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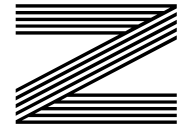
**COVID-19  
HEROES**  
*honoured*

**6 UNUSUAL FACTS**  
*about Valentine's Day*

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*Karren*  
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# Editor's notes...

FEBRUARY 2022



Sean Purcell, Editor-in-Chief

Hello and welcome to this month's edition of **VISION** Frinton-on-Sea. It is that time of the year when the TV schedules start to be filled with some of the old favourites, and there is a comfort to be had in seeing two staple programmes back on our screens last month in *Dragons' Den* and *The Apprentice*.

Pretty much all of my working life has revolved around entrepreneurship, and whilst each show is designed for TV and not truly representative of what it is to run a business, it does at least bring the concept of 'business' to the forefront of our water cooler chats.

In this month's edition, we look at the life of Baroness Karren Brady CBE, one of the most prominent female business leaders in the UK. Not only has she held roles in Premier League football clubs, she is notable for being the youngest ever managing director of a UK public limited company. She is also a great role model for young people considering the world of entrepreneurship. If you have a young person in your family who is interested in all things business-related, do them a favour and hand them a copy of this month's magazine - you could be the person that starts them on a journey to the very top! Have a great month in life and business!

*Sean Purcell*

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CONTRIBUTORS | Tabatha Fabray, Christina Pantelly

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

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# HONOURING *our* COVID-19 HEROES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## DID YOU KNOW ABOUT...

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

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

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

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

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

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

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

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

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

### *Henry VIII chose February 14*

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

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

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

# ...Valentine's Day?

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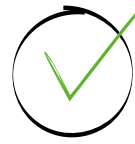
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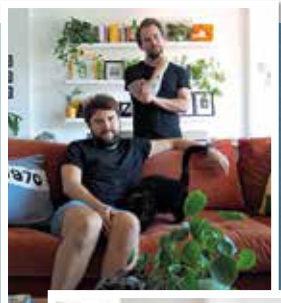




# The Renting Rules



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



If you haven't heard of the Forward Features bloggers, it's time to check them out. A fun and insightful look at urban living, it's your go-to for incredible interior design that looks great in any home.

Written by blogging duo David and Mark, Forward Features started as "the journey of two interior geeks trying to find a flat", and now covers everything from design and art to events. But it's their Renting Rules section – full of cool design tips to help renters make their house a home – that's got us hooked right now.

So what are the renting rules you need to know?

### Make a rented space more homely

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



### Nail the WFH setup

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

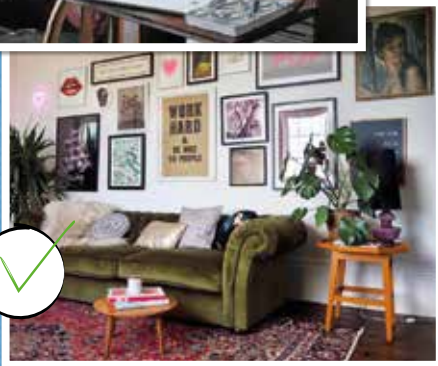
Add some decorative touches like vases, photo frames and candles to blend the space with the rest of your decor.



### Personalise your space with art

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

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



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

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

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# EASY PEASY Lemon Squeezy



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

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

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

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

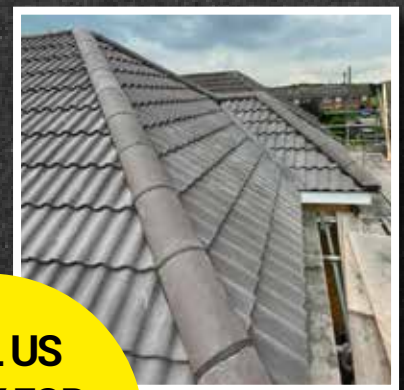
**CLEAN A CHEESE GRATER:** Stop shredding your sponges and instead cut a lemon in half and run the pulp over the holes of your cheese grater. Once any leftover food has been successfully removed, rinse your grater under hot water.

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



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## Your simple guide to WALL PANELLING



V  
HOME & DIY

**W**all panelling has been one of the biggest interior design trends in recent years. It's a simple way to add character to any property and it's easy to do yourself.

As a way to create an interesting feature, you can instantly add some style and luxury to your space with wall panelling. Find out how it's done in our simple guide to DIY wall panelling.

**FIND THE IDEAL SPACE:** Wall panelling can work in most spaces, but a full wall is by far the easiest. You can panel walls with doorways, corners and other spaces, but you'll need to plan your design out carefully.

**CHOOSE YOUR TYPE OF PANELLING:** There are a lot of different types of wall panelling, and each one will provide something different for your space. Popular panelling styles include:

- > Grid or geometric panelling
- > Flat plank wall panelling
- > Dado-style wall panelling

**GET YOUR MEASUREMENTS RIGHT:** There are lots of ways to panel a wall, and you'll need to measure your space and plan according to your chosen design. Measure the height and width of your wall, working out your preferred gap between each panel. It will help to draw it on paper proportionally

for you to plan it out correctly, or you can draw it on the wall to check your measurements.

**BUY YOUR SUPPLIES:** To panel a wall, you will need:

- > MDF panels, cut to size
- > A spirit level
- > Strong adhesive
- > Decorators caulk
- > Sandpaper or a sander
- > Paint

**TIP:** You can get your MDF cut to size at your local hardware store.

**ATTACH YOUR PANELLING:** A strong adhesive is all you need to attach wooden panelling to your wall. Use your spirit level to keep everything level, and give the adhesive time to dry.

**FILL IN THE GAPS:** Once secured, you'll need to fill in the gaps between the wooden panels using decorators caulk. When this has dried, you can sand the caulk down to a smooth and seamless finish.

**PAINT YOUR PERFECT FINISH:** With your panelling finished, you can paint it in your desired colour. You may wish to use a primer first before applying a couple of coats of your chosen shade to ensure an even application.





HOME & DIY

# AWESOME HOME STYLING WITH

*Sarah Akwisombe*



**S**arah Akwisombe is someone you wish you could be friends with – the ultimate cool girl with impeccable style. Sarah's interior style is bright, colourful and a little rebellious compared to typical décor styles. There are no rules in Sarah's décor – they all go out the window – but the results are awesome.

She describes herself as a founder, influencer, mum and wife. Her background ranges from music to tech startups and, of course, interior design. She launched her own business, the No Bull Business School, to help other women learn more about making money and enjoying success. Her book, *The Money is Coming*, also became a *Sunday Times* bestseller last year.

Sarah's interior design portfolio is edgy, interesting and full of colour. Showing you don't have to stick to traditional looks and colour schemes, she's the perfect inspiration if you want to be a little bolder with your decor. Some tips for invoking Sarah's looks in your own home include:

**Go back in time:** A lot of Sarah's influences come from different decades. Her 1930s-inspired bathroom uses pastel tiles in vintage shades, with contrasting black details to create this throwback look. Upgrade your own bathroom with some black accessories and perhaps a little touch of gold to throw in some glamour.

**Make it fun:** Sarah recently styled a rental apartment, and the result is fun, quirky and anything but dull. Your home should reflect your personality, and if you enjoy letting your hair down, why not let it show? Invest in some neon signs to brighten up any room, and check out novelty cushions and cartoon prints to spice things up.

**Don't be afraid of colour:** Sarah's home is bursting with colour, so why not be bold and bring colour into your own home? Sarah recently created her dream kitchen space using a classic and very popular terrazzo, but added in vibrant cabinets and a zesty yellow tap.

Will Sarah's bold choices inspire you to inject colour into your interiors?

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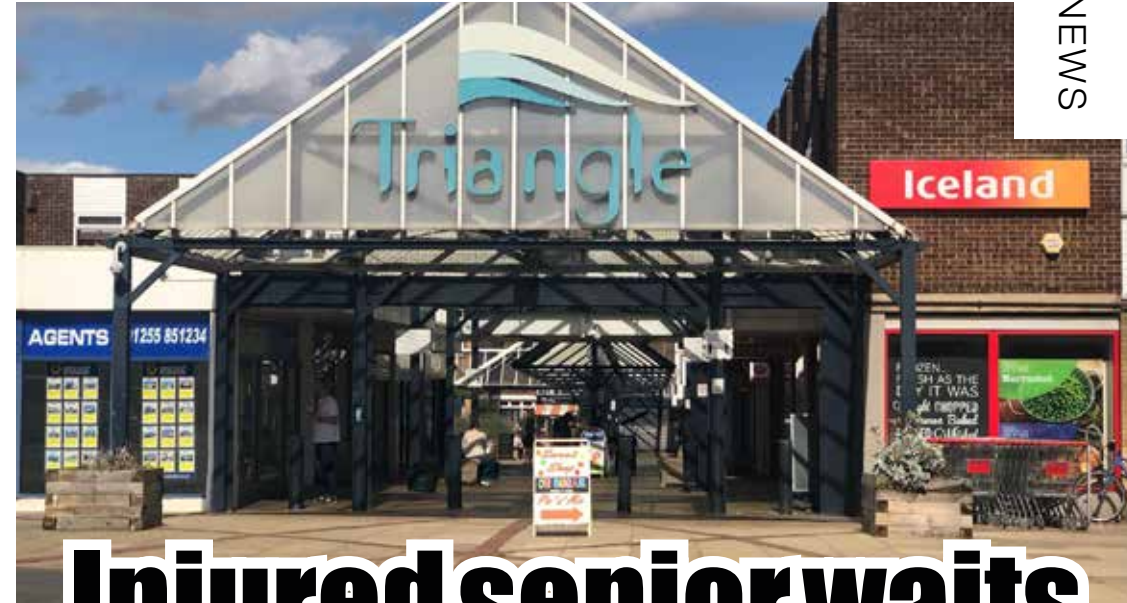
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# LOCAL NEWS

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LOCAL NEWS



## Injured senior waits 90 minutes for ambulance

After collapsing and hitting her head in Frinton, an elderly shopper waited more than an hour-and-a-half for an ambulance.

The lady, thought to be in her 70s, was reported to have tripped over while browsing in the Triangle Shopping Centre in Frinton (pictured) and hit her head on the pavement.

Passers-by came to her aid and wrapped her with jackets to keep her warm while she lay injured on the ground.

An East of England Ambulance Service spokesman said: "We would like to apologise for the wait this patient experienced and encourage her to contact our patient experience team to discuss this.

"Demand for our services remains very high, while significant levels of staff sickness and handover delays at hospitals are also having an impact on our ability

to reach patients as quickly as we would like as we prioritise urgent and life-saving care.

"The public can help us by only calling 999 for life-threatening emergencies and seeking help from NHS 111 online for urgent health advice, or pharmacies and GPs for non-urgent issues."

East of England Ambulance Service is working closely with all the NHS partners to help patients get the right help as quickly as possible. Calls are prioritised according to clinical need, which means that some patients may wait longer for an ambulance at busy times.

They are also working with colleagues in acute hospitals to reduce handover delays. This includes developing areas where patients can be assessed before going into the emergency department, so that ambulances can get back on the road more quickly.

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# Mary's Parish Church

Photo credit: The Church of England in Essex and East London



## Reverend awarded BEM for services to community

A rector of a Frinton church has been awarded a British Empire Medal (BEM) in the Queen's New Year Honours List.

The Revd Don Smith, rector of St Mary's Parish Church, received the award for services to the Frinton-on-Sea community during the COVID-19 pandemic.

When the first lockdown was imposed in March 2020, Don developed a project to provide supplies to residents who might be stranded without help, including the elderly and those with additional needs.

Don raised funds from several local organisations and businesses so that those who could not afford to pay for provisions would not go without food.

The project helped 40,000 people in Frinton-on-Sea, Walton-on-the-Naze, Kirby le Soken and Great Holland.

An emergency phone helpline was established and 30 volunteer phone operators were recruited from the

community, as well as additional volunteers to help deliver hundreds of food and medical prescriptions.

Tending District Council, the Rotary Club, local churches and individuals joined the project.

Don also organised a scheme to provide all eligible primary school children in the area with free lunches during the 2020 Christmas school holidays. The scheme brought together four primary schools, the local town council, local churches and several businesses to provide a meal for 320 children over the 11 weekdays of the Christmas period.

Revd Don Smith said: "I feel very honoured to be on the list and to receive a BEM; it's very encouraging."

Commenting on Don's award, the Bishop of Colchester, the Rt Revd Roger Morris, said: "It is hugely commendable that Don has devoted the last three decades of his life towards the church and serving his local community."

## Man hospitalised after incident on High Street

Frinton-on-Sea High Street was closed off last month after a man was found injured.

Emergency services were called to the scene to reports of concerns for the welfare of a man.

A man with a head injury, aged in his 40s, was located in Connaught Avenue and taken to hospital. It was reported that he had been assaulted.

A spokesperson for Essex Police said: "We were called at around 8.47pm on Saturday, January 15, by ambulance colleagues following concerns for a man in Frinton.

"Anyone who has information or saw what happened should call 101 and quote 1159 of January 15."

Investigations continue.

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# Climber fundraises £1k to improve lives at care home

A mountain climber has raised funds to improve the lives of residents at a Frinton care home.

Mick Curnick completed the challenge of climbing two mountains in Scotland last month to raise money for new equipment at Beaumont Manor Care Home.

The care home was hoping to raise enough money to purchase a Mobii Magic Table, an innovative piece of equipment designed to provide interactive activities for people with dementia.

Mick succeeded in raising £1,000 to go towards the

care home's overall target of £7,000.

A spokesperson for Beaumont Manor Care Home said: "These donations are so appreciated and will help us towards our target of £7,000 to purchase Magic Tables for the residents of Beaumont Manor."

The Mobii Magic Table was awarded the National Dementia Care Outstanding Product Award in 2018 and brings opportunities to people with dementia.

To donate, go to [www.justgiving.com/crowdfunding/beaumontmanorcarehome](http://www.justgiving.com/crowdfunding/beaumontmanorcarehome)

## Free training to get businesses up and running

A series of fully funded business support programmes can help Frinton businesses get a jump start this year.

Training and advice on a range of topics – from building your start-up to improving your digital skills – are being offered this month and will run throughout the year.

Paid for by the North Essex Economic Board – a partnership between Essex County Council and district, borough and city councils within the area – and provided by the Colchester Business Enterprise Agency (Colbea), the support is free at the point of access for businesses.

Firms within the Tendring, Chelmsford, Maldon, Colchester, Braintree and Uttlesford areas qualify for the support.

Ashleigh Seymour-Rutherford, chief executive of Colbea, said: "Working with local councils to provide

the best outcome for their businesses and residents is what we do best.

"Colbea is delighted to be delivering a well-rounded and extensive suite of support and advice for new and growing businesses. We recognise that behind every business is a person needing the tools to succeed and we provide the space to work, learn and grow."

The training on offer includes introduction to finance, digital skills, cyber security, and import/export training. Most courses will be repeated throughout the year.

Councillor Tom Cunningham, from the North Essex Economic Board, said: "We are collectively funding this support because we know firms have had a tough time over the past two years, and the business landscape is ever changing."

Further information on the programmes is available on the Colbea website at [colbea.co.uk/business-training](http://colbea.co.uk/business-training)

# GILES WATLING

MP for Clacton



LOCAL NEWS

I want to start my regular article by addressing the current situation in politics, which so many residents have quite understandably raised with me – the parties at Downing Street.

I have read many personal messages from constituents sharing their own experiences over the past two years, and I understand that it is insulting to hear this kind of news through media outlets.

The government should be upfront and honest. While there is to be an official inquiry into the events, and quite rightly so, I do not feel it would be appropriate to speculate or premeditate the outcome. However, it is my strong belief that if you make the rules, then you should follow them. We all know that across the

country there were many egregious examples of rule-breaking, but those who break the rules should be held to account.

Turning to my work as your representative in Parliament, I have recently met with the Chancellor of the Exchequer to raise my concerns about the rising costs for energy. This is completely unacceptable, and the government needs to do more to protect the most vulnerable, who often have to make the choice between eating and heating. This is even more pertinent to Clacton and the east coast, which is often on the front line of strong winds straight from Siberia at this time of year.

I will continue to work hard as your Member of Parliament and ensure that your voices are heard.

## Officers to wear body cameras

Body-worn cameras will be used by some Frinton officers to support enforcement work in the area.

The miniature cameras, similar to those worn by police, will be used by front-line officers to capture evidence in cases such as littering, dog fouling and fly-tipping, or during visits by officers to licensed premises and evictions.

In addition to strengthening enforcement action, the cameras will help to protect staff from attack by acting as a deterrent, and enabling action should the officer be physically or verbally abused.

Tendring District Council (TDC) has purchased 26 cameras at a cost of £17,000 and is in the process of training staff in their use.

Councillor Carlo Guglielmi, TDC Deputy Leader and cabinet member for corporate enforcement, said the cameras would be one part of the council's toolkit in improving enforcement.

Cllr Guglielmi said: "Improving our capabilities around enforcement is a key priority for us, and these cameras will be a useful piece of our arsenal in tackling those issues that blight our community.

"Along with our new mobile CCTV cameras, and investment in staff training and structures, we are putting in place the right tools to combat things like fly-tipping, littering and dog fouling.

"This does not mean we will necessarily fine or prosecute more people, as hopefully the cameras will act as a deterrent and stop us needing to even get to that stage. If we do get to that point on a case, then we will have better evidence to secure a conviction."

Cameras will only be worn by trained staff, and all of the footage will be subject to the authority's policies on CCTV, data protection and other relevant legislation.



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# Inspirational K A R R E N

**BARONESS BRADY OF KNIGHTSBRIDGE CBE**

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

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

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

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

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

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

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

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

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

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

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

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



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# THINGS TO PLANT IN FEBRUARY

As the cold weather continues, gardening might be the last thing on your mind. However, if you want to enjoy a pretty and plentiful spring garden, you need to start sowing sooner rather than later.

### HARDY ANNUALS AND PERENNIALS

Annuals that require a long growing season, such as lobelia, petunia, snapdragon and verbena, can benefit from being sown early. Start indoors or in a heated propagator to harden off before moving outside in the spring. Tough perennials, such as lupins, violas and hardy geraniums, can tolerate being planted in February and will brighten up even the barest of gardens.

### GREENHOUSE CROPS

Chillies and tomato seeds can be sown indoors on a windowsill or in a heated greenhouse from February and will thrive as long as they have enough heat to germinate. Aubergines can also benefit from being sown early as the longer their season of growth, the greater chance they have to fruit. They need a minimum temperature of 25 degrees to germinate.

### HARDY VEGETABLES

Vegetables such as peas, broccoli, kale, leeks and spinach are all strong enough to survive a cold snap. Start inside to establish growth, then move to the garden. Broad beans can be sown directly outdoors as long as the soil isn't frozen, and garlic and shallots can be planted in light soil from mid to late February.

### SUMMER-FLOWERING BULBS

Lily bulbs can be planted in a sunny spot outside in rich, well-drained soil from February onwards and make fantastic summer border flowers. Agapanthus bulbs are also perfect for this time of year, but should be planted in containers so that they can be brought under cover if frost occurs.

### OTHER JOBS TO DO IN THE GARDEN IN FEBRUARY:

- > Prune winter-blooming shrubs
- > Sprinkle slow-release fertiliser around the base of roses
- > Cut down deciduous ornamental grasses
- > Chit seed potatoes by placing them in trays (sprouting eyes up) in a light, dry room.





# BUILD YOUR OWN BIRD BATH

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

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

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

### 1. Prep the plant pot

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

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

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

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

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

### 4. Add stones to make a perch

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

### 5. Fill with water

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

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



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# RAYNAUD'S

Awareness Month



HEALTH & FITNESS

Although relatively unheard of, Raynaud's disease is a common condition that affects up to 10 million people in the UK. While for most people, Raynaud's disease isn't disabling, it can have a negative impact on their quality of life.

#### What is Raynaud's disease?

Raynaud's disease, pronounced Ray-nodes, is a condition that affects the blood supply to certain parts of the body, usually the fingers and toes. Raynaud's is typically triggered by cold, anxiety or stress.

There are two types of Raynaud's disease: primary Raynaud's and secondary Raynaud's. The former develops on its own and is much more common, whereas the latter is caused by another health condition.

#### What are the symptoms of Raynaud's disease?

- > Cold fingers or toes
- > Colour changes in your skin in response to cold or stress (usually skin turns white and then blue)
- > Numb, prickly or stinging feeling upon warming up or stress relief.

While Raynaud's disease most commonly affects the fingers and toes, it can also affect your nose, lips, ears, and nipples.

#### What causes Raynaud's disease?

There are certain factors that make you more likely to develop primary Raynaud's disease, including:

- > **Sex.** Women are more likely to be affected than men.
- > **Age.** Raynaud's disease tends to develop between the ages of 15 and 30.
- > **Climate.** This disorder is more prevalent in colder climates.
- > **Family history.** If a first-degree relative has Raynaud's disease, your risk increases.

Secondary Raynaud's disease is associated with autoimmune conditions such as rheumatoid arthritis and lupus.

#### How to treat Raynaud's disease

In most cases, you can manage Raynaud's yourself by avoiding the cold, wearing gloves, and using relaxation techniques when you feel anxious or stressed. Stopping smoking can also help to improve your symptoms, as smoking negatively affects your circulation.

If you struggle to control Raynaud's, ask your GP about nifedipine, a calcium channel blocker that can help to reduce your symptoms.



# HOW TO boost YOUR METABOLISM

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

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

### 1. FOCUS ON STRENGTH TRAINING

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

### 2. INCREASE YOUR FIBRE INTAKE

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

### 3. GET SUFFICIENT SLEEP

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

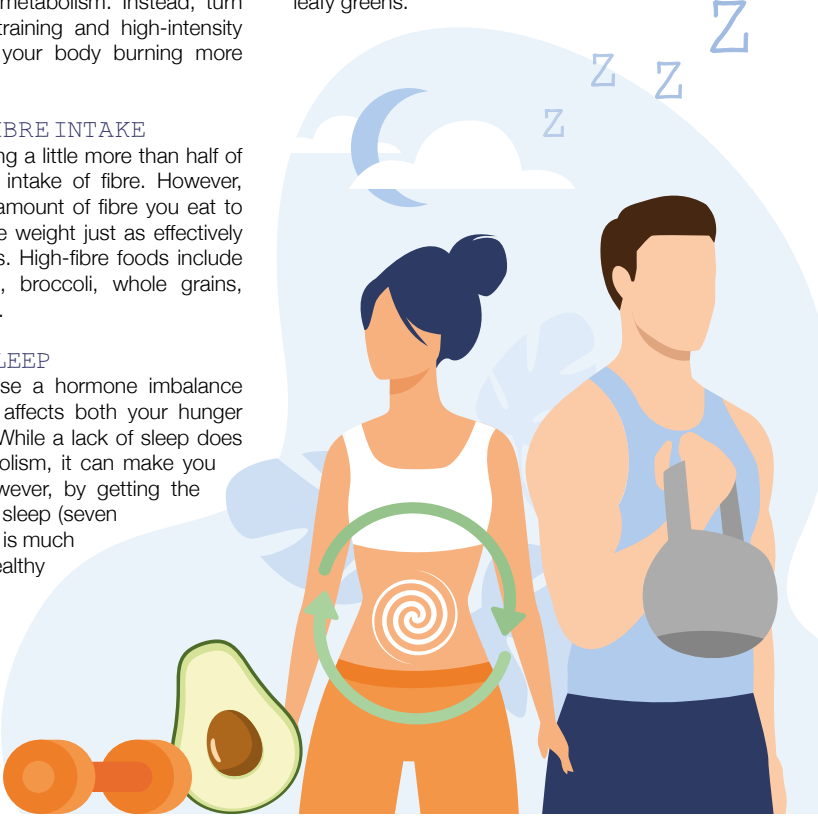
### 4. STAND UP MORE

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

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

### METABOLISM-BOOSTING FOODS:

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



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**FOOD & DRINK**

# Did someone say PANCAKES FOR ALL?

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

## GLUTEN-FREE PANCAKES – serves 4

You will need:

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

How to make:

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

## SUGAR-FREE PANCAKES – serves 4

You will need:

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

How to make:

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

## DAIRY-FREE PANCAKES – serves 4

You will need:

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

How to make:

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

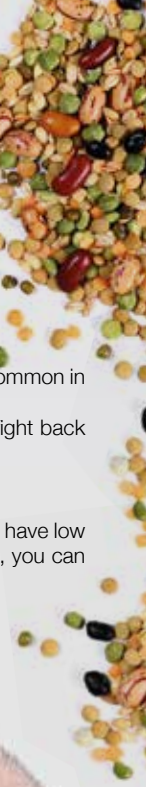
## HOW TO COOK PANCAKES:

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





# BANISH THE BALD



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

### BIOTIN

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

### VITAMIN D

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

### ZINC

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

### VITAMIN E

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

### HOW TO PROMOTE HAIR GROWTH:

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



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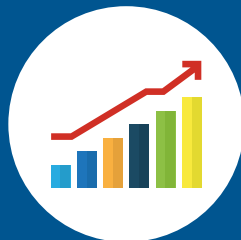
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BUSINESS & PROPERTY



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

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

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

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

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

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

skis, and has a big boot too"

That was paraphrasing. I was not convinced he understood precisely what I wanted.

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

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

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

*More information:*

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit [bruceking.co.uk](http://bruceking.co.uk)



Caring for a loved one?

We understand that considering a care home can be daunting, that's why we're here to offer you as much information and support as possible.

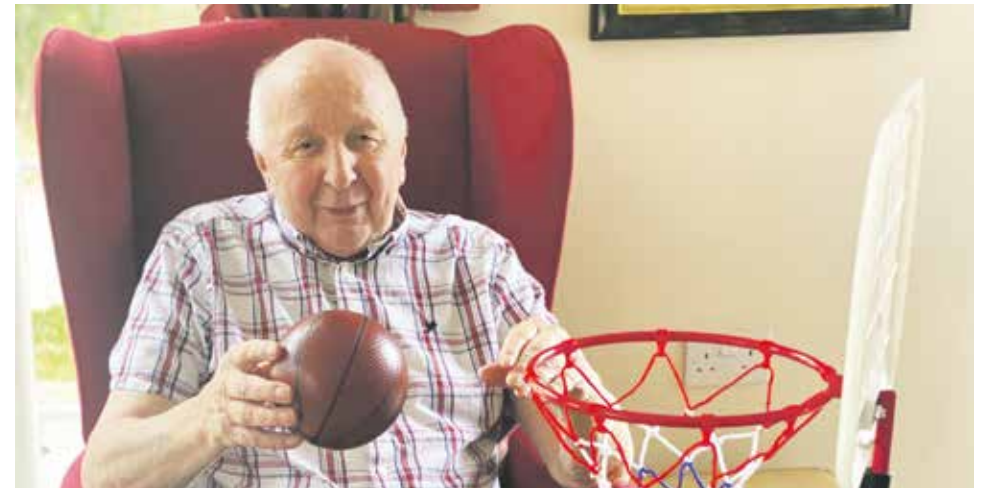
Our free guides provide practical and emotional advice as you navigate caring for a friend or family member.

Call us on **01206 809507** for a friendly chat or to request **A helping hand** guide, or download a copy at [careuk.com/a-helping-hand](http://careuk.com/a-helping-hand)

Trusted to care.



Silversprings care home  
Thorrington  
[careuk.com/silversprings](http://careuk.com/silversprings)



## Live every day your way at Silversprings care home

When your loved one moves into a Care UK care home, we support them to live life in the way they choose.

The team at Silversprings find out all they can about your loved one's personality, preferences and wishes and create a care and lifestyle plan that's tailored to their unique needs. Ensuring they enjoy the very best care and quality of life is at the heart of everything we do.

Care UK believe that moving into a care home is just another part of later life, and they strive to make every day fulfilling and fun. The team support your loved one to continue doing the things they love, from light tasks around the home to playing games and entertainment, or hobbies like knitting, singing, or gardening.

Residents have been relishing being able to get out and about

and have been enjoying trips out in the minibus to the coast and stops at local garden centres. Recently we made the most of the winter sunshine, enjoying a day out to Clacton where everyone enjoyed refreshments and a relaxing walk along the seafront.

Silversprings have recently welcomed back the entertainers and the residents have enjoyed singing and dancing along. One highlight was having Elvis back in the building, and he did not disappoint.

Arts and crafts is always a popular activity at Silversprings, and residents recently enjoyed taking part in The Big Draw, a festival which encourages people to pick up a pencil and

get creative. Participants chose to put together a gorgeous piece of art in homage to their favourite home visitor, Percy the peacock. Josie Saich, a resident says, "I love it here, there's always something to do, I have a lot of fun!"

If you're considering care, call Lisa on **01206 809543** or email [lisa.o'sullivan@careuk.com](mailto:lisa.o'sullivan@careuk.com)

**Silversprings care home**  
Thorrington, Colchester CO7 8JG  
[careuk.com/silversprings](http://careuk.com/silversprings)





# PUZZLES & TRIVIA

PUZZLES

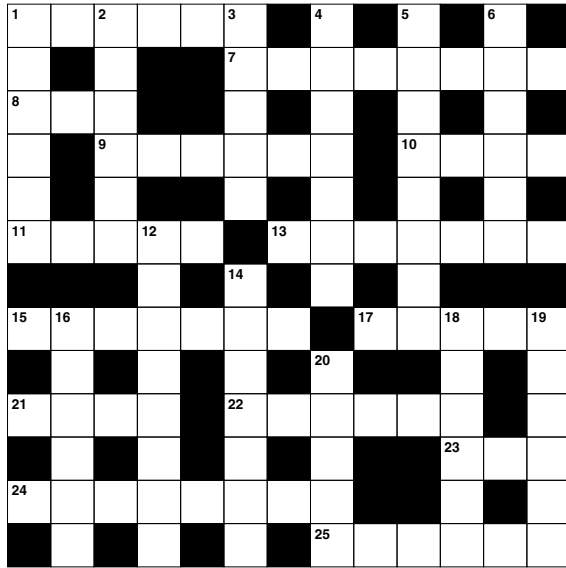
Answers: see end of The VISION Listings

## ACROSS

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

## DOWN

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



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

## DID YOU KNOW?

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

## SUDOKU

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



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