

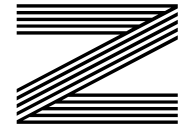
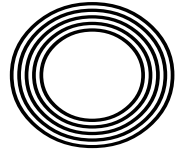
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# Editor's notes...

JANUARY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay. Happy New Year 2022. That still sounds strange to me. Sometimes I forget what year we are in as the past two seem to have rolled into one long year.

Most of you, I hope, are reading this after having a well-deserved rest over Christmas (which I certainly needed). Every year, I make New Year's goals - I don't call them resolutions as it sounds wishy-washy to me. But goals/targets sound more assertive as they are made to be achieved.

My goals personally are all about making more time to relax and have some me time. With two young kids - a three year old and an 18 month old

- there isn't too much time to relax after work. Since my three year old has never been

a believer in a good night's sleep, 4am wake-up calls have been the norm in our house for years now,

and it's catching up with me.

Business-wise, we are on a recruitment drive this year and I am looking at adding a couple more people to our team. So if you are keen to take on a new challenge, we are looking for a client relationship manager as well as more distributors to help deliver our magazines every month in your local area. Please feel free to send me an email or call for a chat if you are interested. I wish you all the very best for 2022.

*Nik Allen*

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

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

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# British Sign Language

## *basic phrases*

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

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

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

### WHAT IS BSL?

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

### WHY LEARN BSL?

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

### UNDERSTANDING THE BSL ALPHABET

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

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



Photo credit: british-sign.co.uk

### BASIC BSL SIGNS:

#### 'How are you?'

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

HOW ARE YOU?



#### 'What is your name?'

(signed as 'name what')

To sign 'name'

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

WHAT IS YOUR NAME?



To sign 'what'

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

PLEASE/  
THANK YOU



#### 'Please'

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

#### 'Thank you'

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

SORRY



#### 'Sorry'

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

FIND OUT MORE ABOUT BSL AT [WWW.BRITISH-SIGN.CO.UK](http://WWW.BRITISH-SIGN.CO.UK)

# HELP ME!

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

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

## 1. SIGNAL FOR HELP GESTURE

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

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

## 2. PHARMACY ANI

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

## 3. IPHONE EMERGENCY SOS

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

## 4. ASK FOR ANGELA

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

## 5. SILENT 999

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

## 6. WHAT3WORDS

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



1



2



3



4



5



6

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# The season of COSYING UP

TIPS ON GIVING YOUR BEDROOM A WINTER MAKEOVER ON A BUDGET

As temperatures plummet and the dark nights set in, you won't be the only one contemplating hibernation this winter.

While you might not be able to spend the whole season in bed, you can at least make it a little cosier to help you get through the winter months.

Check out some budget-friendly ways of giving your bedroom a winter makeover.

#### CHANGE UP YOUR COLOUR SCHEME

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

#### EMBRACE WARMING TEXTILES

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

#### SOFTEN YOUR LIGHTING

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

#### EMBRACE WINTER FRAGRANCE

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

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





HOME & DIY

# VERY PERI

Colour of the year 2022

Photo credit: etonasthenka/Shutterstock.com, www.pantone.com

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

### What is the Pantone colour of the year for 2022?

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

### What does this colour symbolise?

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

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

### How to incorporate Very Peri into your home

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

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

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# WHY IS VISITING THE DENTIST IMPORTANT?



We are all aware of the usual phrases when visiting the dentist, 'plaque' and 'tartar', and the worst of all, 'cavity'.

But what else is there to having a routine dental check-up? Well, these terms are very important to note, and something you must try to limit to the best of your ability. Of course, your dental care professional will help you manage all of this with care and advice. Catching these things early, 'prevention' is the key to maintaining a healthy and happy mouth, for years to come. If things are left, your treatment options can be very limited (sometimes it is too late), then phrases like 'root canal' and 'extraction' will be part of the check-up discussion.

We normally advise 6 months between check-ups, but this will be determined by your dental care professional. It might be that annual check-ups are suitable if you are low risk, but more frequently if you are high risk.

# DENTAL HYGIENE

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# LOCAL NEWS

from your neighbourhood

LOCAL NEWS LEIGH-ON-SEA



Photo credit: Essex Police

## Operational Support Group continues to protect public

Officers from the Essex Police Operational Support Group (OSG) have continued their work to protect the public from those intent on causing harm in Leigh-on-Sea.

In December, officers made five arrests while supporting colleagues carrying out investigations into drugs, harassment and malicious communications.

Two male teenagers – an 18 year old and a 17 year old – were arrested in Leigh-on-Sea and Laindon on suspicion of drugs offences.

The 18 year old – Sebastian Butler, of Chapmans Walk, Leigh-on-Sea – and the 17 year old have both now been charged with two counts of conspiracy to supply class A drugs and are due to appear at Basildon Crown Court on January 18.

A woman from Leigh-on-Sea and a man from

Wickford were arrested as part of a harassment and malicious communications investigation.

Both were later released without charge.

A 50-year-old man was arrested in connection with a separate harassment and malicious communications investigation.

He has been bailed until January 7.

Chief Inspector Darren Deex, who leads the OSG, said: "My team works hard every day supporting investigations from a range of teams across the county.

"We're particularly focusing on supporting investigations involving people suspected of causing serious harm in our communities.

"We'll continue this work to help keep you safe, and arrest those suspected of committing crime."



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### Conservatives nominate candidate to fill MP seat



Photo credit: @Anna\_Firth Twitter

Conservatives in Southend have chosen a candidate to replace Sir David Amess, who was murdered last year, as MP.

Southend West has been without an MP since the killing of Sir David Amess in Leigh-on-Sea in October. He had served as Southend West's MP since 1997.

Anna Firth (pictured), a lawyer who stood as a candidate in Canterbury at the last general election, was selected as the Conservative candidate for the Southend West by-election, to be held on a date to be confirmed.

She said: "I want to pay tribute to the work of Sir David Amess and I will work tirelessly to carry on his legacy. I will focus on realising the benefits of city status, improving services at Southend Hospital, and helping to build back better from the pandemic."

### Council funding scheme to help care home staff

A funding scheme to support care workers has been launched in Leigh-on-Sea.

The £200,000 funding will be paid directly to local home care providers so that they can pass it on to staff who worked over Christmas.

Southend-on-Sea Borough Council continues to be committed to supporting local care providers while they face widespread staffing challenges, which are also being experienced nationally.

Working closely with local providers enables the council to have a clear understanding of the needs and support the home care sector requires to keep staff in the industry.

Councillor Cheryl Nevin, cabinet member for adult social care and health integration, said: "The COVID-19 pandemic has brought many challenges for the social care sector.

"Nationally and locally, we have seen the home care

sector facing challenges around staffing levels, which have had a huge impact on the availability of care and support across the country owing to recruitment and retention issues.

"Therefore, this local funding initiative, which targets the home care sector, will not only support these specific providers, but also recognise the staff who deliver the service within the local community.

"With the funding being dedicated to staff, it shows we acknowledge and value the hard work they do for local residents and in turn will go a long way to help us do more to support this specific sector."

### Appeal after man is injured in attack

Essex Police have launched an appeal for anyone who saw or has mobile phone footage of an assault in Leigh-on-Sea.

It was reported that a man in his 20s was with two friends in Cliffsea Grove shortly after 1am on November 28, when they were attacked by a group of between eight and 10 people.

The victim sustained a head injury, a cut above his left eye and bruising to his face.

As part of Southend CID's investigation, detectives are working to establish whether this incident is linked to another incident in Leigh Road, which took place at around the same time.

Police are asking for anyone who saw what happened, has any mobile phone or CCTV footage, or any other information to contact them.

If you have any information, you can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm. Please quote the crime reference number 42/284321/21.

You can also call on 101 or contact Crimestoppers anonymously on 0800 555 111 or online at [crimestoppers-uk.org](http://crimestoppers-uk.org)



Photo credit: Google Maps



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Google Maps

## Restaurant owner allegedly says boy 'not welcome'

A Southend resident has accused the owner of a Thorpe Bay restaurant of saying: "We do not want autistic children in here."

In December, a group of four mums were eating at Italian/Mediterranean restaurant, Eatalia, on The Broadway, when they were horrified to hear the comment about Abbie Cammidge's son.

After Abbie's autistic son began being disruptive, she claims she overheard the owner say: "Had I known the boy was autistic, I wouldn't have accepted the booking."

She claims the owner was so disrespectful that the group chose to leave and go somewhere else.

Abbie took to Instagram to post about the restaurant, saying: "I'm in absolute pieces. Something I never thought I would have to come across. I will educate people, they will listen, I will be heard."

Abbie said that her "heart bled" after this

discriminatory treatment of her son.

A TripAdvisor review from another member of the group reads: "Absolutely disgusting establishment! We went to this restaurant today with our family and friends for lunch and from the moment we entered the premises, the owner had a bad and unwelcoming attitude.

"Our friend's son has autism and we were asked to leave the restaurant after five minutes due to the children being a little disruptive.

"The owner then had the audacity to say that if we would have told them on the phone when making the booking that we had an autistic child with us, then we would not have been allowed in his restaurant. His words were 'we don't want autistic children here'. We will never ever eat here again."

The restaurant was contacted for a comment, but declined to do so.

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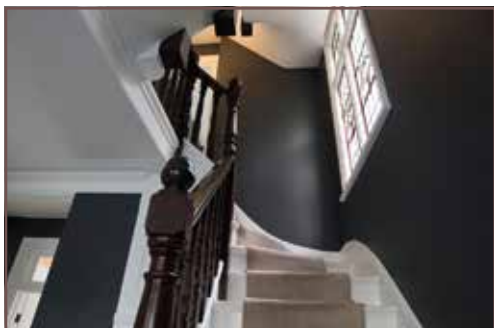
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**Residents have rated Southend Airport 10 out of 10**

Residents recently participated in an opinion survey about London Southend Airport (LSA). More than 7,000 people completed the survey, including 5,000 from the East of England, with 65 per cent of respondents giving LSA a 10 out of 10 favourability rating. A total of 90 per cent of respondents scored LSA between eight and 10 in terms of favourability. The airport is taking all feedback on board to help shape its return to operations as part of its Connecting Communities Commitment. This will ensure that future growth remains sustainable, delivers the right choice of destinations, and provides a wide range of job opportunities. LSA is now going through the responses in greater detail and will share further results in the new year. The

full survey responses will also be available on LSA's website at southendairport.com. Commenting on the initial findings, Glyn Jones, CEO of LSA, said: "The airport has now received and is in the process of collating the responses to the hugely successful local opinion survey. "It is heart-warming to see support for the airport, especially locally. With more than 7,000 people engaging with the survey, there is a lot of data to go through, and we will provide details in the new year. "The aviation industry continues to navigate the immense impact of the COVID-19 pandemic and LSA has been lifted during this challenging time by the overwhelming support received. Thank you to all who took part."

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**Council complete revamp of zebra crossings**

Zebra crossings in Thorpe Bay were resurfaced towards the end of last year as Southend-on-Sea Borough Council continues its drive to improve the area's roads with a multi-million-pound investment. The zebra crossing resurfacing scheme has been completed, with refreshed linings and carriageway surfaces, as well as ensuring the appropriate skid resistance, in various locations. Councillor Ron Woodley, the council's cabinet member for transport, asset management and inward investment, said: "I am pleased to see the significant investment in our roads and pavements taking shape. "This administration is absolutely committed to improving our roads and pavements to ensure residents and visitors can travel in and around Southend-on-Sea safely."



Photo credit: Southend Council

# FRANKIE DETTORI

## riding HIGH

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# Is a bad hip stopping you from doing everyday things?

## Nuffield Health Brentwood Hospital reveals the signs you might need a new one.

What is a hip replacement? This is a procedure to remove your damaged hip joint and replace it with an artificial joint. It's used to treat hip pain, most commonly hip osteoarthritis, which is gradual wear and tear of the joint. During the procedure, the damaged joint is removed and replaced with an artificial ball and socket joint (a prosthesis). There are many different types of hip replacement and your surgeon will recommend the one that's best for you.

There are no set rules when it comes to hip replacement. While the surgery is commonly associated with older patients, in truth it's a life-changing procedure for anyone with a worn hip joint.

The following signs may indicate hip arthritis or be symptoms of other problems. The best way to accurately diagnose the state of your hip is to speak to a specialist and have an x-ray.

### 1. Hip or groin pain

Pain around the hip or groin area can be one of the major indicators that there may be an underlying problem with your hip joint. Let's look at some of the different ways it can manifest.

#### Pain when walking

If hip or groin pain is preventing you from walking normal distances for you or completing your usual daily activities, then speak to a specialist.

It's important to remember that this can be relative to you. For some, being able to comfortably stroll a short distance to the post box or local shop is enough. For others, being unable to complete a five-mile walk is unthinkable. It all depends on your lifestyle.

You may find yourself compensating with a limp, relying on a walking stick, or even needing painkillers just to cope with the pain of walking or other activities such as climbing the stairs or getting into a car.

#### Pain during exercise

Soreness or pain during or after exercise which is stopping you from being as active as you normally would, be it jogging, swimming or other physical activities, can be a sign of hip arthritis.

The pain is usually localised between your hip and knee. If the pain is lower down towards the ankle the problem might be caused by back problems.

#### Pain at night

If hip pain makes it hard to fall asleep or you find yourself waking up because of the pain caused by your movements in the night - talk to someone about it. There are a number of hip or joint-related issues that could be affecting your sleep.

### 2. Stiffness

Difficulty putting your shoes or socks on is a common sign of stiffness in your hip, especially if one foot is more difficult than the other. You may also start to feel your hip joint clicking, popping or grinding in ways which impair your normal range of movement. If this is an ongoing problem, you should speak with a specialist.

### 3. The one leg test

If you can't stand on your problem leg for longer than a minute - even with the support of a door frame or table-top for balance, then you might have a problem with your hip.

There are some other exercises you can try at home to see if you could benefit from hip pain treatment. For instance:

- Lying on your back or sitting, can you bring your knee to your chest? Assist with your hands if you need to.
- Lying on your back, can you move your leg out to the side without moving your trunk?
- Sitting on a chair, can you place your ankle on the opposite knee and let the knee drop down as far as possible?

For each test, compare both sides of your body. You may find the test easier on one side than the other, and many people notice this.

### 4. No relief from other treatments

Most hip problems can be resolved without a full hip replacement. There is a range of treatments available, including physiotherapy and medication that may better address your symptoms.

If your hip pain is not severely limiting your daily life, or you have found ongoing relief from these less invasive treatments, then it indicates a hip replacement is likely not the right option for you yet.

At Nuffield Health Brentwood Hospital our experienced team of orthopaedic surgeons are experts in lower limb procedures and provide quick access to hip replacement surgery.

## How to book a consultation at Nuffield Health Brentwood Hospital

**If you are interested in hip replacement surgery or want expert advice from a professional, you will need to book a private consultation with one of our orthopaedic experts before proceeding with any treatment. To book a consultation, please contact our dedicated hospital enquiry team on:**

Telephone: **01277 695 631**

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Visit: Brentwood Hospital, Shenfield Road, Brentwood, CM15 8EH



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Do you need a PERSONAL TRAINER?

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

The motivation to succeed

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

You can learn about health and fitness

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

A personalised plan

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

Nutritional advice

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



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## HOW TO REMOVE

# Waterproof Mascara



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

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

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

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

### Step 2: SWIPE DOWNWARDS

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

### Step 3: USE A COTTON BUD

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

### Step 4: DO NOT RUB

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

### Step 5: TREAT YOUR EYELASHES

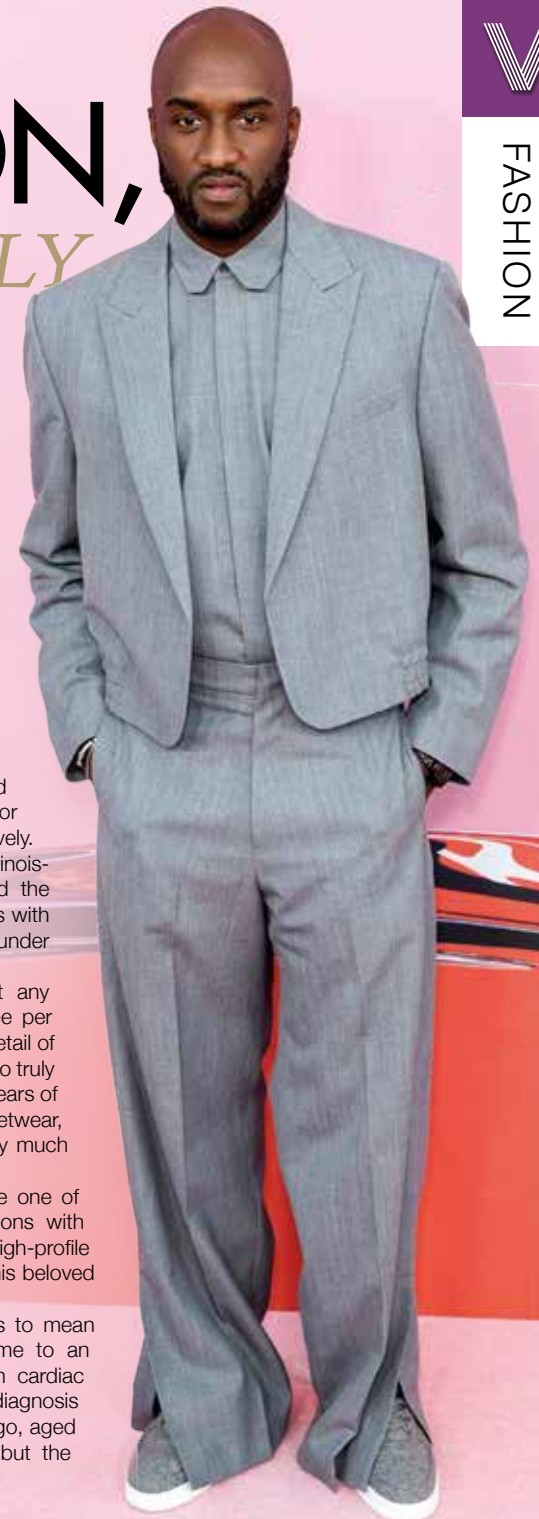
It is important that you care for your eyelashes if you want them to remain strong and healthy. Treat dry and brittle lashes to some TLC with a lash serum or mask that contains pro-keratin complex for optimum results.

### Best eye make-up removers:

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



# AN ICON, AB-SOLUTELY



## THE LIFE OF VIRGIL ABLOH AND THE LEGACY THAT LIVES ON IN HIS MEMORY

There are many musicians, artists, and even sportspeople who have had the benefit of a notable name carrying them forward at some point in their lives.

Virgil Abloh, the American fashion designer and entrepreneur, had, by his own admission, that very platform when he interned at Fendi back in 2009 and began producing t-shirts for Kanye West.

The rap star was bowled over by such an edgy, modern, confident person, whose range of talent and influence circumnavigated not just textiles and fashion, but also engineering and architecture, for which he earned a degree and a master's respectively.

While Kanye's ability to open doors sent the Illinois-born creative into fashion houses and propelled the popularity of his first company, Pyrex Vision, it was with the high-end streetwear brand, Off-White, that founder Abloh truly excelled.

Revealing his modus operandi – namely that any product need only represent a difference of three per cent from another – proved a nod to the devilish detail of fashion and the fact that, in many ways, there are no truly original designs anymore. To that end, in the final years of his life, he was one of the first to call an end to streetwear, insisting that vintage styles were the future in very much the same way as they were the past.

The success of Off-White led Abloh to become one of Louis Vuitton's artistic directors, and collaborations with others from Nike to the US Open to Ikea saw high-profile stars such as Serena Williams laud the talent of this beloved family man.

Sadly, Abloh was harbouring a secret that was to mean his all-too-brief flirtation with fashion would come to an end. In 2019, the designer was diagnosed with cardiac angiosarcoma, a type of cancer. He kept the diagnosis private and died on November 28, 2021, in Chicago, aged just 41. The showreel may be over for Abloh, but the catwalk music plays on.

Photo credit: Ovidiu Hrabaru/Shutterstock.com





# BRUCE KING

*on getting and staying motivated*



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

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

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

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

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

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

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

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

Yet when you define your why – what it will really

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

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

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

Ask yourself – why do I do what I do?

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

That's all the motivation you should ever need.

*More information:*

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



## HOW SCIENCE HAS PRODUCED A VACCINATION THAT REQUIRES NEITHER NEEDLES, INHALERS OR PILLS

In yet another example of modern science pushing the extremes of how we understand the human body, scientists at the University of Waterloo in Ontario have developed a tool that could eliminate the need for needles altogether.

It uses a high-pressure jet of serum that passes through an opening in the skin that is no wider than the width of a human hair.

Named Cobi and created by Cobionix, the robot first scans the entire human body to find an optimal site where the injection can be done.

While AI-based software remains in its infancy, the speed of the technology means rapid advancements are likely. What it means for the industry is an approach that, in years to come, can lean much less on the manual, fiddly and sometimes unsuccessful manner in which injections are carried out. That also means protecting healthcare workers, lowering the cost of injections, improving patient outcomes, and lessening wastage.

In addition, where the infrastructure of

something like a vaccine rollout means taking over great swathes of space in and around buildings, as we have seen across the UK where COVID-19 is concerned, a Cobi-driven operation would require a much smaller set-up. This could have profound life-saving implications for developing countries, though it's expected to be two years before Cobi is ready for commercial use.

This is not the first time an AI-led automated device has been talked about as a solution to the coronavirus outbreak. In Egypt, in a hospital just outside Cairo, a robot nurse called Cira-03, is busy conducting COVID-19 tests and passing on public information messages to patients.

Tim Lasswell, co-founder and CEO of Cobionix, said: "Cobi is a versatile robotics platform that can be rapidly deployed to complete tasks with 100 per cent autonomy."



Photo credit: [uwaterloo.ca/COBIONIX](http://uwaterloo.ca/COBIONIX)



# PUZZLES & TRIVIA



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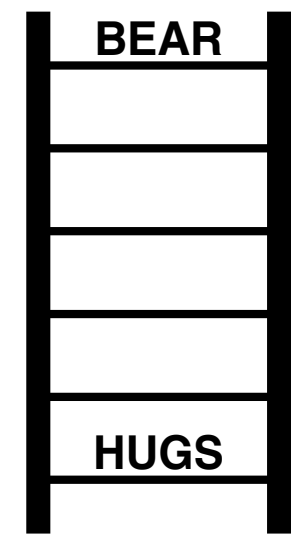
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### DID YOU KNOW?

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

### WORD LADDER



**BEAR**

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**HUGS**

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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MOTORING



# Electric avenue

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

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

ahead if you do have a long journey.

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

## Hybrid

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

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

## Electric

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

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



# THE RISE OF

# Myopia

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

### WHAT IS MYOPIA?

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

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

### WHAT CAUSES MYOPIA?

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

### DOES MY CHILD HAVE MYOPIA?

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

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

### HOW TO TREAT MYOPIA

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

There are several treatments for myopia, including:

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



# HOW TO PERFORM CPR ON PETS



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

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

### HOW TO CHECK IF YOUR PET NEEDS CPR

#### 1. Check their airway:

Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.

#### 2. Check their breathing

Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.

#### 3. Check their circulation

Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

### HOW TO PERFORM CPR ON YOUR PET

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

placed on their backs

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

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



# The NECESSARY NEEDLE

THE 100 YEAR ANNIVERSARY OF THE FIRST INSULIN INJECTION



LEONARD THOMPSON  
First patient to receive insulin in Toronto.



Photo credits: worldhistoryproject.org



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

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

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

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

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

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

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

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



THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



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

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

### SANTORINI, GREECE

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

### MALAYSIA

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

### PERU

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

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

### THE MALDIVES

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

### MOROCCO

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

### TOKYO, JAPAN

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



Photo credit: www.gardenersworld.com

# ECO-FRIENDLY POTS

Want to make your green fingers even greener? You could try making your own plant pots

Plant pots made from newspaper are an excellent way to recycle, and because they're biodegradable, you won't need to transfer your plants when they're ready to be planted outside.

Simple and quick, you can get the whole family involved in making DIY plant pots.

### What you need:

Newspaper | A mould | A seed tray | Compost | Seeds

### How to make:

**1. Find a suitable mould:** Find something that could work as a mould, like a tube or a tin. You may need a range of moulds if you're planting different types of seeds.

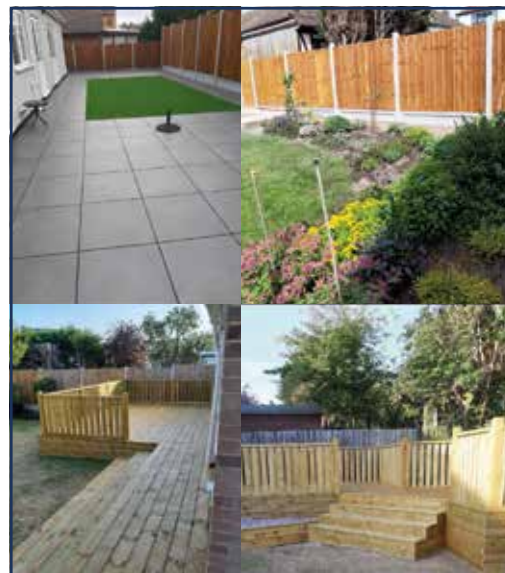
**2. Cut newspaper strips to size:** Cut strips of newspaper that are long enough to wrap around the mould multiple times. You could also fold newspaper into narrow strips to boost the layers. You're aiming for four to six layers of newspaper.



**3. Wrap your strips tightly around the mould:** Wrap the paper around tightly, securing the sides to keep the structure rigid. You'll need to fold the paper over the bottom of the mould so that you can keep everything securely in place. Folding the ends down tightly means you won't need any other materials to secure your pot.

**5. Plant your seeds:** Transfer your paper pot to a seed tray and plant your seeds. When they've outgrown the seed tray, you can transfer your paper pot to another pot and let the newspaper break down naturally.

Making your own paper plant pots helps you reuse materials and gives you a solid structure for planting seeds. Give it a try and do your bit to be greener.



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