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Editor's notes...

OCTOBER 2022



Nik Allen, Editor

Hello and welcome to this month's renamed **VISION**Tendring edition. Since taking over last month as the editor of titles in Frinton-on-Sea and Manningtree/Mistley, I sat down with the team and we thought about how we could improve the titles, providing more leads for our advertisers and more value for our readers.

Merging both titles has given us the opportunity to increase our distribution to reach more homes in the Tendring district every single month. We now deliver to homes in Frinton-on-Sea, Manningtree, Mistley, Brantham, Walton-on-the-Naze and Clacton-on-Sea, with further Tendring towns to be added over the coming months.

The death of Her Majesty Queen Elizabeth II brought us all together in mourning last month. You will all have your own memories and anecdotes of the Queen, and to reflect in these weeks after her passing feels so therapeutic and so important. For me personally, as a royalist, the Queen was a reassuring constant in a world of incredible and often terrifying change.

Of course, we will cope, regroup and evolve, just as HM Queen Elizabeth II did throughout her life. Thank you, Your Majesty, for everything, and rest in peace. God Save the King.

Nik Allen

Delivered in Frinton-on-Sea, Manningtree, Mistley, Brantham, Walton-on-the-Naze and Clacton-on-Sea every month.

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HM QUEEN ELIZABETH II

Farewell

While the death of Her Majesty Queen Elizabeth II (London Bridge is down) was unexpected, it was of course true that a plan of action for this sad event had been in place for decades. As such, a strict code of practice and protocol kicked into place as soon as Her Majesty left us – this was called Operation Unicorn as she passed away in Scotland.

September 8: Prime Minister Liz Truss was informed of the Queen's passing at Balmoral Estate at 4.30pm, and the news was announced publicly at 6.30pm. All official flags were set to half-mast. Her Majesty's coffin was laid to rest in the drawing room at Balmoral Castle.

September 10: King Charles III was formally proclaimed as the new Monarch and 21-gun salutes were fired around the country.

September 11: Her Majesty's coffin was draped in the Royal Standard of Scotland and a wreath of flowers from the Balmoral Estate was placed on top. The coffin was then driven from Balmoral Castle to the Palace of Holyroodhouse in Edinburgh, the monarch's official residence in Scotland.

September 12: A procession took Her Majesty's coffin from Holyroodhouse down the Royal Mile to St Giles' Cathedral. Members of the Royal Family attended a service followed by the chance for the public to pay their respects as the coffin Lay in State for 24 hours. Her Majesty's children held a vigil at 7.20pm.

September 13: The Queen's coffin, accompanied by Princess Anne, was flown from Edinburgh at 6pm, arriving at RAF Northolt at 6.55pm. During this journey, the Royal Standard of Scotland was changed to the Royal Standard. Her Majesty was then driven to Buckingham Palace in a customised state hearse which she helped design. It was beautifully lit with a glass roof, so the public had a clear view of Her Majesty's coffin. The Royal Family paid their respects in private.

September 14: The Imperial State Crown was placed on the coffin before it was taken on the Gun Carriage of The King's Troop Royal Horse Artillery from Buckingham Palace to Westminster Hall via Queen's Gardens, The Mall, Horse Guards and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard to Lie in State for four days.

September 16: Her Majesty's four children held a vigil at Westminster Hall at 7.30pm.

September 17: Her Majesty's eight grandchildren held a vigil at Westminster Hall at 6pm.

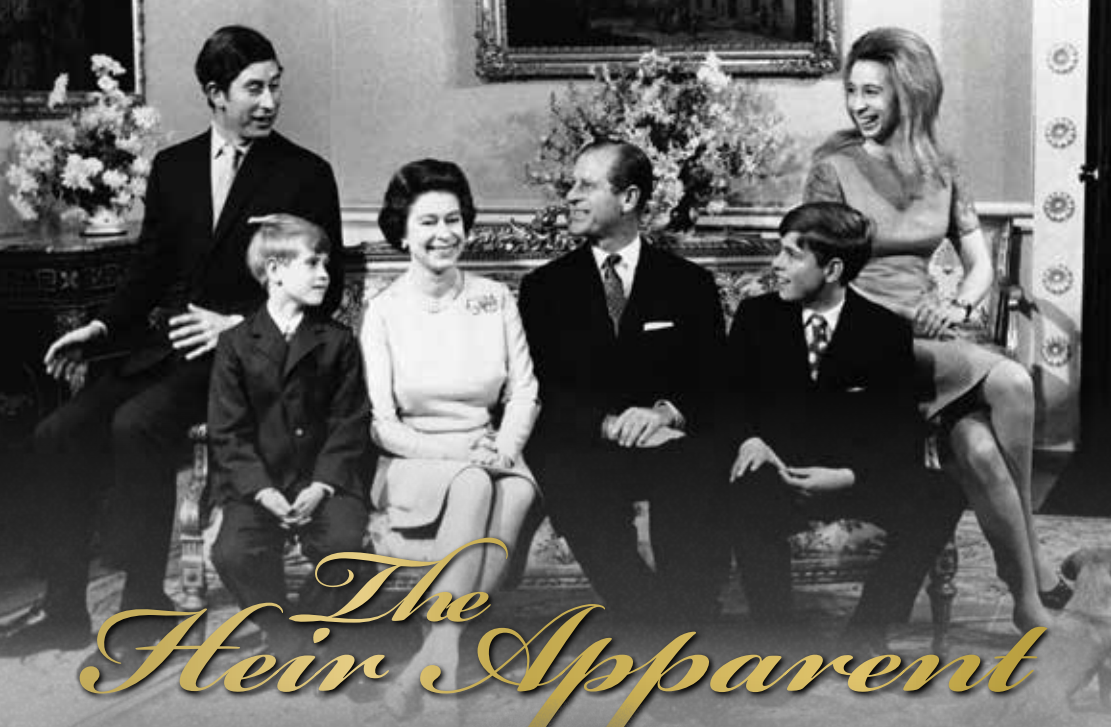
September 19: The Lying-in-State ended at 6.30am. This day was confirmed as a bank holiday in the form of a Day of National Mourning by King Charles III.

10.44am: Her Majesty's coffin was placed on a 123-year-old, 5,600-pound Royal Navy State Funeral Gun Carriage, followed by the King and members of the Royal Family, which travelled from Westminster Hall to Westminster Abbey for the State Funeral. The Gun Carriage was drawn by 142 Royal Navy service personnel.

11am: The State funeral began, and ended with a two-minute silence. A procession then took place where Her Majesty's coffin was taken to Wellington Arch and transferred to the state hearse, which was then driven to Windsor.

4pm: The committal service took place where the Imperial State Crown, the Orb and the Sceptre were removed from Her Majesty's coffin and placed on the altar. King Charles III placed the Queen's Company Camp Colour of the Grenadier Guards, and The Lord Chamberlain 'broke' his Wand of Office and also placed it on the coffin. The Queen's coffin then descended into the Royal Vault, and the congregation sang 'God Save the King'.

7.30pm: The King and members of the Royal Family attended a private burial service. Her Majesty's final resting place is in the King George VI Memorial Chapel, where her mother and father are buried, along with her sisters' ashes. The coffin of her late husband, Prince Philip, has been moved from the Royal Vault to the Memorial Chapel to join her.



The Heir Apparent

BRILLIANT AND BEAUTIFUL, HER MAJESTY QUEEN ELIZABETH II MAY HAVE BECOME A MONARCH SOONER THAN EXPECTED, BUT IT WAS THE ROLE SHE WAS BORN TO PLAY

When Princess Elizabeth Alexandra Mary Windsor was born on April 21, 1926, she was third in line to the British throne.

Her Uncle Edward, Prince of Wales, was the eldest son of King George V, but with no children of his own it was expected that on his death the crown would be passed either to his younger brother Albert, Duke of York, or, should he no longer be with us, Albert's eldest daughter, Elizabeth.

In other words, Elizabeth was always expected to become Queen at some point in her life, but in 1936, after the death of King George V, the process was accelerated when her uncle's love for American divorcee Wallis Simpson proved stronger than his love for the crown.

With her father now the reluctant King, the young princess fully embraced her new role as heir apparent. She joined the Auxiliary Territorial Service during the war – where she learnt to fix engines and drive military vehicles – and on her first overseas visit to South Africa in 1947, gave a speech dedicating herself to the Commonwealth. It turned out to be a promise Her Majesty kept to the very end.

In these early years before she became Queen, Elizabeth was also busy cultivating her private life. On November 20, 1947, she wed her sweetheart, Lt Philip Mountbatten (also her third cousin), in a lavish ceremony at Westminster Abbey. The following year, Prince Charles was born, followed

by Anne in 1950, with the young family settling into a quiet life in Malta where Philip was stationed as a naval commander. But the plans to put her husband's career first until her inevitable accession to the throne were thwarted by the King's faltering health and his untimely death in 1952.

She may have been a young Queen, aged just 25, but she was devoted from the start and wasted no time in winning over the hearts and minds of everyone she encountered. Her coronation at Westminster Abbey was the first to be televised, and on her gruelling first tour of the Commonwealth, alongside Prince Philip, Her Majesty's warm spirit and ceaseless enthusiasm made even the most reluctant among her audiences fall helplessly in love with her. She also became the first reigning monarch to visit Australia on her maiden tour as Queen.

Despite her tender age, Queen Elizabeth II was natural in her role as Head of State. No task was too formidable as she effortlessly won over her fiercest critics, including Prime Minister at the time, Winston Churchill, who declared her to be "only a child". However, the pair soon became fast friends, and remained so until Churchill's death in 1965.

Now, 70 years after those early days of her reign, the legacy of HM Queen Elizabeth II seems even more extraordinary. So devoted, so beloved and so effortlessly full of grace and kindness; Her Majesty was truly one of a kind.

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HOME & DIY

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THE CLEVER BREAD BIN HACK TO CREATE A STYLISH BEDSIDE TABLE

It's the trend that's been a viral hit on TikTok, and now it could be making its way to a bedroom near you... It's the DIY wooden bread bin into bedside table hack.

That's right, with just two wooden bread bins and some wood glue, you could soon have a new wooden bedside table that's not only stylish, but looks incredibly expensive too. And the good news is, it's super easy to put together.

YOU WILL NEED

- > 2 x wooden bread bins
- > Strong wood glue
- > Table legs – optional
- > Paint/wood stain – optional

HOW TO MAKE

1. Take one of your bread bins and apply some wood glue to the base.
2. Place the second bread bin on top of the glued section and align them together.
3. Use a damp cloth to wipe away excess glue before it starts to dry.
4. Paint or stain your bread bin (optional) or leave as it is for a natural wood look.
5. Apply legs to the corners of your new table for height (optional) or leave it as it is. Legs are available cheaply from DIY stores or online.
6. For an extra upgrade, change the handles. You can also find these at DIY stores or online.
7. Et voilà, your new table is ready to be placed by your bedside and topped with a lamp or other decorative items.

As far as home and DIY hacks go, this has to be one of our favourites, saving a lot of money compared to a real bedside table. Give it a try and enjoy your revamped bedroom interior.

Photo credit: ikea.com, @extra.ordinary.instagram, amazon.co.uk



Spruce up YOUR HOME

If you're after some wallet-friendly home decoration this autumn, get out to your local park or woodland and gather some pine cones.

All conifers produce cones to protect their seeds. But the best ones for autumn decorations are standard pine cones – the ones with thick, woody scales.

Collect your pine cones on a dry day, while they're still fresh. If the scales are closed, don't worry. They'll open in a couple of days.

When you get home, give the cones a quick soak in warm water with a splash of washing-up liquid. Leave them to dry naturally or pop them in an oven at 180°C/160°C fan/gas 4 for half an hour.

Cones look great piled into a bowl, or add some mini fairy lights for a festive look. For scented cones, leave them in a sealed polythene bag for a few days with 10-20 drops each of cinnamon and orange essential oil. You can also make a simple wreath.

Photo credit: www.wikiflow.com

YOU WILL NEED

- > Pine cones
- > A glue gun and glue sticks
- > A packet of brown pony beads
- > 1m of thick wire – 12 gauge/2mm diameter aluminium wire is ideal (a wire coat hanger will do but is harder to work with)
- > Jute string or ribbon for hanging
- > Wire cutters
- > Decorations (optional)
- > All extra materials you need can be found at craft stores or online.

INSTRUCTIONS

- > Trim off any stalks at the base of the cones.
- > Glue the side of a pony bead to the base of each cone to form an eyelet.
- > Thread the wire through the eyelets till you can form a circle the size you want. You may need to jiggle the cones to make sure they're tightly packed and stay in place. To secure, twist the wire ends together.
- > Tie on your string or ribbon to form a hanging loop.
- > If you like, add a few decorations.



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HISTORY

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twirl

Or what about a Crunchie, Flake or Curly Wurly? The average Brit puts away a staggering 11kg of chocolate a year – that's three bars a week. And the bar that topped a poll of this year's favourites was Cadbury's Dairy Milk, the firm's best-selling bar since 1914.

So how did it all begin?

George Cadbury, who died 100 years ago this month, was just 21 when he and his brother took over their father's Birmingham-based cocoa business. The family were Quakers and believed hot cocoa drinks were a great alternative to alcohol. But George's father was ill and business was going from bad to worse.

However, the brothers quickly turned things around.

In 1878, they moved to the countryside outside Birmingham and built the Bournville factory.

George wasn't just a good businessman; he strongly believed that all working people had the right to a decent home and a good education, whatever job they did. So on land near the factory and at his own expense, George built Bournville village, which had shops, churches, 300 homes, a Quaker meeting hall, and plenty of open space.

It was at the new factory that George developed the original Dairy Milk bar in 1905. It had the distinctive purple wrapper, even back then. And, of course, it was Bournville village that gave its name to Cadbury's dark chocolate bar, first sold in 1908.

The Cadbury company is now owned by Mondelez International and its chocolate is manufactured in more than 180 countries. But Bournville is still at the centre of its operations and produces almost all its Dairy Milk bars.



Photo credit: Universal History Archive/UG/Shutterstock, cadbury.co.uk, christodromy/Shutterstock.com, urbanbuzz/Shutterstock.com, DemistvArt/Shutterstock.com



LOCAL NEWS

from your neighbourhood



Photo credit: Home Instead



Swimmers brave sea swim to raise awareness

Members of a Clacton care company joined forces with sea swimming enthusiasts to raise awareness of Alzheimer's disease last month.

The Home Instead Clacton, Frinton and Walton team, together with the Chilly Buns, took part in the Dip for Dementia at Holland-on-Sea on September 21 to mark World Alzheimer's Month.

They have so far raised £400, beating their target by £100. The money will be donated to Home Instead Charities, which provides grants to other charities to support individuals with dementia.

Home Instead CEO Jean Allen (pictured wearing a blue cap), who took part in the dip, said: "Many of the clients we support are living with dementia and it's something that can affect any of us at any time.

"If we can do one thing to help raise awareness and funds for this worthy cause, then I am all for that.

"I've just started swimming in the sea myself and although it's a challenge to get in, once I'm in I love it; it makes you feel alive. The dip was great fun – we laughed, swam, chatted and enjoyed some quality time doing something worthwhile."

With more than 42,000 people under 65 in the UK suffering from dementia, Home Instead has been using social media to raise awareness about the early signs of Alzheimer's to help people get the right support and diagnosis.

To find out more about Home Instead, call 01255 672269 or visit homeinstead.co.uk/clacton-frinton-walton



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brought crashing back down to earth in a cup match where they lost 6-1 against their higher-league opponents AFC Sudbury.

Away from the pitch, the club have also recently installed new dugouts.

A spokesperson for the club said: "We are pleased to show you all the installation of our new home and away dugouts, which are now positioned on the opposite side of the pitch. They add even more to our already impressive ground as they complement the fencing added last year.

"The previous dugouts will be added to the second pitch in due course."

Gallery to host exhibition of artist's sculptures



A Manningtree gallery is featuring the work of a local artist in a new exhibition.

Jasper Startup's sculptures will be on display at North House Gallery until November 5.

The artist has previously had his work included in three mixed shows at the gallery in 2018, 2019 and 2020.

Jasper, the son of sculptor Peter Startup, trained as a furniture designer and maker. Nowadays, while teaching design at Kingston University, he also creates wooden sculptures.

Jasper said: "I am searching for an identity which engages me. Through this, I want to find a new entity that has a presence in the world. I use whatever material comes to hand.

"Often this is used or found material, as I like the existing story it holds, the marks of chance in life. To this I will bring my skills and imagination, memory and intuition, even my choice of language.

"This process is a mystery. Essentially, I am concerned with classical themes in art such as form, colour, space, surface and density."

To find out more about exhibitions at the gallery, visit northhousegallery.co.uk

Free the Quay campaigners fight to unlock fencing

Campaigners created the word 'unlock' using chains on fencing surrounding Mistley Quay last month.

The fencing has been at the centre of a 14-year dispute since landowner TW Logistics erected the fencing in 2008.

However, Free the Quay campaigners have complained that the fencing is an eyesore and spoils the view of the estuary. They are looking to replace the fence with a more appealing structure that would enable people to continue to use the quay.

A spokesperson for Essex County Council (ECC) said it registered Mistley Quay as a village green in 2015 under the Commons Act 2006, and that this was upheld by the Supreme Court in February 2021.

They said: "ECC is the registering authority for town and village greens, but, in this case, as the land is owned by a company, ECC is not the enforcement authority.

"ECC has opened dialogue regarding Mistley Quay with the landowners, the Department for Environment, Food & Rural Affairs, and Tendring District Council and this dialogue will continue."

A spokesperson for TW Logistics said that the fence was installed owing to pressure from the Health and Safety Executive and is necessary because of the four-metre vertical drop from the quay's edge into the water.



Photo credit: Google Maps

Good league run for football club soured by big cup loss

A series of solid recent results for Brantham Athletic AFC in the Thurlow Nunn League have left the side in a comfortable mid-table position, though the positive mood was soured by a brutal loss in the Suffolk FA Premier Cup.

This comes after some good results for the Blue Imps, having beaten Ipswich Wanderers 3-1 on September 20, who achieved the same result against Newmarket Town the following week, and earned themselves a point against Lakenheath in a 1-1 draw.

However, on Tuesday, October 11, the Imps were

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GILES WATLING

MP for Clacton



LOCAL NEWS

Since my election in 2017, it seems that it's been one extraordinary event after another. We have seen the tragedy of Grenfell, three offerings of a Withdrawal Agreement under Theresa May, a change of leadership to the Johnson administration, a further Withdrawal Agreement, and then Brexit. If this wasn't enough, the world was then hit by a pandemic, then the Russian leader started a war which is increasingly drawing the rest of the world into its vortex.

Yet the darkest cloud has recently covered this historic island. Her Late Majesty Queen Elizabeth II passed away after a record-breaking reign of 70 years.

Every single person in this country will have a similar yet distinct experience of the Queen. Most of mine were from my life before becoming an MP, when I was an actor and had the great privilege of meeting Her Late Majesty.

Since her coronation in 1952, she served our country with great diligence and devotion.

I have been so moved by the amazing display of mourning across the globe, and I am enormously proud of the Armed Forces and other services in their



work for Her Late Majesty's Lying-in-State and funeral.

She was my Queen, your Queen, our Queen. Her memory will forever live on. And now, in death, she has given us one last legacy – union.

But we must move on, as HM the Queen would have wished. I have now sworn my Oath of Allegiance to His Majesty King Charles III, and I look forward to the new Carolean Age. May HM Queen Elizabeth II rest in peace. Long live the King.

Detectorist unearths rare coin

A Frinton metal detectorist has found a medieval coin worth up to £1,500.

Jim Ridge, 43, was metal detecting live on his TikTok account, Jimjamdetecting, on a farm near Clacton with his son when he came upon the coin. Dated from around 1361-69, the coin is a King Edward III Gold Quarter Noble.

Jim said: "The moment I picked it up off the ground, I was pretty sure it was a special find and I was very excited."

Mr Ridge only started metal detecting in March of this year and is an advocate for the positive impact of having a hobby and of getting out into nature.

He added: "It was a good help to me when I found myself with a lot of time on my hands and a lot of stuff going on in my head. Just getting out and walking about in the fresh air during the summer is a great way to get some headspace."

Mr Ridge has since gone on to found Detectorists Gone Wild UK, a group of likeminded individuals, and is hoping in the future to organise charity digs to support mental health charities.



Photo credit: Jim Ridge

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A Lady TO THE LAST

REFLECTING ON HER MAJESTY QUEEN ELIZABETH II IN HER LATER YEARS AS A SERVANT TO THE PEOPLE

“This is our country’s saddest day. In the hearts of every one of us, there is an ache at the passing of our Queen, a deep and personal sense of loss – far more intense, perhaps, than we expected,” began former Prime Minister Boris Johnson in his moving tribute to Her Majesty Queen Elizabeth II. And while he may not have quite lived up to his expectations as Prime Minister – Her Majesty made sure to ‘see him off’ two days before her passing – his ability to transpose feelings into words remains second to none.

For many of us in Great Britain, life without our Queen is something we have never known, and it is only in her passing that we truly appreciate how extraordinary her feat of 70 years on the throne was. Even her twilight years were spent cementing her legacy through continued work and devotion, and over seven decades she travelled to 117 countries and hosted countless high-profile guests and heads of state, including Robert Mugabe, Nelson Mandela and Donald Trump.

Upholding to the very last one of the cornerstones of the British Constitution – that the monarch ought to always stay out of politics – Her Majesty saw 15 Prime Ministers come and go. No matter how turbulent the political seas became, she always stood steady and calm; a constant port in the storm for the British people to depend on.

As is to be expected, Her Majesty saw her fair share of good and bad times. The year 1992 was particularly dire, with revelations of lusty phone calls between Camilla and Charles, the separation of Andrew and Fergie, and the blaze that almost destroyed Windsor Castle. Her ability to play out such tragedies in the public space was forced upon her, in many ways, yet she took the hits and moved forward.

While she later admitted to being desperately sad at the demise of so many great things around her that she believed were so strong, the humanity displayed during that period – and more recently with the scandal involving Prince Andrew and the Harry/Meghan storm – has served to align the Royal Family with our own families.

Rather than their being regarded as a group of people immune to the disturbances and disappointments that come to us all, the Queen has readily admitted the Windsors’ fallibility.

And while the passing of Prince Philip, just 17 months before her own, may have struck another blow to a lady we believed would always be with us, at least her own departure means the two can be reunited again, wherever that place is.

Certainly, it’s fair to say the truest echoes that remain from Queen Elizabeth’s life are the laughs, the pleasure, the playfulness, and the reinvention of how we view our monarchy.

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PUZZLES & TRIVIA

PUZZLES

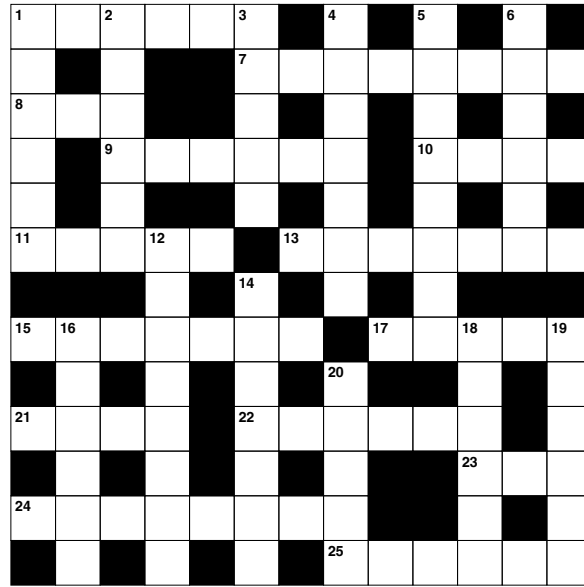
Answers: see end of The VISION Listings

ACROSS

1. Stitching (6)
7. Restored (8)
8. Legume (3)
9. Lunatic (6)
10. Release; give out (4)
11. Purchaser (5)
13. Cowboy hat (7)
15. Majestic (7)
17. Foam (5)
21. Ruminant mammal (4)
22. Slender (6)
23. And not (3)
24. Stalemate (5-3)
25. Moved back and forth (6)

DOWN

1. Majestic; wonderful (6)
2. Devastating blow (6)
3. Small particle (5)
4. Cloudiness (7)
5. E.g. Steven Spielberg (8)
6. Sheep known for its wool (6)
12. Going inside (8)
14. Omission of a sound when speaking (7)
16. Special rewards (6)
18. Frankly (6)
19. Intense dislike (6)
20. Submerged ridges of rock (5)



DID YOU KNOW?

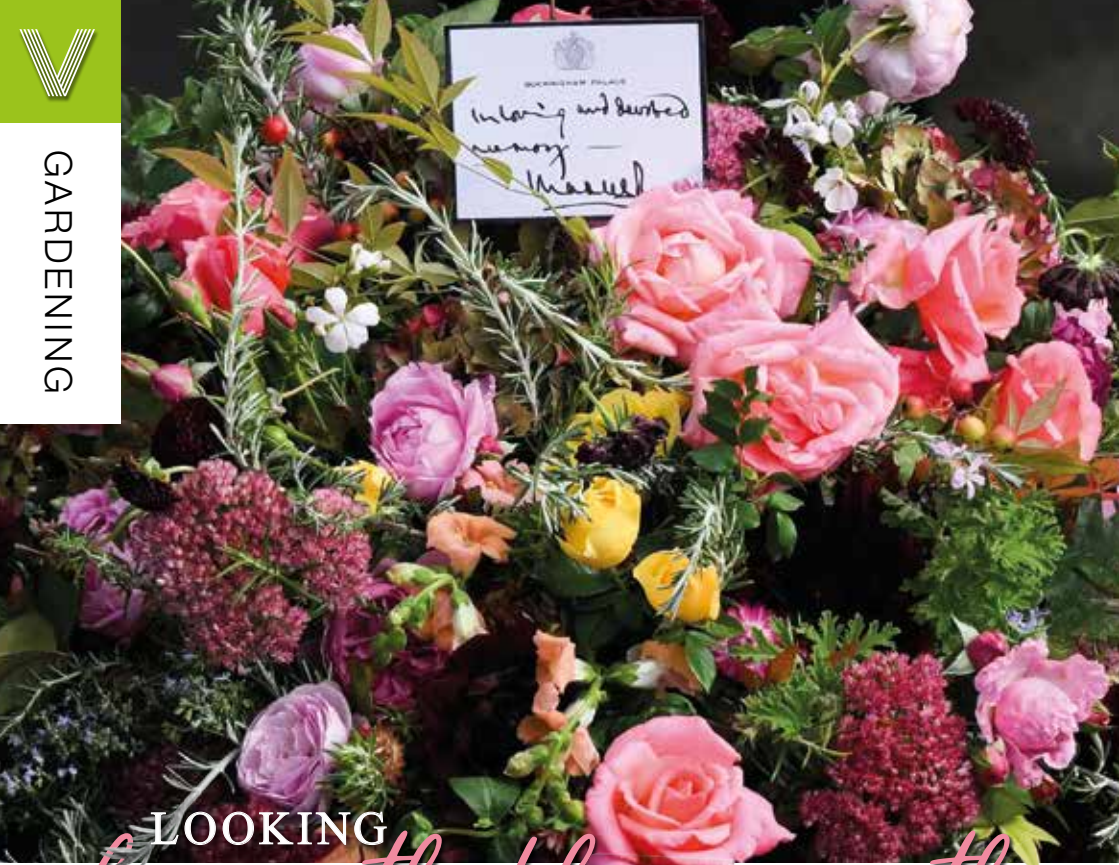
- ▶ Bananas contain high levels of tryptophan, which converts to serotonin, helping to improve our moods.
- ▶ Frank Epperson is believed to have discovered ice lollies by accidentally leaving a glass of soda water with a mixing stick in it outside during a cold night.
- ▶ Chilli peppers contain capsaicin. This tricks your sensory nerves into feeling like your mouth is being burnt.
- ▶ If you put lemons and limes in water, the lemons would float and the limes would sink. Lemons have around the same density as water, whereas limes are denser than water.
- ▶ In 1974, at a supermarket in Ohio, Wrigley's chewing gum became the first-ever product to have its bar code scanned.

SUDOKU

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



GARDENING



LOOKING

beneath the wreath

Flowers are perennially at the heart of the way we offer our tributes to the departed, and few presentations have been as beautiful, perfect or significant as the floral wreath that adorned the Queen's coffin as she made her final journey on September 19.

The choice of flowers on the wreath is not done by luck – it represents a carefully selected process that uses beautiful sprays of colour to celebrate and commemorate so many of the things that enlightened, amazed and enchanted Queen Elizabeth II during her life.

First, the provenance of the flowers is important – they were picked from the gardens of Buckingham Palace, Clarence House and Highgrove House. It was touching to see the use of the myrtle flower, grown from a sprig of the Queen's wedding bouquet when she married her late husband, Prince Philip, in November 1947.

Also present was English oak, a foliage that represents the strength of love, plus pelargoniums, garden roses, autumnal hydrangea, sedum, dahlias

and scabious. All flowers were sustainable, on King Charles' request.

This was a different wreath from the one that accompanied Her Majesty Queen Elizabeth II on her journey south from Scotland. Using flowers picked from her Balmoral Estate, the wreath featured sweet peas – one of her favourites – dahlias, phlox, white heather and pine fir.

While the wreath flowers have garnered much attention, the large quantity left at Green Park and by the gates at Buckingham Palace represented a huge challenge for the authorities.

There is a set process for the disposal of these flowers, which began seven days after the funeral. Gradually, those flowers wilting first would be removed and taken to Hyde Park nursery for composting. This compost will be used on the flowerbeds at Kensington Gardens.

Cards and labels are put into boxes – some will make it into museums; most will remain stored away forever and are unlikely to see daylight again for decades.

Photo credit: Daniel Leal/AP/Shutterstock

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COLLIER & CATCHPOLE CONTINUES TO INVEST IN THE FUTURE OF ITS BUSINESS

Collier and Catchpole, an independent builders' merchant, has invested more than £200,000 in refurbishing their Ipswich shop and sales office, together with reconfiguring the yard layout.

The investment has allowed the branch to continue to deliver great customer service, as well as providing better access to its extensive range of stock as the shop space has increased by 33 per cent.

Managing director Tim Rowbottom said: "Our business is very much based on the people we employ, but without the correct tools and facilities, they will always struggle to do the job to the highest standards. This investment continues our drive to keep the business relevant to our customers' needs."

Collier and Catchpole were delighted to open the doors to a new shop at the Ipswich depot on Friday, August 26. The team put together a timetable of events that spanned the entire working week, with trade displays from top suppliers such as



Aspects, Pavestone, Bradstone, ACO, Mannok, Millboard, Metsä Group and Haemmerlin.



Members of the team, suppliers and customers were invited to attend a green ribbon-cutting ceremony and open day event to mark the occasion.

There's no sign of slowing down for Collier & Catchpole. Work has begun on Suffolk's first official Millboard decking

display which will be displayed at the entrance of the new Ipswich shop.

Colliers invested in a new third branch in Tendring to serve the Lawford Manningtree area, and continues to be committed to improving its business for the future.



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Control your CHOLESTEROL

Although it gets a bad rap, cholesterol is actually an essential molecule in the body that produces vital hormones such as progesterone, testosterone and cortisol.

However, around 40 per cent of people in the UK have high or borderline high levels of bad cholesterol, which can have a detrimental effect on health.

WHAT CAUSES HIGH CHOLESTEROL?

There are several factors that increase your risk of having unhealthy cholesterol levels, including: A poor diet which is high in saturated and trans fats | A high body mass index | Lack of exercise | Being a smoker | Drinking too much alcohol | Being over 40

Certain medical conditions such as chronic kidney disease, diabetes, lupus and hypothyroidism can also lead to high cholesterol. If you are aged 40-74, you can get your cholesterol checked as part of an NHS Health Check.

WHAT HEALTH COMPLICATIONS CAN OCCUR FROM HIGH CHOLESTEROL?

High cholesterol can lead to a dangerous accumulation of bad cholesterol on

the walls of your arteries. This is known as atherosclerosis and can cause complications such as chest pain, heart attacks and strokes.

HOW TO PREVENT HIGH CHOLESTEROL THROUGH DIET

Foods to eat: Oats | Wholegrains | Beans | Nuts | Soy | Oily fish

Foods to avoid: Fatty and processed meats | Animal fats such as butter, ghee and margarine | Full-fat dairy products

HOW TO FIND OUT YOUR CHOLESTEROL LEVELS

As high cholesterol does not cause symptoms, you can only find out if you have it by requesting a blood test from your GP.

A cholesterol test can measure your total cholesterol levels, both good and bad, including low-density lipoprotein (LDL) and high-density lipoprotein (HDL), and your level of triglycerides.

Healthy cholesterol levels for each are as follows:

- Total cholesterol = 5 or below
- Good cholesterol = 1 or above
- Bad cholesterol (LDL) = 3 or below
 - Bad cholesterol (non-HDL) = 4 or below
 - Triglycerides = 2.3 or below



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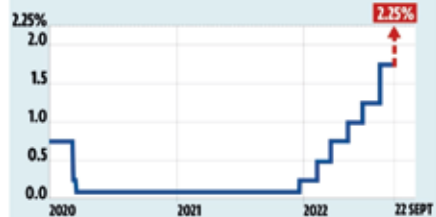
Hello, my name is Nathen Johns, and I am delighted to bring to you this monthly, local property column, focusing on CO13 and surrounding areas.

Interest rates have risen for the 7th consecutive month. Now the base rate stands at 2.25% and there are rumours that this could increase by 3.75% by the end of the year. The move has been made in a bid to tackle soaring prices, with inflation levels the highest in 40 years.

This may seem insignificant to most, however, if you have a mortgage on a variable rate this will have increased your monthly payments by £100.00 or more. If your mortgage is due for renewal this year, then this will impact on the amount you can borrow when you refinance. Furthermore, the energy price cap is to be locked at £2,500.00 for the next two years, this extra cost, together with rising food bills, will put real pressure on homeowners and tenants alike.

If your mortgage is due for renewal or you are on a variable rate, please get in touch and I can recommend some excellent mortgage brokers to find you the best deals to help minimise the impact of these interest rate increases.

INTEREST RATES



CONTACT ME

07709 586336

nathen.johns@kwuk.com



How to combat rising inflation

Here are a few ways to combat inflation:

- 1. Budgeting** – Know your incomings and outgoings. You don't need to be a spreadsheet genius; most bank accounts these days have a budget tracker to inform you of where and how frequently you spend your money. I once knew someone who was spending over £1000.00 a year on Starbucks coffee alone!
- 2. Shop around** – It is difficult to assess shopping around for energy providers now. However, that does not mean you cannot shop for a better broadband, mobile and landline deal. Car, home, and other insurance deals can also be found when shopping online. A food bill can also reduce depending on where you shop. Aldi was recently named the 4th largest retailer in the UK and for good reason. All of these combined could save hundreds of pounds a year.
- 3. Diversify** – Variety is the spice of life, and the same can be said for your investment portfolio. Each of your investments is going to act differently according to world events. Every investment comes with risk, yet it is a risk to leave money in the bank. If you were to leave £15,000 in the bank, by this time next year the spending power of that money would be only £13,500. This is because inflation is near to 10%, meaning the value of cash is depreciating.

I have clients, however, that are making between 12-17.5% returns on their money which is outstripping inflation. They have invested in an asset (property) backed security with a global asset management company. They are earning passive income every month from this and making their money work harder for them.

Get in touch if you would like to know more about the above. I am more than happy to help.

Best wishes,

Nathen Johns



Photo credit: Joe Giddens/WPA, Pool/Shutterstock



FOOD & DRINK

A dish fit for our Queen's coronation

There are a multitude of food dishes that carry with them a certain historical significance that's evident in the name – from beef wellington to eggs benedict. Some point to the person we expect; others are a little more misleading (the Caesar salad is named after an American restaurateur, not the Roman emperor).

In the case of the subtly curried coronation chicken, it's satisfying that the dish was indeed invented in order to mark the Queen's coronation in 1953, even if its origins actually point to a similar chicken recipe conceived for George V's Silver Jubilee in 1935.

The recipe was published as the nation prepared for street parties, although in those post-war years, some ingredients may have been deemed extravagant as it was previously more complex, and

only recently has it evolved into something more sultana-heavy.

The recipe took more than four weeks to create, and was perfected by Angela Wood, now 88, a student at Winkfield Place College, which was preparing the menu for a banquet at nearby Westminster School for more than 350 dignitaries after the coronation.

She said in an interview: "The brief was 'something that had a bit of flavour, but not too much', to appeal to the banquet guests. For a month or more, I was cooking a chicken a day and we had to alter the balance of the spices in the sauce to get it right."

The dish has now gone down in national folklore, used in sandwiches, salads and jacket potatoes.

Coronation chicken recipe

INGREDIENTS: 6 tbsp mayonnaise | 2-3 tsp mild curry powder, to taste | ½ tsp ground cinnamon | 500g shredded cooked chicken | Black pepper | Optionals which can be added are 2 tbsp mango chutney and 1-3 tbsp sultanas, or to taste

STEP ONE: Mix the mayo, curry powder and cinnamon (add the chutney and sultanas if using) together and season with black pepper.

STEP TWO: Add the shredded chicken and stir to coat in the sauce. Stir in 2 tbsp water to loosen if needed, then season and serve as desired.





ON THE MOVE

HERE'S A CHECKLIST OF QUESTIONS YOU NEED TO ASK WHEN VIEWING A HOUSE

Buying a house is one of the biggest purchases you'll ever make. And, as with any big purchase, you'll want to do a lot of research before you make an offer.

As you view different properties, be prepared to be nosy. A house may seem perfect on the outside, but asking the right questions will help you decide if it's the right house for you. Keep this checklist of questions in mind when going to viewings.

✓ HOW LONG HAS IT BEEN ON THE MARKET?

If a house has been on the market for a while, there could be a reason why buyers haven't snapped it up. It could also be a sign that the house is overpriced, putting you in a good position to come in with a lower offer.

✓ WHY ARE THE SELLERS SELLING?

There are a lot of reasons why someone might sell their house. If someone has only lived in the property for a short while, it could be a red flag that something isn't right with the home or the area.

On the other hand, someone who's been in the house for many years might be more interested in selling to a family or someone who will enjoy the house, rather than someone who's looking for an investment or development opportunity.

✓ IS THE PROPERTY FREEHOLD OR A LEASEHOLD?

Buying a freehold property means buying the property and the land it is built on. When you buy a leasehold property, you own the property but

not the land – which is retained by the freeholder. Understanding which one applies to the property could impact your decision to buy.

✓ IS THERE A CHAIN?

Being stuck in a chain could mean you have to wait a long time before you can move into your house. Find out what the buyer's situation is to help you decide whether to go for the property or to keep searching.

✓ WHAT IS THE AREA LIKE?

It's important to research the area you're buying in. Feel free to ask about the neighbourhood, shops, pubs, schools and so on.

✓ WHAT DO THE UTILITIES COST?

With living costs on the rise, it's wise to ask about the property's running costs. Find out what the utilities and council tax are and don't forget to ask for the property's Energy Performance Certificate.

✓ WHAT'S INCLUDED IN THE SALE?

Some sellers include items like furniture and white goods as part of the sale. Ask what is included – there may be room for some negotiation to keep some of the property's existing items and save yourself some money.

When you're checking out a property, feel free to ask as many questions as you want to help you feel confident in your decision. You'll be glad you thought of everything when you sign on the dotted line.

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YOUR GUIDE TO visiting Antarctica



TRAVEL

Looking for your next travel destination? Why not make it Antarctica? Here's what you need to know about visiting the world's southernmost continent.

creatures. See penguins, albatrosses, whales and more in their natural habitat – a truly spectacular experience.

WHY VISIT?

Antarctica is one of the world's last untouched destinations. With its beautiful wilderness, it's a place unlike any other, a real trip of a lifetime.

Away from the tourist traps, busy cities and constant connectivity, it's the perfect getaway from reality.

WHAT TO PACK

Brace yourself for some cold temperatures on your adventure. Take plenty of thermals and layer up your clothing to help you stay warm.

Remember to take your camera. You won't want to miss out on those amazing photo opportunities.

WHEN TO VISIT

The best time to visit Antarctica is from November to March – the Antarctic summer. You'll get to enjoy 24-hour sunshine, giving you the best chance of seeing the continent's incredible wildlife.

WHAT TO DO

A trip to Antarctica will give you the chance to discover the history of famous explorers, including Robert Falcon Scott and Sir Edmund Hillary.

While these explorers might have had to survive in difficult conditions, you could enjoy your Antarctic adventure on board a luxury cruise, with all of their modern comforts.

WHAT YOU WILL SEE

Besides the stunning landscapes, Antarctica is home to some of the world's most fascinating

Could a visit to Antarctica be on the cards for you in 2022 or 2023?



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DEAD gorgeous

Remember *Coco*, the award-winning Disney Pixar film? It featured cute skeletons and was inspired by Mexico's Day of the Dead, a festival that is all about honouring the lives of dead relatives and reminding yourself that death is just part of life. In the lead-up to the day, skull and skeleton decorations can be seen almost everywhere, and streets are festooned with colourful bunting. Marigolds are popular too – their sweet smell is believed to entice the dead back to life. The day is celebrated on November 2. So get busy now with these Day of the Dead crafts and you'll also be ready in time for Halloween.

SKULL STONES

You will need: A smooth, flat, oval stone (8cm-10cm long) | White acrylic paint | A paintbrush | A set of acrylic marker pens (including black) | PVA glue | Glitter | stick-on gems

How to make: Paint a simple white skull shape on the stone and leave to dry | With the black marker, outline the shape and draw on the features | Decorate with the coloured markers, and stick on the glitter and gems.

TISSUE PAPER MARIGOLDS

For two flowers you will need: A sheet of orange tissue paper (approx. 51cm x 66cm) | 2 x 30cm green chenille stems (pipe cleaners) | Scissors

How to make: Cut the tissue paper sheet into quarters | Then cut each quarter into half so you have eight small sheets | Stack four sheets together | Fold in concertina pleats, starting at the short end | Cut each end into a point | Twist the end of a chenille stem round the middle of the paper | Fan out and gently separate the layers.

BUNTING

You will need: 12-15 round paper doilies (approx. 16cm diameter) | Acrylic paints in red, pink, purple and orange | A paintbrush | Jute string | PVA glue

How to make: Paint each doily with diluted paint | Dry thoroughly | Fold the doilies in half | Run the string inside the half-circles and glue the sides together.

Photo credit: ailsaburke.blogspot.com, iagriffith.com, kitchenatbedclassroom.com

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