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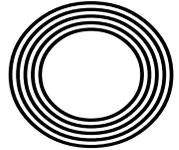
TOP 5  
tech-free  
holidays

*Why we celebrate*  
ST PATRICK'S DAY

VIVA MAGENTA:  
Pantone Colour of the Year

PETER  
JONES CBE

How this dragon proved he's impossible to slay



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# Editor's notes...

MARCH 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** LeighThorpeBay. I recently saw a picture of basketball player LeBron James making a shot that would break the all-time scoring record in the NBA. Although this was an iconic moment, it was the crowd that caught my eye.

Out of around 200 people in the shot behind him, in the crowd you could count on one hand how many of them did not have their smartphones out videoing this moment. In a world where you can see every sporting moment on video nowadays, it made me realise how important it is to remember to live in the moment and enjoy it with our own eyes, rather than through a

camera lens.

I have been more conscious of this now, even when I'm at home, to spend less time on my phone and more time in the moment. Having a daily cut-off point when my phone gets locked away for the evening and also on weekends has helped me spend less time staring at a screen.

So how about setting yourself the challenge of stepping away from your phone this month? You'll be amazed at how your quality time with family and friends improves when you no longer have this distraction to hand.

*Nik Allen*

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

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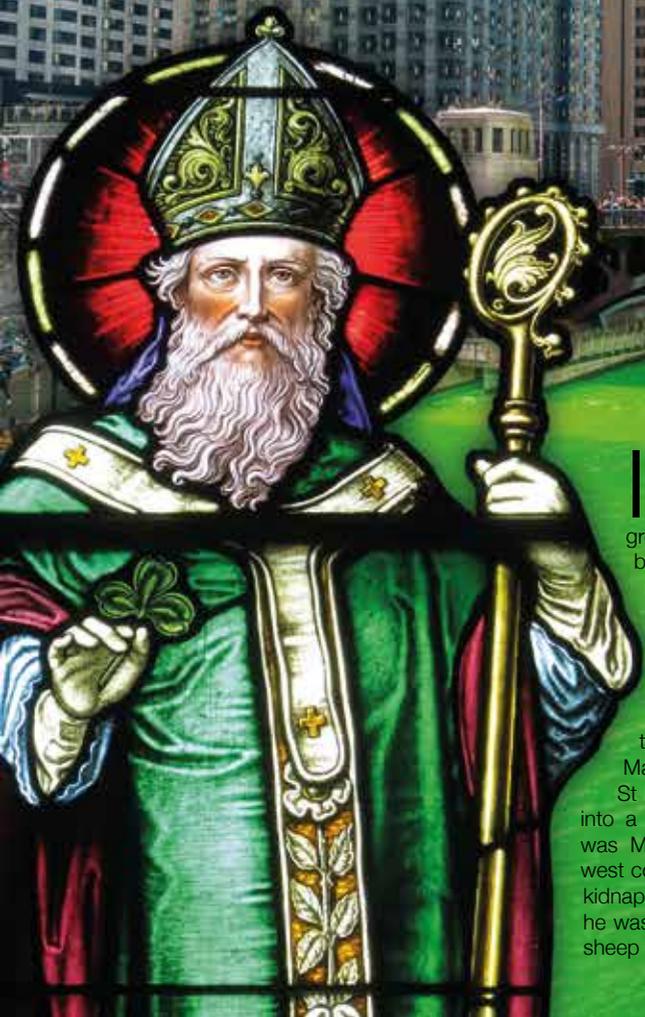
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# The story of ST PATRICK



In the USA, some people celebrate St Patrick's Day not just by wearing green clothes, but also by drinking green beer or milkshakes and eating green bagels and grits. Chicago even dyes its river bright green. If you think all this sounds more American than Irish, you're spot on. People join in the parades and celebrations whatever their heritage, but about one in every 10 citizens in the USA claims to have Irish ancestors. So what's the real story behind St Patrick's Day on March 17?

St Patrick was born in Britain around 386 AD into a well-to-do Roman family. His birth name was Maewyn Succat, and he grew up on the west coast, probably in Wales. At age 16, he was kidnapped by pirates and taken to Ireland, where he was sold as a slave. His job was to look after sheep for his master, a Druid high priest.

During his time as a slave, Maewyn devoted himself to Christianity, his parents' faith, and became determined to convert pagan Ireland.

After six years in captivity, Maewyn persuaded some local sailors to let him board their ship. After landing in France, he made his way back to his family in Britain. And from there, he travelled back to France to train as a priest in Auxerre.

When he was ordained, Maewyn changed his name to Patricius – or Patrick – which comes from the Latin for 'father figure'. Then, Pope St Celestine sent him to Ireland to spread the Christian message.

At first, the Irish people weren't keen. Patrick was threatened, robbed and beaten. But his strategy of persuading the most influential people first, including his former slavemaster, eventually paid off. He also had the good sense to incorporate pagan rituals into church practices to make them more appealing. Over the years, Patrick and his fellow missionaries spread their teachings across the country and set

up churches, monasteries and schools.

It's believed that Patrick died on or around March 17, 461 AD, when he would have been in his mid-70s. He died in Saul in County Down, Northern Ireland, and he's said to be buried in Downpatrick.

The Catholic church never formally declared him a saint, because the system for creating saints didn't start until the 12th century. But the Irish people and their leaders recognised him as one because of the decades he'd spent spreading the gospel.

The Irish have celebrated St Patrick's Day for more than 1,000 years. Traditionally, it involved donning a shamrock, going to church and tucking into a traditional meal of cabbage and bacon. But over the years, some St Patrick's Day fun from the USA has caught on back home. You won't find green beer – and certainly not green rivers. But there are plenty of lively parades, particularly in Dublin, with traditional singing, dancing and colourful floats.

Photo credit: TZIDO SUN/Shutterstock.com

# Holi

## THE FESTIVAL OF COLOURS

If you're lucky enough to experience the Hindu festival of Holi in India, it's an experience you'll never forget. People put aside their differences and come together to celebrate the end of winter and the beginning of spring, based on the Hindu lunar calendar.

This year's festival takes place on March 7 and 8 in India and among Hindu communities across the world. But what really happens at Holi, and how did it come about?

On Holi day itself, people take to the streets, singing and dancing and throwing powdered dyes and coloured water at each other – so it's no surprise that everyone ends up drenched in a rainbow of colours.

The colours of the dyes are significant. Red is associated with purity, green with vitality, blue with calm, and yellow with piety.

In the evening, when everyone's had a chance to freshen up and put on clean clothes, people visit their friends and exchange sweets.

In some places, people start celebrating the evening before Holi by lighting a bonfire. As a token of gratitude for the harvest, people throw coconuts, wheat sheaves and green chickpeas into the flames.

The bonfire tradition is based on the tale of a witch called Holika. She was burned to death in a fire by the Hindu god Lord Vishnu for trying to kill her devout nephew. To this day, some people burn an effigy of her on their bonfire.

The origin of the coloured dyes may lie with another Hindu deity, Lord Krishna. When he was a boy, he loved practical jokes, including throwing coloured water over his playmates.

But others say the custom comes down to Holi falling at a time of year when people are most at risk of catching diseases. Before the tradition of flinging around colourful dyes started, people threw herbs to keep ailments at bay.

Whatever the reason, Holi is definitely a time to celebrate life – and long may it last.

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HOME & DIY

# How to use LEFTOVER paint

Anyone who's decorated their home will know the dilemma of what to do with leftover paint. You'll often find tins left over after painting projects, which normally end up gathering dust (or rust) in your shed or garage.

So what should you do with all that leftover paint? Here are five ideas for some simple projects for your unused paint.

## ADD A COLOURFUL ACCENT

While you might not have enough paint left over for a whole wall, you can use it to paint part of a wall. An accent behind some shelving, around a photo frame or simply to break up a block of colour can add a nice contrast to your walls.

## UPCYCLE SOME FURNITURE

Leftover paint can be used to upcycle old furniture. From a pop of colour to a more neutral hue, your unused paint can bring a new lease of life to a piece in need of a facelift.

## PAINT A PATTERN ON THE WALL

Patterned walls don't just have to come from wallpaper. From polka dots to lines and animal-style splodges, you can use your paint to create a cool contrasting pattern that will add some interest to your space.

## GIVE PLANT POTS A MAKEOVER

Want to brighten up your plant pots? Use your leftover paint to give them a new look and instantly brighten up your garden and windowsill.

## PAINT PHOTO FRAMES

Adding a little colour to photo frames can make them stand out and is an ideal way to upcycle them, saving you some money and helping the environment too.

Finding ways to use up your leftover paint will help you prevent waste and help you do some interesting and colourful DIY projects around the home.

Photo credit: gillio-designs.com, mixandmatchdesigns.com, framebridge.com



Pantone Colour of the Year 2023:

# Viva MAGENTA

**A** bold and brave shade, Pantone's Colour of the Year for 2023 is Viva Magenta. Perfect for anyone who wants to start the spring feeling empowered and unstoppable, there are lots of ways that you can incorporate this colour into your home.

### What is Viva Magenta?

According to the colour experts at Pantone, Viva Magenta is "a pulsating colour whose exuberance promotes a joyous and optimistic celebration, writing a new narrative". A hybrid shade of red, pink and purple that provides the perfect balance between warm and cool tones, Viva Magenta is an inclusive colour that is easy to add to your home.

### What does Viva Magenta represent?

The story behind Viva Magenta is all about the balance between our digital and physical lives. In recent years, people have become drawn to nature in their homes and Viva Magenta has been chosen to reflect our pull towards natural colours. Furthermore, it reflects the movement surrounding climate change, sustainability and land protection.

### How can you use Viva Magenta in your home?

Incorporating Viva Magenta is an easy way to add a touch of fun to your home. Some of the best ways to incorporate this shade into your existing interior design include:

- Paint a magenta feature wall in your bedroom or living room
- Invest in an eye-catching magenta sofa
- Add pops of colour through rugs, curtains, pillows and other soft furnishings
- Paint your kitchen cabinets a rich pink or invest in a magenta splashback
- Try magenta dinnerware to create a sense of opulence in your dining room

### What colours go well with Viva Magenta?

Viva Magenta pairs well with both yellow and turquoise, as well as being a good match for most dominant colour categories.

Photo credit: zen-living.ca, snugsofa.com



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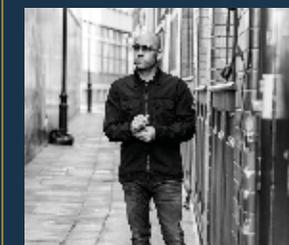
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24th March

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11th March

## The Dave Manington Trio

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17th March

## James Brown is Annie

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31st March

## Jaki Graham

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# LOCAL NEWS

*from your neighbourhood*



Photo credit: Met Police

## Man jailed for 35 years for murder of woman

A man has been jailed for 35 years for the murder of Norma Girolami (pictured left), a woman last seen in Leigh-on-Sea before her body was hidden in a north London graveyard for 15 months.

Serkan Kaygusuz, 42 (pictured right), of Sparsholt Road, Islington, appeared at the Old Bailey on Wednesday, February 22, where he was jailed over Norma's murder and the subsequent cover-up.

The court heard how Norma had given Kaygusuz cash totalling nearly £300,000 after they met at a swimming pool in 2017. The Old Bailey heard he had planned to kill Norma after she had turned off the "money tap". She was last seen on August 19, 2021, when she travelled from her North London home for a day out in Leigh-on-Sea.

As part of a family impact statement presented in court, Norma's cousin said: "You, Serkan, have taken away something beautiful from the world; a unique, benevolent, kind and lovely person. She was a dear friend to all that knew her. Those of us that were fortunate to grow up with Norma would often look up to her.

"You cruelly betrayed her love and trust, took advantage of her generosity and systematically stripped her of everything she had. There came a point in 2021 when there was no more giving from Norma.

"You could have walked away with a fortune in the bank. But that wasn't enough and instead you got greedy and set about your calculated plan to kill her, a plan you successfully carried out."

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## Councillor urges caution over rat poison



Photo credit: Councillor Lydia Hyde

Leigh-on-Sea residents have been urged to stay vigilant when walking their dogs following reports of rat poison being left in Blenheim Park.

In a post shared to a Leigh-on-Sea Facebook group, a local shared that a pile of small blue pellets mixed in with food had been dumped in the park.

This was reported to the council, and St Lawrence Ward councillor Lydia Hyde responded on her own Facebook page: "Whilst I do not wish to raise alarm and distress unnecessarily, there have now been a few reports recently involving poison in local parks, and over the weekend members of the public found a huge pile of rat poison pellets interspersed with food in Blenheim Park.

"I need to be very clear that this is not the council placing these pellets, and as a result I am raising this matter with relevant council officers and the local police.

"However, as it will be impossible to search every patch of our parks, I am posting this to make sure that local dog owners and general park users are made aware, and to stay vigilant."

Essex Police have been contacted for comment.

## New art trail brings free family fun to town

Havens Hospice and Wild in Art have collaborated to bring a free family art trail to local streets, from the middle of July to September.

The trail will see 45 elephant sculptures, each one sponsored by a local business and painted by a professional artist, dotted around Leigh-on-Sea, Southend and Shoeburyness. The trail will also feature herds of baby elephants, decorated by schools and community groups.

After the trail closes, the elephant sculptures will be sold at auction to raise money for Havens Hospice.

Havens Hospice decided to feature elephants in the art trail because "elephants depict many aspects

of the values of hospice care", from their sensitive and caring nature to their ability to never forget – "much like the families making treasured memories together and saying goodbye to loved ones".

Visitors will be able to navigate the art trail route using the Herd in the City app, which will be made available on the App Store and Google Play from the start of July. Alternatively, they can purchase a map from the Havens Hospice charity shops in Southend, Leigh and Shoeburyness.

## Underground badger sett forces road closure

Persistent badgers have forced Southend-on-Sea City Council to close sections of a Leigh-on-Sea road until further notice.

A recent survey found concerns for public safety owing to a badger sett underneath Cliff Parade, which was causing deterioration of the road and pavement.

The sett, which undercuts the cliff and is causing instability, cannot be closed at this time as approval is required from Natural England. This is currently not possible owing to badger hibernation.

Darren Parker, from Essex Badger Protection Group, explained that badgers have legal protections which prohibit action that damages or blocks a badger sett unless a specific permit is obtained from Natural England.

Councillor Steven Wakefield, Southend-on-Sea City Council's cabinet member for highways, said: "Public safety is our number one priority and until we can make safe and stabilise the road and pavement, the road closure will have to remain in place."

He added that the badgers had shown "a great reluctance to move on" throughout attempts to move the sett over the past two years.

He said: "From March, we can apply for a permit with Natural England and if approved, we are confident that we have a plan that will see the badgers safely moved on and work to repair the road and pavement start."



Photo credit: Google Maps

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# LOCAL NEWS

*from your neighbourhood*



Photo credit: Southend City Council

## Extension causes 'harm'

A Thorpe Bay resident will need to tear down a two-storey extension they added onto their home without planning permission.

At a meeting of Southend-on-Sea City Council's Development Control Committee on Wednesday, February 1, councillors agreed with a report calling for the extension to be dismantled.

The extension was reported to the council in October 2021 as it had been built without a planning application. The report also stated that the council had contacted the homeowners on multiple occasions regarding a retrospective planning application, but "no further action has been undertaken by the homeowner in regard to submitting an application".

The report explained: "Given the size, scale and design of the rear addition and given its location and visibility from the street scene, this part of the development results in significant harm to the character and appearance of the host dwelling, the street scene and the wider surrounding area."

It went on to warn of a potential privacy risk to neighbours, as part of the extension believed to be planned to be used as a balcony would overlook neighbours' properties, resulting in a loss of privacy.

It said: "It is considered that the amenity impacts of the unauthorised development are of a significant degree and cause significant and demonstrable harm to the residential amenity of neighbouring occupiers."

## Funds from 20mph scheme to tackle speeding

Money set aside to introduce a 20mph speed limit in Thorpe Bay will instead be used to address speeding across Southend.

Residents were largely opposed to the traffic calming scheme, and a public consultation received widespread criticism for the limited choices offered.

The £400,000 scheme was scrapped last year, and Southend-on-Sea City Council has now said that roads across the area will share the cash to tackle speeding.

Speaking at a meeting of the Place Scrutiny Committee on Monday, January 30, councillor Steven Wakefield, responsible for highways, said: "We want to move forward to address the real problems across the whole town where there is speeding."

"We have to do the speed data on every road and the safety issues in that road before we implement anything. I would like to address some roads in Thorpe which came out of the consultation and where people were really worried about it [speeding]."

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# SIR JAMES DUDDRIDGE MP



Member of Parliament for Rochford and Southend East



LOCAL NEWS THORPE BAY



Last month, I had the pleasure of welcoming Richard Holden MP (pictured second from left), Minister for Roads and Local Transport, to Thorpe Bay, along with my friend and colleague, Anna Firth MP, and local councillors.

From discussing trunking the A127 to raising the issue of the lorry movements along Thorpe Hall Avenue, Mr Holden MP was keen to understand the transport issues we are facing across Southend.

During the visit, we walked down to Thorpe Bay Station to discuss rolling out contactless payments at ticket barriers and speeding up the c2c line, cutting travel time to Fenchurch Street to 59 minutes, something I have long campaigned for.

We additionally discussed delivering step-free access at the station. I was pleased to hear that the bid for accessibility funding to improve access to Thorpe Bay Station was under consideration, and I hope we will be successful later this year when the funding is allocated.

February saw Southend's LuminoCity Festival of Light return. This is a fantastic event that not only brings impressive light displays to the city, but also creates another reason to visit our High Street in the evening to support local businesses.

I'm here to help, so if you require my assistance, then please contact me via [james@jamesduddridge.com](mailto:james@jamesduddridge.com) or contact my office on 01702 616135.

## Spring concert date announced

Southend Festival Chorus (SFC) has announced the date for its spring concert in Thorpe Bay.

The group will sing Mozart's *Requiem* and Haydn's *Nelson Mass* on April 1 at St Augustine's Church.

SFC's most recent concert on December 3 was a spectacular success, but nearly didn't take place. The night before, the organist of Brentwood Cathedral, Stephen King, who was due to accompany the choir, injured his knee and couldn't walk.

Furthermore, the tenor soloist Alexander White phoned to say that he had tested positive for COVID-19 and would not be able to sing.

He suggested his friend should sing instead, while the brother of SFC's music director, who is the organist of the Union Chapel in London, stepped in to play the organ. The performance went ahead without a hitch.

SFC is also appealing for members of the community to join.

A spokesperson for SFC said: "If you are a competent singer and would like to join SFC to sing these uplifting works, you would be welcome."

SFC members rehearse from 7.45pm to 9.45pm on Wednesdays during term time at St Peter's Church, Eastbourne Grove.

# PETER JONES

AND A HOST OF TALL TALES

At 6ft 6", formidable *Dragons' Den* mainstay Peter Jones CBE has a lofty view over more than just his business landscape.

His is a stature that has evolved over four decades of being at the cut and thrust of business, on the way amassing a personal fortune of more than £1.2billion.

The idea of standing up to one of the formidable commercial minds in *Dragons' Den* is, ultimately, a thing few entrepreneurs relish. The hit BBC reality business show puts pitchers through their paces en route to a prospective investment offer, yet few who duel with telecoms wizard Peter Jones ever emerge victorious.

The 56 year old has been the only Dragon to appear in every season of the hit show, the 20th series of which is currently airing on BBC One.

He has mastered the art of pulling off a devastating look of utter incredulity, although the element of surprise is part of what makes the show so entertaining.

"Over so many years in business, there should

be few things that surprise me," he begins, "and by now I thought I might have exhausted the ability to be surprised or shocked by some of the ideas or investment valuations that come my way.

"In truth, though, people will always surprise you, and that's what makes the show so entertaining. You can expect the unexpected, because it will always arrive."

That line perfectly encapsulates Jones's climb to becoming one of the country's most successful and best recognised entrepreneurs. Growing up in Langley, Berkshire, before moving to Maidenhead at the age of seven, his first business was in the production of personal computers, a venture he began at the age of just 16.

While the business excelled at first, the evolution of home computing in the 90s saw Jones lose ground. A series of bad decisions led to the collapse of his enterprise, and with it went his millionaire status. At 28, he was forced to sell the remnants of the company to IBM and start again.

Subsequently joining Siemens, he was soon branching out again by himself, launching Phones International Group in 1998, a business that garnered more than £14million in sales in its first year alone.

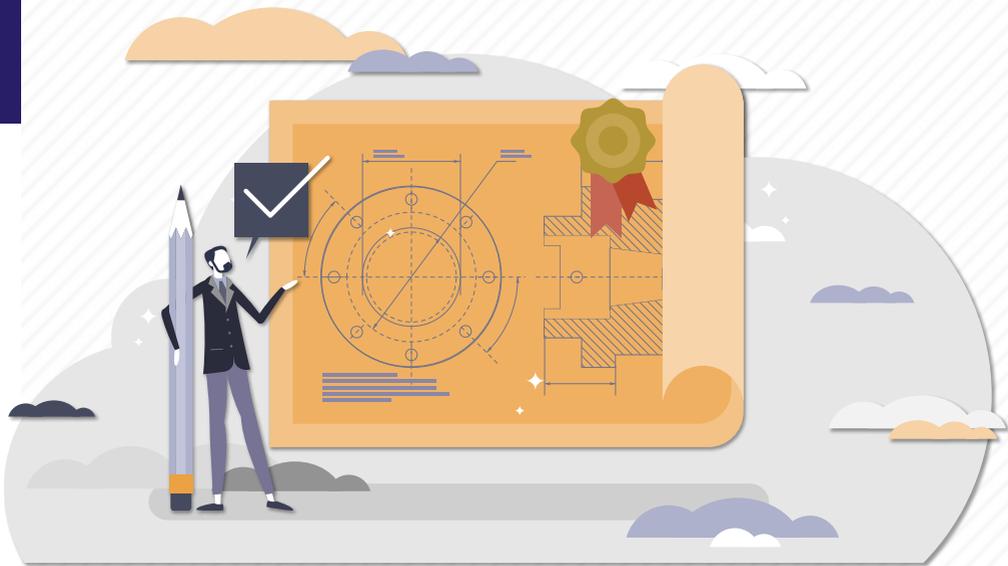
Further personal ventures in TV, retail and lifestyle projects have been supplemented with more than 60 investments via *Dragons' Den* – where Jones is regarded as the most plain-speaking and shrewdest on the panel.

"I think when it comes to business, it's important to be polite and engaging, but ultimately you can't hang about," he says. "If something needs to be said, it needs to be said, and tiptoeing around the issue has been the death of many a good idea."

As well as gaining a CBE in 2009, he runs The Peter Jones Enterprise Academy and The Peter Jones Foundation – both committed to driving and promoting the next generation of business minds, no matter what barriers exist in someone's life.

As for the most salient business lesson of them all – Jones insists there is nothing more defining than starting again from scratch. "Failure is arguably the best route to success," he says. "Most entrepreneurs have been at the point where the hopelessness seems profound. I've been there myself, and to be that low, only to rise back up, is one of the most fulfilling things you can do. Ultimately, never give up."

Photo credit: BBC Studios



# How to get A PATENT

Thinking about applying for a patent to stop others from copying or selling your invention without your permission? Find out everything you need to know about how to get a patent in the UK below.

### WHAT CAN YOU PATENT IN THE UK?

To patent an invention in the UK, it must be:

- ✓ New – it must not have been made publicly available anywhere in the world
- ✓ Inventive – it cannot be an obvious change to something that already exists
- ✓ Something that can be made and used, a technical process or a method of doing something

### WHAT CAN YOU NOT PATENT?

There are some things that you are not allowed to patent, including:

- ✗ Literary, dramatic, musical or artistic works
- ✗ A way of doing business, playing a game or thinking
- ✗ A method of medical treatment or diagnosis
- ✗ A discovery, scientific theory or mathematical method
- ✗ The way information is presented

- ✗ Essentially biological processes such as crossbreeding animals or plants
- ✗ Software that has a non-technical purpose

### HOW MUCH DOES A PATENT COST?

When you apply for a patent, you must pay fees to the Intellectual Property Office (IPO) when you file your application and also for processing your application after you file. This costs at least £310 if you complete the process. You may also want to hire a patent attorney for help and advice.

### HOW TO APPLY FOR A PATENT IN THE UK

Getting a patent in the UK is a fairly complicated process and it can take several years, even with professional help. Therefore, you should only start the application process if you are confident that your invention is new and that a patent meets your needs. If you decide to go ahead, then you need to:

- Prepare detailed documents that describe your invention
- File these documents with the IPO

Typically, around 18 months after you apply, the IPO will publish your application in full. You may then have to amend your application based on its recommendations.

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FOOD & DRINK



CELEBRATE BRITISH PIE WEEK, STARTING MARCH 6, WITH SOME TASTY TREATS

### Spicy Vegan Pie

**INGREDIENTS:** 1 onion, thickly sliced | 50g small broccoli florets | 2 red peppers, cut into chunks | 350g courgettes (2 medium), thickly sliced | 2 tsp cumin seeds | 1 tbsp avocado oil | 200g low-fat houmous | 50g coriander (chopped) | Zest of one lemon | A pinch of chilli flakes | 375g packet of ready-rolled puff pastry (dairy free) | 225g sweet potato, peeled and thinly sliced | Non-dairy milk

#### HOW TO MAKE:

- > Heat the oven to 220°C/fan 200°C/gas 7.
- > In a roasting tin, mix all the vegetables (except

the sweet potato) with the oil and cumin. Roast for 25 minutes then mix in the houmous, coriander, lemon zest and chilli flakes.

- > Turn the oven down to 200°C/fan 180°C/gas 6.
- > Cut the pastry into two rectangles and lay one on a baking tray. Layer the sweet potatoes on top, leaving a 2cm border, then top with the vegetable mixture.
- > Drape the remaining pastry over the filling and press the edges to seal.
- > Brush with milk and bake for 25-30 minutes till golden brown.

**INGREDIENTS:** 150g granulated sugar | 4½ tsp cornflour | 225g rhubarb, cut into 1.5cm slices | 1 orange (juice and zest) | A pinch of cinnamon | 4 sheets of filo pastry (each approx. 48cm x 25.5cm) | 2 tbsp melted butter | 2 tsp icing sugar

#### HOW TO MAKE:

- > In a medium saucepan, mix the sugar and cornflour together, then add the rhubarb, 4 tbsp of orange juice and a teaspoon of zest. Cook gently till it's thickened. Add the cinnamon and cook for 10 minutes, then leave to cool.
- > Heat the oven to 200°C/fan 180°C/gas 6.
- > Lay the filo sheets on top of each other, brushing with melted butter between layers.
- > Spread the filling along one of the longer sides and roll it up, folding in the ends as you go.
- > Make a few cuts in the top, then bake for 15-20 minutes till golden.
- > Cool, then sprinkle with icing sugar.

### Rhubarb Strudel





GARDENING

# GET **wildlife** READY



**O**ur gardens start to bloom in earnest this month – but March can be a surprisingly tricky time for wildlife. That includes humble but helpful insects and worms, as well as bees, birds, amphibians and hedgehogs. So what can you do to help?

### LEAVE FOOD FOR HEDGEHOGS

Leave out water and meat-based cat or dog food – ideally chicken in jelly. Do this when it's getting dark, and remember to throw away any uneaten food the next morning. If you have hedgehogs in your garden, you could also buy a hedgehog house or even build one.

### FEED THE BIRDS

Birds need calorie-rich food at this time of year to get ready for breeding. Choose sunflower hearts (seeds without the husk), fat balls or suet pellets. Steer clear of peanuts just in case adult birds feed them to their young and cause them to choke.

### BEE KIND

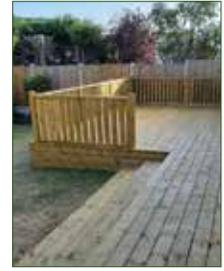
If you're adding new garden plants, choose ones with open flowers that are rich in pollen and nectar. Good choices include aconites, evergreen clematis, primroses, and winter-flowering heather and honeysuckle.

### BUG LOVE

Helpful insects and even earthworms find it hard to flourish in March as food sources can be scarce. To help them, create a log pile in a shady spot. You might also want to start a compost heap. And, while you don't have to turn your garden into a jungle, insects will love it if you let a corner of your garden grow wild.

### POND LIFE

March is the main breeding month for frogs, toads and newts. To make your pond amphibian-friendly, select the plants they like to breed around, such as marsh marigold, water forget-me-knot and brooklime. You could add plants such as hornwort and curled pondweed to keep the water oxygenated and help shelter tadpoles from predators.



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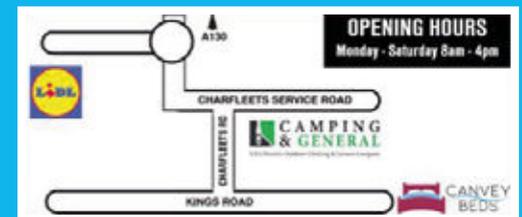
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Our garden furniture store in Essex has so many available options, it is easy to customize a space you will love. You have the freedom to get creative and create an outdoor space that is unique to your style.

It does not matter if your garden is large or small. The space is what you make of it. Add some comfort



to your garden with our high-quality wooden garden chairs. If your deck is more expansive, try adding an outdoor sectional and an outdoor bistro set to provide your friends

and family with an ideal space to relax and unwind with a garden party or peaceful breakfast enjoying the outdoors. Shop in confidence with Highgate Furniture where we offer secure payments, reliable delivery in the Essex area, and a money-back guarantee. If you have any issues with your order or questions about our products, we have online support available to find a solution for you in a timely manner.

### Create a garden oasis with your trusted garden furniture store in Essex

It is your goal to enjoy the sunshine each year, so having the perfect place to sit back and relax with your friends and loved ones is important. If you



are looking for an outstanding range of outdoor garden furniture in Essex, look no further than the team at Highgate Furniture. We offer an exquisite collection of garden chairs, outdoor bistro sets, and other furniture options designed to maximize your enjoyment of your outdoor spaces, and with styles to suit any preference, you will never want to go back inside.

### Beautiful garden furniture sets in a range of styles

When it comes to outdoor furniture sets in Essex, nothing beats the range offered by the team at Highgate Furniture. Choose from two, four, six, and eight-seater sets such as corner garden furniture sets or dining sets that are perfect for an outdoor meal or for having drinks with your friends. We feature a range of outdoor cooking equipment such as grills, burners, and pizza ovens, as well as fire pits, gas fires, and more. Choose from outdoor chairs to complete your current set up, or opt for a beautiful set that creates beauty and functionality.



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# A GARDEN IN WINTER

If you're visiting Sheffield this year, the multi-award-winning Winter Garden offers the chance to take a step away from the bustle of Britain's fourth-biggest city. It's wheelchair and buggy friendly, open every day except Christmas Day, and entry is free.

### WHAT EXACTLY IS IT?

It's an exotic landscaped garden housed in a vast greenhouse with soaring arches and a glass roof. It houses around 2,500 plants, all originating from temperate climates in the Southern Hemisphere. There are also bedding plants, which are changed five times a year – so there's always something new to admire.

The Winter Garden is 75m long, 23m wide and 21m high – that's big enough to house 5,000 average domestic greenhouses.

And it's not just about plants – there's also an art gallery, a café and shops at the garden. So allow plenty of time for your visit.

The greenhouse was opened in May 2003 by the late Queen Elizabeth II, and was designed by London

architects Pringle Richards Sharratt and Bath-based construction consultants Buro Happold.

### WHAT TYPES OF EXOTIC PLANTS ARE THERE?

As well as a stunning bamboo curtain, lush tree ferns and elegant grasses, you can also feast your eyes on some of these:

- > Thorny acacia trees, which in their native habitat are an important food source for animals, including giraffes and elephants
- > Pines from the araucaria family, including monkey puzzle trees
- > Palm-like cordylines, often grown as houseplants in the UK
- > Desert plants like cacti, agave and aloe vera
- > Eucalyptus trees, mostly found in Australia and prized for their timber, the oil in their leaves and providing food for koalas
- > Low-growing phormiums, which are native to New Zealand and have elegant, sword-like leaves
- > Trachycarpus palm trees, known for their chunky trunks.



GARDENING

Photo credit: travellight/Shutterstock.com

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KIDS



# DIY Mother's Day BEAUTY GIFTS

Do you want to help your child make a handmade gift for their mum, grandmother or mother figure this Mother's Day? Beauty gifts are always welcomed and provide the perfect opportunity for mums to enjoy a little me-time.

### Microdermabrasion scrub

Combat the signs of ageing with this super simple microdermabrasion scrub.

#### How to make:

Mix 6 tbsp of sugar with 3 tbsp extra virgin olive oil | Add 3-5 drops of lemon juice | Add ½ tsp baking soda and 3 drops of lavender oil | Mix thoroughly | Spoon into a small pot and add a handwritten label

### Rose whipped body butter

Give the gift of super-soft skin with this luxurious body butter.

#### How to make:

Melt 1 cup of coconut oil and 1 cup of shea butter in a small bowl | Leave the oils to cool slightly | Mix the oils using a whisk or standing mixer until you have

a whipped cream-like consistency | Add 8 drops of rose absolute and whip for a further 1-2 minutes | Spoon into a mason jar and add a pretty bow

### Lemon peppermint bath salts

Add an element of fizz to bath time with this aromatic bath salt.

#### How to make:

Mix ½ cup of fine sea salt and 1 cup of Epsom salt in a medium-sized bowl | Stir in 15 drops of lemon essential oil and 5 drops of peppermint oil | Scoop the bath salts into a mason jar and tie on a small measuring spoon with some ribbon

### Honey facial mask

Soothe sensitive skin with this natural facial mask.

#### How to make:

Mix together 1 cup of honey, 1 tbsp of cinnamon and ½ tsp nutmeg | Stir until the spices are fully incorporated with the honey | Pour into a bottle that has been sterilised with boiling water | Cover the bottle with some pretty parchment paper or fabric.



MOTORING

# DOUBLE YELLOW LINES

## DOUBLES, SINGLES AND MORE... ROAD MARKINGS AND HOW TO WORK THEM IN YOUR FAVOUR

We're all familiar with the sight of single and double yellow lines – yet where many of us have fallen foul of road markings, it's because we may not understand what they mean.

This guide to road markings may not make it any easier to find a parking space in your local area, but at least you'll know the risk you're taking when you apply the handbrake.

### SINGLE LINES

Single yellow lines are an indication that waiting restrictions are in place, albeit only at certain times of the day. The intention is to eliminate congestion at busy times.

Always look for the accompanying signs, which will state the times when parking is prohibited. However, you may stop there.

If you see a single red line, stopping is also prohibited at certain times.

### DOUBLE LINES

Parking on double yellow lines is prohibited at all times, unless there is accompanying signage which may indicate an ability to park there on rare or seasonal occasions.

With both single and double yellows, the good news is you get five minutes' grace, and a traffic warden must observe your car for the full duration of those five minutes before writing out a ticket.

If you see a double red line, the message is simple – no stopping (or parking) at any time.

### ZIGZAG LINES

White or yellow zigzag lines offer the same instruction as double red lines, except they are placed near places of high public footfall, such as on level crossings or outside schools and places where emergency services may operate, such as hospitals.

### LOADING OR UNLOADING

To confuse matters, loading and unloading is permitted on double and single yellow lines, but only if it's continuous. You'll get between 20 and 40 minutes, depending on your vehicle.

However, if two yellow stripes are seen emerging from the road and up the curb, even loading and unloading is prohibited. For one yellow stripe, stopping is permitted based on the times shown.



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# TECH-free TRIPS



**D**o you and your family need a break from technology? Are screens taking over your lives? Then these phone-free holiday destinations are just the antidote you need.

#### QUIRPON ISLAND, NEWFOUNDLAND, CANADA

If you can think of nothing better than spending your next getaway marvelling at the wonders of Arctic life such as polar bears, puffins and icebergs, then this is the holiday destination for you. Located in the far reaches of the North Atlantic, there is virtually no phone service and definitely no wi-fi.

#### PARRANO, ITALY

If you're looking for a remote destination in Europe, then the Eremito retreat in Parrano, Italy, is just what the doctor ordered. Boasting 21 rooms and only a 90-minute drive from Rome, there is no internet, wi-fi or television, so you're guaranteed a tranquil and restorative stay.

#### DENALI NATIONAL PARK & PRESERVE, ALASKA

Denali National Park is home to the Sheldon Chalet, a luxury five-bedroom lodge that is only accessible by plane or helicopter. Perfect for those who want to experience nature in the extreme, the panoramic views of snow stretch for miles. Plus, with no mobile phone coverage or internet, you can enjoy the peaceful silence with zero distractions.

#### BADEN-BADEN, GERMANY

If you love a spa break, the Villa Stéphanie mansion and spa is just the digital detox destination for you. Located in the famous spa town of Baden-Baden, this decadent five-star hotel boasts a sauna, plunge pool, thermal suite and private gym. And, of course, no technology in sight.

#### TOP END, NORTHERN TERRITORY, AUSTRALIA

As you would expect, there is no wi-fi deep in bush country, so you can kick back and relax or enjoy the local wildlife, including blue-winged kookaburras, magpie geese, wallabies and crocodiles. Book into the Bamurru Plains safari lodge for a restful night's sleep and five-star dining.



TRAVEL

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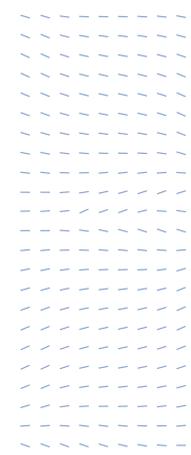
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with Mr V Ramakrishnan and Miss M Morgan, Consultant Plastic Surgeons
- Hip pain, surgery**  
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Thursday 16 March 2023 from 18:30pm  
with Mr S Jacob, Consultant General Surgeon
- Back pain, injury or surgery**  
Wednesday 19 April 2023 at 18:30pm  
with Mr A Qureshi, Consultant Neurological Surgeon
- Knee pain, injury or surgery**  
Friday 21 April 2023 at 18:30pm  
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Wednesday 26 April 2023 from 18:30pm  
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# PACK IT IN



IN HONOUR OF NATIONAL NO SMOKING DAY ON MARCH 8, HERE ARE SEVEN TIPS ON HOW TO QUIT SMOKING FOR GOOD

### BE PREPARED

It's unlikely you'll simply wake up one morning and decide to never smoke again. Smoking is an addiction, so take time to come up with a plan that gives you the best chance of quitting for good.

the feeling of having achieved something important – will help you stop smoking.

### DON'T GIVE UP

Quitting is hard. Know that and give yourself a break should you fail. Each day is a new day, and it is never too late to stop.

### SEEK ALTERNATIVES

Though they may be tempting, e-cigarettes are not the ideal way to quit, as they still contain nicotine. However, they are less harmful than tobacco cigarettes.

### REWARD YOURSELF

Put away those pounds you would have spent on cigarettes and you'll soon see the benefits. Treating yourself to something special is the least you deserve for persevering with such a difficult task.

Nicotine replacement therapy, on the other hand – in the form of gum, lozenges and patches – can help with withdrawal side effects.

### BE TRIGGER AWARE

If you crave a cigarette every time you have a few drinks at the pub, it may be best to stay home or, even better, hit the gym. Knowing what makes you want to smoke and then doing the opposite is a useful technique to help you avoid temptation.

### TELL YOUR FRIENDS

Not only is it reassuring to have some enthusiastic cheerleaders on your side, but your buddies can also help you on your way.

### KNOW YOUR REASONS

Whether you want to run a marathon or are motivated to quit for the sake of your young children, having a clear purpose – from health to finance to





# PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

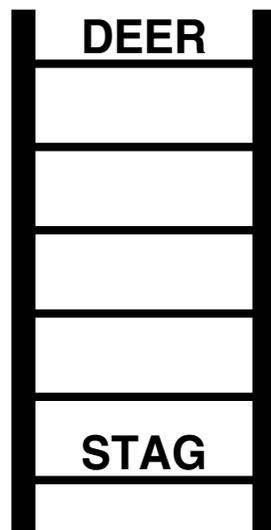
- ▶ BUFFALO
- ▶ CAMEL
- ▶ CHEETAH
- ▶ CROCODILE
- ▶ DONKEY
- ▶ ELEPHANT
- ▶ HEDGEHOG
- ▶ HIPPOPOTAMUS
- ▶ LION
- ▶ LIZARD
- ▶ PANDA
- ▶ REINDEER
- ▶ RHINOCEROS
- ▶ SALAMANDER
- ▶ SNAKE
- ▶ SPRINGBOK
- ▶ TIGER
- ▶ TURTLE
- ▶ WARTHOG
- ▶ WOMBAT

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

## DID YOU KNOW?

- ▶ There are 63 million pairs of chopsticks manufactured in China every year – that's 126 million single sticks.
- ▶ In Pakistan, a small city called Sialkot is where 40 per cent of the world's footballs are produced.
- ▶ Covering 2,653 miles, Chile is the world's longest country from north to south.
- ▶ There are more than 2,100 castles stand in Germany.
- ▶ Canada has more lakes than every other country in the world put together.
- ▶ Iceland has no army and is recognised as the world's most peaceful country.
- ▶ Disneyland Paris is the most visited place in Europe.

## 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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SPORT



UNUSUAL SPORT...

# CHEESE ROLLING

A lump of dairy, a hill, an ambulance on standby – it's the Cooper's Hill Cheese Rolling Championship

We've all heard of cheese rolling. Indeed, many of us have seen the frankly terrifying sight of grown men and women hurtling down Cooper's Hill in Gloucestershire on a balmy spring bank holiday in pursuit not just of a 9lb lump of Double Gloucester cheese, but also of the respect of the local community.

The annual event, which takes place on a slightly terrifying 200-yard slope in the town of Brockworth, has become iconic as the go-to cheese rolling event in the UK, yet it attracts competitors from all corners of the world.

While the perception is that anyone who catches the cheese takes the title, in truth this is a 'race to the bottom', with the first person across the finish line claiming the delightful dairy.

Now classed as an extreme sport, there is a series of individual races for have-a-go heroes to compete and contort in, with local legend Chris Anderson the most successful participant in the event's near 200-year history, having won a record 23 races. Ironically, the ex-1st Battalion light infantryman doesn't even like the cheese on offer, insisting on a passion for cheddar instead.

Injuries are commonplace – not just to participants, either. On many occasions, spectators have been struck by the tumbling cheese, which can reach speeds of up to 70mph as it tumbles downhill.

While COVID-19 halted the 2020 and 2021 events, the festival returned in 2022, complete with all manner of sprains, bashes, aches and breaks. Perennial champ Anderson has since announced his retirement, clearing the decks for a new era of southwestern sadist when the event returns this year on Monday, May 29.

While Brockworth hosts the country's most famous competition, there are other cheese rolling events across the UK with their own take on the concept, albeit none quite as flavoursome.

Photo credit: Simon Chapman/Lnp/Shutterstock, visitgloucester.co.uk

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