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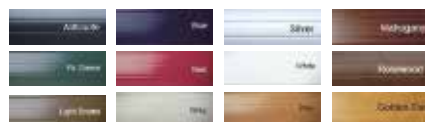
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NOVEMBER 2022

# Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Rayleigh Wickford.

The text message, the DM, the 140-character tweet, the trend to abbreviate phrases into acronyms (LOL!), the 15-second TikTok videos, the Snapchat content that deletes itself after 24 hours.

Why are we in such a rush? Why is the obsession in this era for punchy, fast, to-the-point content, where it feels like every digital interaction must be conducted at triple speed?

We don't act like this in person - we don't greet people by shaking hands like a piston engine; we don't go to the pub only to neck a pint and leave; we don't break speed limits just to get to the supermarket for the weekly shop.

My point is, are we losing the ability to give that most precious commodity, time, to the people and things we love? Are we being conditioned to reinvent everything at high speed?

This week, why not make an effort to give extra time to the people around you? Why not give yourself time too - just lay in bed pondering your thoughts, or go the long way home from work for a change?

Our lives don't have to be conducted as a blur. Let's slow down and savour the wonderful things we have.

*Nik Allen*

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

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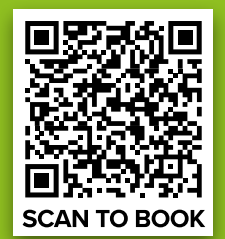
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# is the NARRATIVE

**CELEBRATING 40 YEARS OF COUNTDOWN AND CHANNEL 4, AND LOOKING AHEAD TO A NEW ERA**

Is there a single adult in the UK unaware of the TV quiz show *Countdown*? The vowels, the consonants, the numbers game, Dictionary Corner, the 30-second clock that never ticks past halfway, the Countdown Conundrum and, of course, that iconic music playing in the background while contestants hurriedly attempt to make words or solve a number puzzle.

*Countdown* is a national institution, and its popularity is such that it celebrates its 40th birthday this month. Where *Countdown*'s birthday is concerned, so too does Channel 4 itself revel in the celebrations, given that the show was on the original schedule that launched way back on November 2, 1982.

*Countdown* was in many ways one of the showpiece pieces of programming – a quiz that featured the effortlessly amiable Richard Whiteley OBE DL, and doyenne of the digits Carol Vorderman MBE.

Since then, Rachel Riley has succeeded Vorderman, and after Whiteley's death in 2005, permanent hosts have included Des Lynam OBE, Jeff Stelling, Des O'Connor CBE, Nick Hewer and Anne Robinson, in the accumulation of more than 7,000 shows.

One of Channel 4's true success stories, and certainly its longest lasting, *Countdown* has enchanted its weekday audience for four decades, even extending into spin-off fodder with *8 out of 10 Cats Does Countdown*, which is hosted by Jimmy Carr and has run since 2012.

Naturally, Channel 4 has extended its reach much further in the four decades since its launch. While the very nature of *Countdown* means it's not evolved too far from a weekday web of wordplay, the schedule elsewhere has incorporated many other successes, from its edgy *Channel 4 News* to innovative programming across breakfast TV (*The Big Breakfast*), soaps (*Hollyoaks*, *Brookside*), comedy (*Peep Show*, *The Inbetweeners*, *Brass Eye*, *Smack the Pony*, *Desmond's*), drama (*Skins*, *Queer as Folk*, *It's a Sin*, *Black Mirror*, *Top Boy*, *This is England*), and of course reality TV monsters such as *Gogglebox*, *First Dates*, *Made in Chelsea*, *Come Dine with Me*, *24 Hours in A&E*, *Married at First Sight*, *The Great British Bake Off*, *Grand Designs* and *Big Brother*.

And of course, while *Countdown* may lay claim to being the longest-running quiz show on Channel 4, can it top the cultural or iconic impact of *The Crystal Maze* and *Taskmaster*?

Sport has also been prevalent on Channel 4's menu – from the early days leading the surge in the popularity of cycling with Tour de France coverage, to NFL Sunday nights and, more recently, F1 coverage.

Channel 4 has always prided itself on innovation in its programming and its delivery – a fact no better exemplified than in the Film4 and All 4 spin-offs. And for the 40th birthday celebrations, a raft of specials has been planned, many of which rebel against the wealth of ultra-safe programming that other broadcasters have bowed to.

In an era where people want to be as challenged through terrestrial TV as they are online, Channel 4 continues to lead the way. Racing headfirst towards its half-century, the directive from above is to keep forcing the narrative.



THE WONDERFUL WORLD OF

# Jellyfish

You're never too humble to have your own international day of celebration – and November 3 is World Jellyfish Day. While these creatures have no brain, heart, bones or eyes, they're still fascinating. They have been around for more than 600 million years and existed before dinosaurs, trees and fungi. And they live in all of the Earth's five oceans.

Jellyfish have an umbrella-shaped body with trailing tentacles, which are armed with stinging cells used to stun their prey before gulping them down. They're helpful for self-defence, too.

Jellyfish mostly eat shrimps, crabs and small sea plants. And in their turn, they're an essential source of food for other ocean creatures like sea turtles, tuna and sharks. In some cultures, jellyfish are also a food source for humans, particularly in South East Asia. Only the main body is eaten, which is said to have a delicate, slightly salty taste. Sometimes they're thinly sliced and eaten raw, or dipped in batter and fried.

As well as using their mouth to eat and get rid of waste products, jellyfish also use their mouths to squirt out a jet of water to move themselves forwards.

There are thought to be 300,000 different types of jellyfish. Some are as small as 5mm in diameter, and some are as big as 2m. They come in an impressive array of colours – some are clear, but some are pink, yellow, blue or purple. Some are even bioluminescent, which means they produce their own light.

Most jellyfish stings aren't serious. But stings from some species – most of them living around Australia, the Philippines, the Indian Ocean and the central Pacific – can be severe or even deadly. Incidentally, the Portuguese man-of-war, a creature often mistaken for a jellyfish, is actually a colony of polyps. However, watch out for them – their stings can be excruciating.



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# Dangerously GOOD DESIGN



HOME & DIY

## EXPLORING THE TALENTS OF THE STUDIO ASHBY COLLECTIVE

While interior design is very much a personal thing, the collective that is Studio Ashby likes to approach the sumptuous styling of homes in a way that draws in expertise and influence from across the team.

Studio Ashby is the brainchild of creative director Sophie Ashby. A designer of real talent, her formative years were spent studying in both the UK and the US, resulting in a coming together of classical ideas that permeates through a look unswayed by passing dictates of fashion. Instead, the outcome is about contemporary world art, ageless yet modernist furniture, natural and clear palettes and a variety of materials and textures.

While colour tones are uncomplicated, the overall look is one of richness and intense detail, looking at cohesive space and the fingerprint of collaboration and integrity.

"There is no set look that we always replicate,"

says Sophie, "though many of us will view whites and greys as a classic start point, whereby delightful detail can be added."

Sophie talks not just about shade, but shape too, with smooth curves of furniture interrupting sharp lines. In addition, velvet on wood, ruffled cushions on carved chairs, and fluffy rugs on a chic wooden floor belie the idea that textures need to nestle into each other in order to work.

The studio also has an extensive shop, selling objects that perfectly match an eye for unique elements that really make a room.

A number of high-profile clients have trusted in Studio Ashby's design eye, leading Sophie to conclude: "I believe there is a poetry in the tension of combining art, antiques, craft, colour, pattern and texture; the careful layering brings character and feeling to a home."

To find out more, visit [studioashby.com](http://studioashby.com)

Photo credit: studioashby.com







# light up MY LIFE

There's hardly a home in the country that doesn't have a set of fairy lights – or several. And these days, they're not just for decorating Christmas trees. We love using them all year round to add a warm glow to our rooms and gardens. And there's always a pretty new shape to tempt us – flowers, hearts, stars, and even multicoloured skulls, should the fancy take you. But where did it all begin?

In 1869, Sunderland-born inventor Joseph Swan patented an early version of the incandescent light bulb – 10 years before Thomas Edison patented his improved version in the US.

In 1881, when Queen Victoria still had another 20 years on the throne, London's Savoy Theatre was fitted out with more than a thousand of Swan's lightbulbs. And it became the first public building in the world to be lit by electricity alone. Before this, theatres were lit with gas lights, which were dangerous and made theatres unbearably hot.

In 1882, Savoy Theatre owner, Richard D'Oyly Carte, commissioned Swan to produce some miniature versions of his lightbulbs. These were used to decorate the fairies' dresses on the opening night of Gilbert and Sullivan's opera, *Iolanthe* – all about a fairy who was banished from fairyland because she married a mortal. And so the name fairy lights was born.

The opera was a big hit, and high-society ladies soon adopted fairy lights as a must-have clothing accessory. They adorned their dresses with strings of lights, hiding the battery packs in the folds of their voluminous skirts.

By 1883, a colleague of Swan's US rival, Thomas Edison, put a set of fairy lights on a Christmas tree. It was a publicity stunt. But there started a global Christmas tradition that became so popular that we now use fairy lights almost everywhere.

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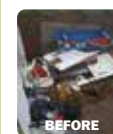


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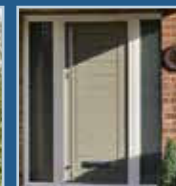
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# POPPIN' Paprika

## 2023'S HOTTEST COLOUR TREND FOR YOUR HOME

There may be a couple of months left in 2022, but that doesn't mean we can't look ahead to next year's interior trends. One of the hottest trends already making waves is paprika, the spicy colour that's about to give your décor a cheeky kick.

### WHAT IS PAPRIKA?

Paprika is a shade in the burnt orange family. Think terracotta with a hint of pink. It lets you experience the warmth of reds and oranges, without going overboard with a bold and bright colour.

### THE ULTIMATE MOOD-BOOSTER

Paprika is the perfect shade to add a touch of warmth to your home. Used as the main colour, it adds interest to the plainest of rooms, while as an accent colour, it goes perfectly with shades of navy, grey, yellow and others. It also looks great as a contrasting shade to a monochrome space.

### USING PAPRIKA IN YOUR HOME

Some of our top tips for using paprika in your home include:

- > Go for a paprika colour pop on a wall, either as a block colour or by adding it as a shape or pattern to a neutral wall.
- > Use paprika-hued accessories to brighten up your space. Curtains and cushions in this delightful shade will help you embrace the trend easily and affordably.
- > Refresh some of your older furniture by coating them in paprika – an easy way to give your pieces a new lease of life and make a cool contrast against the rest of your décor.

As the colour to look out for in 2023, you can get ahead of the trend by embracing paprika in your home now.



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# LOCAL NEWS

*from your neighbourhood*



## School bans phones

Pupils at a Rayleigh secondary school have been banned from using mobile phones during the school day.

From the end of October, students in Years 7 to 11 at The Sweyne Park School were told to switch off mobile devices and place them in their school bag or lockers at all times.

In a letter to parents, deputy headteacher John Edwards explained the reason for the decision.

He said: "The rationale for banning the use of such devices is borne out of our own experiences, research and guidance about the impact on young people and

their learning.

"Pupils are very aware of the potential distractions caused to learning and the negative impact on face-to-face relationships that mobile devices can pose to young people.

"This change will not impact our approach; rather it will ensure that the balance is right for our pupils, and ensure they can take part fully in the school day without unnecessary distraction from a device. This will also bring the school in line with the majority of the local secondary schools who have the same expectation already in place."

## Resident is allegedly threatened with handgun

Police rushed to an address in Rayleigh last month after reports a man had been assaulted and threatened with a handgun.

Officers were called to London Hill at 10.30am on Tuesday, October 11. The victim did not sustain any serious injuries.

After a number of enquiries, police were sent to London Road and stopped a man inside a vehicle. During a search, they found a BB gun which they

made safe.

A 29-year-old man was arrested a short time later. He was questioned on suspicion of a number of offences, including possession of a firearm, threats to kill, possession of a class A drug, possession of a class B drug and possession of a bladed article.

He was charged with two counts of possession of a bladed article and is due to appear at Basildon Crown Court on November 10.



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# MARK FRANCOIS MP



Member of Parliament for Rayleigh and Wickford



In recent months, the global economy has faced the challenge of serious increases in wholesale energy costs. This has been caused primarily by two factors: rising international demand for energy and the steep rise in costs, partly for oil but especially for gas, caused by Putin's illegal invasion of Ukraine.

Fortunately, we in Britain are much less reliant on Russian energy than many other European nations. This is because we have a diverse mix of domestic energy sources, ranging from the North Sea oil and gas fields to the growing component of renewable energy sources.

Nevertheless, if we were to experience a hard winter and big increases in the price of gas as a result, families and businesses could be looking at gas bills of £5,000 to £6,000, without some form of temporary support.

In response to this challenge, the government recently announced a new Energy Price Guarantee scheme, the essence of which is that the average family will see their energy bills capped at an annual level of £2,500 at least until April 2023. After this point, it is likely that the scheme will become more targeted, following a review on how to support those most in need with their energy bills.

A parallel programme, the Energy Bill Relief Scheme (EBRS), will provide support for UK businesses and will also incorporate the voluntary and public sectors. The EBRS will also initially operate for six months. In addition, a discretionary scheme will be available for households that are outside standard schemes.

As your MP, I will continue to monitor how these new measures work but, for the moment at least, I hope we have been able to provide some reassurance to the people of this country, including my constituents.

## Clothing swap service started

A pre-loved clothing marketplace co-founded by a Rayleigh resident has been launched with the aim of reducing fashion waste and empowering young people to build more sustainable habits.

Swoperz was founded by Charlene Hurlock of Rayleigh and Vicky Fuller of Leigh-on-Sea, and the pair recently held a launch event at Blakes Golf Club, Epping.

More than 70 people attended the launch event and helped to raise £335 for Whizz-Kidz, a charity that seeks to empower young wheelchair users by providing them with the equipment and support they need.

Swoperz allows children and young people aged six to 16 to join an online clothes swap community. For £4.99 a month, and following verification from parents or guardians, users can upload their pre-loved clothing to the website.

They then receive a token allocation, which can be swapped for another item of clothing. The parents or guardians arrange delivery and collection, with the buyer paying for postage.

Charlene said: "We love what we're doing because we're empowering a new generation to think and act responsibly without compromising their individuality."

To find out more about Swoperz and to sign up, please visit [swoperz.com](https://swoperz.com)



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A beneficiary or their spouse should not be a witness to a Will, or they will disinherit themselves

Although divorce does not invalidate a Will, marriage will indeed invalidate a Will, unless a marriage clause has been embedded

If you have no surviving parents, siblings, grandparents, uncles or aunts, then under the Intestacy Rules, the whole estate goes to the Crown or the Duchy of Lancaster or the Duke of Cornwall

### PEACE OF MIND SOLUTIONS

Always appoint charities as your final beneficiaries, to avoid your estate being claimed by the Government

By the use of a Property Protection Trust, you can ensure that if you pre-decease and your spouse re-marries and has more children, your own children benefit from your share of your home, and not the new spouse. BUT if Probate is not completed, the Trust Deed will not be set up and notified at the Land Registry

If children have special care needs, an appropriate Discretionary Trust could avoid loss of State benefits on them inheriting your estate

A Grant of Probate confirms to Executors that they have the authority to act and carry out the wishes of the deceased

Provide in your Will for continuity of your business on your death

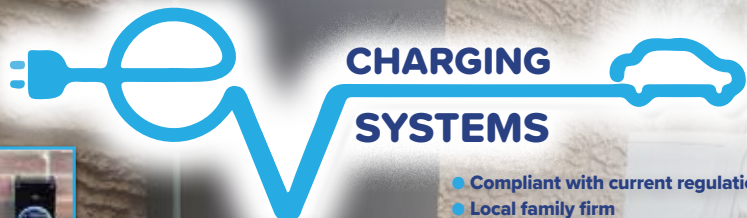
If you own property abroad, you should arrange a Will for your assets in that country, to avoid costly fees and much Probate delay

If a Named Beneficiary, Executor, Trustee or Legal Guardian changes their name, e.g., on marriage or by Deed Poll, it is not necessary to amend the Will: documentary evidence, eg Decree Absolute, is sufficient

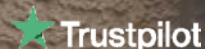
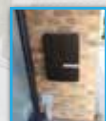
A properly worded Will could ensure that half the value of your home is potentially protected against Local Authority care home fees

There is no Inheritance Tax liability if the deceased spouse has left their entire estate to their surviving spouse or civil marriage partner

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# LOCAL NEWS

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LOCAL NEWS WICKFORD



## Quartet of boxing youngsters earn medals

Four young boxers from a local boxing club recently competed in the Esker All Female Box Cup in Lucan, County Dublin, and came away with silver and gold medals.

Annie-May Lamey, Kimberly-May Watson, Sophie Buckle and Maddie Taylor (pictured left to right with their coach Amber in centre), from Billericay and Wickford Boxing Club, all progressed to the finals of the competition.

In the final, Maddie and Sophie earned silver medals after close fights against some of the best in Ireland, while Annie and Kimberly-May both won gold.

Les Cooke, head coach at Billericay and Wickford Boxing Club, said: "A couple of months ago, Amber asked me if she could arrange to take a small squad to compete in an all-female box cup in Ireland.

"At first, I was reluctant, as I knew the standard of female boxing in Ireland was very high, and although our own boxers are obviously well trained, I was concerned that the Irish girls might be a big step for our youngsters, but I was wrong.

"We are all so proud of the girls, including Amber for doing the groundwork. What an amazing female squad we are building."





Photo credit: The Harris Partnership

# New town centre store given the green light

A new Morrisons supermarket will be built in Wickford town centre following approval from Basildon Council's Planning Committee.

The new store will replace the Co-op on the High Street and will include a café, service yard, and car and bicycle parking spaces. Trees will also be planted and cash machine facilities will be available.

The Planning Committee heard that seven responses were received in support of the development. However, concerns were raised regarding the effect of the loss of mature trees on wildlife and visual amenity.

Councillor Richard Moore, Basildon Council's cabinet member for strategic planning and infrastructure, said he believed the news would have a

beneficial effect on the area.

He explained: "The development of a new Morrisons supermarket in Wickford town centre is extremely positive and has been widely supported by Wickford's residents. Not only will it be a larger and more established store, but the new building will also enhance the appearance of the site.

"The new store will hugely increase footfall and generate new jobs for residents, while supporting wider objectives on the regeneration of Wickford town centre. We will keep residents updated on when works are due to commence."

The new store is expected to open in June 2023. Morrisons has been contacted for comment.

## Police investigation following chop shop raid

Police officers in Wickford raided a chop shop in the town last month and discovered more than £500,000 worth of stolen cars.

A chop shop is a business that disassembles stolen motor vehicles and then sells the parts. The find was announced by the Essex Police Stolen Vehicle Intelligence Unit, which specialises in stolen vehicle recovery and identification.

A tweet from the unit read: "Long day dealing with this stolen vehicle chop shop in Wickford. Remains of over £500,000 worth of cars identified by us. Great support and assistance from Essex Police in Basildon."

An investigation is now ongoing.

The unit's work was praised on Twitter following the announcement.

One social media user posted: "What a find. Well done everyone. Hope the cutters were identified and apprehended!"



Photo credit: Essex Police



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# Pugh

## AGAINST THE MACHINE

### HOW FLORENCE PUGH HAS INVENTED HERSELF AS AN ALTERNATIVE HERO FOR THE HOLLYWOOD MACHINE

Florence Pugh may have hit the big time, but she is in no mind to play along with any of the niceties that may be expected from a Hollywood sweetheart. Take, for example, her audible frustrations at the furore surrounding her recent big project, *Don't Worry Darling*, which saw the leading lady in some parts referred to, in a rather derogatory way, as Harry Styles' "onscreen lover".

Or what about the fuss made during her recent fashion foray at the Valentino couture show in Rome, to which she wore a stunning pink gown through which her nipples could be visibly seen.

After receiving negative feedback online for both, the beauty boldly challenged the critics on Instagram, booming: "Why are you so scared of breasts?"

The response was perfect, proving beyond doubt that Pugh is as ferocious and bold as the strident characters she has become known for playing. From the plotting and seductive Lady Macbeth in the eponymous indie masterpiece, to the assertive female wrestler Saraya Knight in *Fighting with My Family* and, most recently, super assassin Yelena Belova in Marvel's *Black Widow*.

And for the ballsy 26-year-old, the battle rages on...

"I have always tried to force myself to pursue not just new avenues, but uncomfortable ones," she says. "Fear plays a big part of that, of course, and fear for an actor is something that can really ground a career.

"I have always had the view that to really succeed you need to push yourself further and harder than the last time, and that's the way I go about what I do, to the extent that the more I fear something the more I have to do it. That's just who I am."

---

‘ I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of ’

---

In terms of pushing herself, 2022 has proved more forward-thinking than any year previously. The aforementioned *Don't Worry Darling*, a dystopian look at social values, personality and community, and our ability to accept and challenge the norm, has been well received. Yet almost to prove she is an actress unafraid to mix it up, she has since been announced as reprising Yelena in 2024 Marvel release *Thunderbolts*, and before that is contracted to appear in *Dune: Part Two* next year, alongside Timothée Chalamet, Stellan Skarsgård and Zendaya.

There's also Netflix movie *The Wonder*, which airs in November. The drama/mystery, set in Midlands Britain in 1862, tells the story of a girl who stops eating but miraculously remains alive and well. An all-British cast, the production aims to look behind the mask, and is based on the 'fasting girls' phenomenon from the Victorian era, as documented by author Emma Donoghue.

"I love the diversity that film and TV brings and owe it to myself to really work out who I am and what I am capable of. The truth is I don't want to be defined by anyone other than myself." That logic is certainly reflected in the actress's burgeoning Instagram presence, with a large following brought about in no small part by a number of endearing cookery videos filmed during lockdown.

"To have that connection was so valuable," she says. "It's such a relief we are through those days, though I learned so much about myself and community through food; it's a passion that has stuck with me."

Between her creative cookery videos and her accolades on screen, the young actor is definitely cooking up a storm across the globe.





# SUPER STYLISH scarf solutions

A scarf is a winter wardrobe staple for most people, but it can often be seen as more functional than fashionable.

Discover six super stylish ways to tie a scarf that guarantee to impress, with options for men and women.

## 1. The Beautiful Braid

- > Fold the scarf in half and place it around your neck.
- > Take the loose ends of the scarf and pull them loosely through the loop.
- > Twist the loop and pull the loose ends through again.
- > Continue to twist the loop with one hand, pulling the ends through until you run out of scarf.

## 2. The Belted Drape

- > Drape the scarf evenly around your neck and let it hang naturally.
- > Fasten a skinny belt over the scarf at the waist.

## 3. The Knotted Necklace

- > Take a lightweight scarf and place it around the back of your neck.
- > Tie a knot on one side and then on the other.
- > Pick up the loose ends and tie them together.
- > Turn the scarf around so that the ends are at the back and the knots are at the front.

## 4. The Carefree Cowl

- > Place the scarf around your neck so that one end is much shorter than the other.
- > Wrap the long end around your neck twice and tuck in the loose ends.
- > If your scarf has a fringe, adjust it so that a bit of fringing is hanging down the front.

## 5. The Double Bandana

- > Fold a long scarf in half lengthwise.
- > Grab the diagonal ends and knot them together.
- > Place it over your neck, twist and loop again.

## 6. The Casual Turtleneck

- > Place the scarf evenly around your neck.
- > Loop one end of the scarf around your neck.
- > Repeat with the other end (the ends should be hanging slightly down your chest).
- > Tuck the loose ends up inside the scarf.



Photo credit: helioqlow.co, verilymao.com

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# HAIRSTYLES FOR MEN

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## *thin hair*

Is your hair looking a little thin? If yes, you are far from alone. By the age of 35, approximately 66 per cent of men will have experienced some degree of hair loss.

It's happened to the likes of Channing Tatum, Ashton Kutcher, Ben Affleck and even David Beckham. Fortunately, you can fight back.

### MESSY TEXTURED CUT

If your thin hair is also prone to frizz, then this is the perfect hairstyle for you. Ask your barber to add texture to your hair with a messy and irregular cut that features subtle spikes. This is also a great haircut for men who want a low-maintenance style that only takes minutes to master.

### MEDIUM SCISSOR CROP

For those who feel self-conscious of their receding hairline, this is a great choice. Make sure that your barber leaves enough hair on the top and the sides to create the illusion of volume and get practising how to style this youthful and trendy cut.

### HIPSTER HAIR

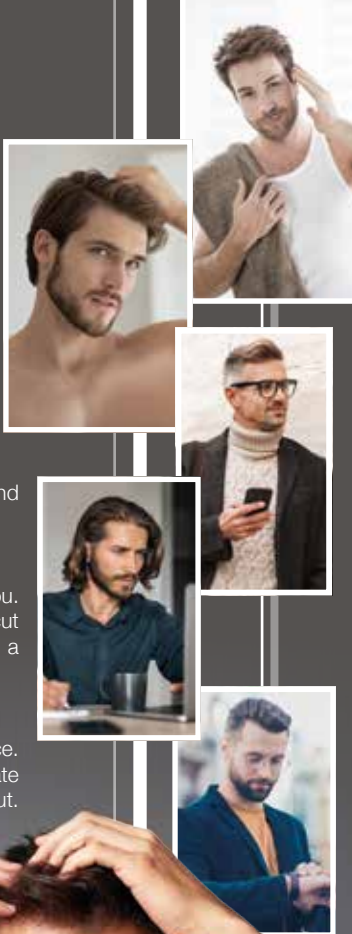
Hipster hair offers a good solution for men who are only experiencing minor thinning. Opt for a close cut around the sides and the back and keep as much hair up top as possible. Add a few days of facial hair growth for even more fullness.

### ADD LENGTH

Although many men believe that you should keep your hair short if it starts to thin, longer styles can in fact make your locks appear thicker and fuller. Grow out your hair as much as you can and then add in a square bottom cut midway down the neck.

### SLICKED-BACK FADE CUT

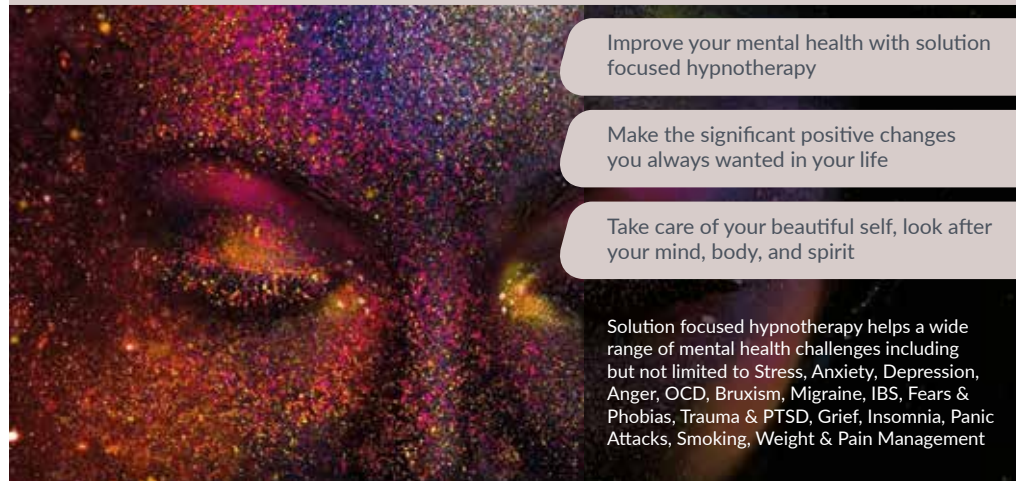
Slicked-back hair is the obvious choice for men with a receding hairline as this style adds height and distracts from the lack of thickness. Add a fade cut along the back and the sides and your full-head-of-hair look is complete.



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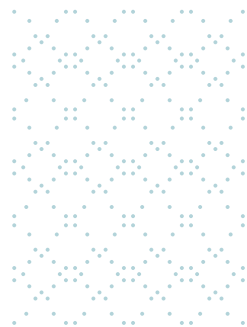
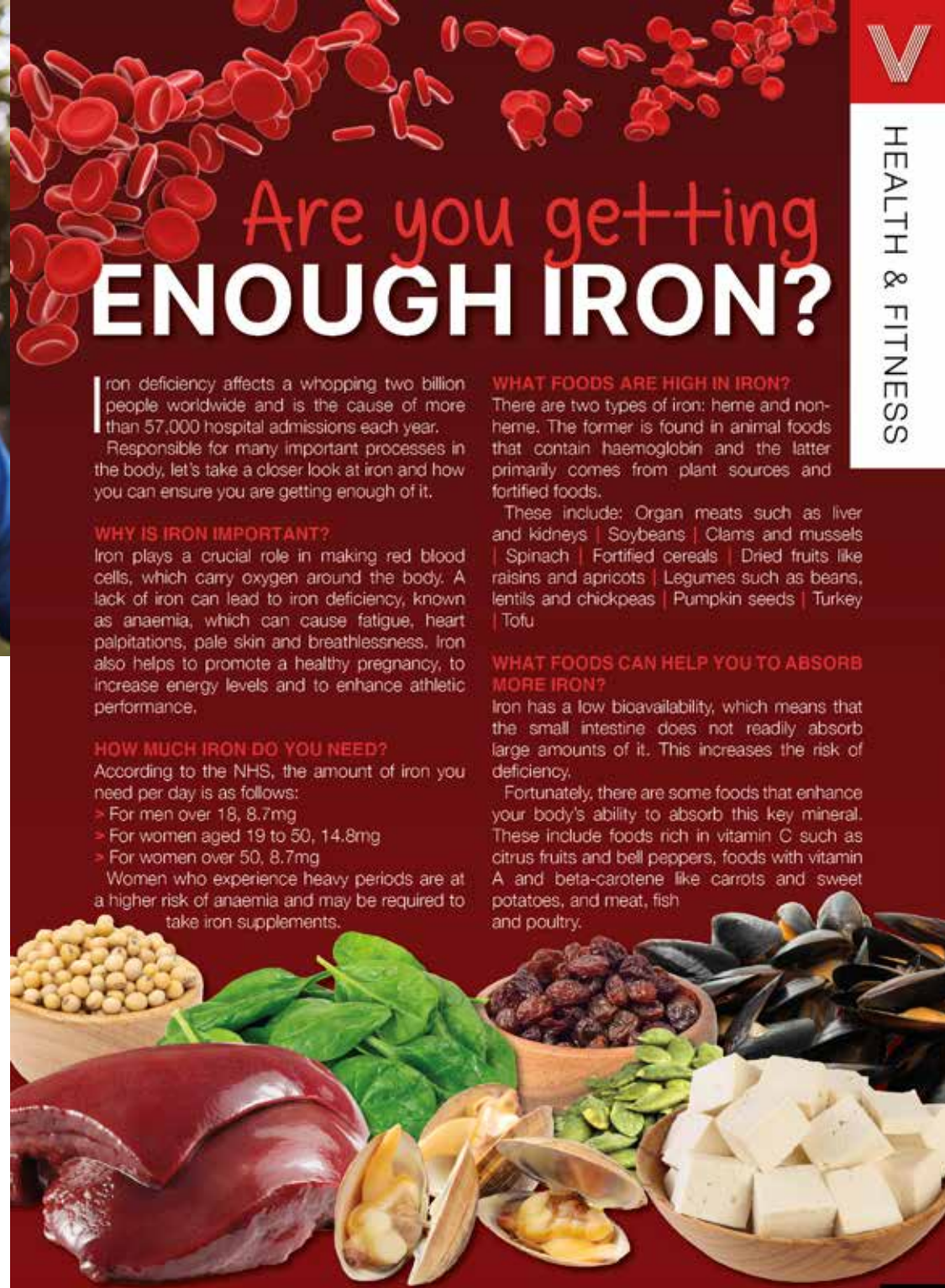
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## Are you getting ENOUGH IRON?

Iron deficiency affects a whopping two billion people worldwide and is the cause of more than 57,000 hospital admissions each year. Responsible for many important processes in the body, let's take a closer look at iron and how you can ensure you are getting enough of it.

### WHAT FOODS ARE HIGH IN IRON?

There are two types of iron: heme and non-heme. The former is found in animal foods that contain haemoglobin and the latter primarily comes from plant sources and fortified foods.

These include: Organ meats such as liver and kidneys | Soybeans | Clams and mussels | Spinach | Fortified cereals | Dried fruits like raisins and apricots | Legumes such as beans, lentils and chickpeas | Pumpkin seeds | Turkey | Tofu

### WHAT FOODS CAN HELP YOU TO ABSORB MORE IRON?

Iron has a low bioavailability, which means that the small intestine does not readily absorb large amounts of it. This increases the risk of deficiency.

Fortunately, there are some foods that enhance your body's ability to absorb this key mineral. These include foods rich in vitamin C such as citrus fruits and bell peppers, foods with vitamin A and beta-carotene like carrots and sweet potatoes, and meat, fish and poultry.

### WHY IS IRON IMPORTANT?


Iron plays a crucial role in making red blood cells, which carry oxygen around the body. A lack of iron can lead to iron deficiency, known as anaemia, which can cause fatigue, heart palpitations, pale skin and breathlessness. Iron also helps to promote a healthy pregnancy, to increase energy levels and to enhance athletic performance.

### HOW MUCH IRON DO YOU NEED?

According to the NHS, the amount of iron you need per day is as follows:

- > For men over 18, 8.7mg
- > For women aged 19 to 50, 14.8mg
- > For women over 50, 8.7mg

Women who experience heavy periods are at a higher risk of anaemia and may be required to take iron supplements.







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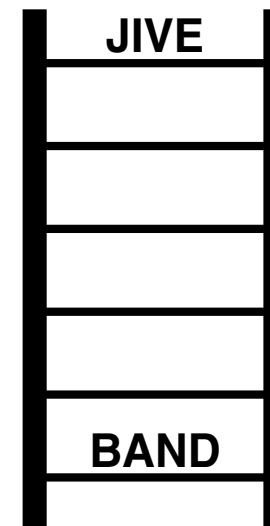
## DID YOU KNOW?

- ▶ Queen Victoria was the first sovereign to live in Buckingham Palace.
- ▶ The garden at Buckingham Palace is the largest private garden in London.
- ▶ William the Conqueror chose the site where Windsor Castle was built.
- ▶ In 1992, a fire destroyed many rooms at Windsor Castle. The restoration took five years to complete.
- ▶ Frogmore House became a royal residence in 1792 when it was bought by Queen Charlotte, George III's wife.
- ▶ The Queen's Gallery at the Palace of Holyroodhouse was opened by Queen Elizabeth II in 2002 as part of her Golden Jubilee celebrations.

Facts courtesy of Royal Collection Trust

## WORD LADDER

**JIVE**



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.



PUZZLES

Answers: see end of The VISION Listings



# GUIDE to GAME

Have you always wondered about game but been too timid to try? If yes, then the below guide is just what you need. Popular at Christmas, discover all the best game meats for the festive season and their perfect pairings below.

## WHAT ARE THE DIFFERENT TYPES OF GAME MEATS?

1. **WINGED GAME:** This includes quail, duck and pheasant.
2. **GROUND GAME:** This includes hare and rabbit.
3. **BIG GAME:** This includes bison, venison, elk and wild boar.

## WHY EAT GAME MEATS?

Game meats are primarily raised on pasture, which means that they are better for the planet as they require fewer natural resources to raise. They also provide lean, high-quality, nutrient-rich protein that adds some much-needed diversity into our diets.

## WHERE TO BUY GAME MEATS

You can buy game at your local butchers, online or in most major supermarkets, including Asda, Tesco and Waitrose.

## GAME MEATS TO TRY THIS CHRISTMAS

**PHEASANT:** Pheasant is a great alternative to chicken and turkey, providing lots of flavour and a lean source of protein. It is also great for making stuffing if you fancy a change from sausage meat.

**FLAVOUR PAIRINGS:** Fruits such as apples, oranges and prunes, as well as aromatics like sage and thyme.

**QUAIL:** One of the smallest game birds; quail meat looks very similar to chicken but boasts a much more intense flavour. Typically, one whole quail is the perfect size for a starter or appetizer.

**FLAVOUR PAIRINGS:** Winter citrus fruits, grapes, cranberries and pomegranates, as well as spices such as cumin and coriander, and honey.

**VENISON:** If you want a change from beef, then venison is a great choice. Venison, which refers to meat from a deer, has a very strong gamy flavour and is extremely versatile. It is also very lean and rich in iron.

**FLAVOUR PAIRINGS:** Blueberries, cherries, cranberries and dates, as well as sage, juniper berries and black pepper.

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# LOAFING AROUND

Whether you're tucking into hot buttered toast for tea or chapati with your curry, you have to agree that bread is filling, comforting and totally delicious.

Homemade Bread Day, which falls on November 17, celebrates bread from around the world. And to help you mark the day, we've created two mouth-watering recipes.

## FLUFFY NAAN BREAD

**INGREDIENTS:** 2 tsp dried yeast | 1 tsp sugar | 120ml warm water | 300g plain white flour (and a bit more) | ½ tsp salt | 60ml olive oil | 80ml natural yogurt | 1 large egg

### HOW TO MAKE:

- > Whisk the yeast, sugar and water together in a small bowl until frothy, then whisk in the oil, yogurt and egg.
- > Combine the salt and half the flour in a medium bowl, pour in the yeast mixture and stir well.
- > Gradually add the remaining flour (you might not need all of it) until you have a firm dough.
- > Knead for a few minutes on a floured surface.
- > Cover the dough and let it rise for an hour, then divide it into eight small balls.
- > Flatten the balls so they're 15cm in diameter.
- > Cook one at a time in a heavy frying pan on medium heat until they're golden on both sides.

## FRUITY SODA BREAD

**INGREDIENTS:** 250g plain white flour (and a bit more) | ¼ tsp salt | 1½ tsp baking soda | 1 tsp caraway seeds | 75g raisins | 75g dried cranberries | 50ml orange juice | 100ml buttermilk | 3 tbsp runny honey | 2 tbsp sunflower oil

### HOW TO MAKE:

- > Heat the oven to 200°C/180°C fan/gas mark 6.
- > Mix the flour, salt, baking soda, caraway and dried fruit in a large bowl.
- > Mix the orange juice, buttermilk, honey and oil in a jug. Pour it into the dry ingredients and mix into a dough.
- > Turn the dough onto a floured surface and shape it into a round.
- > Place it on a greased baking tray and slash the top.
- > Bake for 30 minutes until a deep brown colour.



FOOD & DRINK





# BRING ME Sunshine

Where's the best place to head if you want a last-minute getaway to escape the winter chills – and soak up some vitamin D? Here's our round-up of beautiful beach destinations, and there are some great deals if you hunt around.

**CANARY ISLANDS:** Flight time: 4½ hours from London | Average daily maximum temperature (Nov-Jan): 22°C

As well as the well-known spots like Gran Canaria, Tenerife, Fuerteventura and Lanzarote, check out the less-visited smaller islands – La Palma, El Hierro, and La Gomera, which are great if you love hiking and walking.

**CYPRUS:** Flight time: 5 hours from London | Average daily maximum temperature (Nov-Jan): 20°C  
It might be too chilly to swim in the Med – but there should still be plenty of

sunshine. And it's an excellent location for anyone keen on wine and ancient history.

**MOROCCO:** Flight time: 4 hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 21°C  
Agadir on the South Atlantic coast is perfect for beach lovers, and many hotels offer 'affordable luxury'. And the colourful markets (souks) are great for bargain hunters.

**EGYPT:** Flight time: 5½ hours from London, depending on the exact destination | Average daily maximum temperature (Nov-Jan): 25°C  
Egypt in November is a bit cooler and less crowded. Sharm-el-Sheikh is excellent for snorkelling, and desert trips and camel rides are available nearby.

**DUBAI:** Flight time: 7 hours from London | Average daily maximum temperature (Nov-Jan): 27°C  
Dubai's luxury resorts could be just the thing if you're after impeccable service, lots of activities and the chance of some retail therapy. And in winter, it's not too humid.

**CAPE VERDE:** Flight time: 6 hours from London | Average daily maximum temperature (Nov-Jan): 25°C  
Consisting of 10 islands off the coast of West Africa, the best ones for beaches are Sal and Boa Vista. Cape Verde is more affordable than Dubai and great if you want something truly different.

*Bon voyage!*



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# WINTER WALKS ARMERS



With temperatures dropping, you may be reluctant to take your four-legged friend out for long walks. Find out below if you need to invest in a winter coat for your dog. Plus, explore the different styles available.

## 5. Dog snowsuit

Whether you are planning to take your dog to a mountain resort, or they simply love playing in the snow, a dog snowsuit will ensure they don't get frostbite even if they spend hours making snow angels.

## DOES YOUR DOG NEED A WINTER COAT?

Depending on the outside temperature and the particular breed, you may need to invest in a winter coat for your dog:

- > Below 10°C – some small to medium-sized dogs may need a jumper or coat when walking outside.
- > Below 5°C – certain larger dog breeds may need to wear a jumper or coat when walking outside.
- > Minus 5°C or less – avoid walking any breed or size of dog as there is a high risk of frostbite and paw injuries.

## 6. Dog reflective jacket

As the days get shorter, you may find yourself walking your dog in the dark. A dog reflective jacket will ensure they remain safe on the roads and make it easier for you to see them.

## DIFFERENT STYLES OF DOG COATS

### 1. Dog raincoat

Most dogs are not fans of the rain even if they like playing in water. Invest in a dog raincoat and avoid wet-fur syndrome.

### 2. Dog windbreaker

Dog windbreakers are designed to keep your dog warm and dry while still providing sufficient flexibility for them to explore their surroundings.

### 3. Dog fleece

A dog fleece is the perfect choice for autumn days when the temperatures start to drop. With cosy insulation and a super-soft finish, these are like wrapping your dog up in a cloud.

### 4. Dog parka

If you want to keep your dog warm and make sure they look stylish, a dog parka is the obvious choice. With many designs to choose from, you can even find matching parkas for you and your pooch.







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# Feeling peckish?



GARDENING

**W**inter can be a tough time for wild birds. They need lots of high-calorie food so they can maintain their energy reserves. But just as the temperature dips, natural foods, such as berries and insects, become scarce.

To help out, why not make some nourishing fat balls to attract blue tits, great tits, long-tailed tits, sparrows, starlings, blackbirds and black caps?

All you need is some kitchen ingredients and a few extras.

## INGREDIENTS:

- > 200g lard or suet
- > 400g dry ingredients – choose from unsalted peanuts, porridge oats, breadcrumbs, cake crumbs (not biscuits as they're too salty or anything with chocolate, which is toxic), grated cheese, tiny chunks of apple, sunflower seeds and birdseed mix

You don't need all of the above – just a selection. You can also add raisins and sultanas, but don't do this if you have a dog because they're highly toxic.

## YOU'LL ALSO NEED:

- > A saucepan and a bowl
- > If you want to hang your fat balls up, you'll also need some thin string, a sewing needle you can thread the string through, and a skewer or a cage

## GET STARTED:

1. Mix the dry ingredients together in the bowl.
2. Melt the lard or suet in the saucepan.
3. Pour the melted lard or suet into the dry ingredients and mix thoroughly.
4. Using your hands, shape the mixture into balls, each the size of a golf ball.
5. Put your fat balls in the fridge for a few hours to firm up.
6. Alternatively, if you want to hang the balls, leave them in the fridge for an hour to firm up. Then make a channel through the centre of each ball with the skewer. Refrigerate for another few hours. Tie a double knot at the end of each piece of string and thread the string through the fat balls, or place in a cage.





# WAVE goodbye TO WEEDS

**D**o the weeds in your garden just keep coming back no matter what you do? If the answer is yes, then maybe it's time to try a different approach.

Natural weed killers are not only better for the environment, but they can also be more effective at banishing weeds in the long term, and they are cheaper too.

## A SALTY SOLUTION

Salt has been used as both a herbicide and a pesticide for centuries and can be highly effective at killing off stubborn garden weeds. Simply dilute three parts water to one part salt, mix and leave to dissolve for 10 minutes. Spray liberally over the weeds and wait for them to die off.

## A JUG OF BOILING WATER

As simple as it sounds, all you need to do is pour boiling water directly over growing weeds to stop them dead in their tracks. Be careful not to splash on any nearby plants or flowers as this could kill them also.

## A SPRINKLE OF BAKING SODA

If you are struggling with weeds growing through the cracks in your patio or pavement, then a liberal sprinkling of baking soda is the perfect solution. Again, be careful not to spill on any healthy vegetation growing nearby.

## A LAYER OF MULCH

Chemical-free and available in abundance, mulch is most effective at killing pesky weeds when layered with newspaper or old cardboard. Plus, this will help to prevent new weeds from growing through.

## A TITTLE OF VODKA

For weeds that live in the sun, mix 30ml of vodka with two cups of water and a couple of drops of washing-up liquid. Pour onto the weeds and they will quickly dry out and die. This is not as effective on shade-loving weeds.

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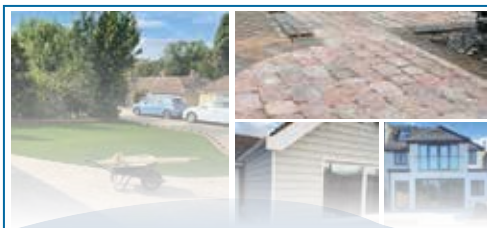
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# THE NEYMAR ROLL



**SPORT**

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At the 2018 FIFA World Cup in Russia, Brazil played Serbia in their final group game and needed a victory to be certain of advancing to the knockout rounds. Goals from Paulinho and Thiago Silva secured the win, but there was also a sense of schadenfreude for their star player.

Striker Neymar came into the tournament with fitness worries and was attempting to play through games to prove those issues were behind him. However, a natural game based on skill, finesse and technical ability can sometimes provoke ire from opponents, and the histrionics he had shown in the previous game versus Costa Rica were a sign of things to come.

Indeed, it proved to be an evening fraught with tiny cracks in temperament and a huge gaping hole in the petulance department from the Samba sensation. Just four minutes before the opening goal came the biggest talking point of the night.

Not only has it gone down as an exercise in play-acting excellence, but it was also the subject of such derision and humour that countless memes and viral videos have been made, re-enacted by both children and adults.

The Serbian and Beşiktaş midfielder Adem Ljajić proceeded to stop Neymar's foray down the left-wing with a challenge that caught the Brazilian forward and brought him tumbling to the turf.

However, Neymar's reaction was not to lie hurt and call for treatment. Instead, he rolled over an astonishing 17 times, something that only served to convince the officials that he was not injured at all.

Brazil ended up exiting the tournament at the quarter-final stage, and Neymar remains universally noted and disliked for his play-acting, even though four years on, it is an element he has largely eradicated from his game. Although, the upcoming World Cup may again bring out the best/worst in him.







MOTORING

# Electric EXCESS

## DOES A LACK OF CHARGING POINTS MEAN WE'RE NOT ACTUALLY EQUIPPED TO SWITCH TO ELECTRIC?

We are living in an electric wonderland where the government, environmentalists and Elon Musk himself are all striving to point out that electric vehicles (EV) are the future.

The 1.1 million electric and hybrid cars already on Britain's roads suggest that we are listening, and if you ever needed any further reminding that battery-powered motoring is the way forward, a simple glance at petrol and diesel prices will fuel your perspective.

When at home, we have mostly solved the problem of charging our cars. The government has passed legislation stating that new work or residential construction projects must have built-in charging points; that said, charging point access in existing high-rise developments remains an issue.

Yet it is a sheer paucity of accessible points when out and about that's beginning to set off sparks amidst the EV revolution.

And as if the current struggles weren't bad enough, the year 2030 presents additional worries, with the proposed banning of diesel engine motors. This will lead to an estimated 18 million electric and hybrid vehicles on the road by that date, further intensifying the race to charge.

At the current growth rate, only 25 per cent of the required public charging stations will be in place.

The sluggish creation of charging points isn't all the fault of government representatives promising big. In part, it's owing to a global shortage of essential EV charger components, as well as precious metals, such as lithium.

The UK and Germany are current leaders in looking to set up a worldwide-recognised EV charging infrastructure, but the clock is ticking, and putting the brake pedal on the EV revolution would be detrimental not only to the effort put in so far, but to the environment too.

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HISTORY

# Cooper's case

**EXAMINING THE NEW NETFLIX DRAMA AND AVIATION'S GREAT UNSOLVED MYSTERY**

While in 2022 we bemoan the lengths we need to go to when navigating a path through airport security, what is certain is that we have never been safer while airborne.

Certainly, the audacity of hijackers, hostage takers and those demanding cash ransoms seems of a past era. The vast majority were unsuccessful, of course, though whether the infamous DB Cooper case of 1971 can be classed in the same terms remains up for debate.

That's because the hijacking of a flight from Portland to Seattle and on to Reno, Nevada, remains the only unsolved case of air piracy in commercial aviation history.

The passenger, who purchased a ticket using cash under the name of Dan Cooper, announced to cabin crew that he had a bomb shortly after the Boeing 727 flight took off from Portland International Airport at 2.50pm.

His demands were simple – he wanted around \$1.3million in cash, required four parachutes, and requested a second flight to take off once passengers had alighted at Seattle. His threat to blow up the plane appeared real – he showed the bomb to flight crew attendant Florence Schaffner.

Fearing the worst, the authorities acquiesced to Cooper's demands, with most passengers unaware of the severity of the situation until they had landed.

On the second flight, which departed Seattle at 7.40pm with the plane refuelled, remaining crew were told to head to the cockpit. When they landed, having experienced a notable change of air pressure in the cabin (caused by the opening of a door), Cooper – and the ransom money – was gone.

What makes this story so enchanting is that the hijacker was never found. Many suggest he perished en route to the ground, given inhospitable terrain and cold conditions. Small amounts of money were found, and none of the marked notes were ever spent.

The FBI kept the case open until 2006, when lack of resources led to the investigation being closed.




Photo credit: biography.com



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