
2. Pair the sound with things your dog likes, such as treats, cuddles or games
3. Slowly raise the volume and continue to offer rewards
4. If at any point your dog becomes scared, lower the volume until it feels comfortable.



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# Whispers

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www.whisperswinebar.com

 Whispers Tapas and Wine Bar

UNUSUAL FRUIT OF THE MONTH:

# Atemoya

If you like piña colodas then this is the obscure fruit for you. With juicy, smooth flesh, the atemoya tastes both sweet and tart and has been compared to that creamy coconut cocktail that can instantly transport you to an exotic destination.

## WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

Atemoyas are either round or heart-shaped and average between eight and 12 inches long. Their skin is typically a pale bluish green or pea green, which turns more yellow the riper it gets.

The flesh is white, and inside you will find several large black seeds which should not be eaten.

Their texture is similar to a firm custard apple, and they taste like a combination of pineapple, vanilla and cream.

## WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol. Atemoyas are also very high in vitamin C,

with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

## HOW TO EAT ATEMOYA

Atemoya is best eaten chilled or fresh directly out of its shell with a spoon. Its flavour also pairs well with other tropical fruits and fruit juices, such as oranges and limes. It can be blended with fruit juice and cream and frozen to make ice cream, or cooked to make a sweet jam.

## HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good.

For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.



FOOD & DRINK

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## Holmes & Hills

# Couples save on legal fees when making Wills together

Regional solicitors Holmes & Hills now offers a Will writing service which provides couples with a saving of between 17% and 21% on legal fees, when making Mirror Wills at the same time. Married couples, long-term partners and cohabiting couples all benefit from the saving.

### Why make a Will at all?

Quite simply, if you do not make a Will the law says who inherits your estate. Most people assume that everything would pass automatically to their partner, but this is not necessarily so and certainly if you are not married or in a civil partnership, they will have no automatic right to inherit any part of your estate. Your estate may pass to the person or persons you would not want to inherit. It may result in financial hardship for your loved ones or an expensive court action.

Making a Will ensures that the people you want to benefit when you die receive your estate. Holmes & Hills Solicitors are able to draft a Will that is tailor-made to meet your specific requirements. We appreciate that some couples have 'simple' arrangements whilst for others their affairs may be more 'complex'. Whatever your specific circumstances, Holmes & Hills Solicitors will be able to assist you.

Couples often wish to receive advice as follows:

- How to update an existing Will
- How to provide for young children
- How to plan for future care needs
- How to leave business interests
- How to provide for a disabled child or adult
- What steps they should take if choosing to leave out a beneficiary from their Will
- Provide for children from a former relationship
- How to set up a trust
- How to protect your contribution to the purchase price of a property when you live with someone else\*
- How to give away an inheritance in a tax efficient manner\*\*

### What if you have children from a previous relationship?

Making a Will is very important for couples who may have children from previous relationships and want to ensure that their money will pass to their own family. This can be a sensitive issue between couples – but it doesn't have to be so. It is possible to draft a Will making sure that your spouse/partner is provided for in the event of your death and ensuring that ultimately your family will inherit your estate.

### No better time to make a Will – save up to 21%

Married couples, long-term couples and civil partners all save between 17-21% when making Mirror Wills, with the exact saving being subject to the complexity of the affairs. You will be advised of this at an initial meeting.

There really is 'no time like the present' for you and your partner to make your Wills. Even if you have already made a Will, it might be a good idea to review it and see if it still meets all your requirements and accurately reflects your wishes. It doesn't matter if Holmes & Hills did not draft your existing Will, we are still able to advise you and prepare a new one should you wish to do so.

\*Declaration of Trust

\*\*Deed of Variation

Couples save 17%-21% when making Mirror Wills at the same time.



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in less than an hour.  
*Start Yours Today!*



# WHY YOU SHOULD BE AWARE OF GAZUMPING

**B**uying a new home, especially if you are a first-time buyer, can be a complete minefield, with underhand tactics rife between buyers and sellers. If you haven't yet heard of gazumping, now is the time to find out. Remember, forewarned is forearmed.

### WHAT IS GAZUMPING?

Arguably one of the most frustrating – not to mention disappointing – incidents that you can experience as a buyer, gazumping is when you have your offer on a property accepted by the seller, but before the sale goes through, they accept a better offer from someone else.

### IS GAZUMPING LEGAL?

Unfortunately, gazumping is a perfectly legal aspect of property-buying in England, as an agreement to buy or sell a property does not become legally binding until written contracts are signed and exchanged.

### HOW CAN I AVOID GAZUMPING?

Although there are no guarantees when it comes to

gazumping, there are steps you can take to minimise your risk. These include:

#### 1. LINE UP A SURVEYOR

Arrange a survey on the property as quickly as possible so there is less opportunity for you to be gazumped.

#### 2. OBTAIN A MORTGAGE IN PRINCIPLE

If you obtain a conditional mortgage from your lender, you can significantly speed up the process of buying a property.

#### 3. ASK FOR THE PROPERTY TO BE TAKEN OFF THE MARKET

As part of your offer, ask that the property be immediately taken off the market so that no one else will be able to make a higher bid.

#### 4. GET A LOCK-IN AGREEMENT

A lock-in agreement, also referred to as a lock-out or exclusivity agreement, is a binding agreement that prevents the seller from negotiating with other interested parties for a fixed period of time.



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# Control your Judge



As the world starts opening up, are you judging others more? Does your 'Judge' appear when you see people wearing / not wearing a mask?

How about judging yourself? Do you beat yourself up for not being 'good enough'? If you could just silence that nagging voice that puts you down, how great life would be!

Do you judge your circumstances? By this I mean believing that you'll "be happy one day when...."

...you've got a new job / house / car / partner, or anything else you desire.

See how your inner Judge ruins things for you? Getting cross at others, mad at yourself and living for 'one day' that, if or when it comes, you'll have another "I'll be happy when..." excuse ready, keeping you dissatisfied.

This isn't helping you! If you

can master your Judge, you can release so much stress! Unsurprisingly, there are Positive Psychology techniques that loosen the control your Judge has, giving you a calmer, happier and fulfilled life. I've done it myself and it works; my life keeps getting better and the key to this is managing my mind.

**And now I have an exciting gift to offer one lucky Halstead resident!**

As a reader of Vision lifestyle magazine, Plume Coaching is offering you a chance to win this incredible mental fitness programme for yourself!

Valued at £1250, this six week course includes the innovative Positive Intelligence® app, six weeks of Pod Coaching and a 1-2-1 session with me! Find out more and claim your free entry here: [www.pqhalstead.carrd.co](http://www.pqhalstead.carrd.co)

During my Master's degree, I was awarded a coaching grant to be trained in Positive Intelligence® (PQ) by world-renowned Shirzad Chamine himself. As a PQ coach, I've helped clients conquer their Judge, weaken their saboteurs, and embrace their positive strengths, resulting in greater happiness.

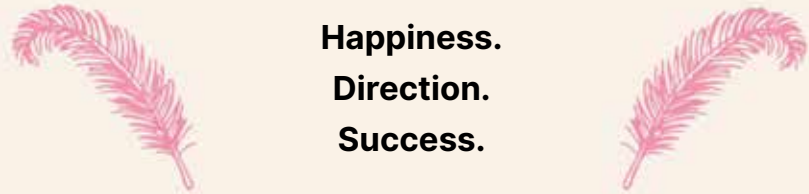
As Shirzad says, "If you're not physically fit, you'd feel physical stress as you climb a steep hill.

If you're not mentally fit, you'd feel mental stress, such as anxiety, frustration, or unhappiness, as you handle work and relationship challenges".

It's time to get mentally fit – happier humans make a happier world.

**Helen Reade is a certified Positive Psychology practitioner & PQ Coach**

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# RED ALERT

HEALTH & FITNESS

## CANCER SIGNS YOU SHOULD NEVER IGNORE

**EXCESSIVE FATIGUE:** There are many things that can cause tiredness, from stress to low iron levels to depression. But sudden and excessive exhaustion could point to something more serious as cancer steals your body's nutrients for its own growth.

**SUDDEN BRUISING:** Even if you're a bit of a klutz, you wouldn't experience the kind of excessive and unusual bruising that is caused by various blood cancers – particularly if they are in places you are unlikely to bump.

**PAIN THAT DOESN'T GO AWAY:** Whether it's a pounding headache that never seems to relent or an aching stomach that returns after every meal, it's definitely worth getting checked out.

**SKIN CHANGES:** We associate breast cancer with finding a lump, but discolouring, dimpling and changes to the size and colour of the nipple can also indicate that something is amiss. Similarly, you shouldn't wait until a mole has become itchy or uncomfortable before getting it checked out; asymmetry, sudden growth and colour changes are all potential signs of skin cancer.

**UNUSUAL TOILET ACTIVITY:** Excessive urination, frequent constipation or diarrhoea and blood in the stools or urine are all symptoms that ought to be checked by a doctor.

**CHRONIC COUGHING OR DIFFICULTY SWALLOWING:** Obviously, these are also signs of a common cold or other respiratory illness, but if you have a dry cough or what feels like a lump in your throat for more than two weeks, seek further advice.

**ABNORMAL PERIODS OR BLOATING:** From heavier bleeding or periods that are suddenly more random to bloating that never ceases, these are the kinds of irregularities that could indicate cervical, uterine or ovarian cancer.



# Unwind – Relax – Escape

## at The Gainsborough Health Club & Day Spa

The award-winning Gainsborough Health Club and Spa is at the heart of the local community offering members and guests state-of-the-art health, fitness and leisure facilities, along with a team that delivers personal, professional and friendly service to everyone.

Their gymnasium provides the very latest cardiovascular equipment including new bikes, treadmills and cross trainers, all of which include Freeview TV. The Pool and Gym are housed in a series of magnificently restored 15th Century timber-framed barns, as beautiful inside as the rolling countryside that surrounds them.

The Spa, as well as benefiting from the health club facilities, includes beautifully appointed treatment rooms, mud serial chamber, luxurious relaxation room, tranquil coffee and dining area and idyllic courtyard. They offer a wide variety of exceptional Spa and Beauty Treatments using world class products, Espa, OPI and Inika Organics, their expert dedicated spa therapists will ensure that your day will leave you feeling relaxed and soothed.

The Gainsborough team and new Co-Owner Danielle Alen are delighted that the Spa & Club was able to reopen in April after lock down.

Danielle said " we are so pleased that we have been able to reopen, the team are working so hard to ensure that we offer our members and guests a truly relaxing experience, and a place for them to look after themselves and escape. Winning the award was amazing, and even better knowing the voting was performed by the public, the team truly deserved it"

**While the refurbishment work is taking place, The Gainsborough Health Club & Spa are offering 15% off their Signature Spa Days between 9<sup>th</sup> October and 22<sup>nd</sup> November'**



Voted Suffolk & Cambridge's  
Number One Day Spa 2021  
by Muddy Stiletto's

This October & November the Gainsborough Health Club & Day Spa are going to be undertaking an exciting refurbishment project, and investing in a new Jacuzzi and Sauna ready for December, and 2022!

The New Jacuzzi will be encased with brick work to fully embrace their beautiful grade II listed pool barn.

The Sauna will have a new modern look, complete with a new coal heater and beautiful cedar wood.



*"Lovely day spent here for my daughter's birthday, lovely staff, very helpful. Wonderful treatments. Excellent afternoon tea. Such lovely surrounding. Will be back very soon"*

*Sheila – Day Spa Guest – Google Review*



To book just visit their website  
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or call their team on 01787 279009



# Our New Seasonal Spa Day

## Fall in to Spa...

Full day use of Spa Facilities  
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A Spiced Latte on arrival

\*25-minute Fig & Vanilla Full Body Scrub  
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Afternoon Tea

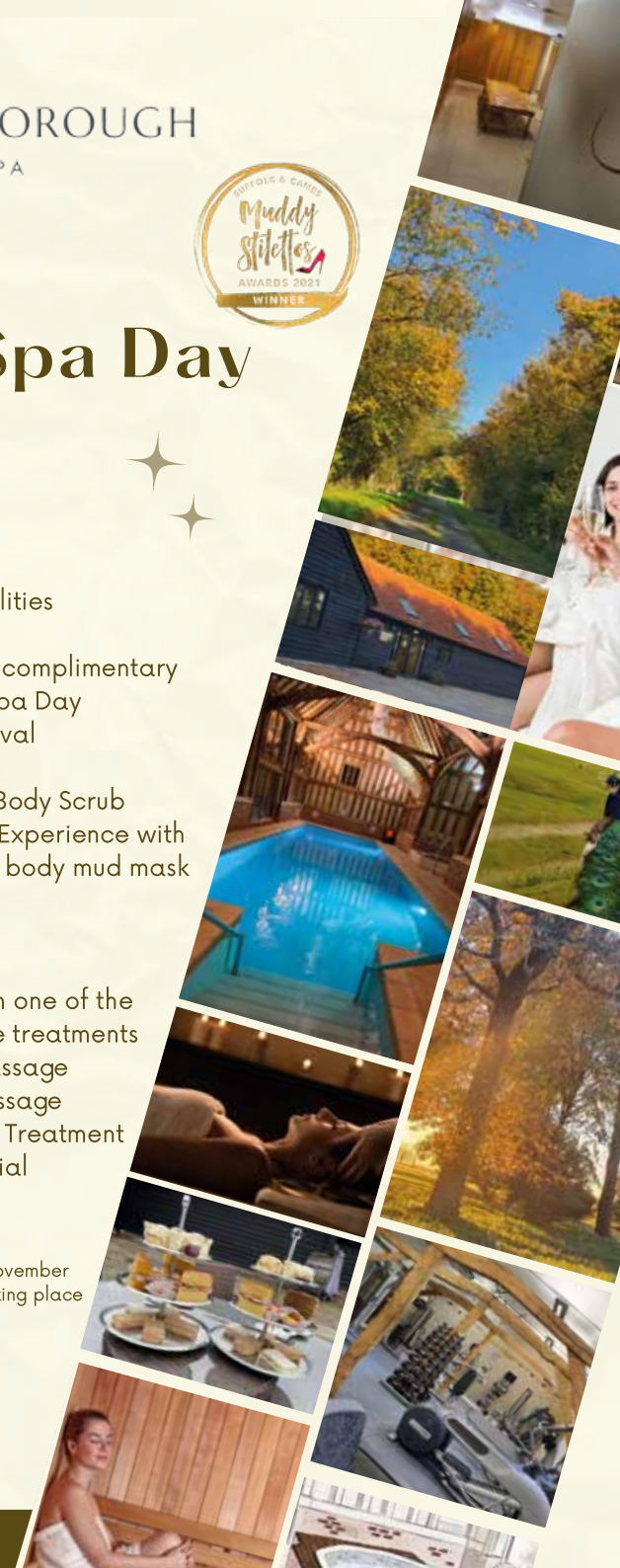
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**GARDENING**



# Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables? If the answer is yes, a raised bed garden is the perfect solution for you.

### What are the benefits of raised bed gardens?

- > Better drainage
- > Enhanced root health
- > Easier to manage
- > You can match the soil to your plants
- > Improved access for people with mobility issues
- > Tidier than a standard veg plot
- > More vigorous growth.

### How to create a raised bed garden

In their simplest form, raised bed gardens are just containers for soil that can be built to suit whatever space you have available. Ideally, beds should be placed on grass or soil to make the most of soil depth. However, if your bed has sufficient height, it can be placed on a hard surface.

The easiest way to build a raised garden bed is with planks of wood and timber stakes for support, although you can buy ready-made ones at your local garden centre or online. To prevent weed growth, line your raised bed with either landscape

fabric, plastic tarp or canvas.

### What can I grow in raised beds?

You can grow almost any vegetable in a raised bed, as long as you have sufficient depth for their roots.

- > **Shallow root veg 12-18 inches:**  
Broccoli | Brussels sprouts | Cabbage | Cauliflower | Leeks | Potatoes
- > **Medium root veg 18-24 inches**  
Broad, French and runner beans | Beetroot | Carrots | Cucumber | Aubergine | Turnips
- > **Deep root veg 24-36+ inches**  
Jerusalem artichoke | Asparagus | Parsnips | Pumpkin | Winter squash | Sweet potato

If you want to grow fruit in your raised garden bed, you should stick to soft varieties such as strawberries, currants, raspberries and blackberries.

### Top tips:

- > To save money, use soil scooped from paths to fill beds and fill your paths with bark or gravel
- > Bury any turf removed in making the beds in the lower levels of soil in the bed to enrich it
- > When building on a hard surface, ensure a depth of at least 45cm.

# PAINT YOUR PUMPKIN

Let's be honest, carving a pumpkin can be a bit of a nightmare, so why not paint your pumpkin this Halloween instead? With many designs to choose from and ideas to suit all ages, see our favourites below.

### FRANKENSTEIN PUMPKIN

**YOU WILL NEED:** Green, black and white acrylic paint | A paintbrush  
**HOW TO MAKE:** Apply a coat of green paint to the pumpkin | Paint a black zig zag shape around the top of the pumpkin and fill in to create the monster's hair | Paint two white circles for the eyes | Paint a smile on the pumpkin and add a row of stitches to either side of the face | Paint black dots in each eye | Paint the stalk black.



### SPIDERWEB PUMPKIN

**YOU WILL NEED:** White and black acrylic paint | 1 large paintbrush | 1 small paintbrush  
**HOW TO MAKE:** Apply a coat of white paint to the pumpkin | Allow to fully dry | Using the right size brush for your pumpkin, paint on a black spiderweb design | This will need a steady hand, so young children may need adult help.



### MONSTERS INC PUMPKIN

**YOU WILL NEED:** Light green, white, blue and black acrylic paint | A paintbrush | Grey felt | A pencil or pen | Glue  
**HOW TO MAKE:** Apply a coat of light green paint to the pumpkin | Paint a large white circle one-third of the way down the front of the pumpkin | Paint a blue circle within the white circle and then a black circle within the blue one | Allow each circle to fully dry before painting the next one | Trace on a grinning mouth with teeth before filling in with paint | Cut out two grey felt pointy ears and glue to the top of the pumpkin | Paint the stalk black.



Photo credit: Pinterest, Wilkinson, www.wocdcharlotte.com

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# THE BARONESS

CELEBRATING THE FIRST PARALYMPIC TRIUMPHS OF MANY IN THE LIFE OF BARONESS TANNI GREY-THOMPSON DBE, DL

There is no athlete in the world who hasn't experienced the pain and frustration that comes with setbacks, yet when your whole sporting career comes about because of a refusal to accept the cards disability has dealt you, there is surely an extra level of stamina, bravery and determination at play.

That's why Paralympian Baroness Tanni Grey-Thompson DBE, DL, paralysed from the age of seven, is rightly revered as one of the finest athletes we have ever produced. The wheelchair speedster's record speaks for itself – 11 Paralympic golds, six world titles and a colossal 30 world records.

It all began back in Barcelona in 1992. Disability athletics was already on the rise, but her domination at that year's Paralympics accelerated wheelchair sport at almost the same speed at which her wheels turned.

She was already Wheelchair Games champion from the previous year when landing in Barcelona in September 1992, so her confidence was well placed as she powered to 100m success in the first race, holding off the challenge from Denmark's Ingrid Lauridsen, and in doing so setting a new world record.

Her win in the 200m race marked another venture into the record books, this time almost one second clear of the Dane.

The margin of victory increased again as Tanni romped to 400m success, and Lauridsen again had to settle for second place in the 800m despite another photo finish.

Four races, four golds, four world records.

A total of 2,999 para athletes competed in Barcelona, with Tanni's record-breaking contribution a big reason why the 1992 games became regarded as a significant turning point for disability sport globally. Within a year, Tanni had received the MBE for services to the sport, yet in truth her legacy of success had only just started.



# COMETH

*The hour*



Love him or loathe him, Cristiano Ronaldo has always been a man with big achievements – big transfer fees, big personality, big goals, big moments, big clubs, big ego.

With all great players who have played the game – and CR7 is truly one of the greatest ever – they carry with them a sense of sentimentality; yet for a player who has always sought out new challenges from a perspective of simple self-projection, Ronaldo's return to Old Trafford is maybe a little puzzling.

Clearly burning the last embers of an incredible career, the former Real Madrid and Juventus man is looking to reignite the fires from when he last played for Manchester United, back in 2009.

Not only are the Red Devils a different entity now – they haven't won a league title in eight years, for starters – but the Premier League has moved on considerably. In playing out the last couple of years of his career, Ronaldo has arguably chosen his toughest challenge yet. But with Ron, you wouldn't expect it any other way.

The romance of him scoring on his Old Trafford return – twice – on September 11 was as perfectly scripted as so many of the other achievements in Ronaldo's career, be that the five Champions League titles, seven domestic league wins or Euro 2016 victory with Portugal, and whatever comes next, he will always have that.

The real test for the £13.5million man is now in what follows. These days it's less about whether you can do it on a rainy Tuesday night in Stoke, and more about whether you can do it in the Manchester derby, or at Anfield, or in a six-pointer at Stamford Bridge.

Whether he still can remains to be seen, but whatever happens with Cristiano Ronaldo, one thing is guaranteed – excitement.

Photo credit: Matt West/Shutterstock



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ACROSS: 1. CAR'S, 3. CRUCIBLE, 9. NEFTUNE, 10. UMBRA, 11. RANTS, 12. UNTYING, 13. VESTRY, 15. ARCHER, 17. NOSTRIL, 18. LEAST, 20. ITALY, 21. FLIPPED, 22. NONSENSE, 23. DEWY  
DOWN: 1. CONTRAVENTION, 2. RIPEN, 4. RUEFUL, 5. COUNTERCLAIM, 6. BABYISH, 7. EXAGGERATEDLY, 8. NURSERY RHYME, 14. SUSTAIN, 16. CLEFTS, 19. APPLE



# PUZZLES & TRIVIA

PUZZLES

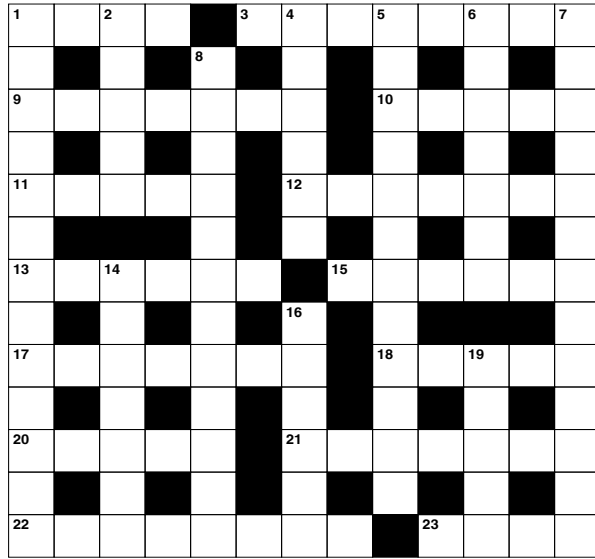
Answers: see end of The VISION Listings

## ACROSS

- Four-wheeled vehicles (4)
- Vessel for molten metal (8)
- One of the planets (7)
- Shadow (5)
- Raves (5)
- Undoing a knot (7)
- Room attached to a church (6)
- Bow and arrow expert (6)
- Nasal opening (7)
- Smallest quantity (5)
- Where one finds Rome (5)
- Turned over; became very angry (7)
- Gibberish (8)
- Wet with condensation (4)

## DOWN

- Violation (13)
- Become ready to eat (of fruit) (5)
- Expressing regret (6)
- Circle amount (anag) (12)
- Infantile (7)
- In an inflated manner (13)
- Short tale told to children (7,5)



- Support or strengthen (7)
- Common edible fruit (5)
- Fissures (6)

## DID YOU KNOW?

- ▶ It's thought that margherita pizza was colour-coordinated to represent the Italian flag – tomatoes for red, cheese for white and basil for green
- ▶ It's estimated that there are more Indian restaurants in the UK than there are in Mumbai
- ▶ In 2015, NASA astronauts on the International Space Station sampled outrageous red romaine lettuce. This was the first time fresh food grown in the microgravity environment had been eaten
- ▶ It is illegal to throw food scraps in the bin in Seattle. Instead, they must be composted
- ▶ Some Eskimos use refrigerators to keep their food warm. In the winter, it's so cold that food can freeze if left out
- ▶ White potatoes are around 80 per cent water.

## SUDOKU

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

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