

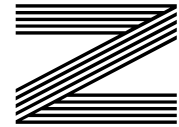
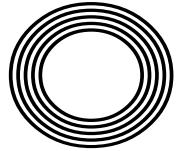
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Errors and Omissions Excepted



Editor's notes...

JANUARY 2022



Emma Caulfield, Editor

Hello and welcome to this month's edition of **VISION** Halstead. I hope you all had a wonderful Christmas and New Year and spent some well-deserved time with Family and Friends.

We've faced a lot of uncertainty over the last two years, which has caused high levels of anxiety for some as planning ahead became almost impossible. But to look for a silver lining, perhaps it's also taught us how to be more flexible and less rigid in our approach to life. Maybe it will also mean that we'll be more willing to grasp new opportunities, after so long spent stuck in a kind of limbo.

Often, it's only under conditions of adversity that we discover what we're truly made of, and these past two years have certainly given us plenty of adversity to work with. While it's important to acknowledge the difficulties we have faced, it's also important to remember that they are difficulties we've managed to overcome.

I'm proud of **VISION** and what we achieved in 2021, and I want to acknowledge that we couldn't have done that without the support of our readers and clients. So a big thank you to you all, and I hope you have a fantastic 2022.

Emma Caulfield

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

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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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British Sign Language

basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:



Photo credit: british-sign.co.uk

BASIC BSL SIGNS:

'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



'What is your name?'

(signed as 'name what')

To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

PLEASE/
THANK YOU



'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

SORRY



'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

FIND OUT MORE ABOUT BSL AT WWW.BRITISH-SIGN.CO.UK

HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



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MOTORING



hybrid

Electric avenue

WE'RE ALL AWARE OF THE ECO MOTORING REVOLUTION, BUT DO WE REALLY KNOW THE DIFFERENCE BETWEEN ELECTRIC AND HYBRID CARS?

We are living in a brave new era as far as the vehicles we drive are concerned. These shimmering, humming specimens cruise around our streets almost imperiously, but for those of us keen to rid ourselves of a gas-guzzling giant, it seems many of us aren't clued up on the comparison.

Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

Hybrid

A hybrid car runs on electricity, but also has a fuel tank in order to boost or prolong performance. In most models, the petrol powers the wheels, while the electric element propels the drive.

There are a range of hybrid variations – from mild, where the battery rarely drives the wheels on its own; to full hybrid, where the wheels are powered by the engine and the motor working together; to a plug-in hybrid, where a much bigger battery can be charged independently. This means you get all the benefits of green motoring with a petrol back-up if needed (which it typically will be if travelling more than 30 miles).

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Stylishly SUSTAINABLE



HOME & DIY

Are you a conscious consumer? Check out the top sustainable homeware brands for 2022 below and spruce up your home while simultaneously limiting your impact on the environment.

Who knew spending your money could feel so good?

AERENDE

The brainchild of Emily Mathieson, former travel writer for *The Guardian* and Condé Nast, Aerende was founded in 2016 with the aim of offering ethical and locally produced homeware items. From gorgeous candles to stunning wooden kitchenware, all Aerende products are produced in low-volume batches and are designed to improve as they age for enhanced longevity.

AESTHETE LABEL

Launched during lockdown, this vegan lifestyle and homeware brand offers minimalistic interior design products that won't break the bank. Browse its online store and discover a selection of handmade ceramics, candles and nature-themed photographic prints.

NOVE LIGHTING

NOVE is a British lighting company that is committed to using natural materials and traditional crafting techniques. Cork features highly in its designs, with founder Kirsty Saxon having fallen in love with this sustainable material during her many visits to Portugal. In fact, 'nove' means nine in Portuguese, as this how often you can harvest cork trees.

MĂEMARA

If you want to help protect the ocean from landfill-bound plastic and hazardous waste, then this is the ethical homeware brand for you. Founded in 2019, Măemara offers a wide range of stylish homeware items, such as cushions and beanbags, as well as green botanical print tote and cosmetic bags.

RISE & FALL

A hater of fast fashion, Rise & Fall was created with the goal of making luxury shopping accessible for all. Offering its members up to 80 per cent off high-end homeware products, including bed linen, duvets and throws, £3 from every bed sheet sale goes directly to the youth homeless charity, Centrepoin.

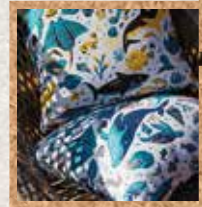


Photo credit: aerende.co.uk, aesthetelabel.com, novelighting.com, maemara.com, riseandfall.co



HOME & DIY

VERY PERI

Colour of the year 2022

Photo credit: @tastemaker/Shutterstock.com www.pantone.com

As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet red undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward.

Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just as at home in the natural world as it does on screen.

How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home.

Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.



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HOME & DIY

Swooning over Kimberly



One of the most important things to know about Kimberly Duran, the face behind Swoon Worthy, is that she is 'obsessed with interiors'. And it certainly shows.

Swoon Worthy is a delightful interiors blog that features pretty pastels, quirky details, and tonnes of style. It's a mix she calls "eclectic boho glam" – a style we're completely on board with.

Meet Kimberly Duran

Kimberly describes herself as "a design-obsessed DIYer, an award-winning UK interiors blogger, a freelance writer, a professional candle-maker, and a crazy cat lady".

Kimberly's home is filled with pink, florals, and stylish gold detailing – the modern boho girl's dream. She may describe it as "artfully arranged clutter", but if that's what clutter looks like, sign us up.

Making your home Swoon Worthy

Kimberly's style is very accessible and versatile. You could make it work in your bathroom, kitchen, living room – anywhere that needs a touch of glam. She works to a budget, with a lot of DIY ideas you can easily recreate in your own home. To recreate her look, take a look at the following tips:

Keep rooms light and airy

There's a recurring theme throughout Kimberly's home, and that's plenty of light. All of the rooms are painted white or in light neutrals, which creates the illusion of space. The colour comes in the accent details, which include plenty of pinks, greenery and the occasional pop of colour.

Display all the way

A lot of decor experts will tell you to put clutter away, but when your clutter is as pretty as Kimberly's, you're going to want to display it. Choose items that fit with your colour scheme to create a stylish kitchen that looks far from messy. From your crockery to cookbooks, it all looks good laid out for everyone to see.

A touch of gold

Something that Kimberly does very well is to use gold in her decor to add a touch of luxe and glamour – which is exactly what modern boho is all about. Gold decor is very popular and affordable at the moment; however, you can always upcycle existing pieces with gold spray paint for a budget-friendly upgrade.

Photo credit: swoonworthy.co.uk



The season of COSYING UP

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter. While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months. Check out some budget-friendly ways of giving your bedroom a winter makeover.

CHANGE UP YOUR COLOUR SCHEME

One of the easiest ways to add a winter touch to your bedroom is to change up your colour scheme. Think grey tones or muted shades of pink and red. Cushions, curtains and ornaments can help you add some colour without going overboard with your spending.

EMBRACE WARMING TEXTILES

Bringing in some warming textiles can make your bedroom feel much cosier. Fluffy or bouclé throws, along with cushions, are perfect for this time of year, adding that hygge touch that will also keep you warm at night.

SOFTEN YOUR LIGHTING

Some softer lighting is just what you need to hide away from those dark winter evenings. If you don't have a dimmer switch, buy dimmable smart bulbs so you can lower your lights to create a warmer tone while also saving some energy. Adding candles or fairy lights can also create a winter-friendly ambience to help you settle in at night.

EMBRACE WINTER FRAGRANCE

Fill your room with winter fragrance to make your bedroom even more relaxing. Popular winter fragrances include warming vanilla, amber and tobacco, while spicy cinnamon and clove will help you capture the essence of winter.

Giving your bedroom a winter makeover is the perfect way to embrace nights in and rest up. With some simple changes, your bedroom will have that cosy Scandi vibe in no time.



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Felicity Ward (Live at the Apollo) / Keith Faman (Michael McIntyre's Comedy Roadshow) / Tom Alban (Resident MC at Gonzo's Norwich) / Harry Stachini ("A must-see act... compelling, inventive storytelling" - Spotlight Comedy Club)

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including Holly Walsh, Andy Parsons, Gary Delaney and the fabulous Zoe Lyons to name just a few, and hope that you come out and support our new shows. It has been a while since we have had a few laughs, so we are giving you the chance to enjoy an evening of fun with some great acts. There is a licensed bar open during the show.

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS



Resident praised in national apprentice awards

An apprentice from Halstead has been recognised with The Royal Navy Award for Higher or Degree Apprentice of the Year.

Adam Hearn, 29, (pictured) won the accolade at the National Apprenticeship Awards 2021, at a ceremony held in London at the end of last year.

The awards, which are now in their 18th year, recognise the best of England's apprentices, apprentice employers, champions and rising stars. In the most recent awards, nine regional ceremonies and one national final took place to honour the country's best apprentices and employers.

Adam has been working at Braintree Precision Components for the last 10 years, where he has progressed from the shop floor to the production

engineering team. He has also recently taken on the role of apprenticeship mentor.

Adam said: "I'm really proud of the award. To be honest, it was a big surprise, especially going up against apprentices from Rolls Royce and IMB in the national final.

"I have been working from level two to level six apprenticeships over the last 10 years, so it is great to be recognised with this award.

"My friends and family have been great. Everyone has congratulated me and is really proud of me and the award."

To find out more about the National Apprenticeship Awards, including details on how to apply, visit appawards.co.uk



School gathers for Queen's jubilee tree planting

Pupils at St John the Baptist Primary School in Halstead, together with their families, recently braved the rain to plant 100 new trees.

The trees were supplied by a scheme coordinated by Braintree District Council, with the project forming part of The Queen's Green Canopy initiative, created to mark the monarch's Platinum Jubilee year.

Towards the end of last year, each child designed a label to name and personalise one of the new trees, or

planted it in memory of a loved one.

Headteacher Miss Susie Price said: "We want our children to know that trees breathe life into our world, and it's vital that we plan for the future of woodland so we can tackle climate change together. Seeing all our families united was so heart-warming."

As part of the same scheme, the school has also planted 400 naturalising spring bulbs in the grounds of the school.

Halstead Town FC reach the top spot



Everyone involved with Halstead Town FC was delighted to sit down for their Christmas dinner knowing that the team was in first place at the top of the league.

But at one stage during the final game before the holiday break, it looked as though this top spot would be just out of reach.

With only 10 minutes remaining on the clock, they were drawing 1-1 away to Wivenhoe Town and, had the match ended with no more goals, the top spot would have been snatched away from them by promotion rivals, Buckhurst Hill.

This game could have swung either way, especially after the Humbugs had a player dismissed. But then local lad, Jordan Palmer (pictured), stepped up with two late goals to make sure his team returned home with all three points.

The three goals also ensured that they went into the new year at the top of the goal-scoring table, with 74 goals from 26 games.

Halstead Town's next home game is on January 22, when the previously mentioned Buckhurst Hill are the visitors to Milbank Stadium.

This is a match between two high-scoring teams, both very much chasing promotion to the Premier Division, and an exciting and entertaining game is in prospect.

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Chairman pays visit to business on district tour

Braintree District Council chairman, councillor Sue Wilson, visited a Halstead haberdashers as part of her tour of local businesses at the end of last year.

Bumble & Yarn is a family-run business in Bridge Street which sells yarns, fabric, craft, and haberdashery supplies. Owner Emma Valentine also runs knitting, crochet and sewing classes, baby groups, and exercise classes for the elderly.

As the business is looking for ways to grow, Emma and Cllr Wilson discussed the grant schemes available and opportunities for mentoring and training. They also explored ways in which the shop could expand through Click It Local, an online initiative which supports local independent businesses.

Cllr Wilson said: "I thoroughly enjoyed learning about the history behind what inspired this unique boutique, which not only supplies yarn, but also plays a vital role in bringing people within this community together. It's lovely to see skills such as knitting and crocheting being brought back to life again in such a wonderful way. Practical activities like these can help keep a person's mind in the moment, which is good for both body and mind."

Emma said: "Our craft community has grown from strength to strength and the challenges both our team and our customers have overcome during the pandemic is testament to the beating, buzzing heart of our happy hive."

Halstead Templars RFC enjoy surprise success

After two seasons in Division One and 18 months away from rugby entirely, Halstead Templars RFC are enjoying a surprisingly successful start to the 2021/22 campaign.

Halstead had a bye in the first league weekend and the opposition called off their second. They lost their first two matches, fielding only 11 players in each.

They then started recruiting new members. With six new additions to the team and a resurgent coaching set-up, they forced a draw against a strong Felixstowe side before going on a five-game winning streak, ending the calendar year in third place, just two points

behind second.

While there may have been doubts over the union team, there were no such doubts when it came to the touch rugby provision, which has gone from strength to strength since the sport resumed last year. Averaging nearly 25 participants in every session, players of all abilities, ages and experience join in with this fun-filled hour of non-contact rugby.

All players took a rest over the festive period and now recruitment continues. If you're interested in playing or in volunteering, you can find more details at www.pitchero.com/clubs/halsteadtemplarsrfc



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Residents have recently enjoyed celebrating National Baking Week, with the chefs even taking part, meaning there was an overflow of cakes from ginger, cherry to almond cake!

Residents have also enjoyed live entertainment return to Colne View – a particular highlight was having accordion player Alex Southgate, which resulted

in everyone enjoying a boogie! The movement to music exercise class is also a favourite of our residents. Music is great way to help lift everyone's spirits and create a sense of togetherness, as well as being known for the opportunity to reminisce.

One resident says, "I love it here, there's always something to do, I have a lot of fun!"



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LOCAL NEWS



Council's performance higher than national average

Braintree District Council (BDC) has announced the results of its annual Corporate Customer Satisfaction Survey, which gave Halstead residents the chance to share their views.

The results, shared at a full council meeting in December, revealed the following: 89 per cent of residents are satisfied with the Braintree district as a place to live; 80 per cent are satisfied with the way BDC runs things; 60 per cent feel that BDC offers value for money; 76 per cent of residents feel well-informed about council services; and 76 per cent of residents are satisfied with the way BDC keeps the district clear of litter.

The survey also revealed satisfaction rates of 90 per cent with waste and recycling collections, 77 per cent

with parks and open spaces, and 69 per cent with sports and leisure facilities.

Councillor Graham Butland, Leader of BDC, said: "I am delighted to receive positive feedback from our residents. What is encouraging to see is that, despite being a difficult year for all, our residents' satisfaction remains significantly higher than the national average.

"BDC will continue to look at ways we can improve our service delivery and to invest in future-proofing to make sure the district is a clean and healthy place to live and work."

The survey ran from March to September 2021 and was promoted in several ways, including the residents' *Contact* magazine posted to every household, the council's website, and telephone surveys.

Care home gifts day centre with luxury hamper

A local care home gifted Halstead Day Centre with a luxury John Lewis hamper last month.

Blackthorns Care Home, run by Runwood Homes, helped to spread Christmas cheer to the local community by gifting the day centre with the festive hamper.

The team at Halstead Day Centre was grateful to receive the gift from Carl Roberts, associate director of sales and marketing at Runwood Homes, on behalf of the Blackthorns team.

Carl said: "I really enjoyed being able to take the hamper over to the wonderful team at Halstead Day Centre. The team there does so much good for the community and it was great to be able to show our appreciation.

"Everyone at Blackthorns looks forward to working closely with the team at Halstead Day Centre in 2022."



FRANKIE DETTORI

riding HIGH

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”





PETS

HOW TO PERFORM CPR ON PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way.

While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

HOW TO CHECK IF YOUR PET NEEDS CPR

- 1. Check their airway:**
Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.
- 2. Check their breathing**
Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.
- 3. Check their circulation**
Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be

- placed on their backs
- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.

TOP TIP:
Use the beat of the song *Staying Alive* to keep the right pace



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OvenGleamers™ Top tips for loving your cooker this New Year

1 Invest in a non-stick oven liner. They help to catch all of those annoying drips that stick to the bottom of your cooker, which later can become a burnt-on mess. Easy to wash or pop in the dishwasher.

2 Do not use harsh chemicals inside your cooker. Instead, try a safer homemade option using items found around your household. For an all-purpose cleaner and deodorizer, mix together four tablespoons baking soda with 1 litre warm water.

3 Get the wiping habit! Wipe away any spillages immediately with a damp cloth. Don't give the mess a chance to stay. I know this sounds easy and as hard as you try it is a chore, the oven can still be hot and some of the stuff just doesn't want to come off but stick with it. Get a microfibre cloth and use it wet with washing-up solution.



4 Cover your roast! You need to stop the grease spitting all over your lovely clean oven. To do this just put a lid on your roast tin or cover with foil or try a roasting bag. This way the inside of your oven and your grill (if its inside your oven) won't become completely coated in grease when you are cooking. This grease, if left in the oven, becomes burnt on carbon in the long term and is very difficult to get off.

5 Get a professional in to Gleam It! If you really can't get all the dirt and grime out of your oven yourself then maybe call and book someone that can. A newly cleaned cooker will be sparkling and clean and if you follow our other tips you will keep it clean, won't you?

Need some professional help? Then call Stephen at OvenGleamers on 01787 852112 or go to www.ovengleamers.com for more details.

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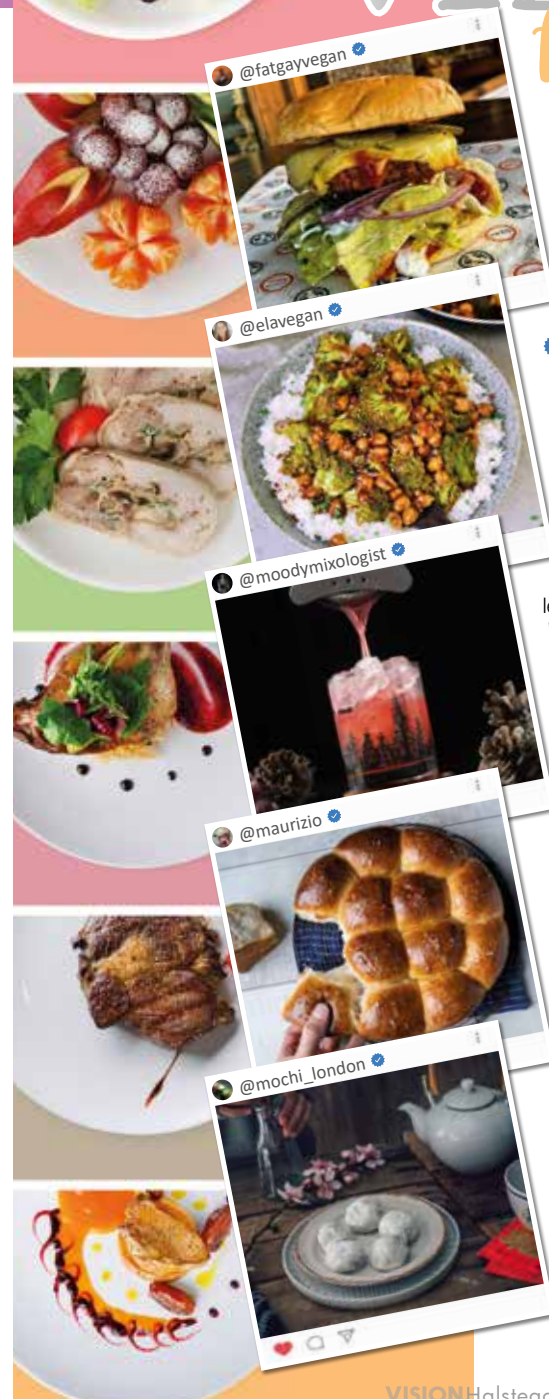
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VIRTUAL food & drink



Plant-based cuisine

From burgers that look so satisfying you won't believe they're not the real thing, to flavoursome fruit and vegetable 'jerky', the internet is overloaded with plant-based beauties that are so good you'll never want real meat again.
Who to follow: [@fatgayvegan](https://www.instagram.com/fatgayvegan)

Chickpeas in abundance

Make way for the new cauliflower... that's right, the humble chickpea is the hot bean on the block. Not just for making hummus, chickpeas are actually versatile, delicious and wholesome – try seasoning with salt and spices before baking into the perfect snack.

They're also great on pizzas and add extra pizzazz to salads, not to mention aquafaba (the liquid from canned chickpeas), which makes the ideal egg substitute for vegan meringue. A very useful legume indeed.

Who to follow: [@elavegan](https://www.instagram.com/elavegan)

Super stunning cocktails and mocktails

Unsurprisingly, Instagram has elevated the humble cocktail to masterpiece status, with beverages that are so visually stunning it's almost a shame to drink them. Whether boasting hyper-real hues, edible flower garnishes, or topped with clouds of candy floss, cocktail hour has never looked so good.

Who to follow: [@moodymixologist](https://www.instagram.com/moodymixologist)

Home-baked bread

One of the more welcome side effects of the pandemic is that home-baked bread is on the rise. Whether you're interested in cultivating a sourdough starter, baking the kind of baguettes that would make a Parisian swoon, or creating focaccia art (yes, it's a real thing), Insta has an abundance of beautifully baked goods to inspire you.

Who to follow: [@maurizio](https://www.instagram.com/maurizio)

Mochi madness

Japanese desserts are going to be big this year – in particular, the sweet little mochi. Made from soft and chewy rice and filled with either sweet red bean paste or ice cream, these gloriously glutinous buns are sure to bring joy.

Who to follow: [@mochi_london](https://www.instagram.com/mochi_london)



TRAVEL

Destination DRY!



THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



Did you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.



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Have you grasped GDPR?

Data protection affects every business and every individual. It can be a daunting subject, if you don't understand the rules or how they apply to your business.

You must process data in line with the six principles laid out in the UK GDPR. These are fairness, lawfulness and transparency, purpose limitation, data minimisation, accuracy, storage limitation, information security, integrity and confidentiality, with a seventh, overarching principle of accountability

UK GDPR puts the data subjects back in control of their data. It compels businesses to be more transparent and accountable for the way in which they use data, encouraging firms to adopt a 'data protection by design' approach; meaning they put data protection at the heart of what they do, integrating it into their systems and procedures.

Vast numbers of businesses are failing to comply with the UK GDPR either out of genuine ignorance of the rules, or the 'I'm too small to get caught' approach. Whatever the reason for not complying, it is important for a business to realise just how serious the consequences of non-compliance can be. Fines of up to £17.1m or 4 per cent of global turnover for a breach. A £4,300 fine

for failing to register with the Information Commissioner's Office. Not to mention the catastrophic damage caused to your reputation if you suffer a data breach.

So, as we start a new year, why not take a fresh look at your data protection compliance? Can you really afford not to?

DRB-DPO are a small, friendly team of data protection compliance specialists. We work across business sectors, tailoring the services we provide to the individual needs of our clients. Whether you're a small, self-employed business, working from Facebook, or a larger business, we can help you become and stay compliant with the UK GDPR and other data protection laws.

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BRUCE KING

on getting and staying motivated



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

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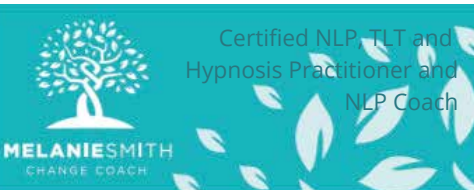
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Do you need a
PERSONAL TRAINER?

Are your jeans feeling a tad tight after the festive season? Do you want to realise a healthier and happier you in 2022 and beyond? If yes, a personal trainer might be just what you need.

The motivation to succeed
January is one of the most popular times of the year for joining a gym, yet a massive 50 per cent of new members quit or stop going within six months. The beauty of a personal trainer is that you are committed to a particular time and place, and you are much more likely to work harder with a professional motivator by your side.

You can learn about health and fitness
Certified personal trainers aren't just fitness fanatics who choose to combine their passion and their job. They know about human physiology, body mechanics, exercise science, and so much more. This means that they can help you to train smarter to see the results you want.

A personalised plan
As the name suggests, a personal trainer will give you a personalised health and fitness plan that is specifically tailored to your body's needs and the results you would like to see. They will take into consideration any injuries you have, as well as any body imbalances that could be affecting your progress.

Nutritional advice
Weight loss is 80 per cent diet and 20 per cent exercise, so if you want to start shifting the pounds, you need to make sure you are eating the right foods to support your weight loss and your activity levels. A personal trainer will be able to advise you on proper nutrition, showing you how much protein you need and how to incorporate more fruit and veg into your diet.





BEAUTY

HOW TO REMOVE

Waterproof Mascara



As much as we love waterproof mascara and its unique ability to prevent make-up meltdowns, sometimes it's just too good at its job.

Discover below how to remove waterproof mascara with minimal fuss and maximum results.

Step 1: SOAK A COTTON PAD WITH EYE MAKE-UP REMOVER

The key to effective and less harmful waterproof mascara removal is in being as gentle as possible. Therefore, you want to choose soft pads that are not abrasive for your eyes. Opt for an organic cotton pad, soak in eye make-up remover and gently press to the eye.

Step 2: SWIPE DOWNWARDS

Wait a few seconds so that the eye make-up remover can fully saturate your eyelashes and then gently swipe downwards and away. Avoid tugging to reduce your risk of eyelash loss.

Step 3: USE A COTTON BUD

For stubborn mascara between your lashes, dip a cotton bud in eye make-up remover and gently clean the affected area. This will also help avoid unsightly smudges the next morning.

Step 4: DO NOT RUB

If you are still struggling to remove any mascara, refrain from rubbing or scrubbing as the skin around your eyes is up to 10 times thinner than on other parts of your face. Instead, repeat the above steps until you are happy with the outcome.

Step 5: TREAT YOUR EYELASHES

It is important that you care for your eyelashes if you want them to remain strong and healthy. Treat dry and brittle lashes to some TLC with a lash serum or mask that contains pro-keratin complex for optimum results.

Best eye make-up removers:

- > Maybelline Expert Eyes Moisturising Eye Makeup Remover
- > Neutrogena Gentle Oil-Free Eye Makeup Remover
- > Garnier Skin Active Micellar Cleansing Water
- > Simple Kind to Skin Eye Make-up Remover.

Headstart For Happiness



Happy New Year! I hope you had a great time celebrating over the festive season and got to do the things that light you up and make you feel good – whether that was reading an engrossing book by a roaring fire, celebrating your faith, beating the kids at Monopoly or enjoying a film with your loved ones. Finishing off the Christmas cake with a decent glass (or two) of wine is always my favourite thing!

Now we're into a New Year and there may be some anxiety about another year where we're unsure of what's ahead. Are you feeling worn down and worn out after the last few years? Do you want to change some 'thing' in your life because when that 'something' changes, you'll be happier? Do you wonder where your sparkle has gone? Is your mental wellness not as great as you'd like?

Well, help is at hand! Not everyone has the resources to work 1-2-1 with me as their coaching psychologist so I've thought about what I can do to help you thrive, not just survive, in 2022. New Year is often the start of new intentions, so let's harness your good intentions for a 'new you' and let's FIND YOUR BRILLIANCE!

I'm starting a monthly local group in Halstead for anyone and everyone who wants to learn proven positive psychology tools that you can use everyday to improve your wellbeing. You'll learn ways to increase your happiness, explore resilience skills, discover your strengths and values, enhance your relationships and live a full and more meaningful life. Think of this as your brain's gym class. You look after your body by doing physical fitness, so look

after your mind and emotions with mental fitness.

The first session is Thursday January 13th and you can register your interest on my Facebook page 'Plume Coaching'. Don't worry if you don't have Facebook, you can leave a message on 07368 438261 or drop me an email at hello@plumecoaching.com and I'll send you the details. Mention Visions magazine and I'll give you a special treat!

There is almost nothing better than the feeling of showing up for our own lives. When we find our brilliance, we become more alive and we have the ability to make things happen not only in our lives but the lives of the people around us.

Helen Reade is a certified Positive Psychology Practitioner and Coaching Psychologist



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GARDENING



GO GREENER

WITH YOUR ECO-FRIENDLY OUTDOOR SPACE

When it comes to helping the environment, every little helps. There are a lot of things you can do to build greener habits, starting with your own garden.

Creating an eco-friendly garden is the perfect way to support the environment from home – no matter the size of your space. Make your garden more sustainable with the following tips.

USE RECYCLED MATERIALS

Using recycled materials is one of the major ways you can make your garden more eco-friendly. This could include wooden pallets, old plant pots, and plastic food containers. You could also consider upcycling dated or discoloured garden furniture.



SUPPORT NATURE'S POLLINATORS

Nature relies on bees and insects for pollination. The growing decline in their populations could have serious consequences for food production and much more in the future. Planting some bee-friendly flowers could help you play your part in boosting their numbers, while also bringing some colour to your garden. Popular bee-friendly flowers include lavender, honeysuckle, snapdragons, bluebells, and primroses.



CONSERVE WATER

Taking steps to conserve water will help the environment, as well as keep your bills low. Having some water butts will help you collect rainwater that you can use for watering flowers, topping up your pond, and other garden tasks. You should also avoid sprinklers and over-watering your garden to help reduce your water use.



MAKE YOUR GARDEN WILDLIFE-FRIENDLY

There are different things you can do to encourage wildlife visitors to your garden. This helps increase biodiversity and gives you your own chemical-free pest control. Build a pond, put up some bird boxes, and provide some food sources to encourage these welcome visitors to your garden.



You can prevent pests and weeds without having to resort to chemical methods. Some herbs, such as chives, rosemary and mint, make excellent pest deterrents, while you can manually remove weeds to keep them from taking control of your garden.

GET COMPOSTING

Instead of buying compost from the garden centre, why not make your own? Start collecting your vegetable peelings, lawn cuttings, teabags, egg boxes, shredded newspaper, and cardboard to cut down on waste and put it to good use.



The NECESSARY NEEDLE

THE 100 YEAR ANNIVERSARY OF THE FIRST INSULIN INJECTION



LEONARD THOMPSON
First patient to receive insulin in Toronto.



As humans whose interest in and ingenuity towards science has saved hundreds of millions of lives – whether by trial, error or good fortune – our ability to look around us in using plant and animal matter as a product for life-saving or life-changing medicine is truly a marvel.

A hundred years ago, one such milestone was reached when a 14-year-old boy named Leonard Thompson, who was dying of type 1 diabetes, received the first ever insulin injection.

The shot was administered by scientists Frederick Banting and Charles Best. The duo had practised under the tutorship of John Macleod at Toronto University, and were aided by another chemist, James Collip.

Over the course of the previous year, they had refined a treatment that involved extracting and purifying the hormone insulin from bovine pancreases.

Up until the point of the first insulin injection, people suffering from diabetes had no choice but to adapt to a strict low-calorie, no-carbohydrate diet, where in some cases food intake could not exceed 500 calories per day. Not only was such a diet incredibly difficult to stick to, but those who did abide by it endured low energy and strength, and in many cases a slow starvation.

The connection between pancreatic secretions and diabetes had been known for a while, but Banting, Best and co. were the first to advance the theory, and by the autumn of 1921 had succeeded in keeping alive a diabetic dog using injections of an extract made from duct-ligated pancreas prepared in saline.

Collip subsequently purified the extract for use in humans. The injection was given to Leonard Thompson, and his blood sugar immediately lowered. Subsequently, his urine cleared of sugars and other signs of the disease.

Banting and Macleod received the 1923 Nobel Prize in Physiology or Medicine for the discovery of insulin, and split their awards with Best and Collip respectively.




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Celebrating an Excellent Inspection Outcome



St. Margaret's Prep School, in Gosfield, is very proud and delighted to announce that we have achieved the highest rating of 'excellent' following our latest inspection.

The recent Independent Schools Inspectorate (ISI) report found that the quality of pupils' academic and other achievements is excellent and the quality of their personal development is also excellent.

Inspectors found the St. Margaret's pupils, from Nursery to Year 6, to be highly engaged, enthusiastic and committed learners who make excellent progress across the curriculum, noting their exemplary attitude to learning and above national average results.

They also recognised the high pastoral care provided by staff, focusing on the well-being of each individual to ensure that they all flourish.

"The pupils' enjoyment of school life is evident in every aspect of their activities in and out the classroom!"



Headteacher, Mrs Carolyn Moss, said: "We are all over the moon with the outcome of the inspection and I could not be prouder of the St. Margaret's family. The staff work tirelessly to ensure that the children receive the very best, well-rounded education and I

am delighted that their hard work and commitment has been rewarded. I am also particularly pleased that the inspectors recognised how kind and caring our children are towards one another, they truly are a pleasure to teach."

The report continues to elaborate on the fact that the pupils enjoy learning and have an excellent rapport with their teachers. Stating that pupils display excellent self-esteem and confidence, with parents agreeing that the school helps their child to be confident and independent.

The full report can be found at www.stmargaretsprep.com and if you would like to find out more about how we can help your child to have an excellent start in life, please contact us 01787 273 050 admissions@stmargaretsprep.com.



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KIDS

THE RISE OF

Myopia



Myopia is one of the most common vision problems in childhood, affecting up to five per cent of pre-schoolers, nine per cent of school-aged children, and 30 per cent of adolescents. And, since the pandemic, cases in children are higher than ever before.

WHAT IS MYOPIA?

Myopia, also known as short-sightedness, is an eye condition that causes distant objects to appear blurred. Since the pandemic began, there has been a surge in diagnoses, with an increased amount of screentime being the most likely cause.

In children, myopia typically occurs between the ages of six and 13, and it often worsens during the teenage years before stabilising in the early twenties.

WHAT CAUSES MYOPIA?

Myopia occurs when the eyes grow slightly too long. This means that the light doesn't focus on the retina at the back of the eyes properly. It is not completely clear why this happens, but it often runs in families and has been linked to focusing on nearby objects, such as computers or books, for long periods of time during childhood.

DOES MY CHILD HAVE MYOPIA?

There are several signs to look out for that indicate your child may be short-sighted. These include:

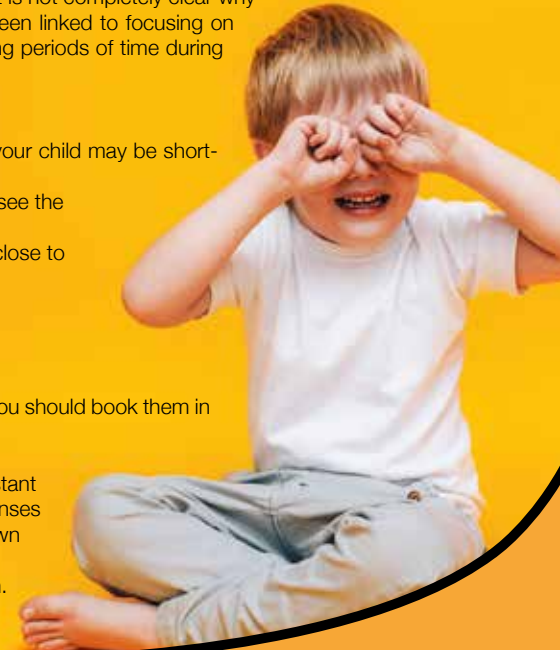
- Needing to sit at the front of the class at school to see the whiteboard
- Sitting close to the TV at home or holding a tablet close to the face
- Complaining of headaches or tired eyes
- Regularly rubbing their eyes.

HOW TO TREAT MYOPIA

If you suspect that your child may be short-sighted, you should book them in for an eye test as soon as possible.

There are several treatments for myopia, including:

- Corrective lenses that help the eyes to focus on distant objects – in the form of either glasses or contact lenses
- Low-dose atropine eye drops – these can slow down myopia in children
- More time outside and less time in front of a screen.



SNOWWAY!



FROM WOK RACING TO ICE YACHTING – THE WINTER SPORTS YOU PROBABLY NEVER KNEW EXISTED

We watch the Winter Olympics partly with admiration, partly for slightly comedic entertainment. Whoever thought riding down an ice track on a glorified metal tea tray at 80mph was a good idea?

To pull off any kind of sporting prowess with icy, snowy and bitterly cold conditions is impressive, but the peculiarity of winter sport stretches far beyond gliding across a frozen lake on two blades of steel.

Here are five winter sports you probably never knew existed – now all you need is for the temperature to drop below zero so you can partake:

SNOW SCOOTING – The scooting trend has transformed our towns and cities. A simple adaption to remove the wheels and curate a more aerodynamic board to stand on, with a handlebar unit that responds to left and right pushes, means you are ready to embark on a whole new form of scooting... on ice.

WOK RACING – Sometimes the name alone is enough to fill in the gaps. Competitors sit on a round-bottomed Chinese wok and speed down a variety of courses, from a bobsled track to a steep bank. Handles are optional.

SHOVEL RACING – For a sport that does what it says on the tin, shovel racing is a lot of fun, with the flatness of the metal providing a comfortable yet speedy base for descent.

ICE KARTING – We're told to avoid driving in freezing conditions, but ice karting capitalises on our thrill for negotiating unpredictable hazards and, of course, powerslides.

ICE YACHTING – This sport is a cross between windsurfing and traditional sailing, with yachts simply adapted with the addition of runners on the bottom, which glide across the ice. It's very popular in the Netherlands and Finland.



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How much would you pay for a STEAK?

Steak has been hitting the headlines recently because of one man – Salt Bae, an Instagram-famous butcher-turned-restaurateur who serves gold-covered steaks for up to £1,500.

Loved by the likes of Leonardo DiCaprio, Naomi Campbell and Jason Statham, is this premium product really worth the hefty price tag?

Salt Bae, real name Nusret Gökçe, was born in Istanbul and started working in Turkish steakhouses at the age of 12. His fame started with a viral video that he posted in January 2017, showing himself suavely cutting and sprinkling salt on a piece of meat. He now has more than 30 million followers on Instagram.

Salt Bae opened his first Nusr-Et steakhouse in Istanbul in 2010 and, as his brand grew, he opened restaurants all over the Middle East, followed by locations in America and Greece. However, it wasn't

until 2021 that he came to London, with his first UK steakhouse opening in Knightsbridge.

If you head over to the Nusr-Et website, you won't find any prices – and it's not hard to see why. According to reviewers, you can expect to pay between £850 and £1,500 for a gold-covered steak, £100 for a burger, £25 for ice cream, and £11 for a Red Bull. Plus, you have to account for the 15 per cent service charge.

How to make your own gold-covered steak

If you want to enjoy a gold-covered steak but don't have £850 to spare, why not have a go at making your own at a fraction of the cost? All you need is butter, thyme, garlic, côte de boeuf (rib steak with the bone attached), and a pack of gold leaf edible sheets, all of which should set you back no more than £50.

Photo credit: Instagram/nusr_et. Copy credit: Thom Smith Ideasesult.co.uk

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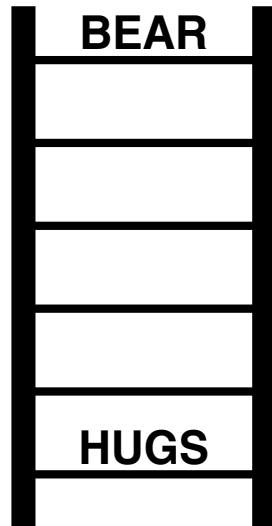
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DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

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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