

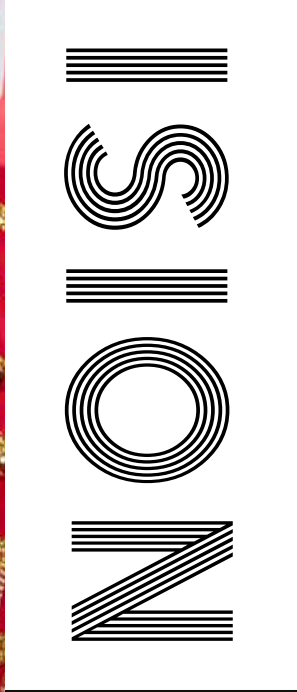
**HOW TO  
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**50 YEARS**  
of Mr Men and Little Miss

*Sue Barker*  
Celebrating the TV presenter's career

# SIR RICHARD BRANSON

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# Editor's notes...

AUGUST 2021



William Taylor, Editor

Hello and welcome to the third edition of **VISION** Manningtree Mistley. Well, it's been a month now since 'Freedom Day', and I don't know about you, but I've been enjoying having some semblance of normality back. I do say that with slight hesitation, because I realise what we're now experiencing still isn't total freedom and many of us are still incredibly anxious about stepping out into the world again, and understandably so. Having received the second of my vaccinations around a month ago, as well as being still relatively young and healthy, I do feel quite confident and optimistic about getting back to normality. Simple things, like ordering a pint from the bar or being able to attend sports events again, do make a difference. One big event on the horizon for me is the London Marathon, taking place on October 3, 2021. I'm running in aid of a charity called Retina UK, which supports people born with inherited sight loss - a cause close to my heart as two members of my own family have a rare condition called retinitis pigmentosa. Needless to say, any donations would be gratefully received. If you'd like to donate or read more about my challenge, you can do so by visiting [uk.virginmoneygiving.com/WilliamTaylorLondonMarathon](http://uk.virginmoneygiving.com/WilliamTaylorLondonMarathon). Have a great month.

*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 Inside pages recyclable

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# SPORTING INJUSTICE?

**SUE BARKER CBE'S DEPARTURE AS A QUESTION OF SPORT HOST INFURIATED AN ADMIRING BBC AUDIENCE, BUT THE PRESENTER'S CAREER IS ONE TO BE CELEBRATED.**

The ever-evolving world of sport is perhaps only rivalled these days by the BBC's drive for diversity and representation, so the fact Sue Barker CBE has managed to keep pace over the past 24 years is nothing short of commendable.

Alas, the 65-year-old former British tennis star has fronted her final show as presenter of the iconic *A Question of Sport* (AQoS). When news of her departure first broke towards the end of last year, there were clamours of resistance and dismay from every corner – after all, not only is Barker's demographic one that arguably struggles for airtime in the BBC's revised content package, but hosts with her informed, cheeky, charming aplomb are exceptionally hard to come by.

Barker certainly won't be short of new projects – she has always combined presenting duties across AQoS, BBC Sports Personality of the Year, Wimbledon, athletics and the Olympics. While many of those other engagements will carry on, the AQoS team will need to pull out all the stops to replace not just Barker, but also team captains Matt Dawson and Phil Tufnell, with personalities able to knit together format and team mechanics with such precision. It was Barker's infectious laugh, slightly mumsy approach to the captains, and an ability to keep up with the cut and thrust of fast-paced questions that saw the show strip off its slightly stuffy demeanour of the Eighties and Nineties, when it resembled a more sporty version of *Mastermind*, and become a programme beloved by so many.

---

**'The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight...'**

---

The presenter has never been afraid to push forward ideas – it was that courage and confidence that put her in the spotlight as a tennis player back in the 1970s. At the age of 17, she turned pro, and captured the hearts of the nation three years later when she won the French Open, defeating Renáta Tomanová in the final. On home soil, Barker reached the Wimbledon semi-finals in 1977, but was surprisingly beaten by Betty Stöve.

She continued to vie for titles and, at her peak, sat as the third best tennis player in the world. But injury and loss of form followed, and she retired in 1984, aged 28. Nonetheless, Barker claimed 15 singles and 12 doubles titles across her career, and her popularity was such that, on retirement, she slipped almost seamlessly into the media world, initially with Australia's Channel 7.

After three years at BSkyB, she joined the BBC in 1993, assuming the role as AQoS host four years later. While the years managing charismatic AQoS captains such as Dawson and Tufnell, plus Ally McCoist, Frankie Dettori and John Parrott, have certainly given Barker an occasionally dominant exterior on-screen, she is someone who carries herself with humility, humour and no small amount of style. Her contribution to television over the past three decades was reflected in the Queen's Birthday Honours List in June, with Barker awarded the title of CBE for services to broadcasting and charity, having previously been given an MBE in 2000 and an OBE five years ago.

The presenter, who is married to landscape gardener, Lance Tankard, and lives in the Cotswolds, presented her final show in May. The new series will be fronted by comedian Paddy McGuinness. The *Top Gear*, *Take Me Out* and *I Can See Your Voice* host said: "It's an honour and opportunity I'm certainly not taking lightly".



# A LONG TICKLE?



Celebrating 50 years of the Mr Men and Little Miss characters

It all started with Mr Tickle, a seemingly innocent, curly-armed cartoon character created by Roger Hargreaves. The illustrator was, at the time, a 36-year-old Yorkshire-raised writer and designer who, having become disillusioned with working in advertising and copywriting, developed characters to entertain his children.

The *Mr Tickle* book came first and sold a million copies in its first three years on the shelves. Perhaps it was the simplicity of the stories, perhaps the wonderful illustrations, perhaps the fun and colourful tales – whatever it was, Hargreaves had landed upon a series that was about to explode when the BBC picked it up and began broadcasting the stories, narrated by *Dad's Army's* Arthur Lowe.

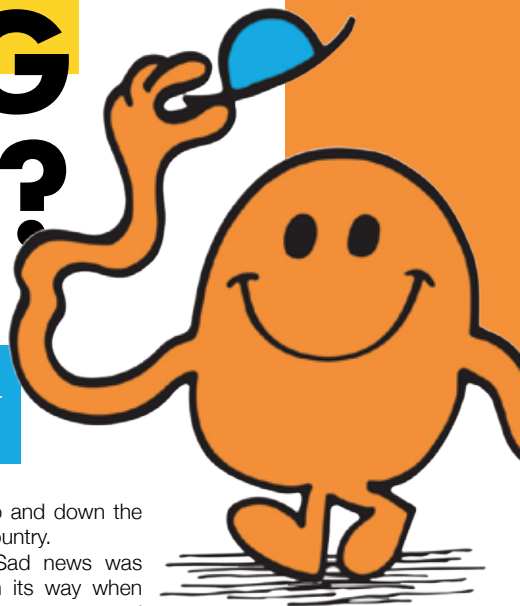
With *The Mirror* and the *Daily Mail* getting in on the act in the form of comic strips, other characters came to the fore. Now titled *Mr Men and Little Miss*, the illustrations and instantly recognisable bold capitalised font became a staple for kids

up and down the country.

Sad news was on its way when Roger passed away unexpectedly in 1988. A publishing legacy that had its roots in a father wanting to create captivating stories for his kids was suddenly under threat. It was therefore somewhat apt that his son, Adam, just 25 at the time, would take over the reins. By the turn of the century, he had developed a number of new characters for a new generation of kids whose languages, tastes, interests and fashions had moved on from those early days.

To date, the *Mr Men and Little Miss* series has developed characters based on real-life icons as diverse as the Duke and Duchess of Cambridge and the Spice Girls, as well as being featured across the London Underground and on Royal Mail stamps.

Photo credit: allaboutstamps.co.uk



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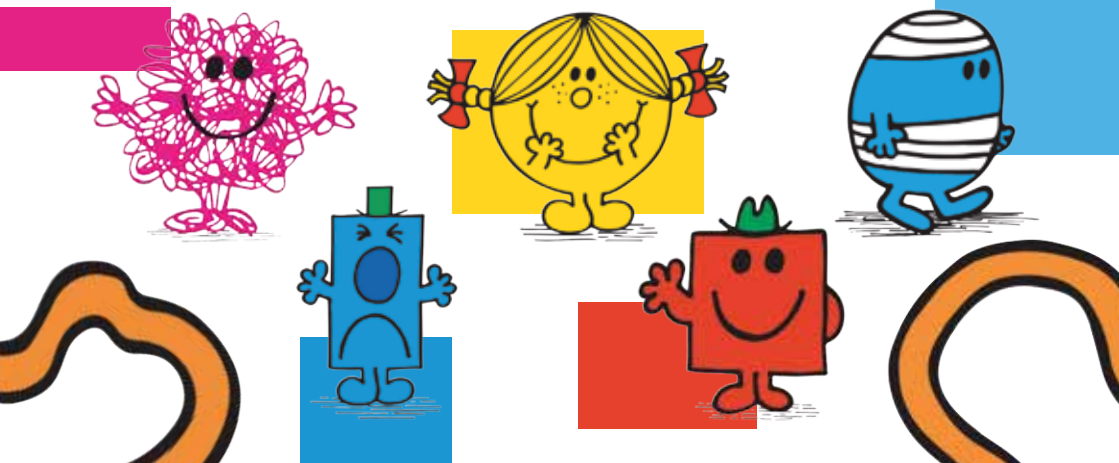


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# LOCAL NEWS

*from your neighbourhood*



## High school takes control of sports centre

A school has taken over the running of a sports centre from the council.

Manningtree High School (MHS) will keep Manningtree Sports Centre open for community use outside school times, after Tendring District Council (TDC) ended its leisure services on August 1.

Alex Porter, TDC cabinet member for leisure and tourism, said the move was hopefully the start of a new chapter for the site.

He said: "While our leisure team runs excellent services at the sports centre, having a facility such as this run by the community – and crucially the organisation that owns the building – can be a real positive.

"Although MHS has decided to do this, I must be clear that we support its decision, and we are really pleased that the school will continue to offer community use of the facilities."

Sally Morris, MHS headteacher, said the transition

would enhance the centre's place in the community.

She explained: "Over the last two years, the facilities at MHS have been enhanced by the building of a performing arts centre.

"The multi-use games area is already being hired out for public use, with football, netball and cheerleading groups currently using the various amenities here, as well as holiday schemes and a music school.

"MHS is making all its facilities available for community hire for sports and leisure activities. The dance studio is ideal for fitness, yoga or martial arts classes, while the two sports halls are bookable for sports groups and our new drama studio is a first-class rehearsal space.

"We want our buildings to be a community resource and feel we can enhance our offer by managing the lettings ourselves."

Further details will be sent to leisure centre members in due course.

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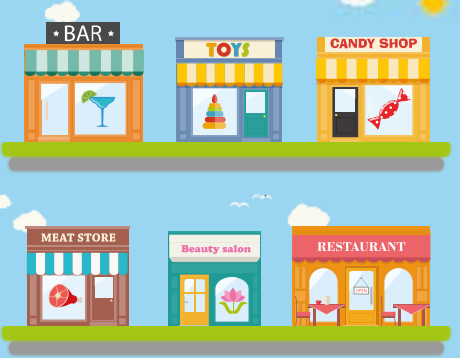
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## Restaurant forced to close for five days



A popular Italian restaurant in Manningtree was forced to close for five days at the end of July after a staff member tested positive for COVID-19.

On July 21, local health teams informed Lucca Enoteca that it had to close until further notice and await advice from the council.

A spokesperson for the restaurant said at the time of closing: "Sadly, one of our team has tested positive for COVID-19 and we have decided to close with immediate effect. We will update once we have been advised by the council. Hopefully, we will be able to resume takeaway as soon as possible."

"Stay safe out there. Keep wearing those masks, wash your hands and go get those jabs."

The restaurant was allowed to open five days later and is now back in full operation as usual.

On July 26, an update from the restaurant said: "We are thrilled that we are able to be back in action from today. Come and see us – we've missed you."

## Four charged in connection with blackmail investigation

Four people, including two from Manningtree, have been charged in connection with an investigation into blackmail.

Keith Gibbins, 61, of Bridge Place, Manningtree; Barry Bond, 37, of Peake Avenue, Frinton; and Jason Tipple, 45, of Nayland Road, Colchester, have all been charged with conspiracy to blackmail and conspiracy to convert criminal property.

Stevie Titler, 35, of Bridge Place, Manningtree, has been charged with conspiracy to convert criminal property.

They are all due to appear at Chelmsford Crown

Court on September 3.

The offences are alleged to have happened between March 31 and June 1, 2020.

Essex Police are also continuing to look for Simon Bond, 38, in connection with this ongoing investigation. He has links to Manningtree, Lawford, and Bungay in Suffolk.

Anyone with information on his whereabouts is asked to call Colchester CID. You can submit a report online at [www.essex.police.uk](http://www.essex.police.uk) or use the live chat button to speak to an online operator between 7am and 11pm. Alternatively, you can call 101.

Information can also be given to Crimestoppers 100 per cent anonymously on 0800 555 111.

## MP calls for people to be rewarded for getting vaccine

A senior MP has asked the government to consider offering rewards to people for getting the COVID-19 vaccine.

Sir Bernard Jenkin MP, who represents Manningtree, called for the government to consider what is happening in other countries.

In Parliament on July 19, he said: "I confess to some disappointment that the daily vaccination rate is not being sustained at a higher level. What is the constraint? Is it supply, is it logistics or is it that the hard-to-reach groups are slower in coming forward?"

"What consideration is the government giving to what is happening in other countries, such as the United States, where people are being offered some kind of reward for accepting a vaccination?"

In response to his question, Nadhim Zahawi MP, the Minister for COVID-19 Vaccine Deployment, said: "The vaccination rates in the UK have been incredibly high. We are at 88 per cent with the first dose and 68 per cent with double doses."

"On double doses, we are actually ahead of the United States. That does not mean we become complacent, however. We are doing everything we can to ensure that every cohort and every ethnicity has the ability to access the vaccine."



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# LOCAL NEWS

*from your neighbourhood*



## Woman takes on walk in brother's memory

The sister of a much-loved Mistley resident, who sadly passed away last year, has been raising money for a mental health charity.

Julia White organised an eight-mile walk with her family and friends and has raised more than £1,300 in memory of her brother, Adrian (pictured bottom left), with all money going to Men's Health Forum.

Adrian was a fitness enthusiast and a popular member of Live Fit Gym in Manningtree.

Before the walk, Julia said: "I'm hoping to raise as much money as possible for a very important charity, Men's Health Forum. Sadly, my family's world was turned upside down after losing my brother to suicide in November 2020.

"He struggled all his life with mental health, and I wanted to raise money in his memory for other people who are struggling.

"The challenge I have decided to do is an eight-mile walk from my house in Greenstead to my brother's flat in Mistley.

"I know Adrian would have been so proud and happy that all money raised is going towards the charity that I have chosen. Mental health is something that is affecting our society in such a huge way."

To donate, visit [www.justgiving.com/fundraising/Julia-White18](http://www.justgiving.com/fundraising/Julia-White18)

To find out more about the charity, visit [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)



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# Football club looks ahead to upcoming season

A football club in Mistley are preparing for a new season this month as they look to continue the development of the club.

Ramsey and Mistley FC are constantly growing in stature, with more and more youth teams starting, as well as its women's and men's first teams performing in local Essex divisions.

It also has two men's Veteran teams, with one winning the Tiptree Charity Cup final last year.

Speaking to **VISION**ManningtreeMistley, the club's

vice-chairman, Craig Dawson, said: "We're all really excited for the upcoming season and are really keen to carry on the development of our teams.

"Our long-term aim has to be to continue to grow as a club and progressing as much as we can. One of our main aims is also to start more and more girls' and boys' teams."

The club is looking for players or coaches, so if you are interested, contact [ramseymistleyfc@gmail.com](mailto:ramseymistleyfc@gmail.com) or visit [www.facebook.com/RamseyMistleyFC](http://www.facebook.com/RamseyMistleyFC)

## Volunteers needed to look after open spaces

More volunteers are being sought to help look after public gardens in Tendring.

Tendring District Council's (TDC) horticulture team is responsible for planting and maintaining a number of open spaces across the area.

Its hard work is underpinned by a team of volunteers, who play their part in the gardens' upkeep.

One of the volunteers, Rose Wilkins, said: "It's especially nice for people in flats, who don't have a garden, to come and help out.

"The amount of visitors who say it's so much better than what they have at home shows us how important it is for tourists, and how lucky we are."

The volunteers help to plant flowers, keep weeds at bay and make sure the areas are neat and tidy.

All equipment is supplied and people can give as much or as little time as they wish.

Councillor Michael Talbot, TDC cabinet member for environment, said: "Our gardening team works so hard and does an amazing job, but they cannot be everywhere at once.

"The support given by our volunteers is vital to keeping our gardens looking their very best."

If you are interested in volunteering, contact Sean Biswell on 07786 660603 or [seanbiswell@tendringdc.gov.uk](mailto:seanbiswell@tendringdc.gov.uk)



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### ARE HYBRID MATTRESSES WORTH THEIR HEFTY PRICE TAG OR IS IT A LOT OF HYPE?

First came spring mattresses, then foam, and then came the exalted combination of the two. Every reinvention brings new promise of “the best night’s sleep you’ll ever have” – along with an ever-expanding price point.

New kids on the bedding block, such as Simba, Eve and Emma, have all devoted themselves to giving you the most dream-inducing, pain-relieving eight hours of rest. But regardless of their lofty claims, it is still a leap into the unknown for those accustomed to traditional brands.

So what exactly is a hybrid mattress? Well, it’s a multi-faceted design combining layers of both pocket springs and breathable foam to create a mattress that offers mouldable, gravity-defying support AND resistant buoyancy. This means not only will you feel supported in all the right places, but also that the surface resists dipping and sagging over time. They also keep you cooler during the warmer months and are less reactive to movement – ideal if your partner tends to toss and turn.

Photo credit: city.com

Another benefit that sets these flexible beauties apart from other mattresses is that they generally come vacuum-packed in relatively small boxes. Not only does this make them ideal for top-floor flats in narrow buildings, but it is also a marvel in itself as you watch your new bedfellow expand from a tightly-packed roll into a welcoming crash pad.

Not found on the high street, these hybrid designs still remain a reasonably left-field take on the mattress concept – hence the current lack of a big name, bargain equivalent. Pioneers in the field pride themselves on the huge amount of technology and design that goes into creating each prototype, with Simba bedding even boasting ‘space-inspired’ fabric. All also offer a limited-time sleep offer in which you can change your mind – creating a second market for the refurbished rejects.

So is it worth splashing the cash? If you are perpetually unsatisfied with your sleep options, you definitely ought to give one of these a try. After all, what’s worse – counting pennies or counting sheep?







# TOTES *amazing!*

**S**ustainable fashion is all the rage, so why not take your eco-friendly efforts one step further and create your very own handy tote bag using just an old jumper?



### WHAT YOU NEED:

An old jumper – this could be an old school jumper or a much-loved hoodie that no longer fits | Needle and thread | A pair of scissors | Sewing machine (optional)

### HOW TO MAKE:

- > Cut off the bottom band of the jumper
- > Cut off the hood (if applicable) and sleeves as close to the seams as possible
- > Determine the centre of the logo or image if there is one
- > Depending on the size of your jumper, work out the length and width of your tote bag – 35x40cm is a medium-sized bag
- > For the handles, cut and remove the sleeve band and cut the sleeve open along the seam
- > Cut eight strips of 2–3cm width and set aside for later
- > Using the remaining fabric, cut out the desired size of your bag, making sure to add 2–3cm extra on both the width and length
- > Pin the front and back of your jumper fabrics together and stitch using a ½-inch seam allowance, either by hand or using a sewing machine
- > Secure and set the seams with the fibres of the fabric using an iron. Always supervise children during this step
- > Fold in 2cm of fabric at the top of the bag and press, and then stitch the fabric near the raw edge using a zigzag or straight stitch for a seamless opening
- > Make the handles by sewing together two of the strips you cut earlier to create one long strip. Create four long strips in total, using eight strips. Overlap the ends and use a zigzag stitch to secure
- > Take two of the four strips, lay the ends on top of one another and stitch together. Repeat with the other two strips
- > Stitch the handles to the top of your tote bag
- > Voila! Your finished jumper tote bag.



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TECHNOLOGY

## SMART HEATING SYSTEMS AND HOW THEY WILL STYLE OUR FUTURES

Like a scene from a science fiction novel, you can now control appliances and systems in your home using your voice, a sleek home hub, or even remotely via your smartphone. From doorbells and lighting to security cameras and motion sensors, it has never been easier to make your home work for you. We also now have smart heating systems, such as Hive or Google's Nest, that have revolutionised how we heat our homes.

As the names suggest, these systems are developed with your preferences, lifestyle and – most importantly – comfort in mind. Gone are the clunky thermostats of yore that were either painfully complex to programme, or frustratingly simple with nothing more than a temperature dial. Both Nest and Hive boast stylish thermostats with customisable options, and, even better, you can also download a corresponding app that gives you full control over both your heating and hot water even while away from home.

Better still, this level of control helps you save money in the long run. Going to be home an hour late from work? Simply delay your heating until you're on your way back. Concerned about a sudden drop in temperature while you're away for the weekend? Enable the frost setting via your app to protect your pipes. You can even create zones within your house by buying smart radiator valves, to reduce your overall energy output while you're at home.

Going forward, it seems likely that devices such as these will become as ubiquitous as the kitchen sink as we edge closer towards the reality of the hi-tech modern home.



Photo credit: currys.co.uk, grahamdirect.co.uk, Hive YouTube





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# UNUSUAL FRUIT OF THE MONTH: Kiwano

The kiwano – also known as the horned melon owing to its spiky exterior – is an exotic fruit that is native to Southern Africa. Boasting an incredibly versatile flavour, kiwano can be enjoyed in many different ways.

at room temperature. An unripe kiwano can last for around 20 days at room temperature, whereas a ripe one will stay fresh for up to 10 days. Once cut, it needs to be used by the next day.

**WHAT DOES KIWANO TASTE LIKE?**

The flavour of kiwano has been unusually likened to that of a cucumber, a banana and a lemon/lime. Its texture is similar to a passion fruit or pomegranate, with ripe kiwano showcasing orange skin and lime-green, jelly-like flesh. The skin, flesh and seeds are all edible, although be careful when eating the horns.

**WHAT ARE THE HEALTH BENEFITS OF KIWANO?**

Kiwano is a low-calorie fruit that is high in vitamin A, beta carotene and magnesium. The seeds contain antioxidants, which can help to boost your immune system.

**HOW TO PREPARE KIWANO**

- Take a knife and slice in half – either through the middle or lengthways
- Gently loosen the pulp away from the skin using a knife
- Scoop out the pulp with a spoon or by squeezing it with both hands over a bowl
- Alternatively, slice into wedges and eat in the same way as you would an orange

**WAYS TO EAT KIWANO**

- As a simple snack
- In a juice or smoothie
- In a cocktail such as a kiwano margarita or kiwano daiquiri
- Added to a tomato salsa
- Frozen into an ice lolly
- Blended into ice cream

**HOW TO STORE KIWANO**

The kiwano fruit does not like the cold, so it is best kept out of the fridge and instead stored





# SPACE IS THE PLACE



Photo credit: Virgin Galactic/ZUMA Press Wire Services/Shutterstock

## HOW SIR RICHARD BRANSON MADE THE ULTIMATE JOURNEY AND FIRED VIRGIN GALACTIC INTO THE ANNALS OF HISTORY

Sir Richard Branson has been the voice of countless business tomes and multiple entrepreneur tutorials, all advising success-hungry go-getters how they can flourish in the relentless world of enterprise.

And that's great, until you consider how many times he himself has come close to what we might deem ultimate bankruptcy – death.

In his second autobiography, *Finding My Virginity*, the 71-year-old self-starter lists 75 occasions when the end might have been nigh – from swimming to shore from a sinking fishing boat on honeymoon (he and first wife, Kristen, were the only survivors), to falling down a gaping gorge on Necker Island, to so many serious airborne emergencies you'd be surprised if he ever wanted to leave terra firma again... except, this is Richard Branson.

A man who has never admitted defeat, the Virgin founder has now ascended to a level of human achievement that sets him apart from anything he has achieved in an office or on a shop floor. That's because on Sunday, July 11, the daredevil journeyed 53 miles to the edge of space on his craft, Unity, ably supported by two pilots and three employees. He departed from the Spaceport America facility in New Mexico, with the intergalactic trip and re-entry completed in around an hour.

Branson said: "I have dreamt of this moment since I was a kid, but honestly nothing can prepare you for the view of Earth from space.

"The whole thing was just magical."

Branson's competitive streak is the thing that has kept him going for more than half a century in business, and the fact that he is the first to

successfully complete a space tourism venture ahead of Amazon's Jeff Bezos and SpaceX's Elon Musk didn't stop his rivals from congratulating him afterwards.

Ever the type of person to prepare a platform for future exploration, he admitted afterwards: "I've had my notebook with me and I've written down 30 or 40 little things that will make the experience for the next person who goes to space with us that much better."

While Branson's innovative endeavours in space tourism are clearly a unique first for 'everyday' humans, we are a long way from the days of the Space Race and an era where countries were driven to send rockets into space with competitive regularity. In a sense, that makes his daredevil ways even more applaudable, although it was

always destined that he would be the first. From hot air balloon near-disasters over the Atlantic in the 1980s to bungee jumping off Victoria Falls in Zambia, Branson has always put himself forward as the exemplar not just of his Virgin brand, but also of a mindset that insists everything is achievable if you have the courage and conviction.

Perhaps such a desire to explore comes from when, as a four-year-old, his parents used to drop him off on one side of Blackheath and tell him to find his way home. Perhaps his brand of risk dates back to the early days of Virgin Records when he narrowly avoided a prison sentence after illegally importing records; or perhaps this addiction to adventure is the very thing that fuels Sir Richard Branson on to future innovation and further greatness. Whatever it is, he is a unique inspiration and someone we rightly revere.





# DIY COLOURED CHALK



A low-cost summer activity that kids of all ages love, why not save yourself the trouble of hitting the shops and make your own super-sized coloured chalk that is perfect for using on the pavement, exterior walls and anywhere else your kids fancy getting crafty? Don't worry, it will all wash off in the rain.

### YOU WILL NEED:

- > 1 cup of water
- > 2 cups of plaster of Paris
- > 3 tbs of food colouring or poster paint
- > An old tin or plastic cup
- > Cardboard toilet roll tubes (one for each colour of chalk)
- > Baking paper
- > Masking tape

### HOW TO MAKE:

- > Seal one end of each of your toilet roll tubes with masking tape. Ensure neat seals to avoid leakage
- > Line your toilet roll tubes with baking paper
- > Pour the water into a tin or large plastic cup,

then add the plaster of Paris and the paint or food colouring

- > Carefully pour the mixture into the toilet roll tubes
- > The plaster of Paris should begin to set after around 15 minutes. You can tell when it is about to harden as it will warm up
- > Leave for a couple of hours or ideally overnight
- > Peel off the toilet roll cardboard, and voila!

### OTHER CHALK CREATIONS TO MAKE AT HOME:

- > **Chalk rocks.** Use balloons to mould your chalk recipe into the shape of rocks
- > **Chalk pops.** Insert wooden craft sticks and use a silicone pop mould or ice cube tray to create a lollipop shape. But remember these are not for eating. They are for drawing purposes only
- > **Glitter chalk.** Add glitter to the mixture for some added sparkle
- > **Squirt chalk.** Fill a squirt bottle two-thirds full with a mixture of corn starch and baking soda, add your preferred food colouring and fill to the top with water. Fill another bottle with vinegar and squirt on chalk patterns for a fizzy surprise.



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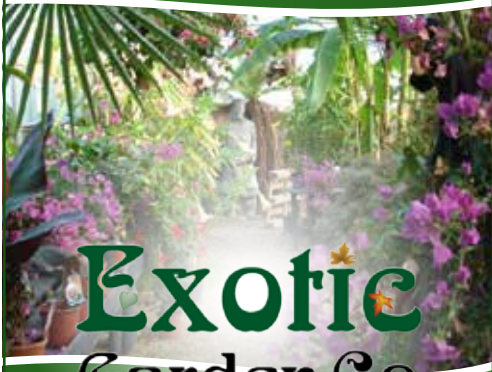
### What OFSTED says:

*"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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PREP YOUR GARDEN FOR



Whether you love to garden or not, there are several jobs that need to be taken care of during the last few weeks of summer if you want your garden to remain intact over winter and thrive come spring.

### DIG UP ANNUAL FLOWERS

Although annuals are great for a single season, providing vibrant colours and stunning scents, they do need to be dug up and added to your compost heap before winter.

### ADD FERTILISER TO YOUR LAWN

You may not usually fertilise your lawn, but your grass needs this in order to maintain healthy growth. Typically, plants absorb nutrients through their roots, but you can give your lawn an extra boost with a good quality lawn fertiliser such as Growmore Garden Fertiliser.

### CLEAN AND COVER YOUR POND

If you are lucky enough to have a garden pond, you should remove any leaves and other gunk before the weather turns cold. You should also cover it with a net to protect against falling leaves and other debris.

### CUT YOUR PERENNIALS

Perennials will survive all year round, but they can also dominate your garden over winter if you let them. Avoid this by cutting them back to soil level and disposing of the cuttings to prevent further growth.

### DE-WEED YOUR GARDEN

One of the least appealing garden tasks, but if you don't get your weeds under control before winter, you face a mammoth job come spring. Always remove weeds by the root and refrain from using weedkiller near other plants.

### PROTECT YOUNG TREES

Young trees need protection during the winter months as they are more susceptible to damage from frost, ice and wind. Tree-guarding wraps are ideal for protecting their trunks.

Photo credit: nomorebirds.co.uk



GARDENING



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# ON YOUR BIKE

Learning to ride a bike is a rite of passage for most children, yet only three per cent of adult Brits cycle daily. It has the ability to transform your health and reduce the cost of your commute, so let's take a closer look at the benefits of biking. Plus, our tips to help you get started.

## WHAT ARE THE HEALTH BENEFITS OF REGULAR BIKE RIDING?

Riding a bicycle regularly provides one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle. A low-impact activity that can be enjoyed by people of all ages, consistent cycling can:

- Increase cardiovascular fitness
- Improve muscle strength and flexibility
- Enhance joint mobility
- Decrease stress levels
- Improve posture and coordination
- Strengthen bones
- Lower body fat levels
- Reduce anxiety and depression

## VISIT YOUR LOCAL BIKE SHOP

Rather than shopping online, it can be a much better idea to visit your local bike shop as they will be able to offer advice on choosing the right bike for your needs.

## INVEST IN THE RIGHT KIT

Although you don't need to spend a fortune, you should invest in:

- A helmet
- A bike lock
- Bike lights
- Padded cycling shorts

## ADJUST YOUR BIKE ACCORDINGLY

For maximum comfort and to avoid injury, you need to find your optimal saddle height. This can be carried out by placing your heel on the pedal at its furthest away point. Your leg should be straight so that when you clip in, there is a slight bend.

## BEST BEGINNER-FRIENDLY BIKES

- Apollo Slant Men's Mountain Bike
- Cross Daisy Classic 26 Inch Wheel Size Heritage Women's Bike
- Pinnacle Lithium Two

## NOT READY TO GET ON THE ROAD?

If you invest in an exercise bike instead, you can enjoy all the benefits of cycling without having to step foot outside your front door.

## BEST INDOOR SMART BIKES

- Peloton Indoor Training Bike
- Echelon Smart Connect EX3
- Sportstech SX400 Speedbike





# HOW TO PERFORM CPR ON AN ADULT

Cardiopulmonary resuscitation (CPR) could save your life, the life of a loved one or the life of a stranger. Find out how to perform CPR on an adult below.

### HOW TO DO CPR ON AN ADULT:

- > If you find someone collapsed, do not place your face close to theirs. Instead, check to see if they are responsive by asking them questions. If they do not respond in any way, they are unresponsive and should be treated as soon as possible.
- > Next, check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > To check if they are breathing, do not place your face close to theirs. Instead, watch to see if their chest moves.
- > If an adult is unresponsive and not breathing, ask someone to call 999 or 112 for emergency help and to find a defibrillator while you commence CPR as detailed below.
- > Place a towel or piece of clothing over the mouth and nose of the casualty to protect yourself from the risk of infection.
- > Kneel next to the person and put the heel of your hand on the middle of their chest.
- > Put your other hand on top of the first and interlock your fingers, making sure that they do not touch the ribs.
- > Keep your arms straight, lean over the person and press down hard to the depth of 5–6cm before releasing pressure.

**TOP TIP:** Use the beat of the song *Staying Alive* to keep the right speed when performing chest compressions

IN NEXT MONTH'S EDITION, LEARN HOW TO PERFORM CPR ON CHILDREN AND BABIES.



1



2



3



4



5



6

# WEDGES



Whether you're lacking in the height department or simply love the look of elevated footwear, the right shoe can transform your style and your self-esteem.

However, do you opt for a more comfortable wedge or a sky-high stiletto?



### What is the difference between wedges and heels?

Technically, wedges fall into the high-heeled shoe category as they do have a raised heel. That being said, with a wedge heel, you get a solid, wedge-shaped outsole that is elevated at the heel and tapers down to a flattish toe. With a high heel, the heel portion is separate from the sole underneath the toe.

### Why choose wedges?

Wedges are a great option for women who struggle to walk on traditional heels, as they offer support and height by evenly distributing your weight throughout the sole. Wedges come in a variety of different materials including cork, leather, rubber and jute and can be closed or open-toed. You can even get wedge boots that make a comfier alternative to regular heeled boots.

Wear to the beach, a casual occasion or lunch with the girls.

### Why choose heels?

There are several types of heels, including stilettos, kitten heels, block heels, mules and heeled boots, with each one providing a slightly different look and feel. If you are a pro at walking in high heels and want a showstopping look, then stilettos are the shoe for you. However, if you struggle with too much height, opt for a more modest kitten heel.

As a general rule, the wider the heel, the easier it is to walk in and the more support it offers your foot.

Wear to a formal occasion, a night on the town or an important meeting.



# vs Heels

Protect your feet by limiting wearing high heels to three times a week, regularly stretching your calf muscles and soaking your feet in an Epsom salt bath for 10–15 minutes after wearing.





BEAUTY



# MAKEOVER

## your mane

Unlike women, most men seem to have an “if it ain’t broke, don’t fix it” approach to getting a new hairstyle. But does your current cut really complement your face? Discover the latest hairstyle trends for men based on each face shape below.

### THE TEXTURED CROP Best for triangle-shaped faces

If you’ve got a commanding jawline that outmeasures your cheekbones, then you have the perfect face shape to rock the textured crop. Seen on the likes of Chris Hemsworth and Jake Gyllenhaal, ask your barber for some extra weight on the sides and length and texture on the top.

### THE LONG & LAYERED Best for oval-shaped faces

For those with an oval face, you are in the lucky position to be able to carry off long hair à la Jason Momoa. For optimum results, go for regular trims so that your hair remains in good condition. Avoid if you have very fine hair.

### THE CHERUBIM Best for heart-shaped faces

Heart-shaped faces perfectly suit a cherubim cut, which both Justin Bieber and Harry Styles have previously showcased. Best described as a grown-out bowl cut, this hairstyle is popular with men who want the versatility of length for styling and don’t mind a slightly feminine look.

### THE MESSY BED QUIFF Best for diamond-shaped faces

Great for showcasing length on the top and natural texture, this is an easy style that requires little maintenance. Make sure to ask for plenty of length in the fringe, getting shorter towards the back.

### THE SWEEP BACK Best for square-shaped faces

If you are growing out your hair and you have a square-shaped face, you are the ideal candidate for a swept back look. Enjoying renewed interest since the series *Poldark* hit our screens, ask your barber to balance your hair for this longer style.



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# Looking back on when we first met...



SPORT



## HOW GARETH SOUTHGATE'S ENGLAND HEROES CAME SO CLOSE TO ENDING 55 YEARS OF HURT

Putting to one side the sour way it ended, the UK's Euro 2020 experience was undoubtedly the tonic the whole nation needed.

While, as a country, we are certainly not alone in the mental and physical setbacks encountered over the past 18 months, the spectre of COVID-19 loomed particularly large over these shores. Even as the showpiece final played itself out at Wembley on July 11, the banks of empty seats showed that the pandemic is not over yet.

Add in economic and societal tensions, and a successful England team was the boost everyone was hoping for. And for a few weeks, we were uplifted, inspired and full of admiration for our heroes.

In Gareth Southgate, England had a manager of wisdom, yet weighed down somewhat by the

expectation of what this team should do. Making it to the World Cup semi-final three years ago became a standard to replicate, at the very least, and with home advantage for all but one game in the tournament, there was always the justified belief we should go far.

Many label the former defender a 'yes man', but his team selections clearly showed a resilient, stubborn side to his character. Blessed with an unprecedented array of attacking flair, Southgate opted for a 'safety first' strategy, nullifying the opposition's forward threat in three group games – two of which saw 1-0 wins (versus Croatia and Czech Republic), with the other an admittedly dour goalless draw against Scotland.

In the first knockout game, a 2-0 win against old rivals Germany; in the quarter-final, a totally

dominant showing as Ukraine were hit for four; in the semi-final, the courage and fortitude to come from behind (and the shock of actually seeing someone put the ball in our net) as we defeated Denmark 2-1.

Southgate's confidence in his stubborn 5-3-2 formation was upheld in every game. When he switched to a 4-3-3, we marvelled at the sudden versatility of the squad. It's this very thing that will give us the confidence to succeed at the World Cup in Qatar next year, when expectation levels will once again be incredibly high.

Regrets? Well, the horror of the penalty shoot-out came back to bite us. But apart from that, some will feel we should have been more positive going forward. In Raheem Sterling and Harry Kane, we always had matchwinners. Even with five at the

back, the wing-back play of Kyle Walker and Kieran Trippier offered attacking intent. But many will point to the lack of real opportunities for Jack Grealish, Jadon Sancho, Jude Bellingham, Marcus Rashford, Phil Foden and others, and wonder what those talented lads might have achieved with longer on the pitch.

The good news is that 'youth' is almost a byword for England now. We had the second-youngest squad in the whole tournament and, arguably, on paper, the most talented. It's been some time since we've been able to lavish such high praise on our Three Lions, even if we still find ourselves ticking the box titled 'unfulfilled potential'.

In Gareth we trust, and he will know better than anyone else how we can take that one last step forward into football folklore.

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TRAVEL

# CAR TRAVEL *etiquette*

## THE SIX RULES PASSENGERS MUST OBEY ON LONG JOURNEYS

Whether setting off for a jaunt across the middle of America or simply on a work trip up the A1, it's important to recognise the hidden hierarchy that exists when it comes to car journey etiquette.

While our top six rules are all slightly tongue-in-cheek, we can all probably pick out times when we've heard the person behind the wheel pull rank.

### THE HEAT IS RISING

It's a confident – and possibly rude – passenger who starts messing with a car's climate control. Sit tight and sweat it out... it's still better than walking.

### DRIVER DJ

From the minute you leave to the second you arrive, the soundtrack of your journey is deemed to be in the hands of the person behind the wheel. If you are graced with the opportunity to "put something else on", choose decisively and wisely.

### IT'S A CAR, NOT A BIN

One for the kids – whether chocolate bar wrappers, Happy Meal toys or poorly mopped-up orange squash, there is nothing that angers a driver more than finding his or her car resembling a bin lorry at the end of a long trip.

### FREE PETROL

Contributing towards petrol is usually something that's laid out before a journey starts, but if this hasn't been discussed and you find yourself pulling up at your destination, it's usually polite to offer.

### THANKS FOR THE RIDE

Gratitude costs nothing, and a simple 'thank you' to the driver will make him or her feel that much better about themselves after suffering half an hour of you bemoaning Arsenal's recent woes.

### THE FEET TREAT

Your pinkies should always be kept out of sight and in the footwell (there's a clue in the name). Raising them to the height of the dashboard – and leaving them there – is a one-way ticket to taking the bus next time.







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# I PREDICT A RIOT

**FROM BUILD-A-BEAR TO THE NUTELLA PANIC, THESE ARE THE MOST EPIC CONSUMER RAMPAGES EVER**

When consumers get a taste for a retail trend, there's every chance that seemingly sane people will transform into bloodthirsty consumers.

While it happens every year with Black Friday and January sales, here are four other occasions when people have stopped at nothing to get their hands on a cherished prize.

### THE FRENCH NUTELLA PANIC

It was a seemingly average 2018 before French supermarket Intermarché decided to slap a 70 per cent discount on Nutella. Cue a stampede for the spread, reminiscent of a situation four years previously where a hike in the price of hazelnuts caused similar stampedes across the UK. Nutty!

### THE BUILD-A-BEAR BOOM

Thursday, July 12, 2018, will forever be known as the Build-A-Bear day of mayhem. An initiative that invited customers to "pay their age" meant a top-of-the-range bear could be purchased for well below the usual price point of around £50.

Yet they reckoned without the devotion of a younger audience, leading to stores being overrun, queues of up to four hours and police being called. What's more, the exercise turned out to be wholly unprofitable for the chain.

### TESCO'S BEER BONANZA

A computer error back in 2012 meant that instead of discounting two cases of beer by £4 at the checkout, the booze was costing £4 in total. It took the retailer hours to fix the error as shoppers across the country performed relays in emptying the shelves.

### AND WHO CAN FORGET THE 2020 TOILET ROLL HUNT?

As COVID-19 gripped the world in the spring of 2020, so too did a strange perception that this global pandemic would see us imprisoned in our bathrooms. As early toilet roll fanatics bought up large stocks of paper, so too did others in fear of supplies being exhausted. Thankfully, normality was resumed within a few weeks.



Photo credit: margouillat photo/Shutterstock.com, Helen89/Shutterstock.com, D K Grove/Shutterstock.com





# Lie of THE LAND

If you are a first-time land buyer, the process of picking the right plot can be more than a little daunting. In fact, it can be completely terrifying.

Fortunately, our land-buying guide will help you every step of the way.

### DETERMINE YOUR MOTIVE

Think about why you want to buy land. Do you see it as a better investment than stocks and shares? Are you looking to build your forever home? Or perhaps you're seeking a smallholding (a piece of land of less than 50 acres) so that you can become more self-sufficient?

### SEARCH DIFFERENT TYPES OF LAND

Development land can be either a greenfield or a brownfield site, with the former never having been built on before and the latter having either been built on or having buildings on it. Each is subject to different planning requirements.

### RESEARCH THE MARKET

In the same way that you would check out the local property market if you were buying a house, you need to research the land-buying market in your preferred areas. Land values can range from £5,000 to £15,000 per acre, so you need to find out what is a reasonable price to pay for a piece of land before committing.

### SEARCH FOR THE BEST DEALS

The land market is plentiful, so you will have lots of choice when it comes to finding the perfect plot. Plotfinder.com is the UK's leading land-finding service, but you can also try land auctions if you are prepared to move quickly.

### HIRE A CHARTERED SURVEYOR

You should always hire a chartered surveyor to inspect a plot of land before you make a purchase. They will be able to establish which category the ground is and whether it is fit to build on. They will check for risk of flooding, pollution and subsidence.



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.**

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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](mailto:manningtreetown@gmail.com). You can also follow us on Facebook and Instagram [@manningtreetown](https://www.instagram.com/manningtreetown).



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HISTORY



## WHEN THE MONA LISA *went missing*

DETAILING THE 110TH ANNIVERSARY OF THE THEFT OF THE ICONIC PORTRAIT

Stealing the world's most famous pieces of art is usually about status, spite or financial gain, yet for Vincenzo Peruggia, the architect of the theft of the Mona Lisa on August 21, 1911, it was none of these things... or so he said.

Painted in 1503, the painting ended up in France following Napoleon Bonaparte's widespread plundering of art during the Napoleonic Wars. Many of its various mysteries – the creeping smile, the haunting face, even the lack of eyebrows – can only be answered by its long-dead creator, Leonardo da Vinci.

The masterpiece had hung in the Louvre for more than a century before Peruggia, an employee at the museum on the banks of the Seine, snuck it out under his smock after having hidden in the building overnight. The gendarmerie were at a complete loss as to who stole the artwork and the theft created a media sensation, with the mystery featuring on the front pages of newspapers worldwide.

Peruggia kept the painting in his apartment in Paris for two years, then took it back to Italy. Herein lies his claim that it was removed expressly with the intention of returning it to its homeland. The thief's explanation was undermined by the fact that when contacting Florence art dealer Mario Fratelli, he placed a 500,000 lire price tag on the piece.

No sooner was the deal discussed than the prospective buyer contacted the police and Peruggia was arrested.

For his crime, the Italian received only a short prison sentence – he served seven months and was hailed a patriot upon his release. Alas, his attempts were in vain, as the Mona Lisa was returned to the Louvre, where it has been on display ever since, its notoriety merely enhanced by the theft.

Peruggia died in 1925 on his 44th birthday, leaving behind a wife and daughter.





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# PUZZLES & TRIVIA

PUZZLES

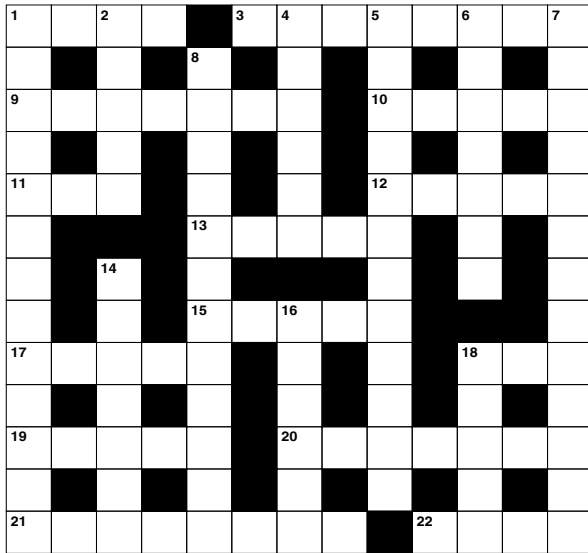
Answers: see end of The VISION Listings

### ACROSS

- 1. Bog (4)
- 3. Difficulties (8)
- 9. Settled oneself comfortably (7)
- 10. Flower part (5)
- 11. Cook in hot oil (3)
- 12. Mother-of-pearl (5)
- 13. Name of a book (5)
- 15. Drives out from a place (5)
- 17. Up to the time when (5)
- 18. Cereal plant (3)
- 19. Mental impressions (5)
- 20. Not tidy (7)
- 21. Mobster (8)
- 22. Young kangaroo (4)

### DOWN

- 1. Making (13)
- 2. Tarnished (of a metal object) (5)
- 4. Least polite (6)
- 5. Efficient (12)
- 6. Anticipates (7)
- 7. Obviously (4-9)
- 8. Decomposition by a current (12)
- 14. Among (7)



- 16. Safe (6)
- 18. Lover of Juliet (5)

### DID YOU KNOW?

▶As early as 250 AD, cocoa beans were once used as barter currency in exchange for food and clothes

▶In 1961, Hamburger University was opened in the basement of a McDonald's restaurant in Elk Grove Village, Illinois. Graduates received a Bachelor of Hamburgerology degree

▶When you eat a chilli, the burning sensation is caused by a chemical compound called capsaicin

▶Cucumbers are made up of around 96 per cent water, making them the food with the highest water content

▶A bunch of bananas can also be referred to as a 'hand' and a singular banana a 'finger'

▶Almonds are actually seeds, although many people classify them as nuts

### SUDOKU

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