

**100  
YEARS  
OF THE  
BBC**

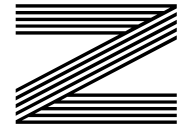
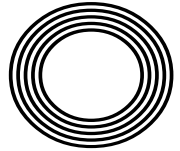
**PAYING  
TRIBUTE**  
to rock legend  
Meat Loaf

**THE SECRETS**  
*to a successful stir fry*

**GET CLEANING**  
with our spring clean checklist

# STEVEN BARTLETT

From university dropout to youngest ever Dragon



**FREE**

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# Editor's notes...

MARCH 2022



Emma Caulfield, Editor

Hello and welcome to this month's edition of **VISION**Halstead. Following on from the terrible storms last month, I think we're all more than ready for spring. With warmer weather and lighter mornings and evenings on the horizon - as well as COVID-19 restrictions hopefully behind us - there seems to be a renewed sense of optimism in the air. And rightly so, when there's so much to look forward to. We'll soon be able to get out in our gardens again and see some colour blooming after the dark winter months. Our newest advertiser, Olivers Nurseries, is the perfect place to go for beautiful seasonal plants.

Mother's Day is also coming up this month, offering a great opportunity to both get together with family members and support local restaurants. Why not take the chance to try out a recently opened café, or revisit an old familiar favourite? I'm sure they would be grateful for the support.

It's been a pleasure getting to know the residents and businesses in Halstead during my time so far as editor of **VISION**Halstead. Everyone here is so friendly and welcoming, and always willing to go the extra mile to support each other. It's a special town, and one where the community spirit has proved stronger than ever during the difficulties of the last two years.

*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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# YEARS OF THE

## A CENTURY TO CELEBRATE – THE BBC HITS 100

---

It's perhaps ironic, maybe unfortunate, and undoubtedly inconvenient that the British Broadcasting Corporation's (BBC) 100th anniversary comes at, arguably, its lowest ebb.

The BBC has spent the vast majority of its lifespan as an exemplar for entertainment, across many strands of its output. From radio to TV, online to live events, it is a unique entity whose impact and prestige is felt and accepted in all corners of the globe.

'Auntie' deservedly holds that reputation, despite the 'new world' struggles the corporation now finds itself encountering. As publicly funded state broadcasters go, it has always been a world away from the controlling propaganda that many churn out overseas; it has a reputation of listening to those who fund it, and its output is as wide and varied as the UK's own demographic.

Yet there wasn't such a strong blueprint when the BBC set out. 2LO was the first radio station launched, in 1922, airing for just a few hours each day, with news, music, drama and conversation.

The publication of the *Radio Times* followed a year later, though it was during the general strike of 1926 that newspapers ceased printing and the BBC – who refused to stop broadcasting, or to hand over control to the government – subsequently gained the upper hand, and one it has assumed ever since.

In 1930, the BBC broadcast the first television play in the UK, named *The Man with the Flower in his Mouth*, with Broadcasting House opening two years later in London to provide the first purpose-built radio centre.

Regular scheduling of television programmes began in 1936, and within three years, as Britain descended into the Second World War, the BBC's broadcast bravery and expertise saw it endowed with a sense of trust and national pride it would never lose.

Post-war, as attitudes became less stiff and the prospect of colour television came into the equation, the BBC sought success in a vast array of programming. From *Woman's Hour* to *Last Night of the Proms*, *Blue Peter* to *Eurovision*, *The Archers* to coverage of the Olympics, *Songs of Praise* to *Top of the Pops*, every cultural shift was breathlessly played out across TV and radio.

As a state broadcaster, the Beeb also realised it needed to focus on smaller communities both in the UK and abroad. *Pobol y Cwm* started in 1974 and remains the BBC's longest-running soap, while Madhur Jaffrey, *Live Aid* and *Goodness Gracious Me* embraced diversity long before it was a trendy term.

The last 25 years have seen DAB and online move the corporation into vast new areas, while geographically the relocation to its new Salford HQ, MediaCityUK, has been a huge success.

For all the BBC's prolific legacy of success, the political hot potato that is the licence fee remains. There is an audience, particularly the young, who are consuming media now in very different ways, while the move to tax the elderly again has done nothing to change the perception that the broadcaster needs to push forward with a certain level of corporate responsibility.

And yet, despite the recent challenges and criticisms, the BBC remains a subject of huge national pride and an exemplar of modern media, in a landscape where so much output is dumbed down. Its century must be something we celebrate.



“THE BRITISH BROADCASTING CORPORATION HAS SPENT THE VAST MAJORITY OF ITS LIFESPAN AS AN EXEMPLAR FOR ENTERTAINMENT”

A TRIBUTE TO MEAT LOAF:

# A ROCK LEGEND

THE LIFE AND CAREER OF MEAT LOAF, WHOSE TIME SPENT DINING AT THE TOP TABLE OF ROCK CAME TO AN END IN JANUARY

He was a rock god in an era where they were few and far between. He surfed on the heavy metal superhighway that his own iconic anthem, *Bat Out of Hell*, laid the foundations for; all the while going about his business with stagemanship, style and humour.

Meat Loaf plucked his last chord at the end of January, but the Texan's legacy will live on through his anthemic contribution to music and culture.

And yet the artist – real name Marvin Lee Aday – was so much more complex than his big, ballsy persona suggested. For starters, he arrived in the entertainment world via theatre – notably the

musical *Hair* – although he had already started making music with debut band, Meat Loaf Soul.

His time in theatre and film was significant – from *Rainbow* to *The Rocky Horror Show*, he brought a brand of unique showmanship to his roles. And when the album *Bat Out of Hell* arrived in 1977 (some five years after he and Jim Steinman began working on tracks), the stars had aligned perfectly. To date, the album has sold more than 43 million copies.

Further albums followed, including *Dead Ringer* and *Midnight at the Lost and Found*, before a career resurgence at the start of the 90s with *Bat Out of Hell II*, from which the single *I'd Do Anything for Love (But I Won't Do That)* took the rocker back to the top of the UK singles charts, as well as landing him a Grammy.

For all his continued success, Meat Loaf was shy and reserved behind the scenes. He admitted to never socialising, saying it terrified him even at the height of his fame, and he led a "largely boring life" away from the flashbulbs.

In his passing, the original *Bat Out of Hell* has surely assumed a new home... in rock heaven.

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MOTORING

# Map that!

THE GOOGLE MAPS EXTENSION THAT GETS YOU FROM A TO GREEN

Google Maps has, in recent years, put the satnav market in the slow lane. With quick, convenient, versatile and up-to-the-minute responsive route planning and live traffic updates, the app has revolutionised travel, be that in a car, on a bike, on foot or even when using trusty old public transport.

Yet, as if the route finder wasn't already the perfect travel solution, Silicon Valley boffins are now going one step further, with an extension that offers drivers the most eco-friendly route to their destination.

It means fuel consumption, road incline and, of course, traffic congestion will all be factored in to give a driver the 'greenest' route.

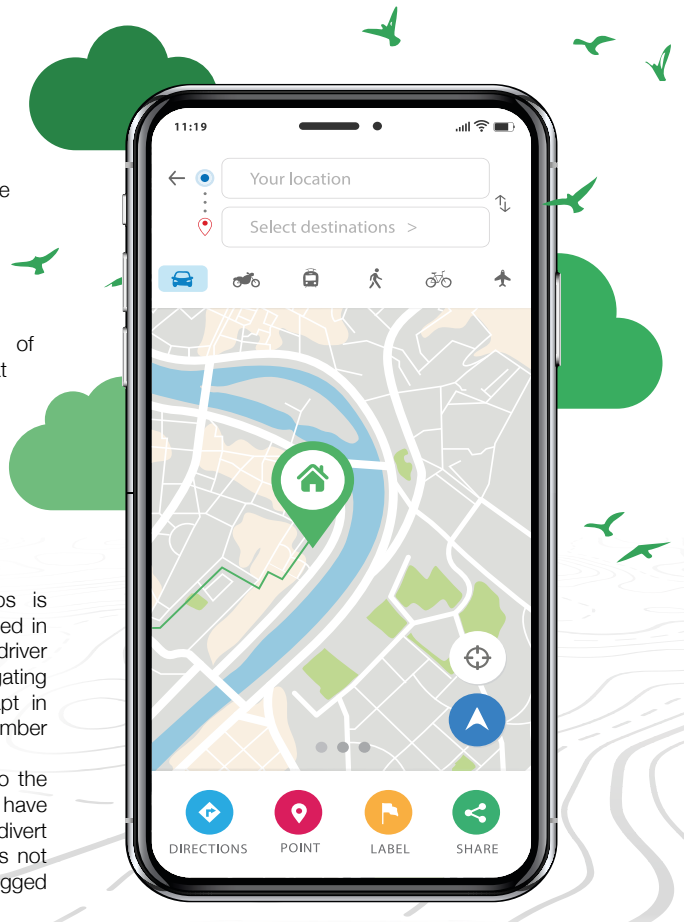
For the most part, these greener routes will only show when journey times are roughly comparable, and of course it may well be the case that the recommended route is also the quickest, in which case, off you go. Google believes up to 50 per cent of journeys we take may well have a greener option, meaning drivers will, for the first time, be given a very real choice between convenience or conscience.

The new version of Google Maps is available in the US and will be launched in Europe this year. It will also feature driver guidance for using or circumnavigating low emission zones, which have leapt in popularity and prominence across a number of major cities.

There have been some objections to the proposed changes. Driver groups have suggested that eco options could divert large amounts of traffic through routes not designed to carry it, and they also flagged

the danger of drivers being distracted by constant route adjustments.

For the most part, though, the proposals have been received positively, as Google looks to accelerate its pledge to be carbon free by the year 2030.



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# Cleaning with SOAP NUTS

If you haven't heard about soap nuts until now, then you are in for a treat. Free from chemicals, 100 per cent biodegradable and vegan-friendly, these powerful nuts are the all-natural cleaning ingredient every home needs.

Soap nuts, also known as Indian soap berries, are the fruits of a small tree called Sapindus mukorossi. They contain a natural soap called saponin, which is released when in contact with water.

The benefits of cleaning with soap nuts are:

- > They do not contain phosphates, parabens or sodium lauryl sulphate
- > They are hypoallergenic and odourless
- > They contain anti-fungal and anti-microbial properties
- > They are 100 per cent sustainable.

### How to use soap nuts in your home

#### Soap nut laundry detergent

Place 4-6 soap nut shells into a small muslin bag | Add your laundry and the bag to your washing machine | Wash as per fabric instructions | Keep the used shells as they can be reused up to four times.

#### Soap nut liquid detergent

This can be used as a base to make many cleaning products. Pour 2 litres of water and 15 soap nut shells into a pan | Boil for 10 minutes,

turn off the heat, and cover | Once cooled, strain the liquid, pour into a bottle and store in the fridge.

#### Soap nut multipurpose cleaner

Mix 400ml of your soap nut liquid detergent with 100ml of white vinegar and 10ml of your preferred essential oil | Pour into an empty spray bottle and use to clean all surfaces in your home.

#### Soap nut pesticide

Fill a spray bottle with 500ml of your soap nut liquid | Add 10 drops each of lavender, rosemary and peppermint oil | Shake well and spray directly onto your plants.

### Where to buy soap nuts

You can order soap nuts online. They are also available at some health and wellness shops.



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IT'S THAT TIME...  
*Spring  
cleaning!*



YOUR CHECKLIST

Embarking upon a major spring clean can be overwhelming to say the least, which is why we've created this spring cleaning checklist that you can stick on your fridge.  
Remember to tick each task off as you go.

**KITCHEN**

- Empty all drawers and cabinets and wipe down
- Wash cabinet doors and knobs
- Clean and organise the fridge and freezer
- Vacuum under the fridge
- Clean the dishwasher
- Sanitise the sink drain
- Clean and organise the pantry

**BEDROOMS**

- Store out-of-season clothing
- Flip mattresses
- Clean and organise dresser drawers
- Shampoo carpets
- Wash pillows and duvets
- Clean and organise wardrobes
- Launder curtains
- Dust light fixtures/ceiling fans
- Wash windows

**BATHROOMS**

- Clean and organise cabinets and drawers
- Properly dispose of any old medicines and toiletries

- Descale the taps, hoses and screens for your shower/bath
- Wash shower curtains and bath mats
- Dust light fixtures
- Reseal grout lines if needed
- Clean bathroom extractor fan
- Sanitise and clean drains

**LIVING ROOM**

- Clean windows
- Dust light fixtures/ceiling fans
- Remove and launder curtains, throws, cushion covers and blankets
- Clean blinds
- Vacuum sofas and chairs
- Spot-clean upholstery
- Shampoo carpets
- Wash or dry clean rugs

**HOME OFFICE**

- Clean keyboard
- Disinfect mouse and office phone

**OUTDOOR AREAS**

- Remove any unwanted items and reorganise garage/shed
- Pressure wash decking, patio area and outdoor furniture
- Clean out and wash rubbish/recycling bins
- Wash outside windows



HOME & DIY





# LOVE YOUR LEFTOVERS:

## lamininate flooring



If you have just had new lamininate flooring installed, then chances are you have a fair amount left over.

Rather than let this versatile material go to waste, why not use it to create something beautiful for your home?



### CREATE A RUSTIC MIRROR OR PHOTO FRAME

If you have a basic mirror or photo frame that is less of a stylish feature and more of an eyesore, this can easily be remedied with a few pieces of lamininate flooring. All you need to do is cut them to size and then attach them to your mirror or photo frame using a strong, clear epoxy glue.

### RESURFACE A TABLE TOP

Give a table top an instant facelift by covering it in your leftover lamininate. If you want a rustic look, scuff the lamininate using sandpaper or, for a more modern look, prime and then paint in your preferred colour. Add edging for a smoother finish.



### BUILD A HEADBOARD

If your existing headboard is looking a little worn, why not create a new one using your leftover lamininate? First, you will need a piece of plywood as backing, and then just glue spare pieces of lamininate onto it before fixing to your bed. Alternatively, why not cover the whole space behind your bed and create a feature wall?



### MAKE PLANTING BEDS

Lamininate flooring planks are weather-resistant and do not deteriorate as quickly as solid wood planks. This means that they are ideal for using in the garden. Simply cut a few pieces to size and use as fence panels to divide sections of your garden for planting beds.



### INSTALL IN YOUR GARAGE OR LOFT

Make use of any unused space in your home by installing your leftover lamininate on your garage or loft floor. Lamininate is moisture and temperature resistant, which makes it ideal for these spaces. If you want to use your loft as a living space, you will need to ensure you install a subfloor and underlay first.

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# How To Match COLOURS IN YOUR HOME



There are endless possibilities when it comes to decorating your home. So many, in fact, that you might struggle to choose.

Learning how to match colours in your home will make the process a little easier, so that you can have fun creating your chosen look.

Take a look at the following tips to get started.

### CONSIDER THE MOOD OF THE ROOM

What sort of space do you want to create? Do you want a warm and inviting room that's perfect for socialising, or do you want something a little cooler to create a more relaxing environment? Think about what your room will be used for and the sort of vibe you want to achieve.

### LEARN TO CREATE A COLOUR SCHEME

Colour schemes can be built in several ways. They could be based around your existing furniture, for example, or you could start completely from scratch.

Choosing neutral colours gives you versatility – you'll be able to mix and match your furniture and accessories, and add pops of colour as desired. This also gives you flexibility to change your colours more often.

You could also create a colour scheme around different shades of the same colour, creating a

stylish, tonal look.

If you want to use two different colours, consider using a colour wheel and choosing shades on either side of your primary shade to create a complementary look. Examples include pairing yellow with orange or green, or blue with green or violet. Choosing sides on the opposite end of the spectrum, such as blue and orange, can create a different kind of complementary look.

You could also use a triadic scheme to help you bring three colours into your space. This means choosing colours that are far apart from each other on the spectrum, such as red, yellow and blue.

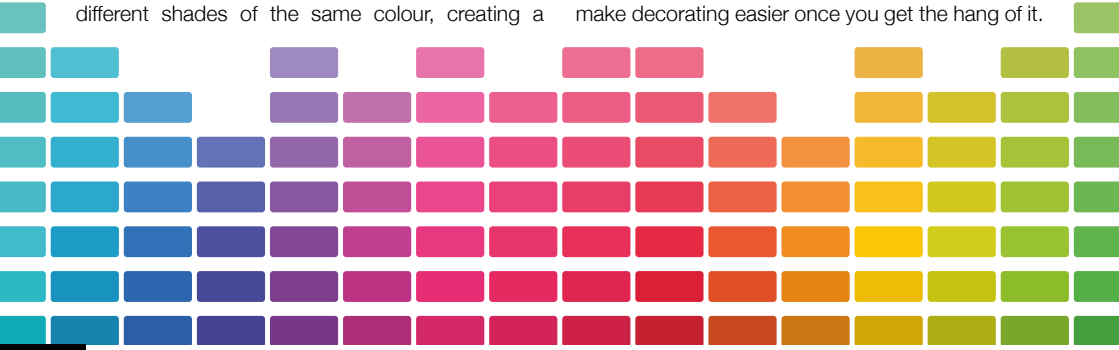
### THINK ABOUT THE PRACTICALITIES

There are also practical considerations for your colour scheme. How much light does a space get? Will it be high traffic? These will help you work out what is realistic for your space.

### USE TESTERS TO SEE WHAT WORKS BEST

Testers are a great way to experiment with how colours will look in your home. Use testers to help you see a shade in different lighting and at different times of day to make sure you're satisfied.

Creating colour schemes takes practice, but it will make decorating easier once you get the hang of it.



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Photo credit: Torsbeanie Corner Café Facebook

## Break-in at popular café leaves new owners devastated

The owners of a Halstead café were left devastated when their new business was burgled.

Last month, Torsbeanie Corner Café in Weavers Court was broken into, leaving new owners Ian and Vickie Birch (pictured) very upset.

A spokesperson for the café said: “Sadly, an individual took it upon themselves to have a look in our till for some money. We were closed so they broke the window to get in and made a bit of a mess.

“We are a family-run business which employs a small group of dedicated staff. We do not leave cash on the premises at any time and this act has done nothing but cause us upset and loss of trade.”

The Torsbeanie Corner Café was purchased by the couple, who already owned the Torsbeanie Food Truck, on January 1.

A spokesperson for Essex Police said: “We were called to reports of a burglary at a café in Weavers Court, Halstead, shortly before 9.30pm on February 8.

“We need anyone who saw anything or has any CCTV, dashcam or doorbell footage to contact us. If you have any information, you can submit a report at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm.

“Please quote the crime reference number 42/34373/22.”

## Hospice invites residents to fundraising event

A hospice is inviting residents to a coffee and cake fundraising event in Halstead.

St Clare Hospice is hosting the event on Thursday, March 24, from 10.30am at Blackthorns Care Home, on Dooley Road. Members of the public can enjoy

delicious coffee and cake, good company and the chance to raise money for a local charity.

A spokesperson for the hospice said: “The team and residents at Blackthorns look forward to welcoming you into their home for such a fantastic cause.”

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# Distillery reaches finals in esteemed awards

A Halstead distillery reached the finals of a prestigious tourism award last month.

English Spirit Distillery, located at Great Yeldham Hall, reached the finals for the Small Visitor Attraction category, sponsored by Norfolk & Suffolk Tourist Attractions, at the East of England Tourism Awards.

The East of England Tourism Awards honour the best hotels, B&Bs, pubs, restaurants and attractions in the area.

The winners of each category were announced at the awards ceremony on Thursday, February 24, at the Duxford Imperial War Museum.

Judges commenting on the distillery said: "English Spirit Distillery has only been in existence for 10 years and it is now a leader in the UK in producing high-quality artisan spirits."

A spokesperson for the distillery said: "We are delighted to be nominated as a finalist in the category

of Small Visitor Attraction at the East of England Tourism Awards 2022. Thank you so much to everybody who voted for us.

"We have been running tasting tours at our Great Yeldham distillery since 2017. Our visitors can learn how we distil the widest variety of spirits and liqueurs in the UK, all from scratch, including the world's best vodka and our award-winning Old Salt Rum.

"Our tours are a really fun and informative way to learn about the art of distillation. A visit to Great Yeldham wouldn't be complete without a look around our distillery shop, where visitors can browse and sample all of our products. We thoroughly enjoy hosting our tours, expertly led by our knowledgeable spirit ambassadors, and love sharing the world of English spirit with people at Great Yeldham."

The Small Visitor Attraction category was won by Hippersons Boatyard in Beccles.

# MP announced as Minister of State for Europe

James Cleverly, MP for Braintree and Halstead (pictured right), has been announced as the new Minister of State for Europe.

Mr Cleverly MP was appointed Minister for Europe and North America in the Foreign, Commonwealth and Development Office last month. He was previously Minister for the Middle East and North Africa.

The minister deputises for the Foreign Secretary, and his responsibilities include the United States and Canada, Europe, Gibraltar, Russia, Iran, national security, defence and international security, and trade and cooperation agreement negotiations.

Mr Cleverly MP was first appointed as a joint Minister of State in 2020.



# Moving House? Moving Office?

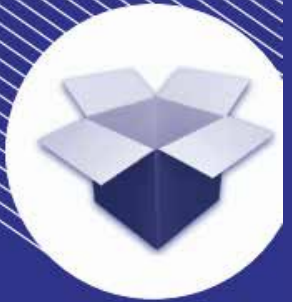
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## Mayor sends letter to Queen for Platinum Jubilee



The Mayor of Halstead and chairman of Halstead Town Council sent a letter to the Queen to congratulate her on her 70th year on the throne.

Queen Elizabeth II celebrated her formal Platinum Jubilee last month, ahead of official celebrations for the special occasion later this year.

The letter, sent by Mayor Mick Radley (pictured above), reads: "I write on behalf of the town council and the residents of the town of Halstead in the county of Essex.

"It is with great joy and pleasure that we congratulate you on the celebration of your Platinum Jubilee.

"You have served our country magnificently for 70 years with great dignity and respect.

"I'm sure your father would have been extremely proud of your tireless commitment and dedication to serving your country.

"Your reputation as our head of state is instantly respected and envied across the world and forms an important part in conveying our national identity and values.

"During the jubilee weekend in June, our town of Halstead has planned many events in celebration of commemoration of this significant milestone in the history of our country.

"I have the honour to be, madam, Your Majesty's humble and obedient servant."

## Man given restraining order for harassing woman

After confessing to harassing a woman, a Halstead man was handed a restraining order.

Paul Moyse, 34, of Stanstead Road, was charged with harassment without violence.

He sent the victim communications over Facebook during a 10-day period in August last year, according to Basildon Magistrates' Court.

Moyse was handed a restraining order not to contact

the victim directly or indirectly, including via social media, when he appeared in court last month. He was also barred from accessing Braintree Foyer at St Michael's Road, Braintree, until February next year.

He was fined £120 and ordered to pay £120 to the Crown Prosecution Service, as well as £34 in victim surcharge costs.

## Care home gets fit with the Green Goddess

A care home in Halstead has taken part in a special exercise class taught by 1980s fitness star, the Green Goddess.

Residents and team members at Care UK's Colne View Care Home, on Dame Mary Walk, donned their sweatbands and green accessories to take part in the bespoke virtual session with fitness guru, Diana Moran, as part of Care UK's Let's Get Physical initiative.

Diana, who is known as the Green Goddess, hosted 'wake up and shape up' sessions on breakfast television while wearing her trademark green leotard in the 1980s.

The Let's Get Physical initiative sees Care UK homes across the country encourage residents to get active by trying something new and exciting – whether that be a fitness class, disco yoga or even ice skating.

Monica Boldeata, home manager at Colne View, said: "We strive to ensure residents lead active and fulfilling lives. While regular activities at the home include gentle exercise classes and movement activities, we were keen to encourage residents to kickstart the new year by trying something new.

"Exercise is incredibly important for maintaining physical and mental health, especially in older people whose mobility, balance and strength naturally begins to decline with age."

Diana added: "I am delighted to support Care UK to encourage residents across the country to get active by trying something new.

"Regardless of age, keeping active is what keeps us young. Even for those less mobile, chair-based exercises can be just as beneficial."





Photo credit: Ivor Dallinger

# Storm forces football club's match to be postponed

Halstead Town's final match in February, against Burnham Ramblers, was postponed at the last minute owing to their pitch being waterlogged as a result of Storm Eunice.

This left six league matches still to be played as they went into the last months of the season, still chasing the elusive dream of promotion to the Premier division.

This year, two teams will be promoted. The team finishing in first place is automatically upgraded, while the next four teams go into sudden death play-offs for the other position.

Halstead have consistently been in a play-off position since October of last year. However, they have played

more games than most of their challengers, and as these outstanding games are played, Halstead could find themselves slipping down the league.

Of the six remaining games, five of them are at home. This is good news for the club as they have a decent record at the Milbank Stadium, losing just two games all season and averaging more than three goals per game.

The next home game is on Saturday, March 12, when Hackney Wick are the visitors. They will then entertain Benfleet FC on Saturday, April 2.

The club would like as many supporters as possible to attend the games to help lift the team to victory.

# Teams created to tackle communities' issues

A local support scheme will help to improve the lives of residents in Halstead and beyond.

Eastlight Community Homes is creating four teams who will create a bold new solution to a big social issue within their communities in or near Halstead, Colchester, Braintree and Witham.

The teams will be a key element of All In, Eastlight's major new community programme to put power in the hands of local people.

Emma Palmer, Eastlight's chief executive (pictured left), said: "As the UK's largest community-led housing association, we know there are brilliant local residents out there with the passion and drive to make our communities even better places to call home.

"Our All In teams are a once-in-a-lifetime opportunity for local residents to come together and tackle the social issues that impact on the lives of so many."

The teams will be given the freedom to decide which issues they want to address and how they should be tackled.

Find out more at [www.weareallin.co.uk](http://www.weareallin.co.uk)



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STEVEN BARTLETT:

“QUITTING IS FOR WINNERS”



**S**teven Bartlett is rapidly becoming a fan favourite on *Dragons' Den* – an entrepreneur and the founder of one of the most influential social media companies in the world, and someone unafraid to rock the apple cart of business... as long as it turns him a profit.

It's fair to say the personalities on *Dragons' Den* are all cut from a certain cloth. They're wily, experienced, of a certain age, and have dined at the top table of business for a long while.

Indeed, when fellow Dragon Peter Jones launched his first business, aged 16, Steven Bartlett was still a decade away from being born.

Having young blood in any business environment is essential – even if the format is a reality TV show. Yet Bartlett, the Botswana-born whizz, brings about a digital edge to proceedings that not even tech-savvy Jones can rival.

After applying to pitch on *Dragons' Den* aged 18 – to no avail – the digital tycoon's first money-making venture came in 2013 when he founded Wallpark, a Manchester-based social sharing network that overtook his studies at the city's university, to the point where he quit his degree... after one lecture.

Social Chain arrived a year later – a social media marketing company that gained instant traction within a booming digital landscape. Bartlett exited the company six years later with a \$200million bounty and has since gone on to invest in numerous companies, both through and separately from the BBC reality TV series.

While success has been prolific and constant for the 29 year old, the catalyst for it comes from a much darker place. In a recent interview, the businessman admitted that his stimulation for making money came from feeling neglected and sidelined in his childhood.

"The reason I'm sat here today, I am 100 per cent sure, is because of things you would consider parental failures. I didn't have nice gifts and presents, and my parents weren't around much because they were so busy working," he said.

"My mum is the hardest-working person I've ever met – she would sleep in her shop in Plymouth in the back room on a bag of rice, wake up and run the shop.

"However, I learned that if I was to have anything in life, it wouldn't appear on the kitchen counter or under the tree by itself. It would need to be of my own doing."

This element of self-motivation epitomises Bartlett's style as a business leader who deserves to be respected – it's also why he loves being part of *Dragons' Den*, a programme he first started watching as a 12 year old and, pretending to be the sixth Dragon, would pause the TV between pitches as he decided whether to invest.

Ten years to the week since he first applied to *Dragons' Den*, it became official that he would be joining the show, bringing with him charisma, intelligence and positivity. Even the title of his debut book, *Happy Sexy Millionaire* – a *Sunday Times* bestseller in 2021 – outlines the entrepreneur's laser-guided focus; while his *The Diary of a CEO* podcast is currently on a sold-out tour.

Bartlett also has a canny ability to flip convention. One of his business mottos, 'quitting is for winners', comes from personal experience.

"In our society, we always glamourise starting, and quitting is seen as something losers do. But quitting is the incredibly important thing you have to do before you start," he said.

"I've been an unbelievably peaceful quitter for my entire life. I quit school, quit university after one lecture, started a company and did it for three years, raised investment and quit out of the blue, quit my last company which was generating £600million in revenue, because I knew within me that I'd overstayed my welcome and it could no longer serve me.

"I don't quit things because they're hard, but when things suck and they become not worth the fight it would take to change them, then you have to quit. I really believe quitting is for winners.

"We're in industries now in which to be noticed you've got to be bold, be brave and shout loudest.

"If you can do that, and back it all up with a solid, well-constructed, well-delivered idea that can make money, you've got half a chance."





PETS

# STOP THE SHED



**SHEDDING IS NATURAL FOR DOGS, BUT THAT DOESN'T MAKE IT ANY LESS FRUSTRATING. FORTUNATELY, THERE ARE WAYS TO MANAGE EXCESSIVE SHEDDING**

**BRUSH THEIR COAT:** Although you may think that brushing your dog's coat would encourage more shedding, the opposite is in fact true. Regular brushing and a good grooming routine can minimise the amount of dog hair you find around your home. Bristle brushes are a great choice for all coat types.

**USE A SHEDDING TOOL:** Shedding tools are brushes with stainless steel tines which can be used to pull up and remove your dog's extra undercoat fur. Ideal for both year-round and seasonal shedders, shedding tools are inexpensive and highly effective.

**FOCUS ON GOOD NUTRITION:** Excessive shedding can be caused by undernourished fur, which is a result of a poor diet. Avoid this by ensuring your dog has healthy meals that contain all the nutrients they need.

**KEEP THEM HYDRATED:** Dehydrated skin can exacerbate shedding and hair loss, so make sure that your dog always has access to fresh water. This will not only keep their skin hydrated, but is also beneficial to their overall health.

**BATHE THEM REGULARLY:** Essential for keeping your dog clean, bathing your pooch regularly will also help remove excess hair, resulting in less shedding in your home.

**OTHER REASONS WHY YOUR DOG MAY EXPERIENCE HAIR LOSS:**

- > Parasites like fleas, mites or lice
- > Bacterial infections
- > Fungal infections
- > Allergies
- > Kidney disease
- > Liver conditions
- > Thyroid or adrenal issues
- > Pregnancy
- > Anxiety or stress
- > Cancer
- > Immune disease
- > Sunburn
- > Topical irritants

If you are worried that your dog's hair loss is more than just the usual shedding, book an appointment with your local vet as soon as possible.



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# The secrets to a successful STIR FRY

Although a stir fry may seem like a simple dish, the cooking process is actually fraught with potential disasters. From soggy veg to uncooked meat, find out below how to avoid these common pitfalls and create the perfect stir fry.

## 1. ENSURE YOUR WOK IS HOT

Although a stir fry is often the meal that you turn to when you want delicious food fast, you do need to exert some patience when waiting for your wok to heat up. Ideally, heat a dry, non-stick wok for 5-10 minutes over the highest heat on your gas range. If you have an electric hob, set to 6 or 7, as any higher could damage your pan.

## 2. COOK MEAT IN BATCHES

Meat intended for a stir fry should always be at room temperature, never chilled, and you should only cook up to 200g at a time or your meat will end up simmering or steaming rather than frying.

## 3. CUT YOUR VEGGIES TO THE SAME SIZE

If you want to save cooking time, cut up your veggies to the same size so that they can all be cooked together. If you are washing your veg first, make sure they are completely dry before adding to the wok. Any leafy veg such as spinach or shredded cabbage should be added last, as well as bean sprouts, to ensure they remain crisp.

## 4. ADD PRAWNS LAST

If you are using cooked prawns, add these last as they will only need one minute to heat though. For uncooked prawns, you are best off cooking them first, removing from the pan, and then adding again once your veggies are done.

## 5. MIX UP A SLURRY IF NEEDED

If you find you have added too much stock, wine or soy sauce, don't despair. Simply mix up a slurry of 1tbs cornstarch and 2tbs cold water and stir in to thicken your sauce.



FOOD & DRINK



# BRUCE KING

on the intricacies of time management

# TIME MANAGEMENT

- OBJECTIVE
- PRIORITY
- SCHEDULE
- REMINDER
- EFFICIENCY
- ALERTS
- CONTROL

In his latest column, sales mentor and personal growth coach, Bruce King, discusses the intricacies of time management.

Here's a technique I developed many years ago, which I use to manage my time effectively and which I've taught to thousands of others. It's called the ISWAT Technique, and you can use this in every area of your life.

ISWAT stands for: Is what I am doing now or about to do now going to help me achieve my goals?

We all have goals we want to achieve. They could be complex goals such as a large work-related project that could take days, weeks or months to achieve; or something really simple like going for an enjoyable walk or having a great evening out with friends. Whatever you have planned to do is a 'goal', and your objective is to achieve the goal.

While investing your time achieving this goal, other things may come up. They may be interruptions from other people, or thoughts you have that start

to take you off in a different direction. Whenever that happens, you must stop and ask yourself: is what I am doing now or about to do now going to help me achieve my goals?

If the answer is 'yes', you can do it right away, or you can allocate some specific time to do it later.

If the answer is 'no', dump it right away.

To help remind you, get a pad of sticky notes. Write on five to 10 of them, in capital letters, ISWAT. You already know what that stands for.

Post these notes where you will come across them frequently during the day. Every time you're about to start a new task or project, make sure to read the ISWAT note.

### 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](http://bruceking.co.uk)

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## Quality care in Essex you can trust

When a family is thinking about care for a loved one, they want the best - they want to know that the care home they choose will put their loved one's safety, happiness and wellbeing first.

Care UK's Colne View care home in Halstead provides residential, dementia and nursing care, giving families peace of mind that their loved ones can stay living at the home should their needs change.

Living at Colne View is all about quality of life. Every colleague in the home is passionate about enabling residents to enjoy a fulfilling lifestyle, tailored around their unique needs and preferences. The lifestyle team organises a huge variety of group and one-to-one activities, with plenty going on each day.

The team at Colne View are proud to have achieved 88% in the recent relative survey, in fact 94% of families feel their loved ones are treated with kindness,

respect and dignity\*, so once their relative has settled into Colne View they are able to focus on spending quality time with them again just enjoying each other's company.

With the extra support that our care home offers, new residents are often surprised at what they can do, whether that's being able to continue with an activity they've enjoyed in the past, or



even discovering new hobbies with our daily activities.

Whether your loved one enjoys a quiet cup of tea in bed before starting the day, loves going for strolls in nature, or enjoys a chat over a beer, the team at Colne View will spend time to enable them to continue living life the way they want to.

**Colne View is part of award-winning provider, Care UK – one of the UK's most successful care home operators\* with over 35 years' experience of delivering high quality care to older people.**

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\*As rated by the Care Quality Commission in England and the Care Inspectorate in Scotland.

†Care UK relative survey Aug/Sept 2021 – based on a sample of 7 relatives. Study operated by QRS Market Research, an independent survey agency.



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TRAVEL



# KEEP ON cruising

**WHY EMBARKING ON A CRUISE  
IS THE ULTIMATE HOLIDAY**

With people beginning to plan their summer holiday excursions, the idea of taking a cruise – be that across vast oceans or through a continental waterway – is likely to be one of the most popular go-to getaways in 2022. Here are six reasons why:

### Value

There are getaway deals aplenty on offer. Operators are keen to catch up after two hugely disrupted years due to the COVID-19 pandemic, meaning they're pulling out all the stops to lay on huge fleets and get people back on board.

### Variation

Rather than being stuck in one resort, a cruise enables travellers to see and experience multiple locations within one trip. Having been confined largely to the UK for the past two years, it's expected that holidaymakers will opt for multi-destination trips rather than staying in one place. This makes a cruise the ideal option.

### Wastage

A cruise provides a holiday experience even when

travelling between destinations, so while stop-offs at cities or coastal towns may be a big attraction, when back on board, holidaymakers are treated to all manner of events, shows, attractions and facilities, meaning there's no wasted time.

### Family environment

Unlike some land-based locations, cruise ships offer something for everyone, meaning a cruise is now commonly regarded as the ultimate family experience.

### Comfort and luxury

Booking a cruise typically means choosing one of only a handful of operators, who run a tight ship – literally – in terms of how they present their brand and their facilities. This isn't something that's as easy to achieve when it comes to booking independent hotels or accommodation on land.

### Sociable

Cruise ships offer a small environment in which people holiday in close proximity to each other. As the saying goes, a friend made at sea is a friend for life.

## Take the right pathway for you



Do you feel stuck at a crossroads, not knowing which way to turn? Are you at a pivotal life change or wanting one?

When you are willing to listen to yourself and be fearless, figuring out your next step becomes easier. When you're supported by a coaching psychologist who is trained to help you access your answers within, it becomes even easier.

Our lives are made up of a complex network of pathways that we can use to move from one phase of life to the next. For some of us, our paths are wide, smooth, and clearly marked. Many people, however, find that they have a difficult time figuring out where they need to go next. Determining which next step will land you on the most direct route to fulfilment and the realisation of your life purpose may seem

overwhelming but I can help.

There are many ways to discover what the next step on your life path should be. If you're someone who seeks to satisfy your soul, it is vital that you make this inquiry. Often, your inner voice will tell you that it's time for a change, and it is very important to trust yourself because only you know what is best for you.

Personal growth always results when you let yourself expand beyond the boundaries of what your life has been so far. When working out what your next step will be, you may want to review your life experiences. The choices you've made and the dreams you've held onto can give you an idea of what you don't want to do anymore and what you might like to do next. It is also a good idea to think about creative ways you can use your

skills and satisfy your passions.

Coaching with me will help you to access these answers as we explore your strengths, values and find your meaning.

I listen to you and select the right tools and methods from my huge selection of mental wellbeing models and theories and together, we find the very core of you. If you can allow the taking of your next step to be as easy as putting one foot in front of the next, you'll notice that your next step is always the one that is right in front of you. The right pathway for you opens up and becomes a beautiful life journey. Call me on 07368 438261.

**Helen Reade is a certified Positive Psychology Practitioner and Coaching Psychologist**



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Direction.  
Success.**



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# 5 essential oils that ease PMS

At best, period pains are a nuisance. At worst, they can be completely debilitating.

Whether you have already tried every over-the-counter treatment available or are looking for more natural relief, these essential oils promise to help combat cramps and beat the bloat.



**Lavender:** Lavender is one of our favourite essential oils for PMS as it offers multiple benefits. Its anti-inflammatory properties help to reduce inflammation of the surrounding blood vessels in your uterus, which in turn relaxes the muscles and reduces any discomfort. Plus, this aromatic herb is also said to alleviate premenstrual emotional symptoms.



**Rose:** A menstruation must-have, rose essential oil can treat cramps, fight fatigue and prevent nausea. It also acts as a natural laxative and can help to trigger menstruation, which is helpful if you suffer from irregular periods.



**Clove:** If you experience a lot of pain and discomfort at your time of the month, then

this is the essential oil for you. One of the most effective oils for alleviating menstrual pain, clove can also help to stop excessive bleeding and lower your blood pressure.



**Ylang-ylang:** Do you suffer from stress during your period? If yes, ylang-ylang can help you feel cooler, calmer and more collected. With the ability to soothe both your brain and your central nervous system, this essential oil can make it easier to deal with stress and period-induced anxiety.



**Peppermint:** For those who need an energy boost, peppermint can give you the lift you need to get through your cycle. It's also great at relieving headaches and reducing inflammation.

**How to use essential oils**  
> Massage directly onto aching parts of your body  
> Add a few drops to a warm bath  
> Add food-grade essential oils to tea or baked goods.



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#### **Your partner needs help with their financial affairs, but can you assist?**

Commonly with married couples or those in a long-term relationship they each have assets in their own name and in joint names (e.g. bank accounts and the family home).

This often leads people to think that they can manage the financial affairs of their spouse or partner, or could do if the need arose; however, this is not the case. Unfortunately, should your spouse or partner become unable to manage their affairs themselves due to ill-health or injury, their individual bank accounts are likely to be effectively frozen and you will not be able to deal with organisations on their behalf.

#### **What is needed to be able to help**

To assist with your spouse or partner affairs during their lifetime you will need to have been appointed as an Attorney. This means your spouse or partner will need to have made Lasting Powers of Attorney (LPAs). If LPAs have not been made you will not be able to deal with organisations on their behalf.

#### **What happens if I do not have LPAs?**

Many people need to assist with these matters because their spouse or partner has become unable to manage their affairs themselves. This may be due to physical or mental incapacity, perhaps due to illness or an accident. If you want to help your partner with financial decisions and they did not have Powers of Attorney in place and were incapable of making them, you would need to make a costly application to the Court to obtain the necessary authority. The Court application takes several months and can be

stressful and frustrating for those involved. Until the Court authorises your application you are unable to deal with their money and property.

#### **Two types of Lasting Powers of Attorney**

LPAs are important documents that allow someone to give people (often close relatives or friends) the authority to make certain decisions on their behalf.

**Property and Financial Affairs LPA** – which allows an attorney to manage and deal with finances and property related matters (such as selling a home).

**Health and welfare LPA** – which allows an attorney to make decisions regarding health and personal welfare. This type of LPA only comes into effect when a person no longer has the capacity to make such decisions themselves.

People often think that if necessary, they would be able to make decisions about where their spouse or partner receives care, what type of care they receive and whether or not they should receive life-sustaining treatment. Without an LPA in place, relatives are not able to make these decisions. Doctors, nurses, medical practitioners or Social Services would make them instead.

#### **Discuss Powers of Attorney for yourself or your partner**

To talk to a local lawyer about Lasting Powers of Attorney and to find out whether you or a relative should have them, call Holmes & Hills Solicitors on 01787 475312 and ask to speak with Deborah Abbott or Nicola Ashby or email [advice@holmes-hills.co.uk](mailto:advice@holmes-hills.co.uk).





GARDENING



Photo credit: sarahraven.com

# sarah raven

WHY SARAH RAVEN'S LOVE OF BUOYANT, BOUNTIFUL FLOWERS IS A WORLD AWAY FROM HER GENTLE COMMENTARIES ON OUR GARDEN SPACES

Sarah Raven, who gardens at her Perch Hill Farm base in Robertsbridge, East Sussex, is one of a modern breed of horticulturalists whose passion, enthusiasm and energy infuses everything they do.

The fact that the 58 year old opens up her gorgeous 18th-century home to all is evidence of the passion she feels for the colours and scents of the outdoors. To that end, it's probably no surprise that she names the dahlia as her favourite flower, with its bushy, patterned perfection lighting up gardens from spring through to autumn.

Sarah, whose talents extend into cookery and writing, has presented BBC *Gardeners' World*, *Great British Garden Revival*, the series *Bees, Butterflies and Blooms*, and showcased BBC2's *Big Dreams, Small Spaces* project, where she shared her love and enthusiasm for cut flowers.

Sharing her home with writer Adam Nicolson, her two daughters and three stepsons, Sarah admits that she will always come back to flowers over

anything else in pursuit of the perfect outside space. She said: "Flowers bring such happiness and harmony, as well as encouraging a whole array of insects, who in turn feed all our other creatures."

"I like to think so much comes from our flowers, and the more I can give back in celebrating them and teaching others how to look after and maintain them, then great."

When she's not appearing on our screens, collating material for one of her hugely successful cookbooks, or scribbling a column for the likes of *The Daily Telegraph*, *Gardens Illustrated* or *Sainsbury's Magazine*, her eponymous garden brand provides the perfect digest for others looking to replicate what is a museum-like spread of flowering finesse.

Fans can purchase everything from plants to bulbs, seeds to gardening kit, as well as booking events and courses with the premise of making both their outdoor and indoor spaces as organically awesome as possible.



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This project is funded by the UK Government through the UK Community Renewal Fund.



## TACKLE THAT



KIDS

**N**ot many children like having their hair brushed, especially if they are prone to the odd tangle or two. Fortunately, we have the low-down on how to detangle your child's hair in just five simple steps.

### Step 1: Start with clean and conditioned hair

Wash your child's hair with detangling shampoo and then apply conditioner. If you see any tangles at this stage, gently comb through the hair while the conditioner is still in and then rinse.

### Step 2: Use a hair towel

Once you have finished washing your child's hair, quickly and gently dry it by either blotting or wrapping it in an absorbent hair towel. Avoid rubbing the hair as this can create even more tangles.

### Step 3: Loosen any knots

Before you start combing, use your fingers to gently break and loosen any tangles. If you come across a big knot that you are unable to pull through, do not keep pulling as this can add even more tangles to the hair. Instead, wait until you are able to add some product to the affected area.

### Step 4: Try a detangling spray

After you have towel-dried the hair and loosened any knots, liberally apply a detangling spray and then comb through one section of hair at a time. For optimum results, use a wide-tooth comb or a brush that is specifically designed to tackle tangles. Start at the bottom of each strand and gently work your way up, one inch at a time.

### Step 5: Sleep with hair in a ponytail

If you struggle to remove tangles in the morning and don't have time to wash your child's hair, it can be a good idea for them to sleep with their hair in a loose ponytail as this will help prevent tangles from forming overnight.





Josh Grimwood King



Oli Cuthbert

## LOOKING FOR A TOP FOUR FINISH



With just four games of the regular season still to play, Halstead Templars RFC find themselves sitting sixth. However, with three games in hand over some of their closest rivals, there's still all to play for in the remaining weeks. Two games against Colchester, sitting one from bottom, are first up then after a weekend off and a Cup quarter final, a visit to Harwich who are immediately below Halstead in the table.

These two sides have conceded more points than any other teams in the league and Halstead will be looking to leading try-scorers Oli Cuthbert and Ed Merry to cross the whitewash on more than one occasion in each match. With Harry Sanders kicking penalties and conversions the Templars should be on to see a maximum 15 points from these games which, depending on other results, should give Halstead fourth place.

Whilst promotion might be out of the window, Mersea Island having already sealed top spot and Thurston looking like second is all theirs, although both Maldon and Ipswich could mathematically overtake them, the



Ben Bird



Ryan Rainer

Templars will be happy with a top four finish in a season that has been as much about rebuilding as winning.

Recruitment has continued throughout the season and a dozen new players have joined the club, some replacing those who have left, others providing much needed cover in positions that have, for too long, been covered by too few. Captain Josh Grimwood King, who himself has played like a titan this season, says that the chemistry between new and established players has been excellent in games and at training, whilst the training itself has gone from strength to strength with head coach Vinny

Geaves and new team manager Zak Bredin bringing the best out of the men in black.

Geaves said of his team that, with all players putting in great individual performances, Ben Bird and Ryan Rainer have stood out since the start of the year. Both players have had to be versatile with their positioning to accommodate selection headaches, but both are emerging as pack leaders helping the newer players find their feet, whilst also improving their own game play, leading the side in carries, defenders beaten, and tackles made.











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# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

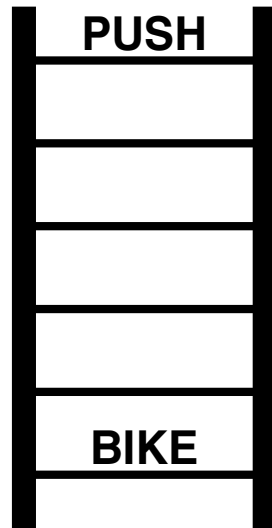
- ▶ BATON
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## DID YOU KNOW?

- ▶ During the Victorian era, postmen were nicknamed 'robins' for frequently wearing red jackets
- ▶ House sparrows have chunky beaks which are excellent for opening seeds
- ▶ In the past, chaffinches were caught and used as caged songbirds
- ▶ Studies have shown that the front of a blue tit's head glows under UV light
- ▶ Blackbirds feed mainly on the ground. They continually run and pause, scanning the area for prey
- ▶ Dunnocks can raise a number of broods of chicks each year
- ▶ Most starlings live in the UK all year round, but some migrate here from northern Europe in the winter months.

## 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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