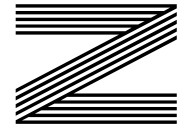
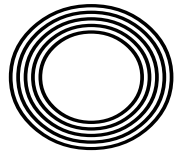




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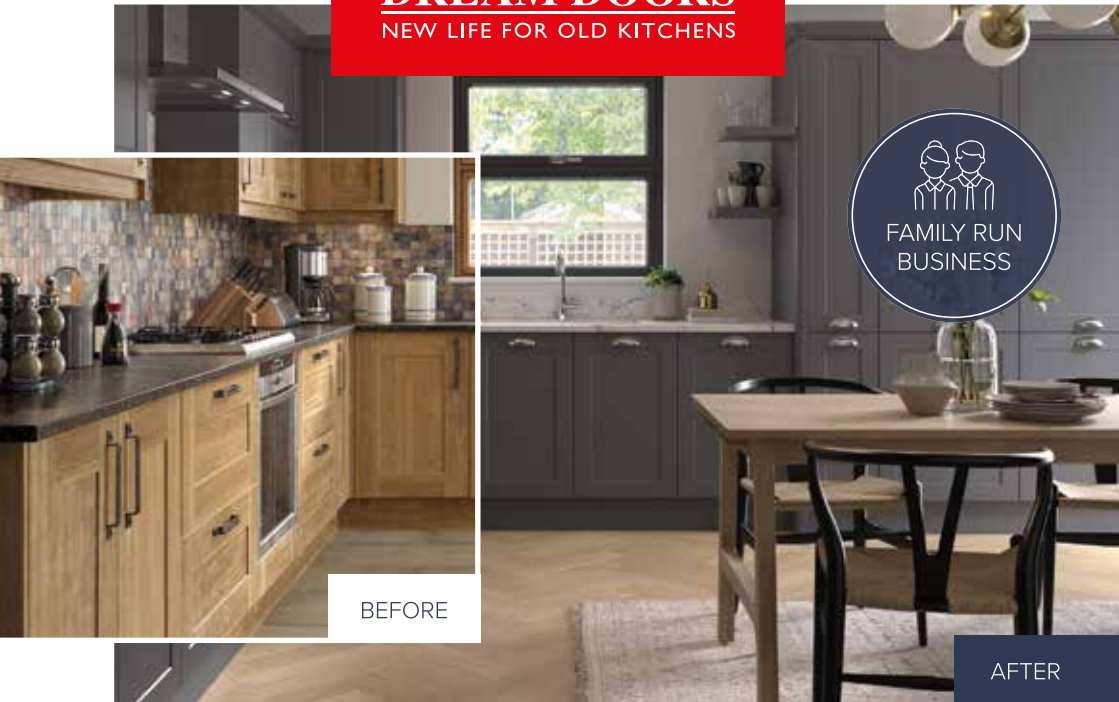
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The actress on pushing herself to global success

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# Editor's notes...

NOVEMBER 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay.

The text message, the DM, the 140-character tweet, the trend to abbreviate phrases into acronyms (LOL!), the 15-second TikTok videos, the Snapchat content that deletes itself after 24 hours.

Why are we in such a rush? Why is the obsession in this era for punchy, fast, to-the-point content, where it feels like every digital interaction must be conducted at triple speed?

We don't act like this in person - we don't greet people by shaking hands like a piston engine; we don't go to the pub only to neck a pint and leave;

we don't break speed limits just to get to the supermarket for the weekly shop.

My point is, are we losing the ability to give that most precious commodity, time, to the people and things we love? Are we being conditioned to reinvent everything at high speed?

This week, why not make an effort to give extra time to the people around you? Why not give yourself time too - just lay in bed pondering your thoughts, or go the long way home from work for a change?

Our lives don't have to be conducted as a blur. Let's slow down and savour the wonderful things we have.

*Nik Allen*

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

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CONTRIBUTORS | Tabatha Fabray, Lizzie Ellis, Maddie Balcombe, Jacob Collick

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

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# is the NARRATIVE

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

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

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

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

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

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

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

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

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

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

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



THE WONDERFUL WORLD OF

# Jellyfish

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

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

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

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

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

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

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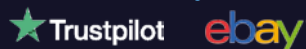
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BUSINESS & PROPERTY



Thinking about buying a property abroad but unsure of where to begin?

To invest in property overseas, you need to be clued up on how the buying process differs from the UK – from mortgages and estate agents to stamp duty and bank fees.

**How to find the perfect property abroad**

There are several places you can look when it comes to house-hunting abroad:

- Online property portals such as Rightmove and Zoopla
- Local estate agents in the region where you want to buy
- Exhibitions such as A Place in the Sun Live
- Developers

**How to get a mortgage for a property abroad**

It is very difficult to get a mortgage with a UK company, for a property overseas, so you will most likely have to approach an overseas lender. Ideally, you should use a specialist broker as they will be able to give you tailored information, including a list of estate agents and lawyers to use in your chosen country.

It is worth noting that foreign banks and brokers are not covered by the Financial Conduct Authority (FCA) or the Financial Ombudsman.

**Costs associated with buying abroad**

- Mortgage fees such as a mortgage broker fee, arrangement fee and administrative fees
- Chartered surveyor fees
- International bank transfer fees
- Furniture, shipping and insurance costs
- Legal fees to make a will, which may be obligatory in some countries
- Translation fees
- Connection fees for water, electricity, etc
- Stamp duty or annual property tax
- Income tax or income tax for non-residents

**Getting independent advice**

As mentioned above, buying an overseas property is not regulated by the FCA, so it is vital that you seek independent advice from a lawyer who is not connected to anyone else involved in the buying process such as the seller, estate agent or developer. Look for an English-speaking lawyer who is fluent in the local language.





# POPPIN' Paprika

2023'S HOTTEST COLOUR TREND FOR YOUR HOME

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

### WHAT IS PAPRIKA?

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

### THE ULTIMATE MOOD-BOOSTER

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

### USING PAPRIKA IN YOUR HOME

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

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

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



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LOCAL NEWS LEIGH-ON-SEA

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Photo credit: Blenheim Primary School

## School is granted permission to build facility

Southend-on-Sea City Council has given a Leigh-on-Sea school the go-ahead to build an Autism Resource Base (ARB).

Blenheim Primary and Nursery School is set to begin work on the new facility, which has been designed to support children with autism, within the next three years.

The council recently granted provisional permission after an application to erect an ARB was submitted on June 29.

Plans show the new single-storey detached building will include a foyer, a learning space, two separate breakout rooms, an office space and two toilets. Small changes will also be made to the pathway and gates.

According to the planning application, the new ARB will "meet the requirements of pupils with additional educational needs and support".

The planning officer's report concluded: "Having taken all material planning considerations into account, it is found that subject to compliance with the attached conditions, the proposed development would be acceptable and compliant with the objectives of the relevant development plan policies and guidance. The principle of the development is acceptable."

Blenheim Primary and Nursery School has been contacted for comment.

For more information on the plans, search reference 22/01337/FULM at [www.bit.ly/3DOVQ8b](http://www.bit.ly/3DOVQ8b)



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## Swimming club celebrates anniversary



A Leigh-on-Sea cold-water swimming group celebrated its second anniversary last month. The Bluetits of Leigh-on-Sea was formed in the winter of 2020 as a way to help members stay active and connect with the local community. It has since amassed 2,900 members.

The club is currently run by 'Chief Tits' Daniella Bee and Artemis Shamari.

Daniella has been a member of the club since the beginning, joining on a whim in October 2020. She said: "I'd always wanted to see if I could do it, more as a one-off thing. I saw the group had recently been set up, so I decided to join the other nutters and try cold-water swimming for myself. I loved it."

Although Daniella initially became a member to experience what she calls "the buzz of cold water", the Bluetits now has a deeper meaning for her. She explained: "I love the amazing friends I've made and the sense of community."

This community spirit was evident as the group celebrated its two-year anniversary on October 8. Daniella explained: "We got together for a swim, and had tea and cake afterwards. There may have been some salted caramel vodka provided too."

£4.99 a month, and following verification from parents or guardians, users can upload their pre-loved clothing to the website. They then receive a token allocation, which can be swapped for another item of clothing. The parents or guardians arrange delivery and collection.

Charlene said: "We love what we're doing because we're empowering a new generation to think and act responsibly without compromising their individuality."

To find out more about Swoperz and to sign up, please visit swoperz.com

## Tributes paid to late MP one year after murder

Leigh-on-Sea residents paid their respects to Sir David Amess last month, one year after his tragic murder.

Sir David, who was Conservative MP for Southend West, was fatally stabbed during a constituency surgery in the town on October 15, 2021.

Residents joined the Mayor of Southend councillor Kevin Robinson, councillors, MPs and faith leaders to pay tribute to the beloved political figure.

A tree was planted in Sir David's memory at Chalkwell Park on Saturday, October 15, using compost created from flowers that were left across the area in the days and weeks following his murder.

Councillor Tony Cox, Leader of the Conservative Group, said: "It is hard to believe that it has been one year since that truly terrible day. Sir David was a great man, a great MP, and respected by his residents. It is only right that his legacy will live on forever thanks to the bestowing of city status in his honour."

## Young people's clothing swap service launched

A pre-loved clothing marketplace co-founded by a Leigh-on-Sea resident has been launched with the aim of reducing fashion waste and empowering young people to build more sustainable habits.

Swoperz was founded by Vicky Fuller of Leigh-on-Sea and Charlene Hurlock of Rayleigh, and the pair recently held a launch event at Blakes Golf Club, Epping.

More than 70 people attended the launch and helped to raise £335 for Whizz-Kidz, a charity that seeks to empower young wheelchair users by providing them with the equipment they need.

Swoperz allows children and young people aged six to 16 to join an online clothes swap community. For





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# LOCAL NEWS

*from your neighbourhood*



LOCAL NEWS THORPE BAY



Photo credit: Havens Hospices, Garry Lowen/Twitter



## Book published in memory of beloved resident

A Thorpe Bay man who was a much-loved member of the community is being remembered through a new book, published to raise money for the charity that supported him.

Garry Lowen, 63 (pictured right), sadly passed away in April 2022 at Fair Havens Hospice a year after being diagnosed with motor neurone disease.

During his life, Garry was granted the Freedom of the Borough in January 2022 and was hailed a "stalwart of Southend". He was also a member of Thorpe Bay Rotary Club for more than 20 years, as well as chairman of the Southend Carnival Association and a member of many mayoral charity committees.

Garry had often talked about writing a book, and after his diagnosis he worked with his cousin Sarah Atkins (pictured second from left) to make it a reality.

Garry told his stories and Sarah would ask questions and write.

The book, titled *And Then... Telling the Story of the Life in my Years*, features contributions from family, friends, colleagues, former mayors and the Archbishop of York Stephen Cottrell.

Sarah, who was born in Leigh-on-Sea, said: "Garry was a facilitator rather than the big name at the front of everything, so he also wanted to write his story for his children and grandchildren to see what he had done.

"Garry was a very special man and we hope that lots of people will enjoy reading his story and be inspired by his commitment to his community. We hope that we can raise some money for the hospice in his memory."

To purchase the book, please email [pennyjlowen@gmail.com](mailto:pennyjlowen@gmail.com). All profits go to Fair Havens Hospice.



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# JAMES DUDDRIDGE MP



Member of Parliament for Rochford and Southend East

Last month, I completed my fourth London Marathon, in five hours and 50 minutes, raising more than £1,600 for Diabetes UK.

I want to thank all those who supported my fundraising efforts. As a result, I have now raised £9,329 for good causes.

In previous years, I have run the London Marathon for local charities. However, this year I decided to support and raise awareness of the fantastic work that Diabetes UK does.

While I did not manage to get a personal best at this year's marathon, it was good to be cheered on by Flyers Southend as they manned mile 22. I had the chance to meet other runners supporting Diabetes UK and share a well-deserved finish-line beer.

Independent of my marathon fundraising efforts, it was announced that I would be honoured as a Knight Commander of the Order of St Michael and St George. To be made a knight of the realm at the relatively young age of 51 for my service as the MP for Rochford and Southend East and as a minister is a great honour. I am immensely proud to be recognised for my seven years of service.

I know that Sir David Amess' shining example will be hard to follow, so I can assure you, unless you insist, I will not be riding through the streets of Southend on horseback in armour.



## Charity donates mobile phone

A local club's generous donation to a sight loss charity has helped a local worker who is visually impaired.

Southend Lions Club donated £500 to Southend in Sight, which the charity used to purchase an iPhone for membership assistant Anne Morris (pictured

below, second from left).

Anne, who is visually impaired herself, is a valuable member of the team and runs the charity's bowling group. She was delighted to receive the new phone.

She said: "I can now send texts to update everyone and am feeling much more confident about using a smartphone."

The £500 was raised through the Spectacle Recycling Project and awarded to Southend Lions via the Sight Fund run by the Chichester Lions, which sees funds given to charities that work with blind and sight-impaired people.

Steve Williamson, president of the Southend Lions (pictured left), said: "We are delighted to be supporting Southend in Sight once again. It is great to be able to give something back to a local charity that works with people living with sight loss."

Lucy Martin, CEO of Southend in Sight, said: "We are so grateful to the Southend Lions for their continued support of our charity. The £500 grant has made the world of difference to Anne."



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# Pugh

## AGAINST THE MACHINE

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

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

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

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

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

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

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

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

---

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

---

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

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

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

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

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





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# Sculpt YOUR CORE

## WITH STANDING AB EXERCISES

Are you sick to death of doing sit-ups and abdominal crunches, but dream of having a perfectly toned tummy? If yes, then you need to try these four killer core exercises that you can do standing up.

### STANDING MARCH TWIST

- > Stand with your feet hip-width apart, your arms above your head and your abs engaged.
- > Bring your right elbow to your left knee and twist through your waist as you do this.
- > Return to the starting position and repeat on the other side.
- > Make sure to focus on using your core, not your quads, when you lift your knee.
- > Continue to alternate each side for two minutes.

### WIDE SECOND SIDE CRUNCH

- > Stand with your feet apart (wider than hip-width), holding a dumbbell in each hand.
- > Turn your toes outward and lower yourself into a wide squat.
- > Raise your arms so that your elbows are bent to 90 degrees, engage your core and bend to the right so that your elbow taps your thigh.
- > Do 10 reps on each side and then repeat.

### STANDING CROSSOVER TOE TOUCH

- > Stand with your feet apart (wider than hip-width) and extend your arms into a T shape.
- > Engage your core and then rotate your torso to your left.
- > Tap your right hand to the outside of your left foot.
- > Do this on your left side for one minute and then repeat on your right side.

### STANDING STABILISATION

- > Stand with your feet hip-width apart, holding a medicine ball or dumbbells in both hands.
- > Extend your arms in front of your chest.
- > Keeping your arms straight and your shoulders pressed down, slowly rotate your upper body to the right.
- > Return to the centre.
- > Try not to let your shoulders climb up to your ears as this means your upper body is starting to take over.
- > Do 10 reps on each side and then repeat.



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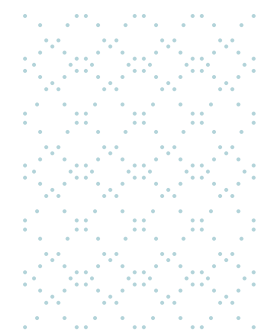
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TRAVEL

# BRING ME Sunshine

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

location for anyone keen on wine and ancient history.

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

**CANARY ISLANDS:** Flight time: 4½ hours from London. Average daily maximum temperature (Nov-Jan): 22°C. As well as the well-known spots like Gran Canaria, Tenerife, Fuerteventura and Lanzarote, check out the less-visited smaller islands – La Palma, El Hierro, and La Gomera, which are great if you love hiking and walking.

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

**CYPRUS:** Flight time: 5 hours from London. Average daily maximum temperature (Nov-Jan): 20°C. It might be too chilly to swim in the Med – but there should still be plenty of sunshine. And it's an excellent

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

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

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

*Bon voyage!*







# Feeling peckish?



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

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

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

**INGREDIENTS:**

- > 200g lard or suet
  - > 400g dry ingredients – choose from unsalted peanuts, porridge oats, breadcrumbs, cake crumbs (not biscuits as they're too salty or anything with chocolate, which is toxic), grated cheese, tiny chunks of apple, sunflower seeds and birdseed mix
- You don't need all of the above – just a selection. You can also add raisins and sultanas, but don't do this if you have a dog because they're highly toxic.

**YOU'LL ALSO NEED:**

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

**GET STARTED:**

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




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# GUIDE to GAME

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

## WHAT ARE THE DIFFERENT TYPES OF GAME MEATS?

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

## WHY EAT GAME MEATS?

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

## WHERE TO BUY GAME MEATS

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

## GAME MEATS TO TRY THIS CHRISTMAS

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

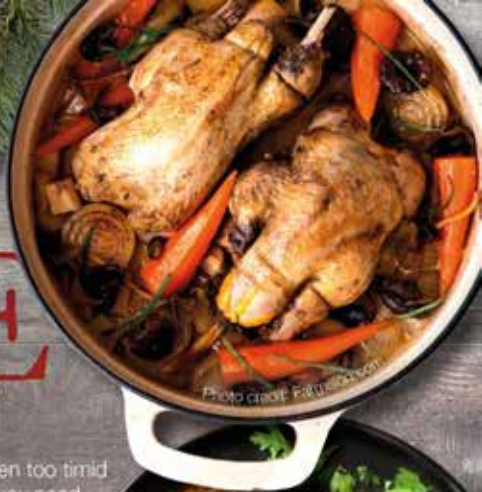
**FLAVOUR PAIRINGS:** Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

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

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

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

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



# LOAFING AROUND

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

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

## FLUFFY NAAN BREAD

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

### HOW TO MAKE:

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

## FRUITY SODA BREAD

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

### HOW TO MAKE:

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





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# Deliciously Ginger



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

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

**HOW TO MAKE:**

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

**INGREDIENTS:**

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



**Did you know?**

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





# Electric EXCESS

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

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

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

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

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

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

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

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

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



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**PUZZLES & TRIVIA**



PUZZLES

Answers: see end of The VISION Listings

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

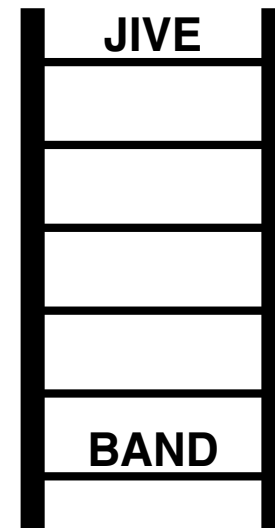
R	G	R	E	A	T	S	A	N	D	Y	B	K	E	H
G	F	D	T	A	K	L	A	M	A	K	A	N	S	O
R	O	R	A	M	A	C	A	T	A	S	I	A	K	M
I	I	B	E	O	N	P	X	T	O	I	R	M	F	S
R	S	V	I	V	A	E	T	N	T	A	O	O	R	P
A	P	T	A	S	U	O	O	B	J	T	D	N	N	
H	P	R	U	K	H	R	G	I	A	Y	C	A	A	I
A	X	S	U	M	A	O	A	V	T	S	I	G	Q	S
L	G	E	Y	N	U	N	E	A	Z	N	V	I	E	A
A	T	S	R	R	H	K	R	Q	O	A	T	B	A	B
K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

**DID YOU KNOW?**

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

Facts courtesy of Royal Collection Trust

**WORD LADDER**



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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