

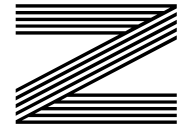
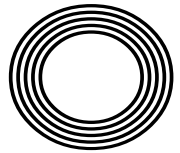
**HOW TO
BUILD A
COLD
FRAME**

Subscription gifts
The perfect present this Christmas

PRINCE CHARLES'
Aston Martin runs on cheese and wine

Ramesh
RANGANATHAN

Crawley-born comedian celebrating 10 years on the circuit



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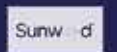


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Editor's notes...

NOVEMBER 2021



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION** ManningtreeMistley. As you read this, the great and the good will have descended upon Glasgow for the COP26 conference to discuss the climate crisis and attempt to agree steps to reduce the level of global warming. Watching the coverage got me thinking: what can I really do to make a difference?

Of course, one man on his own cannot make a massive difference, but collectively, the actions of individuals can have an impact. However, sometimes it is hard to know what we can do. For example, I use jute bags, thinking this would help, but I recently read that I would have to use them thousands of times and probably for the rest of my life for this habit to have an impact. Again, one man using jute bags for shopping may not make a difference, but hundreds of thousands of people doing the same would.

The mission of **VISION** magazine is to inform as well as entertain, and you will start to see articles included that I have selected that may help inform you. I am a particular fan of our 'alternatives uses for...' pieces, and the research carried out by our team has certainly opened my eyes to how I can use everyday products more broadly. If you have any alternative uses for products, please do drop me an email as I would love to hear from you.

Sean Purcell

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CONTRIBUTORS | Tabatha Fabray, Jake Levison

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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ASTON *marvelling*

HOW HRH PRINCE CHARLES, SOME LEFTOVER WINE AND A CONSTITUENT OF CHEESE ARE HELPING THE PURSUIT OF ECO TRAVEL

It's a fine line between innovation and eccentricity, but HRH Prince Charles appears to have landed the right side of it... just.

The Prince of Wales, who turned 73 in November and is first in line to the throne, has converted his cherished Aston Martin DB6 so that it can run on cheese waste and surplus white wine. His move to decarbonise fits perfectly with a modern revolution in motoring, where electric cars, the future ban of the sale of petrol and diesel vehicles, and various road taxes designed to keep gas-guzzlers out of our city centre spaces are giving our roads a green makeover.

Charles revealed in a recent interview that he was offered the conversion some time ago and did not hesitate to accept.

"I think when opportunities and ideas come your

way, you need to judge them on their own merits," he says.

"Certainly, where classic cars are concerned, there is the temptation to leave them as they are and not tinker with them, but if we all thought like that, we wouldn't make the strides we have, and the strides we need to."

It was Gloucestershire-based firm Green Fuels – the company has since earned a Royal Warrant of Appointment – which suggested it could supply bioethanol produced from a combination of wine and cheese (whey).

Blending the fuel then adding 15 per cent unleaded petrol meant the car was more powerful than before, yet significantly greener.

Of course, this isn't

the first time Prince Charles has taken the lead where green and eco matters are concerned. He established The Prince's Trust and The Prince's Rainforests Project and has always been a passionate advocate for initiatives that put the planet's needs first. He became the first member of the royal family to adopt electric cars for official duties in 2018, and has rallied behind his son William's successful efforts with The Earthshot Prize, with its £1million bounty awarded to fund solutions to help tackle climate change.

However, Charles believes there is much still to be done. He says the world's leaders are big on environmental talk, but rarely take the actions required to back up the platitudes.

"It is time for a lot of

people, influential people, to stand up and make real decisions," he says. "They have the expertise, they have the wherewithal and they have the resources, so there is no reason why we can't be moving forward much quicker than we are."

"Green initiatives in the past always seemed to come with some sort of cost or inconvenience. A lot of those I see today have no such thing – look at my DB6, it is a better vehicle than it was before."

The classic Aston Martin emerged in 1969 and has been one of Charles's true joys. He even enlisted the services of two-time Formula One world champion, Graham Hill, to teach him how to drive the car to its maximum potential.

He added: "It gives me great pleasure every time I drive it – and to know I can do that while limiting harm to the environment is a wonderful feeling."



Photo credit: David Hartley/Shutterstock



THE CHRISTMAS GIFT IDEAS THAT KEEP ON GIVING

A gift isn't just for Christmas, so treat your loved ones to a subscription box this festive season and leave it to the postman to deliver the perfect package to your friend or family member's doorstep each month.

Flower and plant subscription service – If you have a green-fingered friend, what better gift than a new potted plant or bunch of flowers each month? Also suited to remote workers who could do with freshening up their home working environment. You can even find sustainable providers who only work with Fairtrade growers.

Cocktail subscription service – For your boozy bestie or a mum who loves a mojito, a cocktail subscription service makes the perfect gift. Depending on the service you select, the recipient can expect to receive ingredients and instructions to make a new cocktail each month.

Food subscription service – Whether you know someone who is a real foodie or your loved one could do with a helping hand in the kitchen, a weekly delivery of high-quality, fresh ingredients is just what they need. Choose the size of the box depending on how many people they cook for. Subscriptions are available to cater for all dietary requirements.

Gadget subscription service – Being a tech enthusiast can be expensive, but what if you could enable your gadget-loving friend to try out a new device every month? Pick between health and fitness gadgets, entertainment devices and even relationship tech.

Craft subscription service – If you are looking for a subscription service for children, then a monthly craft box is a great idea. With subscriptions available for all ages, you can find boxes that contain a range of fun science, technology, engineering, art and maths activities.

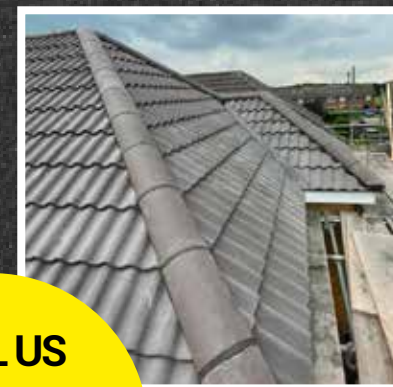
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LOCAL NEWS

from your neighbourhood



Lexden School
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.

Children can start with us in Nursery aged 3 years.



The Enhanced Provision is staffed by Teachers of the Deaf, teaching assistants who are specifically trained to work with deaf pupils, and a midday assistant. All of these sign to a minimum of BSL 1, most to BSL 2.

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.

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.

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

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)

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



Disabled couple stuck at station due to locked lift

A disabled resident and her husband were left stranded at Manningtree Station at night because the lift from the platform was locked.

Jacqui Miller and her husband, Michael, had been on a long day out and arrived back at Manningtree Station after midnight.

When they arrived at the station, they were shocked to find that the lift had been locked by staff at 11pm, meaning they had no way to get off the platform. There were also no staff at the station.

Michael explained the trouble the couple also

experienced when using the station's help point, saying that the assistant they managed to speak with didn't know where Manningtree was or how to help.

Luckily, the couple managed to get on the last train to Ipswich, where a staff member arranged a taxi to take them home.

Greater Anglia, which runs Manningtree Station, promised a rethink of lift closures.

A spokesperson said: "We want to make our railway as accessible as possible to everybody, and that means lifts remaining open when the station is open."

Theatre prepares for popular Christmas shows

Residents are being urged to get their tickets for a popular Manningtree theatre's Christmas production.

The Manifest Theatre's Christmas show will take place at 7pm every night from Tuesday, December 7, to Saturday, December 11.

The theatre group, located at 2 Oxford Road, has been rehearsing for the show since September.

A group spokesperson said: "We are so excited – this will be a Christmas like no other."

Tickets are now available and cost £12 for theatre members, £14 for non-members and £12 for under-12s, including a gift from Father Christmas.

You can book online via TicketSource, by calling the theatre's box office line on 07444 724271 or by emailing boxoffice@manifesttheatre.co.uk



News from MANNINGTREE HIGH SCHOOL

with headteacher Mrs Sally Morris



The environment, and in particular the reduction of carbon dioxide production, is rightly a very hot topic at the moment.

Our students learn about causes and effects of global warming as they study science and geography. They may explore their interest in these subjects via Science Club projects or the Extended Project Qualification made available to some in Year 8.

They need to understand the issues to inform their choices now and when they leave us and become decision makers themselves.

There's no doubt that our school does use a lot of energy in order to fulfil its day-to-day functions – from lights in the library and gas in science labs to powering computers and electronic screens in classrooms, as well as keeping the buildings heated and the kitchens fuelled.

Over the last year, we have been making some

(partially grant-funded) changes to reduce our carbon footprint. We have replaced all the lights with low-energy LED units, replaced inefficient boilers, fitted better glazing to doors and windows and put insulation in loft spaces.

These are all small steps in the right direction, steps that other schools in our multi-academy trust are making too. We are proud to say that, collectively, we are the featured Project of the Year in Education at the Southern Sustainability Awards.

The Year 11 students have been focusing on making the most of their mental energy recently as they have sat mock exams, a key part of their preparation for their GCSEs.

They will shortly take part in a day learning about CV writing, job application and interview skills – more crucial preparation for their futures beyond Manningtree High School.



Street keepers extend garden

The Manningtree street keepers have been busy in recent weeks extending the wildlife garden in Quay Street.

Manningtree Town Council updated residents in mid-October on social media, saying: "The extension to the wildlife garden in Quay Street has been planted up so that the plants will have a chance to establish new roots before the coldest weather comes along.

"Manningtree District/Frankenberg Partnership Association (MDFPA) has kindly funded the planting in

this area as part of its 50th anniversary celebrations. "After a lot of hard work, the raised bed near to Boots has also been cleared. Well done, Polly and Keith, for getting this project under way.

"Thank you to the Howells family and the Manningtree District Business Chamber for the funding. Look out for the transformation coming soon!"

MDFPA is a community organisation, celebrating the partnership between Manningtree and the town of Frankenberg in Germany.

Helen Rollason
Cancer Charity

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Manningtree District Business Chamber

Welcomes you back

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

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

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

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



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

LOCAL NEWS

from your neighbourhood

LOCAL NEWS MISTLEY



Photo credit: Atlantic Nomads

Sporty team takes on epic rowing charity challenge

A site manager from Mistley will be taking on a tough rowing challenge for charity this December.

Tom Rose (pictured second from front), 27, who grew up in Mistley, will be leaving the safety of La Gomera and rowing 3,000 miles across the Atlantic Ocean to Antigua in a team of four.

The team, who have named themselves The Atlantic Nomads, will be rowing across the Atlantic Ocean as part of the Talisker Whisky Atlantic Rowing Challenge. This challenge will take the team more than 3,000 miles west from San Sebastián de La Gomera in the Canary Islands to Nelson's Dockyard in Antigua & Barbuda.

The annual race begins in early December, with up to 30 teams participating from around the world.

Explaining why he has decided to take on the challenge, Tom said: "Having really enjoyed training

for and completing the Marathon Des Sables in 2019, I was looking for an event that would fill the void and push me even further.

"The Talisker Whisky Atlantic Rowing Challenge ticks all the boxes and will throw the team and me into a completely unknown environment where we can really find out what we are made of."

The team is rowing to raise funds for Alabaré's Homes for Veterans, which provides supported accommodation to British Armed Forces veterans.

While Tom is feeling confident as the challenge draws nearer, he admits his biggest fear is "capsizing in a storm at night while on the oars".

He adds: "A midnight dip in the Atlantic is not the dream."

To sponsor Tom and his team, go to www.atlanticnomads.co.uk/sponsor-us



Photo credit: The Station Hair & Beauty

Eco-friendly coffee van a big hit in community

A popular beauty salon in Mistley has launched a new eco-friendly coffee van.

Staff at The Station Hair and Beauty in Mistley High Street spent months preparing their new Citroen H station wagon, affectionately named Heidi, before introducing her to local residents.

A spokesperson for the company said back in April: "We have a new member of the station team. Her name is Heidi."

"We will be using Heidi outside the salon to look after our coffee garden during the day and she will also be available to hire for weddings, parties, etc."

"We will be creating a new Instagram account for Heidi so you can keep up to date with her progress as

she is totally rebuilt."

The station wagon finally opened as a coffee van at the beginning of October and is located next to the salon. As well as coffee, various pastries and snacks will be available for purchase.

Following the first day of opening, staff wrote on Heidi's Instagram page, saying: "Thank you for your amazing support yesterday; we had an incredible day."

"The universe also intervened and provided us with perfect Sunday weather and, true to our word, not a single disposal cup was given!"

For more information and to stay up to date with the wagon, go to www.instagram.com/heidthestationwagon

Flooding alert issued for village river

A flooding alert was issued last month regarding the River Stour in Mistley. The government's Flood Information Service said The Walls, Mistley Place Park and waterside properties at Mistley Quay were at risk of flooding on October 21.

A flooding alert, while not as serious as a flood warning or severe flood warning, means that flooding is possible and people should be prepared.

A spokesperson for the Flood Information Service said: "Minor flooding to coastal roads and footpaths is likely between 11am and 3pm this afternoon, Thursday, October 21."

"Floodwater is dangerous; don't put yourself or others at risk."

"We are not expecting the situation to escalate."

You can stay up to date regarding flooding in the area by visiting check-for-flooding.service.gov.uk



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HOME & DIY

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STRONG.



It's perhaps peculiar that Dulux waits for the time of year when the summer skies begin to seep away, and the radiant, elegant blueness of those warm months is dissipating, to name its much-heralded Colour of the Year... as blue.

The reveal of Bright Skies as a shade that is set to transform our homes for the next 12 months coincides with an autumnal browning and greying of life outside our windows. Yet the paint expert's choice has been met with approval for its ability to extend our elevated, enlightened view on the year for just a little bit longer, as winter gradually approaches.

Dulux's choice has much to do with the brightness and optimism that is being felt in the wake of the end of lockdown. The brand speaks of uplift and progression, with the colour working as an alternative to the mass of light grey shades that have

been so prevalent in offices.

The ability of Bright Skies to blend with all manner of other tones makes it stand up to scrutiny. Its pastel essence draws in other colours instead of repelling them, so use it in living spaces, against light or medium woods, and even on ceilings. Alternatively, pick out the colour on cushions or fabrics.

In the kitchen, a Blue Skies splashback can offer incredible contrast to silver or copper pots and pans; while in the bathroom, ditching formal white for this breathless, brilliant blue will give 'big sky' thinking to every groggy winter morning.

Where, in the past, light blue could feel cold and frosty, particularly when temperatures begin to drop in the winter months, Dulux is asking us to view it from a new angle, accompanying it with textures and tones to help us decorate even the gloomiest of days with bright, sunny, uplifting moments.

Photo credit: dulux.co.uk



SOFA, *so good*



From striking shades to fabulous fluting, tactile textures to durable designs, these five sofa trends for 2022 are anything but boring.

Bold colours: Moving away from more muted shades such as grey and dark slate blue, 2022 sofas are unabashedly bold and beautiful. Think bright blue and ruby red, as well as more subdued, warm colours such as paprika. Keep your walls neutral and let your sofas do the talking.

Curves and fluting: A key sofa trend that emerged in 2020 and is still going strong as we move into 2022, expect to see more intricate pleating combined with chunky quilting for a cosy yet stylish look. For an added sense of luxury, opt for velvets that perfectly complement the curves of the flutes.

Raw materials: Arguably one of the biggest sofa trends for 2022, the appearance of sofas will become more natural and pared back as people strive to embrace a more simplistic lifestyle. Look out for heavy textures such as bouclé which add softness, and more earthy tones like rust and green that simply scream 'au naturel'.

Sustainability: With consumers becoming increasingly interested in how their goods are made and how it affects the world they live in, ethical sofa designs are becoming much more mainstream. From sofas that are made using 100 per cent recycled fabric to styles that are designed with durability in mind, it has never been easier to buy a stylish sofa that also helps to reduce your carbon footprint.

Mismatched sets: Say goodbye to three-piece suites and hello to more eclectic, mismatched sofa arrangements. With spaces in the home now needing to be both versatile and tactile, regimented furniture schemes are no longer relevant. Instead, embrace different shapes, sizes, colours and patterns in your living room.

Photo credit: cloud-interiors.com, cocorepublic.com.au, heels.com, Studio McGee via thespruce.com

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Brake cleaner isn't just for vehicle maintenance. It can also be used in several household applications, with unbelievable results.

How to use brake cleaner

If you have used brake cleaner on your car, then you won't have any problems using brake cleaner in your home as the application process is the same. However, if you haven't used brake cleaner before, simply follow the below steps:

- > Shake the can thoroughly to activate the formula.
- > Hold the can about 30cm away from the surface and apply.
- > Allow the brake cleaner to soak in and evaporate.
- > Reapply to stubborn areas and wipe away any excess dirt with a clean cloth before it evaporates.

Always wear gloves and use in well-ventilated areas. Do not allow brake cleaner to come into contact with plastic or rubber, and keep away from any open flames.

To clean windows: With the ability to cut through grease without leaving any residue, apply sparingly when using brake cleaner to achieve streak-free

windows. Wipe with a microfibre cloth for optimum results.

To remove stains from a driveway: Unsightly oil stains can ruin the look of your concrete driveway, but can be easily removed by throwing down some cat litter or sawdust to get rid of the worst of the spill and then applying brake cleaner.

To remove ink and paint: Brake cleaner can effectively remove stains made by permanent markers, paint and nail polish on surfaces such as walls, tables and countertops.

To remove stains from fabrics such as tablecloths: Perchloroethylene, a chemical that is commonly used in chlorinated brake cleaners, is also used by professional dry cleaners to remove food and oil stains. Always test in a non-conspicuous spot first and wash the fabric as usual after application.



Following last month's article on "How to build a raised bed garden", in this edition we are going to show you how to turn your raised bed into a cold frame. Ideal for hardening off seedlings, growing cool-weather crops and protecting tender perennials, a cold frame can extend your gardening season well into the winter months.

WHAT IS A COLD FRAME?

Essentially, a cold frame is a removable glass or plastic-covered frame that fits over the ground or over a raised bed garden. It is predominantly used to protect plants from the elements by keeping them warm using natural heat sources.

HOW TO ADD A COLD FRAME TO A RAISED BED

- > **Step 1:** Find a salvaged window frame that is roughly the same size as your raised bed. If it is slightly bigger, this is fine, but it cannot be smaller. Wooden frames work best as these provide ample space to affix the hinges.
- > **Step 2:** Drill holes into the window frame and the edge of the raised bed to match the holes on the hinge. Affix either one large hinge or two smaller hinges to the edge.

- > **Step 3:** Affix a handle to the opposite edge so that you can easily open and close the frame. You can find handles for this in your local kitchen design department.

TOP TIPS:

- > Choose a salvaged window that has small panes rather than one large pane if possible, as these are less likely to break.
- > Regularly check your cold frame over winter. If it snows, remove any build-up of snow straight away.
- > Keep a brick or stick nearby for hot days so that you can prop the lid open and prevent your plants from becoming overheated.
- > Remember to water your plants as they will not receive any rainwater.

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ROMESH RANGANATHAN

CELEBRATES 10 YEARS ON THE COMEDY CIRCUIT

Romesh Ranganathan is evidence personified that it's never too late to change direction in life. The 43 year old is a regular on the live circuit, on chat and panel shows and, from the end of this year, will take on the role of host of *The Weakest Link*. He is vastly experienced, wholly respected and has within his armoury the poise and potential to become one of this generation's stars of modern entertainment.

And yet, little more than 10 years ago, the Crawley-born-and-raised comedian was still a maths teacher. While his stock on the stand-up circuit was rising all the time, Ranganathan was another year away from turning professional. Instead, he was teaching at The Beacon School in Banbury and Hazelwick School in his home town, where he was once a student.

Indeed, Romesh – real name Jonathan – owes a lot to the West Sussex town. Rarely has Crawley found itself so namechecked in popular culture, yet Ranganathan has a peculiar affinity with it.

"I've just never seen the point in leaving," he says. "It's where I grew up, it's where my family are, it has a League Two football team. What more can you really ask for?"

The dad-of-three also launched a career as a rapper, under the name Ranga, and made it all the way to the finals of a UK freestyle competition.

The double BAFTA-winning star of his own series *The Ranganation*, *The Misadventures of Romesh Ranganathan* and *The Reluctant Landlord*, to name but three, Romesh's appeal is in his irreverent, somewhat sneering take on the world. In a world of increasing wokery, he's unafraid to examine and celebrate racial and societal differences, always with an undercurrent of self-deprecation.

Yet this is nothing new, nor an act. At school, he was the same, happy to deliver put-downs (or "slap downs" as he would call them), yet just as willing to accept them back from classmates.

"We've got to be able to take the mickey out of ourselves first and foremost," he says. "I think when you meet people who do that, you realise that the conversation is only ever going to be good."

"I often tell people who are easily offended not to come to my gigs. I don't set out to insult people, but I will highlight our failings as human beings – all of us."

"We need to get away from this veil of perfection, or the insinuation that if anyone pokes fun at us they must be racist or sexist or mentally damaged."

"I want us all to get back to having a laugh at ourselves and each other – I'm like a schizophrenic, Asian Jerry Springer. We should all have a set of put-downs ready to fire off at any moment."

There appears little danger that Romesh's refreshing brand of comedy is going to fall by the wayside. As he prepares to celebrate a decade in his entertainment career, his first move into quiz show hosting is an interesting diversion, with *The Weakest Link* returning to our screens after a 10-year absence.

"Obviously I've done stuff like *8 out of 10 Cats* and a couple of one-off projects such as *Have I Got News for You*, but this is the big one," he says. "I'm watching old shows with Anne Robinson wondering how I can possibly emulate this institution of TV."

"She's certainly much better than me at put-downs."

ARE YOU
HAVING
A
LAUGH



Odd SOCKS

THE LATEST FOOTWEAR TREND

Who says that your socks have to match? Showcase what makes you unique and support Anti-Bullying Week 2021 by rocking odd socks on November 15 and beyond. No longer a fashion faux pas, odd socks may be brazen and bold, but they can also be chic and stylish.

WHAT IS ODD SOCKS DAY?
Launched in 2017, Odd Socks Day was created to deter bullying in schools. With the aim of showing children that it is okay to stand out from the crowd and to embrace what makes you different, children and adults alike are being asked to rock odd socks and to appreciate the odd socks worn by others.

HOW TO CELEBRATE ODD SOCKS DAY
Wear your oddest pair of socks. These can be colourful and bright, mismatched or have a wacky pattern. Be sure to wear them proudly and invite your friends and family to join you in your support against bullying.

HOW TO WEAR ODD SOCKS
Seen on the likes of Ant and Dec, Emma Willis and

Craig David, there are many different ways to wear this fun and frivolous trend. Check out the below top tips which should help you rock this look with confidence:

- > Embrace bold colours and prints
- > Don't be afraid to wear your odd socks with sandals or sliders
- > Wear long odd socks pulled up to your knees with boots and a statement skirt
- > Mix stripes and spots
- > Layer up two pairs of socks with two different colours, one on top of the other
- > Pair neon socks with white trainers
- > Wear clashing colours with skyscraper heels.

POST YOUR SOCKS ON SOCIAL MEDIA
Boost awareness by posting photos of your odd socks on social media with the hashtags #OddSocks and #AntiBullyingWeek.

LEARN MORE ABOUT ANTI-BULLYING CAMPAIGNS
To find out more, explore the many online resources on anti-bullying at www.anti-bullyingalliance.org.uk and share your knowledge with others.



Hairband HEROES

Does your hair always fall out when you tie it up? Or perhaps you spend more time detangling your locks than enjoying your updo? If the answer is yes, you could be using the wrong hairband for your hair type.

For thin hair
Thin hair that is prone to breakage needs a hairband that is gentle on your delicate locks. Opt for a silk hairband that will protect your hair and help to keep flyaway strands in check. When removing a silk hairband, you should notice significantly less pulling on the roots.

For thick hair
If you have thick hair, you are likely to experience both tangles and a struggle to keep your voluminous hair contained. Look for spiral plastic hairbands that are specifically designed for thick heads of hair, as these are easy to use and remove without your hair becoming tangled in the tie.

For wavy hair
Do you feel like no hairband can hold back your big mane of wavy hair? Forget elastic bands and scrunchies and, instead, invest in a hair bungee. Boasting a hook on each end, a hair bungee can be easily wrapped around your hair to keep it in place all day.

For short hair
People with short hairstyles are always going to struggle to pulling their hair back into a ponytail. However, there is a solution. Polybands are great at gripping short hair and staying in place. Small and often clear, they will simply disappear into your hairstyle.

For straightened hair
Bringing back a blast from the past, if you want to tie your straightened hair back without causing kinks, you need a scrunchie. These hairbands work best directly after a blow-dry to help maintain a smooth and straight look. However, they are also effective at keeping your hair in place while you sleep.





30 years since the death of the icon

FREDDIE MERCURY

It's somewhat peculiar that Freddie Mercury's only solo UK number one hit was in 1993, two years after his death – a remix of his track, *Living on My Own*, originally recorded eight years previously.

And yet, in many ways, with its choral line, "I don't have no time for no monkey business", it provided the perfect posthumous legacy for a man who lived, created and inspired like every day was his last.

Naturally, solo work wasn't ever at the crux of what made Freddie Mercury great. As a founding member of rock bastion Queen, he was a singer, songwriter and producer with a four-octave range, a breathless flamboyance and a creative lilt that put him in the same bracket as David Bowie, Sir Elton

John, Sir Paul McCartney and others.

Born in Zanzibar as Farrokh Bulsara, to Parsi-Indian parents, Freddie spent his early life in India. Having moved back to his place of birth, the family fled Africa when he was 18 as political violence erupted. His arrival in Feltham and subsequent commencement of his studies at Ealing Art College saw him meet bandmates, Brian May and Roger Taylor. Very quickly, an iconic sound was born.

From prog-rock masterpieces such as *Bohemian Rhapsody* and *Killer Queen*, to perfect pop songs *Bicycle Race* and *Somebody to*

Love, through cross-genre experimentation – think the Elvis sound of *Crazy Little Thing Called Love* and the electronic essence of *Radio Ga Ga* – Freddie pushed the boundaries of Queen's sound across two and a half decades, 15 albums and 23 Top 10 hits.

While flamboyant on stage, the singer was shy and sometimes even reclusive off it, and never more so than when discussing his homosexuality and life partner, Jim Hutton.

Freddie Mercury died of bronchitis resulting from AIDS on November 24, 1991. He was just 45, yet the legacy, influence and admiration that follows his work has never waned.

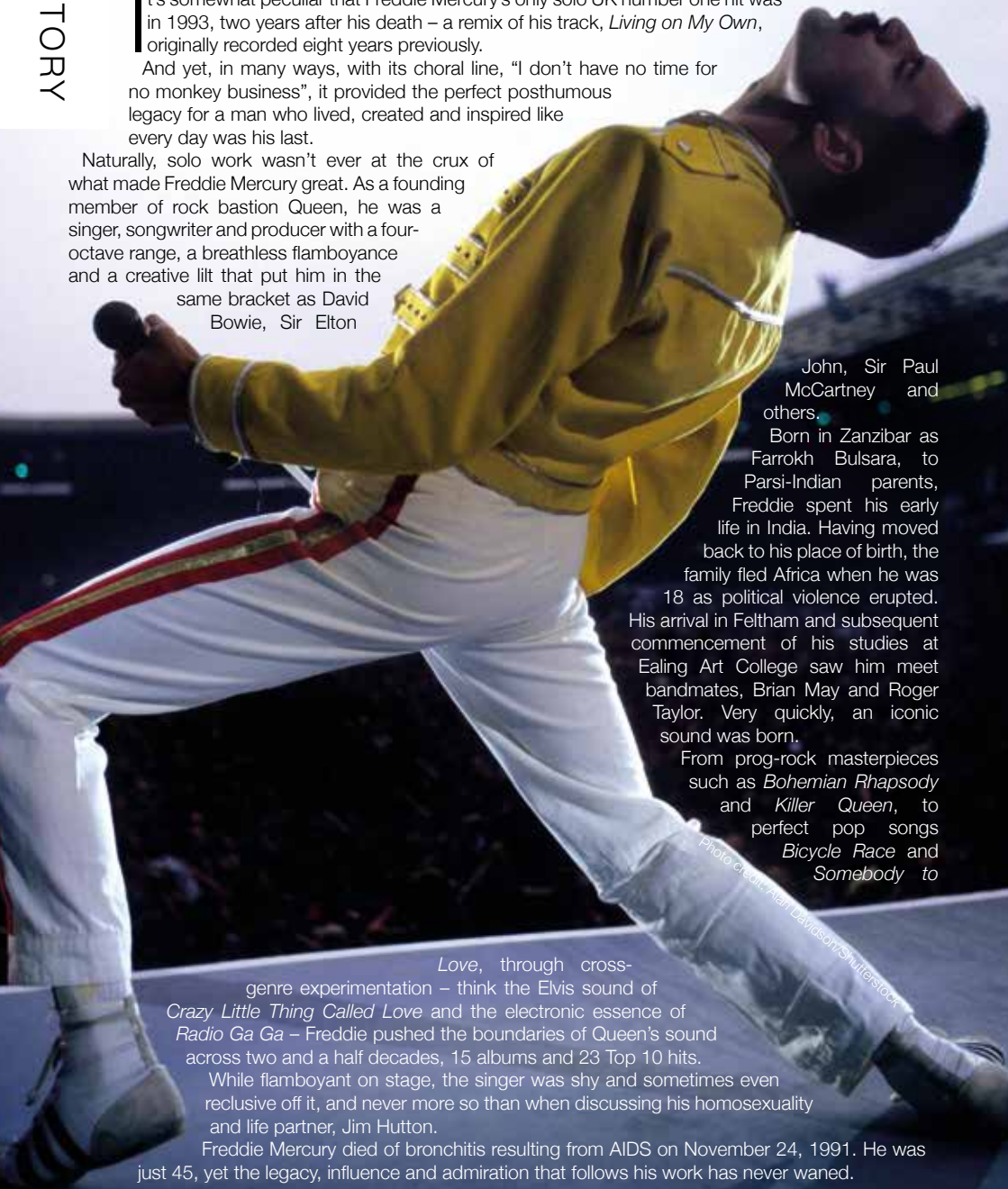


Photo credit: Peter Davidson/Shutterstock



Understanding Natasha's Law

Following the tragic death of Natasha Ednan-Laperouse, who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal, and relentless campaigning by her family, Natasha's Law came into effect on October 1.

Almost one in five people in the UK suffers from an allergy. Natasha's Law was created to protect allergy sufferers and give them confidence in buying prepacked food.

What exactly is Natasha's Law?

Natasha's Law requires all food businesses to provide full ingredient lists and allergen labelling on foods that are prepacked for direct sale on their premises. According to the new regulations, Prepacked for Direct Sale (PPDS) foods must clearly display the following information:

- > The name of the food
- > A full ingredient list with allergenic ingredients emphasised. For example, in **bold**, *italic* or a different colour.

How did Natasha's Law come about?

Natasha's Law, also known as the UK Food Information Amendment, was introduced as a result of the actions of a lobbying group led by Tanya, Nadim and Alex Ednan-Laperouse, the family of Natasha, a teenager who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal.

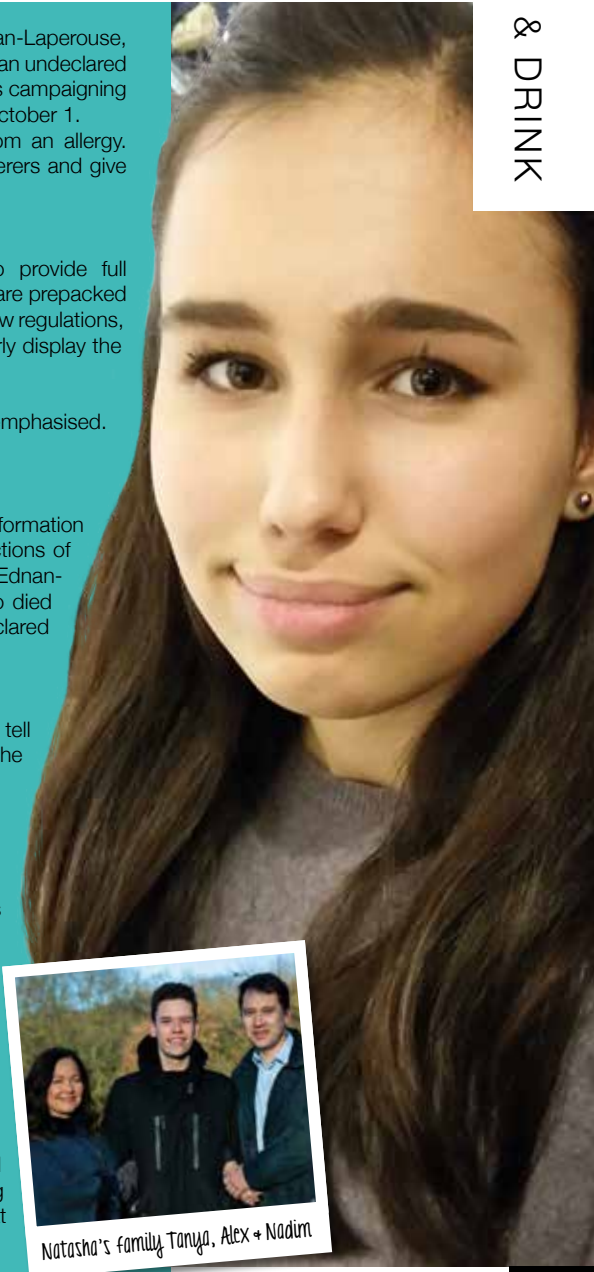
What allergens need to be declared?

Food businesses are required by this law to tell customers if any food they provide contains any of the below listed allergens as an ingredient:

- > Celery
- > Eggs
- > Fish
- > Lupin
- > Milk
- > Mustard
- > Peanuts
- > Sesame
- > Soybeans
- > Cereals containing gluten, such as barley or oats
- > Crustaceans such as prawns, crabs and lobsters
- > Molluscs such as mussels or oysters
- > Sulphur dioxides and sulphites if they are at a concentration of more than 10 parts per million
- > Tree nuts such as almonds, hazelnuts, Brazil nuts, etc.

Where to find further guidance on Natasha's Law

If your business sells or supplies PPDS food, you can use the Food Standards Agency's online food labelling tool to help you to identify the type of food your business provides and the allergen labelling requirements. This information can be found at www.food.gov.uk



Natasha's family: Tanya, Alex + Nadim

HOW TO SAVE MONEY ON YOUR

Christmas shop

FOOD & DRINK

While you may have had the best intentions to save all year for Christmas, unfortunately, real life often scuppers our plans. If you haven't yet managed to put aside some extra cash for your Christmas food shop, the below tips will help you to save big on all those tasty festive treats.

STOCK UP EARLY

Rather than leaving everything to the last minute, why not start stocking up on items such as chocolates, savoury snacks and Christmas liqueurs from now and spread the cost of your food shop over two months rather than one?

GET SOCIAL

If you have a few favourite food brands, now is the perfect time to start following them on social media so that you can pounce on any early Christmas offers as soon as they become available. Don't forget to also sign up to their email newsletters for possible discounts.

MAKE YOUR OWN

While some items are cheaper to buy in store – such as a Christmas pudding, which can be purchased for as little as 99p – there are some foods that are cheaper to make yourself. These include canapés, side dishes such as pigs in blankets, and even mince pies.

SHARE THE BURDEN

If you are hosting Christmas dinner this year and are concerned about the cost, there is no reason why you shouldn't ask family members to help out. Rather than demand cash, ask each person to bring a different dish or drink.

USE COMPARISON SITES

Simply type into Google 'cheapest supermarket for your Christmas food shop' and you will be met with a whole host of sources that can save you money. Compare turkey costs, Christmas pudding prices, and so much more. Plus, find out about home delivery and click-and-collect slots.

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Peculiar PET LAWS



We are a nation of pet lovers, so we think you need to know about the following pet laws in the UK. Some are common sense, some are a bit weird, and others are just plain hilarious.

1. NOT HAVING POO BAGS

In Daventry, Northamptonshire, you can be issued a £100 fine for not having a spare poo bag, regardless of whether your dog has fouled or not.

2. BURYING YOUR PET IN THE WRONG PLACE

It is illegal to bury your pet anywhere other than the grounds of the home that they lived in. You need to own your home, not just rent it. If you plan to sell, it is not a legal requirement to tell buyers about the burial, but you may want to mention it as a courtesy.

3. NOT SECURING YOUR PET WHEN DRIVING

You can be fined up to £5,000 and have your insurance invalidated if you fail to buckle up your pet when driving. This law applies to all pets, as not only can they act as a distraction, but their wellbeing is also at risk without suitable restraint.

4. RIDING A HORSE OR CATTLE WHILE UNDER THE INFLUENCE

Everyone knows it's illegal to drink and drive, but did you know that this law extends to horses? Yes, under the Licensing Act 1872, it is illegal to be drunk and in charge on any highway or other public place of any carriage, horse or cattle.

5. MATING WITH A ROYAL DOG

Although we admit this scenario is unlikely, if you do stumble upon one of Her Majesty's corgis while walking your dog, it is illegal for your pet to mate with it without seeking permission first.

OTHER UNUSUAL PET LAWS IN THE UK:

- > You are not allowed a pigsty in front of your house unless it is appropriately hidden
- > It is illegal to run cows through the street during the daytime, although after 7pm is fine
- > In the Lancashire coast area, it is illegal to encourage your dog to bark.



VICKS VapoRub

7 ALTERNATIVE USES



Known for its ability to effectively manage cold symptoms, most households have a tub or two of this mentholated ointment in their medicine cupboard. However, you may be surprised to discover what else you can use Vicks VapoRub for.

1. TO BANISH HEADACHES: When applied to the base of the skull, Vicks VapoRub has proved highly effective at relieving headaches, especially sinus headaches.

2. TO SOOTHE SORE MUSCLES: Two key ingredients in Vicks, camphor and menthol, are topical analgesics, which means they can be used to relieve pain when rubbed on to the skin. Creating a powerful cooling sensation – although the pain relief will be temporary – it can help you to get on with your day.

3. TO HEAL YOUR FEET: Vicks VapoRub is a popular home remedy for several foot conditions, including athlete's foot and fungal nail infections. The combination of its antimicrobial ingredients and the inclusion of petroleum jelly helps fight bacteria and lock in moisture.

4. TO TREAT SKIN CONDITIONS: If you suffer with either acne or eczema, Vicks VapoRub can be used to calm the skin and clear up your complexion. This is owing to its ingredients like camphor and eucalyptus.

5. TO FADE BRUISES: For minor bruises, Vicks can be used to reduce inflammation and cool the skin. The menthol can also help to reduce any pain you are experiencing.

6. TO HEAL SCRAPES AND BURNS: When applied twice a day, the petroleum in Vicks VapoRub can help to create a thick barrier on your skin so that any cuts or burns can heal. Its anti-inflammatory properties can also promote healing.

7. TO EASE EARACHE: If you are suffering with a mild earache, rub a small amount of VapoRub onto a cotton ball and gently place in your ear. This can help to reduce any pain, but will not clear up an infection.



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ONE SMALL STEP FOR YOU, ONE GIANT LEAP FOR YOUR BUSINESS



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Self-care *is not selfish*

To celebrate National Spa Week, which takes place from November 4-9, we thought we would share with you our top self-care practices that promise to leave you feeling physically and mentally rejuvenated. Plus, discover why you need to make time for self-care.

What is self-care?

While many believe that self-care is self-indulgent or even selfish, it is in fact a crucial process that allows you to tend to your physical and emotional needs. Essentially, it involves making the time to take care of yourself.

There are said to be eight main areas of self-care that you should focus on:

Physical | Psychological | Emotional | Social | Professional | Environmental | Spiritual | Financial

What are the mental health benefits of self-care?

According to recent data from the Office for National Statistics, depression rates have doubled during the COVID-19 pandemic, with concerns growing over a nationwide mental health crisis.

When it comes to looking after your mental health, self-care has the unique ability to:

> Manage your stress levels

- > Lower your risk of mental health conditions, such as anxiety and depression
- > Increase your overall energy levels
- > Boost your self-esteem
- > Improve your relationships.

Ten simple ways to practise self-care

1. Get a good night's sleep – ideally between seven and eight hours per night.
2. Drink lots of water – up to eight glasses a day.
3. Go for a daily brisk walk – at least 30 minutes.
4. Take a relaxing bath using essential oils.
5. Say no to something you don't have time to do or don't want to do.
6. Listen to your favourite music.
7. Watch your favourite film.
8. Indulge in a massage.
9. Make something healthy and delicious for dinner.
10. Make a list of five things you like about yourself.

If you are struggling with your mental health, there are several UK charities that can help, including Mind and YoungMinds, which is aimed at children, young people and their parents. To find out more, visit www.mind.org.uk or www.youngminds.org.uk





BRUCE KING

on how to sell yourself and what you do



Sales mentor and personal growth coach, Bruce King, begins an exclusive monthly column designed to help you organise, improve and maximise everyday life.

It's often said that people do business with people they like and trust, and that's most certainly true.

Let's face it, if you look scruffy and unprofessional, have poor body language, won't make eye contact and look suspicious, it's unlikely anyone will want to talk about doing business with you.

But if you do exhibit any of those characteristics and you want to sell something to somebody, those are fairly easy to fix.

From there on, successful selling is nothing about you personally. In fact, most people have no interest in you whatsoever. The only thing they really care about is what the product or service you are selling can do for them.

Let's focus on what you sell and how to sell it. Here's a definition of selling I wrote many years ago: selling is the process of identifying problems

individuals and companies are suffering from – some of which they may not have known existed – and opportunities they could exploit, and showing them how your product or service can help them solve the problems and take advantage of the opportunities.

Therefore, we need to ask as many questions as possible to identify those problems and opportunities before presenting our products and services.

Even if they come to you with a problem and ask you to solve it, still question them further. It's likely you can discover other problems and be of even greater benefit to them.

This is called consultative selling. It's the best and easiest way to sell.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk

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BUSINESS & PROPERTY



If you are thinking about buying a new build, you may be excited at the prospect of moving into a never-been-lived-in blank canvas that you can style into your perfect home. However, these types of properties are not without their pitfalls. Here are things to consider before committing to a new build.

SNAGGING: Snagging refers to teething problems in a new build, such as cracks appearing in the walls or loose guttering. Eighty-seven per cent of new build homeowners in the UK have reported snagging issues. Therefore, conduct a snagging survey to ensure everything is fixed ahead of moving in.

LEASEHOLD OR FREEHOLD: Many new build properties are sold as leasehold rather than freehold, although the government is planning to ban the sale of these types of houses (not flats). Leaseholders face maintenance fees, ground rent, annual service charges, a share of the building's insurance and restrictions on renovations.

NEGATIVE EQUITY: Make sure you do not pay over the odds for your new build. Although you may have seen the price of your preferred property plastered on hoardings around the development site, this is only the asking price, and you can and should negotiate before signing on the dotted line, because your extra costs will not be included.

DELAYS AND EXTRA COSTS: New build properties are often not completed on time, and if there is a hold-up during the construction of your future home, your mortgage offer could expire. You may also have to pay for essentials such as carpets, garden fences and even grass.

SIZE: New build homes are known for having smaller rooms than those in older properties, so you need to make sure that all your furniture and belongings will fit into your new space. Look out for (and avoid) 'micro homes', which have a total area of less than 37 square metres.



WIKI-WONDER

Celebrating 20 years of Wikipedia



In theory, it just shouldn't work. A global online encyclopaedia created by people who voluntarily update and moderate on every subject imaginable, and in many cases in real time. It is a network for information that's almost unmanageable in its size, and roundly open to the publishing of errors, be they accidental or on the part of pranksters.

And yet, somehow, Wikipedia works. The site has 18 billion web views per month, sees almost 400,000 new topics and articles added each year, and is a resource so drenched in information on, seemingly, every topic imaginable, that many of us automatically make it a first choice for research.

The site's ubiquitous popularity across different generations, different demographics and the most extreme geographical expanses the world over has even given rise to the 'wiki' prefix becoming embedded in everyday language. The exact definition of 'wiki' is a database for creating, browsing and searching through information, but its usage goes well beyond that.

Wikipedia launched on January 15, 2001, and over the past two decades has worked to deflect countless rumours that the site is dying. After all, it is a non-profit-making entity that relies on the word of its users for factual accuracy and, in a lot of cases, it does get things wrong. Yet it has never been more popular, and in an online world where nothing can truly be regulated, its worth is impossible to calculate.

Perhaps it seems perverse that the site's founder, Jimmy Wales, is rumoured to have a net worth that doesn't even make him a millionaire; or perhaps, across 20 years and almost half a trillion web impressions, he has fulfilled perfectly the idea of a website updated for the people, by the people.



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BRITAIN'S GREATEST SPORTING MOMENTS...

DENNIS TAYLOR

We celebrate 50 years of the Crucible Theatre in Sheffield by remembering one of world snooker's greatest ever matches. To many, he was the quirky, pint-sized Irishman with glasses you'd more readily expect to see on Dame Edna Everage or Sir Elton John, yet Dennis Taylor's doubters were to be silenced on the night of April 28, 1985, when he completed one of the most dramatic fightbacks in sport to defeat Steve Davis and win the Embassy World Snooker Championship.

With a final stretched out over two days and four sessions, Englishman Davis strode into a commanding lead in the "best of 35 frames" match. The defending champion, who was looking for his fourth world title in five years, found himself 8-0 up and coasting.

Taylor fought back in the second session to trail 9-7 overnight.

The following day's play saw a cat and mouse battle, with Taylor level at 11-11 and 15-15, but never ahead.

When Davis won the next two frames, he required only one more to win the match, but Taylor again responded to level matters, and in the final frame was left needing to pot the black to win. After Davis's thin cut missed, Taylor seized the advantage to clinch the title.

A colossal audience of 18.5 million viewers watched the drama unfold on BBC Two, with the match finally finishing at 12.23am.

Taylor's achievement was made all the more remarkable after his mother's death the previous year had left him unable to muster up the enthusiasm to play.

The Crucible Theatre has hosted championship snooker since 1977 and celebrates its half-century in 2021. Its unique acoustics give even the most hushed matches a tension that other venues cannot replicate, although few kept quiet as Taylor grabbed the most sensational finish in snooker history.

Photo credit: Chris Lawrence Travel/Shutterstock.com

Electric dream

LEGISLATION ANNOUNCED TO HAVE CHARGING POINTS IN ALL NEW BUILDS

The UK government recently cemented legislation that will make our rapid adoption of electric and hybrid cars all the more attractive, with new builds now bound by law to provide electric charging points for vehicles.

While the charging of a car by use of a lead from a ground-floor home or office is straightforward, the government realises access is more complicated for those living in flats or working in office blocks with no private charging point access. As a result, it is moving forward with the Department of Transport's guidance that states any new work or residential construction projects must have built-in charging points. These directives could come into force as early as 2022.

As it stands, there are almost 26,000 electric charging points in the UK. Yet the number of electric and hybrid cars on our roads is doubling every six

months and an estimated 10 times the number of current charging points will be required by 2030, the target date for when petrol and diesel cars will stop being sold in the UK.

In the UK, the cost of charging an electric car from flat battery to full is around £7 (depending on your supplier). For an average vehicle, this would produce a range of around 180 miles. The equivalent petrol or diesel cost would be around two and a half times that amount.

Despite the challenges ahead, the UK is still one of the countries leading the way in the adoption of electric cars. As well as a rapid increase in charger provision, it is investigating moves to make night-time charging a preferred option for cars – this will ensure users don't overload the grid, and also means they can take advantage of cheaper electricity prices.



PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

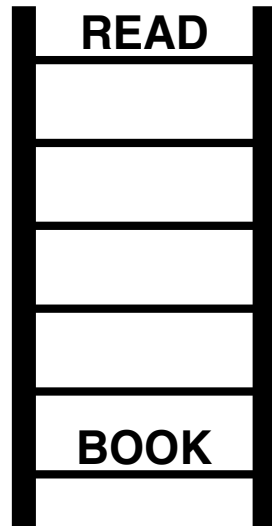
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- ▶ SYRUP
- ▶ THYME
- ▶ TOMATO

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

DID YOU KNOW?

- ▶ The acronym ISS stands for International Space Station
- ▶ Before applying to be an astronaut, a pilot must have completed 1,000 hours of flying time in a jet aircraft
- ▶ Neil Armstrong was the first human to walk on the surface of the moon
- ▶ According to NASA, the Space Shuttle travels around 17,600 miles per hour when orbiting the earth
- ▶ Most of the elements found in the human body originated in stars that have gone supernova
- ▶ The Space Shuttle makes one complete orbit around the earth approximately every 90 minutes
- ▶ Alan Shepard hit a golf ball on the moon during the Apollo 14 mission

WORD LADDER



THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

HOW TO: Change one letter on each step to make a new word. By the time you reach the end, you should have created the new word.

DO NOT rearrange the order of the letters.

TIP: There is usually more than one way to solve this puzzle.



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