

Could COVID-19
science help cure
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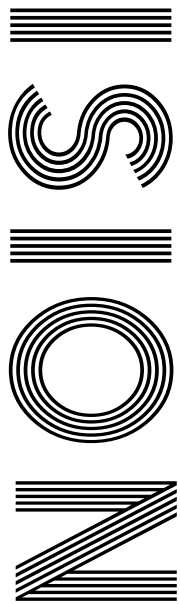
50 YEARS
OF ONE DAY
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CRICKET

BOTTOMS UP!
Celebrating National Beer Day

J.K. Rowling
The author's success with Harry Potter

ROMAN KEMP

Opening up conversation about men's mental health



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JUNE 2021

Editor's notes...



William Taylor, Editor

Hello and welcome to the first edition of **VISION**ManningtreeMistley. For me, this is the product of months of hard work. This is the third magazine I've worked on, following on from **VISION**Woodbridge which I launched in 2018 and **VISION**Frinton-on-Sea that our Editor-in-chief, Sean, started last September.

For me, local magazines are an essential part of the fabric of the town they represent. Not only do they bring you local news and events, but they also unite communities and showcase the best of local business.

I wish to take this opportunity to thank you for taking time to pick up this copy of **VISION** and have a read. I hope you like what you see and will join

us on our journey going forward. Your contributions are most welcome, and we want to be at the heart of everything that is happening in our town. I also want to give a special mention to all the advertisers who have kindly chosen to support our magazine from the outset.

If ever there's something you're looking for, be sure to scour the pages of **VISION**ManningtreeMistley first and keep the pound local. So here it is, your first edition. Enjoy.

William Taylor

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

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

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Under your spell

A decade since the final Harry Potter film was released, we look back on the success of a fantasy character who has shaped a generation.

Thinking purely in fantasy fiction terms, it's difficult to comprehend what the literary landscape was like pre-1997. Okay, so such a statement will attract clamouring voices extolling the virtues of the likes of Terry Pratchett, Douglas Adams and Robert Rankin, but few will dispute the impact J.K. Rowling OBE's first novel had on the book world, the film industry and the sensibilities of a whole generation of children – and adults – who could once again revel in the fantastical delights of wizardry.

For that reason, the date of June 26, 1997, should be referenced on the scribble books of every aspiring author. It was then that a tired, forlorn and wholly unappreciated author finally saw her prized character, Harry Potter, come to life.

No sooner had *Harry Potter and the Philosopher's Stone* hit the shelves than a revolution in fantasy storytelling gathered pace. And this wasn't a movement catapulted into the ether by mass promotion, social media or overhyped YouTubers – the internet was still in its infancy. Instead, this was a word-of-mouth, page-turning trend that lured a nation – and beyond – to platform 9¾, to Hogwarts, and on into a realm of magnificent mystery.

Rowling, who was 31 at the time and a single parent, had battled tirelessly over the preceding decade to be taken seriously. Her image of a young wizard and his fresh-faced cohorts finding their way at a school of witchcraft and wizardry that creaked and crackled with intrigue had been rejected by 12 major publishers.

That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else, a quality Harry Potter himself has had to master on numerous occasions across seven book instalments and eight films, as our loveable hero has leapt out from inked pages to become the most successful film franchise star on the planet.

At the last count, the Harry Potter books had sold 500 million copies worldwide; while the proceeds from the immaculately styled film series top £7.7 billion.

As well as creating and shaping the careers of stars Daniel Radcliffe, Rupert Grint and Emma Watson, the books – concluding with *Harry Potter and the Deathly Hallows* in 2007 – have also stimulated a breathless array of other fantasy stories, constantly refreshing our appetite to escape into other worlds.

As for Rowling, the seat she previously occupied in the window of The Elephant House coffee shop in Edinburgh remains, and is perhaps the simplest tie she has back to uncomplicated days. In recent times she has discovered that not even the greatest fantasy author of a generation is immune to the melting pot of social media, after her comments on gender courted approval and upset in equal measure.

Whether someone who has acquired a fortune in the region of £500 million really cares is for J.K. Rowling to know and for us to speculate, though only the most critical Harry Potter commentator would suggest, on balance, her output has been anything short of spectacular.

To an author, a wizard and a wonderful fantasy world, we continue to fall under your spell.

“That her persistence was rewarded by stratospheric acclaim is undoubtedly a victory for belief more than anything else,”

CELLmate

HOW THE SPECTRE OF COVID-19 COULD, EVENTUALLY, START TO SAVE LIVES

While in the short-term at least it feels as though the coronavirus pandemic has restricted and impacted the lives we for so long took for granted, scientists believe the messenger ribonucleic acid (mRNA) technology used to create the COVID-19 vaccine may have truly ground-breaking effects on our ability to fend off fatal diseases in the future.

At the heart of this theory is the way mRNA vaccines are being regarded as a breakthrough in modern medicine. This is because the mRNA works in a different way from traditional vaccines – namely that instead of implanting a tiny piece of the virus for our bodies to counter, it simply supplies information about what the virus looks like.

The body is told what the spike protein resembles, and it is this spike that provides the route for

COVID-19 to infect our cells.

The mRNA vaccine subsequently gives our body the information which teaches our cells how to make the protein that triggers an immune response inside our bodies. Extending the usefulness of this means personalised vaccines can, in theory, be developed so our immune systems can attack and kill off an illness that is specifically ours. So that could mean the potential to be able to cure everything from cancer to HIV to autoimmune diseases.

Scientists have been cautious not to overstate the theory, particularly because cancer, for instance, constantly mutates, and no two cancers are the same.

What is clear, however, is that this could be a major game-changer for the preservation of life... and we would have COVID-19 to thank for it.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS MANNINGTREE



Station has makeover as it welcomes back passengers

Manningtree train station has been given a makeover thanks to the work of local volunteers.

The picnic benches outside the station buffet on Platform 1 have had a fresh lick of paint, and flowerpots planted with colourful geraniums have been added.

Hanging baskets, funded by Lawford Council, will brighten up the front of the station.

Kerry King and Martin Rayner have officially adopted the station through the Greater Anglia Adopt a Station scheme, which sees local residents working with the rail company to bring about improvements and make stations more welcoming.

Kerry and Martin are supported by fellow adopters, Morag Gibbons and Alison Nichols.

As part of their plans, the waiting rooms will become mini galleries featuring work from Mark Kalaher, Lawford C of E Primary School, the Creative Craft

Centre at Acorn Villages, Manningtree and District Photographic Society, and the local poetry group.

Seven new planters will also be installed along the platforms to create attractive floral displays, thanks to funding from the Essex and South Suffolk Community Rail Partnership.

Alan Neville, Greater Anglia's customer and community engagement manager, said: "It's amazing what Kerry and Martin have achieved in a short space of time. It has made a big difference to the station, creating a friendly, welcoming atmosphere."

"We are very grateful to them, Lawford Council and the Essex and South Suffolk Community Rail Partnership, which has supported Kerry and Martin with their plans."

For more information, visit www.greateranglia.co.uk/about-us/station-adopter-scheme

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Swan rescued after getting caught in litter



Two people rescued a swan in Manningtree after they noticed a bag stuck around the bird's neck. Layla Vanhinsbergh and Anthony Wilde were both concerned when they saw the animal in distress, and acted quickly to resolve the situation.

Manningtree Town Council has called for people to do more to prevent incidents like this happening again.

A spokesperson said: "Well done to Layla Vanhinsbergh and Anthony Wilde for acting to rescue a swan from the bag around its neck. Litter can be dropped carelessly or by mistake, or it can blow out of bins. As well as not dropping litter, we can also try to avoid buying single-use plastic.

"The more plastic we buy, the more there will be in the environment, harming wildlife and working its way through the ecosystem to harm us too.

"If everyone living in Manningtree gave up regularly buying just one type of thing wrapped in plastic, think how much we could remove from our town."

After hearing the story, campaign group Plastic Free Manningtree, Mistley and Lawford organised a COVID-safe local litter pick on May 15.

New chairman of district council is appointed

The new chairman of Tendring District Council (TDC) has set out his hopes for the year ahead.

Councillor Jeff Bray was selected by full council to preside over the authority for the next year at the annual meeting last month.

At his first normal council meeting in the chair on Tuesday, May 18, cllr Bray once again thanked members from around the chamber for their support, and said he was looking forward to representing both TDC and the district for the next 12 months.

He said: "It is an absolute honour and a privilege to be elected by my peers to this office.

"As COVID-19 restrictions lift, this will be a vital year for Tendring and our residents, and I hope to be able to get out and meet lots of people, as well as fly the flag for our district at events elsewhere.

"I will also be raising money for my chosen charity, Community Voluntary Services Tendring, which does such great work supporting community groups."

Police release images after man exposes himself

Essex Police are investigating reports of a man indecently exposing himself in Manningtree and are releasing images of someone they would like to speak to in connection with their enquiries.

The most recent incident took place in Quay Street on Wednesday, April 28, at around 8am. A man exposed himself to a woman in her 40s before walking off towards the town centre.

A spokesperson for Essex Police said on Facebook: "We appreciate they are not the clearest images, but hope they may jog someone's memory, or someone may know who he is.

"We believe this incident may be linked to a previous incident which took place at about 4.35pm on Friday, March 5, when a woman aged in her 20s was approached by a man in the same area."

He was described as being white, around 5ft 10in tall and of slim build. In both reports, he was described as wearing a grey hooded top.

Police say they would like to speak to anyone who recognises the man in the photos, or was in the area at the time and may have seen a man matching the description before or after these incidents.

You can submit a report online at www.essex.police.uk or use the live chat button to speak to an online operator between 7am and 11pm, quoting reference 42/78913/21. You can also contact Crimestoppers anonymously on 0800 555 111.



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LOCAL NEWS

from your neighbourhood

LOCAL NEWS MISTLEY



Photo credit: Mistley
Parish Council Facebook



Postmistress awarded for community service

Mistley Parish Council (MPC) has awarded Mistley's dedicated postmistress with the 2021 Chairman's Award for her commitment to work in the community.

Frances McMillan has been postmistress in the High Street for more than 30 years after previously working in London as a consultant.

Chairman of MPC, Charlotte Howell, said: "Not only has Frances opened the shop seven days a week, 52 weeks a year, but she has also provided daily newspaper service to the village, leading to very early starts in all seasons and weathers.

"It is hard to imagine the High Street without her, and Mistley will miss her and the post office enormously."

As a result of Frances' retirement, the post office on the High Street has temporarily closed from May 25.

The Post Office has said that it will continue to search for a permanent solution.

Frances wasn't the only one to scoop an award from MPC last month, with the 2020 Chairman's Award given to Sharon Robinson for her work during the COVID-19 pandemic.

Sharon set up a COVID-19 support group with support from Mistley and Lawford Parish Councils and councillors from Tendring District Council, putting together a team of volunteers and 24-hour assistance for those in need.

A spokesperson for MPC said: "The parish council is delighted to have presented trophies to the winners of our Chairman's Award for 2020 and 2021. Congratulations to Sharon Robinson, who led the Crisis Support Group throughout the pandemic and was our worthy winner in 2020.

"And to Frances McMillan, who has been Mistley's postmistress for the last 30 years and is our 2021 winner. We are so proud of you both and thank you for the contribution you have made to our village and to the wider community."

Residents posted their appreciation to both of the winners, with one person commenting: "Both very well deserved. Thank you to both ladies for your services."

Another person added: "Congratulations and thank you for all that you do for us in our community."



Community fights to save last remaining pub



A group of Mistley residents have come together in an attempt to save the area's last remaining pub.

The Friends of the Mistley Anchor have been holding weekly meetings on Zoom to discuss ways of saving the pub, after it was revealed that the owners had put it up for sale last year.

At the time of writing, the fundraising page had raised nearly £2,000, with a target of £5,000.

A spokesperson for the group said: "We've had a fantastic response to our campaign and want to thank everyone for their encouragement and generous support. Now things get real - we'll be using the funds to set ourselves up as a company and join the Plunkett Foundation, which supports and backs community pubs.

"We'll be doing everything we can to raise awareness and to find out what you all think."

The group has sent out surveys to Mistley residents to find out their opinion on proposals for a local community-led pub.

To get involved, search 'Friends of The Anchor' on Facebook.

To donate, visit www.justgiving.com/crowdfunding/friendsofthemistleyanchor

Residents object to plans for new retirement homes

A controversial planning application for retirement homes at Mistley Place Park has been submitted to Tendring District Council.

McCarthy and Stone, developers of retirement communities across the UK, recently submitted plans to build 42 apartments and 11 bungalows, along with landscaping improvements to Mistley Place Park.

However, at the time of writing, 104 comments objecting to the application have been posted, with

only 13 comments in support.

One of the comments reads: "I strongly object to the above proposed development. Yet more of our local green space being lost to the greed of developers. This land is the backdrop to an area recently acknowledged as a place of outstanding natural beauty.

"This development will do nothing but tarnish the beauty of this area, not to mention the damage and destruction to local wildlife."

A petition that was set up to stop the development has received more than 500 signatures.

Mistley Parish Council has said it is aware of the application and that a meeting will take place to facilitate a response.

McCarthy and Stone has been contacted by VISIONManningtreeMistley for a response.

Rugby club reflects on lockdown in annual report

Mistley Rugby Club has reflected on the positive and negative effects lockdown has had on its club in its annual report to Mistley Parish Council.

The club is hoping to resume competitive contact rugby when government restrictions are further eased ahead of the 2021/22 season in September.

Mistley Rugby Club's last competitive game took place almost 16 months ago when they beat Sudbury Tigers 66-14 in their division.

However, there have been some positives in lockdown, with the club able to carry out work on its new clubhouse.

William Meston, the club's immediate past president, said: "The one plus side of lockdown has been that it enabled us to work on the new clubhouse. Stage one will hopefully be finished by September. We have done this thanks to the help of our members' skills and their generous donations.

"When we begin stage two of the clubhouse project, hopefully by the end of this year, we will actively seek out funding from local businesses and grants."

The club is also in need of volunteers. Visit www.mistleyrufc.co.uk for more information.



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Hoover user



The mistakes most of us make when hoovering.
How many are you guilty of?

Setting it right

The settings on your Hoover are there to improve its efficiency on a range of different surfaces, be that hard floor, low pile or a thick rug. If you've got your Hoover on the wrong setting, you'll be leaving dirt behind or, worse still, damaging your floor.

Skirting around the problem

Most modern Hoovers will get up close to skirting boards, leading us to believe our wall-to-wall work is done; yet it's the dust residing on the skirting boards that's going to leave your floor coated in another layer of horridness. Wipe down wooden boards before plugging in the vacuum.

Top form

Many of us store the Hoover on the ground floor, therefore it makes most sense to get started straight away, right? Wrong. The falling of dust down and through the house means if you start from the

bottom and work up, you're simply coating your pristine floors in a new layer of dust. Start at the top and work down.

The same rule applies for removing dirt from non-floor surfaces. Dust first, let the room settle, then Hoover.

Bagging it out

Regular changing of the Hoover bag and clearing out (or replacing) the filter are two essentials in ensuring a proper flow of matter through your Hoover.

It's behind you

The temptation when hoovering is to see a floor and Hoover it; yet most dust and dirt gets blown under sofas, units and tables. Therefore, for a full-on freshen, move furniture and vacuum behind and around.

And remember, a Hoover isn't just for the floor – use your connectors to rid a room of corner cobwebs and dust around windows.





Blinds

HOW TO CLEAN

LAST MONTH WE SHOWED YOU HOW TO CLEAN YOUR CURTAINS. THIS TIME WE TURN OUR ATTENTION TO YOUR BLINDS.

Whatever style blinds you have, and in whichever material, discover how to banish dirt and dust without breaking a sweat.

FABRIC BLINDS

Start by dusting your fabric blinds from top to bottom. You can use a vacuum cleaner to save time. Next, spot clean your blinds using a mild detergent solution. If your fabric blinds are really grubby, you may prefer to take them down and soak in the bath with three tablespoons of washing-up liquid. Leave to soak for half an hour to an hour and then clean with a soft brush.

Suitable for vertical, roman, roller, panel and pleated-style blinds.

WOODEN BLINDS

Real wood blinds do not like moisture so you should focus on maintaining a consistent dusting routine above all else. If your wooden blinds do

require more than just a dust, use a very slightly moist cloth to remove any dirt or grime. Be sure not to rub the slats too aggressively as this can ruin the wood stain.

This method is suitable for both vertical and horizontal slats.

FAUX WOOD BLINDS

The good news is that faux wood blinds are made from plastic and are therefore not susceptible to water damage. This means that once you have dusted your blinds, you can wash them thoroughly with a bowl of warm, soapy water and a cloth. Blot dry with a soft cloth or kitchen roll.

METAL BLINDS

The easiest way to clean metal blinds is by taking them down and placing them in a bathtub filled with warm water, a few squirts of washing-up liquid and a cup of baking soda. Leave to soak for about an hour and then rinse with warm water.



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Soften UP YOUR HOME

SIX ALTERNATIVE USES FOR FABRIC SOFTENER AROUND THE HOME

Although its main purpose is to condition your clothes, fabric softener has the ability to facilitate many other household tasks.

Check out our favourite ways to use this cheap and cheerful liquid below.

1. TO STRIP WALLPAPER

Once you have scoured your wallpaper, mix one cap full of fabric softener into ¼ litre of water and apply with a sponge to the wall. Leave to sit for 20 minutes and then you should be able to scrape off the wallpaper with ease.

2. TO ELIMINATE HARD-WATER STAINS

If you struggle to remove hard-water stains from your glassware, apply undiluted fabric softener to the stain, leave for 10 minutes and wipe off

with a cloth. Wash and rinse before use.

3. TO REMOVE BURNT FOOD

To remove burnt food without ruining your pots and pans, fill them with warm water and then add a few drops of fabric softener. Let them sit for an hour and any burnt food should wipe straight off. Wash and rinse before use.

4. TO CLEAN PAINT BRUSHES

Fabric softener is a surfactant, meaning it makes water wetter, and is therefore ideal for removing water-based paint from your brushes. Mix one cup of water and one teaspoon of fabric softener and dip your brushes in for up to 30 seconds.

5. TO MAKE HOME-MADE ROOM FRESHENER

Save money on room fresheners by mixing one part fabric softener and two parts water with two tablespoons of baking soda. Pour into a spray bottle and spray liberally around your home. This can also be used to repel insects.

6. TO BANISH DUST

Hard surfaces in your home are prone to dust. Minimise these pesky particles by creating a spray solution that is made from ¼ cup of fabric softener and one cup of water. Spray onto the surface and wipe away with a dry cloth.

celebrate NATIONAL BEER DAY

To celebrate National Beer Day on June 15, we have gathered the top six beer and food pairings that are guaranteed to go down a treat either at your local pub or in the comfort of your own home.

Stout & Oysters

Although you may associate oysters with champagne, they actually go amazingly well with stout. In fact, the Oyster Festival has been sponsored by Guinness for the past 60 years.

Dark Ale & Steak Pie

More suited to the winter months, but a perfect pairing nonetheless. Braise your steak in beer and then enjoy your pie with a glass of dark ale for a rich and comforting dish.

British Bitter & a Ploughman's

If you love nothing better than sitting in a pub garden with a traditional ploughman's lunch, then you will be pleased to hear that this summertime dish can be made even better with the addition of a classic British bitter.

IPA & Curry

Who doesn't love a curry on a Friday night? And, of course, you can't have a curry without a nice cold beer. Opt for a lighter style of IPA and an aromatic but not too spicy curry for mouth-watering results.

Lager & Fish and Chips

A British classic, fish and chips is one of the nation's favourite dishes. As well as enjoying a refreshing pint of lager with your fish, why not add a dash of beer to your batter mixture for an even crisper and lighter texture.

Blonde Beer & Brie

You may be surprised to learn that beer can be a match made in heaven with cheese, and this is most certainly the case with a blonde beer and young brie. The combination of this nutty cheese and lightly acidic beer is, quite frankly, unbelievable.

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FOOD & DRINK

UNUSUAL FRUIT OF THE MONTH:

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An undeniably attractive fruit, the bright purple mangosteen is so much more than just a pretty face. With a mouth-watering, fragrant flavour and a multitude of health benefits, this tropical fruit is definitely one you should try this summer.

WHAT DOES MANGOSTEEN TASTE LIKE?
 Described as a delicious combination of lychee, peach, strawberry and pineapple, the mangosteen boasts a slightly sweet and sour flavour which is quite unlike any fruit you have tasted before.

WHAT ARE THE HEALTH BENEFITS OF MANGOSTEEN?
 Offering a rich supply of nutrients, fibre and unique antioxidants, the mangosteen is low in calories and fat, making it a great snack for those who crave a sweet fix during the day.

WHERE CAN YOU BUY MANGOSTEEN?
 Although this fruit is easy to eat and prepare, it can be a little bit more difficult to find, as mangosteen is only in season for a short period of time. Your best bet is to head to your local Asian market, or you may be able to find it frozen or canned at the supermarket.

HOW TO PREPARE MANGOSTEEN
 To remove the fruit, cut a circle into the thick skin around the stalk and lift it off like a lid. This will reveal the segments of mangosteen, which resemble those of an orange, but are bright white in colour. The seeds are soft and edible so do not need to be taken out.

HOW TO EAT MANGOSTEEN

- > Eat fresh either on its own or combined with other fruits in a fruit salad
- > Juice them
- > Blend and make sorbet or ice cream
- > Add to a curry

HOW TO STORE MANGOSTEEN
 Ripe, whole mangosteen will last a few days at room temperature, whereas unripe mangosteen can last 1-2 weeks. Store in the fridge for 3-4 weeks. Do not freeze as this will damage the flesh.

MY MUM SAVED MY LIFE...

PRESENTER AND BROADCASTER ROMAN KEMP ON A MENTAL HEALTH CAMPAIGN
FROM THE HEART

The spectre of suicide in young people is one that looms large over modern society. Not in 20 years have so many people in the UK felt so low as to want to take their own lives, with men accounting for three-quarters of those.

Capital FM radio DJ Roman Kemp is not someone you would typically expect to want to talk about the subject. The son of Spandau Ballet icon Martin Kemp, the 28-year-old has grown up in the calm and comfort of a privileged life, has been afforded avenues into the entertainment world, and goes about his daily presenting duties with a breezy brand of optimistic irreverence that's fashionable and carefree.

Yet Kemp harbours a more solemn side, one that has driven him to campaign and champion mental health awareness. He brings an honesty and humility to his work that's been well-received, not least because of the struggles we have all encountered over the past year or so in light of COVID-19, lockdown, recession and the impact on our daily lives.

"At the heart of it is using a platform to do something worthwhile and meaningful," says Kemp, who has been at Capital FM for seven years and supplements his time on the airwaves with various entertainment shows, including *Martin & Roman's Weekend Best!* alongside his father.

One of the stars of *I'm a Celebrity...Get Me Out of Here!* in 2019 – he finished third behind Andrew Whyment and Jacqueline Jossa – the talented presenter has drawn on profound personal upset in putting together a recent BBC3 documentary, *Roman Kemp: Our Silent Emergency*, which was released in March 2021, has been nominated for a National Television Award.

"I come at this from the perspective of having known someone who took his own life, and having

lived through 13 years of on-and-off depression myself where, in my darkest hours, I have considered ending it."

Kemp said that his mum, famous singer Shirlie Holliman, actually saved his life. At his darkest moment, she made sure he wasn't alone and allowed him to confide in her about his suicidal thoughts. When he called her in crisis, she stayed on the phone with him as she travelled to London to be by his side.

Kemp was devastated by the loss of his close friend and fellow Capital Breakfast colleague, Joe Lyons, in August 2020. Recognising when friends are in trouble and encouraging people to open up about their emotions is at the heart of Kemp's work across both TV and radio, championing a trend for people to be outspoken and honest about their feelings.

He said: "It shook me back then and it continues to now. I still have days where I can't believe he isn't here, and I didn't see the signs.

"I actually think we're in a much better place than we were 10 years ago when it comes to speaking out and having the confidence to say what's really on our minds, what's really troubling us.

"The problem, I feel, is that this is being counterbalanced by so many other pressures, and lots of those stem from social media. I don't think we can change how Twitter, Facebook and Instagram have altered our lives, yet we can teach people to approach and view those influences in different ways. Obviously, the strands run much deeper than just that, but it is a good place to start.

"We all need to play our part. It's an old cliché, but to save just one life makes it all worthwhile."

Photo credit: PinPep/Shutterstock





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A Total Communication approach is used, meaning we use speech, sign, gesture and other visual ways of communicating according to the needs of the individual child. Children have access to regular BSL instruction and Speech and Language Therapy as required.

We can offer support to parents in dealing with any issues that arise in raising a deaf child.

What OFSTED says:

"For pupils in the hearing impaired unit, individual needs are precisely met. Adults provide a language rich environment so pupils build their vocabulary and reading skills. Work demonstrates good progress and pride in their learning." (2018 report)

Contact Kate Purcell
Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS
01206 573519
uhi@lexden.essex.sch.uk



THE SAFETY MEASURES YOU NEED TO PUT IN PLACE WHEN PURCHASING A TRAMPOLINE

On the face of it, it's hard to believe that trampolining is one of the more hazardous leisure pursuits out there; yet the activity accounts for almost 100,000 injuries requiring medical attention every year. Put another way, more than half of parents with children aged 12 have said their child has come to harm at some point.

The reality is, while the spring-mounted tarpaulin offers the softest of landings, kids are making contact from considerable height, and with others close by. And with a prevalence of injuries being caused by freak, awkward landings – sprains and strains account for almost half of injuries recorded – even the most cautious of happy hoppers can come unstuck.

Of course, there are a few measures you can take in order to minimise the risk of injury:

likely knock a juvenile jumper off their feet if a friend lands a split-second earlier.

✓ PROTECTIVE WALL

Most trampolines nowadays come with 360-degree netting around the edges, eliminating the danger of kids being propelled off the apparatus and into nearby hedges. If any part of the edging is broken, however, your safety net is gone, both metaphorically and literally.

✓ SIX OF ONE

It's recommended that no children 'bounce' if under the age of six. The reason for this is younger kids lack the muscular strength to be able to trampoline safely, leaving them more likely to come to harm.

✓ SUPERVISION

Perhaps the greatest deterrent of all is adult supervision. Sure, you may not want to spend your summer afternoons watching kids bounce up and down repetitively, but it's sure as hell a better sight than the inside of the A&E department.

✓ BOUNCE ALONE

Guidelines suggest kids should trampoline by themselves rather than with buddies. Colliding with others in a confined space is common and dangerous, and the trampoline canvas will most



KIDS



Pups for PROFIT

THE WORLD'S MOST EXPENSIVE DOG BREEDS

We all know dogs are man's best friend... and they need to be, given some of the prices currently being asked for some of the UK's most sought after breeds.

In 2020, the average price of a puppy came in at around £1,750, an amount that soared during lockdown as the demand for companionship – and our ability to look after a pet, given people were either furloughed or working from home – skyrocketed.

Remembering that puppies should always be acquired from registered, verified breeders, here are the top six most expensive breeds:

Chow Chow: This Asian breed looks compact, sturdy and full of personality, yet is actually shy, stubborn and independent. And that comes at a cost – around £4,000 for a puppy.

English Bulldog: Fun-loving dogs who convert playfulness with courage and strength. Now fetching more than £3,000, your bulldog is a full-on investment in every way.

Goldendoodle: A cross-breed that has risen to prominence over the past few years, the Goldendoodle is patient, gentle and cheerful, and will cost upwards of £2,750.

Golden Retriever: Traditional, gentle and friendly, this dog's reputation as a perfect family dog means it carries a price tag to match, often in excess of £3,500.

Miniature Schnauzer: If ever a dog's looks matched its personality, then the Schnauzer is the one. Intelligent, smart, wise and often cautious, your invested £2,500 is probably in good hands (or paws).

Cavapoo: Finally, another trendy cross between a Cavalier and a Poodle, this designer dog regularly fetches more than £3,000 by way of its playful, semi-scruffy and buoyant personality, which comes complete with a teddy bear-esque coat.

Of course, at the heart of dog ownership is love, fun and the acceptance of looking after your new member of the family over a concerted period. That could mean upward of 15 years, and at an estimated total outlay of more than £30,000, so choose wisely.



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PATIO FLOORING

A GUIDE TO

A well-designed patio can act as a second living room for your home, transforming your garden from basic to beautiful. However, you need to make sure you choose the right materials and style for your property if you want a showstopping end result.

PICK PATIO FLOORING TYPE

WOOD – Timeless and extremely versatile, wood can be used to create a rustic or modern-styled patio area. You can also sand down wood multiple times, making it a great long-term investment for your home. Apply a protective wood oil for enhanced longevity.

NATURAL STONE – For the epitome of luxury, natural stone is hard to beat. Popular natural stone options include slate, travertine, granite and marble. Avoid light-coloured natural stones if you have pets or young children.

CERAMIC TILE – A classic flooring material, ceramic offers a durable and cost-effective way to create a patio area in your garden. Opt for unglazed tiles to reduce the risk of slipping and consider adding a sealant to protect from wear and tear.

BRICK – Low maintenance and slip resistant, brick gives off an old-world feel that is ideal for period properties. If cost is an issue, brick pavers make a cheaper alternative.

CONCRETE – Arguably the most versatile choice, concrete can be moulded to fit any shape, and you can personalise it with colouring, stamping, brushing, painting and patterning.

CHOOSE THE RIGHT SIZE

There are three steps involved in sizing your patio flooring:

1. Decide how big you want your patio to be
2. Determine the size of your chosen patio material
3. Work out how much flooring you need to cover your chosen area

PATIO STYLE IDEAS

- > Surround tiles with decorative stones for a more organic look
- > Swap grass for a paved patio and surround with raised flowerbeds
- > Select interior and exterior flooring in the same tone to create a seamless flow



Photo credit: ukis.com

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SUPPRESS

the sweat



Although the arrival of warmer weather can work wonders for your mood, it can also make you feel hot, bothered and bad tempered. Fortunately, the below breathable fabrics are guaranteed to help keep you cool, calm and collected.

1. **Cotton:** Known for being lightweight, soft and breathable, cotton should be your go-to fabric for summer. With a natural ability to soak up sweat, allow heat to escape from the body and keep your skin cool, cotton comes in countless styles and colours, meaning you can find the perfect outfit for any occasion.

CARE TIP: Cotton can shrink in the dryer. Avoid this by hanging items in the home or garden to dry.

2. **Linen:** Linen is loosely woven, meaning it is also a highly breathable fabric that lends itself well to high temperatures. Although it can be stiff, linen can absorb a vast amount of moisture and it dries quickly, providing relief from sweat when you need it most.

CARE TIP: Combat creases by lightly spraying with water and smoothing with your hand.

3. **Rayon:** A man-made fabric, rayon is a blend of cotton, wood pulp and other natural or synthetic fibres. Created as a more cost-effective alternative to silk, rayon boasts very thin fibres that offer lightness and help prevent sticking. The perfect fabric for dresses and sportswear, rayon garments keep their shape and require little maintenance.

CARE TIP: Machine washable and dryable, rayon should not require ironing.

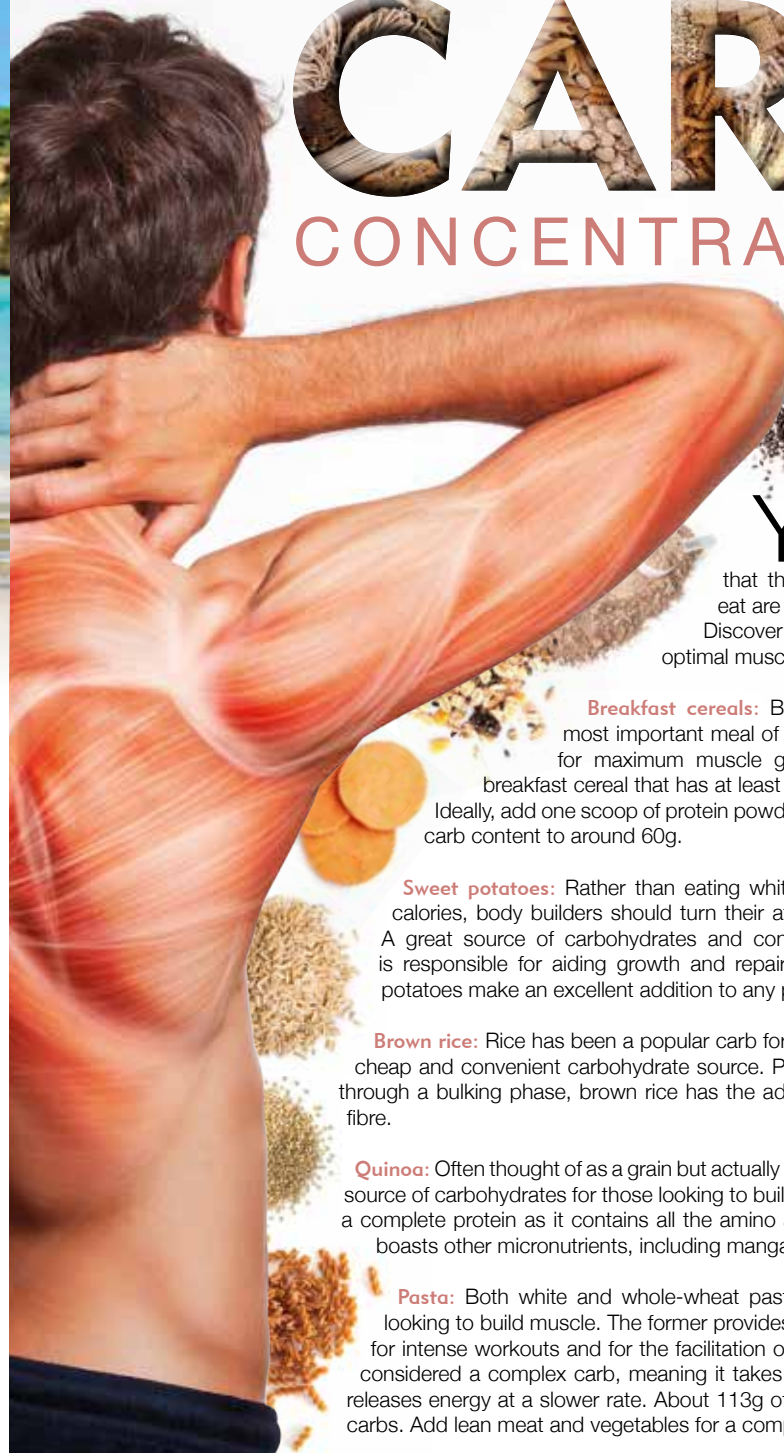
4. **Denim/Chambray:** Denim is made from tightly woven cotton so it has many of the same benefits as this natural fabric. However, it can feel heavy, which is why some people prefer to wear chambray when the temperature rises. Often referred to as imitation denim, chambray is much lighter and comes in a high thread count which guarantees enhanced breathability.

CARE TIP: Preserve your denim/chambray by spot washing with cold water and use a mild soap.



CARB

CONCENTRATION



You hear a lot about protein when it comes to building muscle, but did you know that the types of carbohydrates you eat are just as important? Discover which carbs to consume for optimal muscle growth below.

Breakfast cereals: Breakfast is most definitely the most important meal of the day and, if you are looking for maximum muscle growth, you should aim for a breakfast cereal that has at least two grams of fibre per serving. Ideally, add one scoop of protein powder and enough milk to bring the carb content to around 60g.

Sweet potatoes: Rather than eating white potatoes, which are high in calories, body builders should turn their attention to the sweeter variety. A great source of carbohydrates and containing Beta Carotene, which is responsible for aiding growth and repairing the body's tissues, sweet potatoes make an excellent addition to any post-workout meal.

Brown rice: Rice has been a popular carb for gymgoers for years, offering a cheap and convenient carbohydrate source. Perfect for those who are going through a bulking phase, brown rice has the added advantage of being full of fibre.

Quinoa: Often thought of as a grain but actually a seed, quinoa provides a clean source of carbohydrates for those looking to build muscle. Plus, it is considered a complete protein as it contains all the amino acids your body needs. It also boasts other micronutrients, including manganese and iron.

Pasta: Both white and whole-wheat pasta are great options for those looking to build muscle. The former provides immediate fuel that is needed for intense workouts and for the facilitation of muscle recovery. The latter is considered a complex carb, meaning it takes longer to digest and therefore releases energy at a slower rate. About 113g of dry pasta yield around 90g of carbs. Add lean meat and vegetables for a complete meal.



BEAUTY & AESTHETIC TREATMENTS IN THE HEART OF MANNINGTREE

The Beauty Empire was founded by Chloé back in 2016. Working around her daughter from home alongside her regular part-time job, she then fell pregnant with her son in 2017. This didn't get in the way of her dreams and she has been in continuous training throughout to keep up to date and expand her knowledge in all things aesthetics.

She decided to take the leap and open the salon in November 2018 which we were nominated a finalist for 'Best Salon Design 2019'. Treatments include:

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NAILED IT

Do you know your nail shapes?

If not, don't worry, we've got you covered. Learn how to pick the perfect shape for your lifestyle here. Plus, the best shades for each shape.

SQUARE

A square nail is straight with sharp edges that are squared off at the tip. This nail shape suits those with a shorter nail. Although you may be told that shorter nails do not suit darker shades, this nail shape can actually accommodate all polish colours.

OVAL

An oval nail is round in shape with corners that curve inwards. Ideal if you are growing a manicure out, this nail shape suits those with medium length nails and narrow nail beds. You can rock any shade with oval nails.

COFFIN

Similar to the square shape but slightly more angular, a coffin nail has a straight-edged tip that is tapered in. To achieve this shape, a long nail is needed. Dark shades can look harsh on coffin nails, so opt for lighter colours.

ROUND

A round nail has straight sides that round up with a flat-edged tip. Best if you need short nails for work, round nails are easy to get used to and lend themselves well to bright-coloured polish and nail art.

ALMOND

An almond nail is essentially an oval shape that comes to a soft point. Suited to medium nails, this shape helps to slenderise wide fingers and to give the appearance of slimmer hands. Pair with a neutral polish.

STILETTO

Definitely one of the most eye-catching nail shapes, a stiletto nail is long and spiky, with the point curving to the base like a triangle. You must have long nails to achieve this shape. Not suited to those who type for a living or carry out manual labour, red is definitely the couleur du jour for stiletto nails.

VIRTUALLY FREE ADVENTURES



Work this way



The Volunteer Vibe



Big up the Bothie



Airmiles

While the COVID-19 pandemic has robbed many of us of the money to be able to venture off on holiday, it hasn't removed that passion to explore.

Yet in the 'new normal', and having rediscovered a love of simpler things through lockdown, perhaps it doesn't have to cost the Earth in order to travel it.

House Swap: More than just the premise of endless reality shows, holiday house-swapping is a real thing, and is becoming more popular every year. After all, why not profit from someone house-sitting your abode by finding a holiday location that suits your needs perfectly, but is also free of charge?

The website homelink.org.uk is one of those leading the way.

Work this way: It's the age-old explorer's way, but working your way around the world on a backpacking mission is the extreme version, with many lower commitment job-based escapes closer to home. If you're young and without kids, consider fruit picking, event marshalling or even working in a bar as a way of putting in the hours to sustain that holiday vibe in a new place.

The Volunteer Vibe: In a similar way, pitching up somewhere willing to put the hours in for free can be a great way of securing accommodation, food and enough free time to explore the vicinity.

Big up the Bothie: You know those secluded stone buildings synonymous with the Highland Clearances... you can stay in them, for free. Sure, they may not protect you from the elements as would a five-star hotel – although many have been sensitively restored – but websites such as mountainbothies.org.uk arrange short-term stays in these mystical, remote former homes.

Airmiles: Finally, a fad of the Nineties, airmiles these days are for much more than business users, and the miles can really stack up if you are a frequent flyer.



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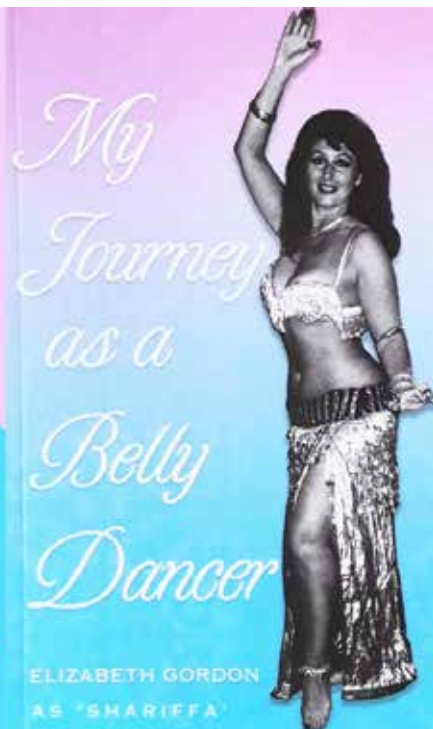
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My Journey as a Belly Dancer" is Elizabeth's true story that delves into the glitz and dangers of a world she found herself caught up in as a professional Belly Dancer. After a broken relationship in Barristers' Chambers she went on holiday to Morocco where she experienced the strong sense of 'déjà vu' whilst watching an Arabic Dancer perform at the Hotel. Returning to London she learnt the dance and Fate led her to a Turkish Cypriot Restaurant where she became professional, but whilst dancing in the Clubs and Restaurants as a Belly Dancer at night she carried on working for Solicitors in London during the day.

Many years later, someone from Elizabeth's past tracks her down, saying he has such fond memories of her and wants to get in touch, but he happens to be a famous celebrity.

Read this fascinating, insightful and compelling tale.
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ELIZABETH GORDON
AS "SHARIEFFA"



Speedy SALE

HOW TO SELL YOUR HOME FAST THIS SUMMER

If you are looking to sell your house this summer as quickly and lucratively as possible, then our property experts can help you. Plus, discover how to speed up the move into your new home.

SPRUCE UP YOUR GARDEN

Searches for properties with large outdoor spaces have soared during lockdown, but that doesn't mean homes with smaller gardens can't also be an attractive option for potential buyers. Make sure you mow your lawn, place the bins out of sight and, if possible, make your garden secluded with the use of fences or hedges.

FOCUS ON KERB APPEAL

You will be surprised at just how many homebuyers will dismiss a property purely on its exterior, with some not even venturing inside after a bad first impression. Prevent this from happening by keeping your windows clean, ensuring your house number is clearly visible and cutting back any overgrown trees or bushes.

STAGE YOUR HOME

Property developers know exactly how to stage a new home to sell it fast and there is no reason why you can't do this too. Ensure that your property is clean and tidy, with any clutter out of sight, lay the table for dinner, make up the beds, light some scented candles and keep the thermostat at a consistently pleasant temperature.

SEEK PROFESSIONAL ADVICE

Estate agents live and breathe property sales, so it makes sense to ask their advice on how to sell your home as quickly as possible. Be sure to seek out local insights and pre-empt the questions buyers are likely to ask.

ENJOY A FAST AND STRESS-FREE MOVE WITH THESE MUST-ASK QUESTIONS:

- > What is the position of the buyer/seller?
- > Should I use a mortgage broker?
- > Has my buyer's mortgage application been submitted?
- > When is the target exchange date?
- > What paperwork do I need to complete?



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Refund rules

YOUR CONSUMER RIGHTS WHEN PURCHASES GO SOUR

We've all had purchases go bad, and when that happens the immediate fear is whether we'll get our money back.

In most instances, the answer is "yes". Certainly, if you buy anything online you are protected by the 2015 Consumer Rights Act. That means, for whatever reason – including simply changing your mind – you will be able to return your goods. You'll usually need to do this within 14 days in order to get a full refund, and obviously items must be sent back in the same condition as they were received.

When purchasing in store, things become a little different. You will struggle to get refunds for perishables unless you are returning in an almost

immediate timeframe – such as buying a sandwich only to immediately discover the bread is stale.

In other situations, the product will need to be defective or not fit for purpose, at which point the retailer is allowed to attempt to repair or replace. Be warned, though, simply having changed your mind isn't a verified reason for a refund, and you may discover some pushback.

Of course, while these hard and fast rules reflect a stated code of conduct when it comes to refund rights, things can often veer either side of the line. You may sometimes encounter an overly officious staff member or customer service agent who makes life difficult; though more likely you'll find retailers going the extra yard to refund in some circumstances when they perhaps don't need to legally. Ultimately, good publicity – and bad – travels.

As with all refunds, proof of purchase is important, and building rapport with the person you are liaising with will doubtless move you closer to the result you want, no matter what the circumstances.



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Manningtree District Business Chamber

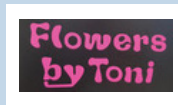
Welcomes you back

We would like to thank you for all your support over the last year. As restrictions ease shops, pubs, bars and cafes in the town are fully re-opening and we would love to see you back supporting our local economy.

Manningtree is full of wonderful independent businesses - you might be surprised by what you have on your doorstep! Take a look at our new website www.mdbc.co.uk or www.visitmanningtree.co.uk to discover more about the town, its chamber members and events planned for the summer.

At the chamber we are always welcoming to potential new members and are keen to strengthen the partnership we have between all local businesses. The current chair Steve Tattam owns and runs Winyl, but is also a town councillor ensuring he can build relationships and common goals to promote our town.

If you want to find out more or to join our thriving chamber email manningtreetown@gmail.com. You can also follow us on Facebook and Instagram [@manningtreetown](https://www.instagram.com/manningtreetown).



www.mdbc.co.uk / www.visitmanningtree.co.uk



WILL THE UK BE THE FIRST TO INTRODUCE 'NO HANDS' TECHNOLOGY ENABLING CARS TO BE DRIVEN BY COMPUTERS?

It was back in 2017 that former Transport Secretary Chris Grayling MP announced that self-driving cars could be present on UK roads by the year 2021, a claim reinforced by the head of the Society of Motor Manufacturers and Traders as being a realistic aim.

In reality, we won't be seeing fleets of driverless cars tearing down our A roads in 2021, but we can expect the first few to pop up later in the year. Perhaps this delay is a result of lockdown, perhaps the dramatic slowing of the motor industry as a whole in light of the global pandemic.

And yet, the idea of self-driving cars still holds firm, and it may not be long until we do see high-end manufacturers fully embracing what will be the most dramatic motoring ever. The benefits include fewer incidents on the road (94 per cent of accidents are caused by human error), less congestion and improved transport connectivity, not to mention greater mobility options for elderly, disabled and

young users.

The UK wants to be regarded as a leader in this field, with the prediction being that by 2035 more than 40 per cent of new cars will have self-driving capabilities. Automated Vehicle (AV) technology could be worth more than £40billion, and will bring 40,000 jobs to the country.

More than £200million has been invested so far in start-ups looking to fuel this motoring revolution, with the advancement of Intelligent Roads helping to move ideas forward.

There is just one issue though – AVs work perfectly when surrounded by other AVs. It is only when these brilliant computers are asked to interact with human drivers that potential collisions occur. It seems the scientists will have to overcome this somewhat fundamental flaw before we can call on our trusty computerised four-wheeled motors to deposit us home safely.

CELEBRATING 50 YEARS OF THE ONE DAY INTERNATIONAL

It shows you just how far cricket has come when you consider that when England played Australia in the first ever ODI – that is, a ‘One Day International’, comprising 40 overs per side – the concept was seen as being somewhat pointless. It was staged as a money-making exercise Down Under after the Third Ashes test of 1971 had fallen foul of the weather.

To think that a new format could come into play to disrupt the five-day sensibilities of ‘traditional cricket’, where batsmen and bowlers would toil endlessly in a match lasting almost three-quarters of a week (with a common outcome being a draw), was churlish.

Indeed, the ODI, from the outset, wasn’t hugely popular. Australia won that first landmark game, predictably, and other nations around the world were nervous to throw caution to the wind in the same way as might a limited-over batsman tasked with both accelerated run-scoring and wicket preservation.

As time went on, the ODI set-up found its popularity climb thanks to World Cup cricket, particularly during the 1980s; and, of course, as long-suffering England fans, we had to wait until 2019 when Ben Stokes, Jos Buttler and co snatched a stunning victory against New Zealand at Lord’s to finally bring the trophy back to the shores where this great game was invented.

England have remained right up there with the world’s best at the one-day format, despite minor aberrations in form of late.

Its future does appear somewhat cloudy, though, given the popularity of T20 cricket and the emergence of The Hundred – both shorter, punchier forms of the game. Though like a middle-distance runner sneering at both sprinters and marathon runners alike as

he pursues a measured, masterful, classy approach to his craft, so too does the ODI package occupy a middle ground that now feels as much a part of our cricket heritage as leather, willow, pads, stumps and endless rain delays.

Photo credit: Colorsport/Shutterstock

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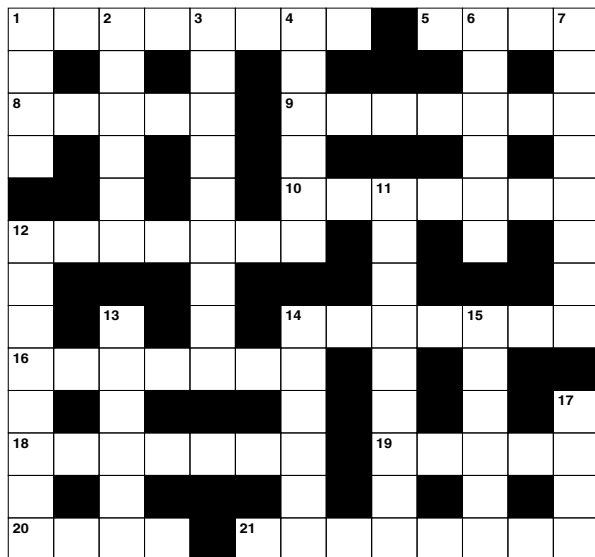
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ACROSS

1. Succession; series (8)
5. Run at a moderate pace (4)
8. Sag (5)
9. Sour in taste (7)
10. Mountain in the Himalayas (7)
12. Contemplations (7)
14. Subdivision (7)
16. Part of a chair (7)
18. Increasing rapidly (7)
19. Kingdom (5)
20. Japanese beverage (4)
21. Large metal pot (8)

DOWN

1. Soft drink (US) (4)
2. Cites (6)
3. Act of spying (9)
4. Stops (6)
6. Thief (6)
7. Not inclined to talk (8)
11. Let oracle (anag) (9)
12. Thick dark syrup (8)
13. Set out on a journey (6)
14. Mark of disgrace (6)



15. Make worse (6)
17. Word ending a prayer (4)

DID YOU KNOW?

- ▶ Pound cake got its name from its recipe – one pound each of butter, eggs, sugar and flour
- ▶ Most wasabi in supermarkets is made from coloured horseradish with flavourings, as real wasabi is expensive to make
- ▶ Crackers often have holes in them to prevent air bubbles from forming when cooking
- ▶ Farm-raised salmon is naturally white or grey. A pink colour is added to mimic the natural colour of a wild salmon
- ▶ Russian president Dmitry Medvedev signed a bill in 2011 officially classifying beer as alcohol. Previously, anything containing less than 10 per cent alcohol in Russia was considered foodstuff
- ▶ A typical ear of corn has an even number of rows

SUDOKU

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

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