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of Channel 4 and Countdown

FLORENCE PUGH

The actress on pushing herself to global success



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Editor's notes...

NOVEMBER 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**HalsteadBraitree. My name is Nik Allen, and I am the new editor of **VISION**HalsteadBraitree. I will be working alongside former editor Emma Caulfield going forward to bring you interesting articles and help local businesses promote their services. These businesses are the lifeblood of every community and, in these difficult times, it is now more important than ever that we shop local and use local tradespeople as often as we can.

I am excited and proud to be overseeing the **VISION**HalsteadBraitree title and am looking forward to engaging with readers every month.

I like to get myself out and about whenever I can to meet the local businesses and readers at local events. Please feel free to get in touch if you are interested in ways

VISIONHalsteadBraitree could help raise awareness of your business or perhaps a local event you are planning. My contact details are below and I look forward to hearing from you soon.

In this month's interview with Florence Pugh, the actress talks about her many and varied projects, how fear has helped her in her career, and how sharing her love of cooking online reignited her passion for food.

I hope you enjoy this month's edition.

Nik Allen

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CONTRIBUTORS | Tabatha Fabray, Jacob Collick

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines All pages are recyclable



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is the NARRATIVE

CELEBRATING 40 YEARS OF COUNTDOWN AND CHANNEL 4, AND LOOKING AHEAD TO A NEW ERA

Is there a single adult in the UK unaware of the TV quiz show *Countdown*? The vowels, the consonants, the numbers game, Dictionary Corner, the 30-second clock that never ticks past halfway, the *Countdown* Conundrum and, of course, that iconic music playing in the background while contestants hurriedly attempt to make words or solve a number puzzle.

Countdown is a national institution, and its popularity is such that it celebrates its 40th birthday this month. Where *Countdown*'s birthday is concerned, so too does Channel 4 itself revel in the celebrations, given that the show was on the original schedule that launched way back on November 2, 1982.

Countdown was in many ways one of the showpiece pieces of programming – a quiz that featured the effortlessly amiable Richard Whiteley OBE DL, and doyenne of the digits Carol Vorderman MBE.

Since then, Rachel Riley has succeeded Vorderman, and after Whiteley's death in 2005, permanent hosts have included Des Lynam OBE, Jeff Stelling, Des O'Connor CBE, Nick Hewer and Anne Robinson, in the accumulation of more than 7,000 shows.

One of Channel 4's true success stories, and certainly its longest lasting, *Countdown* has enchanted its weekday audience for four decades, even extending into spin-off fodder with *8 out of 10 Cats Does Countdown*, which is hosted by Jimmy Carr and has run since 2012.

Naturally, Channel 4 has extended its reach much further in the four decades since its launch. While the very nature of *Countdown* means it's not evolved too far from a weekday web of wordplay, the schedule elsewhere has incorporated many other successes, from its edgy *Channel 4 News* to innovative programming across breakfast TV (*The Big Breakfast*), soaps (*Hollyoaks*, *Brookside*), comedy (*Peep Show*, *The Inbetweeners*, *Brass Eye*, *Smack the Pony*, *Desmond's*), drama (*Skins*, *Queer as Folk*, *It's a Sin*, *Black Mirror*, *Top Boy*, *This is England*), and of course reality TV monsters such as *Gogglebox*, *First Dates*, *Made in Chelsea*, *Come Dine with Me*, *24 Hours in A&E*, *Married at First Sight*, *The Great British Bake Off*, *Grand Designs* and *Big Brother*.

And of course, while *Countdown* may lay claim to being the longest-running quiz show on Channel 4, can it top the cultural or iconic impact of *The Crystal Maze* and *Taskmaster*?

Sport has also been prevalent on Channel 4's menu – from the early days leading the surge in the popularity of cycling with Tour de France coverage, to NFL Sunday nights and, more recently, F1 coverage.

Channel 4 has always prided itself on innovation in its programming and its delivery – a fact no better exemplified than in the Film4 and All 4 spin-offs. And for the 40th birthday celebrations, a raft of specials has been planned, many of which rebel against the wealth of ultra-safe programming that other broadcasters have bowed to.

In an era where people want to be as challenged through terrestrial TV as they are online, Channel 4 continues to lead the way. Racing headfirst towards its half-century, the directive from above is to keep forcing the narrative.

THE WONDERFUL WORLD OF

Jellyfish

You're never too humble to have your own international day of celebration – and November 3 is World Jellyfish Day. While these creatures have no brain, heart, bones or eyes, they're still fascinating. They have been around for more than 600 million years and existed before dinosaurs, trees and fungi. And they live in all of the Earth's five oceans.

Jellyfish have an umbrella-shaped body with trailing tentacles, which are armed with stinging cells used to stun their prey before gulping them down. They're helpful for self-defence, too.

Jellyfish mostly eat shrimps, crabs and small sea plants. And in their turn, they're an essential source of food for other ocean creatures like sea turtles, tuna and sharks. In some cultures, jellyfish are also a food source for humans, particularly in South East Asia. Only the main body is eaten, which is said to have a delicate, slightly salty taste. Sometimes they're thinly sliced and eaten raw, or dipped in batter and fried.

As well as using their mouth to eat and get rid of waste products, jellyfish also use their mouths to squirt out a jet of water to move themselves forwards.

There are thought to be 300,000 different types of jellyfish. Some are as small as 5mm in diameter, and some are as big as 2m. They come in an impressive array of colours – some are clear, but some are pink, yellow, blue or purple. Some are even bioluminescent, which means they produce their own light.

Most jellyfish stings aren't serious. But stings from some species – most of them living around Australia, the Philippines, the Indian Ocean and the central Pacific – can be severe or even deadly. Incidentally, the Portuguese man-of-war, a creature often mistaken for a jellyfish, is actually a colony of polyps. However, watch out for them – their stings can be excruciating.

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DOES A LACK OF CHARGING POINTS MEAN WE'RE NOT ACTUALLY EQUIPPED TO SWITCH TO ELECTRIC?

We are living in an electric wonderland where the government, environmentalists and Elon Musk himself are all striving to point out that electric vehicles (EV) are the future.

The 1.1 million electric and hybrid cars already on Britain's roads suggest that we are listening, and if you ever needed any further reminding that battery-powered motoring is the way forward, a simple glance at petrol and diesel prices will fuel your perspective.

When at home, we have mostly solved the problem of charging our cars. The government has passed legislation stating that new work or residential construction projects must have built-in charging points; that said, charging point access in existing high-rise developments remains an issue.

Yet it is a sheer paucity of accessible points when out and about that's beginning to set off sparks amidst the EV revolution.

And as if the current struggles weren't bad enough, the year 2030 presents additional worries, with the proposed banning of diesel engine motors. This will lead to an estimated 18 million electric and hybrid vehicles on the road by that date, further intensifying the race to charge.

At the current growth rate, only 25 per cent of the required public charging stations will be in place.

The sluggish creation of charging points isn't all the fault of government representatives promising big. In part, it's owing to a global shortage of essential EV charger components, as well as precious metals, such as lithium.

The UK and Germany are current leaders in looking to set up a worldwide-recognised EV charging infrastructure, but the clock is ticking, and putting the brake pedal on the EV revolution would be detrimental not only to the effort put in so far, but to the environment too.



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HOME & DIY

POPPIN'
Paprika

2023'S HOTTEST COLOUR TREND FOR YOUR HOME

There may be a couple of months left in 2022, but that doesn't mean we can't look ahead to next year's interior trends. One of the hottest trends already making waves is paprika, the spicy colour that's about to give your décor a cheeky kick.

WHAT IS PAPRIKA?

Paprika is a shade in the burnt orange family. Think terracotta with a hint of pink. It lets you experience the warmth of reds and oranges, without going overboard with a bold and bright colour.

THE ULTIMATE MOOD-BOOSTER

Paprika is the perfect shade to add a touch of warmth to your home. Used as the main colour, it adds interest to the plainest of rooms, while as an accent colour, it goes perfectly with shades of navy, grey, yellow and others. It also looks great as a contrasting shade to a monochrome space.

USING PAPRIKA IN YOUR HOME

Some of our top tips for using paprika in your home include:

- Go for a paprika colour pop on a wall, either as a block colour or by adding it as a shape or pattern to a neutral wall.
- Use paprika-hued accessories to brighten up your space. Curtains and cushions in this delightful shade will help you embrace the trend easily and affordably.
- Refresh some of your older furniture by coating them in paprika – an easy way to give your pieces a new lease of life and make a cool contrast against the rest of your décor.

As the colour to look out for in 2023, you can get ahead of the trend by embracing paprika in your home now.



Photo credit: Poplolly Co/Pinterest, Duncalm.com



LIVE NEFF COOKING DEMONSTRATION DAY

To help any clients planning a kitchen renovation in 2023, Regal Kitchens will be hosting a LIVE NEFF cooking demonstration day between 10am and 4pm on Saturday 10th December. All customers whether existing, new or potential are all welcome to come along and sample freshly prepared food and enjoy complimentary drinks, along with expert advice from our friendly staff on the latest NEFF products and kitchen innovations. Everyone attending will be given a chance to enter our free prize draw to win kitchen equipment worth hundreds of pounds plus everyone leaves with a goody bag with contents worth around £20



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For more information about their upcoming event contact emma@regalkitchens.net or call 01245 351151

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LOCAL NEWS

from your neighbourhood



Photo credit: Halstead New Homes

Planning permission for 31 new homes is rejected

Planning permission for 31 homes near Halstead High Street has been rejected, in part owing to the loss of heritage assets.

The proposed site, east of Halstead High Street, is next to the former Courtaulds factory, where parachutes were made during the Second World War. Concerns were raised over the potential impact of the new houses, which were proposed by developer Halstead New Homes, on air raid shelters on the site.

The decision notice from Braintree District Council said: "Based on the information submitted, the

proposals would result in both direct and indirect harm to the air raid shelters.

"While the level of harm in this case would be less than substantial harm, taking into account the cumulative impact upon the designated heritage assets, the benefits of the proposal do not outweigh the harm to the identified assets."

A spokesperson for Halstead New Homes said the company was reviewing its options, and that no firm decision had been made as to the next step for the proposals.

Humbugs have tough start to the new season

Halstead Town FC have had a difficult start to the first quarter of the new Essex Senior League season.

At the time of writing, the Humbugs have played 10 games, winning three and losing seven.

It has been a mixed start to life back in Step 5 football, and Lady Luck hasn't been kind when it comes to serious injuries to some of the most influential players.

Despite this, the last three defeats have been by a small margin, and there are reasons for optimism that the team will finish the season away from the relegation places.

The club would like to thank the local community for their continued support and sponsorships.

For more details and all the latest Humbugs news, please visit www.halsteadtownfc.com

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Care home celebrates 40 years of service

LOCAL NEWS HALSTEAD



Halstead care home joined in with the recent celebrations for Care UK's 40th anniversary.

Residents and staff at Colne View Care Home, which is run by Care UK, took part in a number of activities. These included a charity tea dance at Halstead Day Centre, the care home's chosen charity, and a charity quiz night at The Empire Theatre.

One resident, Kathy Knopp, 65, cycled 40 miles on her exercise bike across 40 days to mirror the fundraising challenge undertaken

by Care UK CEO Andrew Knight and others, who cycled a 240-mile route from the charity's oldest care home in Clacton-on-Sea to its newest in Shrewsbury.

Monica Boldeata, home manager at Colne View, said: "We've been hard at work fundraising for the Halstead Day Centre, which provides support for older people living in the community.

"Here at Colne View, we're keen to create strong links with our local community, supporting them where we can and enabling residents to have even more opportunities to make new connections outside the home."

To find out more about Colne View, please visit www.careuk.com/colne-view

Templars secure first victory since promotion

The season is finally underway for Halstead Templars 1st XV, who have recorded their first victory since promotion to Eastern Counties Division 1.

Local rivals Braintree brought a large squad to Halstead on October 15, but the Templars held firm and gave a solid performance.

Only brilliance from the Braintree left wing and the bounce of the ball thwarted man-of-the-match Emile Du Toit's cover, allowing the visitors to score.

Du Toit recorded his first try of the season earlier in the game, bagging a second in the second half, as did Ben Bird, for a 17-12 win.

Braintree and Thurston both sit below Halstead in

the table, owing to bonus points, despite Thurston having two wins from their seven games including a win over the Templars.

Halstead will play Stowmarket on November 12, as **VISION**HalsteadBraintree goes to print, before hosting Colchester on November 19, and they will hope to rebuild their form following two defeats to Brightlingsea and Thurston.

As the union season takes over, touch rugby takes a break from tournaments and concentrates on creating an inclusive environment for anyone who wants to try the sport.

Mixed sessions run under the floodlights from 7pm on a Monday evening and are free to try, with supportive coaching if needed.

For more information, visit the Templars' social media pages or email HalsteadTemplars@gmail.com

Public gardens win top prize in green spaces competition

Several green spaces in Halstead have won awards in this year's Anglia in Bloom competition.

Halstead Public Gardens won a Gold Award and overall Best Park, while Mill Chase Playing Field and Halstead River Walk both won a Silver Gilt Award in the Local Authority Best Wildlife Conservation category.

The awards recognise the efforts of Braintree District Council, which maintains the spaces together with Halstead in Bloom, Friends of Halstead Public Gardens and Halstead Town Council.

Councillor Wendy Schmitt, cabinet member for climate change and the environment at Braintree District Council, said: "It is fantastic news to win the Anglia in Bloom awards. We put a lot of effort into providing high-quality public open spaces because they have a real positive impact on people's health and wellbeing."

Councillor Jackie Pell, chairman of Friends of Halstead Public Gardens, said: "We are very proud that Halstead Public Gardens have won the Anglia in Bloom award. Braintree District Council staff, as well as Halstead in Bloom volunteers, Friends of Halstead Public Gardens and Halstead Town Council do a fantastic job."



Photo credit: Braintree District Council



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS BRAINTREE

Photo credit: Braintree District Council



Care service relocates

A regional healthcare provider has moved into the new Livewell hub on Manor Street, Braintree.

Provide Community will offer a range of healthcare services to patients, including sexual health, speech and language therapy, and pulmonary care clinics. Negotiations to include GP services are ongoing.

Councillor Kevin Bowers, cabinet member for assets, housing and skills at Braintree District Council, said: "We know how important good-quality, modern and accessible healthcare facilities are to the community. The new Livewell hub is a first-class facility which will give thousands of residents access to a wide range of

integrated health and wellbeing services."

Kelly Maynard, property manager at Provide Community, said: "We're pleased that this future-proofed amenity is now ready to service the needs of patients in and around Braintree and beyond."

The Livewell hub is currently only open to patients with referrals.

The hub forms part of Braintree District Council's £30million Victoria Square regeneration, which includes 35 new apartments, a pharmacy, 70-bed Travelodge, café/restaurant, new bus interchange, public toilets, plaza and garden area, and car park.

Man jailed for 15 years following assault charge

A man from Braintree who raped and sexually assaulted a woman twice has been jailed for 15 years.

Paul Gellen, 43, of Goldingham Drive, Braintree, attacked the woman on two separate occasions – in December 2019 and March 2020.

On both occasions, the victim had no recollection of what happened, only finding out when Gellen himself told her.

Gellen denied charges of rape, sexual assault and assault by penetration. He was convicted at Chelmsford Crown Court on Thursday, May 5.

At the same court on Thursday, October 13, he was jailed for 15 years and received a further six on licence.



Photo credit: Essex Police

Pugh

AGAINST THE MACHINE

HOW FLORENCE PUGH HAS INVENTED HERSELF AS AN ALTERNATIVE HERO FOR THE HOLLYWOOD MACHINE

Florence Pugh may have hit the big time, but she is in no mind to play along with any of the niceties that may be expected from a Hollywood sweetheart. Take, for example, her audible frustrations at the furore surrounding her recent big project, *Don't Worry Darling*, which saw the leading lady in some parts referred to, in a rather derogatory way, as Harry Styles' "onscreen lover".

Or what about the fuss made during her recent fashion foray at the Valentino couture show in Rome, to which she wore a stunning pink gown through which her nipples could be visibly seen.

After receiving negative feedback online for both, the beauty boldly challenged the critics on Instagram, booming: "Why are you so scared of breasts?"

The response was perfect, proving beyond doubt that Pugh is as ferocious and bold as the strident characters she has become known for playing. From the plotting and seductive Lady Macbeth in the eponymous indie masterpiece, to the assertive female wrestler Saraya Knight in *Fighting with My Family* and, most recently, super assassin Yelena Belova in Marvel's *Black Widow*.

And for the ballsy 26-year-old, the battle rages on...

"I have always tried to force myself to pursue not just new avenues, but uncomfortable ones," she says. "Fear plays a big part of that, of course, and fear for an actor is something that can really ground a career.

"I have always had the view that to really succeed you need to push yourself further and harder than the last time, and that's the way I go about what I do, to the extent that the more I fear something the more I have to do it. That's just who I am."

‘ I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of ’

In terms of pushing herself, 2022 has proved more forward-thinking than any year previously. The aforementioned *Don't Worry Darling*, a dystopian look at social values, personality and community, and our ability to accept and challenge the norm, has been well received. Yet almost to prove she is an actress unafraid to mix it up, she has since been announced as reprising Yelena in 2024 Marvel release *Thunderbolts*, and before that is contracted to appear in *Dune: Part Two* next year, alongside Timothée Chalamet, Stellan Skarsgård and Zendaya.

There's also Netflix movie *The Wonder*, which airs in November. The drama/mystery, set in Midlands Britain in 1862, tells the story of a girl who stops eating but miraculously remains alive and well. An all-British cast, the production aims to look behind the mask, and is based on the 'fasting girls' phenomenon from the Victorian era, as documented by author Emma Donoghue.

"I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of. The truth is I don't want to be defined by anyone other than myself." That logic is certainly reflected in the actress's burgeoning Instagram presence, with a large following brought about in no small part by a number of endearing cookery videos filmed during lockdown.

"To have that connection was so valuable," she says. "It's such a relief we are through those days, though I learned so much about myself and community through food; it's a passion that has stuck with me."

Between her creative cookery videos and her accolades on screen, the young actor is definitely cooking up a storm across the globe.



KIDS

Deliciously Ginger

Gingerbread Day takes place on November 21, and what better way to celebrate than making some cute and tasty gingerbread folk? This recipe is simple enough for even young children to help with. They're bound to love decorating their own creations – not to mention eating them!

INGREDIENTS:

- > 350g plain flour (and a bit more)
- > 1 tsp baking soda
- > 1-2 tsp ground ginger
- > 100g butter (chopped into small pieces)
- > 175g light muscovado sugar
- > 80g golden syrup
- > 1 large egg (beaten)
- > For decoration: icing pens or homemade icing

made from icing sugar, water and optional food colouring | Small sweets like Smarties or Jelly Tots | Dried fruit | Chocolate chips or polka dots | Sprinkles

HOW TO MAKE:

- > Heat the oven to 190°C/170°C fan/gas mark 5.
- > Put the flour, baking soda and ginger in a large bowl and combine thoroughly. Add the butter, and rub it in till the mixture resembles fine breadcrumbs.
- > Add the sugar, golden syrup and egg, and mix into a smooth dough.
- > Roll the dough out using a floured rolling pin on a floured surface until it's about 5mm thick.
- > Cut out your gingerbread folk using special cutters (or make other shapes if you prefer).
- > Place your shapes onto a lined baking tray.
- > Bake for 10 minutes, then cool on a wire rack
- > Decorate your gingerbread folk however you like, using icing to secure any loose decorations.

Did you know?

- > An early form of gingerbread was enjoyed by the Ancient Greeks and Egyptians.
- > Gingerbread, as we know it today, was created in England in the 1700s.
- > Queen Elizabeth I apparently invented gingerbread people by asking her staff to bake special biscuits in the shape of visiting dignitaries.
- > Gingerbread houses originated in Germany in the 1800s and were probably inspired by the tale of *Hansel and Gretel*.



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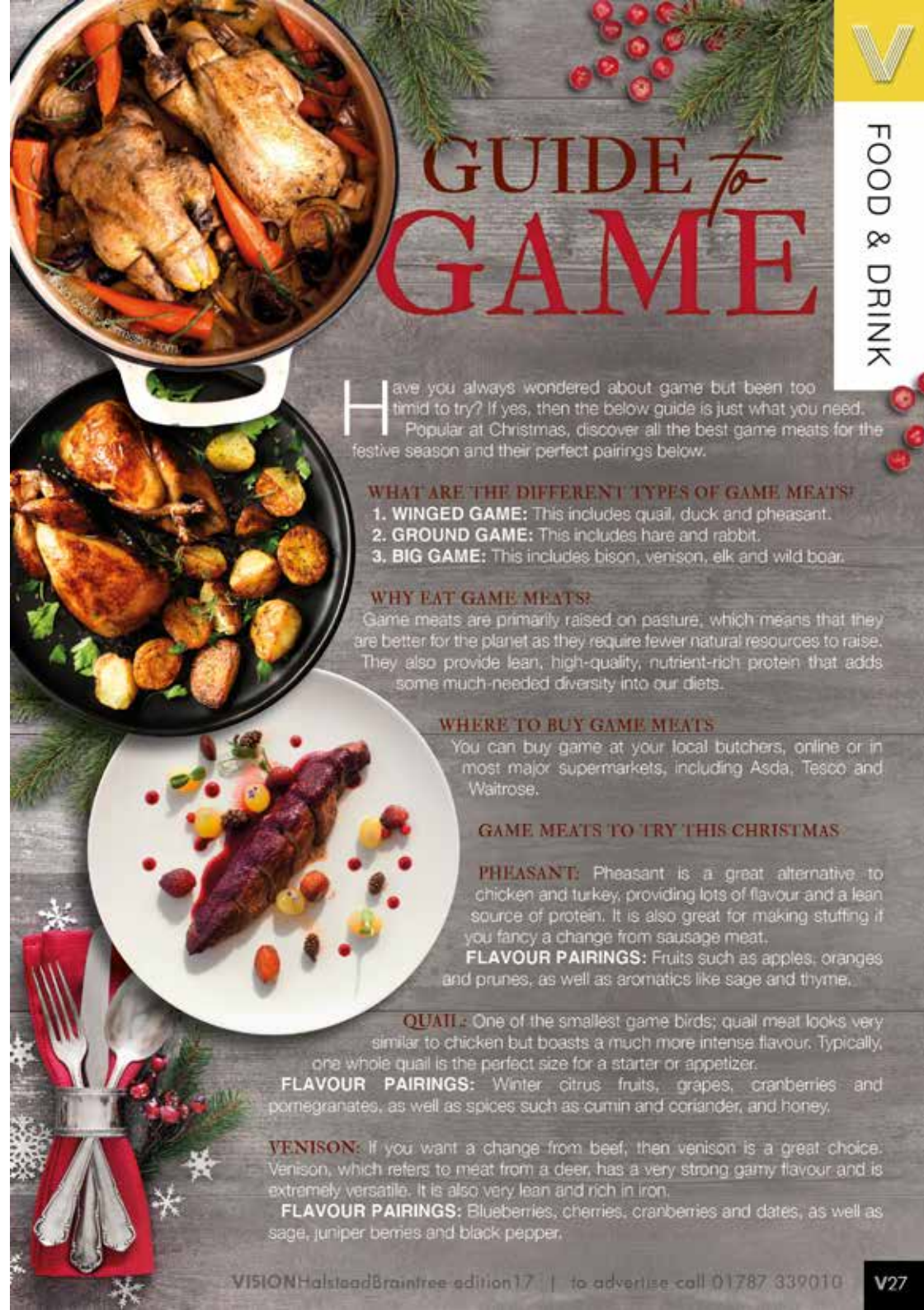
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FOOD & DRINK



GUIDE to GAME

Have you always wondered about game but been too timid to try? If yes, then the below guide is just what you need. Popular at Christmas, discover all the best game meats for the festive season and their perfect pairings below.

WHAT ARE THE DIFFERENT TYPES OF GAME MEATS?

- 1. WINGED GAME:** This includes quail, duck and pheasant.
- 2. GROUND GAME:** This includes hare and rabbit.
- 3. BIG GAME:** This includes bison, venison, elk and wild boar.

WHY EAT GAME MEATS?

Game meats are primarily raised on pasture, which means that they are better for the planet as they require fewer natural resources to raise. They also provide lean, high-quality, nutrient-rich protein that adds some much-needed diversity into our diets.

WHERE TO BUY GAME MEATS

You can buy game at your local butchers, online or in most major supermarkets, including Asda, Tesco and Waitrose.

GAME MEATS TO TRY THIS CHRISTMAS

PHEASANT: Pheasant is a great alternative to chicken and turkey, providing lots of flavour and a lean source of protein. It is also great for making stuffing if you fancy a change from sausage meat.

FLAVOUR PAIRINGS: Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

QUAIL: One of the smallest game birds; quail meat looks very similar to chicken but boasts a much more intense flavour. Typically, one whole quail is the perfect size for a starter or appetizer.

FLAVOUR PAIRINGS: Winter citrus fruits, grapes, cranberries and pomegranates, as well as spices such as cumin and coriander, and honey.

VENISON: If you want a change from beef, then venison is a great choice. Venison, which refers to meat from a deer, has a very strong gamey flavour and is extremely versatile. It is also very lean and rich in iron.

FLAVOUR PAIRINGS: Blueberries, cherries, cranberries and dates, as well as sage, juniper berries and black pepper.



LOAFING AROUND

Whether you're tucking into hot buttered toast for tea or chapati with your curry, you have to agree that bread is filling, comforting and totally delicious.

Homemade Bread Day, which falls on November 17, celebrates bread from around the world. And to help you mark the day, we've created two mouth-watering recipes.

FLUFFY NAAN BREAD

INGREDIENTS: 2 tsp dried yeast | 1 tsp sugar | 120ml warm water | 300g plain white flour (and a bit more) | ½ tsp salt | 60ml olive oil | 80ml natural yogurt | 1 large egg

HOW TO MAKE:

- > Whisk the yeast, sugar and water together in a small bowl until frothy, then whisk in the oil, yogurt and egg.
- > Combine the salt and half the flour in a medium bowl, pour in the yeast mixture and stir well.
- > Gradually add the remaining flour (you might not need all of it) until you have a firm dough.
- > Knead for a few minutes on a floured surface.
- > Cover the dough and let it rise for an hour, then divide it into eight small balls.
- > Flatten the balls so they're 15cm in diameter.
- > Cook one at a time in a heavy frying pan on medium heat until they're golden on both sides.

FRUITY SODA BREAD

INGREDIENTS: 250g plain white flour (and a bit more) | ¼ tsp salt | 1½ tsp baking soda | 1 tsp caraway seeds | 75g raisins | 75g dried cranberries | 50ml orange juice | 100ml buttermilk | 3 tbsp runny honey | 2 tbsp sunflower oil

HOW TO MAKE:

- > Heat the oven to 200°C/180°C fan/gas mark 6.
- > Mix the flour, salt, baking soda, caraway and dried fruit in a large bowl.
- > Mix the orange juice, buttermilk, honey and oil in a jug. Pour it into the dry ingredients and mix into a dough.
- > Turn the dough onto a floured surface and shape it into a round.
- > Place it on a greased baking tray and slash the top.
- > Bake for 30 minutes until a deep brown colour.



Are you getting ENOUGH IRON?

Iron deficiency affects a whopping two billion people worldwide and is the cause of more than 57,000 hospital admissions each year.

Responsible for many important processes in the body, let's take a closer look at iron and how you can ensure you are getting enough of it.

WHY IS IRON IMPORTANT?

Iron plays a crucial role in making red blood cells, which carry oxygen around the body. A lack of iron can lead to iron deficiency, known as anaemia, which can cause fatigue, heart palpitations, pale skin and breathlessness. Iron also helps to promote a healthy pregnancy, to increase energy levels and to enhance athletic performance.

HOW MUCH IRON DO YOU NEED?

According to the NHS, the amount of iron you need per day is as follows:
> For men over 18, 8.7mg
> For women aged 19 to 50, 14.8mg
> For women over 50, 8.7mg
Women who experience heavy periods are at a higher risk of anaemia and may be required to take iron supplements.

WHAT FOODS ARE HIGH IN IRON?

There are two types of iron: heme and non-heme. The former is found in animal foods that contain haemoglobin and the latter primarily comes from plant sources and fortified foods.

These include: Organ meats such as liver and kidneys | Soybeans | Clams and mussels | Spinach | Fortified cereals | Dried fruits like raisins and apricots | Legumes such as beans, lentils and chickpeas | Pumpkin seeds | Turkey | Tofu

WHAT FOODS CAN HELP YOU TO ABSORB MORE IRON?

Iron has a low bioavailability, which means that the small intestine does not readily absorb large amounts of it. This increases the risk of deficiency. Fortunately, there are some foods that enhance your body's ability to absorb this key mineral. These include foods rich in vitamin C such as citrus fruits and bell peppers, foods with vitamin A and beta-carotene like carrots and sweet potatoes, and meat, fish and poultry.





SHADES

TO HELP YOU *sleep*

We are a nation of insomniacs, with 67 per cent of adults suffering with disrupted sleep and 23 per cent getting no more than five hours per night.

While this could be a result of stress, poor lifestyle choices or a mental health condition, it may actually be the colour of your bed linen that is stopping you from drifting off.

sage green rather than bright green as this shade is softer and more peaceful.

Light pink

While this may not be your first choice for your bedroom linen, if you lead a hectic and stressful life, then light pink linen can help to soothe your mind and body.

WHAT COLOURS SHOULD YOU AVOID?

Red

Red is an energetic and intense colour that can provoke aggression and anger. Therefore, it is one of the worst shades to use on your bed linen.

Dark purple

Purple is known for stimulating creativity and, when used on bed linen, it could promote vivid dreams or nightmares which can disrupt your sleep.

White

Although you may think that white would be a good colour for aiding sleep, it could in fact be keeping you awake. This is because bright white can affect your melatonin levels and disrupt your sleep patterns.

HOW DOES COLOUR AFFECT SLEEP?

Colours have the ability to influence our mood, emotions and behaviours, with different shades evoking certain feelings such as anger, happiness and calmness, all of which can affect how you sleep.

WHAT ARE THE BEST COLOURS OF BED LINEN FOR PROMOTING GOOD SLEEP?

Blue

Blue is known for promoting feelings of peacefulness and serenity and, when used in the bedroom, can help you feel safe and relaxed. As a result, it is one of the best colours for aiding good sleep. Avoid bright blue and opt for paler shades.

Green

The colour green is synonymous with nature, which means it has an instant calming effect. Opt for




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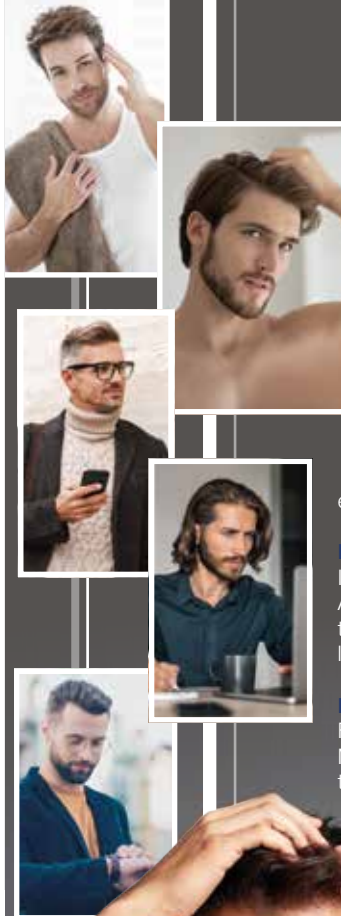
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HAIRSTYLES FOR MEN
WITH
Thin hair



Is your hair looking a little thin? If yes, you are far from alone. By the age of 35, approximately 66 per cent of men will have experienced some degree of hair loss.

It's happened to the likes of Channing Tatum, Ashton Kutcher, Ben Affleck and even David Beckham. Fortunately, you can fight back.

MESSY TEXTURED CUT

If your thin hair is also prone to frizz, then this is the perfect hairstyle for you. Ask your barber to add texture to your hair with a messy and irregular cut that features subtle spikes. This is also a great haircut for men who want a low-maintenance style that only takes minutes to master.

MEDIUM SCISSOR CROP

For those who feel self-conscious of their receding hairline, this is a great choice. Make sure that your barber leaves enough hair on the top and the sides to create the illusion of volume and get practising how to style this youthful and trendy cut.

HIPSTER HAIR

Hipster hair offers a good solution for men who are only experiencing minor thinning. Opt for a close cut around the sides and the back and keep as much hair up top as possible. Add a few days of facial hair growth for even more fullness.

ADD LENGTH

Although many men believe that you should keep your hair short if it starts to thin, longer styles can in fact make your locks appear thicker and fuller. Grow out your hair as much as you can and then add in a square bottom cut midway down the neck.

SLICKED-BACK FADE CUT

Slicked-back hair is the obvious choice for men with a receding hairline as this style adds height and distracts from the lack of thickness. Add a fade cut along the back and the sides and your full-head-of-hair look is complete.





TRAVEL

BRING ME *Sunshine*

Where's the best place to head if you want a last-minute getaway to escape the winter chills – and soak up some vitamin D? Here's our round-up of beautiful beach destinations, and there are some great deals if you hunt around.

CANARY ISLANDS: Flight time: 4½ hours from London | Average daily maximum temperature (Nov-Jan): 22°C

As well as the well-known spots like Gran Canaria, Tenerife, Fuerteventura and Lanzarote, check out the less-visited smaller islands – La Palma, El Hierro, and La Gomera, which are great if you love hiking and walking.

CYPRUS: Flight time: 5 hours from London | Average daily maximum temperature (Nov-Jan): 20°C

It might be too chilly to swim in the Med – but there should still be plenty of

sunshine. And it's an excellent location for anyone keen on wine and ancient history.

MOROCCO: Flight time: 4 hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 21°C
Agadir on the South Atlantic coast is perfect for beach lovers, and many hotels offer 'affordable luxury'. And the colourful markets (souks) are great for bargain hunters.

EGYPT: Flight time: 5½ hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 25°C
Egypt in November is a bit cooler and less crowded. Sharm-el-Sheikh is excellent for snorkelling, and desert trips and camel rides are available nearby.

DUBAI: Flight time: 7 hours from London | Average daily maximum temperature (Nov-Jan): 27°C
Dubai's luxury resorts could be just the thing if you're after impeccable service, lots of activities and the chance of some retail therapy. And in winter, it's not too humid.

CAPE VERDE: Flight time: 6 hours from London | Average daily maximum temperature (Nov-Jan): 25°C

Consisting of 10 islands off the coast of West Africa, the best ones for beaches are Sal and Boa Vista. Cape Verde is more affordable than Dubai and great if you want something truly different.

Bon voyage!

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WAVE goodbye TO WEEDS

Do the weeds in your garden just keep coming back no matter what you do? If the answer is yes, then maybe it's time to try a different approach.

Natural weed killers are not only better for the environment, but they can also be more effective at banishing weeds in the long term, and they are cheaper too.

A SALTY SOLUTION

Salt has been used as both a herbicide and a pesticide for centuries and can be highly effective at killing off stubborn garden weeds. Simply dilute three parts water to one part salt, mix and leave to dissolve for 10 minutes. Spray liberally over the weeds and wait for them to die off.

A JUG OF BOILING WATER

As simple as it sounds, all you need to do is pour boiling water directly over growing weeds to stop them dead in their tracks. Be careful not to splash on any nearby plants or flowers as this could kill them also.

A SPRINKLE OF BAKING SODA

If you are struggling with weeds growing through the cracks in your patio or pavement, then a liberal sprinkling of baking soda is the perfect solution. Again, be careful not to spill on any healthy vegetation growing nearby.

A LAYER OF MULCH

Chemical-free and available in abundance, mulch is most effective at killing pesky weeds when layered with newspaper or old cardboard. Plus, this will help to prevent new weeds from growing through.

A TIPPLE OF VODKA

For weeds that live in the sun, mix 30ml of vodka with two cups of water and a couple of drops of washing-up liquid. Pour onto the weeds and they will quickly dry out and die. This is not as effective on shade-loving weeds.

Feeling peckish?

Winter can be a tough time for wild birds. They need lots of high-calorie food so they can maintain their energy reserves. But just as the temperature dips, natural foods, such as berries and insects, become scarce.

To help out, why not make some nourishing fat balls to attract blue tits, great tits, long-tailed tits, sparrows, starlings, blackbirds and black caps?

All you need is some kitchen ingredients and a few extras.

INGREDIENTS:

- > 200g lard or suet
- > 400g dry ingredients – choose from unsalted peanuts, porridge oats, breadcrumbs, cake crumbs (not biscuits as they're too salty or anything with chocolate, which is toxic), grated cheese, tiny chunks of apple, sunflower seeds and birdseed mix

You don't need all of the above – just a selection. You can also add raisins and sultanas, but don't do this if you have a dog because they're highly toxic.

YOU'LL ALSO NEED:

- > A saucepan and a bowl
- > If you want to hang your fat balls up, you'll also need some thin string, a sewing needle you can thread the string through, and a skewer or a cage

GET STARTED:

1. Mix the dry ingredients together in the bowl.
2. Melt the lard or suet in the saucepan.
3. Pour the melted lard or suet into the dry ingredients and mix thoroughly.
4. Using your hands, shape the mixture into balls, each the size of a golf ball.
5. Put your fat balls in the fridge for a few hours to firm up.
6. Alternatively, if you want to hang the balls, leave them in the fridge for an hour to firm up. Then make a channel through the centre of each ball with the skewer. Refrigerate for another few hours. Tie a double knot at the end of each piece of string and thread the string through the fat balls, or place in a cage.





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England's 1966 WORLD CUP WIN

AHEAD OF THIS YEAR'S WORLD CUP, WHICH STARTS THIS MONTH, WE REMEMBER ENGLAND'S FINEST FOOTBALLING MOMENT

The events of July 30, 1966, have been replayed so many times that, while most of us weren't at Wembley to see Sir Geoff Hurst MBE's hat-trick win England the Jules Rimet Trophy, we might as well have been.

This summer marked the 55th anniversary of that great day, but it was tempered somewhat by the growing list of Three Lions heroes now not with us – in the last few years alone, we have lost Gordon Banks OBE, Ray Wilson MBE, Martin Peters MBE, Nobby Stiles MBE and Jack Charlton OBE DL.

The 1966 competition was the first World Cup to take place in the English-speaking world, and if ever the onus was on the hosts to perform in a tournament that featured just 16 teams, then it was felt in the opening game against Uruguay, when our troops laboured to a goalless draw.

By the second game, though, confidence was

flowing, and the 2-0 score that saw Mexico despatched was repeated in the final group match against France.

In the quarter-final, England again came up against resilient South Americans, as a late Geoff Hurst goal saw off dogged Argentina; and Sir Bobby Charlton CBE's brace in the semi-final was enough to defeat Portugal and their Golden Boot free-scoring attacking legend Eusébio. Four days later, England would be football world champions.

As we head into this year's showpiece, it's clear we now live in a world where the dividing line between success and failure is painfully thin. So with VAR and social media ready to hold Gareth Southgate OBE's men to scrutiny, it's perhaps worth taking a moment to reflect on those heroes of 1966, and in particular, the close calls they endured en route to the ultimate prize.

Photo credit: England Football Association, ANU/Shutterstock

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WORDLADDER: JIVE, LIVE, LINE, LANE, BANE, BAND



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

- ▶ AGATE
- ▶ AMETHYST
- ▶ AQUAMARINE
- ▶ DIAMOND
- ▶ FELDSPAR
- ▶ JADE
- ▶ JASPER
- ▶ LAPIS LAZULI
- ▶ MALACHITE
- ▶ MOONSTONE
- ▶ OBSIDIAN
- ▶ OLIVINE
- ▶ OPAL
- ▶ QUARTZ
- ▶ RUBY
- ▶ SAPPHIRE
- ▶ TANZANITE
- ▶ TOPAZ
- ▶ TOURMALINE
- ▶ TURQUOISE

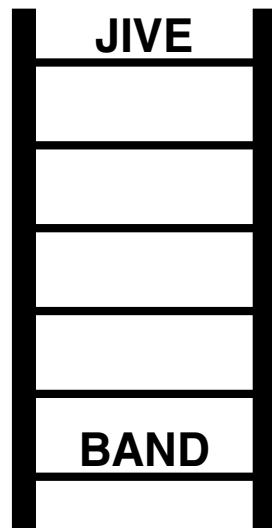
R	G	R	E	A	T	S	A	N	D	Y	B	K	E	H
G	F	D	T	A	K	L	A	M	A	K	A	N	S	O
R	O	R	A	M	A	C	A	T	A	S	I	A	K	M
I	I	B	E	O	N	P	X	T	O	I	R	M	F	S
R	S	V	I	V	A	E	T	N	T	A	O	O	R	P
A	P	T	A	S	U	O	O	O	B	J	T	D	N	N
H	P	R	U	K	H	R	G	I	A	Y	C	A	A	I
A	X	S	U	M	A	O	A	V	T	S	I	G	Q	S
L	G	E	Y	N	U	N	E	A	Z	N	V	I	E	A
A	T	S	R	R	H	K	R	Q	O	A	T	B	A	B
K	R	O	N	N	I	A	L	G	L	R	A	S	L	T
F	D	D	L	W	H	A	A	Y	R	W	E	O	A	A
T	B	R	C	A	C	T	N	N	Z	F	R	N	R	E
L	P	O	S	N	A	M	I	B	O	Y	G	O	T	R
Q	N	O	S	P	M	I	S	X	G	M	K	K	V	G

DID YOU KNOW?

- ▶ Queen Victoria was the first sovereign to live in Buckingham Palace.
- ▶ The garden at Buckingham Palace is the largest private garden in London.
- ▶ William the Conqueror chose the site where Windsor Castle was built.
- ▶ In 1992, a fire destroyed many rooms at Windsor Castle. The restoration took five years to complete.
- ▶ Frogmore House became a royal residence in 1792 when it was bought by Queen Charlotte, George III's wife.
- ▶ The Queen's Gallery at the Palace of Holyroodhouse was opened by Queen Elizabeth II in 2002 as part of her Golden Jubilee celebrations.

Facts courtesy of Royal Collection Trust

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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