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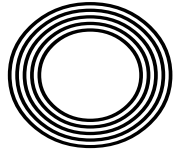
150 years of The FA Cup

ANNIE MAC

Radio DJ steps down after 17 years

Laura
WHITMORE

Presenter back in the limelight with new series of Love Island



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Editor's notes...

JULY 2021



William Taylor, Editor

Hello and welcome to the second edition of **VISION**ManningtreeMistley. I don't know about you, but there's something that just really bugs me about the word 'staycation'. Call me picky, but it seems to be one of those new words that really doesn't serve any purpose, other than to annoy people.

What really irks me about it, though, is the misuse of it to describe a UK-based holiday as opposed to going abroad.

So, is it not a holiday anymore unless you get on a plane? Are good old English towns such as Manningtree not good enough?

I think the reason why it bothers me so much is because my entire childhood was built upon UK holidays, and now I've got young children of my own, we enjoy nothing more than a week down in Cornwall or a weekend up in Norfolk - we've just got back from one, in fact.

These aren't 'compromises' where we've been forced to stay in the country because of COVID-19 - no, they're memories we make for a lifetime.

Anyway, rant over, and three cheers for the good old English holiday, and three cheers for Manningtree and Mistley. Have a great month.

William Taylor

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BRIDGE

TOO FAR?

IT HAS BEEN JUST 50 YEARS SINCE LONDON BRIDGE WAS SOLD AND MOVED TO LAKE HAVASU CITY, ARIZONA. BUT HOW AND WHY DID THIS COME ABOUT?

As far as the architecture of London goes, 50 years seems like only a very short period of time. For context, other recognisable landmarks in the capital built at the start of the same decade, the 1970s, include Euston Tower and the Barbican Estate, with the likes of the Lloyds Building and NatWest Tower built only a few years later.

So it's astounding to consider that the London Bridge that we know, love and recognise – the elegant five-line concrete box girder bridge that connects Monument on the north bank to London Bridge station on the south – has only been in place for five decades. It's even more astonishing that its forerunner now spans a small conurbation in the desert of western Arizona.

That a London landmark which had been in place since its construction 130 years previously ended up being dismantled, one brick at a time, shipped 4,000 miles around the world and reassembled, is one of those eccentric curiosities we would most likely expect of the Victorians. But this happened just eight years before Margaret Thatcher came into power. London would never look the same again.

In fairness, the old London Bridge had seen better days. Although it had survived the Luftwaffe's rain of bombs during Second World War, structural issues caused by ageing, combined with the increased weight and frequency of traffic, meant the bridge was sinking into the Thames at a rate of one inch every eight years. Surveyors were left querying the affordability of renovations.

At first, it seemed the bridge might have to be broken up and scrapped. But a city councillor by the name of Ivan Luckin decided he would capitalise on London's historical reputation by heading abroad to market the 1,000ft construction.

While the peculiar proposal largely fell on deaf ears, it did pique the interest of eccentric American businessman, Robert McCulloch. An industrialist who had made millions through oil and motorisation,

he was keen to market Lake Havasu City, which sits equidistant between Phoenix and Las Vegas, as a global tourist destination. In need of a talking point and a centrepiece that would define both his and the city's ambition, he agreed to purchase London Bridge for the not inconsiderable sum of \$2.4million.

The bridge was subsequently dismantled, with workers numbering each individual granite brick and carefully marking its position on the huge structure. It travelled to North America via the Panama Canal, before landing in Long Beach, California. It was then transported in trucks to its final destination.

The bridge, which originally spanned a section of desert before the growth of the city, was reinforced with a steel shell in order to circumnavigate the same issues over weight of traffic that had brought about its demise in the first place. On October 10, 1971, it was finally opened to a flurry of fanfare. London's Lord Mayor attended and a banquet comprising the meal that had been served when the bridge was first constructed back in 1831 was prepared.

While McCulloch died in 1977, his bridge over the desert lives on, with the attraction bringing an estimated two million visitors to Lake Havasu City each year.



THE LEGENDARY RADIO 1 DJ ANNIE MAC MOVES ON TO PASTURES NEW AFTER 17 YEARS

There can be little disputing the impact Annie Mac has had on our understanding and appreciation of dance music over the past two decades.

Having joined Radio 1 as a producer back in the early Noughties, the Irish DJ breathed fresh energy into an ailing electronic music scene, overseeing a number of breakthrough genres, including dubstep, trap and drill, while continuing to celebrate the house and techno sounds that have defined a generation.

Yet now, at 42, the pioneer has announced she is leaving behind two decades of influence in order to focus on more private ventures, including writing a book and spending time with her family.

There is also the small matter of her podcast work, and of course the return of live gigs – both of which go to show that a DJ cannot spend too long out of the spotlight. That said, we might assume a

musical legacy that has educated, informed and inspired is now coming to an end – for now, at least. Annie wrote on her Instagram page that she would be coming back to radio broadcasting when the time was right.

The Dubliner first got her foot in the door at the BBC working as a broadcast assistant on the Steve Lamacq show. By 2004, she had her own slot, *Annie Mac's Mashup*, and for the past six years has presided over the weeknight *Future Sounds* show.

Always one to push boundaries and extol the virtues of music across genres well beyond the norm, the famously curly-haired Annie has, among other things, hosted *The Culture Show* and *Top of the Pops*. She is also the curator of AMP Lost & Found Festival.

Now, a new set of sounds awaits this airwaves innovator, and no doubt we'll be tuning in.

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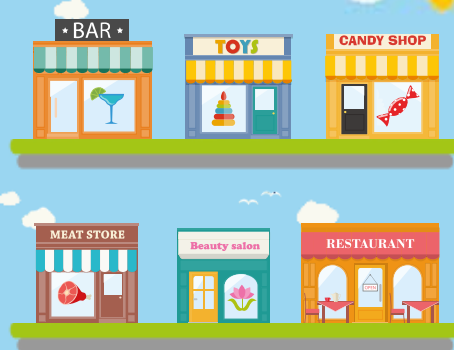
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LOCAL NEWS

from your neighbourhood

LOCAL NEWS MANNINGTREE



Town rail station celebrates 175th birthday

Rail workers at Manningtree recently celebrated the rail station's 175th birthday.

The station on the Norwich-London mainline, which also forms the terminus station for the Manningtree-Harwich Mayflower line, was opened by Eastern Union Railway on June 15, 1846.

However, it was rebuilt between 1899 and 1901 by Great Eastern Railway, and this is the station building that survives today.

Customer service team member, Stephen Brown (pictured inset), cut a cake for station colleagues to enjoy to mark the special occasion.

Assistant area customer service manager for Manningtree, Stephen Watts, said: "Overnight in 1846, people in Manningtree went from relying on coach and horses to a railway service that was

cheaper, quicker and more comfortable than the stagecoach. For 175 years, the railway has been a great asset to the area.

"The cake-cutting pays tribute to the railway pioneers of 19th century Britain and the fantastic team that works at the station today."

Greater Anglia's customer and community engagement manager, Alan Neville, said: "From its Victorian beginnings, Manningtree has seen many changes and improvements, up to the present day with the introduction of our new fleet of trains.

"With support from the Essex and South Suffolk Community Rail Partnership and our team of volunteer station adopters, who are doing so much to bring the station into the heart of the community, the station has a very bright future ahead."

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Octopus trail marks Mayflower celebrations



Residents in Manningtree may have seen sculptures of octopuses appearing in the town this summer as part of a public art trail across Tendring.

The trail, named Octopus Ahoy, is part of the joint celebration marking 150 years of Clacton and Harwich's Mayflower 400 event.

KAT Marketing has developed the Octopus Ahoy brand and decided that an octopus would be the ideal mascot.

The company has reached out to local schools and offered education packs as well as smaller sculptures for pupils to decorate.

Sculptures will be on the streets until early September and will then be auctioned, with all profits going to local charities in Manningtree and other areas of Tendring.

Residents can download the Octopus Ahoy app by going to www.octopusahoy.co.uk/download-app, and can plan their trail route and win prizes by scanning the QR code on each octopus.

Free train travel for trail challenge participants

The Rotary Club of Manningtree is inviting residents to take part in its 2021 Mayflower Trail Challenge at the end of September.

Participants can jog, walk or run the 13.1-mile course following the stunning scenery of Essex, beginning at Harwich and ending at Mistley Rugby Club.

Greater Anglia is offering a free transfer on the Mayflower line from Manningtree to Harwich for the event, and a minibus will also be available to take residents to Manningtree town centre or Manningtree station from the finish line.

Regular water stations will be provided.

A spokesperson for the Rotary Club said: "With entries now coming in and only three months to go

until race day, we are delighted to confirm that Greater Anglia has confirmed that it will be providing free train travel on the day.

"Harwich Runners have confirmed that they will be providing the chip timing for us once again. So get your entry in now and join us for a fantastic challenge through the stunning scenery of Essex."

To sign up for the challenge, visit www.eventrac.co.uk/e/2021-mayflower-trail-challenge-6922

Thousands raised for girl with rare genetic condition

A young girl from Manningtree is fighting an incredibly rare genetic condition, which currently only affects six people worldwide, and the community has rallied behind her to raise funds for specialist equipment and therapies.

Aurelia, aged three, is registered blind, severely physically disabled, tube-fed and non-verbal, but despite all of this, her family says she is a happy and sociable girl with an infectious laugh.

In the first three years of her life, Aurelia has already been through multiple surgeries and hospital visits and continues to face new challenges every day.

A fundraising page set up by Just4Children has already raised more than £13,000, with a target of £30,000, to provide Aurelia with access to regular physiotherapy, occupational therapy and speech and language therapy.

On her fundraising page, a member of the family wrote: "We have had amazing support from a whole raft of NHS doctors, nurses, specialists and therapists, but sadly ongoing funding shortages, coupled with the effects of COVID-19, mean that Aurelia cannot access the regular therapy she needs.

"Thank you for following Aurelia's adventures and for any donation, large or small, you are able to make. Your support really does mean the world to Aurelia, and to us as a family."

To follow Aurelia's story, head to Facebook and search 'Aurelia's Adventures'. You can also visit www.justgiving.com/campaign/AureliasAdventures if you would like to donate.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS MISTLEY



Photo credit: Savills

Former nuclear bunker converted into homes

A former bunker and safe haven in the event of a nuclear apocalypse has been converted into new homes.

The Grade II listed property in Mistley was intended to serve as the communications hub of the country should there be a nuclear attack.

Originally built in 1951, developer Build Vantage has now restored and converted the property into three duplex apartments, which are being sold through the residential development sales team (RDST) at Savills Ipswich.

Arranged over two floors, each home is enclosed by heavy blast doors made from military grade tank steel and protected by 600mm-thick reinforced concrete walls.

The homes – arranged around a communal atrium with plenty of natural light – have a starting price of

£550,000.

Property agent Max Turner, who leads the RDST at Savills Ipswich, said: “Effortlessly stylish, the developers have found the perfect balance of combining modern-day luxury with restored original features to create an extraordinary transformation.

“It’s a truly unique development – connecting the past and present in a landmark building that’s part of the area’s heritage and which will of course make a great talking point when friends and family visit.

“We’ve already received a lot of very positive feedback and people are obviously interested in the bunker’s history, but it also ticks a lot of the boxes that buyers are continuing to look for – tucked away on the edge of the village with plenty of access to outdoor space, yet within a short distance of shops, restaurants and the nearby station.”



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Councillors take on bowls club in bid to boost profile

Councillors from Mistley Parish Council (MPC) visited the local bowls club last month to raise its profile and hopefully encourage more residents to join.

Mistley and Manningtree Bowls Club overlooks the banks of the River Stour, in surroundings recently designated an Area of Outstanding Natural Beauty.

MPC accepted the club's challenge to take part in a game to coincide with Bowls England's 2021 National Open Weekend.

Although most of the parish councillors were complete novices, thanks to help and advice from their hosts, they were soon able to get the hang of

the game.

As with all good sporting fixtures, the afternoon's final destination was the clubhouse, and Mistley's boasts impressive facilities, including a lounge area, kitchen, well-stocked bar and snooker room, along with framed photographs, awards and memorabilia from its long and distinguished history.

The club is currently welcoming those interested in becoming new members.

For further information, contact the club's president, Margaret Arthey, on 07709 613711 or email margaret.urthery@yahoo.co.uk

Veterans' football club win big in first season

A veterans' football club in Mistley have celebrated a magnificent debut season by winning a cup final.

Ramsey and Mistley FC, which is made up of players over the age of 35, reached the Tiptree Charity Cup final in incredible fashion by scoring 15 goals and conceding just twice.

The final was played at Beacon Hill Rovers FC in Wickham Bishops against First City FC.

After the game, the club tweeted: "Big congratulations to our Vets on winning the Tiptree Charity Cup yesterday. They end their debut season with some well-deserved silverware.

"A brilliant first season for the team, and we now



look forward to the next one."

The club are now on the search for pre-season games ahead of their new season, which is due to start in August.

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Keeping the whole household's shoes organised might seem impossible. With your family and friends going in and out of the house multiple times a day, the mudroom or entrance of your home can quickly end up accumulating a messy pile of shoes, flip-flops, trainers, football boots, dancing shoes and so on.

If you have not yet found a solution that suits the needs of your family and your home's design, but you have DIY skills to spare, why not trying creating your own shoe storage out of PVC pipes?

WHAT YOU'LL NEED

- PVC tubes – at least 6 inches (15cm) in diameter
- 220 grit sandpaper
- Handsaw or hacksaw to cut the tubes
- Soap, hot water and a sponge
- Adhesion primer
- Paint
- Wallpaper strips (optional)
- PVC glue

HOW TO CREATE YOUR SHOE STORE

1. Cut the PVC tubes into 10–12 lengths of 10–12

inches (25–30cm) each.

2. Smooth the tube sections' edges by using 220 grit sandpaper.
3. Wash the tube sections with hot water and soap to eliminate any dust or debris.
4. Apply a layer of adhesion primer to ensure your painted shoe storage will withstand daily wear and tear.
5. Once the adhesion primer is dry, paint the tubes and apply wallpaper strips (if desired) – depending on the kind of style you are looking to achieve.
6. Leave small horizontal sections unpainted and without wallpaper on each tube so that you can glue together the different sections.
7. Once both the paint and wallpaper glue are dry, apply a line of PVC glue on the section of the tubes left unpainted.
8. Glue the sections together to create your desired design.
9. Keep the glued sections in place with clamps until the glue is dry.

Now you can start enjoying your DIY shoe storage creation.



STEP UP *in style*

Make the most of your staircase with our top design ideas for summer 2021. From the simple to the elaborate, there is something to suit all spaces, budgets and tastes.

GO DARK AND DRAMATIC

Although you may think that staircases need to be light and airy, if you want to create an imposing and sophisticated area that demands to be seen, then painting your woodwork either black or dark charcoal grey is the way to go. Contrast with white walls for a chic and contemporary look.

CREATE A GALLERY WALL

A gallery wall is a highly popular option when it comes to decorating a staircase. For the best results, choose matching frames and pictures with a clear theme, such as your pampered pooch, your child's artwork, black and white family photos, or art deco pictures.

MAKE A STATEMENT WITH SPINDLES

Often overlooked, your staircase's spindles provide the perfect opportunity to update your staircase. Whether you opt for a bold colour matched with a natural wood handrail, or you go wild and paint each spindle in a different shade, make sure you keep the rest of the staircase white for maximum effect.

WALLPAPER YOUR TREADS

If you don't fancy carpet or it's a bit out of your price range, why not brighten up your staircase treads with some boldly patterned wallpaper? Choose eye-catching graphics and add further pops of colour in the hallway or on the wall, focusing on primary colours for best results.

LAY AN OMBRÉ STAIR RUNNER

Stair runners are a great way to add warmth and colour to your wooden stairs without covering them completely with carpet. If you are not a fan of patterned stair runners, an ombré version is the ideal choice for you, offering a fun and fresh look without being too overpowering.



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YOU'RE

oil I need

Olive oil is a storecupboard staple for most households, being used to roast veggies, drizzle over salads, rustle up home-made hummus and so much more. However, you may not know that its uses extend beyond cooking...

To shine stainless steel

If your stainless steel items are looking lacklustre, all you need to do is put a dab of olive oil onto a soft cloth and rub to help prevent streaks, water spots, tarnish and corrosion. Finish by buffing with a dry cloth. A dab of olive oil can also be used to slow down the tarnish of silver items.

To remove sticky labels

Getting sticky labels off glass, plastic and wood can be a nightmare. Fortunately, by saturating the paper labels in a few drops of olive oil and leaving for 15 minutes, you should be able to peel them off with ease.

To protect wood

Any wooden items that you have in your home can be nourished and protected with a light coating of olive oil. Simply let the oil sit for five minutes and buff with a soft cloth to prevent cracking and discolouration.

To silence squeaky hinges

Whether you have a squeaky door, window, cabinet or appliance, a few drops of olive oil on the hinges is all that is needed to silence the squeak in a matter of seconds.

To remove water rings

Water rings don't have to spell disaster for real wood and can easily be removed with just a little bit of warm olive oil. Apply gently to the affected area with a soft cloth and then buff with a dry one. Ideal for also repairing small scratches.

To condition leather

Buff any leather items in your home with a few drops of olive oil and a cloth and enjoy softer, more supple leather furniture, gloves and shoes.



Unusual veg of the month:

Cardoon



Considered a delicacy in Mediterranean countries, the cardoon is a large, stalky vegetable that is closely related to the artichoke. Although it takes some time to prepare, its tender texture and distinctive flavour make it well worth the wait.

- > Gently remove the outer portion of the stalk as you would with celery
- > Cut into ½-inch pieces and soak in water and lemon juice to avoid browning.

HOW TO COOK

Cardoons are typically used in a similar way to artichoke hearts and can be steamed, braised, sautéed, blended into a soup, added to a stew and even eaten raw. Many recipes call for cardoons to be pre-cooked for 15 minutes in boiling water to remove bitterness.

WHAT DOES IT TASTE LIKE?

With a similar, yet slightly more bitter taste to an artichoke, the exact flavour of a cardoon will be dependent on its growing conditions and maturity. For a sweeter cardoon, opt for the lightest in colour.

IS IT GOOD FOR YOU?

The cardoon is a nutrient-rich vegetable that contains protein, fibre, carbohydrates, calcium, potassium, iron and a whole host of important vitamins. It is also low in calories and boasts high levels of folic acid.

HOW TO PREPARE

> Peel off the spines and thorns on each side of the cardoon using a peeler

WHERE TO BUY

Cardoons can be found in farmers' markets from midwinter to early spring. Alternatively, choose to grow your own. Cardoons can be planted outside from late April until August/September.

HOW TO STORE

Store whole unwashed cardoons in the vegetable drawer of your fridge for up to one week. Cooked cardoons will last up to three days in an airtight container in the fridge. Brined and canned cardoons can last up to one year.



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FOOD & DRINK

HOW TO PACK THE PERFECT PICNIC

Whether you rely too heavily on your local deli or you tend to throw in whatever you can find in the fridge, to help you celebrate National Picnic Month, we are going to show you how to plan the perfect picnic.

PREP YOUR PICNIC

The simplest way to make picnic prep more manageable is by preparing your main dish ahead of the day. Then you can simply divide the dish into portions once seated and ready to eat. Great options for picnic mains include quiches, tarts, tortillas, pies and picnic loaves.

PROVIDE PORTABLE SNACKS

No picnic would be complete without an array of easy-to-carry and fuss-free snacks. As well as all the usual suspects, such as sausage rolls, sandwiches and chicken drumsticks, why not be a bit more adventurous and try empanadas, falafel or smoked salmon scotch eggs?

RUSTLE UP SALADS AND SIDES

When it comes to picnic salads, it is best to focus on more robust dishes, such as potato salad and pasta salad, which will not wilt or become damaged in transit. Dips such as hummus, and even a mackerel pâté, are all great options and can be enjoyed with crudité or sliced pitta breads. Other delicious sides include boiled eggs sprinkled with chilli powder and garlic salt, or orzo and mozzarella salad.

PICK PICNIC-FRIENDLY PUDDINGS

Puddings for picnics are notoriously tricky, although there are a few tried and tested desserts that will save the day, such as traybakes, loaf cakes, brownies and cookies.

DON'T FORGET DRINKS

Whether you want boozy beverages or virgin varieties, you need to pack something to sip on in the sun. Choose from family-friendly options such as mint iced tea or fruit-infused lemonade. Alternatively, for a tippie that packs a punch, you can't go wrong with a classic Pimm's, a wine-based spritzer or a convenient cocktail in a can.



Photo credit: thestrimplings.com

We're loving LAURA

WHO CELEBRATES A DECADE ON TERRESTRIAL TV

Laura Whitmore is the perfect example of someone who knows when to split. The Irish presenter has worked across multiple TV projects over the past decade or so, preferring to stand up and embrace new challenges rather than playing it safe.

As fresh-faced and dynamic as any of the new wave of TV presenters on the circuit, despite having spent more than 10 years in the spotlight, Whitmore has returned with the new series of *Love Island*, which began on June 28.

Set in Mallorca, the six-week bounty of dating, dirty dealing and dodgy dalliances has become an institution on British TV. The last series, in 2019, pulled in an audience of more than four million – with viewers keen to take a somewhat voyeuristic glance at the love lives of others.

“It’s escapism, isn’t it?” Laura says. “I think some viewers are living out holiday fantasies; others are just interested in the ins and outs of romance, of flirting and, dare I say it, sex.”

“You certainly have to be a special type of person to be on the show, though it’s been proved time and time again that the rewards are all there for anyone brave enough to take the plunge.”

Having an ability to step into the unknown and risk disappointment is certainly true to who Laura is, so in that sense she is the perfect presenter for the show. The 36-year-old struck gold when she applied for an MTV Pick Me campaign in 2008, with victory securing her a role on *MTV News*.

“WE ALL NEED TO BE PUSHED AND TESTED FROM TIME TO TIME. YOU GET NOTHING FROM SITTING BACK AND RESTING ON YOUR LAURELS.”

Landing the *I’m A Celebrity... Get Me Out of Here! NOW!* role in 2011 was Laura’s first introduction to reality TV, one that she held onto through stints on *The Hit* (on RTÉ Two) and the *Eurovision Song Contest Semi-Finals*, right through to appearing in the 14th series of *Strictly Come Dancing*.

“*Strictly* was a really interesting shift because it was good to put myself back in the firing line,” she says. “I think that’s a good lesson – we all need to be pushed and tested from time to time. You get nothing from sitting back and resting on your laurels.”

Away from the camera, Laura wrote Sunday Times Bestseller *No One Can Change Your Life Except For You*, a book about fear, hope and inspiration. She also recently had her first child with husband, Iain Stirling, who narrates *Love Island*.

“What’s a priority right now is ensuring work doesn’t interrupt the time we want to spend with our baby,” Laura commented recently.

First spotted out and about with her new daughter, Stevie Ré, in March, Laura is clearly the proudest of mums: “It is a wonderful next step for us and while we are very public people – it’s the nature of what we do – we do want to be able to grow our family with a sense of privacy.”

That’s certainly more privacy than will be afforded to those *Love Island* contestants this year.





KIDS

PAINT YOUR OWN WATER BOTTLE



Keeping your kids hydrated can be a challenge – at least, it was before you helped them create their very own, personalised water bottle. Cheap and easy to do (depending on the design you choose), this craft requires minimal supervision.

YOU WILL NEED:

- 1 white stainless steel water bottle | A paint brush | Acrylic paint in their chosen colours | Gloss sealant or varnish

HOW TO MAKE:

1. CHOOSE YOUR DESIGN

Depending on the age of your child and their personal preferences, there is a wide range of different designs you can choose from, some of which are super simple and others that are a bit more complex.

Design ideas for younger kids: Hand prints, flowers, fruits, footballs, princesses, animals, robots or vehicles such as cars, trains or aeroplanes.

Ideas for older kids: Just their name (à la Love Island), their favourite sports team, floral or geometric patterns, or their favourite artist.

2. PENCIL ON YOUR DESIGN

If you have younger children, you may want to do this step for them, although if they want to have a go themselves, why not let them? Lightly draw their chosen design directly onto the water bottle. Don't worry about pencil marks, as the paint will cover them up.

3. PAINT YOUR DESIGN

Starting with the outline of your words or images, carefully start painting. Once you have finished the outline, fill in the rest of the shape. If you are worried about smudging, leave each part to dry before moving on to the next.

4. APPLY GLOSS SEALANT OR VARNISH

Once you have finished painting your entire design, leave your water bottle to dry completely. Then all you need to do is apply a coat of gloss sealant or varnish as per the manufacturer's instructions.



with Enhanced Provision for Hearing-Impaired Pupils



The school has an 18-place Enhanced Provision catering for deaf children with EHCPs from across the whole of North East Essex.

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Our signing choir is open to children across the school so they can sign too!



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.

Children wear radio aids in class to give them the best access to the teacher's voice and all mainstream classrooms have sound field systems which enhance the quality of sound.

Children have opportunities to work with a Teacher of the Deaf on a daily basis.

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)

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PETS

Whether you are looking to get your first pet or you want to add another furry friend to your household, there are many reasons why you should choose to adopt a pet from a rescue centre or animal shelter.

The chance to save a life

Sadly, even with the best will in the world, some shelters are forced to euthanise animals owing to a lack of space and resources. By adopting a pet from one of these over-stretched facilities, you could be literally saving an animal's life.

To fight against puppy mills

When you buy a puppy from an online seller, or even from a pet store, it is highly likely that this animal came from a puppy mill. In factory-style breeding facilities that always put profit above welfare, puppies from puppy mills are often kept in shockingly bad conditions and tend to have behavioural problems as a result.

You will save money

If you are thinking about approaching a breeder, you should know that this can be a very expensive route to go down. However, when adopting from a shelter, animals are often microchipped, spayed or neutered, and vaccinated already, saving you a pretty penny.

You will get a great animal

Contrary to popular belief, most animals from rescue centres are not damaged or dangerous; they are happy and healthy pets that, through no fault of their own, have been made homeless.

Where can you adopt a pet?

Pet Adoption UK is a great online service that allows you to find a pet by relevant search criteria, such as age, type and location. With thousands of pets looking for homes each day, you can also search for local charities that have specific pets looking to be rehomed, such as Cats Protection and Dogs Trust.

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Find your perfect GARDEN ROOM



If you are considering building a garden room, it is important to understand the different types and the benefits of each.

POTTING SHED OR GREENHOUSE

If you are into gardening or want to learn more about it, then having a designated potting shed or greenhouse can be helpful. A room like this can help you break into the world of gardening or expand your interest in growing different kinds of plants. If you have a small garden with minimal planting space, this is a good option for you, as you can grow a lot in one area.

PURPOSE-BUILT GARDEN ROOM

A purpose-built garden room is a more expensive option for those looking for some more living space. This style can work with any type of house. It is the most versatile option as it can be used for different purposes, such as a home office, a place to entertain friends, a playroom for children, a home gym, a garden kitchen, a lounge bar area or even a guest room. Also for this option, you may want to consider adding a water and electricity supply, which will allow you to add components such as a sink, fridge/freezer, TV, computer, lighting, electronic gym equipment and so on, depending on your needs. With a purpose-built room, you will have to ensure that you have a strong foundation for more stability; if not, this will need to be created.

POP-UP TENT

A pop-up tent is a great, affordable option for those looking for something quick to assemble that is also easy to remove. They come in many different sizes to suit different gardens. It can be a playroom for children, a place to entertain friends, a place to keep plants safe from the elements, or even for camping. This option is mostly suitable for the summer months.

SHEPHERD'S HUT

A shepherd's hut can be used as a place to entertain guests when you grill or cook outdoors. This type of garden room works best with country-style homes. You could use the hut to create a guest house, a chill-out zone, hobby room or home office. This option also requires a foundation to be added underneath.

Photo credit: Harrison James Contemporary Garden Rooms via housebeautiful.com, rajtentclub.com, cotswoldscottages.co.uk

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Time to PLANK

The pursuit of perfect abs can feel like a distant dream - but not anymore. Love it or hate it, planking provides a fast and effective way to strengthen your core, shape your waist and create amazing abs.

Check out these four plank variations that guarantee to deliver.

1. THE REACHER PLANK

Ideal for building control and strengthening your core muscles, take this move slowly for maximum results.

- > Start in the plank position with your palms touching the ground and your arms straight
- > Reach one arm forward until your elbow is straight
- > Bring your arm back down to the ground
- > Repeat with your other arm.



1



2. THE HIP DROP SIDE PLANK

Work your side muscles, also known as your obliques, as well as your abs with this plank variation.

- > Lie on your side with your elbow directly under your shoulder and your forearm on the ground in front
- > Stack your legs on top of each other and lift your body off the ground
- > Slowly drop your hips towards the ground, as low as you can, and then raise them.



3



3. THE WALKDOWN PLANK

Great for building up strength to do push-ups, the walkdown plank is like a moving plank.

- > Begin in the plank position with your forearms touching the ground
- > Slide one hand back and place it under your shoulder
- > Push up with that arm and repeat with the other arm
- > Now you are in the push-up position, reverse the steps to lower yourself back into the plank pose.



4

4. THE REVERSE PLANK

Providing a full body workout, this final plank is a tough one.

- > Sit tall on the floor with your legs extended in front of you
- > Place your hands behind you, either on the floor or on a foam roller
- > Lift your hips, forming a straight line from heels to shoulders
- > Add an optional tricep dip or leg raise if you want more of a challenging move.

Photo credit: gethealthyu.com



Natural IMMUNITY

THE FOODS YOU SHOULD EAT TO BOOST YOUR NATURAL IMMUNITY

Having a good immune system helps fight off infections and maintain your health, yet it can sometimes be confusing knowing which foods we should be consuming to take our body's natural protection to the next level.

Here are four consumables that will have a positive effect on your immune system as part of a healthy diet and lifestyle.

GARLIC: Highly nutritious, low in calories, full of vitamins, laced with nutrients and perfect for combatting sickness and the common cold, garlic also lowers blood pressure and reduces cholesterol. There's even evidence to suggest the antioxidants it contains can prevent long-term diseases such as Alzheimer's and dementia.

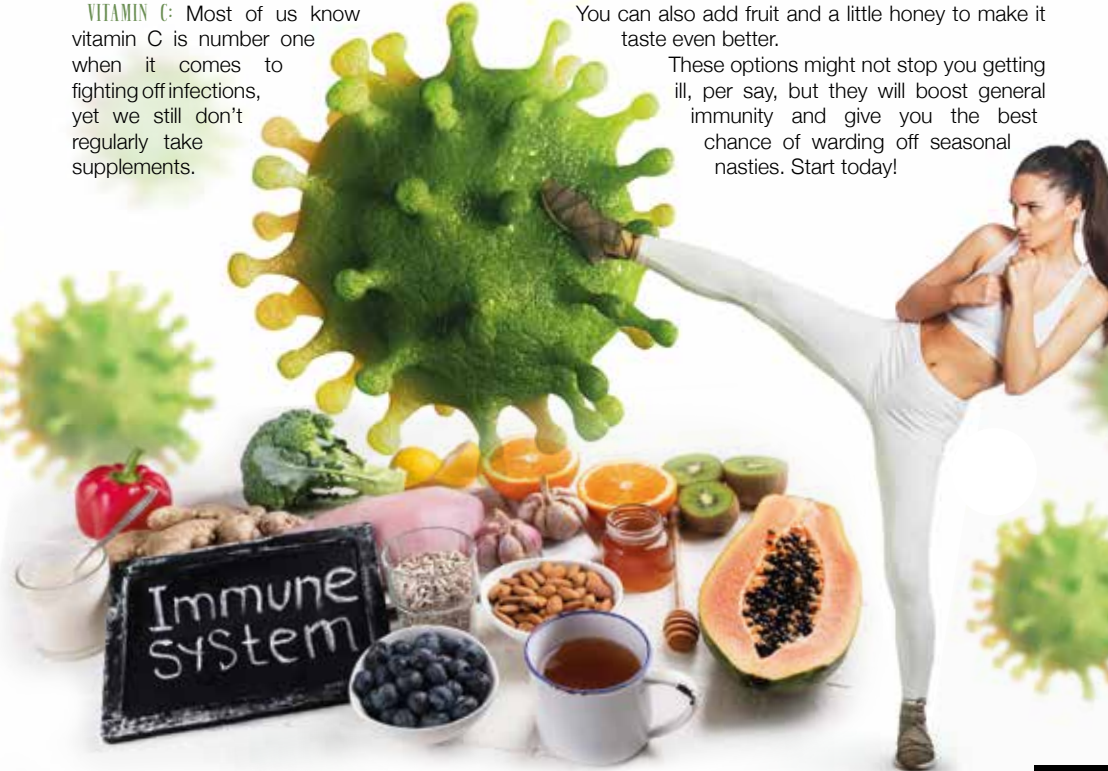
VITAMIN C: Most of us know vitamin C is number one when it comes to fighting off infections, yet we still don't regularly take supplements.

Vitamin C is an antioxidant that helps the body grow, develop and repair, maintaining your body's natural defenses.

STEAMED BROCCOLI: Some of us don't like our greens, but a bit of broccoli or spinach as part of a healthy meal or drink (spinach is especially good in smoothies) can really boost immunity. Steaming broccoli (not boiling) is also thought to be the best way of keep the nutrients in. Both of these green options are loaded with vitamins, minerals and nutrients.

YOGHURT: Another good option is yoghurt, which can be added to cereal, shakes or eaten by itself. Look for Greek yoghurts with live and active cultures, and choose natural rather than flavoured. You can also add fruit and a little honey to make it taste even better.

These options might not stop you getting ill, per say, but they will boost general immunity and give you the best chance of warding off seasonal nasties. Start today!



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PROTECT YOUR SKIN from UVA and UVB rays

We all know the importance of using sunscreen, not just when the sun is shining, but all year round. However, do you know what sun protection factor (SPF) you should be using for your skin type? And whether your make-up contains SPF?

Why is SPF so important?

A good sunscreen will block the harmful effects of the sun's UVA and UVB rays, which can wreak havoc on the health of your skin, causing not only premature fine lines and wrinkles but also an increased risk of skin cancer. When buying sunscreen for the body or face, look for two things: the SPF, which protects your skin from UVB rays, and the UVA rating, which ideally should be five stars. In the UK between March and October you should wear at least SPF30 with a four-star UVA rating. However, for maximum protection, wear SPF50 with a five-star UVA rating.

SPF by skin type

OILY SKIN: Many sunscreens that offer a high SPF tend to be thick on the skin, causing already oily skin further issues such as blocked pores and blackheads. Prevent this by opting for an oil-free sunscreen or using a lightweight moisturiser with SPF included.

SENSITIVE/ACNE-PRONE SKIN: Avoid sunscreens that have too many chemicals or unnecessary ingredients, such as fragrances and preservatives. Instead, choose a non-comedogenic sunscreen or a mineral powder sunscreen that feels weightless on the skin.

DRY SKIN: Dry skin sufferers can benefit from an SPF serum which simultaneously protects and hydrates the skin. Alternatively, try a dry oil spray with SPF, although this will need to be applied several times a day for maximum protection.

Does make-up with SPF work?

Skin experts state that you need 1–1.5tsp of sunscreen to adequately protect your face from the sun, so it is highly unlikely you are applying sufficient foundation to use this as your sole form of protection. Plus, most SPF make-up only protects against UVB rays, not against harmful UVA ones, which can cause skin cancer.

BEST SPF MAKE-UP: Charlotte Tilbury Magic Foundation | bareMinerals Original Foundation Broad Spectrum SPF 15 | L'Oréal Paris True Match Super-Blendable Compact Make-up | Neutrogena Healthy Skin Compact Make-up.

Remember, make-up should be worn as a second line of defence against the sun, after your chosen UV protection product.



HOW TO

SAFEGUARD YOUR sunglasses

Protecting your eyes from the sun's powerful rays is a must, but don't forget that you also need to safeguard your sunglasses from both accidental damage and general wear and tear.

Protect from scratches

Whether you have plastic or glass lenses, you should always store your sunglasses in a hard case to protect them from scratches. If you do not have a hard case, a microfibre pouch is your next best option.

Remove smudges

Sunglasses are prone to smudges from sun cream, make-up and your skin's natural oils. To smooth away smudges, rinse your glasses under warm water and, using your fingers, apply a few drops of mild washing-up liquid. Rub gently, rinse and dry with a microfibre cloth.

Avoid harmful cleaners

Never use rubbing alcohol, vinegar or any other standard household cleaners on your sunglasses, as these can potentially damage the lenses. Also

refrain from breathing on them and wiping, as this can cause deterioration.

Do not leave in the car

Leaving your sunglasses in your car on a hot day can cause the lenses to delaminate, making them less effective in protecting your vision from the sun. Particularly avoid placing them on the dashboard, where heat is more intense.

Don't place on top of your head

Although you may like how this looks, placing your sunglasses on your head can cause the screws to loosen and fall out. Plus, it can damage the nose-pads.

Don't take designer sunnies to the beach

If you have spent a lot of money on designer glasses, you may want to wear them all the time. However, the combination of sand granules and seawater is a major hazard. Sand can scour away at the lenses and delicate hinges, while the salt in seawater can cause lasting damage to metal components and lens coatings.



The Tendring Shuttle

A Local Service For Local People

Who are we?

The Tendring Shuttle is a partnership between Harwich Connexions Transport and Tendring Community Transport which enables us to cover the entire Tendring area. The Tendring Shuttle is free for holders of a valid bus pass. However, if you do not hold a valid local authority bus pass then a fare will be charged.

Services

Starting in Clacton and Harwich, The Tendring Shuttle operates between 9.00am and 5.00pm Monday to Saturday. Providing a transport service covering the following areas:

- Harwich
- Dovercourt
- Parkeston
- Ramsey
- Little Oakley
- Great Oakley
- Stones Green
- Wix
- Wrabness
- Bradfield
- Beaumont
- Mistley
- Manningtree
- Lawford
- Little Bromley
- Great Bromley
- Horsley Cross
- Tendring
- Holland-on-Sea
- Kirby Cross
- Thorpe-le-Soken
- Walton-on-the-Naze
- Weeley
- Point Clear
- Great Bentley
- Elmstead Market
- Little Bentley
- Clacton-on-Sea
- Great Holland
- Kirby-le-Soken
- Frinton-on-Sea
- Jaywick
- St Osyth
- Brightlingsea
- Thorrington
- Alresford

Phone NOW to register!

To book a spot on the Tendring Shuttle, phone anytime between 8am and 5pm before your intended day of travel and state your name, address and telephone number. Tell us what time you would like to be picked up, where you wish to go and what time you would like to come back, together with your Bus Pass details if applicable.

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TRAVEL

LONDON'S Top 10 attractions

What better way to celebrate our return to some normality than by ticking off London's best tourist attractions? A lack of overseas travel means that, in 2021, these iconic hotspots will be less busy and more accessible than ever.

TEN: Borough Market

Based in Southwark, this iconic centre for high quality food and sustainable production has been pulling in admirers for almost as long as London has existed and dates back to the 12th century.

NINE: Natural History Museum

Showcasing modern science interspersed with taxonomy and biodiversity, the Natural History Museum, based in South Kensington, is a maze of walkways and corridors that continues to enchant adults and children alike.

EIGHT: St Paul's Cathedral

Sir Christopher Wren's London masterpiece, St Paul's, is an example of architectural and ecclesiastical excellence dating back well over a thousand years.

SEVEN: Victoria and Albert Museum

Design, art and style come to the fore at the V&A in a celebration of culture and craft from the UK and beyond.

SIX: Westminster Abbey

The setting for every royal coronation since 1066, Westminster Abbey is one of the most important Gothic buildings in England.

FIVE: The British Museum

A celebration of more than two million years of human history and culture, and it's free to enter.

FOUR: National Gallery

Towering over Trafalgar Square, the National Gallery is also free to visit, showcasing some of the finest artists from the UK and overseas.

THREE: Churchill War Rooms

This popular attraction allows visitors to explore the offices where Winston Churchill and his team plotted Britain's fight against the Nazis during Second World War.

TWO: Tower Bridge

Take in stunning panoramic views over the Thames from Tower Bridge's walkway and explore the atmospheric Victorian engine rooms.

ONE: Tower of London

And finally, a fortress, a palace and a prison all in one – learn how royalty reigned in London over the course of a thousand years.

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WHAT CAN £250,000

buy you in each region in England?

Have you ever wondered where you can get more bang for your buck when it comes to property investment? With the extension of the stamp duty holiday until September on home purchases below £250,000, let's see what you can buy on or under budget in each region.

NORTH EAST: Asking prices in the North East have increased by 5.4 per cent in the last year, seeing one of the biggest changes across the country. However, you can still purchase a 3-bedroom property for a little more than £150,000.

NORTH WEST: Boasting the biggest price increase, up 7.3 per cent in the last 12 months, the average asking price for a 3-bedroom property in this region is £193,357. Expect to be able to find a 4-bedroom detached new build under the £250,000 threshold.

YORKSHIRE AND THE HUMBER: With prices up a modest 2.8 per cent, the average price of a 3-bedroom property is £188,538. Head to Bradford or Kingston upon Hull for the cheapest homes in the region.

MIDLANDS: The East Midlands is another fast-selling region and you can find some beautiful 3-bedroom detached homes in sought-after, semi-rural areas such as Sutton-on-Sea for around £245,000.

The West Midlands is one of the regions that takes the least amount of time to find a buyer (on average 65 days). You can purchase a 3-bedroom semi-detached house in the popular area of Maypole for £250,000.

EAST OF ENGLAND: The third most expensive region in the UK, you can still find some areas where your budget will stretch that little bit further, such as in Norwich where you can get a 3-bedroom detached home for £250,000.

SOUTH EAST: After London, this is the most expensive region in the UK, with the average asking price of 3-bedroom properties being £372,655. However, we did find a 3-bedroom end-of-terrace house for sale in Deal, Kent, with an asking price of £250,000.

SOUTH WEST: With prices rising by 3.4 per cent in the last year and the average asking price of a 3-bedroom property at £291,861, head to the county of Somerset to find 3-bedroom terraced properties within budget.

LONDON: Surprisingly, London is the only region to experience a drop in prices in the last 12 months. However, the average price of a home is still twice the national average. Barking and Dagenham and Bexley are the cheapest boroughs in London, where you should be able to find a 2-bedroom flat within budget.



The Surge of CONNECTED FITNESS

The pandemic caused gym closures – but it hasn't stopped people from looking after their health and fitness... the home gym market just thrived

Over the past few years, the home fitness equipment market has been expanding steadily, with an annual growth rate of 2.75 per cent. But the pandemic – and related gym and sports centre closures – has been the game changer no one could have foreseen.

Today, the market for fitness apps – which was valued at a little more than \$3.3million at the beginning of 2019 – is predicted to grow by 25.6 per cent annually up to 2025, reaching an impressive valuation of more than \$13million.

So, apps and home gym equipment – such as Sweat, the Echelon Fit Bike, Runkeeper, MapMyRun and Strava – have been gaining a larger percentage of the market. But it is the Peloton phenomenon that investors are still marvelling at. As home-bound, health-conscious consumers started to invest in the firm's treadmills and stationary bikes, Peloton reported a 172 per cent surge in sales, translating into Peloton shares (NASDAQ: PTON) being up by 220 per cent.

The firm reports that the number of subscribers skyrocketed by 113 per cent by the end of June 2020, hitting the 1.09 million mark – and it is expected to reach a whopping

two million by September 2021. Peloton apps and virtual classes, which currently have more than 1.6 million subscribers, are not the only 'connected fitness' tools to look out for. The sector, which provides a safer, more accessible way for consumers to reach their fitness goals, is expected to report a compound annual growth rate of 31.2 per cent and reach a staggering \$5.96billion by 2025. Combining a consumer's digital life and fitness goals, home gym equipment, online workouts and fitness apps are taking over the market and reshaping the health and fitness industry.



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).





SPORT



Photo credit: Euv/AP/Shutterstock

That Cup that FLOWETH OVER

CELEBRATING 150 YEARS OF THE FINEST DOMESTIC KNOCKOUT COMPETITION OF THEM ALL

Living in the UK, we can end up taking for granted many things that, to us, seem relatively customary, and the FA Cup arguably falls into that category.

Yet when you hear of overseas players having spent a childhood enthralled by the trials and triumphs of our most famous domestic knockout competition, the true status of the cup comes to the fore. We may have grown more complacent about a tournament that welcomes in almost 900 club sides every season, yet the FA Cup is truly a competition we should feel proud to marvel over.

July 20 marks the 150th anniversary of the FA Cup being formed. The competition began in 1871, with 15 teams allowed to enter. The final, which attracted a modest crowd of 2,000 people, saw Wanderers triumph over Royal Engineers.

In the modern game, COVID-19 notwithstanding, the semi-finals and final at Wembley are watched by crowds in excess of 85,000, and while other competitions – notably the Champions League –

have wrestled some of the attention away, the competition retains huge importance for clubs of all sizes.

Over the years, it has given us tremendous, defining memories. The famous White Horse (Billie) Final of 1923 was notable for its crowd of an estimated 300,000 people inside Wembley; while the Stanley Matthews showpiece in 1953 saw the legendary footballer lead Blackpool to a 4–3 cup success against Bolton Wanderers.

The 1981 final saw Ricky Villa score a memorable Wembley goal to see off Manchester City, and seven years later the crazy gang defeated the culture club as Wimbledon stunned Liverpool 1–0. Of course, giant-killings on the road to Wembley (think Sutton United, Hereford United, Colchester United, Wrexham and more) are part of the fabric of this great competition.

The FA Cup may have had to evolve over recent years, but its value remains.



FA Cup White Horse Final 1923

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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

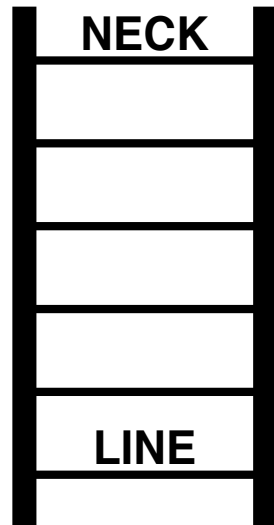
- ▶ BUCHANAN
- ▶ CARTER
- ▶ CLEVELAND
- ▶ CLINTON
- ▶ COOLIDGE
- ▶ FORD
- ▶ GARFIELD
- ▶ GRANT
- ▶ HARRISON
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- ▶ JOHNSON
- ▶ KENNEDY
- ▶ MADISON
- ▶ MCKINLEY
- ▶ MONROE
- ▶ NIXON
- ▶ OBAMA
- ▶ REAGAN
- ▶ TRUMP

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

DID YOU KNOW?

- ▶ You can tell the outside temperature by counting the chirps of a cricket. Count the number of chirps in 14 seconds and add 40 to get a rough temperature in Fahrenheit
- ▶ The coldest temperature recorded on Earth was -89.2°C in Antarctica in 1983
- ▶ During a heatwave, the temperature can make train tracks bend, often causing delays
- ▶ The rainfall in Kerala, India, was red in July 2001
- ▶ Damage caused by Hurricane Andrew in Florida caused captive pythons to escape
- ▶ Some frogs are noisier before rain arrives as their croaks are reflected and magnified by the low clouds
- ▶ Earthworms come up closer to the surface when it rains

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.

Reg. Charity 1086565



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