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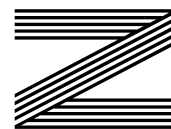
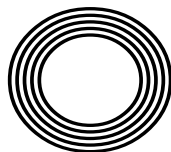
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# PETER KAY

Bolton comedian announces first tour in 12 years



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Photo credit: Doug Peters/Alamy/Stock Photo

# Has Working From Home Made Your Back Pain Worse? Chiropractic Treatment Could Give you a Relaxing Christmas and Pain-Free New Year.

## Does back pain affect your quality of life?

Perhaps working from home has seen you slip into bad posture habits? Painkillers are not a long-term answer, and with cold weather, train strikes and the busy nature of the festive season, many of us spend more time than ever hunching over a desk at home or working from a dining table.

Chiropractic treatment is a natural solution to back pain, enhancing the health of your spine and nervous system. Reoccurring back pain could have one of many causes. Working from home often compromises the correct workspace set-up, leading to poor posture, and over time, this will take its toll on the spine and affect your daily life. The flexibility of remote working has suited many during the pandemic, but as the festive season approaches and we find ourselves rushing to finish work and hunching over to wrap Christmas presents, our backs will not thank us!

## Spinal Complaints Managed with Chiropractic Care

Pain, tightness and stiffness in the back, neck, legs and arms could all stem from the spine and the tissue around it. Treating this type of pain requires a diagnosis of the cause, and our chiropractic team have the expertise to do just that. We have crafted a bespoke treatment plan for thousands of patients who are no longer in pain. Imagine eliminating back pain from your life – what a difference that would make.

We all want to enjoy the festive season, but it can be physically and mentally busy. The stress of getting everything organised, ensuring work is done, and, of course, the financial pressure can cause tension. Consistent stress can lead to musculoskeletal problems in the neck and back. This may cause aching, burning, stiffness, shooting pain or even spasms.

There are many causes of spine-related discomfort, and treatment will depend on the root of the issue. Treating symptoms offers a quick fix, but implementing a long-term, natural chiropractic plan will give your body a chance to recover, strengthen and repair.

## Limited by Back Pain?

Have you found yourself saying things like, 'My back plays up when it's cold,' or 'I can't do that, my back won't take it,' or even avoiding certain events and activities due to pain and mobility limitations? Let us help you. We will work with you to establish the cause of your discomfort and then form a unique treatment plan. Our chiropractic treatment plans incorporate spine adjustment, massage and rehabilitation to ensure you are on the road to a healthier and pain-free life.

## Have a Pain-free Christmas and a Healthy New Year

Whether you want to dance at the Christmas party, play with the kids, rock around the Christmas tree or plan fun activities in the new year, we can take away those limitations caused by spine-related pain. Our professionals are at hand to help you every step of the way, with advice on posture when working from home, sleeping positions, exercise, stretches and even diet.

The physical, mental and social implications of back pain are significant for many, but it does not have to be that way. You can transform your day-to-day with the proper care to target the cause of your pain.

Our chiropractic clinics offer initial face-to-face consultations where our specialists will get to know you and your goals. Our thorough tests and x-rays, along with an assessment of your medical conditions, allows us to pinpoint the ideal treatment for you.

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# Editor's notes...

DECEMBER 2022



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Rayleigh Wickford. What a difference a year makes. This time last year, we still had the threat of lockdowns looming.

Thankfully, this year feels much more normal - apart from a World Cup with the Christmas decorations up, which certainly feels odd.

I think the past two years have made us robust as a nation, and if we haven't been a fan of change previously, we have certainly been forced to be flexible in recent times.

This Christmas, try to spend your money locally, rather than buying from the bigwigs. Every pound you spend with a local business will make a huge difference.

Personally, I love this time of year, especially since I've had kids. Now they're getting a bit older, the magic reflected on their faces makes it all worthwhile.

I wish a very merry Christmas to all our readers and advertisers, and here's to a successful 2023.

In this month's edition our cover star is Peter Kay who has announced his first tour in 12 years. He is also the first artist in the world to perform a monthly residency at the O2 Arena in London.

*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

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# WHIPPING UP A STORMZY

**S**tormzy's appeal is widespread – a musician, a fashion icon, a fulcrum for equality in what is a complicated social landscape, and the first grime artist to headline Glastonbury. With a new album out, the rap star – real name Michael Ebenezer Kwadjo Omari Owuo Jr – explains that his journey to greatness is no accident, but the result of sheer determination and hard work.

Stormzy will never be everyone's cup of tea. His music is genre-splitting but ultimately relies on a listener's ear for rap, grime and dubstep-infused combinations. Meanwhile, his politics often lean on diversity, equality and race, leading to an unapologetic prevalence of support for Black artists, musicians and students.

Yet whether you respect the 29-year-old Croydon native for his take on music and life or not, the fact he has battled back from depression, and is vocal in promoting good habits and good actions as methods for combating the mental and psychological ills of modern society, mean he deserves the stage he finds himself on.

Stormzy also possesses the humility to talk about the wider elements that influence his music, rather than simply pushing the marketing button for *This Is What I Mean*, his third studio album.

"Nothing would be possible without having a clear head and knowing what it is we have to do in this world to survive," he begins. "I realised a long time ago that exercise was the only mechanism that would truly keep me straight, and that's why so much of my focus is on building physical and mental strength.

"When you put on muscle, people are quick to label you as someone who wants to pose or show off, but it's nothing like that for me. Strength is just a by-product of a fitness regime that keeps my brain, my head, in the right place.

"If I didn't do it, some days I don't think I'd be able to cope."

Pushing his own vulnerability at potentially falling back into "the darkness" is an interesting slant, particularly in a music genre where confidence and bravado play such a big role in the promotion game. Yet while the rapper does accept imperfections in his armour, Stormzy is never less than 100 per cent driven to achieve.

"I find it strange and uncomfortable to aim for anything less than the greatest," he offers, with typical bravado. "That doesn't even make sense for me, that.

"If I was going to be an engineer or I was going to be a baker, or I was going to be a fireman, why would I not aim to eventually be the greatest at my job?

"I've never understood why I should just try to be the best rapper in London, or even the best rapper in the UK. I don't want to be the best rapper in the UK. I want to be the best artist in the UK."

Stormzy's new album will doubtless take him another step closer to his goal. It is a collection of 12 tracks revolving around race, love, fame, influence and contentment. "All our experiences get us to a certain place, and right now this is where I am," he says. "It feels right to be putting this record out – it feels good."



Photo credit: Tracey Welch/Shutterstock



# Blind Ambition

CELEBRATING INFLUENTIAL BROADCASTER  
AND BLOGGER LUCY EDWARDS

There's not a teenager out there who hasn't had to overcome setbacks – disappointing A Level results, the pain of unrequited love, and more.

For Lucy Edwards, the pain was rather longer lasting. When she was 17 years old, a life-changing operation designed to cure a rare genetic condition called incontinentia pigmenti turned out to be the most temporary and painful of reprieves. Lucy's sight returned to its fullest state, yet for a brief and tormenting four hours only.

Now aged 24, Lucy's sight has deteriorated to the point where she is holding on to the very last bits of light perception. However, she refuses to buckle under the pain of missed experiences or opportunities.

Instead, by "owning" the condition, she has styled for herself a career at the BBC – she was Radio 1's first-ever blind presenter, and is a notable fashion and style blogger/vlogger, with more than 650,000 YouTube and 150,000 Instagram followers. She regularly posts under the #blindnotbroken hashtag and has also published a book, *The Blind Beauty Guide*.

In everything she does, Lucy looks to give hope and encouragement to countless others looking to get their life ambitions back on track following disability setbacks.

"It is the trauma that drives me forward," she says. "I thought I should be open about my feelings because this brings about change. If I didn't share my life online, I don't think others would be as knowledgeable about blindness."

"It is important to show that anyone can do anything if they want to."

An important element of that is a new perception of beauty. For Lucy, her beauty routine is a holistic exercise that doesn't just rely on visuals. It's about taking time for herself, relaxing and unwinding with candles, music and aromas.

She adds: "As a blind person, these are things that mean so much to me."

Photo credit: lucyedwards.com, BBC, Twitter @lucyedwards



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## Christmas CACTUS

A popular winter flowering houseplant that will make a great addition to your home this festive season and beyond, the Christmas cactus is easy to care for and maintain.

### Why choose a Christmas cactus?

You may have already seen Christmas cacti in your local garden centre as they seem to be everywhere at this time of year, and with very good reason. A blooming succulent which is very easy to grow, Christmas cacti boast stunning flowers, and when tended to properly, can live for up to 100 years. They also release oxygen at night instead of throughout the day, which means they can help to improve your quality of sleep.

### How to plant a Christmas cactus

Christmas cacti are easily propagated by cutting a

short Y-shaped segment from the stem tips of healthy plant foliage. Plant the segment a quarter of its own length deep in slightly sandy soil and then evenly moisten it. Place the cutting in a well-lit area but not in direct sunlight.

### How to pot a Christmas cactus

When choosing a pot for your Christmas cactus, you need one that features a drainage hole at the bottom. This will help to prevent the soil from becoming too wet. Christmas cacti thrive in almost any type of potting mix that is formulated for succulents.

### How to care for your Christmas cactus

Unlike other cacti, Christmas cacti are not native to hot and arid environments, which means they require completely different care. This houseplant should be kept in bright but indirect light, with an ideal daytime temperature of around 21 degrees and an evening temperature of 15-18 degrees. Water your Christmas cactus around once every 2-3 weeks, but only when the top one-third of the soil feels dry to the touch.







# HOW TO *untangle* CHRISTMAS LIGHTS

**D**ecorating your home for Christmas should be a joyous occasion but, if your Christmas lights are a tangled mess, this task can quickly turn into a full-on stressfest.

## STEP 1: Get in a positive frame of mind

If you are already feeling frazzled and frustrated, then things are only going to get worse when you start trying to untangle your lights. Therefore, you need to make sure you are feeling relaxed and in the right frame of mind. Pop on some festive songs, pour yourself your favourite festive drink and take a few deep breaths before you begin.

## STEP 2: Make sure you have enough space

You need to make sure you have sufficient space to lay your lights out on a flat surface, such as on the floor or across a large table.

## STEP 3: Start with the plug

Always start with the plug when untangling your Christmas lights. Once located, gently work the plug through the knots. Be careful not to pull too hard as this may damage the lights.

## STEP 4: Use a pencil or pen

If you come across any knots that are preventing you from unravelling your lights, gently use a pencil or pen to tease them out.

## STEP 5: Keep your lights in a straight line

As you untangle your lights, make sure you keep them in a straight line to prevent further knots. It can be beneficial to enlist a helper to do this with you and to help you hang your lights on the tree.

## HOW TO STORE YOUR LIGHTS TO PREVENT TANGLING:

- > Wrap your lights around a piece of cardboard and then wrap tissue paper around them to prevent damage.
- > Alternatively, wrap them around a wire coat hanger and store somewhere safe.

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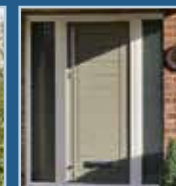


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# LOCAL NEWS

*from your neighbourhood*



## Chopshop busted

Four vehicles, together with the remains of other cars stolen from the area, have been found at a chop shop in the Rayleigh area following an investigation by the Essex Police Stolen Vehicle Intelligence Unit.

Essex Police were joined by the special unit to target the chop shop on Saturday, November 19, and found the remains of Ford Fiestas that had been stolen in the local area.

The find follows the police raid of a chop shop in Wickford last month, as reported in **VISION**RayleighWickford November 2022 edition.

According to Statista, the number of motor vehicle theft offences recorded in 2021/22 was 108,542 – an increase of more than 10,000 compared to the previous year.

The Essex Police Stolen Vehicle Intelligence Unit said on Twitter: “We joined local officers to target a chop shop in the Rayleigh area.

“Four complete vehicles, along with remains of stolen Fiestas taken locally in recent weeks, were identified and recovered. Investigations continue.

“The owners will be notified as soon as possible.”

## Man hospitalised following High Street assault

A man was hospitalised with a head injury after an altercation on Rayleigh High Street last month.

A 25-year-old man was arrested on suspicion of grievous bodily harm (GBH) on Saturday, November 12, and has been released on bail until February 8.

An Essex Police spokesperson said: “We were called to the scene by colleagues in the ambulance service shortly after 7.45pm. It was reported that a man had sustained a serious head injury during an altercation.

“Officers arrived and another man was arrested on

suspicion of GBH. The victim is receiving treatment in hospital.

“Our investigation is progressing quickly, and we now believe three key witnesses are yet to come forward to speak to us.

“We specifically want to speak to a couple who witnessed the incident from a BMW car. Another man was also passing the scene at the time.”

You can report information at [www.essex.police.uk](http://www.essex.police.uk) or call 101, citing crime reference 42/278478/22.

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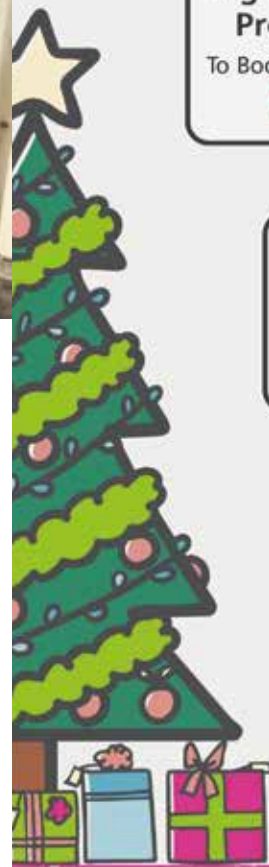
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LOCAL NEWS RAYLEIGH

The Chancellor of the Exchequer, The Rt Hon Jeremy Hunt MP, delivered his Autumn Statement on Thursday, November 17.

The Chancellor rightly pointed out that we are not alone in facing economic challenges. Putin's illegal war in Ukraine has contributed to a surge in energy prices, driving high inflation across the world. Furthermore, the worldwide COVID-19 pandemic has stifled global growth and meant that the International Monetary Fund now expects one-third of the global economy to fall into recession this year or the next.

It is for those reasons that the Chancellor has set out a wide range of measures to try to bring economic stability, while also protecting the most vulnerable in our society. One particular measure that I strongly welcomed was the retention of the triple lock, a key 2019 Conservative manifesto commitment.

Accordingly, in April, the state pension will rise in line

with inflation (an £870 increase). Alongside this, in order to support the poorest pensioners, the government will increase pension credit by 10.1 per cent, which is worth up to £1,470 for a couple and £960 for a single pensioner for most vulnerable households. Thus, it is only right and compassionate that we have retained this key commitment to protect the very people who have paid taxes and national insurance over many decades.

The government has also recently introduced the Energy Price Guarantee, which should ensure that an average household should not face annual fuel bills in excess of £2,500 this year. The Chancellor confirmed that this scheme will now be extended beyond next April, too. We cannot control the global economy, but we can try to protect our own citizens.

## Schools face funding cuts

A total of 490 schools across Essex face funding cuts in 2023, including schools in Rayleigh.

The figures were released by the National Education Union via education campaign School Cuts, ahead of the government's Autumn Statement. They show that there will be a total funding cut of nearly £29million in 2023/24 in Essex, amounting to £144 per pupil.

The FitzWimarc School is estimated to suffer a £340,008 funding cut, amounting to £233 per pupil.

Some of the other schools in the area undergoing funding cuts include The Swayne Park School with a cut of £220,149, Grove Wood Primary School with a

cut of £113,531, and Edward Francis Primary School with a cut of £91,390.

Geoff Barton, general secretary of the Association of School and College Leaders, said: "Behind these bleak statistics lies the human story of what the underfunding of education will mean for schools, colleges, children and young people."

The government's Autumn Statement announced an injection of £1.6billion into 16-19 education and training in 2024/25, including an upfront cash boost which would see the average rate of funding per student increase by 9.5 per cent in 2022/23.

Photo credit: Google Maps



# LOCAL NEWS

*from your neighbourhood*



Photo credit: Gridserve



## New electric car charging plans unveiled

Basildon councillors have deferred a planning application for an electric vehicle (EV) car charging forecourt on the outskirts of Wickford.

The plans, submitted by Gridserve Sustainable Energy Ltd for a site north of the A127 and east of Nevendon Road, were deferred to allow for highway authorities to plan further.

The vehicle forecourt would have 31 charging stations, with a café, gym, office buildings and children's play area also included in the plans, which would create 60 new jobs.

The planning officer's report pointed out that the site was proposed for green belt land, but that the benefits of the development could outweigh the otherwise inappropriate nature of the build.

It said: "The proposed development constitutes inappropriate development. However, it is considered

in this instance that, collectively, the very special circumstances put forward in support of the application would outweigh the harm to the green belt by reason of inappropriateness."

A Gridserve spokesperson said: "The benefits of an Electric Forecourt® are that it provides reliable and easy-to-use EV charging, supplied by renewable energy, for the local area and those travelling through."

"Within the first year of operations at the Braintree Electric Forecourt®, EV registrations in the surrounding area doubled, helping to accelerate the county's transition to low-carbon transportation."

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Photo credit: Basildon Council

# Hundreds attend Remembrance services

A Remembrance Day parade and service was held at Wickford Memorial Park on Sunday, November 13, featuring local Armed Forces members, veterans, Cadet groups and the emergency services.

The parade was led by bagpipers, followed by veterans and their families as they made their way through the town to the wreath laying.

A spokesperson for Basildon Council said on Twitter: "The Wickford community came out in their numbers today [November 13] to pay respects for our fallen soldiers in years gone by.

"A thank you to all the veterans, Cadets, emergency

service units, and serving members of the Armed Forces who made the service so special."

Mayor of Basildon councillor Luke Mackenzie said: "The bravery of our current and former members of the Armed Forces is extraordinary. Our fallen soldiers sacrificed their lives to allow us to be able to live as we do now, and I know our borough will come out in force to honour them in the way they deserve."

Services were held across Basildon and were attended by Mayor Mackenzie and Deputy Mayor councillor Yetunde Adeshile, who attended services at St Martin's Square and Howard Park respectively.

## Digital hub launched to offer financial support

A new digital hub offering resources to help Wickford residents with the cost-of-living crisis has been launched on Basildon Council's website.

According to Statista, the percentage of UK adults reporting a cost-of-living increase stands at 87 per cent, with real earnings for regular pay decreasing by 2.7 per cent as inflation continues to increase.

Owing to this, Basildon Council has pooled resources and information from across the borough, including wellbeing and support advice.

The resources aim to help residents save money this winter, with tips on energy efficiency also included on the council website.

Councillor Andrew Baggott, Leader of Basildon Council, said: "We understand the pressures people are currently facing in this unprecedented time. These resources are available from organisations and services across the borough to help people get the support they need.

"Now more than ever, it is important to seek help when you need it, and we want everyone to feel they can reach out to these services, whether it's support from food banks, warm places, mental health support or work support."

For more information, please visit [www.basildon.gov.uk/costofliving](http://www.basildon.gov.uk/costofliving)

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# Everything's going TO BE OKAY

## ONE OF BRITAIN'S BEST-LOVED COMEDIANS RETURNS

For a few years, it seemed you couldn't turn on the television or open a newspaper without seeing a mention of Peter Kay.

The larger-than-life Bolton-born comedian always seems to have had the Midas touch since bursting onto the scene when winning Channel 4's *So You Think You're Funny?* contest in 1997.

A year later, he was nominated for a Perrier Award for his stand-up show at the Edinburgh Fringe Festival, and by the time the Millennium came round, he was a regular on our TV screens, extolling a brand of observational yet irreverent comedy across multiple successful sitcom series. Included in these is the iconic *Phoenix Nights* – which, despite its legacy, only totalled 12 episodes – *Max and Paddy's Road to Nowhere*, *Peter Kay's Car Share* and *Peter Kay's Comedy Shuffle*. Switching almost seamlessly between filmed commitments and hilarious stand-up, it seemed Kay could do no wrong.

Kay's self-removal from the public eye was the subject of much speculation after he wrapped up his last TV projects back in 2017. It happened when his 90-date *Have Gags, Will Travel* tour planned for 2018/19 was cancelled.

He broke cover on events shortly afterwards, referencing The Lily Foundation, which works to raise awareness of mitochondrial disease in the UK.

He wrote: "The Lily Foundation is an inspiring charity that helps to improve the lives of children with mitochondrial disease."

Mitochondrial disease is a term that covers a range of often devastating conditions involving the failure of mitochondria, which live inside cells and which play a key role in providing energy. If they do not work properly, this can lead to serious problems for the body.

"I've had first-hand experience of the foundation's work and I'm proud to raise both awareness and much-needed funds to help with the inspiring work it provides to children and their families," said Kay.

With his family's health issues now, seemingly, in a place where he can refocus on work, the funnyman, now 49, is getting back to what he does best with his first UK tour in 12 years. Aptly titled *Peter Kay Live: Better Late Than Never*, he will visit Manchester, Birmingham, Liverpool, Leeds, Sheffield, Belfast, Newcastle, Dublin, Glasgow, Cardiff and Nottingham between December 2022 and August 2023.

However, such was the demand for tickets that the Ticketmaster site crashed under the weight of demand. Subsequently, additional dates have been added for 2024 and 2025.

Kay insisted that the ticket prices reflect the £35 cost from his last UK tour, way back in 2010. "The cost-of-living crisis has hit most and will hit everyone at some point," he said. "It's something I would do for free if I could. But even if I can't do that, this isn't a money-making exercise – it's an honour to be in demand still after all this time and I'm excited about having a laugh with people in a live setting all over again.

"I also may be a bit rusty... hence the freezing of the ticket price," he joked.

In addition, Kay, the recipient of four BAFTAs and a National Television Award, has been announced as the first artist in the world to perform a monthly residency at the O2. At a time when what we're allowed to laugh at seems under more scrutiny than ever before, it seems we could all benefit from knowing the way to Amarillo... or the North Greenwich arena, at least.





# PUZZLES & TRIVIA

PUZZLES

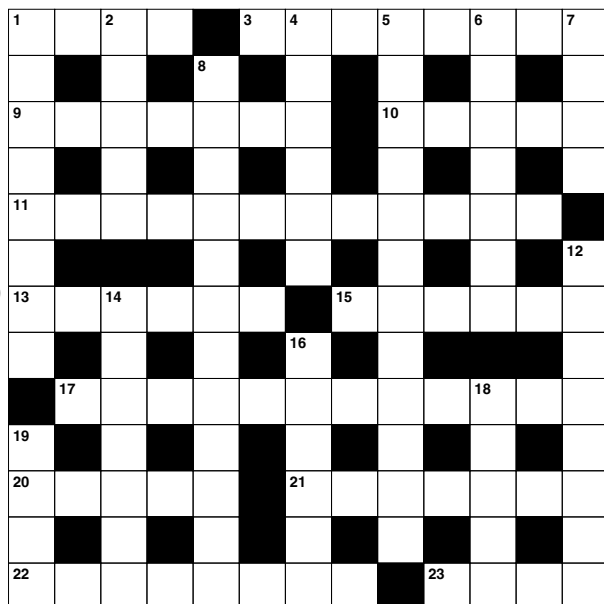
Answers: see end of The VISION Listings

## ACROSS

1. Prima donna (4)
3. Stated emphatically (8)
9. Shackle (7)
10. Animal that walks on two legs (5)
11. Narcissism (4-8)
13. Contributes information (6)
15. Not noticed (6)
17. Easy to converse with (12)
20. Person who flies an aircraft (5)
21. Pays no attention to (7)
22. Where photographs are developed (8)
23. Stitches (4)

## DOWN

1. Relating to the home (8)
2. Type of plastic (5)
4. Constructs a building (6)
5. Intricate and confusing (12)
6. Retaliatory action (7)
7. Extinct bird (4)
8. Author of screenplays (12)
12. Opposites (8)



14. Liked by many people (7)

16. Gambling house (6)

18. Flat-bottomed boat (5)

19. Moved quickly (4)

## DID YOU KNOW?

- Christmas takes place on December 25 – the day the Roman Catholic Church chose to mark Jesus' birthday. No one actually knows the exact date Jesus was born.
- Not everyone celebrates Christmas on the same day. For example, Greek Orthodox Christians often celebrate on January 7.
- Many Christmas traditions come from the Victorian era, including crackers, roast turkey and gift-giving.
- Christmas trees were first seen in Germany in the 16th century, when fir trees were decorated with fruit and nuts.
- *Jingle Bells* was originally a Thanksgiving song written in 1850.
- It only took six weeks for Charles Dickens to write *A Christmas Carol*.

## SUDOKU

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



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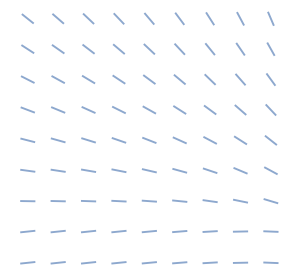
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# ARE YOUR SLIPPERS *ruining* YOUR HEALTH?



Soft, warm and oh so comfy, slippers are a staple for many. However, could they be doing more harm than good to your feet? Let's find out.

**INSUFFICIENT HEEL SUPPORT:** Your choice of footwear should provide both support and protection, especially if you are wearing them for long periods of time. However, with every step you take in slip-on footwear, your toes are forced to grasp the slipper to lift it off the ground and carry it, which has a negative effect on the muscles and joints of the foot.

**INSTABILITY ALL UP YOUR BODY:** Slippers challenge all the joints in your body owing to their lack of ankle support. In fact, an unstable ankle can drag both your knees and hips in, downwards or outwards, depending on your body type. This can cause a whole host of problems, including pain and poor posture.

**HIGHER RISK OF FALLS:** For the elderly, who are already at a greater risk of slipping and falling, slippers can be extremely dangerous. Slippers provide very little grip compared to other types of

footwear, which means that you are more likely to lose your balance, especially when walking on tiled, wooden or vinyl floors.

**NON-BREATHABLE:** Although slippers are meant to keep your feet cosy, they can easily make them too hot if they are made of poor-quality, synthetic fabric. This can create a breeding ground for fungi and bacteria and increase your risk of athlete's foot.

## SO WHAT SHOULD YOU WEAR ON YOUR FEET IN THE HOUSE?

Opt for supportive, lace-up shoes that stay on the foot as you walk as these will cushion and protect your feet.

Some of the most supportive footwear brands include:  
 > Birkenstock Milano  
 > FitFlop  
 > TOMS  
 > Kalahari

It is also a good idea to walk around barefoot sometimes as this can help to strengthen and stretch the muscles, tendons and ligaments in your feet. This helps to improve balance and to prevent injury, knee strain and back problems.



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The concept is much the same as you would have in a student house, though the target market is very much young professionals, and the architectural and interior finish reflects a demographic who are in employment and looking to build careers and interactions with like-minded people.

While in terms of location, Coliving can provide a huge advantage with reductions in commuting time

and cost, an additional environmental impact comes by way of shared amenities, all-inclusive bills and communal events and facilities.

While for some young people the idea of being thrown into a space with a number of strangers may be daunting, Coliving spaces are typically extremely careful to maintain high safety standards for residents, with letting agents carefully screening both residents and staff, and most include a 24/7 concierge service to help manage the building.

Coliving also provides flexibility for residents who don't want to be caught in long-term renting situations; nor might they have the ability to put a large deposit down. Instead, a rental term might be for just a few days up to a few months, and longer if desired.

What people therefore get is a ready-made community of like-minded people, excellent facilities, and all the social and practical benefits of living in a central, busy part of town.



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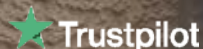
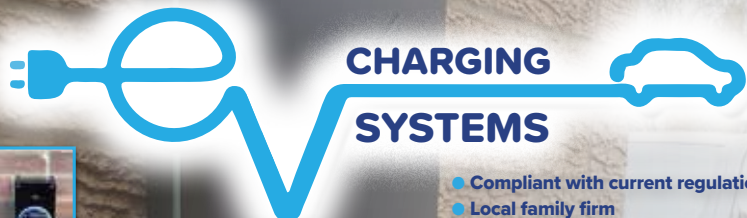
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# Time for TIRAMISU

**CELEBRATING THE BOOZY ITALIAN DESSERT THAT ALWAYS OFFERS A LIFT**

We're used to hearing about the history and provenance of our culinary loves – tales of family traditions and secret recipes that have been handed down for centuries.

To say that tiramisu doesn't fit into that category perhaps sounds like an attempt to besmirch it slightly, but the opposite is actually true. Instead, this is a dessert whose parentage is surprisingly recent.

The dish was invented by Italian restaurateur Ado Campeol in 1972 – thus the tiramisu has just completed half a century of service in cafés, restaurants and kitchens. In that time, it has been popularised the world over.

Now is an apt moment to celebrate the dessert, as Campeol passed away at the age of 93 this October.

The pudding has an impressive legacy, especially as a combination of eggs

whipped with mascarpone cheese, coffee-soaked biscuits and bitter cocoa powder perhaps doesn't sound like the most obvious taste combination.

The name 'tiramisu' translates to mean 'lift me up' in Italian due to the kick offered by the coffee, while rum or marsala is typically added to the mix to offer a premium, eclectic edge.

### QUICK TIRAMISU RECIPE

#### INGREDIENTS:

3 tsp instant coffee granules	3 tbsp coffee liqueur
250g tub mascarpone	85g condensed milk
1 tsp vanilla extract	4-6 sponge fingers
1 tbsp cocoa powder	

**STEP ONE:** Mix the coffee granules with 2 tbsp boiling water in a large jug and stir to combine. Add the coffee liqueur and 75ml cold water. Pour into a shallow dish and set aside.

**STEP TWO:** Make the cream layer by beating the mascarpone, condensed milk and vanilla extract with an electric whisk until thick and smooth.

**STEP THREE:** Break the sponge fingers into three pieces and soak in the coffee mixture for a few seconds. Put a few of the sponge pieces in the bottom of two wine or sundae glasses and top with the cream mixture. Sift over the cocoa and chill for at least one hour before serving.



FOOD & DRINK





# HOW TO COOK WITH CHESTNUTS

When it comes to festive food, chestnuts go hand in hand with Christmas. However, did you know that there are so many different ways that you can cook and enjoy these mouthfuls of nutty deliciousness.

## ABOUT CHESTNUTS

Chestnuts are the large edible fruit of the chestnut tree and are popular in both Europe and China. When you cook chestnuts, they produce a delicate and slightly sweet flavour with a soft texture that has a similar consistency to baked potatoes. You cannot eat raw chestnuts so they must be cooked before they are served.

## 3 WAYS TO COOK CHESTNUTS

**Boil them:** To boil chestnuts, you first need to score them, before placing in a saucepan of cold water. Bring the water to the boil and allow to simmer for 3 minutes. Remove from the heat and then carefully scoop out a few at a time, peel off the shell and skin with a knife.

**Roast them in the oven:** To roast chestnuts, you first need to pierce each nut to prevent them from exploding due to internal pressure. Then place on a baking sheet in an oven that has been preheated to 200°C/180°C fan/ gas mark 6. Roast for 15-20 minutes, stirring occasionally. Wait until they are just cool enough to peel and serve warm.

**Roast them on the fire:** Take an aluminium pie plate or tin foil pudding dish. Make cuts in the chestnuts and place the plate on a grill over white-hot coals. Shake the plate or dish periodically using heat proof gloves and roast until tender.

## HOW TO ENJOY CHESTNUTS

- Mashed with sweet potatoes, carrots or cabbage
- Mixed with sausage meat, bacon and cranberries to make stuffing
- Blended with chickpeas to make a festive hummus
- Made into a puree and used to make chocolate chestnut cupcakes.



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# KFC KRAZY!

**D**id you know that while you're tucking into your roast turkey and all the trimmings on Christmas Day, over in Japan, they're chowing down on crispy chicken with a selection of sides?

## HOW DO THE PEOPLE OF JAPAN CELEBRATE CHRISTMAS?

In Japan, Christmas is still a secular holiday as less than one per cent of the population identify as Christian. Instead, they use this holiday as a time for families and friends to have parties, make plans for dinner and enjoy general celebrations.

## WHAT IS THE JAPANESE KFC CHRISTMAS CRAZE?

An estimated 3.6 million Japanese families treat themselves to KFC every festive season, with what has to be one of the world's most unique Christmas food traditions.

In fact, demand is so high that locals often have to queue for hours to get their hands on a bucket or two of this popular cuisine.

## HOW DID THIS TRADITION START?

This peculiar demand for KFC at Christmas came about because of a campaign that was inspired by Takeshi Okawara, the manager of the first-ever KFC in Japan. Shortly after it opened in 1970, he woke up at midnight with the idea to sell a 'party barrel' of fried chicken on Christmas Day. In 1974, the marketing campaign went national, calling it Kurisumasu ni wa Kentakkii, or Kentucky for Christmas. The rest, as they say, is history.

## WHAT DOES THE KFC CHRISTMAS MEAL CONSIST OF?

As well as buckets of fried chicken, families in Japan tuck into lots of sides, cakes and even wine. Some of this year's offerings include:

- > A box of chicken for 3,780 yen (around £22)
- > A party box with eight pieces of chicken, a lasagne and a chocolate cake for 4,000 yen (around £25)
- > A premium roasted chicken and sides for 5,800 yen (around £35)

On average, these packages account for a whopping one-third of the chain's yearly sales in Japan.

# Queen for 70 years

## BUT COULD IT HAVE BEEN DIFFERENT?

**W**ould Elizabeth have become queen if her uncle, King Edward VIII, hadn't renounced the throne to marry the woman he loved? And would she have reigned for so long?

In December 1936, King Edward VIII abdicated the throne to marry divorcee Wallis Simpson. This was because he didn't want to live without the woman he loved by his side and, at the time, the Church of England didn't allow divorced people like Mrs Simpson to remarry in church if their ex-spouse was still alive. And as Edward was the nominal head of the church, it was felt he had no choice but to step aside.

So the crown passed to Edward's younger brother, who became King George VI. When George died in 1952, aged just 56, his elder daughter, the 25-year-old Princess Elizabeth, became queen. As Her Majesty Queen Elizabeth II, she became the UK's longest-ever reigning monarch – leading the country for 70 years until her death earlier this year.

But what would have happened if things had gone differently?

What if Edward had married Mrs Simpson but refused to give up the throne? Because the couple didn't have children together, Edward's younger brother George would still have been his heir. Edward survived his younger brother by 20 years – so the crown would have still gone to Elizabeth. But this would have happened in 1972, not 1952. So she would have ruled for 50 years rather than the record-breaking 70.

It's also possible that Edward would have had at least one child if he'd married someone other than Mrs Simpson. The line of succession would then have passed through this child – and Elizabeth may have never become queen.

Another line of thought is that Edward's attitude to the monarchy and politics was troublesome, and the monarchy wouldn't have survived his rule.

But that's another story.



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HISTORY



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# BOWLED OVER



SPORT



## ENGLAND CLINCH T20 WORLD CUP SUCCESS

England's hard-hitting, bombastic-bowling T20 side are the best in the world – their clinching of the World Cup in Australia in the middle of November capped a memorable few weeks Down Under, in which captain Jos Buttler MBE's side battled back from adversity to lift their first world crown since back in 2010.

Chasing a modest Pakistan total of 137 in the Melbourne final, an early batting wobble was calmed by the inspirational Ben Stokes OBE, as England knocked off the required runs with an over to spare.

It was another monstrous moment for Stokes, who has made a habit of being England's go-to man for the big occasion. Indeed, when entering the crease with the side 45/3, there were fears his side might wilt at the final hurdle, having got themselves into the final despite a group defeat to Ireland and a rain washout draw versus Australia.

Perhaps we shouldn't have worried. After all, it's getting to be something of a regular thing, both for Stokes and in the way the England team have showed real prowess in their white-ball cricket over the past few years.

Stokes was instrumental as the Three Lions clinched the ODI World Cup in 2019, and although he has stepped down from 50-over duties now, he will look to overturn the odds and inspire the Test side to victory over Australia in next year's Ashes.

In the final, he smashed 52 off 49 balls to steer his side home, with Buttler's 26 and Harry Brook's 20 other notable contributions.

No one can question the fact that England were deserving champions. On the way to lifting the trophy, they defeated T20 heavyweights New Zealand, Sri Lanka and India, and in the final, repelled the threat of arguably the most feared bowling attack in the game, as Pakistan failed to find the breakthroughs they needed.



Photo credit: Hamish Blair/Shutterstock, JOEL CARRETT/EPFL/SHUTTERSTOCK



# COMPANIONS *at Christmas*

Christmas is a time to relax and spend time with your loved ones. And your four-legged family members also love the chance to enjoy more time together, as well as greeting visitors, taking in different sights and smells, and giving you puppy-dog eyes for extra treats.

Your dog can bring joy this Christmas, and hanging out together can also help you escape from the seasonal stress.

Dog behaviourist Zoe Willingham, who has 23 pups, shares seven magical moments you can enjoy this Christmas.

1. Count down to Santa Paws' arrival with their own doggy advent calendar and make them happy every morning.
2. Give them a special toy to play with when you dress the Christmas tree so they're not jumping up at the baubles.
3. Top up your training to make sure they have the essential skills to wow your guests and anyone you visit with their impeccable manners.

4. Get social and enjoy a festive feast at your favourite dog-friendly pub or restaurant.
5. Wrap up warm and get outdoors together. It might be chilly, but being in the fresh air, taking in the scents, and spending time with you means your dog will be happy and content.
6. After your wintry walk, what's cuter than seeing your dog curled up snoozing while you watch your favourite Christmas film?
7. Your pup is sure to be top of Santa's Nice List, so make sure they have a doggy stocking packed with fun toys and healthy treats to open on Christmas morning.

Want to chat about fun activities you can enjoy with your dog or ask a question about training? For more tips and advice, please visit [www.bestbehaviourdogtraining.co.uk](http://www.bestbehaviourdogtraining.co.uk)



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# Create your own SENSORY GARDEN

A sensory garden is designed to stimulate the five basic senses of sight, smell, sound, touch and taste, and has the ability to enhance your sense of wellbeing, reduce stress and calm the mind. Find out the best sensory garden plants and features below.

**CURRY PLANT:** An evergreen shrub that boasts silvery grey foliage and pale yellow flowers, the curry plant provides a beautiful aroma and is known for attracting bees and other pollinators. Plant in a sunny, sheltered spot in well-drained soil and trim regularly to help it keep its shape.

**ORNAMENTAL GRASSES:** Ornamental grasses such as pampas grass and architectural seed heads add structure and movement to a sensory garden. Pick creeping, hanging and straight standing grasses for maximum effect.

**LAMB'S EAR:** Featuring velvety foliage that looks just like a pair of lamb's ears, this evergreen perennial produces stunning purple-pink flowers in the summer months that promise to add colour and depth to your garden. Plant them in open borders with other perennials or grow in containers.

**WILD STRAWBERRIES:** Wild strawberry, known as *fragaria vesca*, produces small and super-sweet fruit that is perfect for stimulating your senses of smell and taste. This plant loves partial sun and fairly damp conditions.

**LAVENDER:** Easy to grow and care for, lavender can add both scent and colour to your garden, as well as attracting pollinators. Weave in among other summer-blooming flowers or plant near your home to enjoy its strong aroma whenever you pop your head outside the door.

**A WATER FEATURE:** A water feature such as a pond, fountain or bird bath makes a great addition to a sensory garden. Providing beautiful reflections, calming sounds and contrasting texture, it will also attract wildlife and a wide variety of colourful birds.



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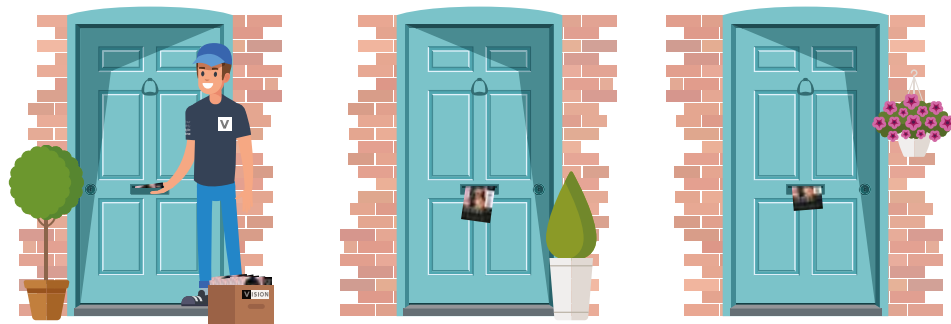
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GARDENING



**WHY IT'S VITAL TO KEEP YOUR GUTTERS CLEAR  
AND RUNNING SMOOTHLY**

The sight of water either pooling in a gutter or, worse still, spilling out over the side of it, can signal real issues for your home.

The autumn and winter months bring together the ultimate combination of factors that mean it pays to check your gutters now before any problems have the chance to get worse.

Your utter gutter nightmare is started by an accumulation of plant debris, sticks, twigs, leaves and bracken. This can be blown onto your roof, dropped by flying birds or, as far as moss goes, may have grown there.

This accumulation of dead matter can form an impenetrable path for rainwater, leading to leaks, damp and mould. A constant drip of liquid over a surface will soon compromise brick material and coatings, with the water penetrating through gaps in the mortar. It will eventually hit your internal plaster layer, often getting trapped behind paint and wallpaper, whereby it will spread across the wall.

The first you may know about this is a discolouration of wallpaper, or a slightly wet stain that's cold to the touch. At this point, that handful of stuck leaves may have compromised an entire wall, which will require drying out and possible replastering.

Externally, blocked gutters can also rot wooden fascia boards around your roof. These are in place to deflect water and wind from the property, and when they deteriorate, their effectiveness drops.

Finally, blocked gutters can also lead to foundation damage; and if you have a cellar or basement – or any other room below surface level – this will be particularly susceptible to flooding.

While you may imagine scaling a ladder in order to hook out a handful of decomposing matter is easy, it often pays to enlist professional help to ensure the job is done properly.

Gutter maintenance specialists will know what to do if they encounter animals or nests, and they may also be able to attend to other quick bits of maintenance, such as replacing loose or broken tiles.





## BIDDING FAREWELL TO THE *Fiesta*



WITH NEWS THAT THE FORD FIESTA IS TO TAKE A PERMANENT SIESTA, WE CELEBRATE THE LEGACY OF THIS BRITISH MOTORING MAINSTAY

If there is one car that portrays the modern era of motoring, it is undoubtedly the Ford Fiesta.

It was 1976 when the first Fiestas rolled off the Ford production plant in Dagenham, arrowing their way to the driveways of motorists looking for an affordable, fuel-efficient and fun way to conquer the roads.

The Fiesta has always been instantly recognisable among an ever-increasing and sometimes perplexing range of Ford models. Indeed, even though its lifespan traverses four decades and eight generations, the car that has shifted more than 22 million units – one fifth of those in the UK – has always stood out as the ultimate fun run-around.

The car has come in saloon, hatchback and even convertible versions – always nippy, always chic, and with a speediness that belies what has always been a modest price tag.

Indeed, the Fiesta epitomised a new generation of car buyers through the 1980s, who were keen to ditch the clumsy, clunky motors of the era, looking instead for a rather more streamlined and sporty approach.

Yet while the model arrived as a mark of practicality and fashion, it has found its exit governed by the same elements, ultimately being undone by the green car revolution. Hence Ford is also ditching the Galaxy and the S-Max, with the last of these being produced next April. Instead, the manufacturer – which has slipped to fifth globally in recent years, behind Toyota, Volkswagen, Hyundai and General Motors – is channelling all its energy into three new electric passenger vehicles and a further four new commercial models.

The Fiesta's day may be done, but the car's presence will be celebrated on our roads for many years to come.

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