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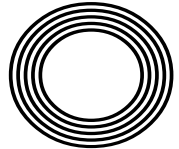
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HEROES**  
*honoured*

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Ray Burmiston

# Keep on suffering from back pain and neck problems, even doctors are getting frustrated?

Ten's of thousands have found an effective and natural solution.

Many people in the UK are suffering from chronic conditions causing spinal pain, affecting quality of life and day to day activities. In many cases doctors are investing in testing and treating the symptoms however, the condition keeps reoccurring, creating frustration with the patients (and the Doctors). It's time to get to know the accurate diagnosis and natural treatment helping thousands of people put their back problems behind them at Life Chiropractic.

Back pain, leg pain, shoulder pain, neck pain and general stiffness. If these symptoms sound familiar to you, then you are probably one of the many thousands who suffers from chronic back problems. Apart from the physical symptoms of back or neck pain there are social and mental effects – due to the continued pain and uncomfortable feeling many people avoid work and social activities which in time may lead to some level of depression.

## Treatment options if you're suffering from back pain.

Often the treatment options available concentrate on reducing or managing the symptoms and may have its own side effects. As the doctors get more frustrated with resolving spinal complaints following long waiting times, many people give up hope and stop searching for a solution, accepting, sadly, the physical, social and mental effects as their destiny.

For those who are still searching for a solution aiming to leave the pain and the discomfort behind I would like to introduce the diagnostic and treatment modalities used by Life Chiropractic Clinics, the largest chiropractic group in Essex, with more than twenty years experience and over thirty Chiropractors, Massage therapists and Rehabilitation specialists.

## The Medical Profession is limited when it comes to dealing with spinal complaints.

Back pain symptoms tend to be very limiting and at times get worse the longer they're left untreated.

In most cases the symptoms experienced are the results of small injuries to tissues such as joints, ligaments and muscles along the spine, which when left untreated can result in chronic irritation and subsequently inflammation. At times the treatment option is anti-inflammatory in nature, however, as the

cause of irritation still present there is a high likelihood of the inflammation returning once treatment is stopped, then subsequently symptoms will return.

One of the most common reasons given for back pain is "it's your age", this diagnosis is actually a declaration that there is no effective treatment and that the only way to manage symptoms is pain killers and life modifications. The truth is that it's not the age that hurts us, otherwise the whole spine would be just as painful, in fact the cause is usually always a localised area of dysfunction.

## This is how you can leave your back pain behind:

An accurate diagnosis, a tailor made treatment plan and personal support by our Chiropractors, Therapists and support team.

Our initial consultation at Life Chiropractic is dedicated to reaching an accurate diagnosis, this includes a thorough medical history to understand the symptoms and lifestyle of the patient, followed by orthopaedic and neurological examinations and X-Rays if required.

*"The beauty of having the ability to have such an in depth consultation is that it makes it possible to find the cause of the symptoms"* says Dr Tom Pooley, one of the senior chiropractors in Life Chiropractic.

According to the severity and the cause of the injury a specific treatment / adjustments can be determined.

According to Tom *"Many patients report much more than just a reduction of pain – more energy, better mood and general feeling that the body is working much better"*

The Doctors at Life Chiropractic support patients from the initial consultation throughout treatment with face to face appointments. They monitor the treatment to ensure it's actually achieving what we set out to do which is to get you better. We can confidently say the secret to the success of our treatment is the close contact and continued support that the patient receives.

*"So if your body and quality of life is important for you then you will want to come and see what we do"* says Tom.



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# Editor's notes...

FEBRUARY 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**RayleighWickFord. I was recently reminded of a quote from 19th century philosopher Carl Jung, who wrote: "At the same moment you're a protagonist in your own life-making choices, you are also the spear-carrier, or the extra, in a much larger drama. You've got to live with these two opposite ideas at the same time."

In other words, while we are all the star in our own performance, with all the people we know just bit-part players in our production, to everyone else it's the same but in reverse; they are the star, and we

are the extras.

It led me to consider to what extent I wanted to assume the lead role this year. With everything that's happened in the world over the past couple of years, I am led more than ever to think first, not about myself, but about community, compassion, and humility.

What we can all achieve this month and throughout 2022 is to put people around us first, and perhaps share the limelight a little.

Until next month, take care of yourself and each other.

*Nik Allen*

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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# HONOURING *our* COVID-19 HEROES

In the hope that we're moving away from the dark days of COVID-19 for good, let's highlight a few of the iconic figures who have guided this nation through one of its toughest tests outside of wartime.

The battle against COVID-19 has not been a simple one. For every inspired expert, another has been chastised; for every round of applause, there has been a barrage of criticism; for every saint, there has been a sinner.

The Queen's New Year Honours List recognised many who have committed so much over the past two years, going right back to March 2020 when the world began morphing into that dark, terrifying place it became.

Recently praised by the Queen, there were a number of people who, by their own admission, were called upon to help. Here are some of those

who used their experience and expertise to help in this time of crisis:

**Sir Chris Whitty:** One of the first of the government's advisors, the Chief Medical Officer excelled at breaking down the science, both behind the scenes and in public broadcasts to millions of people.

**Sir Jonathan Van-Tam:** Professor Whitty's deputy was given a knight bachelor title not only for his services in understanding COVID-19, but also for his extensive life's work researching influenza.

**Dame Jenny Harries:** The chief executive of the UK Health Security Agency was another who was prepared to stick her head above the parapet, at a time when speculation and misinformation permeated news sources and social media.

**Sir Patrick Vallance:** The physician, scientist and

clinical pharmacologist served the government as Chief Scientific Advisor, and remains in the position today.

Meanwhile, Scottish Chief Medical Officer, Dr Gregor Smith, and his Welsh counterpart, Dr Frank Atherton, were also knighted for services to public health.

Of course, there were also those who became involved in campaigns and initiatives that were a world away from their everyday lives.

The late, great Sir Captain Tom Moore was one; Marcus Rashford canvassed the government for free school meal vouchers – and won; Kate Garraway played out an incredible personal struggle with COVID-19 in the form of her husband Derek's long battle with the virus; Joe Wicks started a home fitness revolution; while Annemarie Plas was the

brains behind the Clap for Carers initiative which, at a time of intense lockdown, reminded us all that we were only ever a few yards away from those who cared about us.

And yet, in assembling a list of people who have committed knowledge, insight or reputation to the war against COVID-19 and its many variants, it's easy to forget the very folk who are the true heroes, and without whom the death toll would be catastrophically higher – ourselves.

While the informed, powerful and inspirational people listed have given us the knowledge and tools by which we have fought the battle against COVID-19, ultimately it is our own actions, our unwavering compassion and a sense of resilience, that embodies every bit the Dunkirk spirit. For that, we salute you.



## DID YOU KNOW ABOUT...

If you embrace everything about Valentine's Day, from the romance to the exchanging of gifts – even the corny love songs – then you will love these fascinating facts about Cupid's big day.

### *Valentine's Day was founded on rebellion*

Although this popular day is synonymous with love, it actually started as the result of Emperor Claudius II not wanting Roman men to marry during war.

### *The x symbol originated in medieval times*

While many modern lovers end their text messages with an x or two, this tradition first came about in medieval times as not many people were able to write.

### *Valentine's pairings used to be random*

Nowadays, people tend to send Valentine's Day cards to their current partner or to someone they have a crush on. However, in the Middle Ages, the selection process was random, with single men drawing the names of unattached women from a bowl.

### *Juliet still receives love letters on Valentine's Day*

Despite the fact that she is a fictional character – and a deceased one at that – the city of Verona, where *Romeo and Juliet* is set, still receives around 1,000 letters addressed to this leading lady each year.

### *Henry VIII chose February 14*

Although most of his marriages ended badly, there is no denying that this infamous king was a fan of love. In fact, he was the one who declared Valentine's Day a public holiday way back in 1537.

### *The majority of Valentine's gifts are bought by women*

Somewhat unsurprisingly, a whopping 85 per cent of all gifts purchased for Valentine's Day are bought by women. Is it because the fairer sex is more romantic? Or maybe it's because women just like to treat their loved ones at this time of year?

# ...Valentine's Day?



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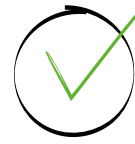
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# The Renting Rules



Tips and tricks from Forward Features on how to make your rented house a home

If you haven't heard of the Forward Features bloggers, it's time to check them out. A fun and insightful look at urban living, it's your go-to for incredible interior design that looks great in any home. Written by blogging duo David and Mark, Forward Features started as "the journey of two interior geeks trying to find a flat", and now covers everything from design and art to events. But it's their Renting Rules section – full of cool design tips to help renters make their house a home – that's got us hooked right now.

So what are the renting rules you need to know?

### Make a rented space more homely

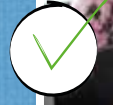
Rentals tend to favour white or magnolia walls, which can make the space feel cold and impersonal. So David and Mark recommend to add an accent colour. Choose one or two colours to liven things up and create a little depth, using curtains, cushions, coloured vases, or even flower arrangements. You can also add colour and comfort to your sofas with some cosy throws, to help give your home a more personal touch.



### Nail the WFH setup

If working from home has become a long-term arrangement, then you'll need to set up the perfect home office space. In a small house or apartment, this can be difficult, but not impossible. Forward Features recommends keeping things small and compact with multi uses.

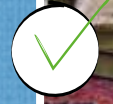
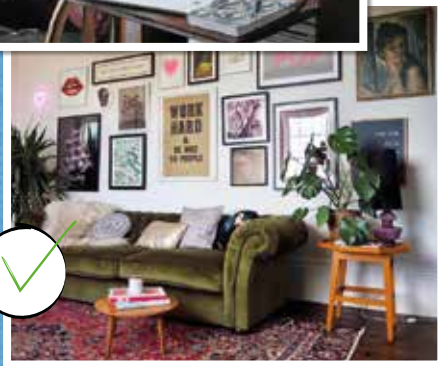
Add some decorative touches like vases, photo frames and candles to blend the space with the rest of your decor.



### Personalise your space with art

Art is a simple and affordable way to personalise your space when your options are limited. Use a combination of standing frames and wall art to help bring a touch of colour and style to your home.

Worried about putting things on the wall? David and Mark recommend Command Strips to combat the 'all holes barred' clause that appears in most rental contracts. Now that gallery wall can finally become a possibility.



Making the most of your rental can be difficult, but thanks to Renting Rules, you can get all the inspiration you need to add some personal touches to your space. Check out the blog at ForwardFeatures.net

Photo credit: forwardfeatures.net, Lisa Dawson via forwardfeatures.net



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HOME & DIY

# EASY PEASY Lemon Squeezy



**D**id you buy a few too many lemons to go with your pancakes? Don't let them go to waste; instead, use them to freshen up your home. As lemons are naturally astringent, they are the perfect chemical-free cleaning aid.

**MAKE YOUR TAPS SHINE:** Remove any hard water build-up or mineral deposits from your taps by spraying lemon juice on the affected area. Wait 10-15 minutes and then wipe off with a clean cloth. This can also work to clean a dirty showerhead.

**DESCALE THE KETTLE:** When was the last time you looked inside your kettle? If it's been a while, you may be shocked at what you see. Fortunately, to remove all that nasty limescale, all you need to do is cut a lemon in half, place both halves in a full kettle, and then boil. Leave overnight and simply empty in the morning.

**CLEAN THE MICROWAVE:** If your microwave is looking more crusty than clean, then a leftover lemon is just what you need. Simply fill a bowl with water and the juice of one lemon and then microwave for 3-5 minutes. Wait a further five minutes to allow the lemony steam to work its magic, and then carefully remove the bowl and wipe clean.

**CLEAN A CHEESE GRATER:** Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

**REMOVE STAINS ON LINEN:** To eliminate stubborn stains on linen, mix 1/3 cup of lemon juice and 2/3 cup of water. Apply to the affected area and gently rub. Once the stain starts to fade, wash your clothing and bedding as normal.

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# SINK selection

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*Benefits:* Hard-wearing | Scratch-resistant | Versatile | Affordable



**CERAMIC SINKS:** Very common in country-style homes, ceramic sinks offer that farmhouse feel which is highly sought-after in kitchen design. High quality and aesthetically appealing, a ceramic sink is also very easy to care for.

*Benefits:* Will not dent | Seamless sealed fitting | Heat and stain resistant | Available in a wide selection of colours



**BELFAST SINKS:** Another popular sink style for traditional homes, Belfast sinks, also known as butler sinks, are deeper than your average sink so offer more space to clean larger items. In terms of visual appeal, these sinks tend to be made of fireclay or glazed white porcelain, which provides a smooth and luxe finish.

*Benefits:* Resistant to hot temperatures | Choice of one or two bowl styles | Will not dent



**COMPOSITE SINKS:** As the name indicates, composite kitchen sinks are made from a variety of different materials and are designed to have the appearance of a granite sink without the hefty price tag. With hundreds of different styles and finishes to pick from, these are a great choice for those on a budget.

*Benefits:* Heat, stain, scratch and chip-resistant | Uniform in colour | Great value for money

**UNDERMOUNT SINKS:** Mounted underneath your kitchen worktop, undermount sinks are perfect for kitchens where space is an issue. Offering a minimalist and modern design, this type of sink is easy to clean but can be tricky to install.

*Benefits:* Highly attractive in design | Often deep for more space | Ideal for contemporary-style homes

Photo credit: www.tapwarehouse.com





# LOCAL NEWS

*from your neighbourhood*



Photo credit: Google/Maps, Essex Police/Paul Fletcher

## Girlfriend jailed for New Year's Day fatal stabbing

Following a trial in which a Rayleigh woman was charged with killing a man, as reported in last month's **VISION** Rayleigh Wickford, the woman has now been convicted of murder and jailed for life.

Hannah Sindrey, 24 (pictured), was arrested after officers responded to reports of a stabbing in Worcester Drive, Rayleigh, shortly before 1am on January 1, 2021.

When officers arrived, they found Paul Fletcher, 31 (pictured inset), had been stabbed. Tragically, he died at the scene.

During the investigation, it emerged that an argument had broken out between Paul and Sindrey,

who was Paul's girlfriend at the time. Sindrey's friend, Kelly Blackwell, 26, was also involved in the argument.

During the fracas, Paul, also known as 'Dod', was stabbed in the chest.

Detectives began investigating Paul's murder as a joint enterprise attack and charged Sindrey and Blackwell with murder.

Sindrey, of Worcester Drive, Rayleigh, and Blackwell, of Retort Close, Southend, both denied murdering Paul.

Blackwell was found not guilty of murder. Sindrey was found guilty and jailed for life, to serve a minimum of 14 years and six months behind bars.

## Three men arrested for illicit drug possession

Three men have been arrested following a narcotics search in Rayleigh.

Last month, officers carried out an operation at a business in Rayleigh as part of a drugs campaign.

They reportedly discovered a substantial quantity of cannabis.

A 29-year-old man from Shoeburyness, a 27-year-old man from Southend and a 26-year-old man from Enfield were arrested on suspicion of possessing cannabis with intent to supply.

They have been released under investigation while enquiries continue.

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# 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](http://www.EweMove.com/WickfordRayleigh)

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# MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



LOCAL NEWS RAYLEIGH

In recent months, there has been some concern among constituents over the future of the Mill Hall. I wanted to take the opportunity to discuss this issue in this month's **VISION** RayleighWickford column.

By way of background, the Mill Hall was originally at the epicentre of the recent vaccine roll-out in Rayleigh, displaying the vital role played by this much-loved community space. It is clear to me that many of my constituents had strong concerns about Rochford District Council's original proposal to knock down the Mill Hall and replace it with a new building, with an element of residential development.

I am delighted that Rochford District Council has now ruled out residential development on the Mill Hall site and is committed to looking at a number of options for the future of the Mill Hall.

I would like to commend the council for having the

sense to listen to the townfolk of Rayleigh and to think again.

It is my understanding that a cross-party group of RDC councillors is currently in the process of looking at alternative options, including what the new facility on the site could look like and accommodate. I will continue to monitor the project's progress over the coming year and will of course update you when more becomes clear.

However, my personal preference would now be to consider replacing the 1970s building with a 'New Mill Hall', which would be designed to 21st-century standards and be highly environmentally sustainable, keeping overheads low, and thus allowing for much cheaper running costs, which benefits the Rayleigh taxpayer.

Photo credit: Mikecphoto/Shutterstock



## Further delays to postal service

Royal Mail has apologised to residents in Rayleigh following months of disruption.

The postal service has been facing difficulties in recent months and, while Royal Mail is working hard to eliminate the backlog, numerous postcodes around the UK are continuing to experience delays in receiving their mail.

Royal Mail confirmed that Rayleigh's SS6 offices are the most affected.

A spokesperson said: "We aim to deliver to all addresses we have mail for, six days a week.

"In a small number of local offices, this may

temporarily not be possible owing to local issues such as COVID-related self-isolation, high levels of sick absence, resourcing or other local factors.

"In those cases, we will rotate deliveries to minimise the delay to individual customers.

"We also provide targeted support to those offices to address their challenges and restore our service to the high standard our customers would normally receive.

"We're sorry for any inconvenience and thank you for your understanding.

"We will regularly update customers on the offices most affected."





LOCAL NEWS WICKFORD

# LOCAL NEWS

*from your neighbourhood*



Sanders  
SENIOR LIVING



Photo credit: Essex Police

## Two men jailed over explosive ATM theft attempts

Following investigative work by specialist detectives, two men have been jailed for a total of almost 30 years for using explosives to try to steal cash machines in Wickford.

Between November 27, 2019, and January 14, 2020, Anthony Crowley, 37 (pictured inset left), and James Whitlock, 36 (pictured inset right), targeted eight cash machines.

They used gas, fuel and, in one case, resorted to throwing a petrol bomb to steal ATMs from locations in Wickford, Brentwood, Clacton, West Hanningfield, Woodford Green, Cold Harbour and Brixton.

In total, they stole nearly £50,000 and caused around £15,000 in damage.

Detectives carried out a thorough investigation and, through a combination of forensics, phone work and information from automatic number plate recognition

cameras, were able to link the duo to, or place them at, the scenes of the offences.

Warrants were carried out at addresses in Wickford, Walton-on-the-Naze and Hornchurch. Searches of vehicles revealed items which could link the men to the offences.

They were arrested on January 16, 2020.

Crowley, of no fixed address, was later charged with conspiracy to commit burglary, possession of a Class A drug and handling stolen goods.

Whitlock, of Alfred Terrace, Walton-on-the-Naze, was charged with conspiracy to commit burglary, handling stolen goods and failing to comply with a serious crime prevention order.

They admitted the charges and, at Basildon Crown Court last month, Crowley was jailed for 14-and-a-half years and Whitlock was jailed for 15 years.

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# Concerns regarding increasing train wait times

Changes in train times are resulting in schoolchildren who are travelling to Wickford Station experiencing longer wait times than usual.

Greater Anglia brought in a temporary revised weekday timetable last month in response to a reduction in passenger numbers, which are currently at 40-50 per cent of pre-pandemic levels.

Responding to concerns, a spokesperson for Greater Anglia said: "Greater Anglia is adding more services and making changes to its current revised weekday timetable, in response to feedback from customers."

Jamie Burles, Greater Anglia managing director, said: "We're very sorry for any inconvenience caused to customers by the new temporary timetable.

"We've listened to feedback and we're making changes to make journeys better for schoolchildren and commuters alike.

"We'll continue to monitor passenger numbers, listen to our customers and make adjustments if necessary.

"We want to provide a reliable service for our customers, which is also good value for taxpayers.

"We are determined to continue running a reliable and punctual service for all our customers."

# Man found guilty of manslaughter is jailed

A man has been jailed for seven years for the manslaughter of a Wickford resident.

Dennie Griffiths, 28 (pictured left), of Paynters Mead, Basildon, was sentenced to seven years in jail for the manslaughter of Matthew Bion, 31 (pictured right), of Wickford, at Basildon Crown Court last month.

Jade Chambers, 24, of Hermitage Drive, Basildon, received a 12-month jail sentence, suspended for 12 months, for her role in assisting Griffiths.

The jury found both Griffiths and Chambers guilty of the charges when they stood trial at the same court on September 21, 2021.

Matthew had gone for drinks at Reids bar in Laindon Road, Billericay, on August 17, 2019.

As Matthew and his friends left the bar, an argument



broke out which involved Griffiths and Chambers.

Matthew was punched by Griffiths, causing him to fall to the ground. Griffiths then ran away before he and Chambers were arrested later that same night.

A post-mortem recorded that Matthew died 10 days later because of his injuries sustained in the attack.



LOCAL NEWS WICKFORD

Photo credit: Essex Police





MOTORING



# 50 years of RENAULT 5

ICONIC, ANGULAR AND LIKE NOTHING THE UK CAR MARKET HAD SEEN BEFORE, WE LOOK BACK ON THE LAUNCH OF THE RENAULT 5 50 YEARS AGO

The Renault 5, for a long period, would be regarded as one of the most iconic run-around cars on the road.

Its launch on January 28, 1972, ushered in an era of convenience motoring, where the ranging, gas-guzzling saloons were finding themselves put to one side in preference for modern machines that would set the trend for years to come. They were a world away from the old-fashioned Hillman Imps, and became the precursor for the trendy hatchback.

The original 5, which would stay in production for 14 years, with more than five-and-a-half million being produced, almost never happened at all. Michel Boué, a Renault employee, sketched a design for the car in his spare time and outside his normal duties.

It was only because Renault executives heard

about the popularity of his drawings that they asked to take a look. So impressed were they that they authorised an immediate development programme.

The public was similarly taken with a model that combined sharp lines with Gallic flair – a so-called ‘supermini’ with a hatchback design that contained the unusual feature of taillights that progressed right the way up from the bumper.

The model’s launch price in the UK was £4,149 – that’s around £60,000 today factoring in inflation – though despite the hefty figure, sales were good.

In the years that followed, Renault would cement the status of its iconic model by launching a number of variants, including an Alpine model, a US version called Le Car, and even a Turbo option that competed successfully in motorsport events.

A second generation came about in 1984, with production finally ceasing in the mid-90s. Sadly,

Boué died of cancer in 1971, just months before the car he designed hit the market, but his legacy continues to live on.



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# Inspirational K A R R E N

BARONESS BRADY OF KNIGHTSBRIDGE CBE

**B**aroness Karren Brady of Knightsbridge CBE has proved herself to be the perfect antidote to Lord Sugar on the return of *The Apprentice*, and with the executive's impressive business career, she continues to be a true inspiration.

COVID-19 thwarted so much of what we took for granted, and in that description it's fair to include the BBC's seminal reality business show, *The Apprentice*.

For those who may have feared Lord Sugar's unique delivery of entrepreneurial entertainment might have returned somewhat changed in this 'new normal', you need not have worried. Within a few minutes of series 16 commencing in the first week of January, the former Amstrad chief was back in the boardroom barking a heady concoction of criticism and creative wordplay at a bevy of terrified young business hopefuls.

The former Spurs owner is the star of the show, no doubt, yet his sidekick, Karren Brady, is every bit the mirror image of the man – perhaps with even greater finesse and flair. The 52-year-old London-born businesswoman is upmarket to Lord Sugar's 'Saturday market', a reputation she has garnered across three decades of being one of the country's most successful and inspiring women in commerce.

Brady's is a prolific business brain, a cornerstone for the elevation of women in the workplace, and someone who relished the prospect of batting off sexism and chauvinistic attitudes when she first strode into the public consciousness at the start of the 90s.

At Birmingham City, she became the football industry's first-ever female managing director, at the age of just 23. Now vice-chairman at West Ham United, Brady was awarded a CBE for services to entrepreneurship in 2014, and finds herself at the very top tier of women in business.

Her commercial gravitas places her alongside the likes of Deborah Meaden, Mary Portas, Jacqueline Gold CBE and Baroness Michelle Mone OBE. Yet the cameras and flashbulbs shouldn't conceal a hard business edge that has helped West Ham United elevate themselves into an accomplished, established Premier League side, who now harbour genuine ambitions of Champions League football.

"In the early days, I had to overcome all those judgements, all that behaviour, but I loved getting stuck in and proving I had what it took," she says.

"I never doubted myself, not for a single second, and as the saying goes, if you can prove yourself at a football club, you can probably do it anywhere.

"For me, it's about innovation and hunger," she continues. "I've always had ideas, but they will only take you so far. What really gets you across the line is knowing how to formulate those bits of inspiration and then get them actioned."

Brady admits that time away from business offers her the best chance of crystallising those innovative thoughts – yet this is someone who returned from the birth of her second child after just six weeks, and was back working within a month of a potentially fatal cerebral aneurysm.

She added: "The moment business stops thrilling me is the moment I will walk away. You look at the good contestants on *The Apprentice* and they are thirsty for it – you can just see it in them. I love the process. Each time, I sense something special, and that's what makes it such great television, and such a great industry to be involved in."





HISTORY

# 70 YEARS

THE ACCESSION TO THE THRONE FOR QUEEN ELIZABETH II



The Queen's accession to the throne, which occurred on February 2, 1952, and of which the 70th anniversary is being celebrated this year, is perceived to be one of the happiest points of Elizabeth's life.

Sure enough, in the seven decades since, her dedication to her title, her responsibilities and her people has never once been called into question; and while members of the royal family all around her have been losing their heads, the now 95 year old oversees this great nation with every bit the same level of finesse and fortitude that she did in those early post-war years.

And yet the events that led her to take the throne were, ultimately, very sad, not least because it was her father King George VI's death that triggered her accession to the throne in the first place.

The Queen was staying in Kenya with her

husband, Prince Philip, when news broke that George had died at the age of 56. Elizabeth was only 25, and returned home immediately to be given the title of Queen at an Accession Council, held at St James's Palace.

It would be a full nine months before Elizabeth attended her first State Opening of Parliament, in November 1952, when the final formalities of her assuming the throne were complete. Sure enough, by the time she made her first speech to Parliament, you may suppose she had been afforded ample time to come to terms with the death of her father. Yet, as the celebration and fanfare of a new, young, beautiful, fashionable Queen filled airwaves and column inches the world over, inside she was still mourning her loss.

Fittingly, then, the die was cast for a life in which personal disappointments would always have to be put to one side in favour of the greater good.

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# Did someone say PANCAKES FOR ALL?

Whether you are trying a new diet, suffer from food allergies, or have become intolerant to a certain ingredient, the below alternative pancake recipes are just what you need

## GLUTEN-FREE PANCAKES – serves 4

You will need:

125g gluten-free plain flour | 1 large egg | 250ml milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add ¼ of the milk
- > Combine using a hand or electric whisk
- > Once smooth, mix in another ¼ of the milk and whisk again
- > Mix in the remaining milk.

## SUGAR-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 250ml milk | ½ tsp baking powder | ½ tsp vanilla extract | Pinch of salt | Generous pinch of cinnamon

How to make:

- > Mix all the dry ingredients in a bowl
- > Mix all the wet ingredients in a separate bowl
- > Pour the wet mixture into the dry ingredients and whisk together.

## DAIRY-FREE PANCAKES – serves 4

You will need:

125g plain flour | 1 large egg | 300ml hemp or coconut milk

How to make:

- > Put flour into a bowl and make a well in the centre
- > Crack in the egg and add 100ml of milk
- > Whisk until you have a smooth paste
- > Add another 100ml of milk and whisk again
- > Mix in the remaining milk.

## HOW TO COOK PANCAKES:

1. Leave the mixture to sit in the fridge overnight if possible, or for at least 30 minutes
2. Set a non-stick frying pan or crêpe pan over a low to medium heat
3. Carefully wipe the pan with a piece of oiled baking paper
4. When hot, pour in a small amount of batter and cook for 1-2 minutes on each side until golden
5. Do not flip when bubbles start to appear, but when the bubbles start to pop and form holes.



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FOOD & DRINK





# PUZZLES & TRIVIA

PUZZLES

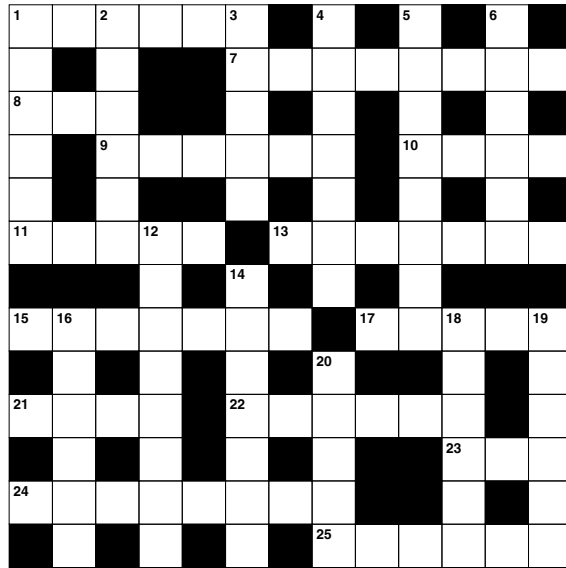
Answers: see end of The VISION Listings

## ACROSS

- Set fire to (6)
- Extremely tall (8)
- Arrest (3)
- Relating to a wedding (6)
- Main island of Indonesia (4)
- Discharge (5)
- Writing implements (7)
- Rise into the air (of an aircraft) (4,3)
- Determine the quality of an ore (5)
- Unit of length (4)
- Capital of Germany (6)
- Pecan, for example (3)
- Reference point; norm (8)
- Hearts (anag) (6)

## DOWN

- Refuse to acknowledge (6)
- Take small bites out of (6)
- Composition for a solo instrument (5)
- Be too hot (7)
- Protrudes (8)
- Cry and snifle (6)



- Infectious (8)
- Unconventional (7)
- Inborn (6)
- Poem of fourteen lines (6)
- Young people (6)
- Newly-wed (5)

## DID YOU KNOW?

- ▶ A black bear has 42 teeth
- ▶ After digesting a meal, rabbits will sometimes eat their faeces to process the food for a second time
- ▶ A cat spends most of its life sleeping
- ▶ Giraffes' tongues are so long they can clean their own ears
- ▶ A koala sleeps for between 16 and 20 hours every day
- ▶ Birds require gravity to be able to swallow their food
- ▶ A narwhal tusk is actually just an inside out tooth
- ▶ Sloths can take up to a month to completely digest a single leaf
- ▶ Spiders are arachnids, not insects.

## SUDOKU

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



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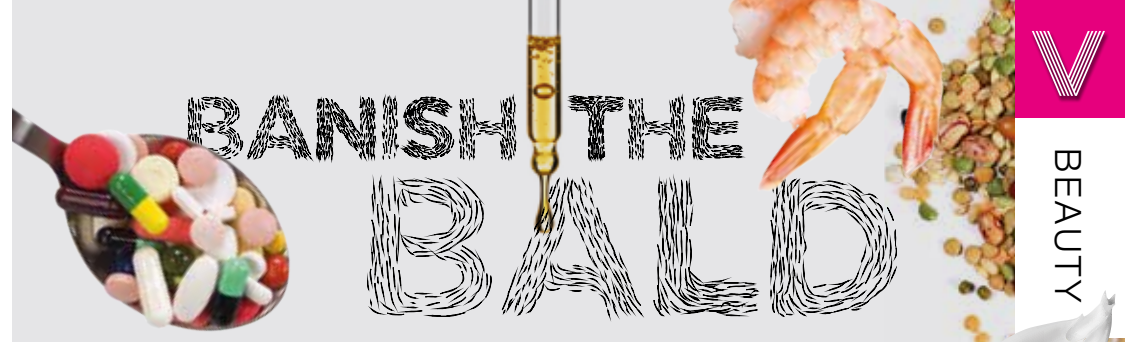
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Male pattern baldness affects 6.5 million men in the UK. Although it is most common in men aged 60 and over, it can also occur in males in their 20s and 30s. It is caused by a number of hormonal and genetic factors, but you can fight back against male hair loss with the below vitamins.

BIOTIN

If you follow the keto diet, have had bariatric surgery, or you drink high amounts of alcohol, you could have low levels of the vitamin biotin in your body, which can result in hair loss. By taking a biotin supplement, you can get rid of this deficiency and should see either a stabilisation of hair loss or even a reversal.

VITAMIN D

A deficiency in vitamin D is common in vegans, people with milk allergies, those with Crohn's or celiac disease, and men who don't get enough sunlight. Vitamin D is needed to generate new hair follicles, and a prolonged deficiency can result in brittle hair and hair loss.

ZINC

Low zinc intake has been linked to a range of hair loss conditions such as alopecia and telogen effluvium, which is a hair thinning disorder that is often caused by stress. By increasing your zinc intake, you can boost sebum production, increase hair growth, and protect your hair cells from free radicals.

VITAMIN E

Vitamin E is best known for its antioxidant properties that help to protect the body's cells. Early research indicates that vitamin E can also help to improve overall scalp and hair health. More specifically, it may be able to reduce oxidative stress in the scalp, which has been linked to hair loss.

HOW TO PROMOTE HAIR GROWTH:

- > Take a supplement
- > Eat zinc-rich foods such as meat, shellfish and legumes
- > Massage a vitamin oil into your hair
- > Use a vitamin-based shampoo and conditioner.



BEAUTY







# HOW TO boost YOUR METABOLISM

If you are trying to lose weight, you may have heard about the benefits of boosting your metabolism.

While your body is constantly burning calories, boosting your metabolism can give you that extra edge when it comes to weight loss.

## 1. FOCUS ON STRENGTH TRAINING

If you tend to stick to basic cardio when it comes to working out, you should know that this is not the best way to boost your metabolism. Instead, turn your efforts to strength training and high-intensity workouts that will keep your body burning more calories for longer.

## 2. INCREASE YOUR FIBRE INTAKE

Most adults are only getting a little more than half of their recommended daily intake of fibre. However, by simply increasing the amount of fibre you eat to 30g per day, you can lose weight just as effectively as when counting calories. High-fibre foods include lentils, beans, chickpeas, broccoli, whole grains, dried fruits, and avocados.

## 3. GET SUFFICIENT SLEEP

A lack of sleep can cause a hormone imbalance in the body that directly affects both your hunger levels and your appetite. While a lack of sleep does not decrease your metabolism, it can make you metabolically groggy. However, by getting the recommended amount of sleep (seven to eight hours per night), it is much easier to maintain a healthy weight.

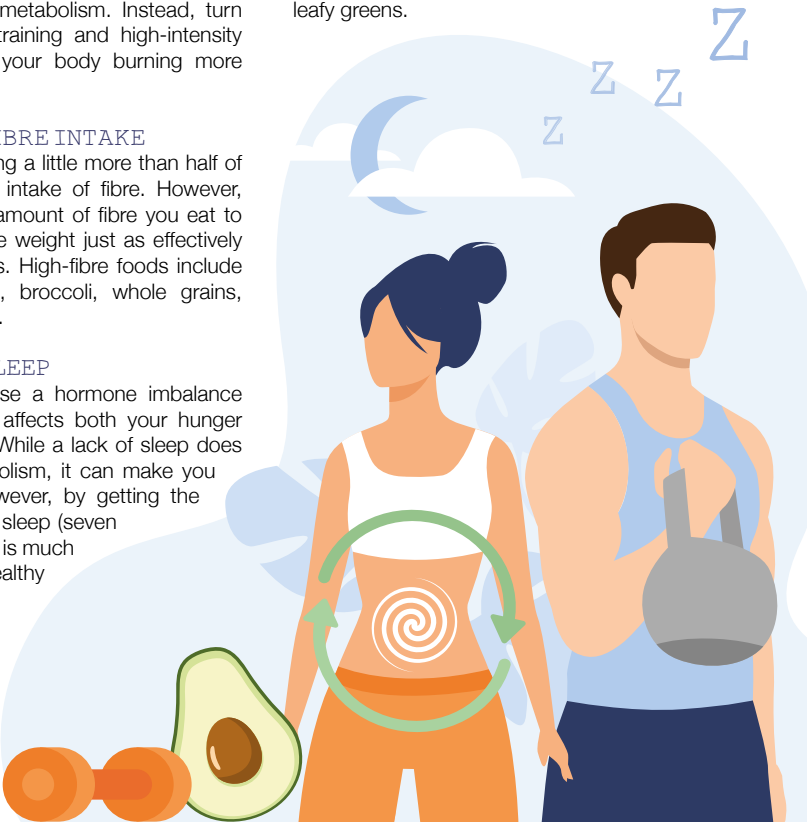
## 4. STAND UP MORE

Office workers spend an average of 75 per cent of their day sitting down. However, standing up is

crucial for those wanting to boost their metabolism and burn more calories. Try investing in a standing desk or ensure you take regular breaks throughout the day.

### METABOLISM-BOOSTING FOODS:

- > Protein-rich foods such as eggs, almonds, chicken breast, oats, and cottage cheese
- > Spicy foods that contain fresh or dried chilli
- > Iron-rich foods such as spinach, kale and other leafy greens.



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# Healing Herbs & Super Spices

If your four-legged friend suffers with osteoarthritis or any other inflammatory disease, botanical therapies can be used alongside pharmaceuticals to help improve their quality of life.

**TURMERIC:** The most widely used natural remedy for joint pain and inflammation, turmeric contains curcumin, which is known for being a powerful antioxidant. Antioxidants have the ability to neutralise free radicals which can contribute to painful inflammation and damage to joints.

**How to take:** Sprinkle dried turmeric directly onto your dog's food, approximately 1/4 tsp per day for every 10 pounds of body weight.

**BOSWELLIA SERRATA:** Recent research has shown that Boswellia serrata can be beneficial in combating the effects of pain conditions. It works by inhibiting the production of a specific type of leukotriene which modulates the immune response to inflammation.

**How to take:** Ingest in tablet form.

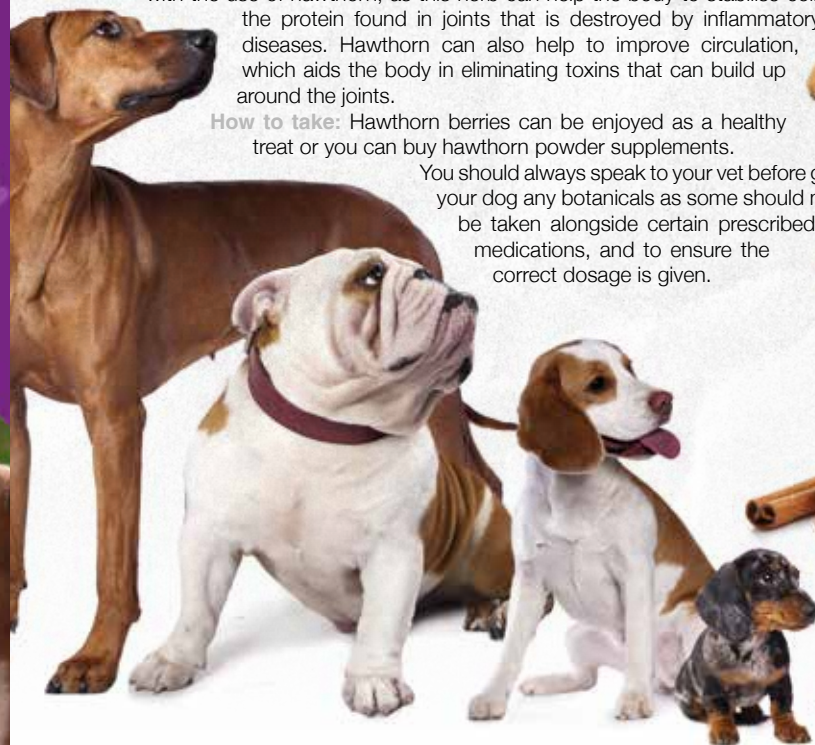
**CINNAMON:** Cinnamon has been linked to a reduction in symptoms associated with conditions such as irritable bowel syndrome, diarrhoea, and inflammation of the joints. In small human studies, it has also been shown to have anti-inflammatory properties that may slow down the wear and tear of joint tissues.

**How to take:** Mix powdered cinnamon into their food. Approximately 1/4 tsp twice daily for two weeks for a 50-pound dog.

**HAWTHORN:** If your dog suffers with arthritis, their symptoms may be alleviated with the use of hawthorn, as this herb can help the body to stabilise collagen, the protein found in joints that is destroyed by inflammatory diseases. Hawthorn can also help to improve circulation, which aids the body in eliminating toxins that can build up around the joints.

**How to take:** Hawthorn berries can be enjoyed as a healthy treat or you can buy hawthorn powder supplements.

You should always speak to your vet before giving your dog any botanicals as some should not be taken alongside certain prescribed medications, and to ensure the correct dosage is given.







# BRUCE KING

*on 'The convincer'*

## Parrot PHRASING



**In his latest column, sales mentor and personal growth coach, Bruce King, discusses an easy technique to help bring people round to your way of thinking.**

There are so many ways to get people on your side, so let me share just one technique. It's the use of paraphrasing and parrot phrasing.

Paraphrasing means you repeat something back to someone in your own words; alternatively, when a prospect hears you using their words, that's parrot phrasing.

Here's an example from when my wife and I were visiting a car showroom.

I said to the salesman: "We're off on a skiing holiday and I'm looking for a car that's safe in snow, has a built-in roof rack that will take at least three pairs of skis, and a big boot for luggage. And I need one with some speed for the autobahns and power to get me up steep hills in the snow."

He led me over to a car and said: "This car goes like a rocket, has four-wheel drive, will easily take

skis, and has a big boot too"  
That was paraphrasing. I was not convinced he understood precisely what I wanted.

What he should have said is: "Here's the Audi XYZ, ranked number three on the safe car list, four-wheel drive – really safe when driving in snow. There's a built-in roof rack with plenty of room for skis and a massive boot for your luggage and ski equipment. It has a powerful but economic engine with tremendous speed when you want it, and lots of power to get you up steep hills."

That's parrot phrasing. It tells me what I want to know, in words I used, and builds up great rapport.

So, from now on, don't paraphrase. Instead, be a parrot when convincing people.

*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](http://bruceking.co.uk)

### FOR SALE BOARD... YAY OR NAY

In such a technology lead world and market now, it may see a little dated to advertise with a good old fashioned for sale board. Some people don't want to advertise to the neighbourhood that they are upping sticks and moving on but even in a time where such a large percentage of buyers find their new home online this tried and trusted method could still work for you.

Often people haven't completely made up their mind to move when they see a for sale board on their drive to work or the school run in their ideal location. Sometimes their perfect property might just be on the outskirts of the portal search area but they walk past it on their favourite dog walk.

It also helps people identify the property easily when having a look from the outside or arriving for a viewing but boards have rules.

#### For sale board rules..

- Legally boards must be displayed within the boundary of the property being sold
- Only one board can be installed at a single property (unless a block of flats)
- The board should be removed with 14 days of the property sale completing
- It should be no bigger than 0.5 square meters, standing no higher than 4.6 meters
- These standards are laws and if broken you could face legal action



**TOP TIP:**  
**IF YOU LIVE IN A HIGH TRAFFIC/FOOTFALL AREA (SELLING A FAMILY HOME NEAR A SCHOOL) CONSIDER HAVING A BOARD. ESTATE AGENTS PROVIDE THE FREE OF CHARGE AND IT IS LIKELY TO INCREASE YOUR VIEWINGS.**



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# How tall?

**WHAT ARE THE TALLEST MAN-MADE BUILDINGS AND STRUCTURES IN THE UK?**

The UK is famous for its historic buildings, including more than 4,000 castles, palaces, and sprawling country estates. But modern Britain is home to some amazing skyscrapers and tall buildings too. But what are the tallest buildings and structures in the UK?

### **TALLEST BUILDING: THE SHARD**

The accolade for tallest building goes to The Shard, located in London, standing at 310 metres (1,020 ft) tall.

Construction on The Shard began in 2009 and was completed in 2012, before officially opening to the public in February 2013. It's home to several offices, multiple restaurants and bars and, of course, the Shangri-La Hotel, giving visitors plenty of places to enjoy some of the best views in the whole of London.

### **TALLEST STRUCTURE: THE SKELTON MAST IN CUMBRIA**

While The Shard is recognised as being the tallest building in the UK, it doesn't clinch the title of tallest structure. That honour goes to the Skelton Mast in Cumbria, a communications mast standing at an impressive 365 metres.

The Skelton Mast may not be the most photogenic of structures, but its size is still impressive.

### **BUILDING VERSUS STRUCTURE: WHAT'S THE DIFFERENCE?**

So if the Skelton Mast is the UK's tallest structure, why isn't it classed as the tallest building? That's because a building is a closed structure and therefore has walls and a roof – giving The Shard the edge to be named the UK's tallest building.

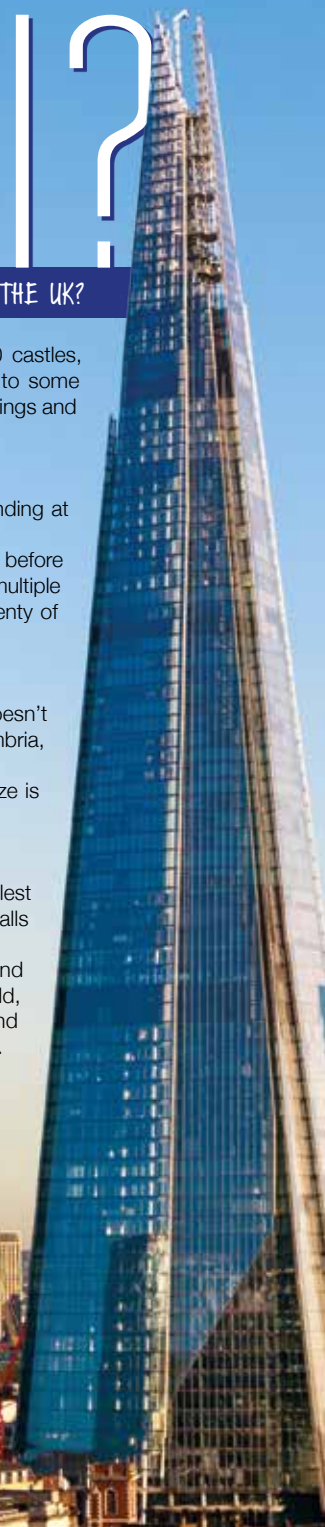
While The Shard and the Skelton Mast take the prize for tallest building and structure in the UK, they're a long way from being the tallest building in the world, with the Burj Khalifa in Dubai standing at a huge 828 metres tall. The second tallest building is Merdeka 118 in Kuala Lumpur, standing at 678.9 metres tall.

If you've never been to The Shard or the Skelton Mast, perhaps you need to add them to your bucket list.



Photo credit: Michael Whitfield/Skelton Transmitting Station for Wikimedia Commons

**The Skelton Mast in Cumbria**







# BUILD YOUR OWN BIRD BATH

There are a lot of great reasons to build a bird bath for your garden. It gives birds a place to have a drink and keep their feathers clean, and encourages more winged visitors to your garden.

Inviting birds to your garden is also a great way to help the local environment. They will bring you a lot of entertainment, and they'll even take care of some unwelcome visitors to your garden, like slugs and caterpillars.

Here's how to build your own bird bath in five easy steps, using a common garden plant pot.

### 1. Prep the plant pot

Make sure your plant pot is scrubbed clean and is sturdy enough that it won't be knocked over easily.

### 2. Attach the saucer to the base of the pot

Turn the plant pot upside down, so that the base is at the top. Using a strong adhesive, attach the base of the saucer to the base of the pot.

### 3. Find the perfect location for your bird bath

Place your bird bath somewhere accessible and high away from cats and dogs.

### 4. Add stones to make a perch

Adding some stones will give birds somewhere to perch so that they can have a drink, dry their feathers, and watch for predators. They're handy for any insects that decide to have a drink too.

### 5. Fill with water

Add water and simply wait for your feathered friends to arrive.

Your bird bath should stay topped up with rainwater, but if you experience a dry spell, remember to top it up to keep your garden visitors happy.



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TECHNOLOGY



*How reliable are the weather forecasts on our phones?*

**A**s rapidly changing mediums go, the weather is one of the most extreme, yet we hang so much hope on forecasts and will happily berate the weather forecaster when expected rain – or worse, sunshine – doesn't materialise.

We are equally scathing when the technology we use – online or via apps – on our computers, tablets and phones doesn't warm our spirits as far as the weather goes. And yet, our gadgets are more accomplished and accurate than ever when it comes to giving us an indication of what lies ahead.

The simple rule as far as weather goes is that the shorter the period, the more accurate the prediction. So while modern forecasts are pulled together by networks of computerised data, in simple terms, only short-term predictions are ever to be taken as gospel.

Any predictions beyond three weeks are, essentially, guesswork, while a margin of error of around two to three degrees Celsius can be expected for forecasts around a week away. That drops to a single degree when the prediction timeframe is condensed to 48 hours.

*The most popular weather apps*

**The Weather Channel:** Powered by IBM, this is the most accurate by detail and track record.

**Dark Sky:** This app is so good that Apple bought the company to ensure its bright interface and easy-to-understand design stayed exclusive to iOS.

**AccuWeather:** The firm celebrates 50 years of predicting the weather in 2022 and its app remains one of the most detailed out there.

**BBC Weather:** The most popular app in the UK, its popularity has much to do with our use of other Beeb assets, namely the website and iPlayer.

**Carrot Weather:** This chipper weather app combines accurate forecasts with sarcasm, wit and philosophy, and is well worth a look.





SPORT

BRITAIN'S GREATEST SPORTING MOMENTS...

# ANFIELD 1989

EACH MONTH, WE LOOK AT A SIGNIFICANT EVENT IN BRITISH SPORTING HISTORY. THIS MONTH, WE RECOUNT AN INCREDIBLE NIGHT AT ANFIELD ON MAY 26, 1989

That the 1988/89 season came down to the final fixture, Liverpool vs Arsenal at Anfield, and almost the final kick of a tumultuous league campaign, was horribly cruel on home supporters who had seen their lives, their club and their community ripped apart by the Hillsborough tragedy just six weeks previously.

Some questioned whether the season should have been completed at all following the tragic incident in which many fans lost their lives on the Leppings Lane terrace. But finished it was, and despite a horrendous backlog of fixtures, Liverpool bridged a 16-point deficit to lead Arsenal by three points going into the final game.

Arsenal required a two-goal victory in order to take their first league title in 18 years, and although Alan Smith's first-half header gave them the lead, Liverpool sat back and defended their

deficit in the second half.

Into the final minute, and Lee Dixon's long ball to Michael Thomas took a double deflection, bouncing ahead of the Arsenal man to send him clear on goal. As the ball approached home keeper Bruce Grobbelaar, time appeared to slow down, as legendary ITV commentator Brian Moore muttered those immortal words: "It's up for grabs now."

The midfielder arrowed the ball to the keeper's left and the Gunners had pulled off the most remarkable season finale.

Liverpool fans stayed behind to clap the victors as well as their fallen heroes, and the iconic match has been the basis of many books and dramas since, not least Nick Hornby's *Fever Pitch*.

It was a conclusion to a torrid season that will never be forgotten, nor beaten.

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