

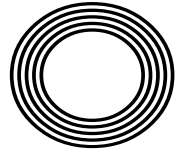
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RETURNS TO  
THE PREMIER  
LEAGUE**

*Anton Du Beke*  
Waltzing onto the Strictly  
judging panel

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

*Emma*  
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# Editor's notes...

OCTOBER 2021



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay. In a year that showed us that good things can emerge from bad situations - such as the way we bonded together during lockdown - I admit the situation in Afghanistan really knocked me sideways.

Now, a volatile dictatorship is again in the ultimate position of power. What's more, the rush to remove American and British soldiers means the Taliban is now equipped with an armoury worth billions.

Coupled with the echoes of the two-decade anniversary of 9/11, and the (unrelated) 24-year anniversary of Princess Diana's death at the end of August, it's been a month of reflection for me.

When major events come and go, we have to ask if our efforts were worth it. After all, in war, those brave souls have fought, comforted and educated, and often returned with mental and physical scars.

My conclusion in the case of Afghanistan is this - yes, it was worth it. Huge strides forward and one or two back, and yet 20 years of occupation have saved millions of lives. For that, we must thank all our troops.

The fight to protect those around us is one we certainly can win, so please do take care of each other.

*Nik Allen*

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts, Holly Bullen

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

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# A WORLD OF WONDER

CELEBRATING 50 YEARS OF WALT DISNEY WORLD



Photo credit: floridatoday.com

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

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

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

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

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

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

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

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

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

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



# Beke TO BASICS

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

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

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

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

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

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

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

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

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

Photo credit: BBC

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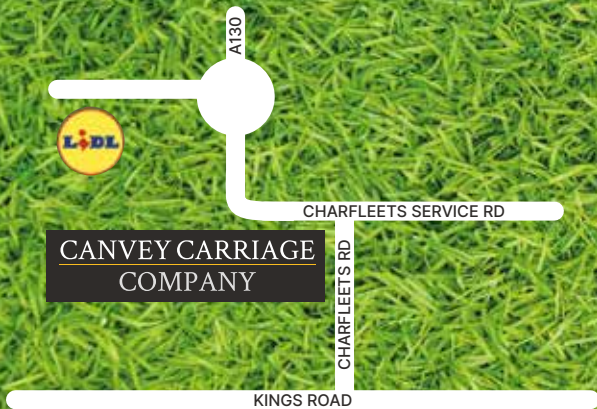
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**SOLID TIMBER:** Real wood flooring is a common feature in period properties and can add style and value to your home. One of the most expensive flooring options, use in busy spaces such as the living room, dining room and hallway.

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

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

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

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If you went a bit overboard buying hand sanitiser, you will be pleased to hear that there are many uses for this trending item other than just disinfecting your hands.

**1. TO CLEAN YOUR EYE/SUNGLASSES**  
Eyeglass cleaner fluid can set you back a pretty penny, but with some retailers giving away hand sanitiser for free, you can now clean your glasses without having to worry about busting your budget. Simply apply a small amount with a microfibre cloth and wipe clean.



**2. TO POLISH SILVER**  
Whether you have tarnished silver cutlery or silver jewellery, hand sanitiser can help. Just squirt a few drops onto a soft cloth and gently rub away the tarnish. You can also use this multi-tasking liquid to clean diamonds, although you should avoid gold- or silver-plated settings.



**3. TO CLEAN YOUR KEYBOARD**  
Did you know that your keyboard can be just as dirty as your toilet seat? To rectify this, unplug your computer or laptop, turn it off and then wipe down with hand sanitiser and a microfibre cloth. It can also be used to clean your computer mouse and to remove fingerprints from your mobile phone screen.



**4. TO REMOVE STAINS**  
If you have stubborn stains on your walls or counters, hand sanitiser works a treat. In fact, it is even strong enough to remove permanent marker from hard surfaces. Apply directly to the surface and wipe clean with a damp cloth. Do not apply to granite or quartz surfaces as rubbing alcohol can damage these materials.



**5. TO REMOVE STICKER OR GLUE REMAINS**  
Rubbing alcohol is known for removing adhesives, but if you don't have any of this lying around, hand sanitiser is your next best option. Simply spread onto the affected area, let it sit for 20-30 minutes, then rub the surface firmly until the glue comes off.



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# MODERN CLASSICISM:

*Making the old new again*



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

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

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

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

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

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

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



HOME & DIY

Photo credit: Unsplash under Creative Commons, @leathomewithemma, @Naltuzzi





# DIVIDE and conquer

Room dividers are not only for sectioning off rooms; they can also be used to add privacy and character to a space. Plus, you don't have to opt for a traditional screen with these creative room divider ideas.

**CURTAINS UP:** Hanging curtains from the ceiling to create a canopy bed effect is a great way to add some privacy to a bedroom. This is a useful interior design trick for properties with high ceilings, as well as for creating sections in studio flats.

**BIG BOOKCASE:** A floor-to-ceiling bookcase offers a great alternative to a room divider and has the added advantage of providing extra storage and display space. It's ideal for breaking up a large open-plan living space or for separating a bedroom for siblings.

**FLOATING ART:** Another good choice for studio flats, hanging a curtain rail on the ceiling and then suspending a floating painting from it provides a highly stylish way to partition space. For example, if you are entertaining and you don't want a direct line of sight from the front door to your bedroom.

**WOODEN SLATS:** If you don't want to use a solid screen, wooden slats are a great alternative. Enabling you to keep a sense of flow and movement between two areas of your home, this room divider idea is ideal for separating the stairway and the living room or for sectioning off a home office.

**DIY OPTIONS:** For those who are feeling crafty, these DIY room divider ideas should get your creative juices flowing. Add texture and style with a DIY vertical jute rope wall, or craft a wooden folding screen and dress it up with macramé for a boho chic vibe. Alternatively, if you love to bring the outdoors inside, a fairy light and tree branches room divider is just what you need.

The beauty of DIY screens is that they can be moved from room to room with ease and, once made, you can attach anything you want to them, such as family photos or your children's artwork.

Photo credit: housebeautiful.com

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# LOCAL NEWS

*from your neighbourhood*



Photo credit: ITV News

## Students are first teens in country to have COVID-19 vaccine

Students at a Leigh-on-Sea school were among the first in the country to receive a COVID-19 vaccination after England and Scotland began rolling out jabs to children aged 12–15.

Belfairs Academy students received their first dose of the Pfizer vaccine on Monday, September 20, with one student saying he felt “proud” to get the jab.

After receiving the vaccine, Jack Lane, 14, said: “I am proud to have had my vaccination so that I can remain in school and continue in my education. The jab was quick, easy and painless.”

Health and social care secretary, Sajid Javid MP, said:

“It’s encouraging to see 12 to 15 year olds starting to get their vaccinations today, reflecting our ongoing commitment to protect young people from COVID-19 and minimise any disruption to their education.

“The vaccine has made a significant difference in saving lives and reducing COVID-19 transmission and has met our renowned medicines regulator’s strict standards of safety and effectiveness for those aged 12 and over.

“This is the culmination of the fantastic preparation work the NHS has put in place to ensure vaccines can be given as safely and quickly as possible.”

## Care home delivers hampers to key workers

Admiral Court in Leigh-on-Sea has delivered hampers to key workers as part of an ongoing initiative to thank local community heroes.

Admiral Court will seek to recognise one key worker a week who continues to help others during the COVID-19 pandemic. Nominations will be entered into

a draw, with the winner being presented with a board game, a £30 Just Eat voucher and a bottle of wine.

Customer relationship manager at Admiral Court, David Martins, said: “There are heroes in the community who deserve to be recognised, people who are doing extraordinary things on a daily basis.”

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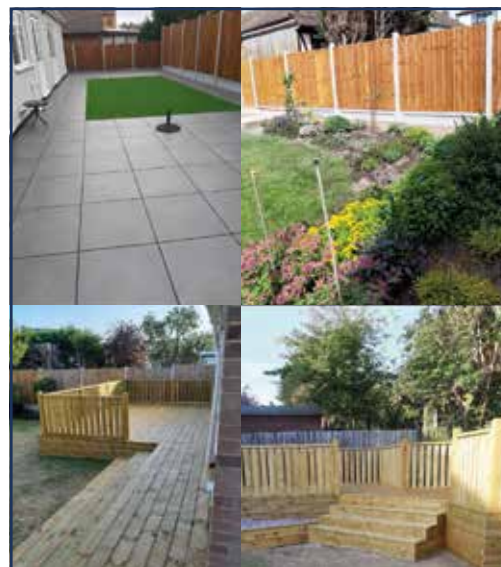
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# SIR DAVID AMESS MP

Member of Parliament for Southend West




LOCAL NEWS LEIGH-ON-SEA

Autumn has arrived and with it comes fresh challenges. The COVID-19 pandemic has not gone away, but we are going to have to live with it. The vaccination programme, for those who want to protect themselves and others, is still up and running in Southend.

World leaders will be gathering in Glasgow in November to discuss the climate crisis, and I remain optimistic that firm and decisive action will be taken to stop any further damage to our environment. The recent protests halting traffic on our motorways are ill-judged and counterproductive and I commend local organisations for their more sensible approach.

I am very much looking forward to the Children's

Virtual Parliament, which will be taking place on Friday, October 29, ahead of the COP26 conference. This will give children from across the UK the opportunity to share their views on issues relating to climate change and the coronavirus pandemic. To find out more, visit [wakelet.com](http://wakelet.com) or [childrensparliament.org.uk](http://childrensparliament.org.uk)

I was delighted that on September 18, Southend officially launched its bid for city status as part of Her Majesty The Queen's Platinum Jubilee celebrations. Residents can get involved with the bid by visiting the website at [southend.city](http://southend.city)

I continue to hold face-to-face surgeries and you can book an appointment by emailing [amessd@parliament.uk](mailto:amessd@parliament.uk) or calling 020 7219 3452.

## Poetic venture supports the arts



Leigh-on-Sea Town Council has announced the launch of a new monthly initiative to support the arts in Leigh-on-Sea.

The Listening Room Poetry Nights launched at Leigh Community Centre on Wednesday, September 8.

The idea first came about when the council's Arts Group was interviewing prospective applicants for its artist in residence scheme.

Among those who applied was Maddi Crease, a 21-year-old poet and artist from Leigh-on-Sea. Although Maddi was unsuccessful in her bid to become artist in residence this year, she wowed the interview panel with her creative ideas and love of poetry.

This led to the council asking Maddi to help set up a new monthly poetry night for poets, storytellers, musicians and comedians.

Maddi says: "I find poetry, and spoken forms of creativity in general, to be a really great way to express everything you might not otherwise say. It can be used to explore topics you may not have had the chance to work through, or to express your views in a unique way."

"When performing, there's nobody interrupting your self-expression. It's your chance to be real, raw and clear, but in a way that often feels safer than a plain conversation."

The Listening Room will be open on the second Wednesday of the month, from 7.30pm to 9.30pm, at Lorna & Lottie's Café in Leigh Community Centre.

For more information, call 01702 716288, or email [council@leighonseatowncouncil.gov.uk](mailto:council@leighonseatowncouncil.gov.uk)



# LOCAL NEWS

*from your neighbourhood*



## Police catch seven motorists in speeding operation

Essex Police targeted motorists in a Thorpe Bay speeding hotspot recently.

Members of the Community Policing Team carried out speeding checks on Thorpe Hall Avenue throughout the day and caught seven drivers going over the legal limit.

Police have said that the motorists will be dealt with "appropriately".

A post about the day of action on the Essex Police Southend District Facebook page was met with delight from most residents, with some pointing out that other roads in the local area could benefit from similar speeding checks.

This is the latest road operation in Southend to crack down on poor driving. Back in July, police stopped more than 100 drivers in a single day.

## Airport completes health and safety scheme

London Southend Airport has successfully completed a scheme to provide assurances regarding the health measures it has taken to promote the safety of its passengers.

The airport completed the International Civil Aviation Organization (ICAO) Council Aviation Recovery Taskforce (CART) Assurance Scheme, which provides guidance on restarting international air transport following the impact of the pandemic.

The measures include focusing on fundamentals

such as safety, security and efficiency, promoting public health, and recognising aviation as a driver of economic recovery.

Glyn Jones, CEO of London Southend Airport, said: "Throughout the challenges of the pandemic, London Southend Airport has maintained its priority on safety.

"We are proud to confirm that the airport has completed the ICAO CART Assurance Scheme and would like to thank our dedicated employees who worked tirelessly throughout this challenging time."




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# JAMES DUDDRIDGE MP



Member of Parliament for Rochford and Southend East

As we approach winter, I appreciate that some readers may be worried about the impact of the COVID-19 pandemic in the months ahead.

With increased levels of social mixing and contact, it is expected that, during the winter, COVID-19 will circulate alongside other respiratory viruses, including seasonal flu.

These viruses have the potential to substantially increase the pressures usually faced by the NHS during the winter.

Therefore, it is good news that booster doses of the COVID-19 vaccine are now being given to those who were vaccinated in the first phase of the rollout earlier this year.

This will be given no earlier than six months after your second dose, and I am told that these booster vaccines will be deployed in the same order as the

initial rollout.

If eligible, you will be offered either a full dose of the Pfizer vaccine or a half-dose of the Moderna vaccine, after scientific evidence showed that both provide a strong booster response. This will be regardless of which vaccine you previously had.

I am sure you will agree that our vaccine rollout has been phenomenal, and I believe it is vital that we do everything possible to prolong the protection vaccines offer.

The NHS will get in touch to arrange a booster jab if you are eligible, and I really hope residents will get their booster vaccine as soon as they can, so they have the strongest possible protection over the winter months.

For further information about the booster vaccine, visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

## Youths invited to get vaccine

Young people aged 16 to 17 in the local area are invited to get their first dose of the COVID-19 vaccine in an effort to boost take-up in this age group.

This latest push follows Southend-on-Sea Borough Council's #GrabTheJab campaign, which was developed to help younger people aged 18-30 feel safe and confident as they begin to enjoy activities that have been restricted to prevent the spread of COVID-19.

Amber Hughes, 17, from Southend, is currently studying a beauty course at South Essex College and also works part-time in Sainsbury's. She recently had her first COVID-19 jab at the vaccination site at Southend Civic Centre on Victoria Avenue.

Amber said: "I decided to get the COVID-19 jab because I wanted to protect my nan, and also because my dad is planning to take me away next year. But most of all so I can get back to normality. I went to Southend Civic Centre and the people there were very nice; they made me feel at ease and it was very quick and pain-free."



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# RADUCANU



## TOTAL TENNIS HERO

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Photo credit: Ella Ling/Shutterstock



# Raise me UP

Are you looking for a low-maintenance yet highly effective way to grow your own fruit and vegetables?

If the answer is yes, a raised bed garden is the perfect solution for you.

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

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

### How to create a raised bed garden

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

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

fabric, plastic tarp or canvas.

### What can I grow in raised beds?

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

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

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

### Top tips:

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

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MOTORING

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# PLATING UP

If you're a driver planning a trip overseas, the time has come to peel off that trusty GB sticker

In a recent move announced by Transport Secretary Grant Shapps, drivers venturing overseas have been told they need to substitute their iconic 'GB' stickers or magnets with UK-branded equivalents after September 27, 2021.

The same change applies to number plates – drivers who have 'GB' on their plates will need to either get a new one produced which states 'UK', or simply just apply a UK sticker on the back of their vehicle.

Displaying country of origin is a stipulation for drivers of any country when venturing abroad on the roads, and our move from GB to UK is being taken as a show of solidarity with Northern Ireland in the wake of Brexit. That's because, while the UK is comprised of England, Wales, Scotland and Northern Ireland, as GB, our friends across the sea were excluded.

The move only applies to UK drivers and doesn't

extend to other overseas territories, and the removal of the term 'GB' on our roads is just one example of where the signifier 'UK' is being taken forward as the preferred term in the wake of Brexit.

In an unrelated move, the new green number plates have enjoyed a huge rise in popularity on the roads, with one in five cars now electric. Meanwhile, the UK government has been forced to back down on the rise of fashionable 3D and 4D plates, which have been swamping the market.

Many readers will remember licence plates from the 1980s and earlier, where 3D lettering was the norm. In 2020, the government petitioned to ban them as the trend re-emerged, but the Department for Transport has clarified the position, stating that as long as 3D gel and 4D laser-cut letters meet the requirements of the current standard (BSAU 145d), they are legal – 'GB' references notwithstanding.

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Living at a Hallmark care home isn't just about high-quality care – it's also about ensuring residents live fulfilling lives too. Many of our residents enjoy taking part in a variety of activities and interests such as music and singing sessions, exercise classes, or getting creative through arts and crafts. We also encourage them to continue with previous hobbies they used to enjoy, or perhaps learn new ones. Of course, residents who require nursing care may not be able to take part in such activities. In this case, we will encourage them to get involved in as many things as they are willing and able to do, even if that's simply playing cards, or playing their

favourite music to listen to in the comfort of their own room.

Just because your loved one lives in a care home doesn't mean they should have to compromise the lifestyle they have always had. Hallmark care homes offer a homely environment with the added benefit of that extra support your loved one may need, providing you with peace of mind that they are being looked after. Yes, they may need to adjust it slightly, but independence is highly encouraged and our goal is to provide a home from home so that they can live stimulating, enjoyable lives – picking and choosing the activities, clubs and day trips they would like to or can partake in.

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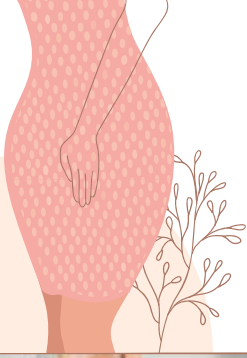
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# WHAT ARE pelvic floor EXERCISES?



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Your pelvic floor acts as a sling between the pubic bone and the coccyx. Pelvic floor muscles support your spine and your abdominal muscles, as well as your bowel and bladder. While pelvic floor exercises are often recommended for women, men can also experience the benefits.

They can help you combat different conditions, including urinary incontinence, painful sex and weakened muscles following pregnancy. For women, pelvic floor exercises can also strengthen your pelvic floor before childbirth, and are generally recommended by midwives from the time you find out you're pregnant.

Doing pelvic floor exercises three times a day can help you see results in just a few weeks. Women after birth should discuss with their doctor when it's okay to resume the exercises.

Pelvic floor exercises include the following:

**KEGEL EXERCISES:** You can work out which are your pelvic floor muscles by stopping your urine stream mid-flow and feeling which muscles are working. To work these muscles, contract them for five seconds and then release. You can repeat this up to 10 times each time you do it.

**SPLIT TABLE TOP:** A basic move that can work your pelvic floor to help keep it strong.

- 1 Lie on your back, with your feet flat on the floor and your knees up. Your arms should be out to the sides, palms facing up.
- 2 Tighten your core and ensure your thighs are touching.
- 3 Separate your legs outward towards the floor to a position that's comfortable for you.
- 4 Raise your legs back up slowly to their starting position, maintaining core stability.
- 5 Do three sets of 10.

**BIRD DOG:** Bird dogs are ideal for toning abs, glutes, back and shoulders, benefiting your core and your pelvic floor.

- 1 On the floor, get onto all fours in a table top position.
- 2 Tighten your core and draw your shoulder blades down.
- 3 At the same time, extend your left arm and right leg, keeping everything else in a neutral position, including your head and neck. Hold for up to five seconds.
- 4 Using your core to support you and maintain balance, return to your starting position. Repeat using the opposite arm and leg.
- 5 Complete three sets of 10 reps.

Other exercises to help strengthen your pelvic floor include **SQUATS** and **GLUTE BRIDGES**.



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**BEAUTY**

# Beer beauty

**W**hy not celebrate Oktoberfest a little differently this year and wake up looking refreshed rather than rubbish? Check out these beer beauty treatments and see a whole other side to hops.

**Beer facial mask** – to promote younger-looking skin

**You will need:** ½ tsp beer | 1 egg white | 1 drop of almond extract

**How to make:** Whisk all of the ingredients together | Wash your face and pat dry | Apply the mask directly to your face | Let it dry completely until your skin feels very taut | Rinse off with lukewarm water.

**Beer nail soak** – to strengthen brittle nails

**You will need:** 1 tbs beer | 1 tbs apple cider vinegar | 1 tbs warm olive oil

**How to make:** Mix all the ingredients together | Dip your nails in the solution for 15–20 minutes | Repeat two or three times a week.

**Beer foot soak** – to soften hard skin

**You will need:** A bowl of warm water | Half a bottle of beer

**How to make:** Fill a bowl with enough warm water to cover your ankles | Add half a bottle of your preferred beer and stir | Soak your feet for 10–15 minutes | Dry your feet and apply foot lotion.

**Beer hair rinse** – to repair damaged hair follicles

**You will need:** 2 tbs distilled water | 1 tbs beer | 2 tsp apple cider vinegar | 7 drops of lemon essential oil

**How to make:** Mix all of the above ingredients together | Wash your hair as normal | Pour the mixture onto your hair and work it through | Rinse with lukewarm water | Do this once a month for the promotion of healthy hair.

**Beer bubble bath** – to soften and smooth skin

**You will need:** An olive-based liquid soap | Half a cup of beer

**How to make:** Mix the soap with the beer and add to running water | Soak for as long as you like.

**Top tip:** For optimum results, use an organic beer.





UNUSUAL FRUIT OF THE MONTH:

# Atemoya



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

Atemoyas are also very high in vitamin C, with one fruit providing around half of your recommended daily amount. They are also a good source of iron and calcium. One atemoya contains roughly 94 calories.

### WHAT DOES ATEMOYA LOOK AND TASTE LIKE?

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

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

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

### WHAT ARE THE HEALTH BENEFITS OF ATEMOYA?

This fruit contains diuretic fibre and niacin, which can be helpful for lowering your cholesterol.

### HOW TO EAT ATEMOYA

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

### HOW TO STORE ATEMOYA

Ripe atemoyas store well in the refrigerator for up to one week. You may notice the skin start to darken, but the fruit within should still be good. For long-term storage, remove the skin and seeds and freeze the flesh for up to six to eight months in an airtight container.



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# What is BLIND HIRING?

According to the latest research, nearly one in four Brits has experienced discrimination during an interview for a new job.

Blind hiring is the new recruitment trend that promises to banish bias for good.

### What exactly is blind hiring?

Blind hiring is a recruitment technique that reduces biases during the talent acquisition process by removing information such as a candidate's name, age, gender, religion and socioeconomic background. It can also eliminate academic qualifications and experience, so that a person is solely judged on their skills.

### What is unconscious bias?

Also known as implicit bias, unconscious bias refers to the associations that are made between qualities and social categories such as race, gender or disability without conscious awareness.

### What are the advantages?

- > Removes unconscious bias and allows talent to shine through
- > Ideal for remote workers
- > Steers recruiters towards facts rather than gut instinct

- > Increases employee retention rates
- > Creates a better company culture
- > Results in a more diverse and innovative workforce.

### Are there any drawbacks?

- > Can be too anonymous and affect the overall harmony of a team
- > May lengthen the hiring process
- > Diversity does not automatically result in an inclusive workplace.

### What are the best processes?

1. Use inclusive job descriptions
2. Remove demographic data from candidates' CVs
3. Obscure academic information
4. Carry out pre-employment assessments to determine skills and personality traits
5. Avoid social media pre-screening
6. Consider anonymising initial interviews
7. Educate your team about unconscious bias.

### Diversity and discrimination stats you may be interested to know

- > "Women are 123 per cent more likely to experience gender discrimination when applying for a job than a man." - PwC
- > "Job descriptions with gender-neutral wording attract as much as 42 per cent more responses." - Zip Recruiter
- > "Only one-third of employees say they know about any diversity initiatives where they work." - Glassdoor.



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# HAUNTED

HOLIDAYS IN THE UK

EXPERIENCE A REAL FRIGHT NIGHT FOR HALLOWEEN THIS YEAR

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

## PLUCKLEY KENT

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

## PENDLE LANCASHIRE

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

## ST GEORGE-IN-THE-EAST LONDON

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

## THE JAMAICA INN BOLVENTOR CORNWALL

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

## CONWY NORTH WALES

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



TRAVEL

# HOWDY COWGIRL

**S**potting at Saint Laurent and Isabel Marant, not to mention worn by the likes of Kendall Jenner and fashion influencer Camille Charrière, cowboy boots are definitely enjoying something of a renaissance this year. If you want to get the look, here's what you need to know:

**DETERMINE YOUR BUDGET:** As with any purchase, you first need to work out what you can afford. Fortunately, you can find cowboy boots to suit any budget, with prices ranging from £30 to more than £1,000.

**PICK A STYLE:** Cowboy boots come in countless different styles, which, although good for finding the perfect pair, can make the search process a little daunting. Consider the length of the shaft, the height of the heel, the toe style and the material of the sole when selecting your boots. You should also think about when you want to wear them – are you looking for an everyday style or an extravagant pair to wear to parties?

**SELECT A MATERIAL:** The most popular material for cowboy boots is calfskin leather, although you can find boots made out of leather from goats, bovine, snakeskin, alligators and even ostrich. For vegans, you can find cowboy boots that are made from artificial materials such as polyurethane.

**CHOOSE A COLOUR:** You can purchase cowboy boots in every colour under the sun, so you are guaranteed to be able to find a pair to complement your style. If you want your boots to go with almost anything in your wardrobe, opt for brown, black or tan, or, if you want to stand out from the crowd, choose a brighter colour such as purple or red.

**CONSIDER EMBELLISHMENTS:** The small details matter when it comes to choosing the perfect pair of cowboy boots, so make sure you consider fringe, rhinestones, stitching and inlays.

#### STYLE TIPS:

- > Nearly all cowboy boot styles match well with blue or black jeans
- > If you wear short dresses or shorts, choose a boot that stands lower on your leg
- > High- or low-standing boots look good with skinny jeans or leggings
- > Cowboy boots can be worn by men and women, with women's boots tending to have a narrower heel and a taller arch.



# Music TO YOUR EARS

TWO DECADES OF THE IPOD, BUT HOW MANY MORE ARE TO COME?

**T**he iPod may go down as one of the most stunning pieces of tech innovation of all time, yet the lifespan of this incredible piece of kit – from invention, to release, to the selling of billions of units, through to it becoming completely redundant – might feasibly all happen in little more than a generation.

Upon its release in 2001, the iPod was a game changer. The MP3 revolution had already started, but the clunky, clumsy, low-capacity music devices on sale were about to be usurped by the magnificent mastery of those tech wizards at Apple.

With each new version of the iPod came a different look and a better product – by the third generation version, capacity was up to 10,000 tracks; while the later-released iPod Classic, by now a video-playback tool as well, could hold a colossal 40,000 songs with its impressive 160GB storage space.

Despite the fact that our iPhone and Android mobile devices ended up taking much of their weight and negated the use of two separate devices, sales of iPods haven't fallen away entirely. They're still a great tool for music on the move and the modern versions do a lot of the same tasks as our phones, minus the calls bit, which, in many ways, is a benefit.

Twenty years on from the release of the first iPod, our love of music and tech has only strengthened, boosted by this digital music revolution that changed the face of the music industry the world over.



Its functionality was slick, its synchronicity with computers and phones was simple, and best of all, its capacity to store tracks was mind-boggling. Even the very first iPod could store a thousand little slices of music perfection – cue comparisons to someone carting around 80 or more vinyl albums in their record bag.

Photo credit: Shutterstock.com  
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SPORT

# COMETH *The hour*



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

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

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

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

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

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

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

Photo credit: Matt West/Shutterstock



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# PUZZLES & TRIVIA

PUZZLES

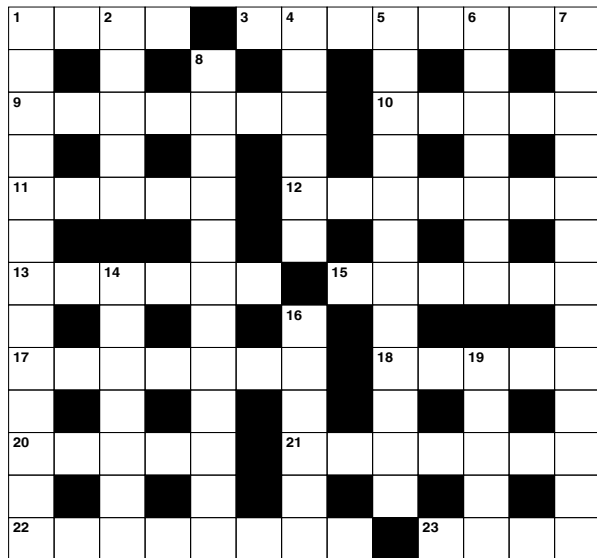
Answers: see end of The VISION Listings

### ACROSS

- 1. Four-wheeled vehicles (4)
- 3. Vessel for molten metal (8)
- 9. One of the planets (7)
- 10. Shadow (5)
- 11. Raves (5)
- 12. Undoing a knot (7)
- 13. Room attached to a church (6)
- 15. Bow and arrow expert (6)
- 17. Nasal opening (7)
- 18. Smallest quantity (5)
- 20. Where one finds Rome (5)
- 21. Turned over; became very angry (7)
- 22. Gibberish (8)
- 23. Wet with condensation (4)

### DOWN

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



- 14. Support or strengthen (7)
- 15. Common edible fruit (5)
- 16. Fissures (6)

### DID YOU KNOW?

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

### SUDOKU

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

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