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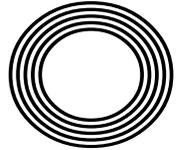
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Editor's notes...

DECEMBER 2021



Sean Purcell, Editor-in-chief

Hello and welcome to this month's edition of **VISION**ManningtreeMistley. I can't believe that, as I am writing this, it is a matter of weeks before the end of the year - and what a year it has been! I started this business in September 2020 with one magazine - **VISION**Frinton-on-Sea - and we followed that up with the acquisition of **VISION**Woodbridge in May 2021 and the launch of **VISION**ManningtreeMistley shortly thereafter. We have grown from providing local news, articles of interest and local business advertisements to 5,000 homes and businesses, to delivering more than 15,000 magazines

per month!

We strive to listen to our readers, our distributors, and our advertisers, and I continually look for ways to improve and make **VISION** magazine better.

2021 has been a challenging year for us all, but we are starting to see the green shoots of recovery: a successful vaccine rollout, the chance for local businesses to trade again, for our high streets to flourish, and for communities to come together.

Thank you for all your support, your advice and your words of encouragement. Have a phenomenal Christmas and New Year. I look forward to sharing a great 2022 with you all.

Sean Purcell

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

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@visionmagnorthessex @visionmagnorthessex Vision Magazine North Essex
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At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

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

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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)

Contact Kate Purcell
Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS
01206 573519
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GOOD COP, BAD COP

WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



DECARBONISATION. There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



1.5°C, NOT 2°C. Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



THE ONE-YEAR RATCHET. Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



NATURAL RESOURCES. As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





STOP, HANG UP AND

CALL 159

Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.

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OH CHRISTMAS TREE

Get ready to break the status quo this festive season and reimagine the traditional Christmas tree. Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

Minimalist metal: If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

Christmas crates: A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

Teepee tree: For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

Light-up ladder: If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

Christmas card tree: Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.



Photo credit: Pinterest





MAD about the HOUSE

Update your home with inspiration from the multi-award-winning blogger, Kate Watson-Smyth

If you're going to look to anyone for interiors advice, who better than leading property, interiors and design journalist Kate Watson-Smyth?

Kate enjoyed a long career as a journalist, including writing for *The Independent* and the *Financial Times*, before developing her blog, *Mad About the House*.

She has also written a series of *Mad About the House* books, which are your must-have guides to styling your home.

Kate's own home, which is often featured on her blog, is the result of renovating two former rental flats. It is the perfect reflection of Kate's effortless, timeless and elegant style.

Fuel your own home décor inspiration with Kate's expert interior eye. Let's break down her philosophy:

Your home should tell your story. It should make your heart sing when you open the front door

Your home is unique to you. So instead of following all the interior trends, help your home tell your story. When you walk in through the door, what you see should make you feel happy and comforted; it's your place to relax, after all. Incorporate your favourite colours to reflect your personality, and get creative with your artwork.

Something old, something new, something black, something gold

Decorating a room involves a lot of different elements. By mixing up some vintage or second-hand pieces with new elements, you'll create a style that's all your own.

Black is the perfect accent shade for any room, so don't be afraid to bring in black detailing, hardware and accessories. Meanwhile, a little gold can provide a touch of glamour, making a room look more expensive and stylish. It's a look that Kate calls 'urban glamour'.

And always some natural wood

Natural wood is beautiful and timeless, and it can really bring your home together. Whether you have natural wooden floors or some wooden furniture pieces, adding a little natural wood to your home will create that picture-perfect space.

Check out www.madaboutthehouse.com for more interior style tips and advice.



Photo credit: www.madaboutthehouse.com

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CHALK IT UP!



HOME & DIY

A decorative paint that is known for its matte appearance, chalk paint is the perfect choice for those wanting to give their home décor a shabby-chic look. It's extremely versatile, with the ability to stick to any surface, so discover five ways to use chalk paint in your home below.

TO CREATE A STATEMENT WALL: Bedroom walls look great with a matte, unwaxed finish and there are many shades of chalk paint to choose from. Apply the paint with a large brush rather than a roller as this will add depth and texture to the final finish.

TO TRANSFORM FLOORS: Chalk paint is ideal for transforming old concrete and wooden floors. Simply apply 2-3 coats of chalk paint and then apply chalk paint lacquer with a sponge roller for enhanced durability. Be sure to test the paint on a few areas first to check whether any stains bleed through.

TO UPDATE YOUR OUTDOOR SPACE: Chalk paint can be used to revive metal fixtures and fittings and can even cover and slow down rust. It also works well on brick, concrete and terracotta, and can be used to refresh garden furniture.

TO PAINT UPHOLSTERY: For best results, use chalk paint on small items that are firmly upholstered and made from a natural fabric like cotton or linen, such as a dining room chair seat. Dilute the chalk paint with water and paint on as a 'wash' to stain the fibres. No waxing is needed.

TO REFRESH KITCHEN CABINETS: If your kitchen cabinets have seen better days, then chalk paint provides the perfect solution. Apply at least two coats of your chosen colour of chalk paint and then two or three coats of chalk paint wax to seal and protect them. Make sure that your cabinets are clean before painting.



Photo credit: Annie Sloan



A GUIDE TO Tablescaping

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

Christmas colours: Red and green, red and gold, or silver and gold.

PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

Christmas essentials: Gold-trimmed plates, a moss table runner and festive napkin rings.

CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

Christmas centrepieces: Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

Christmas decorative details: Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.

Photo credit: Brian Woodcock via countmyliving.com, seamstortradesite.com, blisschristmasblog.com, seayes.com



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6 USES FOR Toothpaste

Toothpaste is not only good for cleaning your teeth but it can also be used to refresh and revitalise items in your home, as well as to remove stubborn stains.

1. WHITEN YOUR TRAINERS

If your trusty trainers are looking more grimy than glowing, some spare toothpaste is exactly what you need. Simply apply a small amount of non-gel toothpaste to the rubber parts of your trainers and scrub using an old toothbrush. Then wipe clean with a wet cloth.

2. CLEAN YOUR IRON

There is nothing worse than ironing clean clothes with a dirty iron. Fortunately, you can quickly remove any gunky build-up on the bottom of your iron with toothpaste. Just unplug your iron, leave to cool and then scrub the bottom with toothpaste on a cloth and wipe clean.

3. REMOVE CRAYON FROM WALLS

Kids love to draw on the walls, but most parents are not so keen on this creative activity. However, all you need to remove waxy crayon stains is a scrubbing brush and a little toothpaste. Plus, because toothpaste is non-toxic, you can even get your little ones to help you.

4. RESCUE DVDS

If you still love to watch DVDs but many of your much-loved discs have become scratched, toothpaste can save the day. Simply dab a tiny amount of paste onto the scratch and then rub all over the disk in circular motions with a soft towel. Wipe away any excess.

5. PREVENT FOG

From foggy bathroom mirrors to foggy headlights, toothpaste is great at preventing fog from clinging to glass or plastic. Just rub a non-gel toothpaste onto the area and then wipe off with a damp cloth.

6. ELIMINATE TEA AND COFFEE STAINS

Apply a dab of toothpaste to any stubborn tea and coffee stains and then wash as usual. Hey presto! No more stains.

LOCAL NEWS

from your neighbourhood



Town bridge one of the most struck across the country

A bridge in Manningtree is one of the most struck bridges in Britain, according to Network Rail.

The rail operators recently released a report which shows that the bridge by Manningtree Station, officially named Ipswich Road Bridge, was the eighth most struck bridge in the UK in 2020/21, with 10 vehicles driving into it.

The most hit was Coddensham Road Bridge, Needham Market, having been struck 19 times.

Bridge strikes are a costly problem and can cause delays to train services and problems on the road network while operators repair any damage.

Between April 1, 2020, and March 31, 2021, there were 1,624 bridge strikes reported in various areas across Network Rail.

Most of the vehicles that hit railway bridges are heavy goods vehicles and buses, at a cost of around £13,000 per strike – costing the UK taxpayer around £23million per year.

To combat bridge strikes, Network Rail has been running the national Wise Up, Size Up campaign to offer advice on preventing such incidents.

Its research has shown that 43 per cent of lorry drivers admit to not measuring their vehicle before heading out on the road, and 52 per cent admit to not taking low bridges into account.

A Network Rail spokesperson said: “Bridge strikes impact the whole transport network, and by working together, we can provide the right training and education for logistics companies to help them support their drivers, ensure that those who do break the rules are penalised, and that we can lower the impact of strikes to the travelling public when they do happen.

“We hope the whole industry will get behind this campaign and do all they can to stop bridge strikes.”

For more information, go to www.networkrail.co.uk and search ‘Wise Up, Size Up’.



LOCAL NEWS MANNINGTREE

SIR BERNARD JENKIN MP



Member of Parliament for Harwich and North Essex

On a recent Saturday morning at 7am, I plunged myself into the cold water of the Stour. For some, this will sound torturous. But for many – myself and my wife Anne included – this is the joy of open water swimming. This wasn't one of our usual swimming spots, and we were joined by a number of local residents waving placards.

Rather than a simple morning swim, this was a protest over the flow of sewage into our waterways. This issue swamped my inbox with correspondence from angered constituents and, as my placard-waving demonstrated, I was equally concerned. Since then, in a victory for campaigners, the government has made concessions on this issue.

This campaign was a welcome break from

the past two years focusing on the pandemic. Thanks to the success of the vaccine roll-out and the outstanding work of our NHS, things are improving. Joining constituents and hearing their concerns in person was certainly preferable to meeting through a computer screen.

This coming year, I look forward to meeting residents and pressing on with their priorities, like tackling the Manningtree railway bridge. It is important we get issues like this back on the post-pandemic agenda as soon as possible.

I want to wish readers a very merry Christmas, and again extend my thanks to the volunteers I have worked with throughout the pandemic in Manningtree, Mistley and Lawford. Our community is lucky to have you all.

New shop faces objections

A coffee chain has put in a planning application to open a new shop at Manningtree Railway Station.

CoffeeLink wants to convert a disused storeroom on the platform by the station building into a new branch of its Suffolk-based chain.

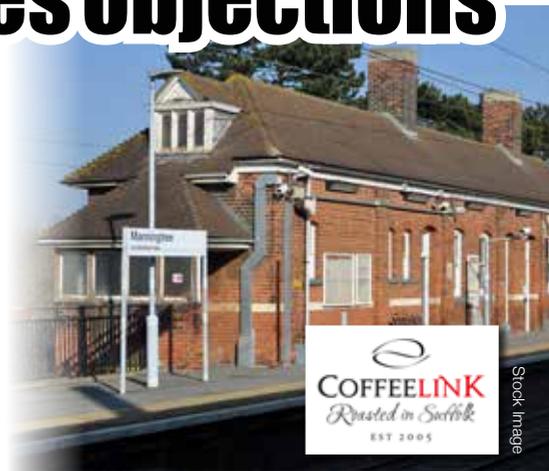
The application for the coffee kiosk was validated in November. At the time of writing, there had been more than 50 public comments left on the planning application submitted to Tendring District Council – all of which object to the plans.

Many of the objections refute the need for a new coffee shop, mainly because there is already a buffet and bar on site.

One resident wrote: "There is already an excellent buffet on Manningtree Station that has struggled to keep going due to COVID-19 restrictions. It is part of the community, with a long history.

"Anything that could reduce the viability of the buffet and potentially force its closure would be detrimental to both rail users and the wider community.

"On a separate issue, the site of the proposed coffee kiosk is on a part of the station where the platform width narrows considerably. Trains can pass at speeds of up to 70mph.



"Any activity that encourages people to gather in that area raises a safety concern, as people may need to walk closer to the platform edge to get past them."

CoffeeLink say it plans to serve a simplified version of its menu at the potential Manningtree chain, focusing on teas and coffees, and self-contained single-wrappers snacks, like muffins and pastries.



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LOCAL NEWS

from your neighbourhood



LOCAL NEWS MISTLEY



Rams win three games in a row for the first time ever

Ramsey & Mistley FC added to the history books at the start of December, on a day that was iconic for both them and women's football as a whole.

On Sunday, December 5, while Chelsea FC beat Arsenal in the Vitality Women's FA Cup in front of a huge Wembley crowd, the Rams won their third game in a row for the first time in their short history against a resilient Chantry Grasshoppers side.

The win came after the Rams' previous wins – which were a 1-0 home victory against Alresford Colne Rangers Ladies and a 2-3 thriller away to Kesgrave Kestrels FC Women.

Goals from Ellie Griggs and Amy Cook saw Ramsey & Mistley beat 10-player Chantry in a tightly contested affair at home in Mistley. Fittingly, the Rams Ladies also won their first-ever league match against the Grasshoppers back in December 2019.

On Facebook, a spokesperson for the side said: "It took us two seasons to get our first three wins and we have now won three wins in a row in our third season

together – just goes to show the incredible growth the team has been through!

"A scrappy game in rough conditions on a terrible pitch, but the girls did enough to see us through to victory. First goal came from Ellie Griggs, who bundled the ball home from close range.

"Chantry then equalised before a good run down the left from Holly Griggs, who crossed for Ellie. Her shot was blocked, but luckily the ball fell to Amy Cook, who finished coolly. We had further chances, but couldn't add any more to the tally.

"Woman of the match was Holly Hammond, who was a real threat down our right all game.

"Got to commend Chantry Ladies, who only had 10 players, but played like they had 20. Unbelievable work rate and character from them all to battle throughout and we want to wish them good luck for the rest of the season.

"Also, a big thanks to another bumper crowd today, with even more new faces showing their support."



Photo credit: Allsop



Luxury apartments in former war bunker go on sale

Three luxury apartments, built in a former nuclear bunker, were put up for auction last month. The apartments at 29, 30 and 31 Shrublands Road, Mistley, were put up for auction together as a joint lot for a buyer interested in buy to let at an Allsop auction, with a guide price of £1.4million.

The properties were formerly a Cold War nuclear bunker, built in 1951 by the Ministry of Defence to be used as a command centre for the deployment of anti-aircraft defences, in the event of a nuclear war.

The bunker, which was later bought by Essex County Council to serve as emergency headquarters

if Britain was attacked by the Soviet Union, was made with 600mm reinforced concrete walls.

The concrete structure was bought by developers in 2016 and now has one four-bedroom and two three-bedroom apartments, each enclosed by heavy blast doors.

Each property also comes with mod cons, including AEG kitchen appliances, granite worktops and Italian marble in the bathrooms.

While the apartments were ultimately withdrawn from auction, they will no doubt be of interest to buyers in the future.

Vacancy open now for new parish councillor

Mistley Parish Council (MPC) is seeking a new councillor to represent the community.

The council is looking for someone willing to play a part in representing residents' interests and to continue to improve their quality of life and the local environment.

MPC is the tier of local government that is closest to local people and is at grassroots level within the community.

The main role of a parish councillor is to represent the views of all residents within the parish and to listen

to and understand the views and needs of different groups in the community.

You can apply by email, setting out your knowledge and understanding of local affairs and the community, together with a summary of your experience and skills.

Please send to Susan Clements, parish clerk, by emailing mistleyparishclerk@gmail.com

If you would like an informal chat about what is involved in being a parish councillor, please contact MPC chairman, parish councillor Charlotte Howell, on 07768 072842.



ARTIFICIAL EYES, BIONIC VISION AND OCULAR PROSTHETICS THAT ARE REVOLUTIONISING HOW WE SEE THE WORLD

For people who suffer trauma or serious eye disease, the reality of losing an eye or significant sight can be a harrowing one. In the past, the solution of replacement with a glass eye was the only way of restoring some level of aesthetic appearance.

In 2021, those aesthetics have moved forward significantly. The prosthetic implants involved in eye surgery are at the very peak of artificial eye technology, with a completely natural look and the ability for the patient to resume normal activities, such as driving, swimming and other forms of exercise. They can also apply make-up and mascara to the area without damaging the prosthetic.

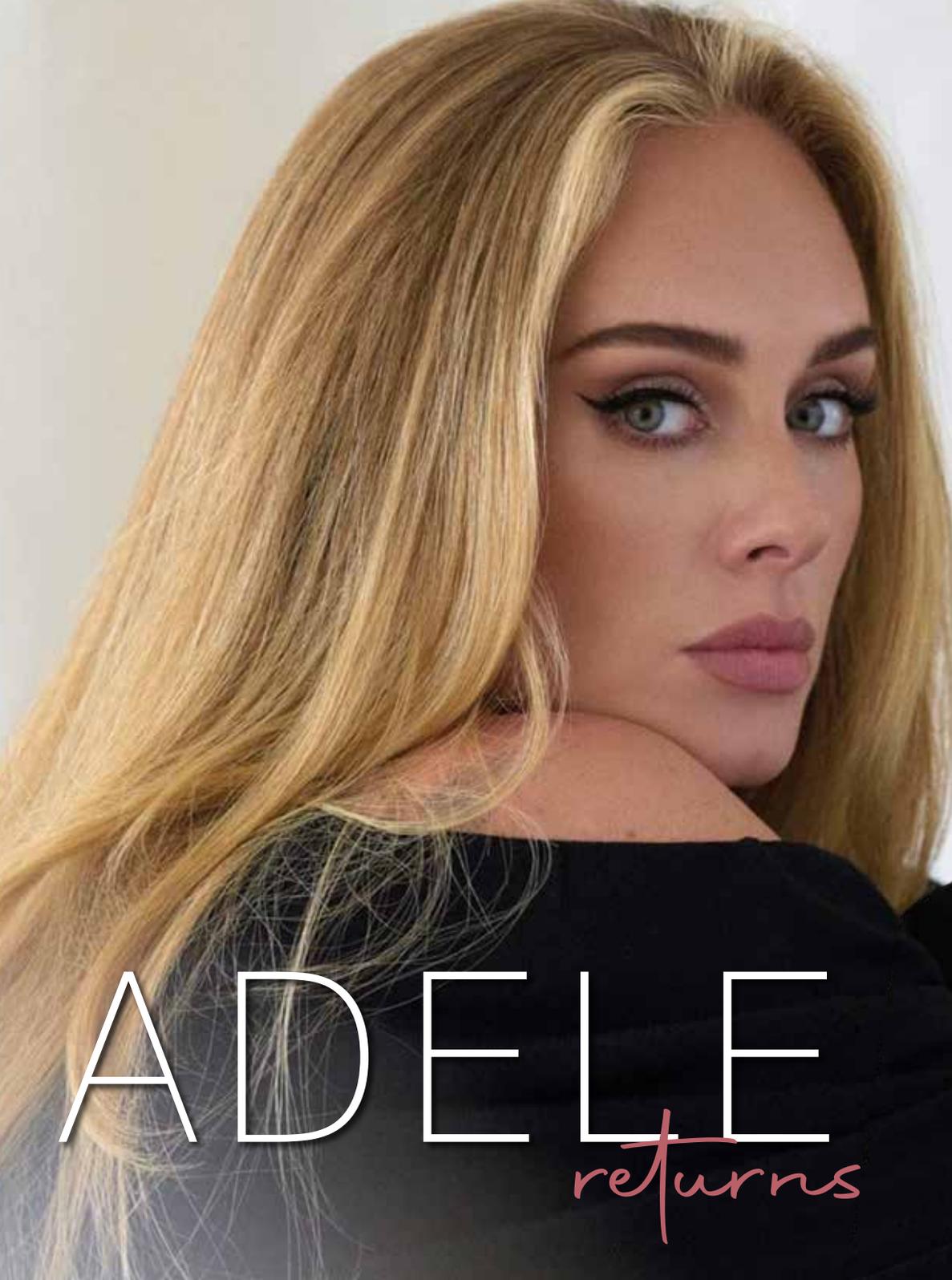
Of course, the next level of eye technology is the bionic eye. When science can replace so many other parts of the body, are we really so far away from replacing artificial eyes with fully working machines that restore sight, or even offer it to people who,

from birth, have never been able to see?

Scientists in America are currently working on the bionic eye, although the technology is still in its infancy. It uses a retinal implant to mimic the function of the retina. When connected to a video camera, it converts images into electrical impulses. These, in turn, stimulate existing retinal cells which carry the signal back to the brain for processing.

At present, the bionic eye would produce sight as basic shapes and depth, and in black and white. It would be possible to read a book, though with only 60 electrodes – a fully working eye has a million – the quality of vision is limited.

The good news is this is only the start. Just as the technology behind cochlear implants accelerated quickly to give sound to those who thought their hearing was lost forever, so too may there be a light at the end of the tunnel for those who yearn to be able to see.



ADELE

returns

Adele is one of the most successful female artists in history, and the universal acclaim behind **30**, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

19 earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.”

“My career's not my life; it's my hobby, but I'm glad I have it.”



HOW TO MAKE YOUR OWN

Eggnog

Although not as fashionable as it once was, eggnog is still synonymous with the festive season. Easy to make and with a real boozy kick, help us keep this Christmas tradition alive by giving these eggnog recipes a try.

Eggnog cocktails to try...

BAILEYS EGGNOG

What you need: 200ml eggnog | 35ml Baileys | 1 cinnamon stick | 1 sprinkle of nutmeg

How to make:

Mix the eggnog and Baileys, pour over ice, add a cinnamon stick and sprinkle with nutmeg.

SPICED EGGNOG

What you need: 45ml vanilla vodka | 30ml amaretto | 55ml eggnog | Ground nutmeg and cinnamon stick to garnish

How to make:

Add the ingredients to a cocktail shaker filled with ice, shake for 20 seconds and strain into a martini glass. Garnish with a cinnamon stick and nutmeg.

HOMEMADE EGGNOG: SERVES 4-6

What you need:

50g caster sugar | 4 egg yolks | 1 tsp vanilla essence | 400g can condensed milk | 100ml brandy

How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Beat the egg yolks until smooth and add the vanilla essence.
4. Mix in the milk, brandy and cooled sugar syrup.
5. Pour into a jug and chill in the fridge for 2 hours.

ALCOHOL-FREE EGGNOG: SERVES 4-6

What you need:

50g caster sugar | 1 vanilla pod – seeds removed | 4 egg yolks | 100ml double cream | 500ml whole milk

How to make:

1. Add the sugar to a saucepan with 75ml water.
2. Simmer until the sugar has dissolved and leave to cool.
3. Add the eggs, cooled sugar syrup and vanilla seeds to a bowl and whisk until pale.
4. Add the cream and milk and beat until combined.
5. Fill a large jug with ice and strain the eggnog mixture into it.
6. Stir and serve in tumblers.



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LOVE YOUR LEFTOVERS:

Christmas pudding



FOOD & DRINK

While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

Christmas Pudding Ice Cream – serves 10

You will need:

4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

How to make:

1. Whisk the yolks and sugar until pale and thick.
2. Stir in the pudding.
3. Pour in the brandy and mix.
4. In a separate bowl, whip the cream until it holds

soft peaks.

5. Fold the cream into the mixture.
6. Pour into a freezer-proof container, cover and freeze until set.

Mini Christmas Pudding Cheesecakes – makes 12

You will need:

300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

How to make:

1. Line the tray with paper cases.
2. Crush the biscuits and stir in the melted butter.
3. Pour into the cases and press down. Chill in fridge.
4. Whisk the soft cheese and fold in the cream.
5. Sift in the sugar and add the zest of the clementines.
6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
7. Top with fruit and chill for at least 2 hours.
8. Remove from the fridge half an hour before serving and remove the paper cases.

Christmas Pudding Souffle – serves 4

You will need:

1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

How to make:

1. Heat oven to 180°C/160°C fan/gas mark 4.
2. Grease 4 x 150ml ramekins.
3. Coat each one with sugar.
4. Whisk the egg whites until stiff peaks form.
5. Add the sugar and whisk again.
6. In a bowl, mix the custard and pudding.
7. Stir in ¼ egg whites and gently fold in the rest.
8. Pour into the ramekins.
9. Bake for 12-15 minutes until risen and golden.
10. Top with caramel sauce.



Photo credits: thefoodpocketguide.com, waitrose.com, greatbritishchefs.com



PETS

Doggy DOWNTIME

Have you ever noticed your dog watching the TV? If yes, you may want to try DogTV, a unique streaming service designed just for dogs.

WHAT IS DOGTV?

DogTV is a television channel that has been specifically created for dogs and their owners. It can be particularly useful for dogs that suffer with separation anxiety and stress. Its programmes are divided into three categories that are designed to meet a dog's typical daily cycle and to enrich their environment.

1. **Relaxation:** Soothing music, sounds and visuals will help keep your dog calm and reduce their stress levels.
2. **Stimulation:** Stimulating scenes with and without other animals, animation sequences and moving objects to encourage playfulness even when your dog is home alone.
3. **Exposure:** Special sounds and visuals to help habituate your dog and make them feel more comfortable in their environment.

DO DOGS REALLY WATCH TV?

Yes, they do! There are thousands of videos on YouTube featuring dogs watching and responding to TV programmes, with most paying attention when they see other dogs, animals or moving objects. Some dogs will respond best to visuals, while others will lie down and relax when they hear calming music.

HOW DO I SUBSCRIBE TO DOGTV?

You can select what type of subscription package you would prefer via the www.Dogtv.com website. Choose an annual subscription for £59.99 or a monthly subscription for £6.99, both of which include a free seven-day trial. There is no contract and you can cancel at any time. Alternatively, you can sign up through the DogTV app on Roku, Apple TV, Amazon Fire TV or iOS/Android devices.

DOES DOGTV HAVE PROGRAMMES FOR OWNERS?

Yes, it does! There are hundreds of fun, educational and entertaining programmes for dog owners, including *The Dog Chef*, *Road Dogs*, *Paws For Love* and *Meet The Breed*.





Tasty titbits for Rudolph

If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas?
A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

- REINDEER FOOD MIX:** YOU WILL NEED:
- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
 - > A few rolled oats
 - > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
 - > Small amount of grated cheese
 - > Some dried insects (optional)
 - > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

HOW TO MAKE:
> Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

- REINDEER COOKIES:** YOU WILL NEED:
- > 250g lard, suet or vegetable shortening
 - > 500g wild bird seed mix
 - > A handful of dried cranberries
 - > Christmas-shaped cookie cutters

HOW TO MAKE:

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

What NOT to put out for Rudolph

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.



HOW TO WEAR Sheer THIS party season



Both alluring and sexy, sheer tops have always been a fashion staple, especially during the Christmas party season.
However, there is no denying that it takes guts to rock this style.

WEAR A CAMISOLE UNDERNEATH
If you don't dare to bare and you can't think of anything worse than having your bra or chest on show, why not wear a cami or vest top underneath? Enabling you to wear sheer with confidence, this look can be worn to the office and then rocked all night long.

COMBINE WITH HIGH-WAISTED GARMENTS
For those who are worried about flashing their midriff, high-waisted trousers or a high-waisted skirt offer the perfect solution. Complete this sleek and sophisticated look with a simple crop top or bralette.

THINK ABOUT YOUR CHOSEN COLOURS
While it seems to be an unwritten rule that the undergarment you choose to wear under a sheer top should be the same colour, why not mix it up a bit? Whether you wear black under a sheer white top or you embrace colour blocking and clash bright colours such as blue and red, it's 'go bold or go home' this party season.

USE EMBELLISHMENTS
Embellishments create visual interest which can trick the eye and give the illusion of more coverage. They are particularly useful for sheer trousers that can leave you feeling exposed. Don't be afraid to experiment with sequins, glitter and embroidery.

EMBRACE SHEER PRINTS
This clever trick makes a sheer top appear less see-through; the busier the print, the better. Plus, animal prints are bang on trend for autumn/winter 2021.



THE LATEST BEAUTY TREND...

Slugging

Beauty trends emerge so quickly these days, it's hard to keep up. And if you're not on social media, you're likely to miss out on a lot of crazes that are taking the world by storm. One of the latest being... slugging. The last time 'slug' was used in relation to beauty, it was to describe some badly styled eyebrows. Today, it seems that slugging could be the answer to your skincare prayers. So what exactly is slugging and should you be doing it?

SLUGGING EXPLAINED: Slugging is the process of coating your face in a petroleum-based product. It's a Korean skincare trend that's now found a global following, and it's easy to try at home.

SHOULD YOU GIVE SLUGGING A TRY? Slugging is designed to tackle dry skin and is often recommended by dermatologists to treat eczema. You may be familiar with the process already if you've coated your feet in a petroleum-based product to soften them. The same kind of technique can be used to hydrate your face.

IS SLUGGING FOR EVERYONE? If you suffer from dry or sensitive skin, it could be just what you need to soothe irritation. However, for those with oily or acne-prone skin, it could increase the chances of breakouts as it seals the oil within the skin. Using a moisturiser designed for your skin type, such as an oil-free product, could be a better way to boost your hydration.

HOW TO DO SLUGGING RIGHT: Slugging is very easy to do, and could form a part of your nightly skincare routine.

1. Ensure skin is thoroughly cleansed.
2. Apply a hydrating serum or moisturiser to form a smooth base.
3. Apply a thin layer of petroleum-based product to your face. Keep the layer very light – less is more here.
4. Consider protecting your pillows at night – use a towel as a barrier between your skin and the pillow, or choose pillowcases that are easily washable.
5. Wake up in the morning with plumped, hydrated skin and carry out your daytime skin routine as normal.

Who knew that something like slugging could lead to something so beautiful? Give slugging a try and see if this trend can boost your skin.



INDIGESTION *be gone!*

SEVEN NATURAL WAYS TO BEAT INDIGESTION OVER THE CHRISTMAS PERIOD



While the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.



BRUCE KING

on public speaking with confidence



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Here are three tips, which were the most valuable she gave me:

First of all – be prepared and practise. The larger the audience you’re speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than ‘practice makes perfect’.

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

Of course, they didn’t know what I was smiling at.

The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

If you can help them in any way whatsoever, they will truly appreciate you.

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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Clare Garrod, Stonewall Security



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BUSINESS & PROPERTY

How to sell UNWANTED TECH DEVICES

Did you know that the average British adult has just under £600 worth of unwanted technical devices gathering dust in their homes? From smartphones to tablets, games consoles to wearables, here's how to make some money from these highly sought-after items before it's too late.

WHERE TO SELL UNWANTED TECH

You have several options available to you when it comes to selling unwanted or unused tech:

SELL ON THE HIGH STREET

Second-hand shops such as CeX or Cash Generator will give you cash for smartphones, wearables, satnavs, speakers, headphones, laptops, cameras and sometimes even TVs. To sell on the high street, your devices need to be working but you do not need the original packaging.

SELL ONLINE

Websites such as Mazuma and musicMagpie will buy your old tech items, and they don't even need to work for you to make some cash. You can sell old laptops, consoles, smartphones, tablets and wearables.

MusicMagpie also buys CDs, DVDs and video games.

TRADE IN

Many retailers such as Apple, Amazon and Carphone Warehouse allow you to trade in your old tech for money or gift cards. How much you get will be dependent on the age of the device and its condition, although most places will accept broken gadgets.

SELL ON SOCIAL MEDIA

More than 450 million people use Facebook Marketplace to buy and sell goods, making it a quick and easy way to offload any unwanted tech. Craigslist is another option, although this selling site can be a bit hit and miss.

WHAT TO DO BEFORE RECYCLING OR SELLING YOUR TECH

- > Remove the SIM card and micro SD card if there is one
- > If using iCloud, sign out before passing on the device
- > Use the factory reset tool to remove photos, music, documents, etc, and to erase social media accounts.



Wine o'clock DESTINATIONS

Do you love travelling and also consider yourself a wine connoisseur? Or perhaps you just love quaffing vino? Either way, there are so many exciting destinations for wine lovers, both abroad and in the UK.

Languedoc-Roussillon, France: A stunningly scenic wine region, within Languedoc-Roussillon is the Corbières AOC, a famous appellation that boasts five established wine routes featuring dozens of first-rate wineries. Perfect for red wine lovers, as 85 per cent of all wine produced here is red.

Tenerife, Spain: While Tenerife might not seem like a great destination for wine drinkers, Spain is currently undergoing something of a winemaking renaissance, with this popular island making some of the most compelling bottles around. Head to the northeast of the island, close to the city of San Cristóbal de La Laguna, and hit its well-established wine route.

Campania, Italy: If you want to experience the welcoming culture of South Italy, then a Campania wine tour should be your first port of call. Campania is home to the famous Taurasi red wine, as well as fine white wines including Greco di Tufo and Fiano. Plus, you can sample the mouth-watering mozzarella from the water buffalo of the region.

Ashford, Kent: If you are looking for a wine destination a little closer to home, then head to the Chapel Down Winery near the town of Tenderden. It is open for tours and visits throughout the year, and you can find out more about the grapes that make the best Sauvignon Blanc in the country.

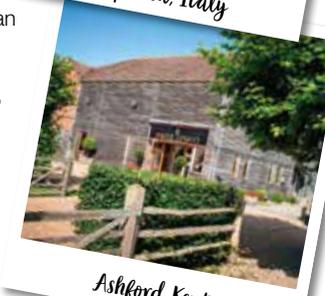
Newent, Gloucestershire: Visit the Three Choirs Vineyards in Newent and listen to taste-tling tales from one of the oldest winemakers from the 1970s UK wine movement. Enjoy a grape-to-glass experience, a tour of the vineyard, fine dining with tapas, and an exclusive tasting of its award-winning wine collection.



Tenerife, Spain



Campania, Italy



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Newent, Gloucestershire



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PEARL HARBOR

remembered

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

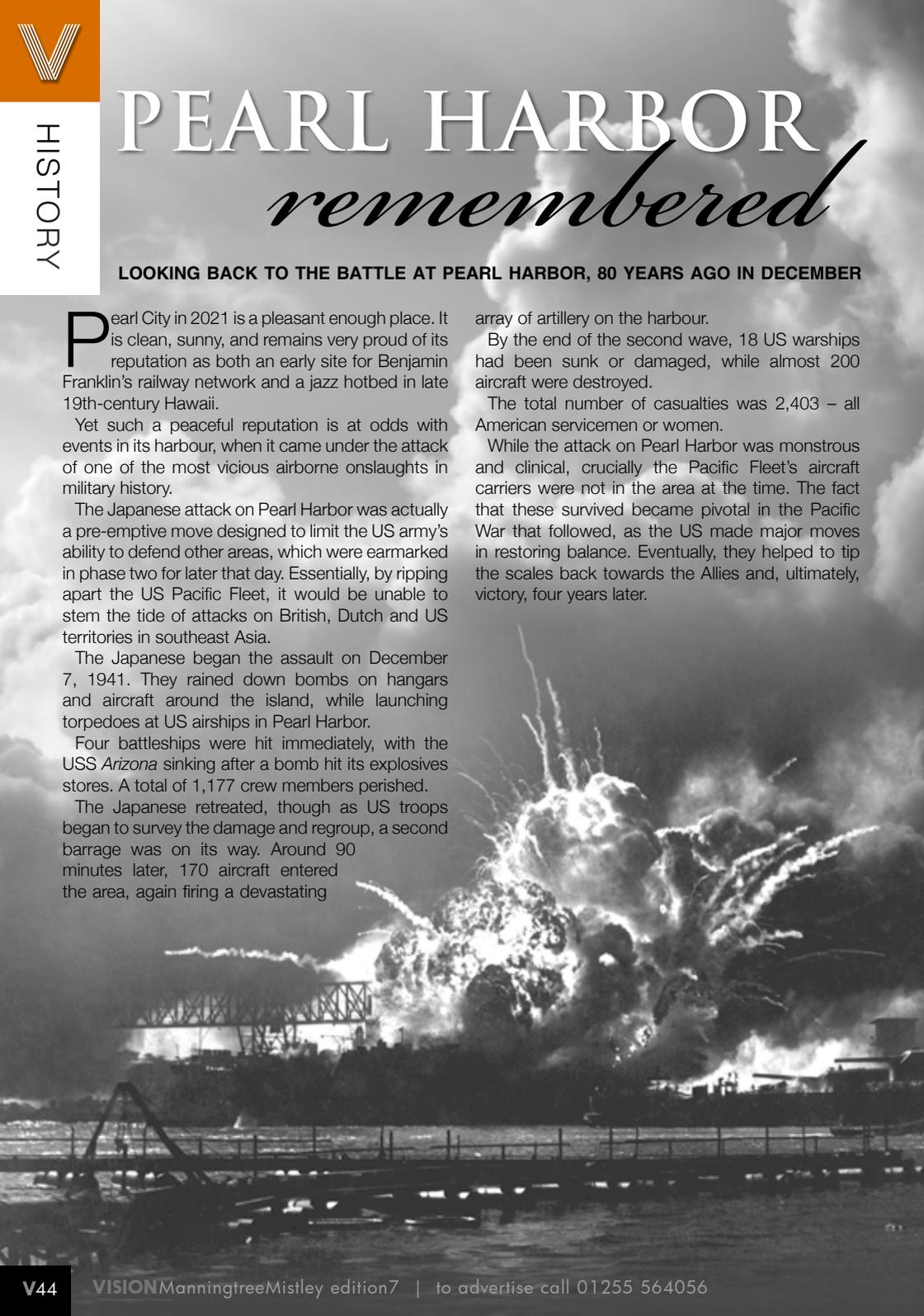
The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating

array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.



AROUND THE WORLD ON NEW YEAR'S EVE

Have you ever wondered how people celebrate New Year's Eve around the globe? From the funny, to the fabulous, to the ever-so-slightly frightening, discover our six favourite worldwide NYE traditions below.

SMASHING PLATES IN DENMARK

If you were celebrating the start of a new year in this Scandinavian country, you would pop over to your neighbours' house and smash a plate on their doorstep. Not an act of vandalism, but a ritual to bring good luck for the next 12 months.

EATING LENTILS IN BRAZIL

Lentils are a store cupboard essential for most UK households, but for the people of Brazil, lentils represent money. To mark the start of a new year, Brazilians tuck into a bowl of lentils in an act that is said to bring good fortune for the year ahead.

DRESSING UP AS BEARS IN ROMANIA

According to Romanian folklore, bears are special and are able to protect and heal people. Therefore, on NYE, you will see people dressed up as this wild animal to chase away evil spirits.

RINGING BELLS IN JAPAN

In both Japan and North Korea, you can expect it to get a little noisy when the clock strikes 12 as it is tradition for people to visit their local temple and contribute to a whopping 108 rings to see in the new year.

THROWING FURNITURE OUT THE WINDOW IN SOUTH AFRICA

In Johannesburg, people like to start the new year without any unwanted items in their home. But rather than take them carefully down the stairs, they throw them out of the window. Well, that's one way to spring clean.

WALKING WITH AN EMPTY SUITCASE IN SOUTH AMERICA

Believed to deliver a year full of adventures, in some South American countries, you can expect to see people walking around with an empty suitcase on New Year's Eve.

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ACROSS: 1. ITCH, 3. GATHERED, 9. RATIONS, 10. MOTES, 11. PAP, 12. LEAVE, 13. LADLE, 15. OVALS, 17. SCARP, 18. SIC, 19. BISON, 20. EASE OFF, 21. EXTERIOR, 22. FEEL DOWN: 1. IRREPRESSIBLE, 2. CUT UP, 4. ABSURD, 5. HOMELESSNESS, 6. RETRACT, 7. DISRESPECTFUL, 8. BOTTLE OPENER, 14. HEADSET, 16. ALBEDO, 18. STOVE



PUZZLES & TRIVIA

PUZZLES

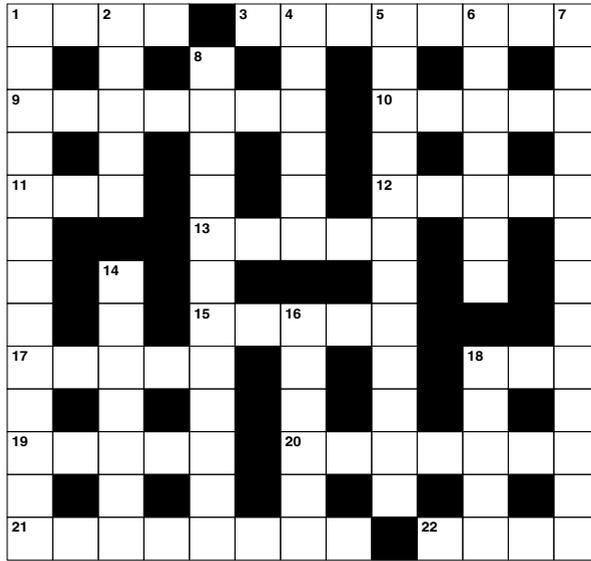
Answers: see end of The VISION Listings

ACROSS

- Skin irritation (4)
- Assembled (8)
- Allocations (7)
- Small dust particles (5)
- Drivel; nonsense (3)
- Exit (5)
- Long-handled spoon (5)
- Ellipses (5)
- Steep slope (5)
- Intentionally so written (3)
- Buffalo (5)
- Become less intense (4,3)
- On the outer side (8)
- Examine by touch (4)

DOWN

- Not capable of being restrained (13)
- Destroy (3,2)
- Utterly senseless (6)
- Vagrancy (12)
- Take back (7)
- Rude and discourteous (13)
- Metal device for removing tops (6,6)



- Receiver (7)
- Ratio of reflected to incident light (6)
- Heating apparatus (5)

DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in *Guinness World Records* as the most fearless animal on the planet.

SUDOKU

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

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