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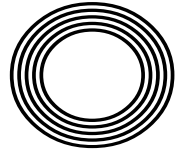
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Editor's notes...

MARCH 2021



Sean Purcell, Editor

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea.

As I write, I am currently completing the final sign-off for our next magazine, launching in Manningtree and Mistley this April. Some may consider this brave due to current circumstances; we certainly haven't been immune to the challenges presented by lockdowns and restrictions. In the absence of certainty economically, the team here focused on what we already had and have worked hard to support the community and our local businesses.

We are continuing to do that throughout this year and have some great initiatives and partnerships planned for residents and business alike.

So, in light of all the challenges, we have decided that now is the right time to expand, knowing that no matter what the short-term challenges lie ahead for the economy, the long-term picture for local news and lifestyle magazines like ours is positive. We will get through these times, and we will begin the process of restarting our communities and our businesses, so why not take the time to plan now and get started? As they say, 'The best time to start was yesterday, the second best time is today'.

We believe in communities and in local business. Our work to expand and launch a second edition demonstrates our belief that local will become even more important in the months and years ahead.

Sean Purcell

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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 Inside pages recyclable

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MORNING GLORY

HOW PIERS MORGAN AND SUSANNA REID ARE PUTTING THE 'GET UP AND GO' BACK INTO BREAKFAST TV

In many ways, the Piers Morgan/Susanna Reid combo shouldn't work. The former is an ex-red-top editor decorated in a history of salacious headlines, controversial tabloid practices and a puffed-up sense of self-importance that flits between entertaining and aggravating.

The latter is a vastly experienced journalist who, while she possesses a chipper, jagged edge, is a calming weekday morning influencer, a sympathiser and an empathiser whose delivery is effortlessly measured and reassuringly sensible.

Put mildly, Piers Morgan and Susanna Reid are poles apart.

Yet as far as breakfast television goes, there is a chaotic chemistry that links the two and, in the process, knits together perfectly two and a half

hours of early-morning chat, debate and news delivery. Perhaps not since the days of Anne Diamond and Nick Owen has there been a duo who seem so comfortable, calm and considered as our breakfast companions; and their ability to spar, speak up and fire off each other is completely borne out in viewing figures which show *Good Morning Britain (GMB)* to be making impressive moves in the breakfast TV battle.

In the latest round of figures, the ITV show has been narrowing the gap on *BBC Breakfast*, although still remains about a million viewers behind its rival.

Piers and Susanna first worked together back in 2014. It was a strange time for Morgan, the former editor of the *News of the World* and *Daily Mirror*, who was looking to revitalise a career that had

enjoyed a surprising leg-up through reality TV shows and his partnership with Simon Cowell. The 55-year-old has perhaps never looked the epitome of cutting edge, but his breathless honesty – be that in front of a Whitney wannabe on *Britain's Got Talent* or a politician crumbling under his indomitable journalistic scrutiny – wicked turn of humour and fearlessness to voice an opinion – both on TV and across social media – have earned our respect. Certainly, it all provided the perfect tonic to Reid's punchy, spiky, slightly girl-next-door approach to topical news.

Fifty-year-old Reid first came to our attention in the early Noughties when she worked for Radio 5 Live, before moving to *BBC News 24* and, latterly, *BBC Breakfast News*. The broadcaster made a controversial switch to ITV in February 2014 as *GMB*

replaced the outgoing *Daybreak*.

As a combination, you sense there is a 'good cop, bad cop' approach to getting sunrise answers the news headlines demand. There's little of the stuffy formality that decorates the styles of Dan Walker, Louise Minchin and others over on the Beeb; instead, issues are tackled using a tried and tested approach which delivers debates without holding back.

Perhaps what's best about the pair is they know how to push each other's buttons. *GMB* feels like a news programme, a lifestyle show and an episode of *Coronation Street* rolled into one. If the dynamic duo can get anywhere near to the longevity of Jack and Vera, they'll have done well, and we'll have been treated to perhaps the best wake-up call of a generation.



Photo credit: 10 Downing Street

DOCTOR'S ORDERS

THE *LOVE ISLAND* DOC HELPING US FIND A HAPPIER REALITY

Doctor Alex George is the *Love Island* contestant who wowed viewers with an altogether different take on what constitutes 'national health'. For an army of admirers, his great looks, impeccable shape, well-spoken manner and charm added up to a dream combination. He's also rumoured to be particularly good with a stethoscope. Moving away from the reality show, the doc has carved for himself an impressive career in the spotlight. And yet, unlike so many other names who have built their brand through reality TV, there is real substance behind the style.

The 30-year-old was announced Youth Mental Health Ambassador by Prime Minister Boris Johnson in February and is a passionate advocate of well-being initiatives, not least because he sees a nation struggling to come to terms with the various effects of the COVID-19 pandemic.

Indeed, the death of his brother, Llyr, who took his own life having suffered with depression, only reinforces a desire in the popular doc to open up channels of communication and encourage people to talk.

Alex's five top tips to boost mental health and well-being:

- > **ONE:** Get outside
"Getting natural light and filling our lungs with air is crucial for well-being. It's uplifting and can instantly make us feel better."
- > **TWO:** Exercise
"We've all had those times when we just can't be bothered to get out and exercise, but be it a run, a walk or a bike ride, just 20 minutes per day will boost blood flow and increase endorphins."
- > **THREE:** Call a friend
"Lockdown has been very frustrating and a lonely experience, but staying in touch with friends is essential."
- > **FOUR:** Eat well
"What we consume affects the way we feel, so fuel and replenish your system, and eat as much green stuff as possible."
- > **FIVE:** Sleep routine
"Sleep is very important, but so is resting at regular times, so monitor your sleep habits and ensure you're getting what you need."



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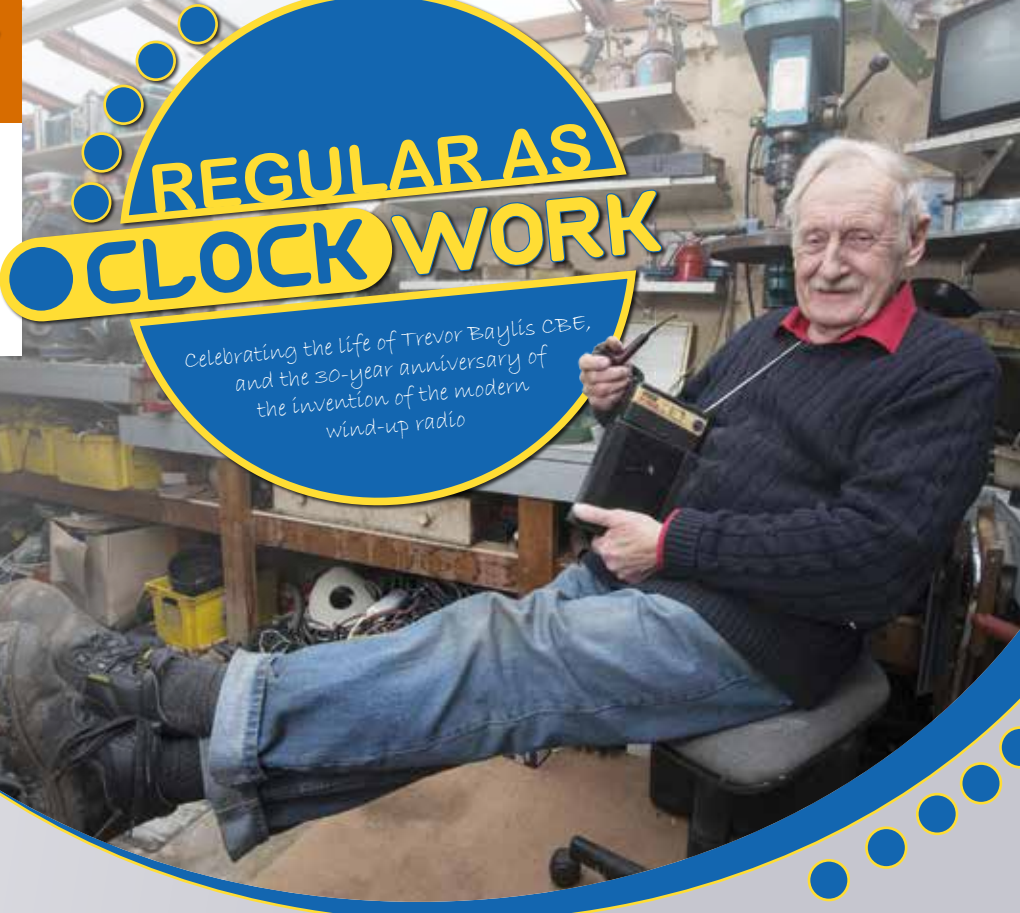
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REGULAR AS CLOCKWORK

Celebrating the life of Trevor Baylis CBE, and the 30-year anniversary of the invention of the modern wind-up radio

It's now three decades since British inventor Trevor Baylis CBE came up with a prototype that was to have a profound effect on limiting the spread of AIDS across Africa. Invented in his garage, the wind-up radio took less than an hour to construct, and came about after the then 54-year-old saw a programme on the BBC detailing a devastating swathe of developing-world deaths provoked by poverty and lack of sexual education.

While radios powered by handcranked generators were, in themselves, nothing new, Baylis's modern clockwork model was free of batteries, meaning information could be broadcasted to places in Africa without electricity. A patent was granted the following year.

It wasn't the first time the eccentric inventor had stepped out of the shadows to help those less fortunate than himself. As a young man he was a brilliant swimmer – he narrowly failed to qualify for the 1956 Summer Olympics in Melbourne – and his dexterity led him into stunt work. This in turn

exposed him to the needs of disabled people, and he subsequently invented and developed a range of products for the disabled, named Orange Aids.

Wind forward to 10 years after the invention that truly made him famous, and in 2001 Baylis launched a similar energy-generating product in the form of a pair of shoes that produced electricity as people walked. He trialled the invention with a 100-mile walk across the Namib Desert, at the same time raising money for the Mines Advisory Group.

Baylis, who died in March 2018, lived on Eel Pie Island on the River Thames. His fame in later life saw appearances on *The Big Breakfast*, and he was awarded an OBE and a CBE for humanitarian efforts and services to intellectual property respectively.



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EMBRACE YOUR

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HOW TO DRESS FOR SPRING FOR ALL BODY SHAPES AND SIZES

Spring is on the way, so it's goodbye to oversized jumpers, and hello to skin-exposing, spring-ready pieces.

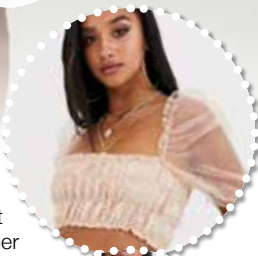
This might sound scary if you have a certain part of your body that you don't like drawing attention to, but it doesn't mean you should spend the spring/summer season covered up. Instead of focusing on a part you're conscious of, accentuate what you love with some easy styling hacks. Here are a few examples...

I'M CONSCIOUS OF MY SMALL CHEST... Adding things that draw attention to your chest is not counterintuitive, so bulk the area out with some accessories such as chokers, necklaces, and tops with intricate collar detailing | Doing all of the above will steal the show, so no one will focus on your chest if you don't want them to.

I DON'T LIKE SHOWING MY ARMS... It seems obvious, but keep the area you are conscious of covered | In warmer temperatures, avoid strapless pieces and choose three-quarter-length sleeves in a light, breathable fabric instead | If you want to brave a shorter length in the height of summer or at a formal event, don't let your insecurities stop you, but carry a bolero or jacket in case you change your mind.

HOW CAN I HIDE MY BELLY? Many dresses now come with ruched detailing around the stomach area for this very reason, so stock up on a few staples | Stick to darker colours and patterns | Prints are also another great distraction | Stay away from baggy, shapeless silhouettes, and opt for high-waisted trousers and loose-fitting blouses to pull focus from your stomach | Wear leggings or skinny jeans with longer tops that sit on or bellow your hips | Curvier shapes look great in A-line dresses | Add a belt to nip in the waist, and say goodbye to added shapewear.

HOW DO I GIVE THE ILLUSION OF CURVES? To break up the straight silhouette, try a belt on the waist or hip area | Alternatively, tuck your top inside your trousers to add some definition | Go one step further and try the French tuck, whereby the front is tucked in and the back is loose | Peplum tops and dresses add volume and drama, perfect for less-curved shapes.



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DIY reed diffuser

If you want to enjoy an aromatherapy experience at home, then a scented reed diffuser is the ideal choice. However, you don't need to spend your hard-earned cash on shop-bought varieties when you can make them at home with a few simple ingredients and supplies.

WHAT YOU NEED: Small bottle or vase | 20–25 drops of your preferred essential oil | ¼ cup of baby oil | 3 tbsp of vodka or rubbing alcohol | Bamboo skewers or ideally diffuser reeds | Zest peels and herbs are optional

HOW TO MAKE: Pour the baby oil into a bowl | Add the rubbing alcohol or vodka | Carefully add the drops of essential oil and zest peels and herbs if preferred | Pour the mixture into your vase or glass bottle using a funnel until it is ¾ filled | Place five skewers into the vase | Cut the skewers to size if necessary so that they stick out roughly 4–6 inches

- Top tips for your DIY diffuser**
1. Check the liquid quantity monthly and top up if needed
 2. Rotate the diffuser reeds once a month
 3. Replace diffuser reeds after 4–6 months
 4. Recycle a perfume bottle if you don't have a suitable vase
 5. Cut your skewers carefully to avoid splinters

How to choose essentials oils for each season

Spring: Choose fresh floral notes, such as a mix of citrus, lavender, geranium and jasmine.

Summer: Uplift your home with magnolia, bergamot and lemon.

Autumn: Embrace the cooler weather with a combination of juniper berry, cedarwood, cardamon and cinnamon.

Winter: Cosy up with a warming blend of spruce, patchouli and Douglas fir.

An alternative to reed diffusers

You can purchase an electronic oil diffuser, but make sure to do your research first as they come in different sizes. These diffusers produce a more concentrated fragrance and add moisture to the air, albeit in quite small amounts.



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CUTLERY

care guide

Whether you use stainless steel, silver-plated or silver cutlery, or a combination of all three, if you want your silverware to last and looks its best for longer, you need to take care of it.

STAINLESS STEEL CUTLERY: The most popular material choice for cutlery, stainless steel is both durable and versatile, but that doesn't mean it is completely stain-resistant.

- HOW TO CLEAN:**
- > Rinse before placing in dishwasher
 - > Never leave to soak or in damp conditions as this can lead to corrosion
 - > Remove stubborn stains using stainless steel polish and a soft cloth

- HOW TO STORE:**
- > Store in its original canteen to prevent pieces rubbing together
 - > Can be stored in kitchen drawer but may reduce lifespan

SILVER-PLATED CUTLERY: A more decadent choice, silver-plated cutlery is relatively easy to care for but does require some special care.

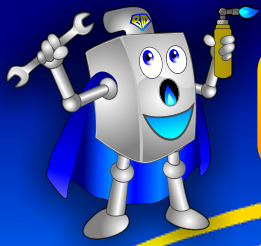
- HOW TO CLEAN:**
- > Keep away from stainless steel cutlery, as contact can cause corrosion
 - > Place in dishwasher, but turn off the drying cycle and dry each piece by hand to avoid staining
 - > Polish to maintain shine

- HOW TO STORE:**
- > Store in a tarnish-proof cutlery roll and then in an airtight container

SILVER CUTLERY: Ideal for use at dinner parties and other special occasions, silver cutlery is both lavish and luxurious.

- HOW TO CLEAN:**
- > Clean as soon as possible after use
 - > Wash separately from stainless steel and silver-plated cutlery to avoid corrosion
 - > Do not put in dishwasher; instead, clean by hand
 - > Do not polish too often as this can wear down the finish

- HOW TO STORE:**
- > When not in use, roll each piece of silver cutlery in acid-free tissue paper or unbleached cotton muslin and then place in a resealable plastic bag.
 - > Add a piece of chalk wrapped in cheesecloth to the bag to absorb moisture and prevent tarnishing.



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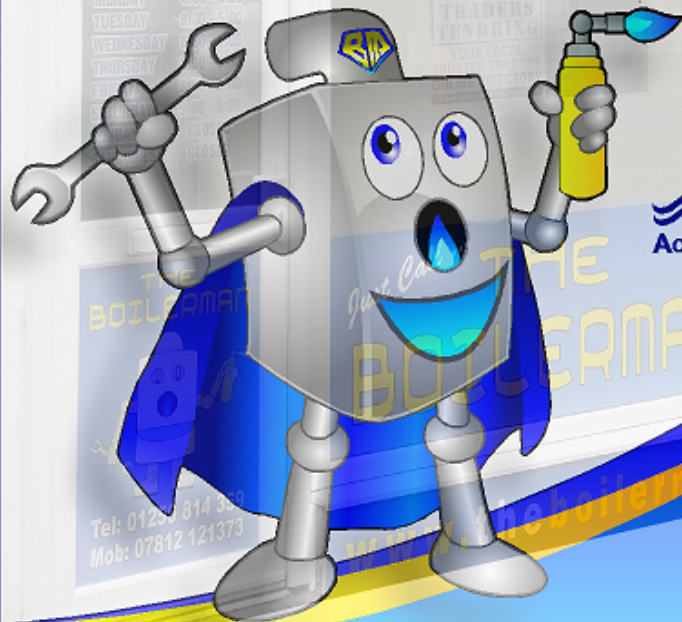
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O, Easter tree!

Who says that decorative trees are just for Christmas? We think everyone could do with a bit of extra cheer this year, so why not have a go at creating your own Easter centrepiece tree, complete with ornamental eggs?

How to create your Easter tree:

For the tree itself, simply gather a selection of branches and place in a vase. The best tree branches to look out for include:

Cherry blossom | Magnolia | Willow | Forsythia | Dogwood

How to hollow out your eggs:

Poke a small hole in the pointier side of an egg and then another, slightly larger, hole on the opposite side. Place your mouth over the smaller hole and blow out the egg. Wash the shell and leave to dry.

Marbled eggs:

Mix 1 cup of hot water with 10 drops of liquid food colouring and 1 tsp of vinegar. Submerge the eggshell in the water for two minutes and leave to cool. This is your base colour.

Next, fill a bowl with fresh hot water and add a darker food colouring and 1 tbsp of olive oil. Roll your egg around to allow it to absorb the second colour.

Egg nests:

If you favour a more natural look, these miniature nests, complete with tiny Easter egg treats, are the perfect decoration for your tree. Gently break away some of the egg shell on the front of your egg, fill with straw and then add a single mini egg to each one.

Glitter eggs:

Create a pattern across your egg using tape, apply PVA glue to the rest of the egg and sprinkle generously with glitter. Leave to dry and remove tape. Choose to paint your eggs first for more a more vibrant end result.

How to hang your eggs:

To finish, simply thread a ribbon or piece of cotton through the top hole of each egg, wiggle it until it pokes out the other side and tie a knot to secure.



HOME & DIY

Photo credit: designimprovised.com, Pinterest, hobbycraft.co.uk



Marvellous marble



HOW TO FAKE THE MARBLE EFFECT FOR YOUR BATHROOM WALLS

Always liked the look of the marble bathroom but baulked a little at the price tag? Worry no more. You can create your own luxurious lining with a few sure-fire shortcuts.

Wall panels: You can buy marble-effect wall panels in many different colours and styles, each offering a multitude of patterns giving off the impression of this much sought-after polished stone. The most popular choice is the calacatta – it's a word derived from the Greek language and means to sparkle, flash and gleam. The detail is in the rich and familiar graining, and that's what most people associate with marble.

Not only do panels look great and give a feel of authenticity, they're also incredibly easy to maintain – simply wipe down. Panels also remove the pain

of grouting – nor will the filled parts lose colour over time. And as for the frustration of chipped marble; well, you're covered there too. Panels are also far easier to maintain and clean.

You can also use panels as a design feature – decorating the whole bathroom, or perhaps a select area (usually in the shower cubicle).

Of course, if you've rather more time on your hands and still fear the look of marble panels is slightly manufactured, you can use a light paint effect to recreate the classic marble veining.

Begin by painting your wall a grey-white shade; then, using a small paintbrush, detail in your own marble-effect veins and streaks. It's time-heavy and labour intensive, but the added detail will have you singing your own praises in the shower.

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INTERIOR

traveller



Embrace the global influence trend to cure your wanderlust

Have you tried catching a flight out to Zambia recently in order to sample the breathtaking, unique wonder of an African safari? Let's just say, your luck is out.

Of course, so much of interior design is about taking ideas and influences from around the world and incorporating those into our living spaces. With that in mind, and ignoring the fact all our planes are grounded, the trend of 'global influence' aims to embrace the charm and beauty of the world, while we remain resolutely stationed at 29 Acacia Avenue.

While 'global influence', as a term, suggests embracing interior design influences from all corners of the globe, in reality its focus is on the colours, textures and ideas you might commonly associate with African savanna safari expeditions – nature's most expansive showcase of wildlife.

Global influence takes on board woven fabrics; it focuses on earthy colour palettes, shows off cooling stone patterns and embraces natural textiles and all manner of woods, rattan and bamboo. The styles are uncomplicated, uncluttered and unpretentious.

Furniture and objects are wholesome, earthy and rugged. In matched a leather sofa, linen and perhaps some animal-themed art prints, you can truly bring the breathless elegance and simplicity of nature into your living space.

Of course, the individuality of interior design ultimately means global influence can represent whatever you may want it to. So if tropical flavours and flourishes are more your thing, why not embrace bright colours, wicker items, a beach vibe and miniature palm trees? Similarly, a Scandinavian vibe is easily put together with hardwoods, light colours and a style vision that's stripped back and simplistic.

Ultimately, whatever your individual taste, global influence is there to compensate for the fact that while we may not be able to visit these enchanting places, we can at least still sample their uniqueness.



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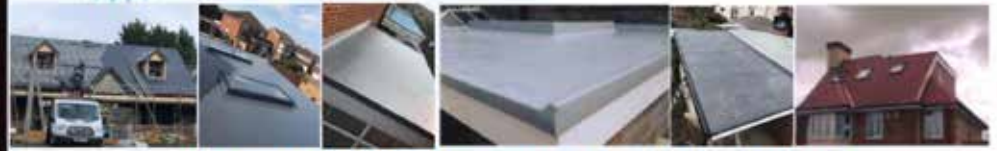
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Kohlrabi

FOOD & DRINK

This month we will be starting a new regular feature: we will be introducing you to a lesser-known fruit or vegetable, allowing you to expand your palate and widen your repertoire of recipes. This month we bring you kohlrabi, an undeniably odd-looking vegetable that packs a real punch in terms of flavour.

WHAT IS KOHLRABI?

Kohlrabi is also known as a cabbage turnip and is very popular in northern and eastern European countries. Part of the broccoli and cabbage family, it can be green, white or purple in colour and is available all year round. When buying kohlrabi whole, look for crisp-looking and vibrant leaves, which indicate freshness.

WHAT DOES KOHLRABI TASTE LIKE?

It has a similar flavour to cabbage but with the spicy kick of a radish; the smaller the bulb, the milder the taste. Crunchy when eaten raw, the stems and leaves can also be cooked and eaten; they resemble a mild-tasting Swiss chard.

HOW TO COOK KOHLRABI

All edible elements of kohlrabi need to be peeled before cooking to avoid a bitter taste. Once peeled, trim the brown end and separate the leaves from the bulb.

Choose to steam, sauté or roast kohlrabi, or you could even hollow out the bulbs and stuff with other vegetables or grains. Alternatively, serve raw in thin slices on a salad or added to coleslaw. You can also steam or sauté the leaves in the same way that you would fresh kale or spinach.

HOW TO STORE KOHLRABI

A kohlrabi bulb can be kept uncovered in the fridge for up to one month. The stems and leaves should be cooked as soon as possible as they wilt within a day or two.

WHAT ARE THE NUTRITIONAL BENEFITS OF KOHLRABI?

Low in fat | High in fibre | High in calcium
 | Low in calories | Contains anti-cancer and anti-ageing properties

Positivity of the MIDDLE MAN

ANT MIDDLETON'S CLIMB TO PHYSICAL AND MENTAL MAGNIFICENCE

Anyone who has watched his SAS series knows Ant Middleton isn't a guy to be messed with. Grit, steel, determination, power and a large dose of bloody-mindedness have propelled the former military man into the mainstream; and while a new career in the lens suits the 40-year-old Army and Royal Marines veteran nicely, the impact he is having on everyday folk is profound.

For a long time the various fitness, health, strength and well-being trends that have taken up countless column inches and patterned our social media feeds have needed a confident, high-energy figure to take them forward. Yes, we have various reality stars putting out fitness tutorials, and Joe Wicks is always there to advise on the best way to pull off the perfect burpee, but can they do it on a cold Tuesday night in Stoke? The answer, undoubtedly, is no.

Ant Middleton, however... let's just say he makes The Potteries look like a beach holiday in the Maldives.

So much of what this inspirational tour de force has done up to now has been about physical determination. His Channel 4 SAS: *Who Dares Wins* series, which he fronted for five years before announcing recently he will no longer be part of the show due to differences with the production company, is a military training show of brutal extremes, with an adventure/reality crossover that pushes participants to the absolute limits of body endurance.

While this type of programming has seen the Portsmouth-born hardman make his mark, in truth it represents only one half of what it takes to truly ascend to the next level. Thus, squaring the circle in his new project, which centres on a series of talks on the subject of positive mindset, seems the natural progression.

"We all know that physical toughness can only take you so far," says the author of the best-selling book *Zero Negativity*. "You need to have the mental strength to keep pushing on when the body says no.

"The brain can outlast and outpace anything the body can do, so training our minds to interpret, recycle, repair and renew the messages flowing through us means we can achieve things way beyond what our muscles tell us is possible."

Middleton's emergence as a mainstream player is no better exemplified than in the fact he was joined on a recent project by terrestrial TV poster boy Ben Shephard. "Ben's a good guy who has absolute determination in his career. He's a great example of someone who is a winner – we all come in different shapes and sizes."

In a streamed live event that took place at the start of February, Middleton's *Be Prepared for 2021* did exactly what the title suggested, with an unscripted, unrehearsed and unfiltered conversation designed to unpick the various roadblocks that 2020 had put in the way of so many of us.

"The past year felt like such a crushing low for a lot of people, but rather than dwell on the negativity, as a nation we need to look at the things we learned, and appreciate the positives we took out of the year," he says.

"We need to appreciate how we grew and developed strengths many of us never knew we had.

"This is the road to ensuring 2021 is a better year. We cannot change the world around us, but we can alter the way we decide to tackle its challenges."





LOCAL NEWS

from your neighbourhood



Photo credit: Martin Leech CPAG

Snow family lifts onlookers' lockdown spirits

A new family set tongues wagging in Frinton-on-Sea last month, with locals amazed at how quickly it grew.

Two snowmen appeared on Third Avenue on Tuesday, February 9, and by the Saturday that week that number had swelled to 13.

Among those to spot the family was Martin Leech who lives in nearby Walton Road. The vice-chairman of Clacton Camera Club, Martin posted his pictures to social media, where they quickly gained a sizeable following.

He said: "I went out for a walk and, because of the snow, I went out a bit later to try and get some

decent light. I happened to walk down Third Avenue and spotted the snowmen at the side of the road. I walked back past them and thought I would take some pictures."

After his posts generated a lot of interest, Martin knocked on the door of the house behind the snowmen.

He said: "They said the only reason they carried on making them was because they had so many messages. It's good to have a bit of fun at this time.

"There were lots of people turning up. I have a friend who lives in a small town near Paris who'd also heard about it so it shows just how far and wide it spread."



Photo credit: Google Maps

Care home in special measures over COVID-19 fears

A care home in Frinton-on-Sea for people with dementia has been rated inadequate and placed into special measures because of fears over preventing and controlling COVID-19.

Inspectors from the Care Quality Commission (CQC) visited Elm Tree Care Home in Elm Tree Avenue in December and published their report last month. The home had been rated good in its last inspection.

The report raised concerns that staff at the home were not following up-to-date government guidance on how to operate safely during the pandemic.

It reads: "We were not assured staff were using Personal Protective Equipment (PPE) effectively and safely. Although there was no outbreak of COVID-19

at the service, some staff were using reusable face masks rather than surgical masks and wearing their masks inside out.

"Where staff had direct contact with people using the service, staff did not sanitise their hands between individual interactions."

Inspectors also found people were being seated too closely together in the lounge and at mealtimes and arrangements were not in place to prevent the spread of infection.

Concerns were also raised about staffing levels, the management of medicines and training.

The home will be inspected in the next six months when the CQC will check for significant improvements.

Frombles lead town's fight against litter



A new group set up to tackle litter in Frinton-on-Sea has gained 70 members just three weeks after its launch.

Founder Emily Seddon set up the Frinton Frombles to address the issue. She said: "Lots of the local social media chats are full of anger and annoyance about the litter, which does get worse in the summer months with the visitors we have, so I thought we should do something about it."

Emily said the group hopes to work with River Care and Beach Care in the future and is also hoping to secure funding from Tendring District Council to fund equipment.

Members have already shared dozens of pictures of their findings, such as the netting and rope pictured which was found under huts on the beach.

For more information and to join the group, search Frinton Frombles on Facebook.



PCSOs to protect town this summer

LOCAL NEWS



Photo credit: SPHO Photography

A councillor for Frinton-on-Sea said he is pleased the town's PCSOs will be staying put.

Councillor Terry Allen, who represents Frinton at town and district level, commented after Frinton and Walton Town Council recently agreed to pay £233,000 to keep the officers.

Cllr Allen said the officers would be able to enforce by-laws to protect the town after a surge of visitors caused problems last summer.

He explained: "They will be able to enforce laws like no overnight sleeping along the Greensward and stopping commercial vehicles turning up and just selling. We're a town by the sea, not a seaside resort.

"Thousands of children play in the safety of our beaches, and families bring stuff with them. We rely on summer trade, not just carpetbaggers."

Cllr Allen said people in the town were shocked by the influx of people last summer and said he was pleased there would be extra protection this year.

He said: "There were people drinking and causing havoc and driving on the Greensward. It was quite a shock. We had people coming here from Luton, people getting arrested, and we don't normally get that. This year will hopefully not be as frantic."

Club proud as Foakes stands out in defeat

Local lad and cricketer Ben Foakes was one of the bright sparks as England slumped to a heavy defeat against India in the second Test in Chennai last month.

Foakes joined Frinton Cricket Club at the tender age of just six to begin his journey to the highest level of the game. He became Frinton's first team wicketkeeper at just 15.

Against India, he made three stumpings, which equalled an England record achieved only 11 times previously. In doing so, he became the first English cricketer to achieve the feat away from home in more

than 70 years, and the first ever Englishman to do so in Asia.

Former England captain Michael Vaughan was among those to pay tribute, a fact not lost on Frinton Cricket Club.

Vaughan tweeted: "Ben Foakes is giving a masterclass on how to keep today. Incredible... #JustSaying #INDvsENG."

Frinton Cricket Club replied: "That's our boy."

MP welcomes £240m funding boost for Essex

The MP for Frinton-on-Sea has welcomed new analysis showing that local authorities across Essex have so far received an extra £240million to support local services during the COVID-19 pandemic.

More than half of this funding has not been ring fenced, meaning local leaders can decide how to use the additional funds and which local services to boost investment into. This could include delivering essential supplies to vulnerable families, and ensuring green spaces are well maintained and COVID-19 secure.

Local authorities have also received more than £2billion in further grant funding since March last year to deliver specific schemes, such as providing emergency support for rough sleepers, setting up local test and trace services, and measures to make care homes, high streets and town centres COVID-19 secure.

Commenting on the findings, Giles Watling MP (pictured) said: "Councils across Essex, including our local Tendring District Council, have done an incredible job providing local services and keeping people safe under the most difficult of circumstances, but we recognise the financial pressures they have faced.

"That's why I am delighted that the government, which I am proud to support, has supported council leaders with this extra funding, helping to protect vital services and ensure our council has the resources it needs to support our community."



LOCAL NEWS

Yacht club keen to set sail after lockdown

After a very different 2020, members of Walton and Frinton Yacht Club (WYFC) are doing all they can to prepare to reopen the club.

The club offers dinghy sailing, cruising and many other water sport activities in a stunning setting.

The family-friendly club is always pleased to hear from new members and offers a wide range of social as well as sailing activities, including Royal Yachting Association training courses for all levels and ages.

The clubhouse includes bar and catering service for its members to enjoy and is also available for private or

corporate events for members or non-members.

Emma Lucraft, office administrator, said she believes there is one other thing that makes the club special.

She explained: "We cannot forget the most important element at WYFC – the people. Whether you are a cruiser or a racer, you'll find plenty of like-minded people in our 'family' and be made to feel very welcome."

If you want to get back on the water or try a new adventure for 2021, you can find out more at www.wyfc.co.uk or by emailing office@wyfc.co.uk

Holocaust Memorial Day marked by council

People in Frinton-on-Sea and across Tendring marked Holocaust Memorial Day recently in a different way from previous years.

A service, usually held in the Clacton Sunken Rose Garden, led by the chairman of the Colchester Synagogue and Tendring District Council (TDC), could not take place this year owing to COVID-19.

However, to honour the victims of the Holocaust, TDC Chairman councillor Dan Land read a prayer

in their remembrance. This can be viewed on TDC's Facebook page.

Cllr Land said it is important to ensure those involved in the Holocaust are never forgotten.

He commented: "It is so vital that we mark Holocaust Memorial Day and learn the lessons that history teaches us. In these difficult few months it is easy to overlook such tragic events, but it is important to mark this occasion on behalf of all those lives involved."



KIDS



SOLVE A PUZZLE

If you are struggling to keep your kids occupied indoors, then look no further than a good old-fashioned jigsaw puzzle. With the ability to not only provide educational benefits, this calming activity also helps to promote good mental health...

ENHANCED COGNITIVE FUNCTION

When you are doing a jigsaw puzzle, you use both the left and right sides of your brain. The right is in charge of creativity and your emotions, whereas the left is the logical and methodical side. Using both sides helps to increase cognitive function, a crucial part of your child's development.

IMPROVED PROBLEM-SOLVING ABILITIES

At its simplest level, a jigsaw puzzle is an activity of trial and error. Your child is required to try out different pieces in different places in order to find the right fit. This helps to improve their problem-solving abilities and helps them to see things from varying perspectives.

DECREASED STRESS LEVELS

If you have been worried about your child's mental health during this challenging year, you will be pleased to hear that jigsaw puzzles are a great stress-buster. In fact, when your child is doing a puzzle, there is a distinct shift in their consciousness, with their brains changing from a state of 'Beta' to 'Alpha'. The 'Alpha' state is similar to when they are dreaming and can lead to an improvement in mood, relief of stress and a lower heart rate.

INCREASED IQ

Certain studies have shown that just 25 minutes a day spent doing a puzzle can raise a person's IQ by four points. Furthermore, this activity will help improve your child's memory, concentration and reasoning skills.

OTHER BRAIN-BOOSTING PUZZLES FOR KIDS:

Word searches | Rubik's cube | Mazes | Riddles | Connect the dots

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A Total Communication approach is used, meaning we use speech, sign, gesture and other visual ways of communicating according to the needs of the individual child. Children have access to regular BSL instruction and Speech and Language Therapy as required.

We can offer support to parents in dealing with any issues that arise in raising a deaf child.

What OFSTED says:

“For pupils in the hearing impaired unit, individual needs are precisely met. Adults provide a language rich environment so pupils build their vocabulary and reading skills. Work demonstrates good progress and pride in their learning.” (2018 report)

Contact Kate Purcell
Lexden Primary School, Trafalgar Road, Colchester, CO3 9AS
01206 573519
uhi@lexden.essex.sch.uk



No, we are not talking about the dance craze that swept the nation in 2018, but the act of cleaning in between your teeth using dental floss.

Sadly, only an estimated 31 per cent of people clean between their teeth on a daily basis. This is despite the fact that the NHS recommends that from the age of 12 people should include flossing in their daily oral health routine.

- 7. Be careful not to scratch or bruise your gums
- 8. Repeat as you move from tooth to tooth
- 9. Always use a clean piece of floss for each tooth section
- 10. Do not recycle or reuse dental floss as this can redistribute bacteria around your mouth, even if you wash it first

HOW TO FLOSS: A STEP-BY-STEP GUIDE

1. Break off between 18 and 25 inches of dental floss
2. Wind the floss around both of your middle fingers, leaving between one and two inches for your teeth
3. Hold the floss taut with your thumbs and index fingers
4. Place the dental floss between two teeth
5. Gently glide the floss up and down, making sure to rub against both sides of each tooth
6. When the floss reaches your gum, curve the floss

WHEN SHOULD YOU FLOSS?

For optimal oral health, you should always floss first and brush your teeth afterwards. It is recommended that you brush your teeth twice a day and floss once, preferably in the evening.

WHY SHOULD YOU FLOSS?

Flossing helps to remove food and plaque from in between your teeth. Brushing alone cannot do this as the bristles are not able to reach deep enough. Regular flossing can result in less dental plaque in your mouth and therefore a lower risk of developing gum disease.

GARDEN OF LIFE

TREES AND SOIL

Socialism

In the second of a four-part series that shows how even the most urban garden can be a haven for the wonders of wildlife and the nurturing of nature, we look at the role of trees and fungi below the surface.

We view our trees with respect and admiration – a fluttering, swaying mass of potency and life that evolves with every passing season, presenting a haven for all manner of wildlife, from insects to birds, plant-life to rodents, as well as being a valuable source of oxygen for all living things.

And yet, the true strength of a tree is not what we see above ground, but its rooted, tangled masses beneath it. At the heart of this are microbes called mycorrhizal fungi.

Once considered an enemy to plant life, in recent decades the fungi – which release hyphae, tying together tree and fungus at cellular level – have been better understood. This mycorrhiza bond links below-surface connections... a 'Wood Wide Web'.

It leads to the creation of one superorganism that looks after, supports and talks to each tree, be that a small crab apple just a few yards away, or a thundering oak several hundred metres down a ravine.

The creation of this network is for mass sustainability – the fungi have minerals that the tree needs; the tree has carbon that the fungi need – but the result is a kind of soil socialism that looks after its own.

For so long it was believed that trees and fungi were at war, both looking to snatch what they could from the ground. Now, it's believed that without the mycorrhizal fungi, trees would be toy-sized, and in the case of the 400 species of mycoheterotrophic plants that cannot photosynthesise, they would die out altogether.

So the next time you stand back and admire the beauty of a tree, perhaps take a respectful glance towards ground level while you're at it.

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MARCH BIRTH FLOWER OF THE MONTH:

Daffodil



If you were born in the month of March, your birth flower is narcissus, also known as the daffodil. The quintessential flower of spring, the daffodil is instantly recognisable by its bright yellow petals. Perfect placed in beds and borders, daffodils will brighten up your garden every year.

WHAT DOES THE DAFFODIL REPRESENT?

Named after Narcissus, a character from Greek mythology who was so in love with himself he drowned in a pool of water while admiring his own reflection, this flower is said to be a symbol of vanity. It is also known to represent new beginnings, rebirth and rejuvenation. The daffodil is also:

- > The national flower of Wales
- > The official 10th wedding anniversary flower
- > The official emblem of cancer charities
- > A symbol of luck and prosperity during Chinese New Year

WHAT DOES THIS BIRTH FLOWER SAY ABOUT YOUR PERSONALITY?

If your birth flower is the daffodil, you are said to be extremely creative. You are also known for being kind and welcoming to everyone you meet and dedicated to living a life of peace and happiness.

ARE DAFFODILS EASY TO GROW?

Anyone can grow daffodils in their garden and you can choose to plant your bulbs in beds, borders, grass verges, lawn edges, hedgerows and banks. Plant your bulbs between September and November in well-drained soil and aim to keep your bulbs 4-8 inches apart, as overcrowding can cause daffodil blindness – when daffodils shoot up with foliage but no flower.

HOW TO LOOK AFTER DAFFODIL BULBS FOR ANNUAL GROWTH

- > Allow the leaves to die back naturally before cutting off
- > You can lift bulbs between June and August and store in a cool, dry place ready for replanting
- > Apply a rich fertiliser to the soil once you have removed bulbs

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Are HIGH HEELS good for your health?

Marilyn Monroe famously once said, "I don't know who invented high heels, but all women owe him a lot." A pair of killer heels is undeniably the most effective way to add oomph to any outfit, but do you know what they are doing to your overall health?

Stress on your spine: Walking in high heels causes your spine to sway unnaturally, which, in turn, results in stress on your lumbar erector spinae muscle and an increased risk of a sore lower back.

Pressure on your knees: High heels put extra weight on the inner side of your knees and knee joints. This can increase your chances of experiencing twisting injuries to the knees.

Swelling of the feet: Bunions are synonymous with high heels, but the uneven weight distribution that occurs when wearing this type of shoe can also cause blisters, calluses, pinched nerves, swollen joints and tendonitis.

Restricted circulation: High heels force your ankle to bend forward, which restricts blood circulation in your lower limbs, leading to varicose veins.

Shortening of the calf muscle: Over time, wearing high heels can cause the muscles and tendons in your calves to shorten. This can lead to stiffness, reduced range of motion and a higher risk of strains, sprains and lower-body injuries.

Treatment & pain relief

- > Look for cushioning in the soles to absorb the impact of your foot hitting the ground
- > Opt for high heels with a wider toe box
- > Carry out foot and toe stretching exercises
- > Choose a thicker heel rather than a stiletto
- > Treat any blisters or sores with a foot balm and use blister pads
- > Ice your feet after wearing
- > Take an over-the-counter pain reliever





Home *from* Home

WHAT TO CONSIDER WHEN BUYING A HOLIDAY HOME IN EUROPE POST-BREXIT

It's a piece of escapism almost all of us love and crave – even just the thought of having a holiday home we might slip away to is enough to keep us going through those long, cold, monotonous months of work.

Of course, for those of us who will at some point be lucky enough to own an overseas abode, the question of how accessible and affordable that place in the sun will be has arisen recently in light of the UK departing the European Union.

Within that, perhaps the most profound impact of Brexit will be that UK

residents are only permitted to stay in the EU for a total of 90 days in every 180-day period.

As far as purchasing a home goes, British nationals will now need to undertake the same procedures as non-European residents, and while this doesn't prohibit us from investing in a holiday hideaway, it does mean an extra layer of paperwork, and in future may require applicants to apply for a visa in order to claim residency.

In time to come it may also be seen that Brexit leads to an increase in stamp duty for British buyers, while changes in the currency markets could mean that mortgage availability becomes more limited.

As it stands, though, the subsequent transition period – and with it, a large amount of uncertainty – hasn't led to any profound changes. Indeed, people who already own property in an EU country are protected by the United Nations Universal Declaration of Human Rights and the European Convention on Human Rights – the longwinded premise being a simple one, namely that whether a member of the European Union or not, individual property rights must be respected.

So if you do move forward in retaining or investing in property abroad, your little piece of homely heaven is assured.

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PUZZLES & TRIVIA



PUZZLES

Answers: see end of The VISION Listings

- ▶ AEROPLANE
- ▶ AIRLINE
- ▶ ALTITUDE
- ▶ BAG DROP
- ▶ CHECK-IN
- ▶ DELAY
- ▶ DUTY-FREE
- ▶ FILMS
- ▶ HAND LUGGAGE
- ▶ JET LAG
- ▶ LANDING
- ▶ REFRESHMENTS
- ▶ RUNWAY
- ▶ SEAT BELT
- ▶ SECURITY
- ▶ SHOPS
- ▶ SLEEP
- ▶ SUITCASE
- ▶ TAKE OFF
- ▶ TURBULENCE



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Life coaching focuses on clients' personal lives, whereas business coaching focuses more on clients' career/business growth.

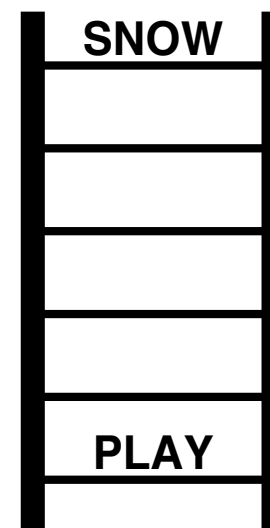
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DID YOU KNOW?

- ▶ Central Park in New York is one of the world's largest urban parks, covering 843 acres
- ▶ Paris has few skyscraper buildings compared to other cities owing to building height restrictions
- ▶ The Flavian Amphitheatre in Rome became known as the Colosseum because of a colossal statue that is situated nearby
- ▶ Istanbul lies in two continents – part in Europe and part in Asia
- ▶ The world's first electric traffic signal was put into place in Cleveland, Ohio, in 1914
- ▶ It's thought that Amsterdam has more bikes than people
- ▶ More chocolate is bought at Brussels Airport than anywhere else in the world

WORD LADDER



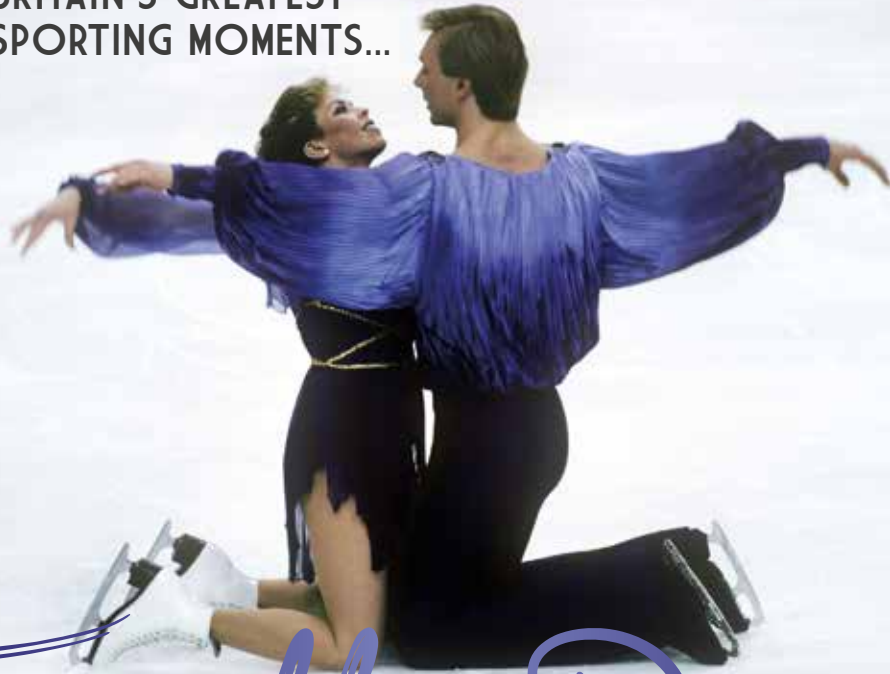
THE AIM: Change the word at the top of the ladder one letter at a time to make the word at the bottom.

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

DO NOT rearrange the order of the letters.

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

BRITAIN'S GREATEST SPORTING MOMENTS...



Torvill & Dean

Each month we look at significant events in British sporting history. This month, it's 40 years since ice skaters Torvill and Dean were awarded MBEs, but their greatest moment was yet to come.

To an entire generation of terrestrial TV watchers, the mere sound of Ravel's *Boléro* will instantly bring about memories of Jayne Torvill OBE and Christopher Dean OBE's incredible gold-medal-winning routines at both the Olympics and the World Championships in 1984.

At both events, the duo performed a modern artistic masterpiece that captivated a generation of fans. The routine had emotion, precision and drama packed into four and a half minutes of twists, turns, lifts and pirouettes.

At the World Championships, in Ottawa, the couple received a standing ovation from the entire crowd as flowers rained down onto the ice. It was the last amateur performance of the greatest ice dancers the world had ever known, performed with such ease that it belied the incredible technicality of a routine coached by Betty Callaway.

Their score of 13 perfect 6.0s was the most ever

scored by any skaters in competition, as the couple, who had been performing together since 1975, truly went out on top of the world, having taken 11 6.0s at the Olympics two months previously.

While 1984 was ultimately the pinnacle, it's easy to forget how respected and regarded they were before then. Already prolific World and European champions, they had been awarded MBEs previously, with the 40th anniversary of their trip to Buckingham Palace being marked this year.

That these iconic skaters could still push for perfection as amateurs was the ultimate endorsement of their decision to turn professional and begin to earn a living for their art beyond grants and sponsorship. And that has been borne out in the fact that their dedication to ice skating in all its forms rolls on even today, with the pair regulars on our television screens, notably in ITV's *Dancing on Ice*.

Photo credit: Colorsport/Shutterstock

CRISTIANO RONALDO

CRISTIANO RONALDO AND THE COMPLETION OF A UNIQUE GOAL FEAT

When Cristiano Ronaldo signed for Manchester United at the age of just 19, football knew it had a real talent in its midst. Yet it's still unfathomable that the Portuguese striker would go on to create a new goalscoring world record – something the 36-year-old achieved in January when he notched up his 760th senior goal (even if his strike for Juventus versus Napoli was from just a yard out).

The feat was celebrated all over the world, and rightly so, even if there's still some conjecture regarding exactly how many goals some of his net-busting rivals have clocked up over the years.

The problem is not with CR7's total, more the tally of his contemporaries. Brazilians Pelé and Romário, for instance, both claim to have scored more than 1,000 goals, yet these totals appear to include amateur and reserve games.

Even the man whose total Ron bettered, Austrian-Czech footballer Josef Bican, who clocked up 759 strikes across a career surpassing two decades, has a claim for more goals, with the Rec.Sport.Soccer Statistics Foundation (RSSSF) claiming more than 800, in part because of missing records from the Czech second division in 1952.

Ronaldo's total is unquestionable, though – five goals for Sporting Lisbon, 118 for Manchester United, 450 for Real Madrid, 92 for Juventus (at the time of going to print), and an incredible 102 for Portugal.

Knowing Ron, the status of being the world's most successful goalscorer of all time will mean a lot to him. Though while he won't be able to completely silence the doubters who may quote other players and their respective tallies, what we can all agree on is that, over the years, he's been a handy little striker who, more often than not, has chipped in with a useful goal or two.

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Goal-den great



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