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Editor's notes...

SEPTEMBER 2023



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION**Tending. As we turn the page to a new season, I find myself looking at my own life as chapters in a book. Just as characters in a book evolve through the challenges they face, so too are we continually changing in response to everything happening around us.

Currently, my wife is embarking on a new chapter as she returns to the workforce full-time. This shift brings its own set of challenges, as the balance between work and family takes on new dimensions.

Our little ones are stepping into their own new chapters as they begin school. I look forward to seeing them mature and grow as they make new friends, encounter challenges and learn invaluable life lessons.

Let us remember that the narrative of our lives is never stagnant. Each chapter brings with it an opportunity to learn, to grow and to deepen our understanding of ourselves and those around us.

Just like the most engrossing novels, our lives are full of anticipation for what lies ahead, reminding us that while change can be scary, it's often one of the most exciting parts of life.

I look forward to these next few months as we head into autumn, and hope you enjoy this September edition.

Nik Allen

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

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THE WORLD AT THEIR FEET



Football may not be coming home after England's women lost to Spain in an eventful World Cup Final, but the fact that they made it to the final stage of the tournament signifies another huge advancement for Sarina Wiegman CBE's team, and the sport as a whole in this country.

As the final whistle sounded in Sydney on Sunday, August 20, and the Lionesses collapsed to the floor, many in tears, their big chance to clinch the Women's World Cup had slipped away... for now, at least.

Before the match, England had

been riding a wave of hope. Euro champs from 2021, and under the guidance of Dutch coach Wiegman – recognised as the world's leading female football coach – they had suffered just one defeat in 38 games, a friendly reverse to one of the co-hosts of this tournament, Australia.

Their journey to the final saw them navigate a mass of injuries, temporary loss of form, a penalty shoot-out, and a two-game ban for Lauren James, who was sent off in the quarter-final. Yet even when not playing at their best, they found ways to win – ultimately the sign of a team who have the strength and resilience to overcome challenges.

However, on this occasion, the project fell one result short. Wiegman's expertise was pushed to its maximum. After the game, the players were quick to admit the better side won on the day, as Spain's Olga Carmona fired in the winning goal in the 29th minute.

With their line-up comprising seven members of Barcelona's Champions League-winning side, the Spaniards' skills were evident from the get-go. Indeed, despite

having Ballon d'Or winner Alexia Putellas on the bench owing to ailing fitness, and a wider rift existing within the Spanish squad pre-tournament, Jorge Vilda's side proved to be a formidable opponent.

Perhaps it was England's victory against them in the quarter-finals during Euro 2021 that gave the Spaniards extra impetus, but they were stronger and more clinical when it mattered.

England, who had won their group phase with victories over Haiti, Denmark and China, had then beaten Colombia and Australia en route to the World Cup. They will likely see the defeat as a missed opportunity, particularly with defending champions USA and European powerhouses Germany both eliminated early.

Wiegman, ever the strategist, made changes at the break and shifted formations, yet while England's play improved, ultimately it was Spain who should have extended the lead after Jennifer Hermoso's penalty was brilliantly saved by Mary Earps.

Even 13 minutes of injury time couldn't save the Lionesses, yet there are positives to take.

First, Mary Earps was named FIFA Best Goalkeeper for the tournament – otherwise known as the Golden Glove Award winner. She conceded just three goals in six matches, keeping three clean sheets. The honour was a tremendous comeback for the 30 year old, who has had to battle for her spot as England number one.

Next, we have a nation that continues to embrace the onward trajectory of women's football in England.

The Lionesses remain a team who have rewritten the script, broken records, confronted societal norms, and continue to advocate for more investment and exposure in women's football.

Consider those elements, and the stylish way in which the team continue to galvanise a nation of girls growing up in the game, and in many ways they are true champions.

FIFA WOMEN'S WORLD CUP 2023™



Photo credit: James Gourley/Shutterstock, Morgan Hancock/Shutterstock

FIFA WOMEN'S WORLD CUP 2023™ THE FINAL

Quirky STUDIES

Are you looking to pursue further education but don't want to choose the same course as everyone else? In that case, these quirky university programmes may grab your attention.

VITICULTURE AND OENOLOGY

Do you love a tippie or two, or want to know more about the science of winemaking? Discover the wonderful world of viticulture and oenology. These courses provide all the skills and knowledge needed to become a vineyard manager, winemaker or winetaster.

HOROLOGY

If you are fascinated by time, then horology could be the course for you. Focusing on the art and science of time management, this is the perfect course for budding entrepreneurs who understand that time is money!

ETHICAL HACKING

Offering a surprisingly high graduate employment rate, ethical hacking focuses on the study of cybersecurity in order to protect businesses from computer hacking. Ideal for computer whizzes.

ETHNOBOTANY

If you have embraced the recent trend for greenery in your home, then you may be interested in a course that looks at how humans respond to and benefit from plants. A great choice for those who want to pursue a career in the field of botany.

CIRCUS PERFORMANCE

Yes, you read that correctly, you can pursue a university degree in circus performance. One of the most exciting courses we found, you can learn a whole host of skills and receive top physical training. Because who didn't dream of running away to join the circus at some point?

SURF SCIENCE

Another degree course that sounds like great fun, surf science, as you may have already guessed, involves the study of surfing. Whether you want to set up your own business or work for one of the big names in surfing, this is one degree course that promises not to be boring!



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Peaceful plants

Did you know that at least one-third of the adult population suffers from some form of insomnia? Furthermore, an estimated 20 per cent of teenagers get less than five hours of sleep a night. Not getting enough sleep can cause a whole host of physical and mental health problems, but there are ways to help you drift off naturally.

How can plants help you to sleep?
If you suffer from insomnia but you don't want to start taking prescribed medications, then indoor plants offer a more natural way to aid sleep. Fragrant plants have been shown to calm nerves and reduce anxiety, whereas other types of plants act as air purifiers and absorb toxins.

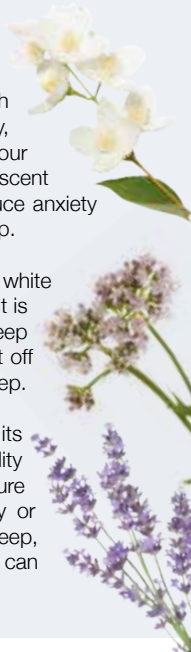
The best indoor plants for insomnia
GOLDEN POTHOS: Golden pothos, also known as devil's ivy, is great for purifying the air, which can help to aid sleep. This plant looks best when placed in a hanging basket, making it a good choice for

homes with children or pets.

JASMINE: If you struggle to switch off and relax at the end of the day, then jasmine is the perfect plant for your bedroom. Studies show that the sweet scent produced by jasmine can help to reduce anxiety and improve your overall quality of sleep.

VALERIAN: Boasting small pink and white flowers, a valerian plant is as pretty as it is practical. Used for centuries to cure sleep problems, valerian can help you to drift off more easily and enjoy better-quality sleep.

LAVENDER: Lavender is known for its sleep-inducing qualities, with the ability to lower your heart rate, blood pressure and stress levels. If you have a baby or young child who struggles to get to sleep, the scent of lavender in their bedroom can make all the difference.




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track lighting

Track lighting is one of the most versatile lighting solutions and is currently experiencing a surge in popularity. Here's our advice on how to use it in your home for maximum impact.

Track lighting is altered to suit the layout and length of a room | It is energy efficient | It is cost-effective | It is simple to reconfigure

How to use track lighting in your home:
As track lighting is so customisable, it can be used in nearly every area of your home, but it is particularly useful in the kitchen, hallway, living room and in a home office.

Some of our top ideas for where to place track lighting in your home are:

1. Run a track along your hallway ceiling and aim fixtures at any artwork or directly at the wall.
2. Customise a track to fit your kitchen space such as over an island or onto the countertops.
3. Install a track system in a dark wardrobe and position several heads where you need light.
4. Use in rooms with high ceilings and opt for white fixture heads which will blend in more effectively.

What is track lighting?
When you think about track lighting, you are likely to imagine a series of individual lamps, known as heads, that slide along a metal track. While this is the case for some track lighting systems, there are now many other styles to choose from. Typically, track lighting is hardwired and connected to a wall switch. The heads can be focused spotlights, radiant spotlights or pendants.

What are the benefits of track lighting?
There are many benefits to track lighting, including: It is easy to install | It is customisable and can be



HOME & DIY



From Banking Hall to Curtain Call

Following the closure of Barclays Bank in Tiptree Curtain Call Interiors have taken over the former bank building and transformed the space into an inspirational home interiors showroom and new workroom.

The new space showcases a wide range of designer fabrics, curtain displays as well as home accessories including, a beautiful home fragrance range, cushions, lamps, furniture and tableware.

Curtain Call specialise in making hand finished bespoke curtains, Roman blinds and soft furnishings all made by their experienced team of curtain makers. With their new workroom located adjacent to the Showroom, it allows



owner Natalie and her team of makers and designers to assist customers in finding the right fabric and style for their decoration projects.



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FROM YOUR AREA



LOCAL NEWS

Serial offender jailed after variety of offences



Photo credit: Essex Police

A Clacton man has been jailed after being convicted of a variety of offences.

Nathan Phillips, 32 (pictured above), of no fixed address, was arrested on May 1 after having been involved in a domestic violence incident where he punched a woman in the face. While in custody, he assaulted an officer.

After Phillips was released on bail, the victim of the domestic incident provided a statement to police revealing Phillips had made unwanted contact with her up until May 9.

On May 9, Phillips pursued an off-duty officer who had been involved in his arrest, verbally threatening him and striking his car window with a hammer.

When more officers arrived at the scene to arrest him, Phillips assaulted one of them.

He was later charged with and admitted a litany of offences, including assault occasioning actual bodily harm, two counts of assaulting an emergency worker, stalking, making threats with an offensive weapon, theft, dangerous driving, criminal damage and failing to provide a sample.

At Chelmsford Crown Court on August 17, he was sentenced to three years' imprisonment, disqualified from driving for three years and made the subject of a 10-year restraining order.

Update on plans for 72 homes two years after approval

Plans that will see at least 72 new homes built in Mistley have begun to take shape, years after they were originally approved.

The new development, on land north of Stourview

Close, was originally refused by Tendring District Council. However, following an appeal from applicants Rose Builders, the plans were approved by the Planning Inspectorate in September 2021.

It was only last month, however, that a reserved matters application was put forward that sets out the layout and appearance of the development.

These new plans reveal the homes will be a mixture of detached and semi-detached houses and flats, with most being two storeys. There is also set to be two hectares of open space and a new bus stop.

To view the application, search reference number 23/00992/DETAIL at www.bitly.ws/TWPo

Rose Builders have been contacted for comment.

Top authors to come together for literary festival

The Frinton Literary Festival returns for its 21st year next month.

Running from October 25 to 29, events will include a 'crime and wine' discussion with international bestselling author Mick Herron (pictured top left), a writing class from romance author Suzy K Quinn (pictured bottom left), and afternoon tea with thriller writer Adele Parks (pictured top centre).

There will also be an evening with *Gardeners' World* star Arthur Parkinson (pictured bottom centre) and a lunch with national treasure Miriam Margolyes OBE (pictured right).

You can purchase tickets through visiting Caxton Books at 55 Connaught Avenue, Frinton-on-Sea, or by calling 01255 851505.

Find out more at www.frintonliteraryfestival.co.uk



Photo credit: Frinton Literary Festival



SIR BERNARD JENKIN MP

Conservative MP for Harwich and North Essex



This month, I wish to give an update on the issue of the day – the pylons. Before recess, the Offshore Electricity Grid Taskforce (Offset) met with Philip Brearley, chief executive of Ofgem, the regulator that controls investment in the National Grid, regarding our campaign against the Tilbury to Norwich pylons proposals.

In that meeting, I and other Offset MPs highlighted that the now-revised proposals are most likely to delay net-zero achievements because there is so much despair and anger across the whole region. There will be unlimited money for court challenges and judicial review, and it is not possible to quantify how much this will also delay much-needed investment.

For as long as the process fails to consider the opinions of the people living in areas directly affected by the pylons, the process will be bound by criticism that will delay the government's drive to net zero. It is admirable and necessary for the government to pursue net-zero policies, but it is vital this is done alongside local communities and not against them. Not just because it is their lives that this will affect



Stock image

most, but also because it forms a key tenet of the government's wider drive toward its climate goals and levelling up. Without taking the local community with it on this journey of expansion, the process will suffer setback after setback.

Soon, we will return to Parliament where Offset will meet with the Secretary of State and, as always, I will continue to keep residents updated.



GILES WATLING MP

Conservative MP for Clacton

The summer recess is coming to a close and I am looking forward to getting back to Westminster. I hope you've been able to watch my videos explaining how Parliament operates – I want to shine a light on some of the behind-the-scenes work that fills my days in Parliament. If you haven't already, you can find them over on my social media pages @GilesWatling.

I've been pleased to get out and about in the constituency over recess and find out more about the issues that matter to you. Only the other week, I joined councillor Maurice Alexander (pictured right) for a walkabout in Nelson Road, Clacton, to knock on doors and discuss casework that residents have raised. I and your local councillors are here to support you and represent you when issues arise – let us know how we can be of assistance.

Looking forward to the next Parliamentary session, we've got the State Opening of Parliament to look forward to. The King's Speech will outline our agenda for the next session of Parliament, and I hope that legislation to deliver growth and development are forthcoming to unlock the potential of every corner of our constituency. I'll be watching closely, and stand ready to make the case for more investment for our amazing towns and villages.



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Iconic annual carnival brings community together

The Burnham-on-Crouch Carnival is many things to many different people. Undoubtedly perfectly picturesque, and most certainly brimming with Britishness, it welcomes in thousands of tourists to this attractive part of Essex.

The carnival, which takes place on the last weekend in September, is the culmination of a number of events that decorate the rich community vibe of this special town.

In the preceding month, Quay Day on the bank holiday Monday in August sees the waterfront feature an eclectic mix of music, art, demonstrations and water-based activities, with the successful food and drink festival having appeared earlier in the year.

As for the carnival itself, it is a festival of community life whose origins go back to the early 20th century. Founded as a modest gathering of local musicians and artists, it aimed to showcase the unique blend of talent that flourished in this part of the UK.

The first editions saw poets reciting against

the backdrop of the estuary's waters, with streets lined with performers who drew inspiration from Burnham's idyllic ambiance.

These days, the carnival is the centrepiece of a four-day explosion of energy, with the town's age-old High Street transformed into a magical place of discovery, with stalls, rides, music, history and art.

What makes this such an ideal location is its placement – far enough away from the nearest major conurbation (Chelmsford) to have its own personality and style, it's inland from the bluster of the Essex coast, yet served by the River Crouch. The town itself dates back more than 1,000 years and is mentioned in the Domesday Book.

And when darkness descends, the charm of Burnham-on-Crouch only increases, as one of the largest night-time processions in the land is lit up in all its glory.

Photo credit: Daniel Reed Photography



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WHAT'S ON

NIGHT OF JERSEY BOYS

Columbine Centre, Prince's Esplanade,
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Saturday, September 23, 7pm – 10pm



Photo credit: Night of Jersey Boys

Come revisit the beautiful, iconic songs of The Four Seasons, in this night of Fifties and Sixties classics. With all four members of this tribute band having played members of the group in the West End show *Jersey Boys*, this show is set to be as close to the real thing as you can get!

To book your tickets, please get in touch via email at events@columbinecentre.co.uk

OKTOBERFEST

1 North Sea, Clacton Pier,
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Saturday, September 30, and Sunday, October 1, 12pm – 5pm

Come down to Clacton Pier to take part in one of Germany's most famous and beloved annual traditions. With live oompah music, as much bratwurst as you can stomach and plenty of beer on tap, you can expect to have a wunderbar time.

Entry is free. To find out more information, head to www.clactonpier.co.uk

WITCH FINDER TRAIL

Acorn Village, Mistley Hall Cottage,
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Sunday, October 1, 10am

This 5km and 10km race helps to raise money for Acorn Village, a charity that organises special housing for adults with learning disabilities. Run your way through Mistley, Manningtree and Furze Hills, with tea and medals for all who take part.

To find out more information and sign up, please visit www.witchfindertrail.uk/index.php

MINI YOGA RETREAT

Brantham Village Hall, New Village,
Brantham, CO11 1RF
Saturday, October 7, 9.30am – 12pm

Come and visit the village hall for two and a half hours of 'you' time with Moontree Yoga. The session includes a 30-minute yogic sleep, a rejuvenating Lunar Yoga Flow and sweet treats provided by Chestnut & Rose.

Tickets cost £30. To book, visit www.moontreeyoga.co.uk/event/october-mini-retreat

PAUL HIGGS PRESENTS SHADES OF MILES

Frinton-on-Sea Lawn Tennis Club,
36 Holland Road, Frinton-on-Sea, CO13 9ES
Sunday, October 15, 1.30pm

As a former Royal Shakespeare Company artistic director, trumpeter Paul Higgs has done it all, performing with figures such as Lulu, Peggy Lee and John Williams. This show features him taking on the music of Miles Davis, perhaps the most revered jazz trumpeter of them all.

Tickets cost £20 per person. To book, please visit www.bit.ly/3QYJLva

AN EVENING OF MEDIUMSHIP WITH BEN FRANKLIN

The Red Lion, 42 South Street,
Manningtree, CO11 1BG
Tuesday, October 24, 7pm

Come along and reach out to the spirit world with medium Ben Franklin. With audience readings and a Q&A session, come along to this interesting evening of mediumship.

Tickets cost £10. To book, visit www.bit.ly/44u1lhd



Photo credit: Jim Osley

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Barbie

AMBITION



WHY MARGOT ROBBIE HAS THE FORMULA RIGHT

Margot Robbie's elevation to Hollywood heavyweight is one of Tinseltown's true success stories.

The skill of the Aussie, who once lived in Clapham and recently revealed she still has her old Oyster card, is in her groundedness. Sure, she is a stunning multimillionaire, a pioneer for women in film and even a successful businesswoman, as the co-founder of LuckyChap Entertainment with British husband Tom Ackerley. Yet a decade in the spotlight has taught her an important lesson.

"I think humility is so important in this industry," she begins. "It's been a big part of who I am since I was a child, so I have grown up with respect for others as well as the need to present myself in the right way.

"I know very well how stardom can change you, and if you lose sight of that sense of humility, you will be exposed for it because as much as this industry is rewarding, the media spotlight can be extremely unforgiving too."

A case in point is Robbie's courageousness to back away from the powerful, punchy, script-perfect roles that have characterised so much of her success. Few actresses would have the bravery to strip their creativity back to a long blonde wig, a wardrobe of pink and white outfits, and the kooky babe appeal that comes with portraying Barbie, a character that has been entwined in the childhoods of girls for decades.

More than that, though, as executive producer, her commitment to the LuckyChap project – large parts of which were filmed at Warner Bros. Studios Leavesden – has meant she has stayed true to a story that has

inspired so many. Perhaps if Disney had approached its reworking of *Snow White* with quite the same level of respect, it wouldn't be looking at another catastrophic woke failure.

Instead, aided by the brilliant Greta Gerwig, Robbie stuck to a storyline true to Barbie, and had no intention of betraying that narrative. "Greta and I knew just how vital it was that we got this just right," she says. "We're thrilled with the outcome and hope that the audiences are too.

"I think it's every girl's dream to be Barbie, and every adult's dream to make a girl's dream come true, so this always did feel like a very special project."

It is. The movie took more than \$1 billion at the box office in its opening fortnight – an almost unprecedented footfall endorsement that clearly paves the way for the *Bombshell*, *Babylon*, *Suicide Squad*, *The Wolf of Wall Street* and *I, Tonya*, star to reach further into the creative locker for her next storyline.

Queen of the Air is up next – a period drama based on a true story that takes place on the dizzy heights of the trapeze, utilising the script from the 2013 book by Dean Jensen.

Before that, Robbie can delight in her current project setting off a Barbie-core fashion trend that is adding bright colour, innocence and no small amount of fun to the high street, at a time when we need it most.

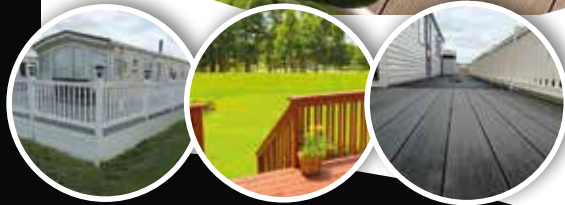
She adds: "It's a delight when things work out. There's pressure to do everything justice, all the while conquering the self-doubt inside. It's always a battle, but fear has played a big part in where I've got to today, and hopefully I'll always thrive off it."



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GARDENING



LAWN AERATION

Why, when and how to do it



Before



During



After

Keeping your lawn looking luscious is no easy feat, and you need to make sure you employ essential lawn care practices if you want your grass to glisten in the sun. Find out everything there is to know about lawn aeration and why it's important below.

WHAT IS LAWN AERATION?

The word 'aeration' means to allow air to act on something. In the case of gardening, it is the process of poking small, long holes in the ground in order to provide the soil with good air circulation. Lawn aeration can also help to break through piled-up thatch (a layer of dead and living grass roots) in high-maintenance lawns and to reduce lawn compaction, which is when the soil becomes compressed.

WHY DO YOU NEED TO AERATE YOUR LAWN?

The soil in your garden needs both air and water to ensure its ecosystem remains in optimal condition. Therefore, good drainage conditions and adequate top soil intake are vital. By aerating your lawn, you allow air to enter into the soil. This leads to a gaseous exchange in which the grass roots suck oxygen in and expel carbon dioxide. It also allows water to enter more easily, which is essential during the hotter months of the year.

WHEN IS THE BEST TIME TO AERATE YOUR LAWN?

There are two perfect times to aerate your lawn: spring and autumn. This is because, during these months of the year, your soil is typically moist and suitable for holes to be poked in easily.

HOW TO AERATE YOUR LAWN USING A GARDEN FORK:

If you have a small- to medium-sized garden, you can aerate your lawn using a garden fork.

- > Water your lawn the day before you plan to aerate it.
- > Firmly spike the surface down to at least 3cm. Repeat this technique every 10cm.
- > Move the fork back and forth a little and then pull out.

If you have a large garden, you may want to invest in a lawn aerator to save you time and energy.



Photo credit: alnwickgarden.com

Home to more than 100 toxic, intoxicating and narcotic plants, the Poison Garden at The Alnwick Garden in Northumberland is not for the faint-hearted. With a sign on the black iron gate emblazoned with the message, 'These plants can kill', do you dare to enter?

See some of the deadliest plants in the garden...

CHERRY LAUREL

Cherry laurel, also known as English laurel, can kill you even if all you're doing is trimming its leaves. This plant contains cyanogenic glycosides and cyanide ions; when these two components are combined, they create cyanide gas which can be deadly in a confined space.



DEADLY NIGHTSHADE

As the name suggests, deadly nightshade is a poisonous plant that can cause a whole host of nasty symptoms including blurred vision, a skin rash, headaches, slurred speech, hallucinations and eventually death. In fact, eating just two to four berries can kill a child.



Other deadly plants on show include:

- ☠️ **THE KHAT PLANT** – contains a carcinogen that causes mouth cancer.
- ☠️ **YEW TREE** – eating a small number of its leaves can be fatal for livestock and humans.
- ☠️ **HOGWEED** – contains toxins that are activated by light, causing pain and skin lesions.

If you dare to enter... The Poison Garden is open to the general public and entrance is included with a day ticket to The Alnwick Garden. Remember to follow all the guidelines to stay safe.

THE GYMPIE-GYMPIE

A fairly new addition to the Poison Garden, gympie-gympie is known as the world's most venomous plant and is said to deliver a sting similar to being burnt with hot acid and electrocuted simultaneously.



LABURNUM TREE

The second most poisonous tree in the UK, the laburnum tree contains a poison called cytisine. In fact, this tree is so poisonous that if one of its branches fell to the floor, lay for several months and then was picked up by your dog, it is unlikely your dog would survive the hour.



HELLEBORES

The root of this deadly plant contains a cardiotoxin that will stop your heart in an instant. Its sap can also irritate the skin, so this plant should only be handled when wearing gloves.



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Get over TO DOVER



For centuries, Dover has been a strategic stronghold guarding the English coast. But beneath the town's castle, perched on the iconic White Cliffs, lies a hidden network of secret wartime tunnels and chambers that stretches back centuries. And the great news is that you can visit these tunnels and discover their mysteries for yourself.

WAY BACK WHEN

The origins of these tunnels date back to the medieval era. They were first constructed after the 1216/17 civil war to connect various parts of the castle, making it difficult for attackers to reach the main gate.

Fast forward to the early 19th century, when the threat of Napoleon invading had everyone on edge. The castle's engineer-in-chief, the brilliant William Twiss, stepped in and turned the existing tunnels into an impressive stronghold that even Napoleon would think twice about attempting to break into.

WAR STORIES

During the Second World War, Dover's tunnels housed a military command centre, where strategists and commanders made crucial decisions for defending the nation.

The tunnels also doubled as an air raid shelter, providing refuge for thousands of locals seeking safety from the relentless bombings. As the air raid sirens wailed, families huddled together, filled with a mix of fear, resilience and hope for a brighter tomorrow.

In addition, a new tunnel complex was built to provide a hospital safe from air attacks and shelling, where the Royal Army Medical Corps, including surgeons, nurses, orderlies and cooks, cared for those injured in the conflict.

SEE IT FOR YOURSELF

If you visit the castle today, you can walk through the secret wartime tunnels and parts of the medieval and Georgian sections. You can also visit the wartime hospital. Tunnel visits are limited, and access is not suitable for everyone. Please get in touch with Dover Castle before making your visit or go to www.english-heritage.org.uk/visit/places/dover-castle to find out more.



Photo credit: english-heritage.org.uk

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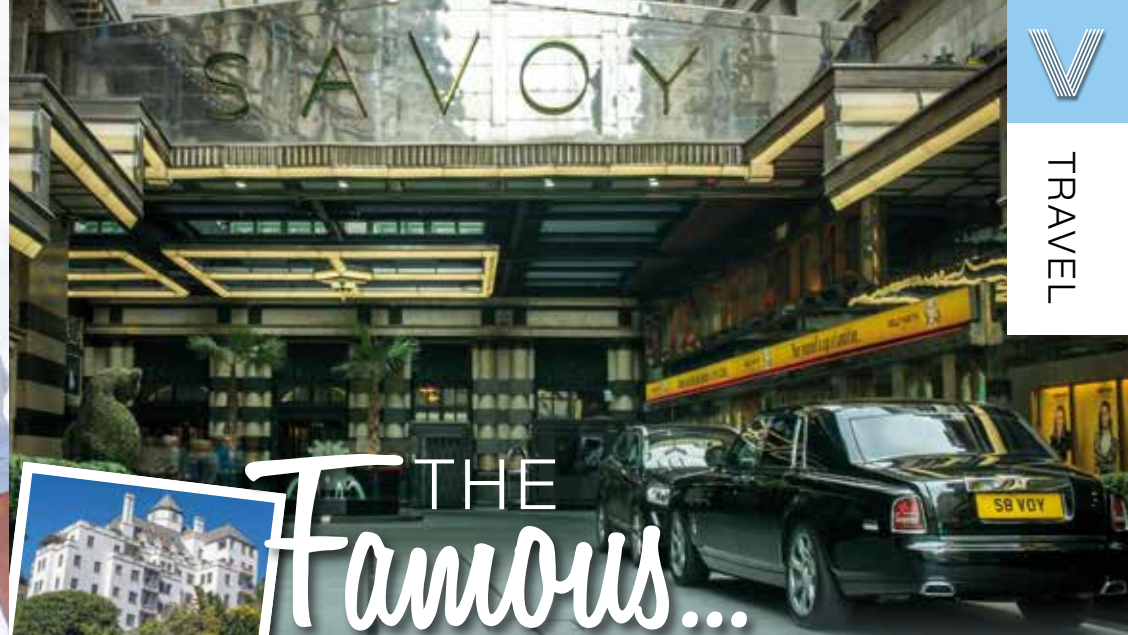
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Raffles

The Savoy, London: Located in the Strand and opened in 1889, The Savoy was the UK's first luxury hotel, and it has lost none of its charm or opulence in attracting the world's richest and most powerful guests.

Hollywood power couple Sir Laurence Olivier and Vivien Leigh met there, while guests have included The Beatles, John Wayne and Marilyn Monroe.

Chateau Marmont, Los Angeles: Los Angeles began to acquire its celebrity popularity in the 60s when the *LA Times* felt obliged to tell its readers that the Chateau Marmont was for those in show business. Its appeal was its combination of 63 rooms, suites, cottages and bungalows, not to mention the fact that it overlooks Sunset Boulevard.

When John Belushi died at the hotel of a drug overdose in 1982, its fame only escalated. Beyoncé, Jay-Z, Britney Spears, Lindsey Lohan are all regular guests.

The Plaza, New York: If you've seen *Home Alone 2* or *The Great Gatsby* (the author of which, F. Scott Fitzgerald, lived at this famous hotel), you've seen The Plaza. Overlooking the vast greenery of Central Park and located on the corner of Fifth Avenue, this hotel is iconic and instantly recognisable.

Royalty and state leaders have all stayed at the legendary Manhattan hotel.

Belmond Copacabana Palace, Rio de Janeiro: Located as the crown jewel of the most famous beach in the world, the Belmond is a masterpiece of art deco architecture and has welcomed everyone from Walt Disney to Princess Diana.

Built over a period of four years at the turn of the 1920s and designed by French architect Joseph Gire, it remains a staple place to visit for the affluent.

Raffles, Singapore: This Singapore hotel has been around since 1887, when it was established by a pair of Armenian brothers, the Sarkies. Its colonial style of architecture has led it to become a national monument for the country, as well as being the birthplace of the Singapore sling cocktail!

5

7

MOST COMMONLY ASKED gynaecological QUESTIONS

When it comes to your vagina, it is normal to have a lot of questions, but you may feel embarrassed about asking your GP about your sexual health. Find out the answers to the most commonly asked gynaecological questions below.

1. Will the contraceptive pill make me gain weight?

There are multiple studies that show that the contraceptive pill does not cause weight gain. However, there are some that may increase your appetite.

2. Can I catch an STD from a toilet seat?

While a toilet seat carries a lot of bacteria which can be passed on, you cannot catch a sexually transmitted disease from sitting on one.

3. Is douching the best way to clean my vagina?

No! Douching is not recommended as a way to clean the vagina as it can disrupt its delicate balance of good and bad bacteria and lead to infections such as thrush. The vagina is self-cleaning, which means that internal cleaning is not necessary. Instead, wash externally with warm water or a specially formulated intimate wash.

4. What is the best way to treat period cramps?

Over-the-counter pain relief such as ibuprofen offers one of the most effective ways to treat period cramps. A warm bath and a hot water bottle can also work wonders.

5. Can I get pregnant on my period?

Although unlikely, it is possible to get pregnant on your period. If you have a short interval between each period, meaning you ovulate early in your cycle, you can fall pregnant.

6. Can I have sex on my period?

Yes, you can. Although some couples prefer not to have sex at this time, it is perfectly safe to have sex when you are on your period.

7. Why does my vagina smell?

Everyone's vagina has its own unique scent, and it is important to know your own so that you can easily notice any changes. A healthy vagina should have a mild, musky scent that is not unpleasant. If you notice an unpleasant odour, this may be a sign of an infection, and you should see your GP or visit your local sexual health clinic.

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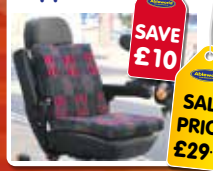
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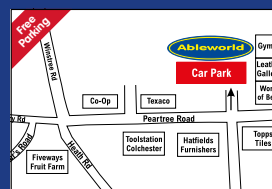
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Pizza ovens are all the rage, with more and more people embracing this simple and versatile method of outdoor cooking. However, you can cook much more than just pizza in one of these bad boys!

FRESHLY BAKED BREAD: If you love everything about delicious dough, then you will be pleased to hear that you can bake bread in wood-fired pizza ovens. To create the perfect loaf, make sure you regularly turn the bread to ensure even baking. Don't forget that you still need to leave your dough to rise before cooking.

SLOW-COOKED MEATS: For meat lovers, a large pizza oven that features a door will allow you to slow cook meat to perfection. Place your chosen cut in a casserole dish and cover tightly with foil. Then cook for around four hours until the meat is tender and juicy.

FISH DISHES: Whether you love a fish stew or you prefer a piece of lightly grilled fish, a pizza oven is a great alternative to a traditional oven. Simply pop your chosen fish in a roasting tray with herbs and spices or place on a skillet or cast-iron pan to grill.

VEGAN CURRIES: If you have a vegetarian or vegan in the family, then a pizza oven can be used to create a whole host of vegan-friendly dishes such as curries, chilli and stews. Be sure to gently fry your chosen spices first to release their flavour, add your selected liquid and veggies, and then cook in the pizza oven until soft.

DECADENT DESSERTS: Think that a pizza oven is only suitable for preparing savoury dishes? Think again. You can also bake desserts such as pies and pastries in this outdoor cooking device.





KIDS



Back to school SHOWDOWN

Is getting your child to go to school a constant battle? While a little reluctance to return to school after the summer holidays is to be expected, if your child is becoming severely distressed at the prospect of going to school, then you need to take action.

TALK TO YOUR CHILD

There are many reasons why your child may be refusing to go to school, such as bullying, anxiety, learning differences or emotional issues, so it is important that you try to get to the root of the problem. Sit down with your child and try to find out what it is that is making them not want to go to school and then take appropriate action.

HAVE A GOOD MORNING ROUTINE

If you do not have a calm and consistent morning routine, then this can make the process of getting ready for school a lot more stressful for you and your child. Make sure they get up at the same time

every day and that they know what they need to do and by what times, i.e. get dressed, brush their teeth, etc. Remember to provide plenty of praise.

INVOLVE THE SCHOOL

If your child is flat-out refusing to go to school, then the sooner you talk to the school about this problem, the better. Arrange a meeting to talk to their teacher or headteacher and see what advice they have. For example, they may suggest a buddy system or bringing in your child slightly earlier to avoid the crowds in the playground.

STAY CALM BUT BE FIRM

Although this can be hard, try to stay as calm as possible when trying to get your child to go to school, as getting angry or upset will only make the situation worse. That being said, you do need to be firm and don't give them the chance to say no. For example, say "Put on your uniform" rather than "Are you going to put on your uniform?"

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BUSINESS & PROPERTY

Are you looking to get on the property ladder but are struggling to find anything within your budget? Discover the top five most affordable cities for first-time buyers in the UK – as well as the most expensive cities! The average monthly mortgage payments listed below are based on a 10 per cent deposit.

1 BRADFORD: Bradford in West Yorkshire is officially the cheapest city for first-time buyers to purchase a home. Named as the upcoming City of Culture in 2025, the current average asking price for a two-bedroom property in Bradford is £104,643.

Average monthly mortgage payment: £521

2 CARLISLE: If you don't mind moving a bit further north, then the city of Carlisle is the second cheapest city for first-time buyers. With an average asking price of £104,784 for a two-bedroom house, there are some beautiful semi-detached properties on offer in this part of the UK.

Average monthly mortgage payment: £522

3 ABERDEEN: The third most populated city in Scotland, Aberdeen is known for its stunning architecture and closeness to Cairngorms National Park. The average asking price for a two-bed property currently sits at £106,088.

Average monthly mortgage payment: £528

4 HULL: Although this city does not have the best reputation, you can get a lot more for your money if you relocate to Hull. The average asking price for a two-bedroom property currently stands at £106,939.

Average monthly mortgage payment: £532

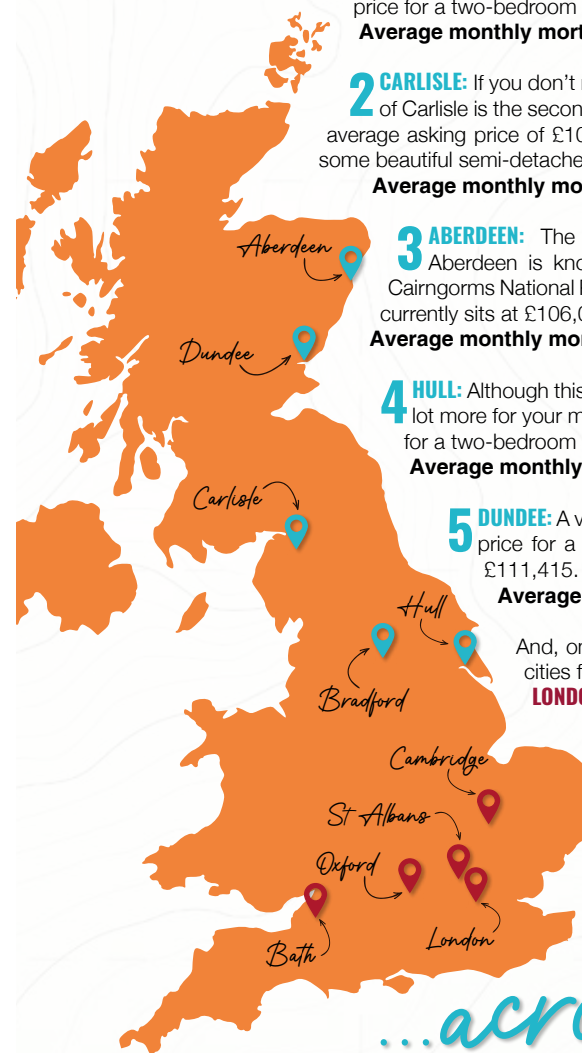
5 DUNDEE: A vibrant, modern and affordable city, the average asking price for a property with two bedrooms or fewer in Dundee is £111,415.

Average monthly mortgage payment: £532

And, on the other end of the scale, the five most expensive cities for first-time buyers in the UK are:

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To put this all into perspective, the average house price for a first-time buyer in the UK is £245,958. This is £55,500 higher than five years ago. According to the Financial Conduct Authority, two-thirds of first-time buyer mortgages have terms that go beyond 25 years.



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MOTORING



Famous MOVIE cars

They say the car is the star, and with these cherished vehicles from the big screen, that's certainly the case.

ASTON MARTIN DB5: Four units of the DB5 were used for the 1964 James Bond classic *Goldfinger* – two during filming and a further two promotional vehicles. The now iconic car was modified by special effects expert John Stears to include a number of spy-worthy gadgets. Although stolen in 1997 from Boca Raton Airport in Florida, the car has since been spotted in a 'private setting' in the Middle East.

DELOREAN DMC-12: The DeLorean is one of the most recognisable cars in the world owing to Steven Spielberg's *Back to the Future* trilogy, yet what should have been a marketer's dream turned out to be anything but. Despite futuristic 'gull wing' doors and stainless steel body panels, the DMC-12 didn't sell well owing to its impracticability and lack of balance, being a rear-engine car.

BATMOBILE: Batman/Bruce Wayne was known to high-powered supercars since he first appeared in comics in 1939, but it wasn't until 1941 that the title 'Batmobile' was first used. The first on-screen Batmobile appeared in the 1943 serial *Batman* movies and was a 1939 Cadillac Series 75. Since then, the Batmobile has gone through several iterations – from the first completely black version in the 1989 Tim Burton film, to the Christopher Nolan version which was described as a cross between a Lamborghini and a tank.

ECTOMOBILE: Ecto-1 from the *Ghostbusters* movies was an original 1959 Cadillac Miller Meteor, and the two models converted for screen use are still owned by Sony Pictures. The film provoked a number of copycat models, one of which sold in 2021 for more than £200,000.

FERRARI MODENA GT: While three Modena GTs were used in the iconic 1980s film *Ferris Bueller's Day Off* starring Matthew Broderick, all were replicas. The one that flies out the window in the movie didn't even run properly – it was a fibreglass shell version built specially for that scene. Though one of the replicas was seriously damaged in the jump scene, it was successfully repaired and sold for £122,000 at auction.

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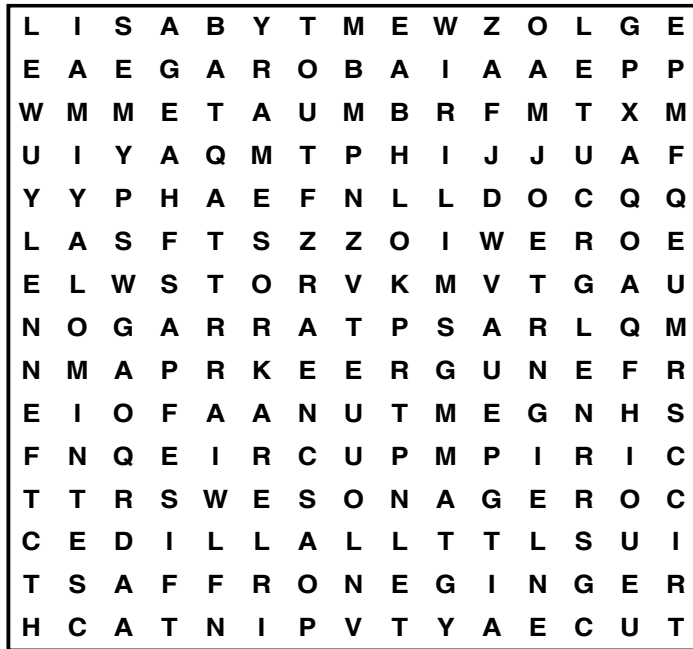


PUZZLES & TRIVIA

PUZZLES

Answers: see end of The VISION Listings

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- ▶ CARAWAY
- ▶ CATNIP
- ▶ CHERVIL
- ▶ CINNAMON
- ▶ DILL
- ▶ FENNEL
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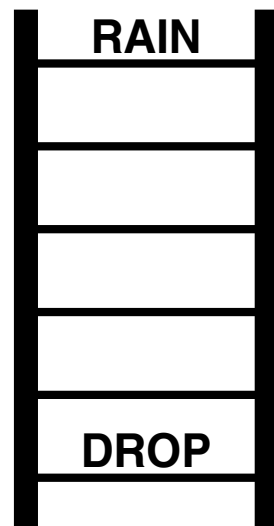
After



DID YOU KNOW?

- ▶ In 1921, women were banned by the FA from playing in Football League grounds. The ban would not be lifted for 50 years.
- ▶ The first women's FA Cup final took place in 1971 and saw Southampton win 4-1 to Stewarton Thistle (now Kilmarnock FC).
- ▶ The England women's team is fourth in the FIFA world rankings. Sweden is in third place, Germany in second place and the USA in first place.
- ▶ Jamaica's women's team was able to compete in the 2019 Women's World Cup thanks to a fundraising initiative spearheaded by Cedella Marley, daughter of Bob Marley.
- ▶ Chelsea FC player Sam Kerr is reportedly the highest-paid women's football player, earning just under £400,000 a year.

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.



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