

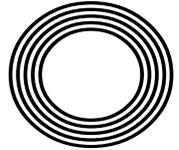


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# Editor's notes...

JANUARY 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay. If December wasn't busy enough, we had a tremendous World Cup to distract us from the usual Christmas build-up. The lead-up to the event was of course filled with controversy surrounding the hosts, but away from that, they sure did put on a great show for us all back at home. I'm glad we were able to focus on the impressive athletics on display.

I thought England gave a great account for themselves in the tournament, including Gareth Southgate, whom I'm pleased has decided to carry on until after Euro 2024. You can feel this team improving on past

failures and being stronger together, which certainly bodes well for the future. It does feel like real success is closer with Gareth than under previous managers.

The final was one of the greatest we've seen in recent years, with Lionel Messi and Kylian Mbappé showing why they are both considered to be amongst the world's elite. Congratulations to Argentina on a hard-fought and well-earned third World Cup.

I hope you had a wonderful Christmas and spent some quality time with Friends and Family. Finally, I wish you every success for this new year.

*Nik Allen*

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# SPARE?

AMID THE RELEASE OF HARRY AND MEGHAN'S TRIO OF PROJECTS, WE LOOK AT HOW THE 'SPARE' AND HIS WIFE HAVE BEGUN TO TELL THEIR TRUTH

Since their unexpected flight from both British shores and the working Royal Family in January 2020, Prince Harry and his wife Meghan have caused quite the stir, constructing a new narrative that neither they nor the Royal Family can be certain of recovering from.

First came a biography of the pair, *Finding Freedom*, written by close confidante Omid Scobie, which hinted at unease within the royal ranks. Then, in March 2021, their shock interview with TV talk show maven Oprah Winfrey aired to global comment on both sides of the Atlantic.

Since then, things have been reasonably quiet and calm as the Sussexes have settled into their Los Angeles lifestyle and adjusted to family life with their two children, Archie, aged three, and 18-month-old Lilibet. However, as several multimillion-dollar deals reach their point of fruition, our red-headed prince and his raven-maned wife are once again back in the spotlight.

Last month, their six-part Netflix documentary *Harry & Meghan* was released, which saw the Duke and Duchess of Sussex attempt to tell their side of the story. Capturing the couple from their earliest days together right up to the period after Prince Philip's death, the series has certainly split opinion. While some find it to be insightful and informative, others believe it to be shocking and villainous. Or in some cases, opinions have flipped completely, and those who might not have supported them before have now gone to the other side and have begun to empathise with the pair.

---

'I'VE HAD TO MAKE PEACE WITH THE FACT THAT WE'RE PROBABLY NEVER GOING TO GET GENUINE ACCOUNTABILITY OR A GENUINE APOLOGY'

---

To add to any nerves the Royal Family may have already been experiencing, Harry's book, *Spare*, was released this month. The title alone conveys the Duke's deep disconnection from his own family, one that doesn't appear as if it will be healed anytime soon.

All things come in threes, and Netflix has announced it is also behind the couple's other new project, entitled *Live to Lead*. It showcases inspirational figures – from climate change activist Greta Thunberg to New Zealand Prime Minister Jacinda Ardern, to South Africa rugby star Siya Kolisi, the first-ever black captain of the side. Harry was inspired by the efforts of Nelson Mandela, and true to the former president's lifelong aspirations, the series of interviews is positioned to offer hope, vision, perspective and understanding... arguably at a time when the world needs it most.

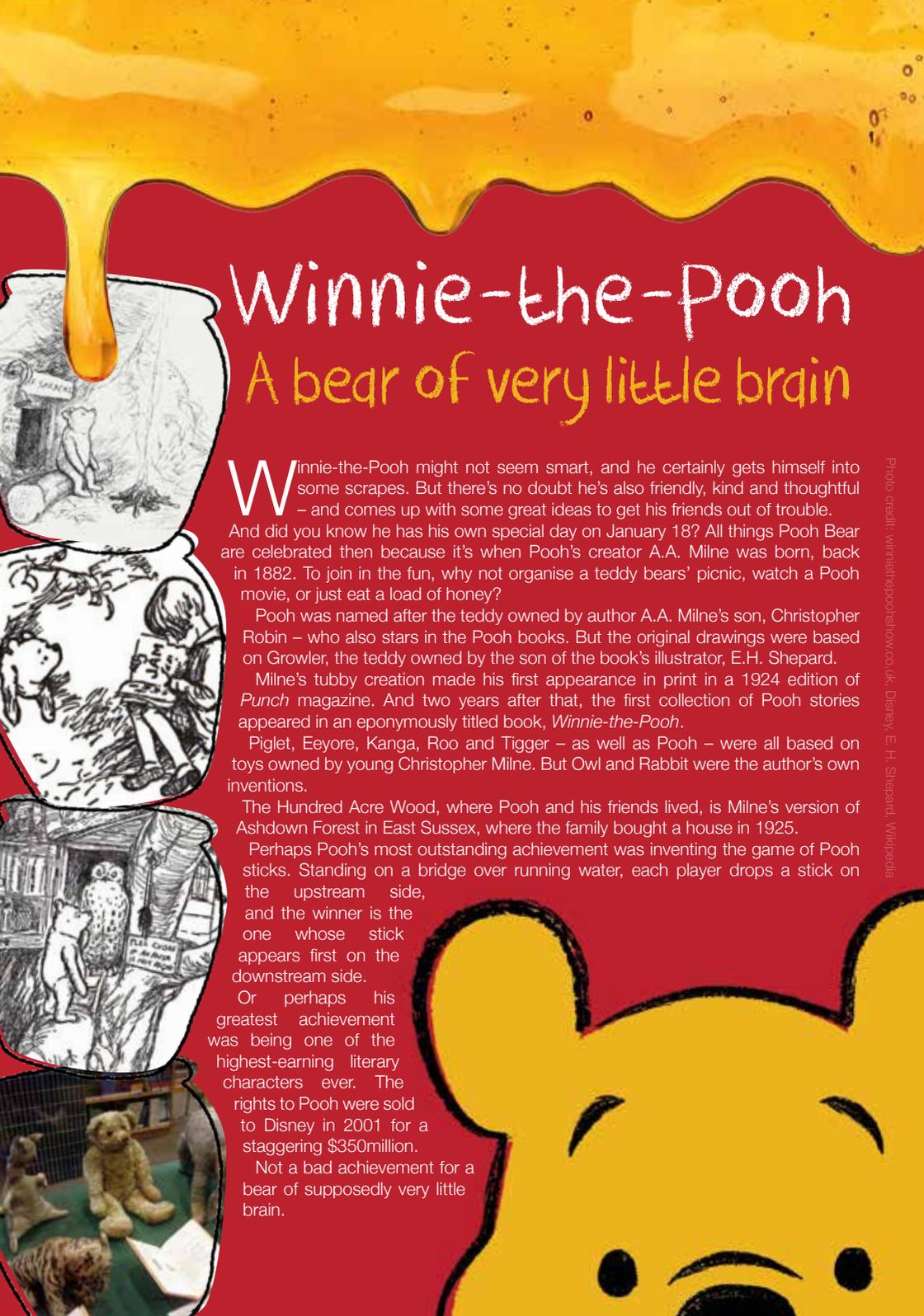
Hopefully Harry himself will find in 2023 ways to reconcile what has been a turbulent and heart-wrenching year for the royals. He and Meghan's latest moves won't have done much to repair relations, but his transparency and clarity over how he feels hard done by may indeed act as a line in the sand, from where a new vista may emerge for the outliers, even if he questions the possibility of that.

"I've had to make peace with the fact that we're probably never going to get genuine accountability or a genuine apology [from my family]," says Harry in the documentary. "My wife and I, we're moving on. We're focused on what's coming next."

Such sentiments have been uttered by many of us regarding our own families, and unequivocally this shows us that when it comes to matters of the heart, the Windsor family, for all their wealth, prestige and glory, really are just like the rest of us. But is this family's broken relationship past the point of repair?

Photo credit: Tim Rooker/ Shutterstock





# Winnie-the-Pooh

## A bear of very little brain

**W**innie-the-Pooh might not seem smart, and he certainly gets himself into some scrapes. But there's no doubt he's also friendly, kind and thoughtful – and comes up with some great ideas to get his friends out of trouble. And did you know he has his own special day on January 18? All things Pooh Bear are celebrated then because it's when Pooh's creator A.A. Milne was born, back in 1882. To join in the fun, why not organise a teddy bears' picnic, watch a Pooh movie, or just eat a load of honey?

Pooh was named after the teddy owned by author A.A. Milne's son, Christopher Robin – who also stars in the Pooh books. But the original drawings were based on Growler, the teddy owned by the son of the book's illustrator, E.H. Shepard.

Milne's tubby creation made his first appearance in print in a 1924 edition of *Punch* magazine. And two years after that, the first collection of Pooh stories appeared in an eponymously titled book, *Winnie-the-Pooh*.

Piglet, Eeyore, Kanga, Roo and Tigger – as well as Pooh – were all based on toys owned by young Christopher Milne. But Owl and Rabbit were the author's own inventions.

The Hundred Acre Wood, where Pooh and his friends lived, is Milne's version of Ashdown Forest in East Sussex, where the family bought a house in 1925.

Perhaps Pooh's most outstanding achievement was inventing the game of Pooh sticks. Standing on a bridge over running water, each player drops a stick on the upstream side, and the winner is the one whose stick appears first on the downstream side.

Or perhaps his greatest achievement was being one of the highest-earning literary characters ever. The rights to Pooh were sold to Disney in 2001 for a staggering \$350million.

Not a bad achievement for a bear of supposedly very little brain.

Photo credit: winniepoohshow.co.uk; Disney; E. H. Shepard; Wikipedia

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# 5 ENERGY SAVING

## Top Tips!



**S**ure, you can save energy by investing in a new boiler, solar panels or roof insulation. If you've got the funds, they'll make a real difference. But these days, most of us don't have the money upfront. And what if you rent your home? Here's our round-up of the best ways to reduce your energy bills – without shivering like crazy or going broke.

### CHECK YOUR HEATING

Turn your thermostat down a degree or two and see if the temperature's still okay. Turn down radiators in any room you don't use much. And don't have the heating on when you're out.

If it's not too chilly, put on some warm slippers and a jumper before reaching for the heating switch. If you're reading or watching TV, curl up under a cosy throw.



### DON'T LEAVE APPLIANCES ON STANDBY

Don't keep your electrical appliances on standby mode. This goes for TVs, game consoles, laptops, printers, microwaves, electric cookers and phone chargers. And remember, devices with an LED panel, clock or light still use electricity even when they're switched off.



### IN THE KITCHEN

Wait till you've got a full load to use your washing machine and run your programme at 30°C. Avoid using your tumble dryer whenever possible – it'll use a lot of electricity even in eco mode.

Only put on your dishwasher when it's full. And don't overfill the kettle – just boil the amount you need for your tea, coffee or cooking.



### IN THE BATHROOM

If you can, take showers rather than baths and limit them to four minutes. You'd be surprised how much less water you'll use. And don't leave taps running – that goes for the kitchen, too.



### CHECK THE LIGHTS

Choose energy-efficient LED lightbulbs. They cost a bit more, but they save energy and money in the long run because they use 90 per cent less energy than conventional halogen bulbs. Oh... and don't leave lights switched on when you don't need them.

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# Designer HOME TRENDS

## THE SMALL DÉCOR CHANGES YOU CAN MAKE TO YOUR HOME FOR 2023

**Outdoor indoor:** With all the stresses of modern life, the natural hues of the great outdoors are a perfect way to de-stress. So bring the outside in with wood, lush plant life and a colour scheme rooted in nature.

**Aqua calm:** Similarly, anything reminiscent of the sea works to ground those of us who are in thrall to modern life. Turquoise, tranquil blue and anything suggestive of the azure depths will soothe and calm the busy mind.

**Homely habitat:** Another trend expected to be prevalent in 2023 is being sympathetic to your local community. So rugs shorn from local sheep, furniture crafted from upcycled wood and art, and sculptures from resident artists.

**Gorgeous gold:** Neither garish nor flashy, this trend is warm, earthy and classy. Think gilded mirrors, glowing lanterns and burnished

candlestick holders. Anything that exudes warmth will work.

**Largesse lampshades:** Does anything tie a room together quite like a lampshade? Looming over us in all their glory, larger lampshades are having a moment. Beautiful brass or the purest paper, some are even crafted from nothing but feathers, and yet the impression they leave endures.

**Craving curves:** Sensuous, soft and languid, straight lines are eschewed in 2023 and replaced by curves. Sofas, tables, chairs and mirrors – everything needs to have that gentle touch and slightly out-of-focus edge.

**Lavender love:** According to predictions, the Colour of the Year in 2023 is going to be Digital Lavender. This is a light shade of violet which expresses two sets of emotions: cheerfulness and calmness. By applying this colour to the home, you can create a relaxing yet mood-lifting ambience.



# THREE DIFFERENT WAYS TO USE anti-freeze

Most car owners have a can or two of anti-freeze in their boot, especially during the winter months, but did you know that there is more than one use for this must-have motoring product?

## WHAT IS ANTI-FREEZE?

Anti-freeze is an additive that is used to decrease the freezing point and increase the boiling point of any water-based liquid. It is made by combining any of the following with water: methanol, glycerol, ethylene glycol or propylene glycol.

## WHAT ARE THE MAIN USES FOR ANTI-FREEZE? AS A CAR ENGINE COOLANT

The most common use for anti-freeze is to prevent an engine's cooling system from freezing or overheating. It stops the water in your car's engine from freezing during cold weather conditions and from becoming overheated when temperatures are high.

## TO PROTECT HVAC SYSTEMS

Heating, ventilation and air-conditioning (HVAC) systems are an integral part of most residential homes and commercial properties. Anti-freeze can be used to help prevent the pipes within these systems from freezing, bursting and causing damage. It can also help to reduce the risk of scale build-up and corrosion.

## TO MAINTAIN SOLAR ENERGY SYSTEMS

As more and more UK households embrace solar energy, it is important that you know how to properly take care of these types of energy systems. Anti-freeze can be used as a heat transfer fluid to provide protection from freezing in colder weather. Always hire a professional to do this for you as solar energy systems are pressurised.

## HOW TO DISPOSE OF ANTI-FREEZE

Due to its toxic nature, you must make sure you dispose of anti-freeze in the right way. Never pour it down the drain as it can damage the environment and kill animals. Instead, contact your local recycling centre as they should be able to properly dispose of it for you.



# Home Storage Trends for 2023

The New Year is synonymous with fresh starts and, of course, the big January house declutter which gets us all thinking about how we can make changes to the way we organise our homes. If 2023 is the year you plan to give your home a stylish lift, here are some top home storage trends from Sliderobes, that are set to dominate the world of interiors in the months ahead.

## Home office order

With the shift to home working, people have been looking at ways to create an organised home office that's free from distraction. The new trend for home offices is storage solutions that are built in and bespoke, when it comes to their shelving, drawers and desks. Not only does this give it a personal touch but also makes the area feel like a functional workspace, to promote productivity.

## Sustainable storage

2023 will be the year for sustainable storage. Eco-friendly options aren't anything new but this trend is gaining momentum and it's likely that more people will be opting for natural materials and aesthetics such as rattan and bamboo, glass and wood for their storage, whether it's baskets, boxes, shelves or wardrobes.

## Crittall doors

In terms of styles, Sliderobes have seen a huge increase in crittall style doors for their customers' wardrobes and this trend is here to stay. It's easy to see why, as it's chic and minimal but has a bit of a modern edge. It's also versatile enough to suit any room style; from mid century to Scandi.

## Blue is back

Grey has long been the interiors shade of choice but colour is making a comeback. Last year saw the resurgence of green but this year blue will be the perfect pick. Depending on the shade, blue can suit any room and style.

Rich deep blues will look luxurious, whilst grey toned denim blues can create a sense of peace and calm.



## Bespoke for you

The ultimate trend for storage in 2023 will be personalised design. Everyone wants their home to feel unique and reflect their character and this will be integrated into storage solutions too. After all, everyone has individual storage needs. Whether it's a bookworm who wants a library of shelving or a shoe lover who needs a built-in shoe-rack in their wardrobe to protect, show-off and store their collection, storage that's fit for your lifestyle and your belongings, makes it much easier to keep a space calm and organised, as everything will have its own place.

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# LOCAL NEWS

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## Council shortlisted for the Love Parks Award

Leigh-on-Sea residents' hard work has paid off as Southend-on-Sea City Council has been shortlisted for the Love Parks Award in Keep Britain Tidy's Network Awards 2023.

The award recognises the work undertaken by the council and volunteers during Keep Britain Tidy's Love Parks Week last summer, including events at Leigh Cliffs, Belton Hills Nature Reserve, Leigh Library Gardens and Two Tree Island Nature Reserve.

Councillor Carole Mulrone, cabinet member for environment, culture and tourism, said: "Our parks and open spaces are tremendously important to residents and visitors, and I am delighted that their

quality is being recognised.

"Our parks department has worked hard to maintain and uplift our parks and deserves credit for its brilliant work, as well as the various groups who volunteer within these great spaces. To be nominated for the Love Parks Award 2023 is a great accolade.

"Out of roughly 100 entries that Keep Britain Tidy receives, just three local authorities are shortlisted in each category, so the competition is tough and highlights the excellent work we do to keep our parks and open spaces clean, inviting and accessible for all."

The winners will be announced at Keep Britain Tidy's Network Awards in Liverpool on February 9.



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# Club celebrates 90th anniversary



Photo credit: Google Maps

Leigh-on-Sea's Estuary Club, located on Canvey Road, recently celebrated its 90th anniversary with a four-course meal.

The special meal took place on December 11, with the committee members toasting to another successful 90 years ahead.

The club was founded by Mr George Holmes and six other advisors back in 1932 on a not-for-profit basis. Not long afterwards, it began the annual Christmas raffle and long-running children's parties, which have become a popular fixture in the local community calendar.

Since then, the club has had an interesting history, from being commandeered for use by air raid wardens during the Second World War, to more recently having to deal with periods of closure owing to the COVID-19 pandemic.

Nowadays, the club has an incredible membership of around 200 men and women, who often gather together with their families to enjoy the building's snooker room and bar and take part in regular social events such as quiz nights and Sunday lunches.

The club's function room is also used by several other groups in the Leigh community, including the local branch of WeightWatchers, a yoga club, Leigh Lions, the Home Sweet Home over-60s friendship group, the Hoy at Anchor Folk Music Club, and the International German Club.

For more information about the Leigh-on-Sea Estuary Club, visit its website at [estuaryclub.co.uk](http://estuaryclub.co.uk)

# Police recover car that was stolen three months ago

Police recovered a vehicle last month which had been stolen during a burglary in Leigh-on-Sea in October.

Officers patrolling in Pitsea attempted to stop a Renault Traffic van in the early hours of December 8.

After it failed to stop, the officers were granted permission to follow the vehicle, until it eventually

stopped in Rochford. As stated on Essex Police Southend District's Facebook page by Adam Pipe, of the Operational Policing Command, a number of different tactics were employed during the pursuit, with police acting "decisively, with skill, precision and professionalism" to stop the vehicle.

A man and woman were arrested, taken into custody and questioned. The arrests related to suspicion of multiple offences, including failing to stop, dangerous driving and theft of a vehicle. The man was also arrested on suspicion of possession of class A drugs.

The vehicle has been linked back to a burglary that occurred in Leigh-on-Sea in October, and the owners have been contacted by police.

A post on the Essex Police Southend District Facebook page states: "Thankfully, no injuries were sustained in the incident and the vehicle was brought to a safe stop and two people arrested."

# Community gardening group holds final event

Friends of Love Leigh Cliffs are continuing to hope that someone will offer to take over the group.

After announcing that they are going to wind up the group, as reported in **VISION** Leigh Thorpe Bay December 2022, the Friends have now carried out their final official working week.

One member said: "It's our last week gardening before Friends of Love Leigh Cliffs finish, but we are hoping someone might want to take over the group. It would be such a shame if after two years of hard work clearing overgrown beds that they revert back."

Founder Carolyn Sherwin previously said: "Five of us are the original crew. We have recently been joined by three lovely volunteers who join us when they can and their commitment to the task has been outstanding."

"We feel we have made a considerable difference to the gardens, which is much appreciated by the community. Unfortunately, with none of us getting any younger or fitter, we feel it is now time to hand the group on to someone else to take forward."

To get in touch with the group, search 'Friends of Love Leigh Cliffs' on Facebook.



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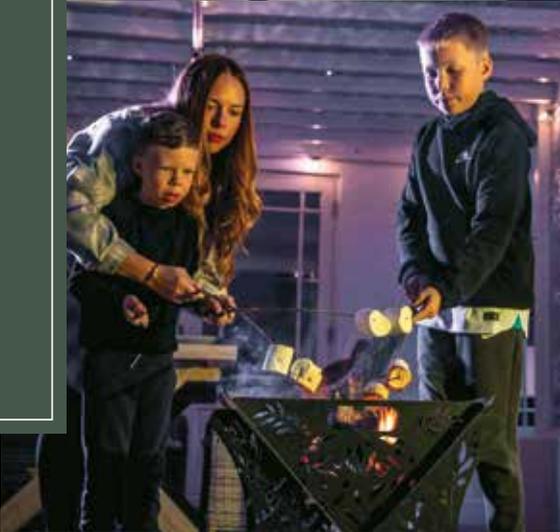
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# LOCAL NEWS

*from your neighbourhood*

LOCAL NEWS THORPE BAY

Photo credit: Bellway Homes & Stolton Studios



## Residents speak against soil movement plans

Residents have spoken out against plans to transport thousands of tonnes of earth and soil through Thorpe Bay and Shoeburyness during the construction of a 214-home development.

Developer Bellway Homes was advised that the site off Barge Pier Road would need to be raised to afford the necessary protection against flooding.

While the original planning application contained information regarding the transportation of soil, residents feel this was not made clear.

A representative of Shoeburyness Residents Association said: "There are cross-party disputes

as to why Southend-on-Sea City Council approved an application to transport many thousand tons of soil through Southend using lorries five days a week over the next two and a half years. We are concerned about how this will affect our roads."

A spokesperson for Bellway Homes said: "Bellway is working closely with the local planning authority to find a resolution to its plans and move forward to be able to deliver a sustainable and beneficial development of new homes for residents in Shoebury."

Southend-on-Sea City Council has been contacted for comment.

## Plans for 20mph speed limit set to be scrapped

Thorpe Bay residents are celebrating as controversial plans to introduce a 20mph speed limit across much of the area look set to be scrapped.

A consultation regarding a £400,000 traffic-calming scheme offered residents two options, both of which introduced a 20mph limit and only differed with regard to the extent of traffic-calming measures.

A report to Southend-on-Sea City Council's Scrutiny Committee advised that neither option A nor option B

be taken forward.

The report cited the consultation which showed 71 per cent of respondents felt speed was not an issue, and 90 per cent didn't feel air quality was an issue.

Councillor Daniel Nelson, vice-chair of the Policy and Resources Scrutiny Committee, said: "This is fantastic news for the residents of Thorpe Bay who I have worked with to stop these proposals. Well done to all involved, democracy at its finest."



# SIR JAMES DUDDRIDGE MP



Member of Parliament for Rochford and Southend East



Photo credit: James Duddridge, Adventure Island

First, I would like to start January 2023's column by wishing all **VISION**LeighThorpeBay readers a happy New Year, and I hope you all had a very merry Christmas.

In the run-up to the festive season, my colleague Anna Firth MP (pictured right) and I had the pleasure of opening The City Wheel, the newest attraction at Adventure Island. It was great to see so many residents queuing up to be the first to ride on the attraction, which was designed to commemorate Southend achieving city status. I urge everyone to take a trip to experience the beautiful views you can see from the top.

Last month additionally marked the tenth anniversary of Small Business Saturday. This annual

event provides an opportunity across the country to promote our community's fantastic small and independent businesses.

While Small Business Saturday takes place at the start of December, we should all look to support our small businesses all year round. We have excellent small traders on The Broadway, all of which rely on us. Shopping locally helps them to grow, boosts our local economy and supports local employment.

As ever, I am here to assist any resident or business who may need my help, so please do not hesitate to contact me at james@jamesduddridge.com

Once again, I would like to wish you and your family a happy and healthy New Year.

## Site launched to offer support

A microsite has been published to help Thorpe Bay residents manage the cost-of-living crisis.

Southend-on-Sea City Council has worked with the One Southend website to provide residents with a new online space that can offer help with dealing with rising costs. The support includes videos, articles and links to further local and national schemes.

The interactive maps also display locations where you can find food, clothing, toiletries and health items, and spaces where you can visit to keep warm.

The council has also produced a booklet with the same information as the online webpage, which will be distributed to the city's most vulnerable residents.

Councillor Ian Gilbert, cabinet member for economic recovery, regeneration and housing, said: "I hope that people will utilise the resources available and share the word of this new webpage on One Southend to help as many neighbours as possible."

To view the site, visit [onesouthend.com/cost-of-living](https://onesouthend.com/cost-of-living)



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# DYER STRAITS

## DANNY DYER'S EXIT FROM *EASTENDERS* MARKS ALMOST A DECADE OF THRILLING DRAMA IN THE SQUARE

That Danny Dyer evolved so admirably from regal cockney to Queen Vic landlord Mick Carter is one of the more celebrated evolutions of British celebrity culture.

The East London-born West Ham United superfan has waved goodbye after almost a decade on Albert Square – a solid commitment to E20 and the drinks industry that has seen the once-derided actor and presenter rise to the cream of the soap opera fraternity.

Dyer emerged as a spiky, punchy, salt-of-the-Earth type who passed up an interest in usual working-class opportunities to embark on acting classes. Bullied at school for his passion for drama, Dyer soon had the last laugh, appearing in *Prime Suspect 3* at the age of 16.

Terrestrial gigs in *Cadfael*, *A Touch of Frost*, *Loved Up*, *Highlander*, *Soldier Soldier* and *Skins* followed, before his big film break came in *Human Traffic*, an iconic coming-of-age clubbing movie that also saw the emergence of John Simm.

Soon after, he was asked to front Bravo documentary series *The Real Football Factories* (a real-life take on *The Football Factory* movie he had previously starred in), which proved to be a big hit in an era where terrace casuals were still prevalent in the Premier League and beyond (as the subsequent *The Real Football Factories International* proved).

This was followed by *Danny Dyer's Deadliest Men*, in which he interviewed Britain's most notorious gangsters.

He turned down the chance to join the cast in *Walford* in 2009, citing fears of being too exposed in the public eye, but having experimented with a number of low-budget film projects, was lured to *EastEnders* in 2013 as Queen Vic landlord Mick Carter.

Enjoying a bevy of controversial storylines, he has clinched three awards in the role, including Best Serial Drama Performance at the National Television Awards. Along the way, he has made the change from the rough and ready hard man of the Square to someone capable of carrying through a wealth of poignant and emotive storylines. Having spent years developing his skills, he now looks to take that forward with other projects.

"*EastEnders* has been amazing for me," says Dyer. "I'm grateful for the beautiful years I've had there. I'm going to miss the people massively."

Talking about what comes next, the 45 year old says: "I know the landscape has changed slightly, but I want to go out there and have another go, and the only way I can do that is if I decide to walk away from the job."

Dyer will next be seen in a four-part Channel 5 drama called *Heat*, for which filming is to begin shortly in Australia.

Ahead of his Albert Square exit, executives were tight-lipped on how the storyline would develop, but there was all the drama expected of an *EastEnders* Christmas special – including a car chase, a cliff-top brawl, and ultimately tragedy as Mick met his watery end.

Perhaps the true tragedy is that one of the true mainstays of the British landscape is gone... for now, but maybe not forever.

Photo credit: BBC/Jack Barnes/Kieron McCarron

# KISS A Ginger

CELEBRATE KISS A GINGER DAY THIS MONTH

On January 12, it's Kiss A Ginger Day – the perfect time to show redheads some love. But you might need to take a good look around – because red hair is rare. Only two in every 100 people are natural redheads, making it the rarest hair colour in the world. And the rarest people of all are redheads with blue eyes.

The genes responsible for red hair are recessive. This means that to have a red-haired baby, both parents must carry a red-haired gene. If both parents carry the gene but don't have red hair themselves, they'll have around a one in four chance of having a red-haired baby. If one of the parents is a redhead and the other is a carrier of the gene but doesn't have red hair, the chances go up to around one in two. And if both parents have ginger locks, chances are that all their children will have red hair too.

Hundreds of years ago, redheads were thought

to be witches and were shunned by society. These days, things have thankfully improved – although some people still think natural gingers are brash and hot-headed. That's not true, of course. But recent studies have shown that redheads require more anaesthetic than people with other hair colours. Their response to painkillers is also different – for the medication to work, they need more of some types of painkillers and less of others.

So how are you going to celebrate on January 12? If you've got a natural ginger among your family and friends, show them how much you appreciate their extraordinary tresses. And if you're not that lucky, listen to some music by redheads – Ed Sheeran or Florence and the Machine, anyone? Or how about a film starring Julianne Moore or Jessica Chastain? The choice is yours.



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FASHION

# Put your NECK on the line

Do you always stick to the same style of jumper? Then maybe now is the time to explore other options. Discover the most popular jumper necklines below and find the perfect fit for you, your shape and your style.

## Shawl collar

A shawl collar is a cross-over style of neckline that is found on both men's and women's jumpers. Although stylish and sophisticated, this type of jumper neckline is predominantly used to provide warmth around the neck area.

## Polo or turtle neck

A polo neck is a tight-fitting style of collar that you can turn or roll down if desired. It typically extends from the collarbone up to the lower jaw and is ideal if you have a pear-shaped figure as it can help to broaden the shoulders.

## Cowl neck

A cowl neck jumper features a funnel neck that drapes down to show off your collarbone and neckline. It is similar in style to a polo neck jumper but the fabric falls more loosely or in a bundle. This shape flatters all body types.

## Crew neck

A crew neck, sometimes referred to as a round neckline, is one of the most popular jumper neckline styles. Predominantly found on pullover-style jumpers, a crew neckline is versatile and works well on men and women alike.

## Scoop neck

A scoop-shape neckline drops much lower than a usual neckline and is often used to showcase a little bit of cleavage. Although mostly found on women's clothing, you can also find men's jumpers that feature a scoop neck.

## Banded collar

This type of jumper neckline features a small band or tab of fabric that delivers a smooth and smart appearance. You can find V-necks and round necks that have a banded collar.



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# BRITISH BUSINESS *survivors*



HISTORY

## FIVE AGE-OLD BRITISH COMPANIES STILL WITH US TODAY

Staggeringly, between 350,000 and 400,000 British businesses close their doors for good every year. But some companies have been up and running for centuries.

The oldest surviving British company is The Royal Mint. It opened in 1279 and, for several hundred years, was based at the Tower of London. In the early 1800s, it moved over the road. But by 1975, it had completed its move to its current home in Llantrisant, Wales. The Mint makes more than 3.3 billion coins and blanks yearly – for the UK and more than 30 other countries.

With the dwindling use of cash, the Mint has expanded into other areas, including precious metals investment, historic coins and luxury collectibles. And it's doing pretty well.

Cambridge University Press, the world's first publishing company, was founded in 1534 and publishes academic and educational texts.

Moving down the years, Royal Mail, as it's now known, was founded in 1586. For almost 500 years, it was owned by the state. But by 2015, it was fully privatised. At one stage in the early 20th century, the company had 22,000 pigeons. And someone's gone to the trouble of counting how many elastic bands it currently uses to bundle mail – apparently 342 million a year.

Barclays Bank was founded in London in 1690. The institution's long history is contained in an archive of photos, letters and curiosities housed in the Barclays Group Archives in Manchester.

In 1706, Thomas Twining bought a coffee shop in London's Strand and began to sell tea. Back then, tea was very costly. But Twining spotted a trend. And when he started selling loose tea leaves, as well as cups of the beverage itself, business boomed. By 1717, he'd bought additional space next door – and the shop's still open for business today.

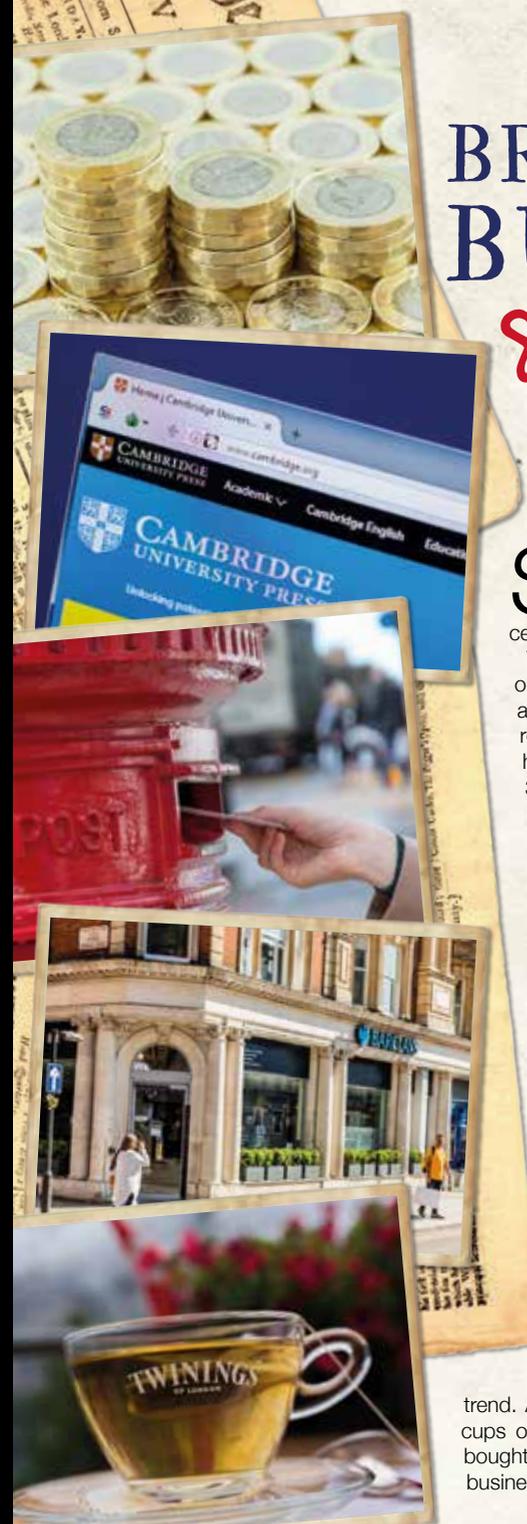


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# GARDEN GETAWAYS

If you love gardening, then you are going to love our suggested destinations that are just perfect for green-fingered travellers. Whether you want to explore gardens in the UK or go further afield, here's something for every gardening enthusiast.

**Italy:** Whether you choose to explore its formal gardens or simply enjoy the abundance of breathtaking blooms around the country, Italy is a great destination for garden enthusiasts. The gardens that overlook the Italian lakes are a must-see, with the botanical gardens of Villa Taranto overflowing with azaleas and rhododendrons.

**Japan:** This East Asian country is renowned for its pink cherry blossom and Zen gardens which have to be seen first-hand to be believed. Head to the Hama-rikyu Gardens in Tokyo in March, and don't forget to also schedule a trip to Japan's most popular Zen garden at the Ryōan-ji Temple.

**Somerset:** If you are looking for a gardening getaway that is closer to home, Somerset is the perfect choice. Visit country houses such as Hestercombe House, Kilver Court and Lytes Cary Manor and marvel at their impeccable grounds and stunning natural surroundings.

**Madeira:** Boasting a sub-tropical climate, Madeira is a haven for a whole host of rare species that guarantee to impress. From North American sequoia trees to pretty ponds filled with koi carp, there are many colourful sights for you to enjoy. Don't miss the Flower Festival in April 2023, where you can see some of Madeira's finest gardens and landscapes.

**Isles of Scilly:** The Isles are famous for their unspoilt natural beauty, with an abundance of beaches, rugged landscapes and wildlife. Head to Tresco Abbey Garden, where you can marvel at 20,000 plants from more than 80 different countries.



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GARDENING

# PRUNED TO *perfection*

If you want to enjoy a good fruit cycle, you need to prune your apple and pear trees over the winter. For those who are new to fruit pruning, this step-by-step guide tells you all you need to know.

### GET THE RIGHT TOOLS

You need to have clean, sharp tools that are designed for pruning, such as secateurs, loppers or a pruning saw if you have a larger pear or apple tree. Make sure you sharpen them before use.

### CUT BACK SUCKERS AND LOWER BRANCHES

Use secateurs to cut back any suckers. These are unwanted shoots that grow near the base of the trunk. Also, cut back lower branches as these do not get sufficient light to bear good fruit.

### REMOVE DEAD OR DISEASED WOOD

Remove all branches with discoloured or flaking bark towards the base of the branch by making a cut above an outward-facing bud (one that is on the opposite side of the stem to the main trunk). If there are no buds, remove the entire branch.

### CREATE A VASE SHAPE FRAMEWORK

Ideally, you want four or five main branches that help

to create an open vase shape. If you have more than five, remove some at the base by cutting 6mm from the branch collar – this refers to the bulbous area that is attached to the trunk.

Avoid removing more than 25 per cent of the branches in one go as this can affect the tree's health and fruit production.

### REMOVE CROSSING OR RUBBING BRANCHES

Remove any branches that are growing into the centre of the tree as this will allow for better air circulation. If two branches are crossing, keep the one that best retains the vase shape of the tree and remove the other one.

### SHORTEN THE PREVIOUS YEAR'S GROWTH ON EACH BRANCH BY ONE-THIRD

Cut just above an outward-facing bud on each main branch so that new branches grow outwards. This will help the tree to develop into a healthy shape and prevent congestion.





GARDENING



# WINTER Wonderland

## HOW TO GET THE BEST OUT OF YOUR GARDEN IN THE COLD WINTER MONTHS

Some of us may regard winter as the season when our desire to venture out into the garden wanes completely. Yet whether we're negotiating a path across a frosty lawn, or simply viewing nature from the warmth and comfort of the indoors, making your garden into a winter wonderland is a rewarding task.

So while you may not have the summer sorcery of flower sprays, sun loungers and an abundance of fruit and produce, these tips will help keep your outside space special even in the depths of winter.

### STRUCTURAL STATEMENTS

A winter garden is one that's lighter on detail, so create new space and interest with some cool man-made structures. From trellises to metalwork, benches to rockeries, winter provides a great opportunity for man-made materials to enter the fray.

### CALL FOR COLOUR

The assumption that the colour drains out of our gardens in winter is, ultimately, wrong. There are many stem-like winter plants that are radiant and

beautiful – consider the pinky purple of dogwood, evergreen rhododendrons and the shining white trunks of a birch tree.

### TAKE FORWARD TRADITION

Planting a number of hardy winter varieties will give your garden presence as well as helping to carry forward the legacy of a traditional English garden. Use hellebores and snowdrops to create a classic, elegant effect.

### TREMENDOUS TREES

Stripped of their summer decoration, let skeletal trees stand out against a snowy backdrop. Mixed up with evergreens, you can create a brilliant contrast.

### FANTASTIC FEASTS

Finally, don't assume your winter garden can't put produce on the table. Carrots and fava beans will still thrive throughout the winter, and you can extend the growing period of a number of other varieties of fruit and veg if you keep your greenhouse operational throughout the cold months.

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*"Amazing job by Christian and his team! GO WFH were recommended to us and did not disappoint, with their professionalism and attention to detail."* Mr and Mrs Wright, Westcliff



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# Yes please TO CHEESE

JANUARY 20, IS NATIONAL CHEESE LOVER'S DAY – HERE'S HOW TO CELEBRATE

Feeling a little cheesed off? Well don't despair, for Friday, January 20, is National Cheese Lover's Day, giving you carte blanche to celebrate and indulge in all your favourite dairy delights.

Not surprisingly, Britain is a nation of cheese lovers. Whether it's a humble cheddar sarnie, a saucy slice of Welsh rarebit or a fancy fondue dip, the average Brit eats 30g of cheese a day and there are more than 700 cheeses produced in the UK.

Around half of sales are cheddar – named after the famed Cheddar Gorge caves in Somerset where the cheese was once stored to ripen – but we're still partial to more exotic fromages such as mozzarella, parmesan and feta.

### HOW TO CELEBRATE

With such a thriving cheese industry in this country, it couldn't be easier to indulge in this Wookey Hole-iest of days. Most major supermarkets now boast English-made gems such as Wensleydale Blue and Red Leicester, but it's also worth seeking out some lesser-known treats from your nearest speciality cheesemonger. Or, if you're really enthusiastic, you can head to your local dairy farm where they will likely have a shop selling their creations.

Not only is cheese incredibly tasty and diverse, it's also highly nutritious. A great source of protein, it contains vitamin B12 (which is vital for red blood formation), and a matchbox-sized slice provides one-third of an adult's daily calcium requirement.

So don't be sheepish – make like a mouse and treat yourself to a little of what you fancy. Whether red, yellow or blue, in moderation, cheese is very good for you.

### BRITAIN'S TOP 10 CHEESES\*:

1. Cheddar
2. Red Leicester
3. Brie
4. Mozzarella
5. Parmesan
6. Stilton
7. Cream cheese
8. Wensleydale
9. Camembert
10. Feta

\*According to a study by Branston Pickle in 2017.





# BURN, baby, BURN



**W**e know sport is great for reducing stress and boosting confidence, but let's be honest: for most of us, the biggest lure of exercise is to get fit and trim some fat.

With that in mind, here are the seven sports that burn the most calories per minute. Calorie expenditure is based on a healthy, able-bodied person of average build.

### ▲ RUNNING (UP TO 1,000 CALORIES/HOUR)

Running is great for burning calories, and even those hitting the pavements at a slow pace can burn around 700 calories per hour. And as logic dictates, the faster you run, the more calories you vanquish.



### ▲ SQUASH (UP TO 900 CALORIES/HOUR)

The best all-round sport of them all, squash combines energy bursts with stamina, power, competitive spirit and mental awareness, and is great for burning fat.

### ▲ CYCLING (UP TO 700 CALORIES/HOUR)

Despite the fact that cycling affords you the chance to step off the gas, it remains an excellent exercise for burning calories.



### ▲ BOXING (UP TO 700 CALORIES/HOUR)

It's quick bursts of energy that make boxing such a great exercise, with power, constant motion and the need to stay aware all combined in this fun, fast-paced workout.



### ▲ SWIMMING (UP TO 600 CALORIES/HOUR)

Not only is swimming excellent for putting every part of your body to use, but the continued resistance against water means additional calorie burn.



### ▲ ROWING (UP TO 600 CALORIES/HOUR)

While some may assume rowing is primarily a strength challenge for the arms, this exercise also requires leg flexibility and movement. The more muscles being used, the more calories you'll burn.



### ▲ AEROBIC DANCE (UP TO 550 CALORIES/HOUR)

Aerobic dance is not only a fun way to exercise, but is also effective at improving your fitness.



# Colour me calm



**A**re you looking for a new hobby? Sales of adult colouring books have surged since the pandemic as people look for ways to relax, de-stress and enjoy some much needed me-time.

Not convinced that colouring should be your new pastime? Discover five benefits of picking up pens and pencils below.

### Colouring relaxes your brain

Does your brain often feel frazzled by the end of the day? As colouring is a focused activity, it can help to relax your mind and keep worries at bay. It has also been shown to improve brain function as it activates the creative part of your mind.

### Colouring improves your motor skills

Adult colouring books often feature complex designs which require you to hone your hand-eye coordination and motor skills. This can be particularly beneficial if you spend a lot of time looking at screens.

### Colouring aids sleep

As many as one in three people suffer with insomnia, which is characterised as not being able to get to sleep or not staying asleep for a sufficient amount of time. Colouring before bed, rather than being exposed to blue light from your phone or tablet, can help to release melatonin and enable you to easily drift off to sleep.

### Colouring reduces anxiety

Studies have shown that colouring can help to reduce anxiety in adults. Simply by colouring for 20 minutes a day, you can lower your heart rate and decrease feelings of stress or anxiety. Colouring can also help to improve your mood.

### Colouring can be therapeutic

Similar to art therapy, colouring can be therapeutic as it helps to put your mind into a meditative state. This enables you to focus purely on the present and remove any negative thoughts from your mind.



# Chinese New Year LANTERNS

This year, Chinese New Year falls on January 22, marking the beginning of the Year of the Rabbit. Chinese communities throughout the world celebrate the New Year with family meals and outdoor events featuring firecrackers, fireworks and dragon puppets. And at the end of the festivities, there's a lantern festival to welcome the full moon.

To mark the occasion, why not create some beautiful paper lanterns? Plain ones can look gorgeous, but choose rabbit-printed paper or add some decorations for a bit of extra festive fun. You could even adorn your lanterns with homemade bunny features, such as ears, eyes and noses.

## YOU WILL NEED:

- > Some sheets of paper (A4 paper makes a lantern about 20cm tall, and A5 paper makes a lantern about 14cm tall). You can use different coloured or patterned paper
- > A ruler, pencil and eraser
- > A glue stick
- > Scissors
- > Extra decorations such as stick-on shapes, sequins, braid or ribbon (optional)

## HOW TO MAKE:

1. Fold your paper in half lengthways so you have a long, slim rectangle.
2. Draw a line parallel with the long edge, where the two sides of the paper meet. This line should be about 2.5cm away from the edge.
3. Starting about 2.5cm in from one of the short edges, draw a series of parallel lines across the rectangle, from the folded edge up to the long line you've just drawn. These lines should be about 2.5cm apart.
4. Cut along each of the short lines.
5. Erase any noticeable pencil marks, then unfold the paper.

6. Run your glue stick along one short side of the lantern. Form the paper into a tube shape, then glue the two short sides together.
7. If you like, decorate your lantern or add a ribbon or paper handle.

The lanterns look great strung along a piece of ribbon or string!



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# NO-SPEND JANUARY

Did you overspend during the festive period? Is your bank balance looking a little bleak? Then no-spend January could be just what you need to get your finances back on track for 2023 and beyond.

### WHAT IS NO-SPEND JANUARY?

No-spend January is a money-saving challenge that is designed to help people get their finances back in order after splurging over Christmas. It can also help you to reset your budget, reassess where your money is going and break bad spending habits. Although called no-spend January, you are allowed to cover the cost of essentials.

### WHAT YOU CAN SPEND MONEY ON:

Mortgage/rent | Credit card repayments | Utilities such as gas, electricity and water | Urgent maintenance costs for your home or car | Food shopping | Pet supplies

### WHAT YOU CANNOT SPEND MONEY ON:

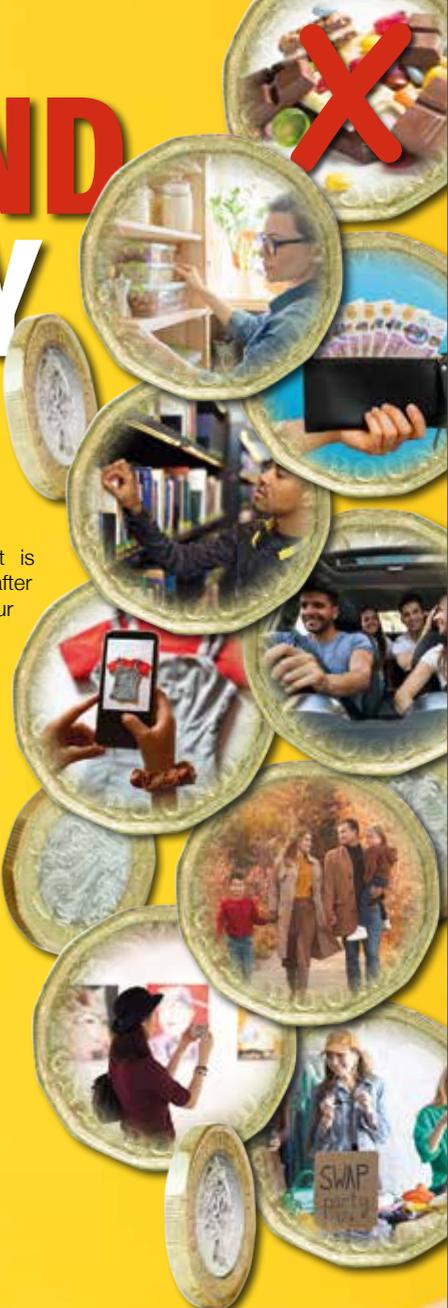
Takeaways/eating out | Clothes shopping | Entertainment such as the cinema or bowling | Beauty expenses such as the nail salon or hairdressers

### OUR TOP TIPS FOR NO-SPEND JANUARY:

1. Cut down on non-essential food and drink items such as alcohol and treats
2. Use up store cupboard and freezer food before going to the supermarket
3. Don't use your credit or debit card; instead, use cash only
4. Visit your local library for free books
5. Consider a car share to cut down on petrol costs
6. Declutter your home and see if there are any items you can sell
7. Ask family and friends to participate
8. Visit free local attractions such as museums and parks
9. Organise a clothes swap with friends

### HOW TO MOVE ON FROM NO-SPEND JANUARY:

If you don't want to revert back to unhealthy spending once January is over, it can be a good idea to introduce a no-spend week or no-spend day once a month. Also, avoid rushing out to buy new things right away as this can undo all your hard work – wait until the sales instead.



# ENGLAND'S FINEST?

## BEN STOKES OBE HAS TRANSFORMED HIMSELF AND THE GAME OF CRICKET

It's only five years since Ben Stokes OBE found himself facing not just exclusion from the sport he loved, but also potentially a prison sentence, having been charged with affray outside a Bristol nightclub.

The incident – in which the brilliant all-rounder was defending a homosexual couple – cost Stokes his place in the 2017/18 Ashes team, and sent the Durham cricketer on a journey of self-discovery that, ultimately, has led him to the heights he finds himself at now.

Stokes roared back from the Bristol incident, inspiring England's 2019 World Cup win, batting sensationally at Headingley in that year's Ashes to win the third Test when all seemed lost, and being named Player of the Series in South Africa that winter.

Last year, Stokes was instrumental in bringing England T20 World Cup glory, yet it is his ascent as Test captain that is truly captivating a nation at the moment.

England clinched an away Test series in Pakistan – a country in which they had only ever won two matches in their entire history – yet it is the manner of the cricket being played that truly reflects a new dawn for the sport.

'Bazball', as it is referred to, is a driven, dynamic and outlandishly positive method of playing the game, the like of which five-day Test cricket has never seen. This cricket revolution epitomises not just Stokes' captaincy, but also his approach to life itself.

As inspirational English sportspeople go, there are few who can rival Stokes' efforts.

Further proof of this was offered when Stokes was named as runner-up in the 2022 BBC Sports Personality of the Year Award. Though he didn't win, his nomination is evidence enough of his incredible success.



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Answers: see end of The VISION Listings

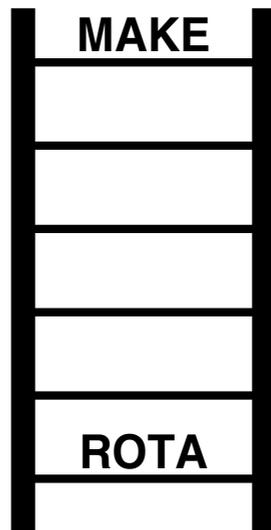
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## DID YOU KNOW?

- ▶ More than one million animal species have been identified on Earth.
- ▶ There is only one species of koala in the world.
- ▶ In the wild, red pandas are mainly active during the twilight period and until the early hours of the morning. Otherwise, they are usually found resting.
- ▶ Like domestic cats, giant panda bears have vertical slits for pupils.
- ▶ It's thought there are more tigers in captivity than are left in the wild.
- ▶ Lions can eat up to 40kg of meat in a single meal. That's around a quarter of their body weight.
- ▶ You can tell the species of an elephant by the shape of its ears.

## 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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