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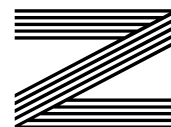
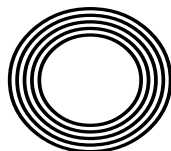
Dry January

The best places to visit

LEARN THE BASICS
of British Sign Language

Frankie
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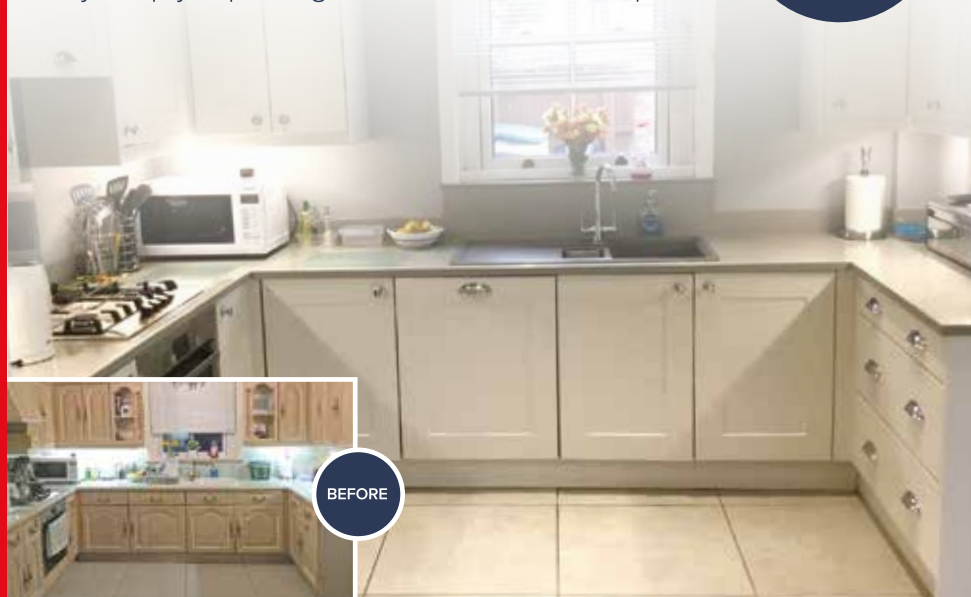


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JANUARY 2022

Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Rayleigh Wickford. Happy New Year 2022. That still sounds strange to me. Sometimes I forget what year we are in as the past two seem to have rolled into one long year. Most of you, I hope, are reading this after having a well-deserved rest over Christmas (which I certainly needed). Every year, I make New Year's goals - I don't call them resolutions as it sounds wishy-washy to me. But goals/targets sound more assertive as they are made to be achieved. My goals personally are all about making more time to relax and have some me time. With two young kids - a three year old and an 18 month old - there isn't too much time to relax after work. Since my three year old has never been a believer in a good night's sleep, 4am wake-up calls have been the norm in our house for years now, and it's catching up with me. Business-wise, we are on a recruitment drive this year and I am looking at adding a couple more people to our team. So if you are keen to take on a new challenge, we are looking for a client relationship manager as well as more distributors to help deliver our magazines every month in your local area. Please feel free to send me an email or call for a chat if you are interested. I wish you all the very best for 2022.

Nik Allen

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

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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

SUPPORT LOCAL BUSINESSES

Please let your local businesses know that you saw them first in... **VISION**

Life Chiropractic in your community.

Hello residents of Rayleigh,

I'm Dr Thomas Pooley, a Doctor of Chiropractic at Life Chiropractic in Rayleigh, located on the High Road.

I have been a Chiropractor now for over eight years. Graduating with a master's degree in Chiropractic from the AECC University College in Bournemouth back in 2013, following the five years intensive training.

I grew up in Cornwall and love the outdoor life. Being an avid basketball player and supporter, I have always enjoyed playing sports. These days I love running and recently completed the Richmond half marathon and am planning to do Chelmsford's on the 6th of March 2022. You just can't beat that feeling of achievement when you cross the finishing line.

After graduating, I moved to Essex and joined our Life Chiropractic Clinic in Rayleigh. Since then I have treated literally thousands of patients. It gives me immense pride in being able to have such a positive impact on the health and wellbeing of the local community.

Our approach at Life Chiropractic is reaching an accurate diagnosis, using in-depth health history, physical examination and on-site X-ray facilities which allows us to create an individual personalised treatment plan.

The beauty of being able to offer such an in-depth consultation is that it makes it possible to accurately find the root cause of symptoms.

In our Rayleigh clinic we have thought of all details to simplify the patient journey, from having on-site parking, online booking, X-ray facilities and eight treatment rooms, all allowing us to offer flexibility and multiple options for your treatment and care under one roof.

The clinic serves all ages, from babies to those in or approaching their senior years.

At Life Chiropractic we keep our patients Covid safe by wearing full PPE and following government guidelines to minimise risk to our patients and staff.

It's been an amazing journey being part of the Rayleigh community, I've gained new friends and helped so many wonderful people regain their health. I'm looking forward to helping more of you in the future.

Dr Thomas Pooley

(Doctor of Chiropractic)



P.S. Life Chiropractic Rayleigh have a fantastic offer just for readers of Vision Magazine > 25% OFF A NEW PATIENT CONSULTATION.

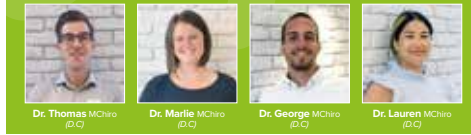
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British Sign Language

basic phrases

Around nine million people in the UK are deaf or hard of hearing, with deafness being the third most common disability in the world.

Currently, there are more than 151,000 British Sign Language users in the UK, not including translators and interpreters.

Whether you know someone who is deaf or hearing impaired or not, why not make 2022 the year you learn this useful new skill?

WHAT IS BSL?

BSL stands for British Sign Language, and it is the language of the deaf community in Great Britain. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions, and shoulder movements. It also has its own grammar that is structured completely differently from spoken English.

WHY LEARN BSL?

Language is key to relationships and, for those who are deaf or hearing impaired, relying on lip reading and guessing games can act as a communication barrier. By learning sign language, you will be able to interact better with the deaf community. Plus, learning a new skill can be lots of fun.

UNDERSTANDING THE BSL ALPHABET

Fingerspelling is the method used to spell out names and places using hand signals and finger adjustments. While fingerspelling on its own isn't sign language, it can help you to communicate with someone who is deaf. It is often used to spell words that do not have a sign and for instances when the other person is not familiar with a particular sign.

British Sign Language uses two-handed gestures to spell words – see BSL alphabet below:



Photo credit: british-sign.co.uk

BASIC BSL SIGNS:

'How are you?'

- > With your hands flat, run your fingertips up your chest
- > Then move your hands forward with a thumbs-up gesture
- > When signing this phrase, use a questioning expression.

HOW ARE YOU?



'What is your name?'

(signed as 'name what')

To sign 'name'

- > Make the tips of your index and middle fingers (N shape) to touch your forehead
- > Then twist your hand forwards at the wrist until your fingers are in front of your face.

WHAT IS YOUR NAME?



To sign 'what'

- > Point your wrist out in front of you with your palm facing forward
- > Then put your pointer finger up and wiggle it from side to side
- > When signing this phrase, use a questioning expression.

'Please'

- > Place the fingertips of your dominant hand on your lips
- > Then move the hand away from your face, keeping hands in the same position
- > Mouth 'please' at the same time.

PLEASE/ THANK YOU



'Thank you'

- > Use the same sign as 'please'
- > Mouth 'thank you'.

'Sorry'

- > Make your hand into a fist
- > Rub your fist against the centre of your chest in a circular motion.

SORRY



FIND OUT MORE ABOUT BSL AT WWW.BRITISH-SIGN.CO.UK

HELP ME!

If you were in a dangerous situation, would you know how to discreetly ask for help?

Cases of domestic violence surged during the pandemic. Fortunately, there are several new services to help victims get the help they need without putting themselves in more danger.

1. SIGNAL FOR HELP GESTURE

Launched early in the pandemic to combat the rise in domestic abuse, this gesture can be silently displayed during video calls to alert family, friends or colleagues that someone needs help.

To make the gesture, put your palm up, tuck your thumb in and close your fingers.

2. PHARMACY ANI

A codeword scheme created by pharmacies to offer a lifeline to domestic abuse victims, if someone asks for an ANI (action needed immediately), a trained member of staff will take them discreetly aside to offer help or call the police. This scheme has been rolled out across Boots stores and many private pharmacies.

3. IPHONE EMERGENCY SOS

Apple's iPhones now come with a feature that allows you to discreetly make an emergency call and simultaneously share your location. From iPhone 8 handsets onwards, simply press and hold the side button and one of the volume buttons until the emergency SOS slider appears. Drag the slider to call the emergency services. To use this service on an iPhone 7 or earlier, rapidly press the side or top button five times until the slider appears.

4. ASK FOR ANGELA

Designed to prevent sexual violence in hospitality venues, all you need to do is approach a member of staff and ask for Angela if you feel unsafe or threatened and they will help you out of the situation.

5. SILENT 999

If you can't speak or you are scared you may be overheard, you can cough or tap your phone handset when ringing 999, and trained call handlers will recognise this as a distress signal. Alternatively, dial 55 once connected.

6. WHAT3WORDS

What3Words is a free smartphone app that gives every three by three square metre of the globe a unique three-word code. If you are lost, all you need to do is give the emergency services your code and they will be able to pinpoint your location almost immediately.



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Complying with the Government COVID Guidelines

3 Reasons Why Selling Before You Buy Could Save You Thousands!



A lot of homeowners who are thinking of moving are making some big mistakes. Below are the three main reasons getting your home on the market now will put you in pole position when it comes to finding your dream property.

2 Become an Attractive Buyer

Buyers whose homes are already under offer are MUCH more attractive to sellers who want to reduce the risks of delays and pull-outs.

If you're thinking of moving, now is a great time to make that move. And EweMove is here to help you.

1 It's a Sellers' Market

Soaring demand for local homes is outstripping supply. This means homes are selling fast and often for over the asking price.

3 The Wrong Move Can Cost You ££££

Often when people decide to delay selling until they find somewhere they love, it costs them thousands of pounds. That's because they offer over the asking price for it while accepting less for their current home because of fear of missing out.

If you want to know how to achieve a premium price for your property and move successfully to your next home, call us (24/7) on 01268 437 525 for expert, honest advice. Or visit www.EweMove.com/WickfordRayleigh

EweMove respects any existing sole agency agreement already in place with another agent.





HOME & DIY

ALTERNATIVE USES FOR peanut butter

Whether your child loves peanut butter sandwiches or you can't get enough of satay sauce, peanut butter is a store cupboard staple for many families in the UK. But did you know that it can also be used to overcome a whole host of household hurdles?

To clean leather: Shop-bought leather-cleaning products can be expensive. Luckily, peanut butter can be just as effective at restoring your leather goods to their former glory. Simply apply in a circular motion and buff away with a clean cloth.

To lure mice: Mischievous mice and creepy crawlies cannot resist peanut butter, which is why it makes the perfect pest bait. Smear a small amount near entrances or cracks in the wall, wait for them to get stuck, and then remove from your home. Or place a spoonful on a humane mouse trap.

To deodorize your home: If you have cooked fish and you can't get rid of the smell, peanut butter is the ideal antidote. All you need to do is add a spoonful into a frying pan, gently heat, and the odour should disappear in a matter of minutes.

To eliminate squeaks: Run out of WD-40? Peanut butter is a highly effective lubricant for fixing squeaky hinges or drawers. Just apply a small amount to the area and marvel as its natural oils banish the squeak.

To remove adhesives: Both gum and glue can be a nightmare to remove from surfaces in your home. However, with just a dab of peanut butter, you can easily wipe away these sticky substances. Apply a small amount to the affected area, leave to sit for a few minutes, and then wipe away with a clean cloth.



Update your BATHROOM on a budget

The beginning of a new year is one of the most popular times for home renovations. But don't worry if you are feeling the pinch from Christmas, as our below interior design tips promise to transform your bathroom for less.

Paint the ceiling: Instead of just repainting your bathroom walls in the same uninspiring shade, customise the space by adding a pop of colour to the ceiling. All you need is paint in your chosen colour, a stepladder, a roller and a brush.

Make sure you put down an old sheet first to protect your flooring, and opt for bathroom paint as this is designed to prevent mould and has a washable finish.

Add new storage: If your bathroom is more cluttered than calming, then why not look into some new storage solutions? Open shelving is cheap and can make your bathroom feel more spacious. Alternatively, you could repurpose an old ladder to use as a rustic towel rail.

Replace the shower curtain: You will be surprised at just how effective a new shower curtain can be at uplifting the overall feel of your bathroom. Incredibly cheap and with many designs to choose from, we recommend that you go bold with a bright colour or statement style.

Renew wooden flooring: Wooden flooring has become increasingly popular in bathrooms as homeowners embrace a more natural look. If your wooden floor is looking a little tired, a quick coat of paint or wood stain will instantly update the space. For a cosy feel, opt for a darker colour, and to open up the room, go light.

Invest in indoor plants: One or two well-placed houseplants will instantly transform your bathroom into an indoor oasis. From shower plants to trailing plants, a bit of greenery can turn a cold and clinical space into one that feels alive. Choose plants that don't mind a humid atmosphere, such as asparagus fern, spider plants and Chinese evergreen.

Photo credit: Future Plc/Colin Poole, Future Plc/Matthew Williams, Future Plc/Jamie Mason, Future Plc/Claudia Dulak via www.idealhome.co.uk

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VERY PERI

Colour of the year 2022



As interior design enthusiasts everywhere waited with bated breath, Pantone announced its colour of the year – and it wasn't what anyone was expecting.

What is the Pantone colour of the year for 2022?

For the very first time, Pantone created a new shade that didn't already feature in its existing catalogue of colours. Described as "a dynamic periwinkle shade of blue hue with a vivifying violet red undertone", Very Peri marries the constancy of blue with the excitement and energy of red.

What does this colour symbolise?

According to Pantone, Very Peri is a symbol of the transitional times that we are going through as the world emerges from lockdowns and experiences unprecedented change. Its unique colour combination is meant to deliver dynamism, creativity, imagination and moving forward.

Furthermore, as our physical and digital worlds become more intertwined, Very Peri is a shade that looks just at home in the natural world as it does on screen.

How to incorporate Very Peri into your home

Very Peri is an incredibly versatile shade that is suited to many different materials, textures and finishes within the home. If you are worried about using too much colour, Very Peri is a great shade for creating a feature wall, either with a splash of paint or some playful wallpaper. It also works just as well in transitional spaces, such as the hallway, as it does in the main rooms of your home.

Alternatively, you could invest in a few periwinkle home accessories or refresh some old wooden furniture with this warm and uplifting shade.



Swooning

over Kimberly

One of the most important things to know about Kimberly Duran, the face behind Swoon Worthy, is that she is 'obsessed with interiors'. And it certainly shows.

Swoon Worthy is a delightful interiors blog that features pretty pastels, quirky details, and tonnes of style. It's a mix she calls "eclectic boho glam" – a style we're completely on board with.

Meet Kimberly Duran

Kimberly describes herself as "a design-obsessed DIYer, an award-winning UK interiors blogger, a freelance writer, a professional candle-maker, and a crazy cat lady".

Kimberly's home is filled with pink, florals, and stylish gold detailing – the modern boho girl's dream. She may describe it as "artfully arranged clutter", but if that's what clutter looks like, sign us up.

Making your home Swoon Worthy

Kimberly's style is very accessible and versatile. You could make it work in your bathroom, kitchen, living room – anywhere that needs a touch of glam. She works to a budget, with a lot of DIY ideas you can easily recreate in your own home. To recreate her look, take a look at the following tips:

Keep rooms light and airy

There's a recurring theme throughout Kimberly's home, and that's plenty of light. All of the rooms are painted white or in light neutrals, which creates the illusion of space. The colour comes in the accent details, which include plenty of pinks, greenery and the occasional pop of colour.

Display all the way

A lot of decor experts will tell you to put clutter away, but when your clutter is as pretty as Kimberly's, you're going to want to display it. Choose items that fit with your colour scheme to create a stylish kitchen that looks far from messy. From your crockery to cookbooks, it all looks good laid out for everyone to see.

A touch of gold

Something that Kimberly does very well is to use gold in her decor to add a touch of luxe and glamour – which is exactly what modern boho is all about. Gold decor is very popular and affordable at the moment; however, you can always upcycle existing pieces with gold spray paint for a budget-friendly upgrade.



Photo credit: swoonworthy.co.uk

LOCAL NEWS

from your neighbourhood



Photo credit: Ruby Ward @theartoflondon | Essex Police

Two mothers accused of murdering man at party

Two women, including one from Rayleigh, who have been charged with killing a man on New Year's Day 2021, appeared in court last month.

Hannah Sindrey, 24, of Rayleigh, is accused of killing her boyfriend, Paul Fletcher, 31 (pictured inset), with co-defendant, Kelly Blackwell, 26.

The trial began at Basildon Crown Court at the end of last year. Both women have been accused of killing Mr Fletcher and both deny the allegations, holding each other responsible for the victim's death.

In the early hours of January 1, 2021, Mr Fletcher was stabbed in the heart at a residence in Worcester Drive, Rayleigh.

The court heard that the two women brutally stabbed Mr Fletcher after he took their phones.

Mr Fletcher was tragically declared dead at the scene.

According to a post-mortem study, he died from a stab wound.

The trial at Basildon Crown court continues.

Man is charged on New Year's Eve after fire

A man has been charged following a fire in Rayleigh last month.

Wesley Bridge, 18, of Andrewes Way, Rayleigh, appeared at Chelmsford Magistrates' Court on New Year's Eve, charged with arson being reckless as to whether life is endangered.

The charge follows a fire at an address in Andrewes

Way at 7.30pm on December 29.

Bridge was remanded in custody and is due to appear at Basildon Crown Court on January 28.

An 18-year-old woman from Dagenham was also arrested on suspicion of arson with intent to endanger life in connection with the fire.

She has been released under investigation.



MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



Some of my constituents may recall that I took a public role advocating for the leave campaign during the 2016 Brexit referendum. I have recently published, via Amazon, a new autobiographical account, called *Spartan Victory*, which focuses on the key events in Parliament and the media between the 2016 EU referendum and the UK finally leaving the EU on January 31, 2020.

The book, which I have dedicated to my late friend and parliamentary colleague, Sir David Amess, who was so cruelly taken from us in October, also features elements of my earlier political career, including working with David in Basildon in the early 1990s, beating Boris

Johnson to win the nomination as the Conservative candidate for Rayleigh, and then working in opposition for both George Osborne and William Hague.

However, the main focus of the book is 'the battle for Brexit', which details how the various elements of the

British establishment effectively combined to seek to overturn the will of the British people, as democratically expressed in the 2016 referendum, and then tried to keep the UK in the EU after all.

The book is out now in hardback, paperback and ebook versions. A full summary of the book and purchase options are available by searching for *Spartan Victory* or via the following link: amzn.to/3srsqrJ

Whether you voted leave or remain, Brexit was the biggest political issue in Britain since the Second World War and *Spartan Victory* is the inside story of how it played out in the House of Commons and the media, when the outcome still remained very much in doubt.

I hope that this publication provides my constituents with an insight into what really went on during that epic struggle – not least as our constituency voted to leave the European Union by a majority of more than two to one.

COVID-19 testing unit moves

The mobile testing unit (MTU) that operates from the car park of Rayleigh Leisure Centre every Monday has moved to a new location.

Since December 20, the MTU has been operating from the car park of the Rawreth Pavilion, 2 Rawreth Lane, Rawreth SS11 8SW (pictured).

The site administers PCR tests for those who have COVID-19 symptoms, or their close relatives. Testing is by appointment only, made through the gov.uk website.

The new site is open from 9am to 3pm every Monday.

Councillor Mike Webb, Rochford District Council's portfolio holder for emergency planning, said: "Testing to help control the spread of COVID-19 and its variants continues to be of vital importance.

"The move to the Rawreth Pavilion car park provides more space and ease of access for those taking tests, and also eases the congestion that was occurring at busy times at Rayleigh Leisure Centre."

The MTU that operates from Clements Hall Leisure Centre six days a week will continue unchanged.



Photo credit: Google Earth

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LOCAL NEWS

from your neighbourhood

LOCAL NEWS WICKFORD



Photo credit: Essex Police



Arrests made during modern slavery offences warrant

Essex Police seized money and made arrests last month in connection with an investigation into modern slavery.

Officers seized £20,000 in cash and safeguarded 12 people and nine dogs during warrants carried out in Wickford and Tiptree.

These warrants – including two in Hovefields Avenue, Wickford, and one in Kelvedon Road, Tiptree – were executed at around 5am on December 14.

Four men, aged 76, 42, 36 and 35, have all been arrested on suspicion of modern slavery offences.

The 35-year-old man has also been arrested on suspicion of rape. The 42-year-old man was arrested on suspicion of assault.

Detective Chief Inspector Justin Beacher said: "The arrests have been the result an intelligence-led operation into modern slavery.

"It's a term most people are not familiar with, but sadly it means that some people do not have the freedom to make their own life choices.

"Modern slavery has no place in Essex and will not be tolerated."

Leader of Basildon Council, councillor Andrew Baggott, said: "I am grateful to our colleagues at Essex Police, who have the council's full and unwavering support in this matter.

"Our minds also turn to the terrible situation for the victims, and Basildon Council will continue its support of Essex Police in safeguarding those affected and ensuring that those responsible are brought to justice.

"I am proud of the resilience, determination and grit demonstrated by all involved."

Modern slavery sees people trapped in jobs where they may be paid little or no money; they may be unable to move around freely because they have their documents taken from them, have no means of escape, and may be threatened with physical abuse.

If you have any information about human trafficking or modern slavery, call the police on 101 or 999 in an emergency.



Photo credit: Google Maps

Two found guilty over traveller site shooting

Two men, including one from Rayleigh, were found guilty of various charges in connection with a shooting in Hovefields Avenue, Wickford.

At Basildon Crown Court in December, Thomas Saunders, 29, of Arterial Road, Rayleigh, and Thomas Connors, 23, of Merlin Crescent, Edgware, were both found guilty.

Saunders was convicted of two charges of firearm possession and property destruction or damage.

Connors was found guilty of encouraging or helping in the conduct of one or more crimes with the intent to commit them, supporting an offender, and driving dangerously.

During the incident in September 2020, gunshots were fired at a chalet, caravan and car, shattering glass and causing property damage.

The pair are expected to be sentenced later this month or in February.

Council launches borough-wide consultation

Wickford residents are being invited to take part in a public consultation, launched by Basildon Council, regarding the implementation of a borough-wide Public Spaces Protection Order (PSPO).

A PSPO is a legal order to tackle antisocial behaviour (ASB) that would cover specific restricted areas within the borough, such as parks and town centres, and the breaching of it is a criminal offence that could be subject to a fine of up to £1,000.

The behaviour that authorised council officers would have the power to enforce under a potential PSPO includes alcohol and substance use, urination and defecation, and car cruising.

The purpose of the consultation is to get residents' experiences of each type of activity the PSPO would potentially prohibit, as well as to determine the level of support for each prohibition.

Leader of Basildon Council and chairman of the Public Order and Enforcement Committee, councillor Andrew Baggott, said: "A PSPO covering the borough would give us more powers to tackle the behaviour that we don't want to see in Basildon.

"Our enforcement teams and park wardens already do brilliant work across the borough, and the introduction of a PSPO would allow us to utilise and strengthen these resources to do even more to make our borough a nicer place to live.

"We want the opinions of as many residents as possible, so we can determine the level of support for each aspect of the potential PSPO. Please complete the consultation and tell us your views."

To complete the consultation, which is open until January 20, visit www.basildon.gov.uk/PSPOconsultation

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MOTORING

Electric avenue

WE'RE ALL AWARE OF THE ECO MOTORING REVOLUTION, BUT DO WE REALLY KNOW THE DIFFERENCE BETWEEN ELECTRIC AND HYBRID CARS?

We are living in a brave new era as far as the vehicles we drive are concerned. These shimmering, humming specimens cruise around our streets almost imperiously, but for those of us keen to rid ourselves of a gas-guzzling giant, it seems many of us aren't clued up on the comparison.

Electric

An electric car is, quite simply, a fully electric vehicle. It will never require a trip to the petrol pump, and that means the cost of running it is significantly reduced compared to its fuel-hungry cousins – in fact, the estimated running costs of an electric car are just 25 per cent of what it costs to run a petrol or diesel vehicle.

The downside of an electric car is the need to recharge the battery. This can typically take several hours, which can cause a headache when it comes to long road trips, so you need to plan

ahead if you do have a long journey.

However, the development of rapid electric chargers seems capable of dramatically reducing this time, in some cases down to as little as half an hour.

Hybrid

A hybrid car runs on electricity, but also has a fuel tank in order to boost or prolong performance. In most models, the petrol powers the wheels, while the electric element propels the drive.

There are a range of hybrid variations – from mild, where the battery rarely drives the wheels on its own; to full hybrid, where the wheels are powered by the engine and the motor working together; to a plug-in hybrid, where a much bigger battery can be charged independently. This means you get all the benefits of green motoring with a petrol back-up if needed (which it typically will be if travelling more than 30 miles).

FRANKIE DETTORI

A book, a film and a few more hundred rides – Frankie Dettori's love affair with racing continues.

As sporting icons go, Frankie Dettori betters most, in spite of his diminutive 5ft 4in frame. Having turned 51 in December, the Milan-born jockey continues to push his place in the sport.

There's a new book, *Leap of Faith* – an autobiography detailing the passion, positivity and perseverance of someone still going strong.

There's the documentary movie, *Dettori* – a stunning showcase of a life as the rock star of racing.

Mostly, though, there is a competitive reality that many lose under the radar. So used are we to seeing Dettori on our screens, across entertainment shows and as a genuinely likeable celebrity face, it's easy to forget this is someone still powering around racecourses on a weekly basis.

In 2021, Dettori has had more than 200 rides, and more than one-fifth of those saw the charismatic Italian come home to the sound of victory cheers.

Dettori has succeeded off the back of something very simple – he is a fierce competitor, a charmer and an entertainer. From the early days of stardom in 1990, when in one season he became the first teenager since Lester Piggott to ride a hundred winners, to his legendary seven victories achieved at Ascot in September 1996, to finally breaking his Epsom Derby jinx at the 15th time of asking, the rider has always embraced what it is to live in the spotlight that shines so brilliantly over the sport of kings.

"I know how lucky I am to be living this life," says Dettori, who was sent by his father to the UK in 1984, aged just 14, to work for Luca Cumani, the Italian thoroughbred horse trainer and breeder. The premise was simple – become the world's best jockey.

"It is good days and some bad days, like everyone else, but I am grateful every day at what the sport has given me, and as much as I can pay back, I will."

A fixture on the racing card for more than three decades, and someone who has prolonged his freelance riding career since parting company with Godolphin Racing in 2012 in the wake of a six-month drugs ban – something he has described since as "a moment of weakness that I will always feel shame for" – Dettori can claim to have lived through multiple generations and incarnations of the sport.

"There is always an interesting balance between the jockey, the horse and the trainer," says Dettori. "Everything is configured around that axis and if at any point one of those three things begins to deteriorate, you simply won't win races."

Dettori, who lives near the Newmarket course with his wife, Catherine, and their five children, knows that retirement may be nearing. When that day comes, the jockey may console himself in the knowledge that his career in the media will continue to flourish. He is already a regular on Racing TV, and away from the track has spent many years exploring entrepreneurial pursuits, not least his chain of restaurants.

"I've always been someone who wants to have a lot of fun," he says – how else would you describe his stint in the *Celebrity Big Brother* house in 2013? "I have a passion for life and a thirst to reach out and take the next project, and I'm sure I'll always carry that on."

“There is always an interesting balance between the jockey, the horse and the trainer”



Is a bad hip stopping you from doing everyday things?

Nuffield Health Brentwood Hospital reveals the signs you might need a new one.

What is a hip replacement? This is a procedure to remove your damaged hip joint and replace it with an artificial joint. It's used to treat hip pain, most commonly hip osteoarthritis, which is gradual wear and tear of the joint. During the procedure, the damaged joint is removed and replaced with an artificial ball and socket joint (a prosthesis). There are many different types of hip replacement and your surgeon will recommend the one that's best for you.

There are no set rules when it comes to hip replacement. While the surgery is commonly associated with older patients, in truth it's a life-changing procedure for anyone with a worn hip joint.

The following signs may indicate hip arthritis or be symptoms of other problems. The best way to accurately diagnose the state of your hip is to speak to a specialist and have an x-ray.

1. Hip or groin pain

Pain around the hip or groin area can be one of the major indicators that there may be an underlying problem with your hip joint. Let's look at some of the different ways it can manifest.

Pain when walking

If hip or groin pain is preventing you from walking normal distances for you or completing your usual daily activities, then speak to a specialist.

It's important to remember that this can be relative to you. For some, being able to comfortably stroll a short distance to the post box or local shop is enough. For others, being unable to complete a five-mile walk is unthinkable. It all depends on your lifestyle.

You may find yourself compensating with a limp, relying on a walking stick, or even needing painkillers just to cope with the pain of walking or other activities such as climbing the stairs or getting into a car.

Pain during exercise

Soreness or pain during or after exercise which is stopping you from being as active as you normally would, be it jogging, swimming or other physical activities, can be a sign of hip arthritis.

The pain is usually localised between your hip and knee. If the pain is lower down towards the ankle the problem might be caused by back problems.

Pain at night

If hip pain makes it hard to fall asleep or you find yourself waking up because of the pain caused by your movements in the night - talk to someone about it. There are a number of hip or joint-related issues that could be affecting your sleep.

2. Stiffness

Difficulty putting your shoes or socks on is a common sign of stiffness in your hip, especially if one foot is more difficult than the other. You may also start to feel your hip joint clicking, popping or grinding in ways which impair your normal range of movement. If this is an ongoing problem, you should speak with a specialist.

3. The one leg test

If you can't stand on your problem leg for longer than a minute - even with the support of a door frame or table-top for balance, then you might have a problem with your hip.

There are some other exercises you can try at home to see if you could benefit from hip pain treatment. For instance:

- Lying on your back or sitting, can you bring your knee to your chest? Assist with your hands if you need to.
- Lying on your back, can you move your leg out to the side without moving your trunk?
- Sitting on a chair, can you place your ankle on the opposite knee and let the knee drop down as far as possible?

For each test, compare both sides of your body. You may find the test easier on one side than the other, and many people notice this.

4. No relief from other treatments

Most hip problems can be resolved without a full hip replacement. There is a range of treatments available, including physiotherapy and medication that may better address your symptoms.

If your hip pain is not severely limiting your daily life, or you have found ongoing relief from these less invasive treatments, then it indicates a hip replacement is likely not the right option for you yet.

At Nuffield Health Brentwood Hospital our experienced team of orthopaedic surgeons are experts in lower limb procedures and provide quick access to hip replacement surgery.

How to book a consultation at Nuffield Health Brentwood Hospital

If you are interested in hip replacement surgery or want expert advice from a professional, you will need to book a private consultation with one of our orthopaedic experts before proceeding with any treatment. To book a consultation, please contact our dedicated hospital enquiry team on:

Telephone: **01277 695 631**

Online: www.nuffieldhealth.com/hospitals/brentwood

Visit: Brentwood Hospital, Shenfield Road, Brentwood, CM15 8EH



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PUZZLES & TRIVIA

PUZZLES

Answers: see end of The Vision Listings

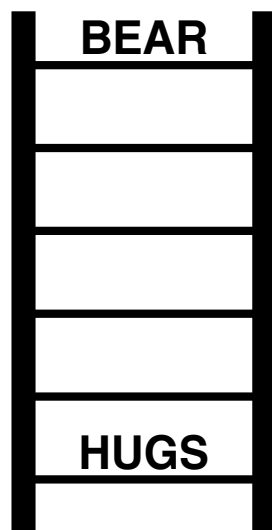
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- ▶ LAIR
- ▶ LODGE
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- ▶ PADDOCK
- ▶ ROOST
- ▶ SETT
- ▶ STABLE
- ▶ VESPIARY



DID YOU KNOW?

- ▶ The smallest bone in the body is called the stapes and can be found in your ear
- ▶ The brain is the most complex organ of the body. It contains nearly 90 billion neurons
- ▶ There are 26 bones in the human foot
- ▶ Women blink more than men
- ▶ As well as unique fingerprints, everyone has a unique tongue print
- ▶ A newborn baby has more bones than an adult. As they grow older, the bones fuse together
- ▶ Fingernails grow faster than toenails
- ▶ If you measure yourself in the morning, then again at night, you're taller in the morning
- ▶ Your heart beats about 100,000 times in a day.

WORD LADDER



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

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

DO NOT rearrange the order of the letters.

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

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All hail the BACON BUTTY!

The bacon butty has been named the UK's favourite sandwich, beating both cheese and pickle and ham and cheese to claim the number one spot. With one in five picking this British classic, let's take a closer look at what makes a great bacon sandwich.

HISTORY OF SANDWICHES

The sandwich is named after John Montagu, 4th Earl of Sandwich, who is said to have ordered his valet to bring him a piece of meat tucked between two pieces of bread. Today, the humble sandwich remains the UK's favourite lunch, with one in five Brits claiming to eat one every day.

HOW DOES THE NATION LIKE THEIR BACON BUTTIES?

More than a quarter of Brits choose sliced white as their bread of choice when making a bacon butty. Coming in second is the French baguette, with wholegrain bread in third place. Somewhat surprisingly, it's mayonnaise, not ketchup, that is the nation's sauce of choice when it comes to making a bacon sandwich, with 48 per cent of Brits favouring this creamy condiment.

HOW TO MAKE THE ULTIMATE BACON BUTTY

While everyone has their own personal preferences when it comes to making a bacon sandwich, below is our go-to recipe for creating the ultimate bacon butty.

You will need: A white or brown bloomer loaf or even a roll | 4 slices of smoked back bacon | Ketchup or brown sauce | Butter – ideally salted Lurpack.

How to cook the bacon: Always pan fry your rashers rather than bake them in the oven | Fry over a medium heat so that the fat renders down and the meat caramelises | Fry until the bacon is fairly crispy but do not let it shrink too much.

How to make: Gently toast one side of the bread/roll in the leftover bacon fat | Generously butter the other slice | Add the bacon | Top with either ketchup or brown sauce | Sit back, relax and enjoy.



Credit: Brazen via foodhub@wearebrazen.com



FOOD & DRINK



LOVE YOUR LIVER

January is Love Your Liver Month, a national campaign led by the British Liver Trust to raise awareness of the importance of liver health.

One in three people in the UK is at risk of liver disease, with many people not realising they have a problem until it is too late.

What does the liver do in the body?

The liver performs a range of essential tasks, including producing proteins, storing vitamins and minerals, and breaking down toxins like alcohol and medications.

How to take care of your liver

Cut down on alcohol: One of the jobs of your

liver is to process any alcohol you drink. If you drink more than the recommended daily amount (more than 14 units per week), your liver will not be able to process the alcohol quickly enough, which damages your liver cells.

Top tip: Take three days off from drinking alcohol every week to give your liver time to repair itself.

Maintain a healthy weight: A healthy liver contains very little or no fat. However, in some people, fat builds up in the liver and leads to a condition called non-alcoholic fatty liver disease. To prevent this, keep a healthy weight, eat a balanced diet, and stay physically active.

Top tip: Focus on long-term changes rather than quick weight loss.

Protect yourself from viral hepatitis:

Hepatitis is the term used to describe inflammation of the liver. Acute liver failure is one of the most common complications of a viral hepatitis infection. You can be vaccinated against both hepatitis A and B.

Top tip: Visit your GP if you have symptoms such as muscle pain, high temperature, loss of appetite, and yellowing of eyes and skin.

Best liver-protecting foods and drinks

- ☛ **Coffee** – contains antioxidants
- ☛ **Black and green tea** – improve enzyme levels and reduce fat deposits
- ☛ **Grapefruit** – reduces inflammation
- ☛ **Red and purple grapes** – reduce inflammation and prevent damage
- ☛ **Beetroot juice** – reduces oxidative damage and increases detoxification.



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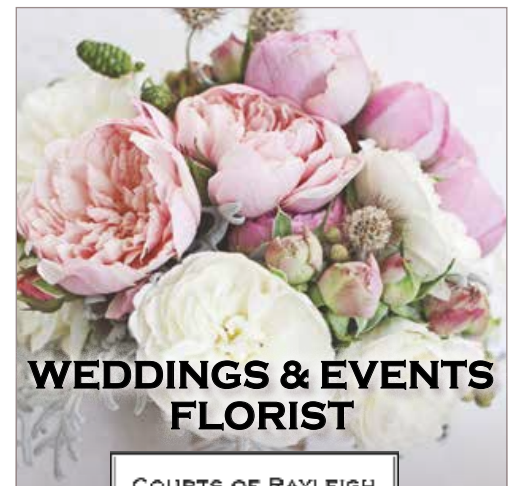
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BEAUTY

HOW TO CLEAN *hair-styling* TOOLS

DID YOU KNOW THAT YOUR HAIR CAN BE DAMAGED BY PRODUCT BUILD-UP ON STYLING TOOLS SUCH AS STRAIGHTENERS?

HOW TO CLEAN HAIR STRAIGHTENERS/CURLING IRONS

If you want to achieve the perfect look, you need to ensure you are cleaning your flat and curling irons frequently, as both hairspray and thermal sprays can quickly build up on your styling tools.

Step 1: Unplug your tool and allow to completely cool down.

Step 2: Wet a micro cloth with lukewarm water and squeeze out any excess liquid.

Step 3: Rub the damp cloth gently over the surface of the plates.

Step 4: For stubborn residue, pour a small amount of nail polish remover onto a cotton ball and wipe over the plates.

Step 5: Allow your styling device to completely dry before using again.

NB: Never use face or baby wipes to clean your hair straighteners or curling irons and never submerge them in water.

HOW OFTEN SHOULD YOU CLEAN STRAIGHTENERS AND CURLING IRONS?

Ideally, you should clean your hair straighteners and curling irons after every third use to prevent build-up from becoming ingrained in the plates.

HOW TO CLEAN YOUR HAIRDRYER

Many people wrongly believe that you do not need to clean a hairdryer. In fact, the back vent can harbour a whole host of germs and bacteria.

Step 1: Remove or open the back vent.

Step 2: Use a toothpick or tweezers to remove any dirt or debris from the filter and then wipe clean with a damp cloth.

Step 3: Clean the nozzle and body with a damp cloth to remove any build-up of hair products.

Step 4: Allow the dryer to fully dry before using again.

Step 5: Repeat once a week for optimum results.





BRUCEKING

on how to sell yourself and what you do

KNOW YOUR WHY



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to wake up and stay motivated.

Motivation is so often thought of as something you have done to you, or you do to yourself to get yourself moving, usually in the direction of achieving your goals.

If you struggle with motivation, there are thousands of personal development coaches out there who will happily take your money and do what they can to motivate you. But in most cases, the results will only be temporary.

The most important thing you need to understand is what motivation really is.

Motivation comes from the word 'motive' (reason).

Your motivation comes from your motive, your 'why', your reason for wanting to achieve your goals.

Doesn't that put a totally different light on it?

Without a why, no goal will be very inspiring or motivating.

Yet when you define your why – what it will really

mean for you, how amazing you'll feel, what you'll have and be able to do when you've achieved your goals – you will be massively more motivated, most if not all the time. And you probably won't need anyone's help to motivate you.

So, to define your why, here's an exercise I use with many of the people I coach.

Invest at least half an hour (it's going to be one of the most valuable half-hours ever), think about the following question and write down your answers. And don't stop until you cannot think of anything else to write, no matter how long it takes.

Ask yourself – why do I do what I do?

Keep that piece of paper with you and whenever you need motivating, read it.

That's all the motivation you should ever need.

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

NEW YEAR, NEW YOU, NEW HOME?

The new year is a prime time for people to take stock of their lives, set some their goals and make big plans for the year ahead which often includes moving and with Rightmove expecting 150 million visitors to the site in January, if moving is on your 2022 to do list, now could be the best time couldn't it?

January marketing pros...

Traditionally an estate agents busiest month and with huge portal traffic as a seller the more people looking at your property, the more viewings booked, the more offers received the greater the chance of you selling your property (and quickly)

These conditions can make for an excellent sellers market and as such marketing at this time could mean multiple offers from multiple potential buyers

January marketing cons...

Whilst the new year brings out the buyers it also brings out the sellers. Far more properties come to the market in January than any other time of the year so you could have stiff competition so you need to make sure your property is fighting fit and at the top of it's game because buyers will have other options.

As with many new year resolutions a new home search can fall by the wayside as we get into January, the first couple of weeks can see lots of viewers who haven't thought seriously about moving, they don't have their finances in place and this can lead to time and money wasted preparing for viewing that aren't fruitful



IFTOP TIP:

BEFORE INSTRUCTING YOUR SELLING AGENT ASK ABOUT THE PRO'S AND CON'S I'VE RAISED AND HOW THEY MANAGE THESE AND YOUR EXPECTATIONS - AND MAKE SURE YOU ARE IMPRESSED WITH THE ANSWER



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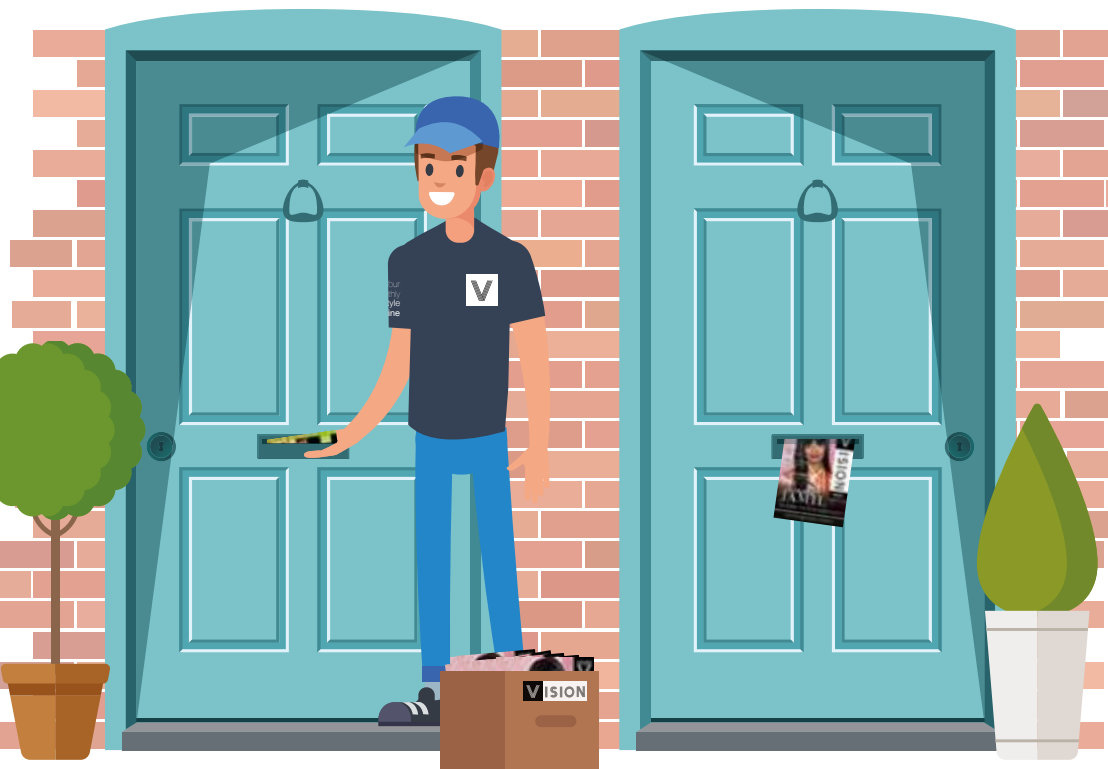


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KIDS



THE RISE OF

Myopia

Myopia is one of the most common vision problems in childhood, affecting up to five per cent of pre-schoolers, nine per cent of school-aged children, and 30 per cent of adolescents. And, since the pandemic, cases in children are higher than ever before.

WHAT IS MYOPIA?

Myopia, also known as short-sightedness, is an eye condition that causes distant objects to appear blurred. Since the pandemic began, there has been a surge in diagnoses, with an increased amount of screen time being the most likely cause.

In children, myopia typically occurs between the ages of six and 13, and it often worsens during the teenage years before stabilising in the early twenties.

WHAT CAUSES MYOPIA?

Myopia occurs when the eyes grow slightly too long. This means that the light doesn't focus on the retina at the back of the eyes properly. It is not completely clear why this happens, but it often runs in families and has been linked to focusing on nearby objects, such as computers or books, for long periods of time during childhood.

DOES MY CHILD HAVE MYOPIA?

There are several signs to look out for that indicate your child may be short-sighted. These include:

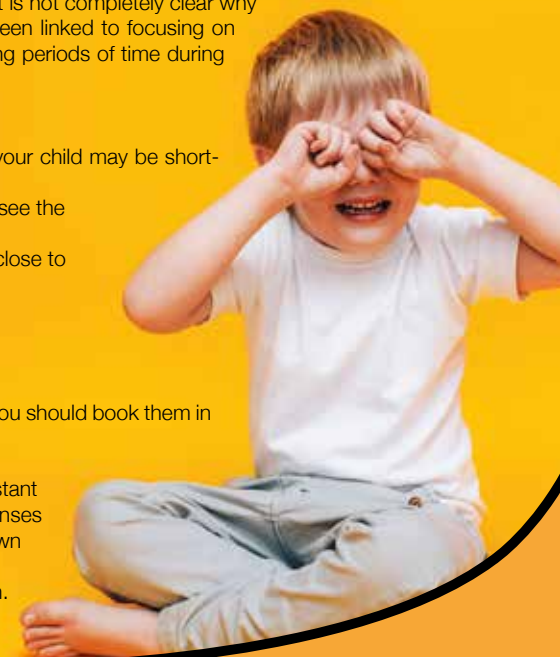
- Needing to sit at the front of the class at school to see the whiteboard
- Sitting close to the TV at home or holding a tablet close to the face
- Complaining of headaches or tired eyes
- Regularly rubbing their eyes.

HOW TO TREAT MYOPIA

If you suspect that your child may be short-sighted, you should book them in for an eye test as soon as possible.

There are several treatments for myopia, including:

- Corrective lenses that help the eyes to focus on distant objects – in the form of either glasses or contact lenses
- Low-dose atropine eye drops – these can slow down myopia in children
- More time outside and less time in front of a screen.





THE BEST PLACES AROUND THE WORLD TO SPEND DRY JANUARY



Did you overindulge a little during the festive period? Are you more than ready to get on the wagon and give Dry January a try?

If yes, then these sober-friendly holiday destinations are just what you need to stay on the straight and narrow.

SANTORINI, GREECE

Beloved by honeymooners and those wanting a romantic getaway, while you can still buy booze in Santorini, this stunning beach destination is better known for relaxation, eating, and exploring the local villages.

MALAYSIA

If you want a holiday destination where it is too expensive to drink alcohol, then Malaysia is the country for you. With one of the world's highest alcohol taxes and alcohol highly restricted and even banned in some places, you won't have much choice but to find other ways to have fun.

PERU

For those who are seeking delicious alcohol-free alternatives, this South American country certainly delivers. Choose from nutrient-rich juices made

from local fruits, or chicha morada, a Peruvian speciality made from dried purple corn.

THE MALDIVES

One of the most popular destinations for winter sun, it is forbidden for locals to drink alcohol in the Maldives, and they are instead used to drinking tea and coconut water. While you can still indulge in the island's resorts, why not enjoy a truly authentic experience and go booze-free?

MOROCCO

Unlike us Brits, alcohol is not really part of Moroccan culture, so you won't see many offerings in local bars, hotels and shops. Instead, focus on exploring its ancient cities and stunning architecture, as well as its many markets, which are perfect for grabbing a bargain or two.

TOKYO, JAPAN

Although alcohol is easy to get hold of in Japan, like Morocco, this country does not have a strong drinking culture, so you won't feel pressured to drink. Instead, check out the high-tech entertainment or visit a sumo stable and see the country's national sport live in action.

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GARDENING



When it comes to helping the environment, every little helps. There are a lot of things you can do to build greener habits, starting with your own garden.

Creating an eco-friendly garden is the perfect way to support the environment from home – no matter the size of your space. Make your garden more sustainable with the following tips.

USE RECYCLED MATERIALS

Using recycled materials is one of the major ways you can make your garden more eco-friendly. This could include wooden pallets, old plant pots, and plastic food containers. You could also consider upcycling dated or discoloured garden furniture.



SUPPORT NATURE'S POLLINATORS

Nature relies on bees and insects for pollination. The growing decline in their populations could have serious consequences for food production and much more in the future. Planting some bee-friendly flowers could help you play your part in boosting their numbers, while also bringing some colour to your garden. Popular bee-friendly flowers include lavender, honeysuckle, snapdragons, bluebells, and primroses.



CONSERVE WATER

Taking steps to conserve water will help the environment, as well as keep your bills low. Having some water butts will help you collect rainwater that you can use for watering flowers, topping up your pond, and other garden tasks. You should also avoid sprinklers and over-watering your garden to help reduce your water use.



MAKE YOUR GARDEN WILDLIFE-FRIENDLY

There are different things you can do to encourage wildlife visitors to your garden. This helps increase biodiversity and gives you your own chemical-free pest control. Build a pond, put up some bird boxes, and provide some food sources to encourage these welcome visitors to your garden.



You can prevent pests and weeds without having to resort to chemical methods. Some herbs, such as chives, rosemary and mint, make excellent pest deterrents, while you can manually remove weeds to keep them from taking control of your garden.



GET COMPOSTING

Instead of buying compost from the garden centre, why not make your own? Start collecting your vegetable peelings, lawn cuttings, teabags, egg boxes, shredded newspaper, and cardboard to cut down on waste and put it to good use.

HOW TO PERFORM CPR ON PETS



If you own a pet, you should make it a priority to learn how to deliver CPR to them in the safest possible way.

While pets with underlying health conditions are unlikely to recover, if your healthy animal's heart has stopped, then CPR could save their life.

HOW TO CHECK IF YOUR PET NEEDS CPR

1. Check their airway:

Pull their tongue forward and check to see if there is anything lodged in their throat. If there is, remove it.

2. Check their breathing

Look and listen to see if they are breathing. Can you see their chest rising and falling? Can you feel breath from their nostrils? If not, check immediately for a heartbeat.

3. Check their circulation

Place your hand or ear over their chest where the elbow meets the ribcage. Can you feel or hear a heartbeat? If no heartbeat is found then start CPR.

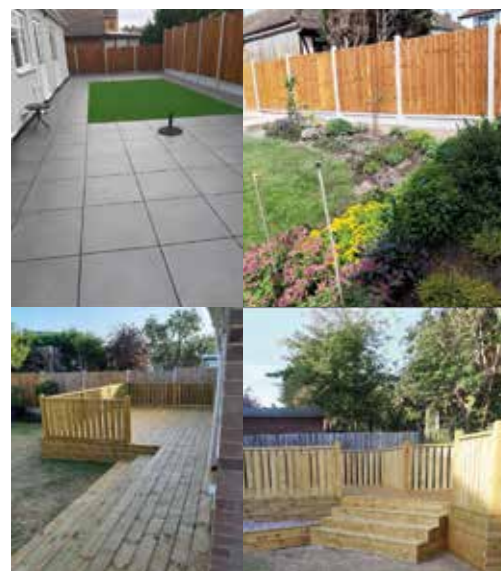
HOW TO PERFORM CPR ON YOUR PET

- > Place your pet on their right side on a firm and flat surface
- > Dogs that have a barrel-shaped chest can be

placed on their backs

- > Compress the chest at two per second at the widest part of their chest
- > For large dogs, use both hands interlocked
- > For small dogs, use one hand
- > For cats, use one hand to compress the chest from both sides while they are lying on their side
- > Make sure that each compression depresses the chest by a half to two-thirds and allow the chest to return to normal after each compression
- > After 30 compressions, extend their neck, close the mouth and blow down their nose
- > Give two breaths, allowing one second for the chest to fall
- > Check for a heartbeat again
- > If no heartbeat, repeat the process, giving 30 compressions and two breaths until veterinary help arrives.

TOP TIP:
Use the beat of the song *Staying Alive* to keep the right pace



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SPORT



FROM WOK RACING TO ICE YACHTING – THE WINTER SPORTS YOU PROBABLY NEVER KNEW EXISTED

We watch the Winter Olympics partly with admiration, partly for slightly comedic entertainment. Whoever thought riding down an ice track on a glorified metal tea tray at 80mph was a good idea?

To pull off any kind of sporting prowess with icy, snowy and bitterly cold conditions is impressive, but the peculiarity of winter sport stretches far beyond gliding across a frozen lake on two blades of steel.

Here are five winter sports you probably never knew existed – now all you need is for the temperature to drop below zero so you can partake:

SNOW SCOOTING – The scooting trend has transformed our towns and cities. A simple adaption to remove the wheels and curate a more aerodynamic board to stand on, with a handlebar unit that responds to left and right pushes, means you are ready to embark on a whole new form of scooting... on ice.

WOK RACING – Sometimes the name alone is enough to fill in the gaps. Competitors sit on a round-bottomed Chinese wok and speed down a variety of courses, from a bobsled track to a steep bank. Handles are optional.

SHOVEL RACING – For a sport that does what it says on the tin, shovel racing is a lot of fun, with the flatness of the metal providing a comfortable yet speedy base for descent.

ICE KARTING – We're told to avoid driving in freezing conditions, but ice karting capitalises on our thrill for negotiating unpredictable hazards and, of course, powerslides.

ICE YACHTING – This sport is a cross between windsurfing and traditional sailing, with yachts simply adapted with the addition of runners on the bottom, which glide across the ice. It's very popular in the Netherlands and Finland.

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