

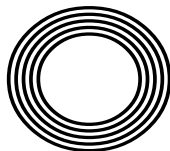
HOW TO  
PERFORM  
CPR ON  
A CHILD

*Remembering*  
20 years since 9/11

JEREMY CLARKSON  
Swapping super cars for tractors

ALEX SCOTT

The sport pundit rising through the ranks



FREE

Photo credit: BBC & Nick Eagle





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# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Rayleigh Wickford. As we approach the final few months of the year (I won't mention the C word, don't worry), it has been fantastic to see the high street bouncing back over the past few weeks.

I have been out and about visiting some of our advertisers and speaking to new businesses that opened during the COVID-19 pandemic. I've been really impressed with them - in particular, the ones who have opened businesses recently during these tough times. It really shows entrepreneurial spirit at its finest, in my opinion.

We can always give ourselves excuses and try to convince ourselves, because of things out of our control, to delay plans or put them off to another day, but I think we all need to take our hat off to those who are expanding during these times. COVID-19 isn't going away, so we need to learn to live with it. Be cautious, but live life the best you can.

Having friends and family myself who had COVID-19, some who beat it and some who were less fortunate, I can say this has taught most people I meet to take every day as if it were their last. Stay positive.

Hope you enjoy this month's edition.

*Nik Allen*

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CONTRIBUTORS | Tabatha Fabray, Geraint Roberts

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

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# DOWN ON THE FARM

**“I’VE SWAPPED SUPERCARS  
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SAY I’VE LEARNED SOMETHING  
ALONG THE WAY.”**

**FROM MASERATIS TO MASSEY FERGUSONS, JEREMY CLARKSON’S NEW LIFE IN RURAL COTSWOLDS IS PROVING A RATINGS WINNER**

Consider the image of the traditional British farmer – working the land, toiling with crops, taking care of animals. He would be loud, brash, rugged, stubborn and most probably confrontational (certainly if you were to stray onto his land).

It’s quite fitting, then, that all those adjectives have been used to describe former *Top Gear* host, Jeremy Clarkson, at various points in the past.

The popular presenter, who has excelled as Chris Tarrant’s successor as host of *Who Wants to be a Millionaire?*, is in the second phase of a new existence, tending to his meadows in the scenic idylls of the Cotswolds. His TV show, *Clarkson’s Farm*, has proved to be one of Amazon Prime’s most successful original series following its launch in June.

The concept is a simple one – a city boy, Clarkson, decides to take up farming when a local villager gives up existing rights to farmland in 2019. Whilst embarking on a life in the country, a film crew follows Clarkson’s every move, documenting a layman’s painfully slow elevation into the farming fraternity.

Naturally, any series that showcases ‘Jezza’s’ calming charisma should find itself onto a winner, and reviews have been good. One journalist described the presenter as “a grown man playing *Farming Simulator* in real life”, and that pretty much captures what’s going on.

The fields Clarkson tends to have been rotated between barley, rapeseed and wheat, although getting to the point of making money from the land has proved a huge undertaking – it was revealed that at the end of series one, Clarkson had made a total profit for the year of just £144.

“Some people will say it’s about the money; for others, it’s the experience,” says the 61-year-old. “This has certainly been an interesting experience where I’ve stepped out of my comfort zone. I’ve swapped supercars for tractors, and I dare say I’ve learned something along the way.”

Such has been the success of the experiment – in TV terms, if not financially for the forlorn farmer – that Amazon Prime is backing a second series.

Clarkson hopes to have sorted a few teething problems that arose during his first year in charge – not least the opening of his farm shop in Chadlington, which created a three-mile queue and necessitated police intervention to disperse the crowds.

He added: “Farming, from the outside, seems to be such a gentle, serene existence; but it’s safe to say it’s anything but.”

And while Clarkson’s foray into agriculture has more than enough to do with making good TV, he has gleaned unexpected praise from the farming world, in the way the series lifts the lid on the tough realities of the industry.

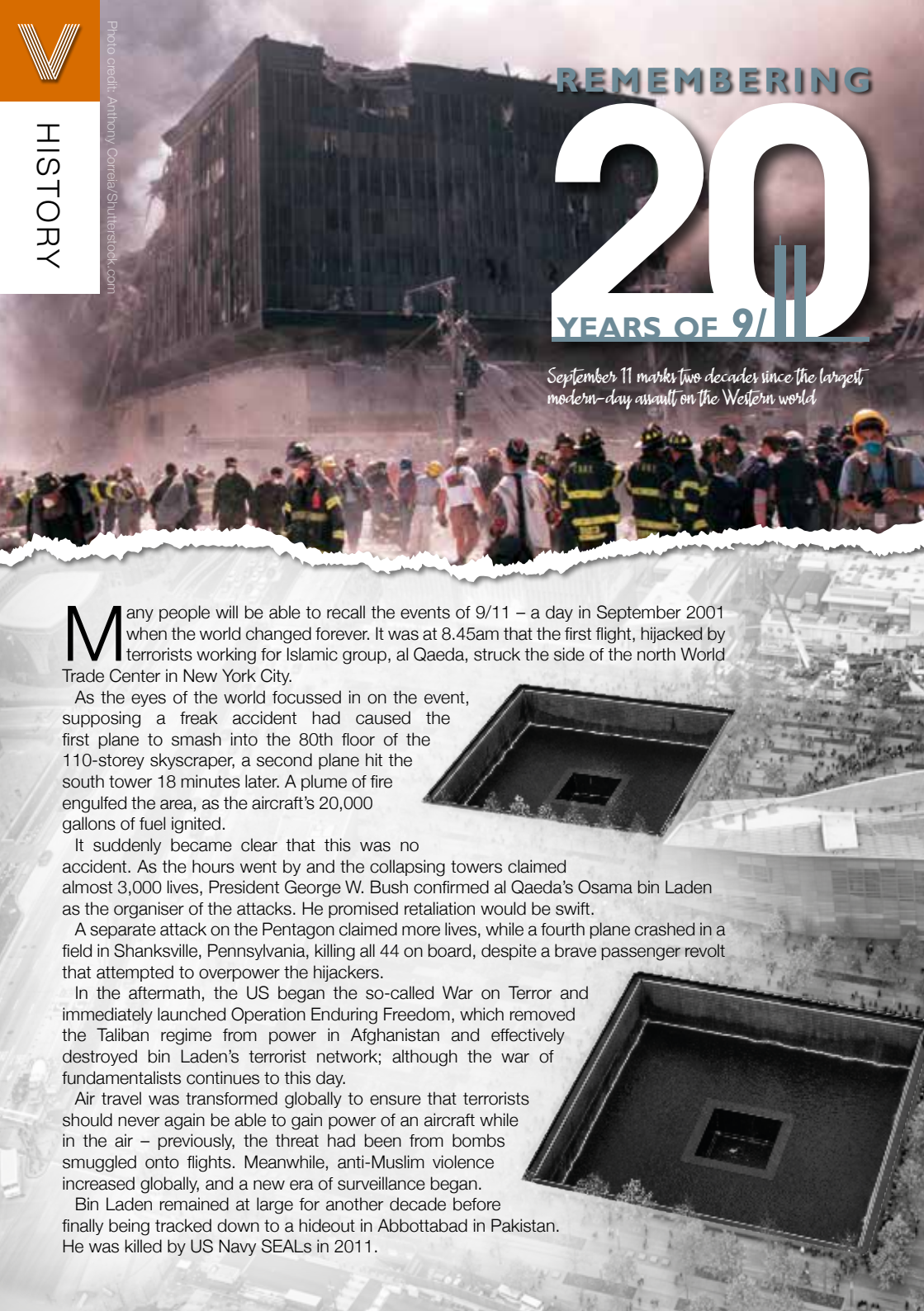
“It’s worth remembering, if we didn’t have farming and agriculture in this country, we’d have nothing. It is the staple of everything around us. I always respected what those men and women do out in the field, but now my admiration is even greater.”





HISTORY

Photo credit: Anthony Correa/Shutterstock.com



# REMEMBERING 20 YEARS OF 9/11

*September 11 marks two decades since the largest modern-day assault on the Western world*

Many people will be able to recall the events of 9/11 – a day in September 2001 when the world changed forever. It was at 8.45am that the first flight, hijacked by terrorists working for Islamic group, al Qaeda, struck the side of the north World Trade Center in New York City.

As the eyes of the world focussed in on the event, supposing a freak accident had caused the first plane to smash into the 80th floor of the 110-storey skyscraper, a second plane hit the south tower 18 minutes later. A plume of fire engulfed the area, as the aircraft's 20,000 gallons of fuel ignited.

It suddenly became clear that this was no accident. As the hours went by and the collapsing towers claimed almost 3,000 lives, President George W. Bush confirmed al Qaeda's Osama bin Laden as the organiser of the attacks. He promised retaliation would be swift.

A separate attack on the Pentagon claimed more lives, while a fourth plane crashed in a field in Shanksville, Pennsylvania, killing all 44 on board, despite a brave passenger revolt that attempted to overpower the hijackers.

In the aftermath, the US began the so-called War on Terror and immediately launched Operation Enduring Freedom, which removed the Taliban regime from power in Afghanistan and effectively destroyed bin Laden's terrorist network; although the war of fundamentalists continues to this day.

Air travel was transformed globally to ensure that terrorists should never again be able to gain power of an aircraft while in the air – previously, the threat had been from bombs smuggled onto flights. Meanwhile, anti-Muslim violence increased globally, and a new era of surveillance began.

Bin Laden remained at large for another decade before finally being tracked down to a hideout in Abbottabad in Pakistan. He was killed by US Navy SEALs in 2011.



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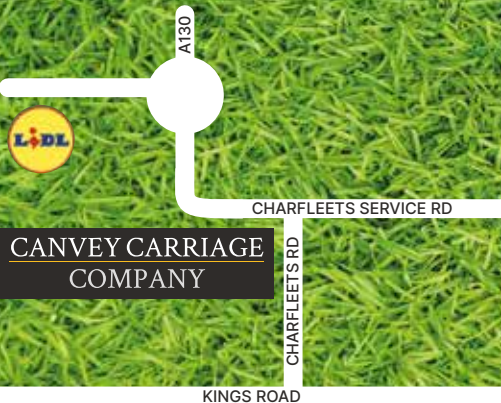
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## HOW TO CLEAN A MATTRESS IN FIVE SIMPLE STEPS

From dust mites to dead skin, dirt to dog hair, your mattress could be harbouring a whole host of unpleasant debris, especially if you fail to clean it once every six months as recommended by cleaning experts.

Fortunately, cleaning a mattress is much easier than you might think...

#### STEP 1: GATHER YOUR CLEANING SUPPLIES

To deep clean your mattress, you will need:

- > A vacuum cleaner with an upholstery attachment
- > An enzyme-based cleaner
- > Baking soda
- > Cloths
- > Cold water

#### STEP 2: VACUUM THE MATTRESS

Go over the entire surface of your mattress using the upholstery attachment on your vacuum cleaner. Don't forget to do the sides, and pay special attention to the seams.

#### STEP 3: SPOT CLEAN THE MATTRESS

You should never soak your mattress or apply water directly to it, especially if you have a memory foam

one, so you need to spot clean any stains instead using an enzyme-based cleaner. Spray the cleaner on to a cloth and blot the affected area. Then apply cold water to a different cloth and blot again.

#### STEP 4: SPRINKLE BAKING SODA

If you can't put your mattress outside for some fresh air, baking soda is the next best thing. Simply sprinkle a layer over your whole mattress, leave for several hours, or ideally overnight, and the baking soda will break down any acid and absorb any remaining moisture or odours. Vacuum again.

#### STEP 5: FLIP THE MATTRESS

Now that one side is spotless, flip your mattress over and repeat all of the above steps on the other side.

#### HOW TO PROTECT YOUR MATTRESS

- > Invest in a mattress protector
- > Use fitted sheets that are washed regularly
- > Give your pets their own designated beds
- > Rotate every two to six months
- > Strip your mattress, open the windows and let your mattress air once a month





# Boujee BOUCLÉ

If there's one home trend that Instagram can't get enough of, it's bouclé. Cosy, cute and classy all at once, it's taking over interiors all across the internet.

But what is bouclé, and why do you need it in your home? The word bouclé comes from the French 'boucler', meaning 'to curl'. A type of wool fabric, it's made from looped yarn and has a heavy texture that not only looks stylish, but also has a soft, comforting feel.

Bouclé is proving to be the fabric of the year thanks to some inspiring upcycling projects and an influx of bouclé home accessories that add style to your home space, without compromising on comfort.

There are plenty of great ways to bring bouclé into your interior, ready to welcome the autumn season. Some of the main ways of introducing bouclé include:

**THE OCCASIONAL CHAIR:** A bouclé occasional chair makes a great addition to any space. Ideal for your bedroom or for additional seating in your living room, your new chair will make the perfect addition to your home. It can also fill a hallway or landing space to add an extra cosy touch.

**THE STATEMENT BENCH:** If you want to add a statement to your home, then a bouclé bench is a simple and affordable way to do it. Perfect for the hallway or your kitchen, a bouclé bench will add a country chic look to your home.

**THE STYLISH ACCESSORY:** If you want to do bouclé on a budget, then choosing some woollen accessories is one of the easiest ways to embrace the trend. Bouclé cushions and throws can create a softer look, and the neutral colours will blend in easily with your existing decor. As one of the top trends for the winter months, you can be sure of finding bouclé accessories all over the high street.

**THE FURNITURE MAKEOVER:** If you've got a tired old armchair or sofa in need of a facelift, then a bouclé makeover could be just what you need. You could also source a second-hand item to reupholster for an affordable and fun upcycling project. Check out #boucle on Instagram to get some inspiration.

Bouclé adds a stylish Scandinavian touch that adds the perfect amount of texture to your home. Will you be embracing the bouclé trend this season?



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# Fix up your FRONT DOOR

As they say, first impressions are everything, and this is particularly true when it comes to your home. Whether you are looking to sell or you simply want your property to look its best, these front door ideas promise to boost your kerb appeal and make your neighbours green with envy.

**WONDERFUL WOOD:** If you are looking to invest in a completely new front door, you can't go wrong with good old, reliable wood. Offering warmth and visual appeal, wooden doors can be easily refreshed and updated and, when looked after properly, can last a lifetime.

**CLEVER COMPOSITE:** A slightly more luxurious option to uPVC, composite doors are made using a variety of different materials, such as timber, reinforced plastic and, occasionally, steel. Offering durability and longevity, composite doors will not warp, rot or crack, so there will never be a need to sand, strip or paint them.

**COLOUR CONSIDERATION:** Although white remains the most popular choice for front doors, bold colours, such as vibrant reds and deep blues, are becoming increasingly popular for properties in cities. If you have a brick house, look for shades that sit opposite on the colour wheel. Red bricks suit blue or green tones, whereas sandstone looks great with yellow or red.

**DOUBLE UP:** If your property boasts a wide entrance, you are in the fortunate position to be able to select a double door. Perfect for homeowners who are looking for the wow factor, double doors come in a range of different styles and colours, with options to suit both traditional and contemporary homes.

**ADDED TOUCHES:** If you don't want to invest in a new front door, why not update your current one?

- > Add a seasonal wreath
- > Invest in new hardware, such as door handles and a letterbox
- > Upgrade your lighting with lanterns or a hanging door pendant



HOME & DIY





# LOCAL NEWS

*from your neighbourhood*



## Talented seven-year-old's first book raises money for NHS

A seven-year-old girl from Rayleigh has published her first book, with all proceeds going to the Southend Hospital Charitable Foundation.

Alice Harding's short fiction book is about a volcano that wasn't able to erupt, but with enough support and encouragement from her friends, as well as enough self-belief, she manages to overcome her hardest challenge yet.

Alice wanted to showcase her talent and passion for writing, while also creating something that she could sell for a small fee to raise money for the NHS. She has

so far raised a fantastic £485 for the charity through sales and donations.

Her mother, Samantha, said: "With a minimal amount of help from me to make it happen, and thanks to Natural Print Solutions, Alice has been able to realise one of her childhood dreams of becoming a published author.

"Thank you so much for supporting Alice in her quest to raise money for the NHS."

To donate, visit [www.justgiving.com/fundraising/Alice-Harding7](http://www.justgiving.com/fundraising/Alice-Harding7)

## Leisure centres launch new activity sessions

Local leisure centres have celebrated a successful summer after a difficult 18 months.

The classes at Rayleigh Leisure Centre and Clements Hall Leisure Centre have increased, with a wider variety now on offer, and the cafés are open once again.

New to the line-up are the ActiveAte sessions at Rayleigh Leisure Centre. These sessions were commissioned by the Essex Youth Service and are free for young people who are eligible for free school meals. The ActiveAte clubs feature physical and enrichment activities, as well as a free meal for participants.

Additionally, Get Active sessions are now available at both leisure centres, offering free multi-sport physical activity sessions for young people aged 13 years and over.



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## MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS RAYLEIGH

In days of yore, constituents would often ask MPs what was the number one issue in their post bag? These days, the same question would be what is the number one issue in your email inbox? You might be interested to know that over the past year, I have received some 43,000 emails from across my Rayleigh and Wickford constituency, with the COVID-19 pandemic being the leading subject by far.

Nevertheless, as we are now thankfully emerging from lockdown with a highly successful vaccination programme, the number one subject in the town of Rayleigh is now, overwhelmingly, highways and roadworks. In short, my constituents in Rayleigh are absolutely sick and tired of seeing serious potholes that need repair and of having their roads repeatedly dug up, by everyone from property developers to utility companies.

Highways are the responsibility of Essex County Council (ECC). So, to try to remedy this, I recently had a two-hour meeting with county councillor Lee Scott, the new cabinet member for highways who oversees the maintenance of our road network. For a number

of years, Lee Scott was the MP for Ilford North and so, fortunately, I know him well. I made it pretty clear to him that ECC Highways needs to seriously raise its game. Since then, it has tightened up the process of allocating permits to allow people to dig up the road network and even fined UK Power Networks (UKPN) when it did so recently on London Road without permission. I subsequently organised a meeting with Basil Scarsella, the CEO of UKPN, to protest about this in person. I also pressed Countryside Properties to speed up its recent roadworks on London Road.

We have also seen the opening of a new, long-awaited roundabout at the Rawreth Lane/Hullbridge Road junction, which has helped to speed up traffic flows (although the landscaping works have still to be completed). We now need to see a greater effort on repairing potholes as well. Suffice to say, I understand my constituents' frustration over all this and will continue to press ECC Highways to do better.

## Windmill welcomes back visitors

Rochford District Council recently announced that the Rayleigh Windmill has reopened to visitors.

The Rayleigh Windmill is a 212-year-old Grade II listed building, which contains a museum, exhibition space and information about Rayleigh Mount. Visitors are welcomed by a knowledgeable group of volunteers, who are happy to talk about the history of the windmill and how it worked.

Visitors can also see selected tapestries from the Rochford District Heritage Tapestry project, which will be displayed on the exhibition floor until September 15.

For the safety of visitors and volunteers, members of the public are welcome to visit in small groups, with staggered entry times, and face coverings are requested to be worn inside the building.

Rochford District Council's portfolio holder for leisure, councillor Mike Webb, said: "We are so pleased to be opening our cherished landmark once again to the public. Our district has such a rich and diverse history; it is important that we continue to share this with our residents and visitors."

The windmill is open from 1pm to 4pm on Sundays and from 10am to 1pm on Wednesdays.







# LOCAL NEWS

*from your neighbourhood*



## New supermarket officially opens its doors to public

A new Co-op store, which features a bakery, coffee machine and self-scanning tills, has opened its doors to the community in Wickford.

On Friday, August 20, the Mayor of Chelmsford, councillor Jude Deakin, officially opened the shop, which is located at St Luke's Park, by cutting a ribbon in front of the store.

The shop cost more than £700,000 and has created 11 new jobs.

On the day of the opening, Mayor Deakin said: "This

morning, I was very pleased to visit and officially open the new Co-op store in St Luke's Park, Wickford.

"Local customers said they'd watched it being built and were excited to be able to shop locally now it was open to the public.

"My thanks to the team for making me most welcome and presenting me with a hamper, which will be raffled at one of my fundraising events."

The shop will be open from 7am to 10pm, seven days a week.

## Two businesses jointly purchase defibrillator

Two businesses have come together to purchase a defibrillator for the community.

Lemon Groundwork Solutions Wickford and Wernick Group Limited, both based in Russell Gardens, have purchased a defibrillator, which will be accessible for the community to use in the event of a cardiac arrest.

Staff at Lemon have also been fully trained in using the important piece of equipment.

A spokesperson for Lemon Groundwork Solutions said: "A defibrillator is such a great piece of kit. In addition to quality CPR, the odds of someone's survival can jump from around one per cent to 70 per cent, which I'm sure you will agree is an incredible difference."



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## Fundraiser started after business destroyed in wildfires

A Wickford resident has been fundraising for her friend who has been badly affected by the devastating wildfires in Turkey.

The fires raged across the country in August and have destroyed the countryside, homes and businesses, and even taken some lives.

Wickford resident Kirsty Gratton became desperate to help her friend of 25 years, Hasan Karademir, when his business was destroyed in the fires.

Kirsty has set a target of raising £5,000 in an attempt to help her friend, who she calls Sam.

She said: "One of my friends, Hasan, whom I have known since I was 12-years-old, has had his livelihood destroyed overnight. Sam has spent years building up his business for him and his family, only for it to be

burned to the ground in the awful fires.

"There is nothing that can replace the memories they have, but I am hoping that by raising some funds for Sam and his family, this may ease the financial burden a little. Anything at all that you can donate, no matter how small, will be appreciated and it will go a long way.

"If we can raise anything for them, it will be greatly appreciated. If we can raise the £5,000 it will go to helping them pay bills and any costs they might have incurred, and maybe try to start rebuilding.

"Just anything to help. They have got so much to contend with; we want to try and ease that."

To donate to the fundraiser, visit [www.justgiving.com/crowdfunding/samk](http://www.justgiving.com/crowdfunding/samk)

## Council leaders sign the Race at Work Charter

Leaders at Basildon Council have jointly signed the Race at Work Charter, outlining their commitment to ensure that ethnic minority employees are represented throughout the council, at all levels of the organisation.

Chief executive, Scott Logan, and Leader of Basildon Council, councillor Andrew Baggott, came together on Thursday, August 19, to sign the charter on behalf of the council.

The Race at Work Charter outlines an organisation's commitment to improve Black, Asian and Minority Ethnic (BAME) representation at work through key activities, including the appointment of an executive sponsor for race and regularly capturing ethnicity data.

At the signing of the charter, cllr Baggott said: "The

Race at Work Charter is an important commitment to inclusivity at work. Officers of the council should be able to have their voices heard and their diversity celebrated. I hope that current and prospective employees of the council will see this as a positive step forward in our journey toward becoming a truly inclusive employer."

Scott Logan added: "I am pleased to be signing the Race at Work Charter. Basildon Council is an organisation for all, and we regularly review our policies and procedures to ensure officers from all backgrounds are properly supported and represented. This charter reflects our commitment to creating a diverse and inclusive workplace."







# How CAR-THARTIC!

## HOW HEALTH, WELLNESS AND WELLBEING IS BEING INTRODUCED INTO OUR EVERYDAY CAR JOURNEYS

Perhaps it's only right, as we spend significant time stuck behind our steering wheels, that our trusty automobiles should be leading the way in wellbeing ideas that can refresh and enrich the mind, body and soul.

The motoring industry is currently researching secondary health functions in our motors. Indeed, the so-called HWW (health, wellness and wellbeing) initiative is now being accelerated in the wake of COVID-19, which has brought greater awareness to ways to improve our health, as well as the need to protect others, whether indoors or out.

Here are some of the ingenuities that could be introduced and enhanced inside our cars in the near future:

### FOR THE MIND:

> Fatigue and monitoring of stress levels, drink-driving prevention, comfort monitoring, driver workload estimation.

### FOR THE BODY:

> Heart-rate, blood pressure, breathing and glucose-level monitoring; drowsiness detection; pollen/allergen monitoring; palm and facial temperature monitoring; muscle therapy; inside and ambient temperature monitoring.

### FOR THE SOUL:

> Erratic driving pattern recognition.

These initiatives can arrive in one of three ways – built-in, brought-in or beamed-in. So while hardware accounts for two of those, the latter gives tech giants such as Apple a route into a market they've perhaps not been able to access in the past.

And having major brands behind the input may well mean that something seemingly niche in 2021, could become mainstream within five years. Your humble car could, very soon, become a vehicle not just for travel, but for health preservation as well.

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# GREAT SCOTT



Whether playing or presenting, the brilliant Alex Scott MBE has always kept the football in focus, and now her biggest challenge has begun.

.....

Conducting a career in the public eye is undoubtedly difficult enough, but doing so always in the sneering shadow of those who diminish women in sport must be doubly challenging. For that reason, Alex Scott – former England defender, BBC Sport matchday host and summariser, and the new face of *Football Focus* – is one of the very best in the game.

The 36-year-old has had to endure her fair share of criticism since she started appearing on our screens a decade ago. In a new era of media personalities who don't subscribe to the stereotype of white middle-aged men, the London-born ex-Arsenal full-back stands out for her purposeful delivery, adept understanding of the tactical and psychological intricacies of the game, and an ability to mix expert comment with light-hearted banter.

Scott's duties as Tokyo Olympics host opposite Clare Balding further proved her versatility – even if the BBC was panned for some of its coverage – and the logical progression has been for her to step into the Saturday lunchtime *Football Focus* hotseat, recently vacated by Dan Walker.

"The show has become a real lunchtime football institution and it's such an honour to be taking over from Dan, who is one of the very best on our screens," she says.

"It's a lot of pressure and I won't pretend I'm not nervous about the opportunity, but I'm discussing my favourite subject in the world, so I'm sure I'll be fine."

Scott first discovered a passion for sport growing up around the busy streets of Poplar, East London. At the age of eight, she signed for Arsenal, playing as a striker and right-winger before being converted into a full-back. After a solitary season at Birmingham City, she moved back to the Gunners in 2005, helping win a Women's Premier League and FA Cup double. Further success followed – including clinching all domestic trophies and the UEFA Women's Cup in the 'quadruple' season – though never one to rest on her laurels, she took the opportunity to explore soccer in the United States in 2009, signing for the Boston Breakers.

She returned for a third spell at Arsenal in 2011, before finally hanging up her boots in 2018. Along the way, she became the second-most capped women's England footballer of all time. She competed for the Three Lions at seven major tournaments, winning a silver at the 2009 Women's Euros and a bronze at the 2015 Women's World Cup.

Her first TV appearances came while still playing – she was a guest on *Soccer AM*, had minor roles with the BBC, BT Sport and Sky Sports, and also appeared in Bear Grylls' ITV show *Mission Survive*, which she won.

By then she had already founded The Alex Scott Academy, in partnership with Kingston College and Puma, designed to help develop female footballers aged 16–19. It was the first such academy to promote the women's game in the UK.

Scott was awarded an MBE for services to football in 2017.

As well as hosting *Football Focus*, this year will see Scott present daytime quiz show *The Tournament*.

She says: "In TV work just as in my days playing football, I am one of those people who just wants to go out there and grab as many opportunities as possible, so I'm thrilled to have new challenges in front of me."



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# PUZZLES & TRIVIA

- ▶ BUCATINI
- ▶ CAMPANELLE
- ▶ CANNELLONI
- ▶ CAPELLINI
- ▶ CONCHIGLIE
- ▶ FARFALLE
- ▶ FETTUCE
- ▶ FUSILLI
- ▶ GARGANELLI
- ▶ GEMELLI
- ▶ LASAGNE
- ▶ LINGUINE
- ▶ MANICOTTI
- ▶ PAPPARDELLE
- ▶ PENNE
- ▶ RIGATONI
- ▶ SPAGHETTI
- ▶ STRINGOZZI
- ▶ VERMICELLI
- ▶ ZITI

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

PUZZLES

Answers: see end of The VISION Listings

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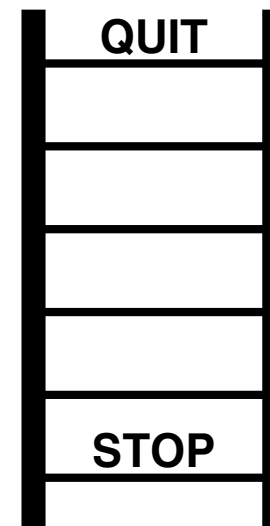
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## DID YOU KNOW?

- ▶ According to *National Geographic*, beaver homes, called lodges, are usually constructed of branches and mud
- ▶ The giant ground pangolin can grow to more than four-feet long. It is the largest species of pangolin alive today
- ▶ The colour and foreheads of beluga whales makes them easy to identify. They are sociable mammals and usually live together in small groups, known as pods
- ▶ Tigers live alone and scent-mark their territories to keep their rivals away. Females raise their young, usually with little or no help from males
- ▶ Flying squirrels are able to make an 18-degree turn in the air to avoid predators
- ▶ Giant pandas have vertical slits for pupils, just like domestic cats

## 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.



GET YOUR  
HEAD IN THE

## Cloud

**A**n estimated 84 per cent of businesses in the UK are taking advantage of the cloud. In its simplest terms, when something is stored in the cloud, it is kept on internet servers rather than a computer's hard drive. If you are not using this technology, here are the advantages your business is missing out on.

**COST-EFFECTIVENESS:** If you are trying to reduce your operational costs, shifting to cloud computing can help you save a significant amount of money. Running a data centre is expensive, yet cloud providers offer storage options to suit all budgets.

**ENHANCED FLEXIBILITY:** Allowing your employees to access the information they need wherever they are, cloud computing is ideal for remote working. Plus, you can monitor the operations of your business much more effectively.

**NO NEED FOR A DISASTER RECOVERY PLAN:** When you store data in the cloud, you do

not need to worry about permanent data loss. Your data will always be available as long as you have an internet connection.

**INCREASED SECURITY:** Protecting your data is paramount in this day and age, and cloud computing is far safer than storing your data on a physical server or data centre. Not only can you delete any confidential information remotely, but clouding platforms are also incredibly difficult to hack.

**BOOSTED SCALABILITY:** Traditionally, if you experience growth, you need to invest in additional servers and storage. However, with the cloud, you can easily increase your storage space or add new features by simply upgrading your package.

**IMPROVED COLLABORATION:** As already mentioned, cloud computing is perfect for remote workers, as employees can complete projects from different locations. However, it is also great for improving team performance, as staff members can easily share real-time data and updates with those both in and outside the office.



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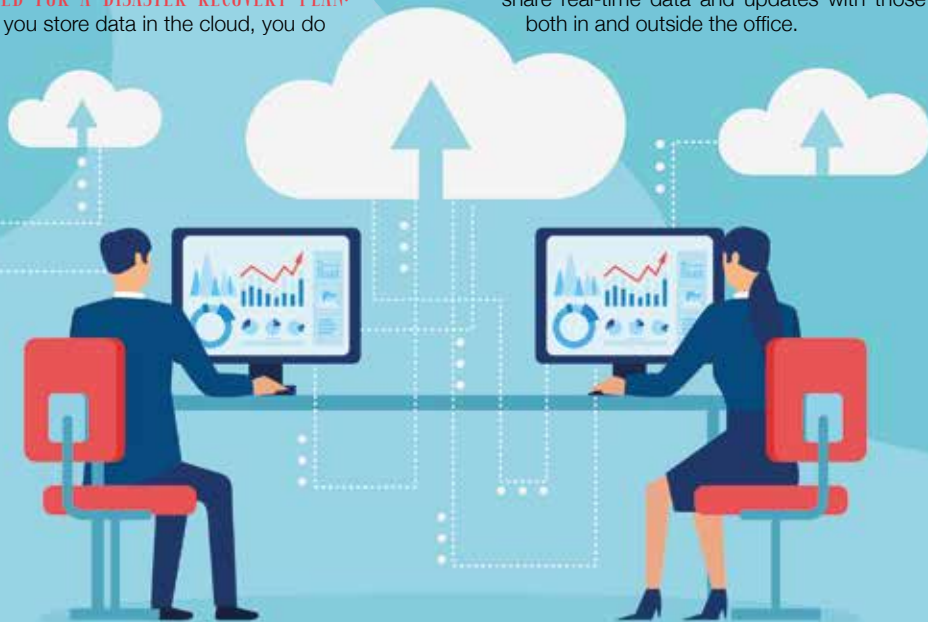
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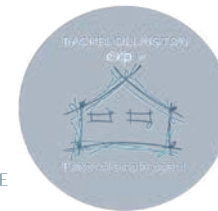
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## READY TO SELL?

WHETHER YOU ARE DOWNSIZING OR YOU HAVE LIVED IN YOUR CURRENT PROPERTY A WHILE THE CHANCES ARE YOU HAVE COLLECTED LOTS OF BELONGINGS. PACKING UP TO MOVE CAN SEEM A VERY DAUNTING TASK, HERE ARE MY USEFUL HINTS AND TIPS ON HOW TO CLEAN AND DECLUTTER YOUR HOME READY TO SELL.



You can never start decluttering too early, before you even put your property on the market, invest in some large storage containers, these are going to be your friend throughout your move, start to pack up any items that you do not use on a regular basis not only will this save you a job later on but it will help get your home looking presentable for your photos and video marketing as well as viewings.

DIVIDE YOUR CURRENT PROPERTY INTO 3 PILES

KEEP - TO BE PACKED, THIS IS WHERE YOUR STORAGE CONTAINERS WILL COME IN AGAIN, ANYTHING YOU CAN LIVE WITHOUT UNTIL THE MOVE PACK.

THROW - ITEMS YOU NO LONGER NEED, WANT OR USE

DONATE/SELL - ANYTHING THAT COULD GO ON TO BE LOVED AGAIN, LOTS OF ITEMS CAN BE SOLD FREE OF CHARGE ON SOCIAL MEDIA SITE AND THIS COULD HELP YOU WITH FUNDS TOWARDS YOUR MOVING COST OR DONATE YOUR PRE-LOVED ITEMS TO CHARITY

Not everyone in the house may agree in which pile an item belongs, take a family vote and the majority wins, or compromise on the number of things each family can select to keep.

If you have children, it could be that you have a lot of toys, always sort through toys when the children are not around so you can be realistic, something children haven't played with for years suddenly becomes their favourite toy when you are about to get rid of it!

Everyone's nemesis when it comes to clutter is paperwork, we all have that drawer that is bursting with paperwork when you open it, first of all have a good sort through to see what you actually need, we are very lucky that we live in an age with so many great ways to electronically store documents, it might take a while to scan everything in but it will be worth it in the long run, if you are disposing of sensitive documents make sure these are shredded or burnt.

Ditch any non-sentimental items that you have more than one of, choose the one that does the best job for you to pack and bin, donate or sell the other one.



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# GET OFF MY Cloud

Our reliance on the cloud – that is, remote storage of everything from music to personal documents to photos – has transformed our lives, not to mention the speed of our computers and devices.

Gone are the days when our life's memories were held on hard drives or burned onto CDs. Yet there are growing fears that what we are gaining in terms of convenience, we may be losing as far as security goes, following a spate of data breaches.

With that in mind, here are five ways to keep your cloud storage safe:

## PASSWORD STRENGTH

Using a strong password is a must, whether protecting your data or simply logging into something as mundane as a parking app. Long, unique passwords with a combination of upper- and lowercase letters, with numbers and symbols, are best.

## FILE SHARING FOIBLES

Sharing via the cloud is one of its best features, but this 'foot in the door' also provides a route for others to potentially sneak in. It's therefore advised you regularly

audit who you're sharing with.

## TWO FACTOR AUTHENTICATION

It's a phrase that's becoming embedded in our subconscious, and plays itself out usually by having to enter a six-digit code when logging into a platform or system. In the moment, it feels like a hassle, but by doubling your protection, you're doubling your security.

## CONFLICTED CONNECTIONS

While hackers may not be able to access your cloud storage via the conventional route, it could be that they can gain entry through connected apps or programmes (such as calendar or email), so regular checks and removal of any third-party apps you're not using is a great way of keeping your information secure.

## NOTIFICATIONS

Finally, if the worst thing happens and you do have someone sniffing around where they shouldn't be, by activating notifications, you'll quickly be made aware of a foreign body and can take action.




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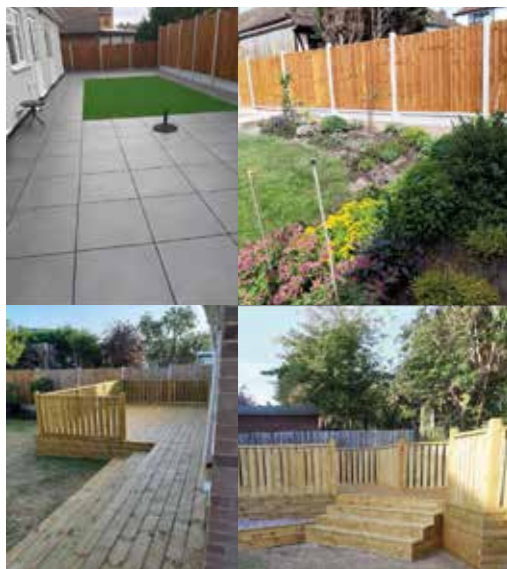
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**PETS**

The global CBD pet market size was valued at a whopping £20.2million in 2019 and is expected to grow at a compound annual rate of 40.3 per cent between 2020 and 2027.

From tinctures to topicals to treats, there is a whole host of CBD products that are specifically designed for pets. However, do they work and, most importantly, are they safe?

#### WHAT IS CBD?

CBD stands for cannabidiol and is the second most prevalent active ingredient of cannabis. Derived from the hemp plant, unlike tetrahydrocannabinol (THC), CBD does not have any psychoactive properties and will therefore not make you or your pet feel 'high'.

#### WHAT ARE THE BENEFITS OF CBD FOR PETS?

Although research is still ongoing, there are several potential benefits of CBD for pets, including:

- ★ Reducing stress and/or anxiety, including separation anxiety
- ★ Acting as a natural pain reliever, especially for inflammatory conditions such as arthritis

- ★ Enhancing appetite
- ★ Reducing nausea and/or vomiting
- ★ Treating skin conditions
- ★ Helping wounds to heal faster

#### IS CBD SAFE FOR PETS?

There is no evidence to suggest that CBD is toxic to dogs or cats, as long as it is given in the right doses and is purchased from a trusted manufacturer. In terms of potential side effects, there is currently no scientific data on CBD usage in pets but, based on humans, they could possibly experience:

- ★ Dry mouth
- ★ Lowered blood pressure
- ★ Drowsiness

#### IS CBD FOR PETS LEGAL IN THE UK?

CBD oil has not yet been approved by the Veterinary Medicines Directorate or the Food Standards Agency (FDA) as an official medicine. If you think that CBD could help your pet, you need to speak to your vet first, as only they can legally prescribe CBD to your animal.







# 5 Gardens

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**EXBURY GARDENS** – **Exbury, near Southampton, SO45 1AZ**  
Famous worldwide for its Rothschild collections of rhododendrons and azaleas, when exploring these 200 acres of woodland gardens, look out for the viburnum and cotoneaster, which are particularly stunning at this time of year.

**KNOLL GARDENS** – **Hampreston, Dorset, BH21 7ND**  
If you prefer a more intimate garden, Knoll Gardens is the perfect choice. A natural garden that exudes peace and tranquillity, it offers a handsome collection of woody plants and some of the best grasses around. Don't leave without snapping some inspirational photos for your own autumn garden.

**THE SAVILL GARDEN** – **Englefield Green, Surrey, TW20 0UU**  
At this popular garden, each season brings something new, with autumn signalling the arrival of maples and cherries, as well as breath-taking displays of fungi. A great day out for horticultural enthusiasts and families alike.

**SHEFFIELD PARK AND GARDEN** – **Haywards Heath, East Sussex, TN22 3QX**  
Although famous for its displays of spring flowers, this park is actually at its best in autumn, when its collection of exotic trees and shrubs comes alive in an abundance of vibrant oranges and rich reds. Ideal for anyone who loves to be surrounded by open water, enjoy the striking reflections in the lake and see all your stresses ebb away.



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HOW TO

# PERFORM CPR



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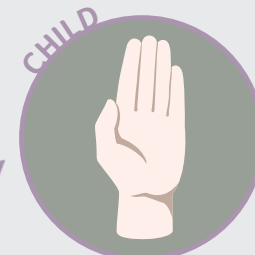
ON CHILDREN AND BABIES



### HOW TO DO CPR ON A CHILD OR A BABY UNDER ONE-YEAR-OLD:

- > Check if the child is responsive. If they do not speak, gesture or open their eyes when you communicate with or gently shake them, they are unresponsive.
- > Check that their airway is open and clear by placing one hand on their forehead to tilt their head back and using two fingers from your other hand to lift their chin.
- > See if the child is breathing normally by listening for sounds of breathing and watching to see if their chest moves.
- > If they are unresponsive and not breathing, ask a helper to call 999/112 for emergency help and start CPR immediately. Do not leave the child or baby to make the call.
- > If you are alone, give one minute of CPR as detailed below before calling 999 on speakerphone.
- > To start CPR, place the child on a firm surface and open their airway as explained above.
- > Take your hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.
- > Take a breath and put your mouth around the child's to make a seal.
- > Blow gently into the mouth for up to one second until the chest rises.
- > Remove your mouth, watch the chest fall and repeat five times.
- > It is vital that you perform rescue breaths, as cardiac arrest in both babies and children is most likely caused by a respiratory problem.
- > Next, kneel by them and put one hand in the centre of their chest.
- > Push down one-third of the depth of the chest, then release pressure so the chest comes back up.
- > For babies under 12 months, place two fingers in the centre of the baby's chest instead of your whole hand.
- > Repeat this 30 times at a rate of 100-120 compressions per minute.
- > Alternate two breaths and 30 compressions until help arrives, the child starts to breathe normally, or a defibrillator is ready to be used.

**TOP TIP:**  
Use the beat of the song *Nellie the Elephant* to keep the right pace







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UNUSUAL VEG OF THE MONTH:

black radish

If you overindulged during the summer months, then this lesser-known vegetable is exactly what you need to get you feeling fighting fit again. Commonly used to support the liver and aid digestion, the black radish is sharper than other radish varieties and offers a kick of spice that is perfect for winter salads.

What does a black radish taste like?

When raw, black radishes are known for their spicy, bitter and pungent flavour. However, when cooked, their crunchy flesh softens and their flavour mellows and develops sweet, peppery undertones.

What are the health benefits of black radish?

Black radish has high levels of a phytonutrient called glucosinolate, which makes it useful as a healing food that is particularly good at supporting the liver, gall bladder and digestive system. It is also an antioxidant booster.

How to prepare and cook black radish

You do not need to peel a black radish unless it is old and the skin is very tough. Instead, scrub well and carve out any holes or cracks that may harbour dirt. When used fresh, the flesh can be thinly sliced, chopped or shredded and added to salads, stirred into grain bowls or used as a topping for tacos. When cooked, black radishes can be roasted, braised, fried and sautéed. They can also be pickled and added as a spicy element to kimchi.

Black radish perfect pairings

Thyme | Parsley | Chives | Mint | Apples | Pomegranates | Carrots | Roasted meats

How to store black radish

Black radishes can be stored long after harvest by submerging the roots in a box of moist sand and placing them in a cool, dark place. Shop-bought black radishes can last up to two months in a perforated plastic bag in the fridge.



FOOD & DRINK



# How to repair damaged hair

**D**o you know your sprays from your serums? Your oils from your creams? If not, we are here to help. Leave-in conditioners are the ideal haircare products for sun-damaged hair, but which one is best for your hair type?

## Why use leave-in conditioner?

Leave-in conditioner is essentially a barrier, protecting your hair from drying out, becoming tangled and getting stripped of its nutrients.

## Which type of leave-in conditioner should I use for my sun-damaged hair?

### Conditioning hair milk

Conditioner in the form of milk is designed to be extremely lightweight and therefore is best suited to those with fine or flat hair. Hair milk is also good for adding body, shine and silkiness to your hair.

### Conditioning hair oil

Oil is ideal for dry and damaged hair. You may be worried that leave-in hair oils will make your hair appear greasy. Fortunately, you can now find some great lightweight hair oils that can be applied to the roots to banish frizz and moisturise each strand of hair.

### Conditioning hair serum

If your hair needs a lift, then a volumising leave-in serum is exactly what you need. Unlike other volumising haircare products, a conditioning serum won't dry out your hair, but instead will leave it feeling bouncy, light and hydrated.

### Conditioning hair spray

A booster spray is the perfect conditioning product for hair that has been damaged by colouring or heat styling, with the ability to strengthen elasticity and reduce both hair loss and breakage.

### Conditioning hair cream

If you have thick, unmanageable hair, a moisturising conditioning cream can add shine and help to tame frizz, as well as make blow-drying less of a chore.

**Top tip:** Prevention is better than cure, so always make sure you protect your hair from the sun's rays by using a daily UV hair protector.



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# Know Your Numbers!

*Week 2021*



HEALTH & FITNESS

**D**o you know your blood pressure numbers? High blood pressure usually has no symptoms, but it can cause heart attacks, strokes, kidney disease, dementia and several other serious illnesses.

Know Your Numbers! Week 2021 aims to seek out those with undiagnosed and uncontrolled high blood pressure and promote the importance of home monitoring.

### Why you need to Know Your Numbers!

- ♦ 1 in 2 strokes and heart attacks are the result of high blood pressure
- ♦ 1 in 3 adults in the UK have high blood pressure
- ♦ 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment
- ♦ High blood pressure costs the NHS £2.1 billion every year.

### How to check your blood pressure

In previous years, Blood Pressure UK set up free

checks across the country, but owing to social distancing measures, this year it is promoting home monitoring. This allows you to have complete control over your blood pressure and can help put your mind at ease.

### How to choose the right blood pressure monitor

There is a wide range of home blood pressure monitors available and you need to pick one that will deliver accuracy and reliability. Look for a monitor that is:

- ♦ Clinically validated. This means that it has been tested and gives results you can trust
- ♦ Automatic. A digital monitor with an upper arm cuff is easy to use and offers the most reliability
- ♦ Within your budget. You don't need to select the most expensive machine on the market.

You can find a list of clinically validated home blood pressure monitors on the British and Irish Hypertension Society website.

### What is the ideal blood pressure?

An ideal blood pressure is under 120/80mmHg. High blood pressure is considered to be 140/90mmHg or higher. Seek immediate medical help if your blood pressure is 180/120mmHg or higher or you are experiencing severe headaches or blurry vision that you think is being caused by your blood pressure.







SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

# KEEP ON RUNNING

## DETERMINATION AND DRIVE – THE GREATEST RUN OF MANY FOR PAULA RADCLIFFE MBE

She is the runner whose contorted expressions suggested every stride was an exercise in attrition, whose thin yet powerful figure made her look much taller than her five-foot eight-inch frame, and whose competitive potential came despite being diagnosed with asthma at the age of 14.

Yet the record books do not list discomfort, disappointment or struggle – for Britain's Paula Radcliffe, they note the Cheshire-born runner as the most successful we have ever produced.

On April 13, 2003, years of preparation came together to create what remains one of the finest performances of any long-distance runner.

Radcliffe stepped up to the start line of the London Marathon knowing that victory should be hers, having won the previous year's race by a colossal three-and-a-half minutes.

As it materialised, her winning margin was almost exactly the same, yet the time of 2:15:25 was

something superhuman. It took two minutes off the world record that she herself already held, and meant she had run the distance three minutes quicker than anyone else, ever.

The scale of Radcliffe's achievement only really became evident in the years that followed, during which no female athlete could get anywhere near her time. Even her rivals were clamouring to praise her.

American record holder Deena Kastor said: "Fans of this sport will continue viewing her 2:15 performance as iconic, heroic and a stunning sprint of 26.2 miles."

It took 16 years for the record to finally be broken, by Kenyan Brigid Kosgei at the 2019 Chicago Marathon.

Radcliffe, who made two comebacks in the sport after having children, retired in 2015. She was awarded an MBE for services to running, and now works regularly for sports media around the world.

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# TOKYO 2020



SPORT

## TEAM GB'S BRILLIANCE SHINES THROUGH AGAIN

There is perhaps a feeling that we were hard done by where the 2020 Tokyo Olympics were concerned, with a lack of spectators and the fact that the whole event seemed so detached from what is an amazing host city... yet try telling that to our swashbuckling Olympians.

In competitive terms, Team GB exceeded expectations yet again, bringing home a total of 22 gold, 21 silver and 22 bronze medals, to finish an extraordinary fourth in the medal table, behind only the US, China and Japan.

There were incredible successes all across the board, kickstarted with Adam Peaty charging home in the 100m breaststroke. Also in the pool, Tom Daley finally got the reward for his years of dedication, producing the performance of a lifetime alongside Matty Lee on the synchronised 10m platform.

We excelled in cycling across all disciplines, saw triathlon golds in the post-Brownlees era, exerted all our usual excellence in equestrian, and powered to pentathlon, boxing and sailing honours.

And what about Max Whitlock? His Tokyo gold saw him become the most successful gymnast ever on the pommel horse, with two Olympic and three world titles.

And while Skye Brown's medal was bronze, it was arguably the young star who courted the greatest quantity of headlines. At just 13-years-old, she confirmed in Tokyo what we all knew: That at such a tender age, the youngest ever British Olympian has the world at her feet – with her trusty skateboard close by.

Yet it's difficult to look beyond Jason and Laura Kenny. The married track cyclists became our greatest Olympians ever in claiming keirin and madison golds – the literal flagbearers for the sport's sensational ascent in the modern era.



Photo credit: Keizo Mori/UP/SHUTTERSTOCK, Natacha Pisarenko/AP/SHUTTERSTOCK, Dmitri Lovetsky/AP/SHUTTERSTOCK, Petr David Josek/AP/SHUTTERSTOCK, Alex Whitehead/SWPix.com/SHUTTERSTOCK



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