

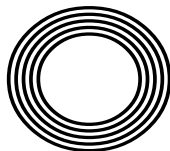
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PERFORM
CPR ON
A CHILD

Remembering
20 years since 9/11

JEREMY CLARKSON
Swapping super cars for tractors

ALEX SCOTT

The sport pundit rising through the ranks



FREE

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Editor's notes...

SEPTEMBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay.

As we approach the final few months of the year (I won't mention the C word, don't worry), it has been fantastic to see the high street bouncing back over the past few weeks.

I have been out and about visiting some of our advertisers and speaking to new businesses that opened during the COVID-19 pandemic. I've been really impressed with them - in particular, the ones who have opened businesses recently during these tough times. It really shows entrepreneurial spirit at its finest, in my opinion.

We can always give excuses and try to convince ourselves, because of things out of our control, to delay plans or put them off to another day, but I think we all need to take our hat off to those who are expanding during these times. COVID-19 isn't going away, so we need to learn to live with it. Be cautious, but live life the best you can.

Having friends and family myself who had COVID-19, some who beat it and some who were less fortunate, I can say this has taught most people I meet to take every day as if it were their last. Stay positive.

Hope you enjoy this month's edition.

Nik Allen

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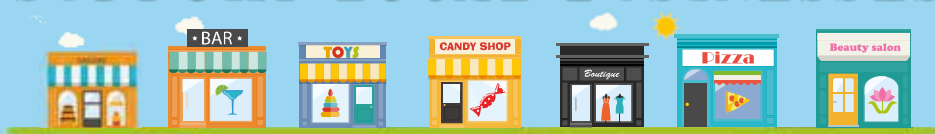
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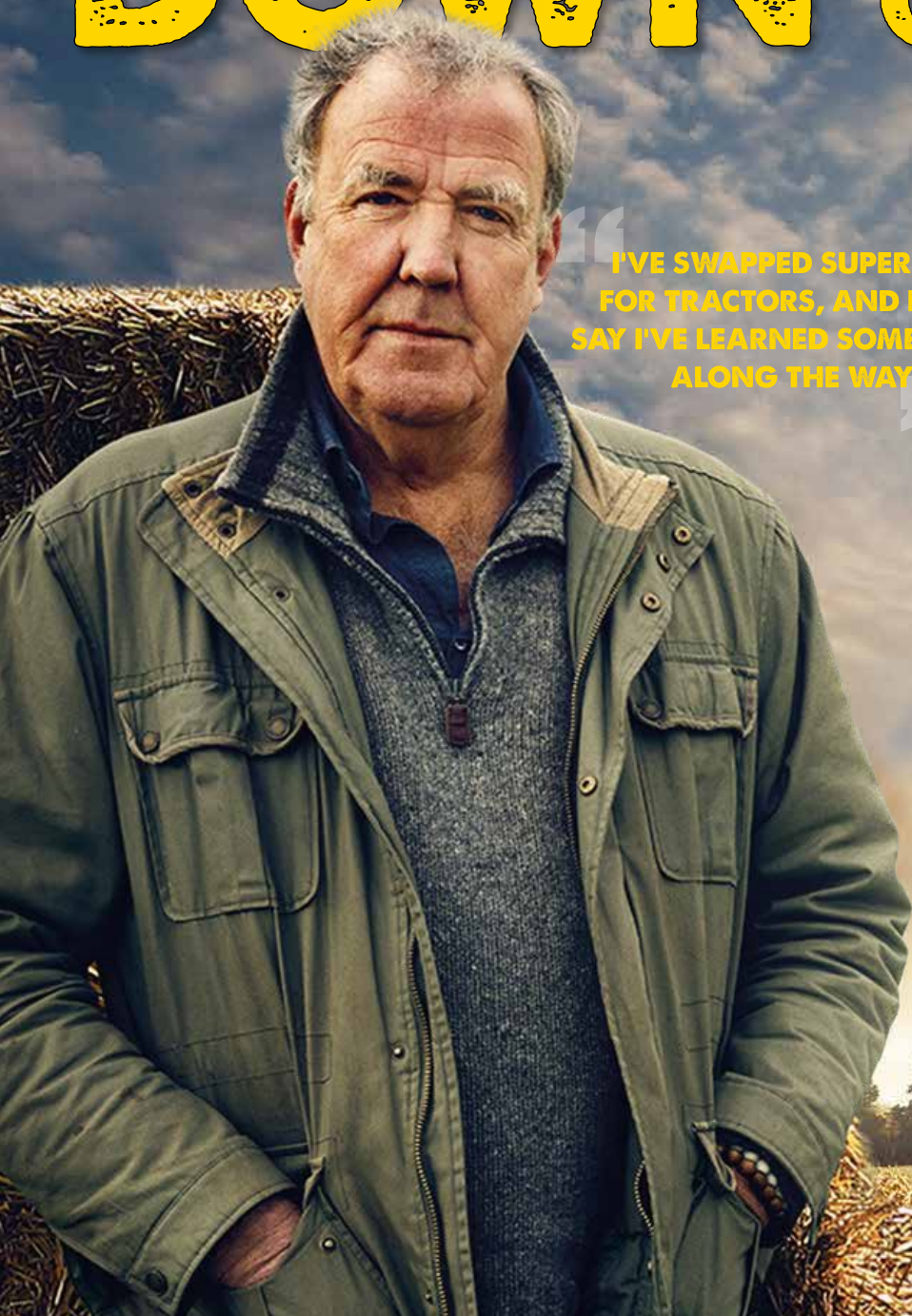
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DOWN ON THE FARM



**I'VE SWAPPED SUPERCARS
FOR TRACTORS, AND I DARE
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ALONG THE WAY**

FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON'S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It's quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant's successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson's Farm*, has proved to be one of Amazon Prime's most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson's every move, documenting a layman's painfully slow elevation into the farming fraternity.

Naturally, any series that showcases 'Jezza's' calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what's going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it's about the money; for others, it's the experience,” says the 61-year-old. “This has certainly been an interesting experience where I've stepped out of my comfort zone. I've swapped supercars for tractors, and I dare say I've learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it's safe to say it's anything but.”

And while Clarkson's foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

“It's worth remembering, if we didn't have farming and agriculture in this country, we'd have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”



REMEMBERING

20
YEARS OF 9/11*September 11 marks two decades since the largest modern-day assault on the Western world*

Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.

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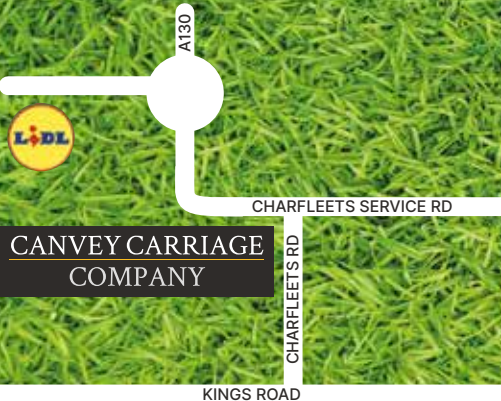
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HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner.

Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month





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Fragrance zoning, also known as scent-scaping, is the process of differentiating spaces in your home using the power of fragrance.

Allowing you to create zones for productivity, relaxation and invigoration, scent-scaping is one wellness trend we can definitely get on board with.

KITCHEN

You want this pivotal room in your home to smell fresh and bright, but you also need to consider scents that neutralise unsavoury odours. Opt for citrus-based aromas, such as lemon, lime, tangerine and grapefruit, and avoid spicy or overly sweet scents that will clash with food smells.

LIVING ROOM

A place to relax and unwind after a hard day, your living room should be your sanctuary for downtime. Choose scents that evoke feelings of calm, such as jasmine, cinnamon, rosemary and ambergris. Alternatively, if you are looking to create a lively, social atmosphere, herbs such as basil and sage and fruits including green apple and pomegranate are best.

BEDROOM

As you would expect, lavender is the perfect aroma for inducing sleep, so is ideal for using in the bedroom. However, a bedroom is not just a place to rest; you may also want to feel invigorated in the morning, which citrus, mint and eucalyptus can help with. Alternatively, set the scene for romance with amber, vanilla, sandalwood and cedarwood.

OFFICE SPACE

If you are working from home, you need to be able to create a clear boundary between your work space and other areas of your home. Opt for uplifting aromas that will keep your motivation levels high, such as sweet mandarin, white grapefruit and aromatic herbs such as basil and mint.



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LOVE CHIC LIVING...

...inspiring home style with Jen Stanbrook

With so much home design inspiration out there, it's easy to get lost in a sea of ideas. But when you're looking for classic ideas, or you need some style advice, there's only one place to go – Jen Stanbrook.

Jen is the friendly face behind Love Chic Living, a lifestyle blog that aims to “inspire with achievable home decor ideas, tips and makeovers”. The blog is a great place to find home inspiration, as well as all kinds of tutorials and guides.

Want to style your home the Love Chic Living way? Learn more about Jen's incredible home style.



WHO IS JEN?

Jen is the first person to admit she's an interiors addict. Her love for all things interiors led to the creation of her blog, where she showcases “inspirational yet achievable home interiors”. Jen also works as a freelance blogger, writing blogs for other clients. Jen is a mum-of-two and lives in a gorgeous Victorian terrace, which goes to show that family

homes don't have to be boring.



EMBRACE LOVE CHIC LIVING IN YOUR HOME

Jen's style makes the most of classic details, but also uses a lot of colour and quirky details that make her home stand out. There are some great colour blocks to enjoy in Jen's home, which show that even traditional homes can sparkle with some bold choices.

What's great about Jen's style is that it is very accessible and easy to recreate yourself. Jen uses prints and wallpaper to brighten living room spaces or to create details such as fake panelling, something that can easily be done to transform a room without much effort.

Even more classically styled areas, like the kitchen, bring in some subtle details that draw the eye, such as hexagon tiles and pops of yellow. Taking small risks with your styling can create a look that's unique to you, which is why Jen's home style is so adored.

If you want to embrace the Love Chic Living look in your home, the following tips can help you create some standout looks:

- ▶ Don't be afraid to use patterns in your home to add some interest. Jen layers contrasting rugs to create some unique and vibrant looks.
- ▶ Mix up your colour scheme by using muted wall colours against bold accessories. to create a look that's modern and on trend.
- ▶ Look to your high street, local independant shops or boutiques to find some amazing items.



Photo credit: lovechicliving.co.uk



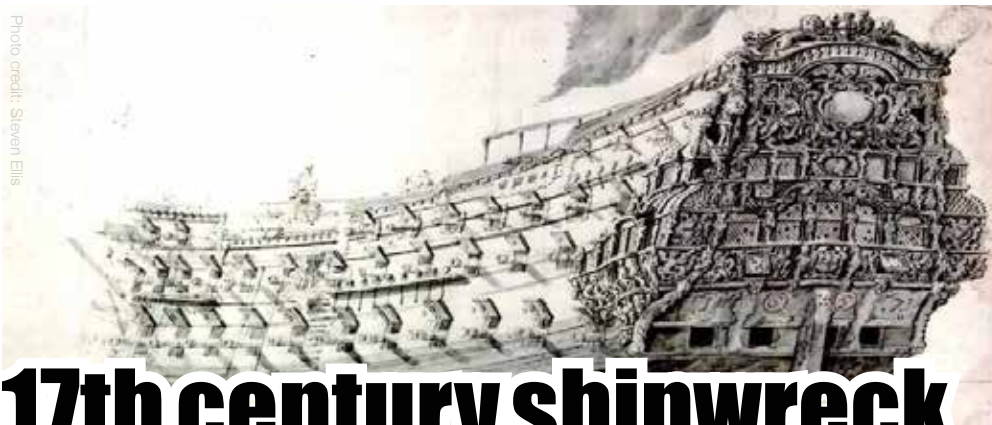
HOME & DIY



LOCAL NEWS

from your neighbourhood

Photo credit: Steven Ellis



17th century shipwreck to be brought back to life by experts

A shipwreck that was rediscovered by a Leigh-on-Sea couple in 2012 is being brought back to life by experts.

Steven and Carol Ellis, who are both licensed divers, discovered the shipwreck of The London nine years ago and jumped at the chance to work with Historic England to digitally map the ship.

It is hoped that the project will be able to provide an accurate record of the shipwreck before it erodes beyond recognition.

Carol told ITV: "It's been really amazing. We've been all over the world, but this is something else."

The ship was built in the 17th century and is one of three wooden warships of its kind. It was part of the convoy carrying King Charles II as he returned to claim the English throne in 1660.

In 1665, while on its way to take part in the Anglo-Dutch war, the gunpowder onboard caught fire, causing the ship to explode and sink to the bottom of the Thames Estuary. More than 300 lives were lost.

Police appeal as man exposes himself by school

Essex Police are appealing for witnesses after a man exposed himself in Leigh. At around 3.15pm on Monday, August 2, the victim walked to a bus stop opposite West Leigh School on London Road.

A man was already at the bus stop. When the victim approached, he exposed himself to her and then left on foot in the direction of Belfairs Drive.

The man has been described as being white with pale skin, and aged in his mid-20s or early 30s. He was around 6ft 2in tall, wore a grey tracksuit, and was of heavy build. He had light brown hair and patchy facial hair.

You can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator, quoting reference 42/156623/21.



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SIR DAVID AMESS MP



Member of Parliament for Southend West



No sooner have we all welcomed the relaxation of restrictions concerning the coronavirus pandemic – something that has affected the whole world – than the crisis in Afghanistan is now rightly dominating the news channels. The withdrawal of troops by the Americans from that war-torn country has been handled appallingly, and I am very glad that Parliament was recalled on August 18 to discuss the crisis. Many lives have been lost and sacrifices made, so the manner of the departure of troops has been less than edifying. For my own part, I and my team are trying to assist constituents who have relatives in Afghanistan.

On a brighter note, I have really enjoyed being out and about, meeting people again and attending

events that have been put on hold for the last 18 months.

In that regard, I am delighted that the local authority has seized the initiative and will be supporting the bid for Southend city status. An enthusiastic committee has been assembled, and I would be delighted to hear from anyone who has positive suggestions to make and would like to get involved.


My face-to-face surgeries have resumed and you can book an appointment by emailing amessd@parliament.uk or calling 020 7219 3452.

I do hope everyone will keep well and enjoy what remains of the summer. I also wish everyone well who is returning to school or college.

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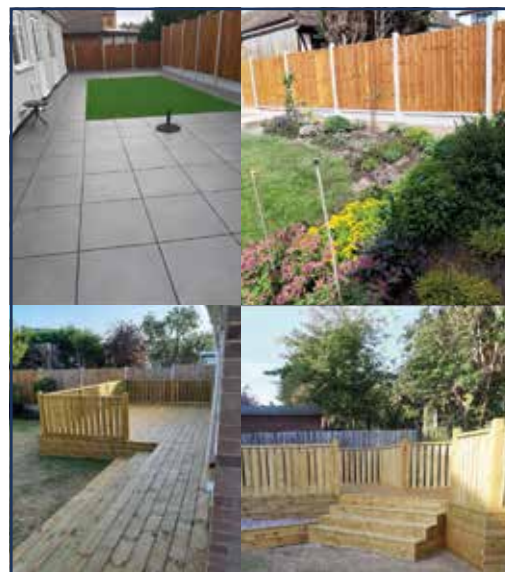
Applications are now open for Leigh-on-Sea Town Council's Grant Award Scheme.

Not-for-profit organisations and community initiatives can bid for up to £500 in grant funding, and the grant can also be awarded in the form of a bursary to cover the cost of room hire at Leigh Community Centre. This is ideal for organisations who need an accessible space to run events, workshops or meetings that will benefit the local community.

Multiple bursaries can be awarded at each intake, with applications to be submitted by Thursday, September 30.

Leigh-on-Sea Town Council has previously supported Leigh Art Trail, Blade Education and Leigh Regatta, as well as many other groups.

For more information or to request an application form, contact council@leighonseatowncouncil.gov.uk or call 01702 716288.




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Social media influencer wins big at annual competition

A model and social media influencer from Thorpe Bay has seen her 70s-inspired bar in her parents' shed awarded as the Cuprinol Shed of the Year in the annual competition.

Danielle Zarb-Cousin, who entered the competition not long after she split up with former *Love Island* contestant, Jonny Mitchell, said the project became a big focus for her after her heartbreak.

Announcing that she had won the award on her Facebook page, Danielle said: "The secret is out. I've won Shed of the Year 2021. What a journey it has

been. When that shed was brown and unloved, I was in such a horrible place in my life, and it became such a focus for me during a time of chaos, uncertainty and healing.

"I feel like a completely different person now to who I was when I started this project, and now I have a completely different and beautiful official Shed of the Year to go with it.

"A perfect happy ending to that chapter. Thank you to everyone who supported, voted, contributed and followed my shed journey. It means so much to me."

Loft fire damage forces family to move out

Firefighters from Southend and Shoeburyness attended a fire in a loft in Thorpe Hall Avenue at 7.45pm on Sunday, August 1.

The fire, which was brought under control by firefighters, damaged the roof and meant the family living there had to temporarily move out.

By 8.25pm, firefighters had put out the fire. They removed materials from the loft, used a fan to clear

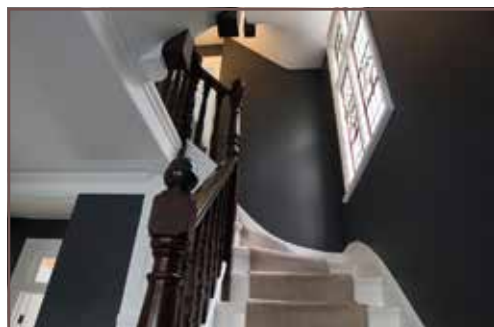
the smoke, and checked for hotspots using a thermal imaging camera.

Crew manager, Richard Burch, said: "We would encourage people to keep clutter in their lofts to a minimum to stop fire spreading in an incident such as this."

The cause of the fire has been recorded as accidental.

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LOCAL NEWS THORPE BAY

Like thousands of others, I will be running the London Marathon on Sunday, October 3. As I write this article, I am on week 11 of my training plan, with the number of practice miles under my belt increasing gradually.

This will be the third London Marathon I have taken part in. The first was back in 2019, when I raised £3,404.07 for Havens Hospices. Then, owing to the pandemic, I took part in the virtual London Marathon around Southend in October last year, raising a further £1,363.26 for our local homeless charity, HARP.

My running journey began with the Couch to 5k programme, as well as our local parkruns. Running is good not just for our physical health, but for our mental health too. I have solved many an issue in the final few miles of a run.

This year, I will be raising money for two important charities.

The first is Southend Samaritans. Run by local volunteers from its branch in the town centre, it provides 24-hour emotional support to those struggling to cope. I visited earlier this year to learn more about the remarkable work it does.

The second is The Rose Paterson Trust, which was



set up by one of my parliamentary colleagues, The Rt Hon Owen Paterson MP, after his wife, Rose, sadly took her own life in June 2020. Before the event, the family had no idea she was considering taking her own life. Awareness of this issue and education are critical to saving people's lives. As the trust states: "If we can help save just one family from the agony of suicide, this initiative will have been worth it."

If you would like to donate and find out more about these important charities, please visit www.jamesduddridge.com/donate

Man embarks on 50-hour walk



A brain injury survivor who spent weeks in critical care is now challenging himself to complete a 50-hour walk to raise money for the NHS.

Christopher Fardell, 73, of Thorpe Bay, has no memory of the weeks he spent fighting for his life in December 2019.

After a scan revealed he had a bleed on the brain and required an operation, he went into a coma for five days and spent two weeks in critical care and almost a month in hospital.

Staff labelled Christopher as a "Christmas miracle".

Christopher said: "I've been pretty lucky because I've recovered quite well. I've got a lot to be thankful for. The staff were brilliant, so this is the least I can do."

In honour of his upcoming 50th anniversary with his wife, Marilyn, and to thank NHS staff for saving his life, Christopher has vowed to walk 50 hours along the Thorpe Esplanade to raise money for NHS Charities Together, the national charity for the NHS.

He started his journey on August 1 and will complete his challenge in 50 days. Anyone is welcome to join him on his hour-long walks.

To donate, visit www.justgiving.com/fundraising/christopher-fardell

GET OFF MY Cloud

Our reliance on the cloud – that is, remote storage of everything from music to personal documents to photos – has transformed our lives, not to mention the speed of our computers and devices.

Gone are the days when our life's memories were held on hard drives or burned onto CDs. Yet there are growing fears that what we are gaining in terms of convenience, we may be losing as far as security goes, following a spate of data breaches.

With that in mind, here are five ways to keep your cloud storage safe:

PASSWORD STRENGTH

Using a strong password is a must, whether protecting your data or simply logging into something as mundane as a parking app. Long, unique passwords with a combination of upper- and lowercase letters, with numbers and symbols, are best.

FILE SHARING FOIBLES

Sharing via the cloud is one of its best features, but this 'foot in the door' also provides a route for others to potentially sneak in. It's therefore advised you regularly

audit who you're sharing with.

TWO FACTOR AUTHENTICATION

It's a phrase that's becoming embedded in our subconscious, and plays itself out usually by having to enter a six-digit code when logging into a platform or system. In the moment, it feels like a hassle, but by doubling your protection, you're doubling your security.

CONFLICTED CONNECTIONS

While hackers may not be able to access your cloud storage via the conventional route, it could be that they can gain entry through connected apps or programmes (such as calendar or email), so regular checks and removal of any third-party apps you're not using is a great way of keeping your information secure.

NOTIFICATIONS

Finally, if the worst thing happens and you do have someone sniffing around where they shouldn't be, by activating notifications, you'll quickly be made aware of a foreign body and can take action.



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GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK.

Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."

5 Gardens

TO VISIT THIS AUTUMN

Make the most of the last of the warmer days before winter sets in with a relaxing stroll around some of the finest gardens the country has to offer.

HERGEST CROFT GARDENS – Kington, Herefordshire, HR5 3EG

Covering more than 70 acres in the Welsh Marches and boasting spectacular views of the Black Mountains, this gem of a garden is a tree-lover's paradise. Home to more than 5,000 rare trees, including the National Collections of maples and birches, the more formal gardens include roses, irises and herbaceous borders.

EXBURY GARDENS – Exbury, near Southampton, SO45 1AZ

Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

KNOLL GARDENS – Hampreston, Dorset, BH21 7ND

If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

THE SAVILL GARDEN – Englefield Green, Surrey, TW20 0UU

At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breath-taking displays of fungi. A great day out for horticultural enthusiasts and families alike.

SHEFFIELD PARK AND GARDEN – Haywards Heath, East Sussex, TN22 3QX

Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds. Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



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MOTORING



How CAR-THARTIC!

HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

FOR THE MIND:

- > Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

FOR THE BODY:

- > Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

FOR THE SOUL:

- > Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.



Friendship... Wellbeing... Community....

We are social creatures. We thrive in the company of others – talking, laughing, playing... being. At Admiral Court, a Hallmark care home, relationship-centred care is at the heart of everything we do. Not only will our team members form strong relationships with each resident, we also encourage residents to form bonds with each other.

Through the range of activities we offer at a Hallmark care home – from cooking classes to singing sessions, days out and gardening – friendships are formed and new memories made. Our social spaces are also abuzz with game-playing, chatting and cake-eating – both with family members visiting and those residing with us.

Of course, we understand the importance of 'me time' as well, which is why there's always the option for residents to opt for some peace and quiet – either in our tranquil gardens, in their stylishly decorated room or in a quiet nook.

You know your loved one best and we recognise that selecting the right care home for them is an emotional decision. Will they be safe? Will they be stimulated? Will they be happy? If our multiple Hallmark awards and our own current residents' smiles are anything to go by, the answer is a resounding YES. Every resident is unique, with their own needs, interests and personality, which is why we ensure we get to know them properly – by spending time with both them and their family. We ask questions and, more importantly, we listen

to the answers, so that we are able to fulfil each person's medical, physical, emotional and social requirements. We want each resident to feel comfortable in their new home, without having to give up the things they enjoy. As such, your mum can still enjoy her weekly trip to the hairdresser in our on-site salon and your dad can still have his Friday-night pint at our bar.

When it comes to the health and wellbeing of our residents, the company of like-minded companions cannot be underestimated. Our relationship-centred care encourages friendships both inside the care home and in the wider community, which can both open up new opportunities and allow residents to continue with a much-loved hobby or pastime.

We can't wait to meet – and get to know – your loved one. After all, we're in this together.

If you're looking for the highest quality care for your loved one, let's get together and talk. We'd be delighted to arrange a family visit and answer any questions you may have.

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Know Your Numbers!

Week 2021



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Do you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

How to check your blood pressure

In previous years, Blood Pressure UK set up free checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

How to choose the right blood pressure monitor

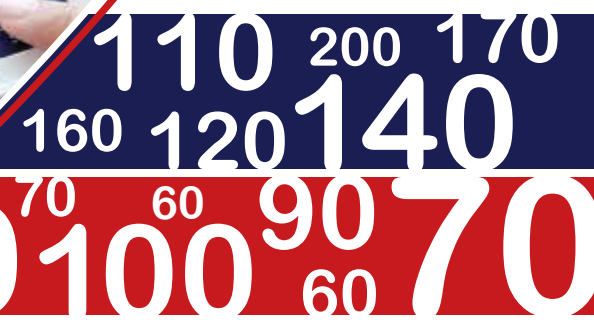
There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- ♦ Clinically validated. This means that it has been tested and gives results you can trust
- ♦ Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- ♦ Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHG or higher. Seek immediate medical help if your blood pressure is 180/120mmHG or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.





Wild WORKOUTS

SWAP TRADITIONAL INDOOR GYMS FOR AN OUTDOOR FITNESS EXTRAVAGANZA

Actor and all-round muscle mountain, Jason Momoa, recently admitted to being bored by the same old gym routine, proclaiming that he'd rather embark on some spontaneous rock climbing, surfing and hiking in order to keep himself in shape. Of course, unlike the star of *Aquaman*, not many of us have made a living from staying in shape, nor do we reside in Los Angeles. Yet there are a number of fitness-enhancing outdoor exercises that use the world around us... Jason would approve.

RUNNING AND CYCLING: The simplest of them all – pounding the pavements or getting on our bikes are the most popular outdoor workouts.

HIKING: Endurance exercise such as hiking is great for both limbs and lungs, with inclines providing the perfect platform for you to hone your physical prowess while inhaling that fresh, replenishing outdoor air.

LOG-LIFTING: Weightlifting using logs? Why not? Not only can you work on your Rambo impression, but getting to and from the forest setting can provide a workout in itself.

WOODCUTTING: How much wood would a woodcutter cut, etc. It's time to find out – take a saw with you on an everyday country walk and build arm and chest muscles by driving that serrated edge into some fallen logs or branches.

WILD SWIMMING: There is no better form of exercise than swimming, and there is nothing more invigorating than being surrounded by nature's wild waters. However, you must always ensure you are taking a dip in a designated and safe spot, preferably as part of a group.

HANGING TIGHT: A forested area will provide ample opportunities to test upper body strength with lifts, pull-ups, chin presses and other hanging practices that enable you to sample the serenity of nature around you... for as long as you can hold on, that is.



How to RUN SAFELY at night

There is something magical about running at night when the roads are quieter, there are fewer people on the pavements, and the moon is glowing. However, if you are a late-night (or early morning) jogger, you need to make sure you are keeping yourself safe.

TELL SOMEONE WHERE YOU ARE GOING

Before you set off on your evening run, be sure to tell a family member or friend where you are going and how long you are going to be.

RUN WITH SOMEONE ELSE

If you are nervous about running at night, ask a friend to come running with you or join a local running group. Remember, there is safety in numbers.

WEAR HIGH-VIS CLOTHING

You should always wear high-vis clothing when running at night so that both drivers and pedestrians can clearly see you. Make sure you are visible from the front and the back.

CHOOSE A WELL-LIT ROUTE

If possible, pick a well-lit route for your night-time runs, or invest in a running

head torch so that you can see any tripping hazards.

DON'T LISTEN TO LOUD MUSIC

Although your running playlist may help keep you motivated, listening to loud music while running at night is extremely dangerous. Instead, leave your headphones at home or use a low-volume setting and stay alert to what is happening around you.

RUN AGAINST THE TRAFFIC

If you prefer to run on the roads rather than in the park at night, make sure you run against the traffic so that you can see any vehicles heading towards you. Always be careful when crossing the road and wait for vehicles to pass before attempting to cross.

TRUST YOUR INSTINCTS

If you feel unsafe, head for a well-lit area or go home. It is always better to be overly cautious than a little reckless.



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How to repair damaged hair

Do you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

Which type of leave-in conditioner should I use for my sun-damaged hair?

Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

Top tip: Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.





PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

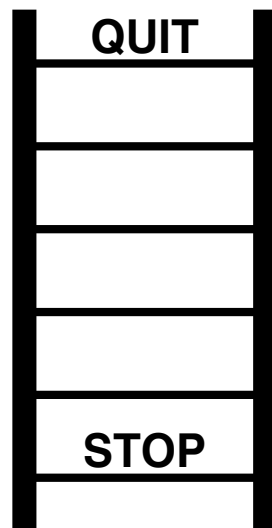
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- ▶ MANICOTTI
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- ▶ PENNE
- ▶ RIGATONI
- ▶ SPAGHETTI
- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI



DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

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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UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish

You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples
| Pomegranates | Carrots | Roasted meats

How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.

Does your home qualify for a green mortgage?

Green mortgages are becoming increasingly popular across the UK, with banks keen to offer sustainable lending and homebuyers embracing more eco-friendly lifestyles.

WHAT IS A GREEN MORTGAGE?

Green mortgages are mortgage deals that are offered specifically to people who are looking to buy an environmentally friendly home or make energy-efficient improvements to a property. Typically, green mortgage deals offer cheaper rates when you buy a home that conforms to a specific energy standard. Green mortgages are more commonly available for new builds, but they can also be offered for older properties that have been renovated to meet high energy-efficiency standards.

HOW DO GREEN MORTGAGES WORK?

There are currently three main types of green mortgage:

- Lower rates for people who buy energy-efficient properties
- Standard mortgages that offer cashback to people who buy energy-efficient properties
- Mortgages that offer cheaper rates or cashback when people make green home improvements.

SHOULD I APPLY FOR A GREEN MORTGAGE?

If you are thinking about making green home improvements and you want to raise funding to do so, a green mortgage could help you. Alternatively, if you are buying a new build or an existing property with an energy rating of A or B, you may be eligible for a green mortgage.

That being said, you should always compare

the whole market before committing to a mortgage to ensure you are getting the best deal to suit your financial situation.

WHICH LENDERS ARE CURRENTLY OFFERING GREEN MORTGAGES?

There are currently 26 lenders offering green mortgage deals, including Barclays, NatWest, Nationwide and Virgin Money, as well as specialist lender, Foundation Home Loans.

CAN LANDLORDS TAKE ADVANTAGE OF GREEN MORTGAGE DEALS?

Yes, landlords are also eligible for cheaper deals if they can show their properties have improved energy efficiency.



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GET YOUR HEAD IN THE



An estimated 84 per cent of businesses in the UK are taking advantage of the cloud. In its simplest terms, when something is stored in the cloud, it is kept on internet servers rather than a computer's hard drive. If you are not using this technology, here are the advantages your business is missing out on.

COST-EFFECTIVENESS: If you are trying to reduce your operational costs, shifting to cloud computing can help you save a significant amount of money. Running a data centre is expensive, yet cloud providers offer storage options to suit all budgets.

ENHANCED FLEXIBILITY: Allowing your employees to access the information they need wherever they are, cloud computing is ideal for remote working. Plus, you can monitor the operations of your business much more effectively.

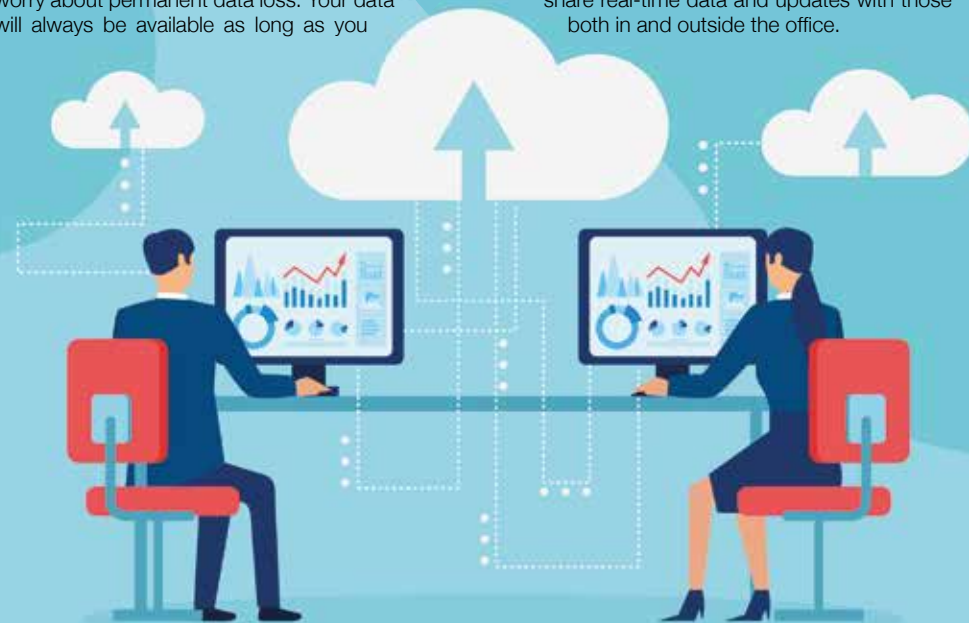
NO NEED FOR A DISASTER RECOVERY PLAN: When you store data in the cloud, you do not need to worry about permanent data loss. Your data will always be available as long as you

have an internet connection.

INCREASED SECURITY: Protecting your data is paramount in this day and age, and cloud computing is far safer than storing your data on a physical server or data centre. Not only can you delete any confidential information remotely, but clouding platforms are also incredibly difficult to hack.

BOOSTED SCALABILITY: Traditionally, if you experience growth, you need to invest in additional servers and storage. However, with the cloud, you can easily increase your storage space or add new features by simply upgrading your package.

IMPROVED COLLABORATION: As already mentioned, cloud computing is perfect for remote workers, as employees can complete projects from different locations. However, it is also great for improving team performance, as staff members can easily share real-time data and updates with those both in and outside the office.



BUSINESS & PROPERTY

HOW TO

PERFORM CPR

ON CHILDREN AND BABIES



HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > Check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100–120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

TOP TIP:
Use the beat of
the song *Nellie the
Elephant* to keep
the right pace



2.15.25

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FLORA LONDON MARATHON 2003

BRITAIN'S GREATEST SPORTING MOMENTS...

KEEP ON RUNNING



DETERMINATION AND DRIVE – THE GREATEST RUN OF MANY FOR PAULA RADCLIFFE MBE

She is the runner whose contorted expressions suggested every stride was an exercise in attrition, whose thin yet powerful figure made her look much taller than her five-foot eight-inch frame, and whose competitive potential came despite being diagnosed with asthma at the age of 14.

Yet the record books do not list discomfort, disappointment or struggle – for Britain's Paula Radcliffe, they note the Cheshire-born runner as the most successful we have ever produced.

On April 13, 2003, years of preparation came together to create what remains one of the finest performances of any long-distance runner.

Radcliffe stepped up to the start line of the London Marathon knowing that victory should be hers, having won the previous year's race by a colossal three-and-a-half minutes.

As it materialised, her winning margin was almost exactly the same, yet the time of 2:15:25 was

something superhuman. It took two minutes off the world record that she herself already held, and meant she had run the distance three minutes quicker than anyone else, ever.

The scale of Radcliffe's achievement only really became evident in the years that followed, during which no female athlete could get anywhere near her time. Even her rivals were clamouring to praise her.

American record holder Deena Kastor said: "Fans of this sport will continue viewing her 2:15 performance as iconic, heroic and a stunning sprint of 26.2 miles."

It took 16 years for the record to finally be broken, by Kenyan Brigid Kosgei at the 2019 Chicago Marathon.

Radcliffe, who made two comebacks in the sport after having children, retired in 2015. She was awarded an MBE for services to running, and now works regularly for sports media around the world.



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TOKYO 2020



SPORT

TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet – with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds – the literal flagbearers for the sport's sensational ascent in the modern era.



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